

Sortumn



- Have you heard the term ‘Sortumn’? It’s been described as ‘that magical in-between, when Summer hasn’t quite let go, yet Autumn is beginning to stir.’ The fifth season, when the days are still sunny and warm, but the evenings are cooler and the mornings misty.
- Step outside – or find a window with a view. Take a few minutes to look around you and absorb what is there: the light, the air, any particular scents; any birds, animals or plants. Try to be fully present and to engage all your senses.
- Are there any ways you could adjust your daily routine to help you be more in step with nature’s rhythms and seasons?
- ‘Sortumn’ is a time of change, as the Earth transitions from one season to the next. How does the idea of change make you feel? Apprehensive? Or open to new opportunities?

‘It is when we are in transition that we are most completely alive.’

William Bridges