

Autumn Gathering 2014: Daily Intentions Journal



*“Every leaf speaks
bliss to me
fluttering from the
autumn tree.”
~Emily Bronte*

This month’s Autumn Gathering class is a circle of time for *special intentions*. Each day, review these questions and answer them anew for yourself. Make this Autumn Gathering a time of *deep connection* to what you want to gather into your life, how you wish to express yourself and your heart’s desires, and gratitude for that which you hold dear.

Today is _____

1. For question one, place both hands on your heart and ask yourself:
How do I feel today?

2. How will I express myself today?

3. How will I nourish myself today?

4. What are today’s most important tasks?

5. For what do I give thanks today?
