

Spiritual Growth Exercise for October 2017

The Harvest

Fall is a time for harvesting the abundance of the earth. Each year farmers take to the fields and gather into barns, silos, and storage bins all that the earth has provided. There is a deep connection between the earth and the spirit. Fall can be a time of intense preparation. The spirit while exhilarated by the cooler temperatures and fall fragrances can become weary from the labor of the season.

This month take 15 minutes each week to appreciate the changing colors, the earthy smells, and the harvest moon. Journal one thing you are grateful for with each week's reflection. Feel your spirit ease into the season.



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