

# OCTOBER 2026 WORKBOOK

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"Life starts all over again when it gets crisp in the fall."  
— F. Scott Fitzgerald



## *October Mantra:*

I honor the wisdom of the season, embrace transformation, and trust what is unfolding in both the seen and unseen.

## *keywords this month:*

Transformation · Intuition · Reflection · Ancestors · Mystery

**The themes this month are introspection, ancestral connection, and embracing transformation.**

October carries us deeper into autumn as the veil between seasons—and for many spiritual traditions, between worlds—feels especially thin. The Sun begins the month in Libra, inviting harmony, reflection, and meaningful connection. As it enters Scorpio later in the month, the energy becomes more introspective, encouraging us to explore our inner landscape, release what no longer serves us, and embrace profound transformation.

This month asks us to slow down and listen closely. Nature is letting go with grace, reminding us that endings are not failures but necessary parts of every cycle. October is a time to honor those who came before us, trust our intuition, and find beauty in the quiet spaces where change begins.

TAMED  
WILD



My intention for this month is:

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Here are three ways I plan to support and grow this intention:

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"The leaves are falling, and they're falling as if they're falling in love with the ground." — Andrea Gibson

When I meet this goal, I will feel:

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This will change my life in this way:

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*Notable dates & energies:*

October 3rd · Last Quarter Moon in Cancer

October 10th · New Moon in Libra

October 18th · First Quarter Moon in Capricorn

October 22nd · Sun enters Scorpio

October 26th · Full Moon in Taurus

October 31st · Samhain

*Journaling prompts for October:*

- What part of myself is asking to be transformed?
- Where do I need to trust my intuition more fully?
- What wisdom have I inherited from those who came before me?
- What am I finally ready to release?
- How can I honor the changing season in my everyday life?

# OCTOBER TAROT SPREAD

## The Lantern Path Spread

### *meanings*

1. The Lantern • What truth is illuminating my path?
2. The Shadow • What hidden lesson is asking to be acknowledged?
3. The Ancestor • What wisdom or guidance is available to me now?
4. The Crossroads • What choice or transition deserves my attention?
5. The Offering • What must I release in order to continue growing?
6. The Flame Ahead • What energy will guide me through the coming season?

*This layout mirrors the energy of October.*

- **Center (1)** = the light illuminating your journey
- **Upper (3)** = ancestral wisdom and spiritual guidance
- **Left (2)** = the shadow asking for your attention
- **Right (4)** = the decision or turning point before you
- **Lower (5)** = the offering of release that creates transformation
- **Bottom (6)** = the path lit before you as you move into the darker half of the year



(The small circle beneath the spread represents the lantern's light or a candle placed before the path.)