



Fall is a pivot season on the Wheel of the Year, where we make the big turn from the bright heights of Summer to the dark depths of Winter.

These next few months, then, are an opportunity for us to take all that we've learned, experienced and gained through the Spring and Summer and separate what we want to take forward with us and what we can compost.

In other words, it's a harvest.

The shifts from the light half of the year to dark, from buzz and activity to quietude and introspection can be challenging for many.

If Winter is often a physical, emotional or spiritual struggle for you, then Fall is the time to address what you know is ahead and take steps to write a different story for yourself.

The checklist and pep talks on the next pages are here to help with that. Print them out and keep them where they can serve as reminders of where you are and where you're headed on the Wheel of the Year.

[DaughtersOfDaughters.com](http://DaughtersOfDaughters.com)

---

September Wellness  
Daughters of Daughters  
Checklist



- Don't be blindsided by the season of deep, watery emotions. Prepare now by clearing any of Summer's fiery emotions that are still lingering. Dance, hike, kick-box, swim- movement is the ideal way to release pent up anger and even joy. According to Chinese Medicine, either can put undue strain on your heart.
- Begin to anticipate shifting your life into a slower pace: more rest and creativity, fewer social events and deadlines. This is so hard to do in our action-glorifying society, so give yourself a month to just consider how this could best work for you.
- Are you fried? The state of your nervous system is a good indication of the state of your immune system. Make your nerves a priority now to cultivate immune resilience for the months ahead. I strongly recommend a daily infusion of a nervine herb.

September Wellness  
Daughters of Daughters  
Pep Talks



I release the striving, dominating,  
reactive, linearity of Spring and  
Summer and welcome in the contented,  
co-creative, responsive cyclicity of  
Fall and Winter

To weather the storms of fear and grief,  
I sink my roots deep into the dark soil  
of love and gratitude.