



AUTUMN RITUAL
HANDBOOK



A 13-WEEK RITUAL FOR
LETTING GO

Written by Kee Hawthorne Reiter



AUTHOR
KEE REITER

I have been practicing witchcraft for decades, and I'm happy to provide insight and information as to how YOU can empower YOUR LIFE through spell work, Tarot cards, and more.

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INTRODUCTION



Autumn is a time for release and letting go.

Use this 13-week ritual that includes 13 spells to release old patterns and make space for new beginnings. Growth comes when we are intentional, and that is what this ritual is designed to nurture.

We'll start on the Autumn Equinox and end on the Winter Solstice, in preparation for the new year.



GATHER YOUR MATERIALS

- Space for an altar that will stay set up for the entire time between the equinox and solstice
- Any correspondences that speak of "letting go" and/or autumn
 - Dried leaves, feathers
 - Black, purple, orange items
 - Frankincense, nutmeg, clove
 - Cypress, dragon's blood, cedar
 - Obsidian, black kyanite
- Large black candle (7-day or pillar candle) that you will light for each week's spell
 - If you can't find one large black candle, use 13 tea candles (any color)
- Journal
- 5-15 minutes set aside each week
- *Optional: Tarot or Oracle Deck*



PREPARE FOR YOUR SPELLS

Prior to the Autumn Equinox, spend time contemplating what you'd like to release. Are there habits, actions, belief systems, trauma, or ways of thinking that you are ready to move on from? If you are having difficulty selecting a theme, maybe pull a card to help you direct your energy, or spend some time journaling.

Once you have your theme, think about what correspondences you can add to your altar that are specific to that. Maybe develop a sigil that you can carve into your candle (or write with a sharpie pen, if the candle is in glass) that will support your journey. For instance, my theme is "detox." On my altar, I will include a box of baking soda!

On or near the Autumn Equinox at a day and time that works for you, you'll open the ritual and commit to the full 13 weeks of spellwork. Each week, preferably on the same day and time (but that's not necessary!), you'll light your candle do the next step of the spell. You'll end on the Winter Solstice with a final release as you welcome the new year and new beginnings.



WEEKLY SPELL FOCUS

Each week will bring a new focus. If you want to go rogue, feel free to create your own weekly focus list or pull cards and journal instead!

- Week 1: Intention + Commitment
- Week 2: Gratitude, Past
- Week 3: Gratitude, Present
- Week 4: Gratitude, Future
- Week 5: Mindfulness
- Week 6: Radical Acceptance
- Week 7: Affirmations
- Week 8: Grace
- Week 9: Forgiveness, Inward
- Week 10: Forgiveness, Outward
- Week 11: Energy Cleanse
- Week 12: Grounding
- Week 13: Release

OVERVIEW

WEEKLY RITUAL

Every week, you will follow the same basic ritual for each theme:

1. Bring your materials to your altar.
 - This space will be your working space that you return to each week.
 - Set it up in whatever way feels best for you.
2. Take a few deep breaths and spend time grounding and centering.
3. Call the elements, your deities or guides, and/or cast a circle if that feels right for you (or don't; this is your spell and your craft path).
4. Consecrate your space: Use incense, sound, oil, or blessed water to cleanse and consecrate your altar and materials.
5. When you are ready, light the candle. (*Week one has an extra step here!*)
6. Open your journal to write about this week's theme and develop your intention. *Each week will include different prompts and ideas.*
 - You may want to spend some time allowing yourself to "auto write" to see what your subconscious brings forward.
 - You may want to pull a Tarot or oracle card for additional insight and guidance.
 - Words are power: Pour your heart and soul into what you are writing. It may not rhyme, it may not sound particularly "witchy," that doesn't matter. Results come when energy and will are fused together.

OVERVIEW

7. You may want to spend time chanting an affirmation or mantra to build the energy. I include sample spell chants for each week. Generally, these are short rhymes that make it easy to remember and build energy as you chant. You can use the samples I provide or create your own.

8. When you feel as though the energy has built up and you are ready to release your commitment to the wild (you'll know when!), clap your hands to release that intention. You can say, "And so it is" or "So mote it be" or "So shall it be" or "That's right, yo!" -- Whatever you need to say to signal to the universe that you are done and committed.

