



# AUTUMN EQUINOX REFLECTIONS

## NGAHURU

*Your guide to align to the seasons to better  
use the energy for your life and business.*

OLIVIA DAY.  
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SEASONAL WORKBOOK 2 - March 2024





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# *01 Welcome. It's time for Autumn.*

Autumn by far is my favourite season. But, it always astounds me how quickly we get from the Solstice to the Equinox. We are now at the point of equal light and dark at the Autumn Equinox. A short time of balance before tipping over into the darkness and short days of Winter.

One of the more intentional ways that I live is to include seasonal living into my everyday and into my business. How can I connect more deeply to this time in the seasonal cycle, to the whenua (land) where I tend, to my business and myself - as the energies change?

Reflections on - How can you continue to build or grow your business while honouring the season of Autumn and nurturing yourself? How can you feel into what your body needs right now? How do you want to feel? In this workbook of reflections I'll run through a few lovely ways you can tap into your intuition at this time and nurture yourself and your business for genuine Autumn delight. So, find those blankets, preserve those apples and let's dive in. xOlivia

# *Why I like to live by the seasons*

Slow down. It has been such a big few months since the Summer solstice. So much going on in my business, life and in the world. A lot of growth and a lot of sadness. It can be too much so it's about tuning in, slowing down and relishing this time. Right here, right now on this patch of land in Whakatipu Queenstown.

Tuning in and slowing down also allows me to keep my central nervous system calm and be able to tap into what my body needs in each moment. Is there energy? Or do I need to rest? Or just lie in the sun? Or connect with my family? Or tend my garden? I can feel the shift in the seasons minutely - from the dew on the grass, the overflowing apples from the trees to the darkness in the mornings when I meditate. And that helps me to re-focus my business goals if I need to and help other women with theirs.

There is power and potential in aligning to the seasons. That is where we came from. We are of this Earth and we have forgotten how to connect. And be okay with living this way rather than some societally prescribed way of being that continues to extract resources and damage our home. If you need to be supported by someone who can help you do this then do get in touch. I keep my 1:1 coaching client cohort small so I can provide the best for everyone with the energy I have. But, I love helping women to define their goals, design their business plans, reconnect to nourishment and get results in a sustainable and regenerative way. Send me an email and tell me what you need.

[olivia@heartwoodnz.com](mailto:olivia@heartwoodnz.com)



“

I love the long, dark half of the  
year.

After Summer solstice something  
inside me shifts  
and settles as the hours of  
darkness

begin gradually to grow.

Something opens up in me then -  
something

soft and deep and glowing -  
which is far too shy to expose itself  
to the inexhaustible light of  
summer"

- Sharon Blackie, *The Enchanted  
Life*

## 02 *But first...Pause*

### PAUSE

Really pause, take a deep breath and welcome your body to this space. Pick a meditation on abundance and gratitude, go for a walk or just sit on the grass. Deeply acknowledge THIS time in the year before we move on to the next.



### NOTES:

Journal about anything that comes up...



# MOOD



Images via Pinterest or Canva or my own



# 04

## *Feminine Focus*



### EMBODY:

Yin/Waning Moon energy - this time is a time of harvesting and preserving so high energy but also balance and turning inward (yin energy). Can you feel the change? It's time for balancing out the high energy of Summer with rest and restorative practices of Autumn (not quite full cave bear of Winter).

When you run a business and have goals you want to achieve it doesn't mean you stop but it may mean you change the energy you bring every day. Still be in belief that it is done but be slower, enjoy the day more, take more time to find balance and rest.

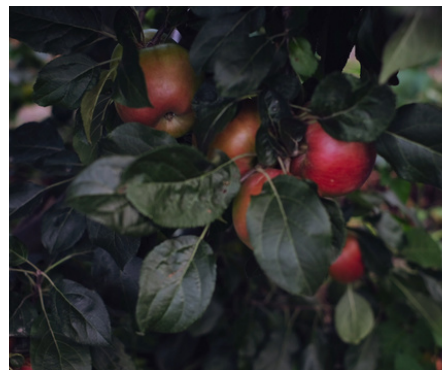
Also what do you need to do in your business to protect and preserve the work you have done. It's the end of the financial year so all your finances need to be in order, or you have insurance to buy or new staff to bring on board or documents to file.

# 05

## *Abundance*

### The Harvest:

Write out all the big and small anythings that you have harvested at this time. Celebrate all the joy, abundance, creations, wins and learnings since the Summer. Autumn is Harvest time. Soak it all up. and make sure you write down any important learnings to "preserve" for the future.





# *Visioning/Intentions*

Write out all your goals and feels for Autumn here. What thoughts and feelings do you need to intentionally create in order to reach your goals and have the life you want.

