



The Equinox - Turning Themed SoulCollage® Workshop

Blessed are you, Autumn, your harvesting time has come.
As we gather your riches into our barns,
reveal to us our own inner riches waiting to be harvested. — Joyce Rupp

The Fall Equinox is a collective moment that links our solitary and unique individuality to the forces of nature. We connect in mysterious pathways to the plants and animals who, in a way, are always more conscious than we humans are of the changes in solar activity, in the changes of light, smells, and temperature. It is a time of attuning to breathe in and breathe out of all our fellow humans, the ones on the planet now and those that have been here before. The past enters into the present. It somehow seeds the future and leaves behind in our hearts a drop of eternity to remind us of who we are and can be. It helps us to reassess how we belong, how we belong to the earth.

Every year, we follow a similar rhythm. But the focus slightly varies because each event in this sacred calendar of light contains a small universe. Of reminders. Of invitations and teachings. This time of year, I take some time to listen. What calls us here? Today, we are looking at creative rest, restoration, and return. In expressive arts, we always say it's always good to embody - to remember to allow our body to feel it, so it's not just a thought in our heads, but a reality, a physical reality - that is with us - in this moment.



This workshop explores the energies of the Fall Equinox - when the Sun crosses the celestial equator – the imaginary line in the sky above the Earth's equator – from north to south, marking the end of Summer and the beginning of Fall. Everyone has a day and night, lasting approximately 12 hours each.

According to those who follow astrology, the fall equinox is when the sun enters Libra, the cardinal air sign of harmony and diplomacy. And when Libra season is underway, it tends to make us want to pull back our energy, practice mindfulness, and embrace a stronger sense of balance. And because everyone's lives are so intertwined with each other's, much of finding that balance rests on your ability to establish a true connection with someone. Perhaps the fall equinox reminds you to listen to and respect someone else's perspective.

The archetypal balance of Autumn lies in celebrating the bounty of Harvest while also being aware of endings. The smells of Winter are still remote, but we can already feel its breath. Fall is a time to honor the wisdom of aging, of harvesting the knowledge acquired through living; it is a time to take stock and treasure experiences and anchor them deeply into the vaults of our souls. For me, this time is when the past enters the present. It leaves a drop of eternity in me to remind me who I am, who I was, and who I can be. It helps me to reassess how I belong, how we belong to each other and the earth.

In this workshop, we will use intuition and imagination to explore some poetry and create collaged cards, each reflecting a different aspect of who you are. The cards are made from simple materials: magazine images or photographs, scissors, glue, blank white heavy index cards, your favorite pen, and paper. We will journal with them and learn how to check in with them as trusted guides on our journey.

Sasha is a certified expressive art and SoulCollage® facilitator/educator. She enjoys making cards in her expressive arts practice and helping others learn the process because, in the spirit of Tikkun Olam (Repair the World), she believes when we embrace all parts of our stories, their complexity, messiness, and beauty, we create space for healing ourselves, our ancestors and family, our community, and the earth.