



Harvest Questions

What was your hope or intention for this project or relationship or area / time of your life?

What emerged?

What were the highlights?

What are you most proud of?

What was the most positive impact on you and / or others?

How have you grown through this?

What is your biggest lesson?

What discoveries / insights surprised you the most?

What were the biggest disappointments, breakdowns, or places where you missed the mark?

What's the opportunity you have now in how you can respond to this that will serve as a catalyst to the future you are committed to creating for yourself?

What possibilities have opened as a result of this?

What do you want to create now? Do you feel ready?

What do you still need to grieve?

What roots / skills do you need to cultivate before moving on?

What is the next tiny baby step you can take today? (This can be rest, or ritual, or an act of self care, or anything else you believe you need. It can also be a step towards the next phase of your life.)

Harvest Rituals for Letting Go

Fire – Make a list of the beliefs / experiences / people / places / things you want to let go of. Say this prayer / chant (or one of your own) as you burn them in a safe place.

*That which brings me down I banish,
The negative in my life may now vanish,
I no longer need it to hold me back
A heavy energy that pushes me off track.*

Or simply:

I release you and I decree, the very best (for you) and me.

Water – Draw a bath to wash away negative energy. Step in with the intention to wash away all the old energy that doesn't serve you and be left only with the energies that do serve you. (Note: grief can be a healthy energy. If you find yourself crying in the tub, allow your tears. Tears release toxins in your body.) Be sure to rinse off the water you've been soaking in and clean your bathroom and your tub when you've finished to wash down and scrub away the energy you intended to release.)

Recipe for healing bathwater:

*Lavender essential oil (or chamomile, or another healing herb)
3 cups Epsom Salt or Himalayan Pink Salt
1 cup Apple Cider Vinegar*

Air – Instead of burning your list in fire (as above.) Say the chants as you bring to mind the list and blow bubbles, watching them float away in the breeze. (This is best done outside.)

Earth – Make a list as in the fire ritual above, only bury the list in a spot of dirt you've designated as a graveyard. Be sure to use easily biodegradable paper --such as rice paper-- for your list.