
FALL
A Gentle Practice for Letting Go
Healing by Bridget®

A Gentle Welcome to Fall

Fall invites you to notice what you've been carrying. Maybe it's a routine that no longer fits, an expectation you've held for a long time, or a responsibility you're ready to share.

You might feel relieved at the thought of setting something down. You might also feel tender about what it once meant to you, or unsure whether you're ready. There's room for all of that here.

As you move through these pages, give yourself time to notice what has run its course and what still matters to you. For today, simply noticing is enough.

A Moment to Settle

Pause wherever you are. Notice one thing you can see, hear, or feel. It might be the light on the floor, the sound of leaves outside, or the warmth of a mug in your hands.

Stay with that detail for a moment. Feel what's supporting you right now, whether it's the chair beneath you or the ground under your feet.

When you're ready, notice what's been taking up space in your thoughts lately. A few words are enough.

What am I carrying into this season?

What Has Run Its Course?

Some things fit the life you had when you first took them on. A routine may have helped you through a busy time. A role you stepped into may have been needed then. An expectation may have given you something to work toward.

Think about one thing you keep doing or holding yourself to. How does it fit the life you're living now? You may notice that it asks more of you than you have to give, or that your needs have changed.

You can appreciate what it gave you and take your time deciding what to do with it now.

What once served me that I may be ready to carry differently?

What Am I Ready to Set Down?

Think about one thing that has been asking more of you than you have to give. Maybe it's a task you could share or an expectation you could soften. Give yourself a moment to imagine what carrying a little less might feel like.

What am I ready to carry a little less of?

What would help me loosen my hold on it?

Making Space for What Comes Next

Think of one small way to carry a little less this week. You might leave an evening open, ask someone to share a responsibility, or give yourself more time before saying yes.

If that makes a little room in your day, see how it feels to leave it open for a while.

One small thing I can set down or share this week is…

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With that extra space, I'd like to give myself…

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A Letter to Myself This Fall

Dear me, as I let go of what I've been carrying, I want to remember…

A Gentle Closing

Thank you for taking this time to notice what you've been carrying. As you close these pages, think of one thing you could carry a little differently this week. You might share a task, soften an expectation, or give yourself time before saying yes.

If that leaves a little room in your day, you can leave it open for a while. See how it feels to have a moment that belongs to you.

I can let go at my own pace.

With warmth,
Bridget

You're welcome to return to Moon & Seasonal Rhythms whenever you'd like another moment to pause and reflect.