



# EXPLORING THE AUTUMN ENERGY

## Affirmations

I release whatever no longer serves me with ease and gratitude.

I feel connected to Spirit and inspiration comes easily to me.

I can receive in whatever I need to nourish me, body, mind and spirit.

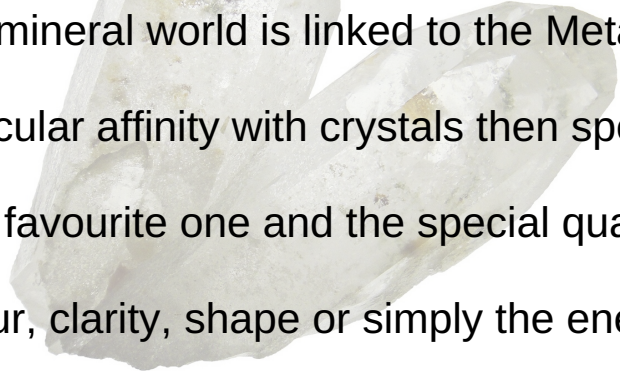
## Journal Prompts

I would like to let go of...

My life could be enriched by...

I take my inspiration from...

## Activity



The mineral world is linked to the Metal element, so if you feel a particular affinity with crystals then spend some time contemplating your favourite one and the special qualities it has, whether the colour, clarity, shape or simply the energy that you feel comes from it.