

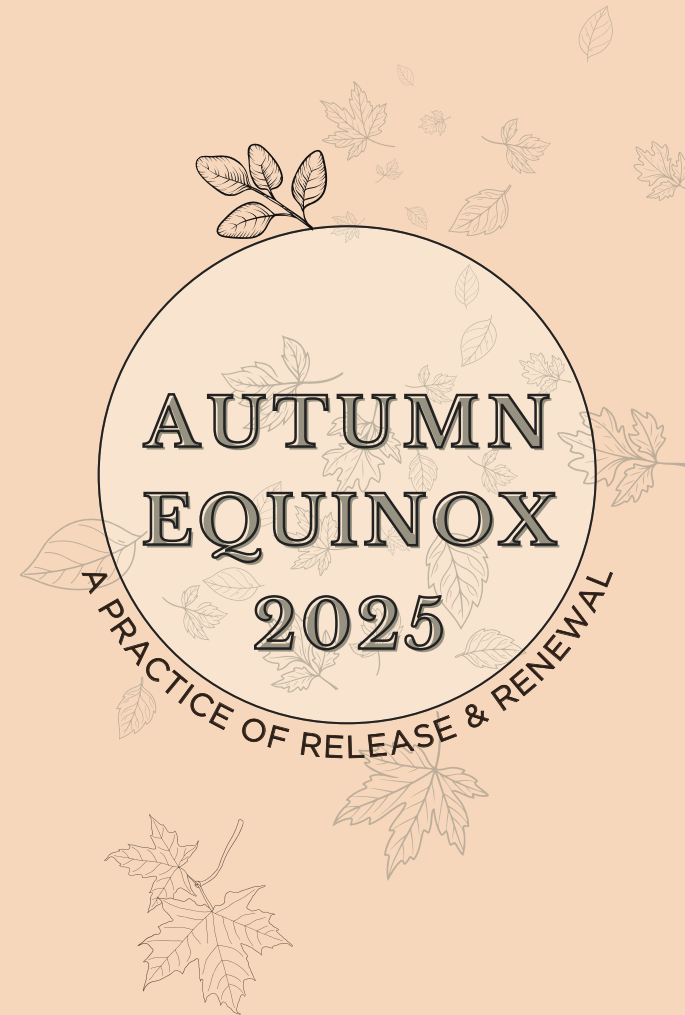
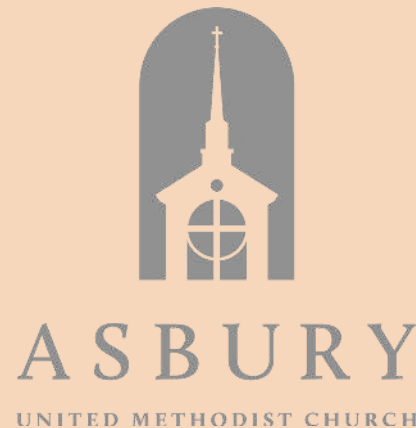
A blessing before you leave

May the turning of the seasons
steady your heart.

As the trees release their leaves,
may you release
what no longer gives life.

As light and darkness
stand in balance,
may you find balance
within yourself.

And as the earth prepares for rest,
may you enter this season with
peace, gratitude, and open hands,
ready to receive the gifts
this season will bring.



The Autumn Equinox

is the moment when day and night stand in balance. It marks the turning of the seasons, when light begins to wane and creation prepares for rest. It is a time to honor cycles, to release what no longer serves, and to open ourselves to the quiet work of renewal.



For everything there is a season, and a time for every matter under heaven.

Ecclesiastes 3:1

Labyrinth Walk

PREPARATION

Select a glass stone from the basket to symbolize what you're ready to release.

AT THE ENTRANCE

Intention

Pause. Hold your stone.
Name silently or aloud what you're ready to let go of—burdens, regrets, patterns, fears.
Breathe deeply, setting your heart toward release.

WALKING IN

Letting Go

Step into the labyrinth slowly.
With each turn, imagine the weight you carry loosening, falling away like autumn leaves.
Let your steps become lighter.

AT THE CENTER

Rest

Hold the stone in your palm with open hands. Be still.
Offer gratitude for what has been, and welcome the balance of the season, equal night and day.

WALKING OUT

Renewal

As you walk outward, imagine yourself moving into a new season with open hands. Carry with you clarity, balance, and a readiness for what lies ahead.

CLOSING

At the exit, pause. Breathe. Whisper a word of blessing
“balance,” “release,” “renewal.”

Carry this word and the glass stone with you into Autumn
as a reminder to *be still and know*.