

SEPTEMBER WORKBOOK

The themes this month are BALANCE, GRATITUDE, and TRANSITION. September arrives with the turning of the seasons, inviting us to gather what has ripened and to release what is finished. Virgo season keeps us focused on the details and the rhythms of daily life, reminding us that devotion is found in the small acts of care. Then, as the Sun slips into Libra at the Equinox, the scales remind us that harmony is not about perfection but about flow. Just as the light and dark find equal footing this month, we are invited to ask: where in our lives do we need to restore balance?

keywords this month:

Balance • Harvest • Gratitude • Reflection • Transition



September Mantra:

*i honor the balance within and around me.
i harvest the lessons of the past season and step into change with grace*

the universe is full of magical things patiently waiting for our wits to grow sharper. © Eden Phillpotts

My intention for this month is:

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

1.

2.

3.

the roots of all goodness lie in the soil of appreciation for goodness. © Dalai Lama

When I meet this goal, I will feel:

This will change my life in this way:

journaling prompts for september:

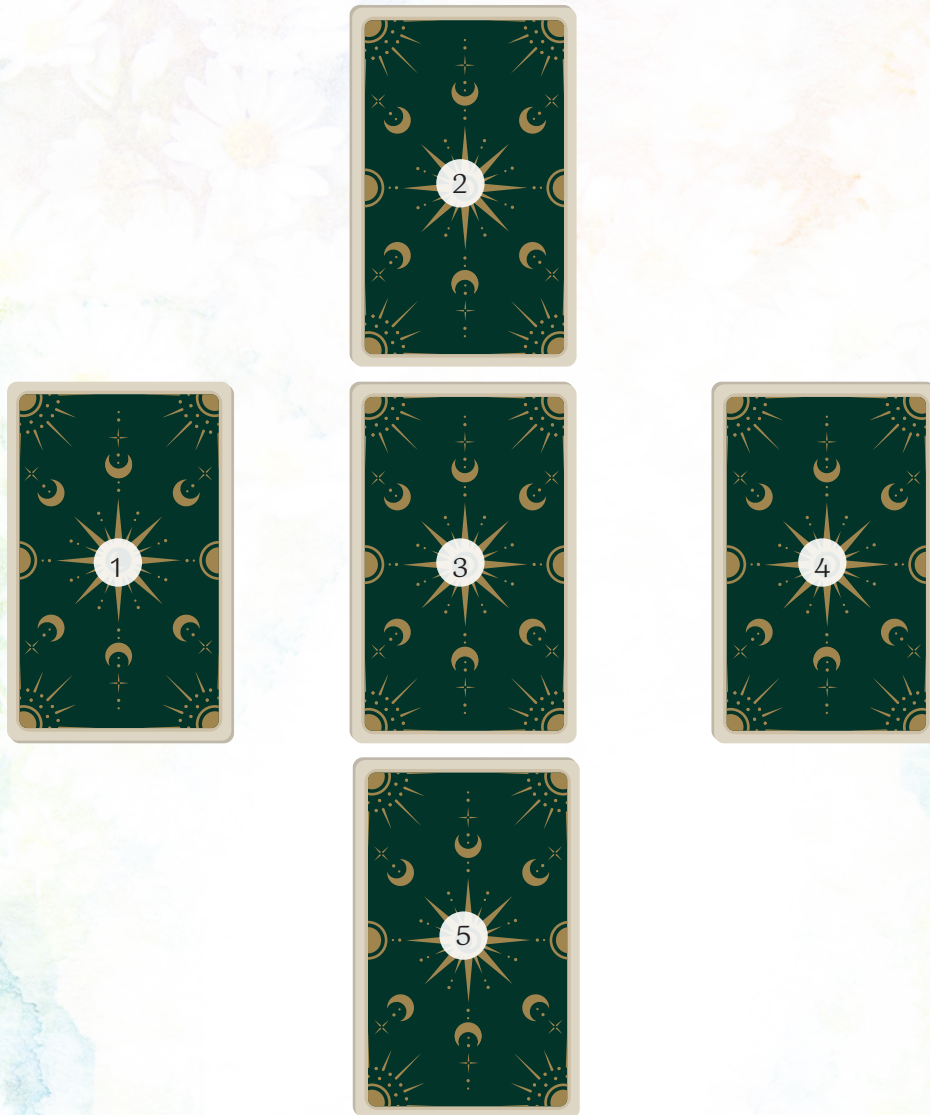
- Where in my life do I feel out of balance, and what small steps can I take to restore harmony?
- What am I ready to harvest from the work I've done this summer?
- How do I honor both my light and my shadow in daily life?
- What does "home" mean to me as I prepare for the darker months ahead?



september tarot spread

THE BALANCE SPREAD

A 5-card spread to help you align with the turning of the seasons, honor what has grown, and find the balance that leads you into autumn with clarity.



meanings

- #1 Where am I being asked to ground and simplify?
- #2 What in my life is ready for harvest?
- #3 Where am I being called to let go and surrender?
- #4 What relationship or connection needs my attention?
- #5 How can I embrace balance as the seasons shift?