A large rectangular area with a light beige background and horizontal white lines, intended for writing. The lines are evenly spaced and run across the width of the area, providing a guide for text entry.

# 06 *Balance*



## Balance

She always keeps herself in balance. Light and dark, feast and famine, hot and cold. How do you find balance in your life and business at this time of the year? What ways can you bring more balance into your day to day? Do you need to delegate or outsource tasks? Do you need to step into the energy of CEO at a higher level and not be the employee? Do you need to do more nourishing practices every single day to balance out the hustle and productivity of running a business?

The Autumn Equinox is a time of equality and balance. Be that in your own life.

## NOTES:

Journal about anything that comes up when you think about creating balance...

# 07 *Autumn Business Rituals*

## HONOUR THE TURNING

What are your rituals for honouring the season? How about bringing the outside in, going foraging, taking a woodland walk with yourself (or the team) to vision, strategise and plan, even cleaning out the heat pump filter in the office or ensuring you have a hottie ready for a warm lap while working. Get outside and be in the change. Enjoy an open fire. Eat more soups and stews that are super nourishing (and good lunch food). Give the kettle a clean and have lots of teas, coffee and hot chocolate ready to keep you warm. But, also open the windows and keep the air flowing and moving stagnation out.



## NOTES:

How will you be regenerative at this time of the year for yourself and your business:

# *Māori Celebrations*

## THIS LAND...NGAHURU

The Māori name for Autumn is ngahuru as it falls in the tenth month of the Māori calendar Poutū-te-rangi. It also means harvest and a time to fill the store cupboards for the winter.

In Juliet Batten's book *Celebrating the Southern Seasons: Rituals for Aotearoa* she details that Te ngahuru is a time of harvest especially the kumara. There would be a first kumara harvest with a karakia at dawn and a special crop of kumara harvested to offer to Pani-tinaku, the kumara goddess.

It is also a time of seed and berry harvesting and cutting raupo for thatching.

Māori looked to the stars for Poututerangi (Altair) - when "Poututerangi came down to earth in autumn, bringing the harvest down with him". They would also look to Whanui (Vega) as a sign the kumara could now be harvested and "not to delay as frosts could be on their way" (Batten, Juliet).

Over many generations Māori have come to know and track the changes that happen in their local environments. By using maramataka (lunar calendar) Māori would know when to sow seeds, harvest, hunt or preserve food. In my local area I know that the Kai Tahu tribe would venture here only in the warmer months to hunt and fish retreating back to shelter on the coast when it was winter.

<https://toitangata.co.nz/2019/05/14/ngahuru/>  
<https://www.julietbatten.co.nz/blog/>



There is so much richness and knowing from Māori that I am only just beginning to learn and incorporate into my seasonal life. I encourage you to do your own research into maramataka and the seasonal rituals of Māori and how they lived with the land that is Aotearoa that we reside on.

# 08

## *Preserve & Let Go*

### SORT, CONSERVE & PURGE

Relish the abundance of the harvest, the work that you have done over the Summer. The seeds that you have sown and then let go of what no longer serves you. Keep that compost turning. There will be thoughts and habits you have in your business that don't help you to move forward. Write them down, let them go and then create new ones that will help you to get results. "I am...." This is a daily practice to create new habits for this season of your life. "I am in balance". "I am successfully achieving my goals without overwhelm, frustration or anxiety" "I am living my best life" "I am allowed to rest and reset" "I am earning xxx"



What thoughts do you need to let go of this season?



### The Honorable Harvest

*Ask permission of the ones whose lives you seek. Abide by the answer.*

*Never take the first. Never take the last.*

*Harvest in a way that minimizes harm.*

*Take only what you need and leave some for others.*

*Use everything that you take.*

*Take only that which is given to you.*

*Share it, as the Earth has shared with you.*

*Be grateful.*

*Reciprocate the gift.*

*Sustain the ones who sustain you, and the Earth will last forever.*

- Robin Wall Kimmerer

# Thank you!

I hope that you use this workbook in a way that feels good to you. If you need more support for your life and business then come say hi. Just starting or need good foundations check out my Foundations for First \$50k comprehensive e-course, or need customised and super deep **1:1 life/business coaching then reach out to join my Alchemy in Business 4 month coaching** and finally I recently started My Heart-Led Life over on Substack to talk about more than just business. I'd love for you to join me wherever it feels good.

See you again as the wheel turns. Have a wonderful Autumn.



## CONTACT:

[oliviaday.com](http://oliviaday.com)

[@oliviadaybusiness](https://www.instagram.com/oliviadaybusiness)

[olivia@heartwoodnz.com](mailto:olivia@heartwoodnz.com)

<https://oliviaday.substack.com>

