

Seasonal Threshold Ritual

When you feel between phases

LIGHT

Light a candle. Take three breaths.

SPEAK

I stand at the threshold.

I release what has completed.

I open to what now seeks to grow.

GROUND

One hand on your body, one on the earth.

Notice without judgment:

What is ready to soften

What is ready to strengthen

ALIGN

Ask quietly: *“What is this season asking of me?”*

Let a word, image, or feeling arise.

Write it here: _____

SEAL

As the Wheel turns, so do I. I move with what is true.

Extinguish the flame when ready.

You are not late.

You are exactly where the turning has placed you.