

# OCTOBER WORKBOOK

The themes this month are release, mystery, and shadow work.

October draws us into the darker half of the year, where the veil thins and the unseen feels closer than ever. Libra season opens the month with questions of balance and connection, while Scorpio season deepens us into the mysteries of transformation, endings, and rebirth. This is a month for slowing down, for honoring ancestors, and for letting go of what no longer serves us so we can step into the next chapter with clarity.

## keywords this month:

Release • Transformation • Mystery • Ancestry • Shadow



October Mantra:

*i honor the cycles of death and rebirth.  
i let go with trust, knowing transformation leads to renewal.*

*the wound is the place where the light enters you. © Rumi*



My intention for this month is:

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Here are three ways I plan to take action toward this goal:

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*life starts all over again when it gets crisp in the fall.* © F. Scott Fitzgerald



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:*

Oct 7 *full moon in aries*

This fiery moon urges release and bold expression. What old battles are you ready to lay down? A good night for cord-cutting rituals and reclaiming your energy.

Oct 21 *new moon in libra*

Fresh starts in love, partnership, and creativity. A chance to reweave connections with balance and honesty.

Oct 23 *sun enters scorpio*

Scorpio season begins—time to embrace transformation, shadow work, and mystery. This is where endings become beginnings.

Oct 31 *samhain*

The veil is thinnest. A sacred time to connect with ancestors, honor the dead, and reflect on your own cycles of transformation.

*journaling prompts for october*

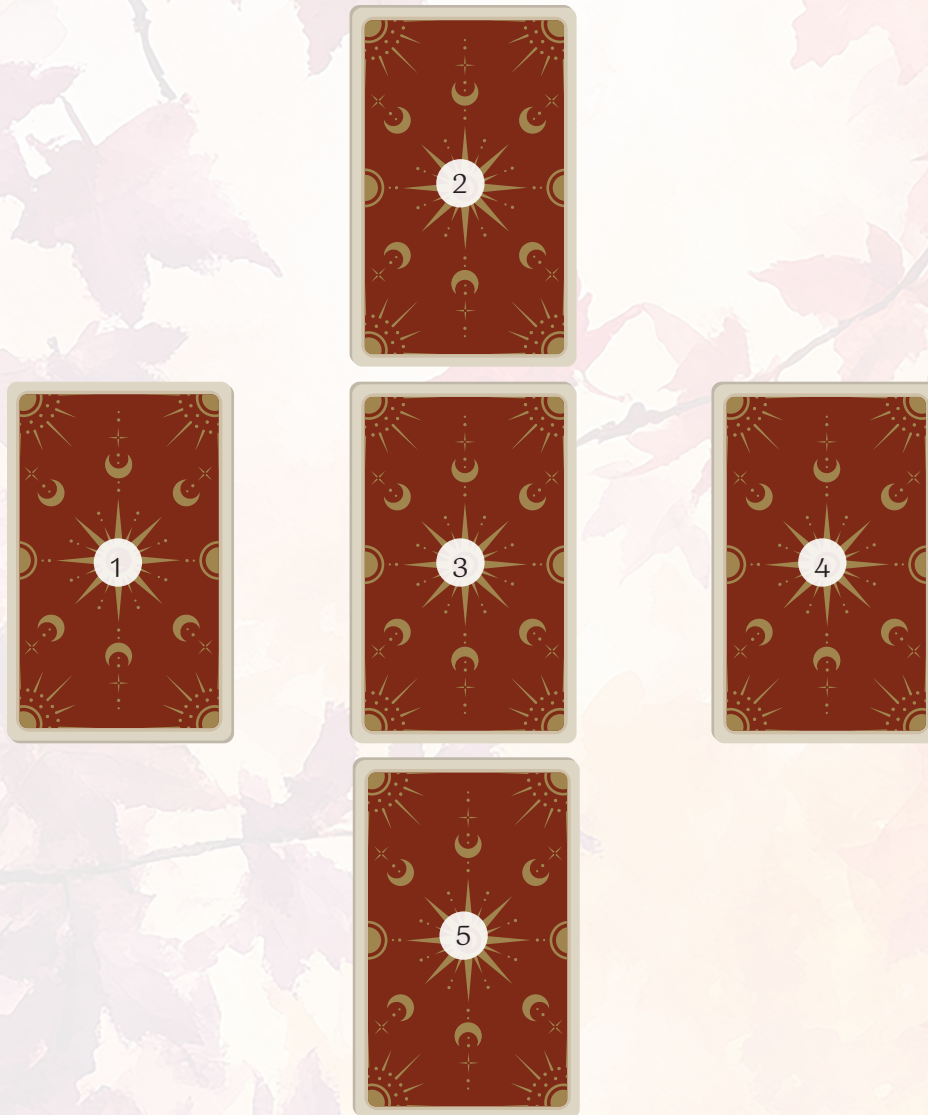
- What am I being called to release before I step into the darker months?
- How do I honor and remember those who came before me?
- What part of my shadow is asking to be acknowledged right now?
- What transformation am I moving through, and how can I trust the process?



*october tarot spread*

## THE VEIL SPREAD

A 5-card spread to help you connect with ancestral wisdom, honor release, and embrace transformation as the veil thins.



### *meanings*

- #1 What is ready to be released?
- #2 What wisdom do my ancestors or guides want to share?
- #3 What shadow aspect needs acknowledgment?
- #4 What is being transformed in my life right now?
- #5 What light is waiting on the other side of this transformation?