



Autumn REFLECTIONS

RESOURCES + MEDITATIONS

SPRING GROVE NURSERY

AUTUMN

Welcome to Autumn at Spring Grove Nursery!

Autumn is a time of year when we are invited to pause as the seasons shift from the vibrant growth of summer to the cold retreat of winter. As we think about trees and how they signal the autumn season, we are invited to explore the autumn in our own lives. The brilliant colors that explode onto the autumn landscape hold special significance and meaning within their pigments.

In the fall, trees shed their green chlorophyll and slowly begin to reveal their true hidden colors. Red, Orange, Yellow, Brown, Purple - colors that have been their all along but only now, in autumn, can they truly release and show their true essence. Just as a leaf changes color, we too need to let go of outdated patterns, beliefs, or habits that no longer serve us. Allow your true colors to shine through!

As a leaf falls onto the Earth, it decomposes and enriches the soil. This living soil is the base for future life. The space where roots take hold and grow. The leaves from this season will fall and nourish future seasons here on the farm. Autumn invites us to think of ourselves as leaves falling and what we are eventually leaving behind to nourish the future.

Autumn is a time to release, shine, and celebrate! Savor your Summer Growth. Gather your Harvest. Put Down Roots. Reflect. Celebrate, Give Thanks. Be in Community. Shine your True Colors! We wish you a colorful fall season!



AUTUMN COLORS

What colors do you see in yourself this Fall?

RED

* Passion * Vitality * Strong Emotions * Maturity *
Strength * Life Force *

ORANGE

* Warmth * Joy * Enthusiasm * Creativity *
Transition * Abundance * Comfort *

YELLOW / GOLD

* Optimism * Cheerfulness * Mental Clarity *
Illumination * Last bright warmth before cold *

BROWN

* Grounding * Stability * Sincerity * Inner Calm *
Rich Earth * Letting Go * Non-Attachment *

Mary Oliver Poems & Quotes for Autumn

Wild Geese

You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert, repenting.
You only have to let the soft animal of your body love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain are moving across the landscapes,
over the prairies and the deep trees, the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air, are heading home again.
Whoever you are, no matter how lonely, the world offers itself to your imagination, calls
to you like the wild geese, harsh and exciting -- over and over announcing your place in
the family of things.

Song for Autumn

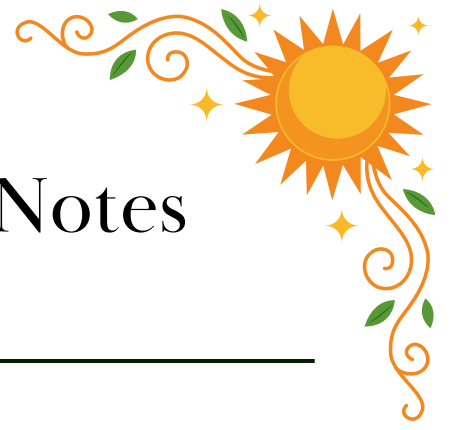
Don't you imagine the leaves dream now
how comfortable it will be to touch
the earth instead of the nothingness of the air
and the endless freshets of wind?
And don't you think the trees, especially those
with mossy hollows, are beginning to look for
the birds that will come—six, a dozen—to sleep
inside their bodies?
And don't you hear the goldenrod whispering
goodbye, the everlasting being crowned with
the first tuffets of snow?
The pond stiffens and the white field over
which the fox runs so quickly brings out its long
blue shadows.
The wind wags its many tails. And in the
evening the piled firewood shifts a little,
longing to be on its way."

When I am Among the Trees

When I am among the trees, especially the
willows and the honey locust, equally the
beech, the oaks and the pines, they give off
such hints of gladness.
I would almost say that they save me, and daily.
I am so distant from the hope of myself, in
which I have goodness, and discernment, and
never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves and call
out, "Stay awhile."
The light flows from their branches. And they
call again,
"It's simple," they say, "and you too have come
into the world to do this, to go easy,
to be filled with light,
and to shine."

"Attention is the beginning of devotion"

~ Quote from Upstream

[illegible]