9. Snuff or blow out your candle.

10. Release any circle or sacred space you set up initially, and thank your guides and/or deities.

11. Leave your altar set up for next week, when you'll return for the next session.

QUESTIONS?

kee.reiter@gmail.com

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

geologyofthesoul.com

WEEK ONE

CONSECRATION + COMMITMENT

With your theme decided and your altar materials gathered, find 10 minutes or so on or near the Autumn Equinox to begin the spell.

This week, we focus on intention and commitment, and we add an extra step to the weekly ritual. Accountability is a great way to ensure we complete something we set out to do. Completing this commitment ritual and speaking your intention out loud will help us stay in the energetic field of "release" and "letting go" for the entire season.

Begin with steps 1-4; before you perform step 5:

- *Pick up the large black candle (or a tea candle, if you are using individual tea candles for each ritual).*
 - *If you are carving anything into your candle or anointing it with oil (sparingly, please!!), do so now.*
 - *Think clearly about committing to this weeks-long rite. Send your energy of commitment into the candle.*
 - *When you are ready, light the candle.*

Step 6 Prompts for the Week

- What steps will you be taking or implementing over the season to help you make this change?
- Why are you committing to this?
- How will your life change after this?

SAMPLE
SPELL

*To this path, I permit
My mind, soul + body to commit.
I dedicate for 13 weeks
To letting go and release.*

WEEK TWO

GRATITUDE, PAST

Gratitude is a powerful force and energy to work with. Connecting with gratitude regularly can literally change our brains. We focus first on three weeks of gratitude to help us begin to shift our ways of thinking in preparation for the final release.

Our first emphasis for gratitude is on finding three things that happened in the past related to your "letting go" theme for which you are grateful. Yes, we are releasing something that no longer serves us; however, it DID serve us at some point in time -- let's honor that! You may need to spend some time before performing the spell to really work through what those three things are.

When you are ready, head to your altar with your journal.

Perform Steps 1-6.

Step 6 Prompts

- What 3 things are you grateful for from the past related to your theme of letting go?
- Why are you grateful for them? How did they provide relief or safety in your life?
- Why are you ready to release them now?

Complete steps 7-11.

SAMPLE
SPELL

*For helping me in times of distress
I am grateful for these things, I name:
[list your 3 here]
No longer will I feel guilt or shame*

WEEK THREE

GRATITUDE, PRESENT

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- Building on last week's energy, for what in your life are you grateful for RIGHT NOW? Especially as it relates to your "letting go" theme.
- What IS working? What changes have you made recently that you know are helping?

Complete steps 7-11.

WEEK FOUR

GRATITUDE, FUTURE

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- What do you think you will be grateful for after this ritual is complete?

Complete steps 7-11.

WEEK FIVE

MINDFULNESS

I'm sure you are *grateful* to be moving on to a new focus! Mindfulness is our next step toward release. We may not even be aware of the things we are telling ourselves or the ways we keep ourselves stuck in old habits. Mindfulness is the act of bringing yourself to the present moment to be aware of where and who and how you are, RIGHT NOW. Connecting purposefully with our thoughts and emotions helps us change, because ***what you know will change you.*** Even without conscious physical attempts at change, the mere knowledge begets unconscious change. This is powerful stuff.

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- How can you be more mindful this week?
- Are there meditation apps you can download? (I love Headspace, Calm, and the meditations on the CHANI app!)
- What does mindfulness mean to you?

Complete steps 7-11.

SAMPLE SPELL

*In stillness, I find my mindful grace,
With every breath, I slow life's pace.
In presence, I'm grounded, thoughts unwind,
This mindful spell, a tranquil mind I find.*

WEEK SIX

RADICAL ACCEPTANCE

Radical acceptance is powerful. Radical acceptance means that we allow ourselves to feel what we feel, experience what we experience. It means we don't hide from painful things that have occurred, or shameful ways that we or others have behaved. It doesn't mean you wanted or are grateful for what happened, but that you are acknowledging its existence.

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- What would it feel like if you allowed yourself to accept YOU as YOU are?
- If you allowed yourself to acknowledge the things in life that have happened to you?

Complete steps 7-11.

SAMPLE SPELL

*With open hearts, we find our way,
In radical acceptance, we'll stay.
Let judgments fade, let shame go,
May love and acceptance ever flow.*

WEEK SEVEN

AFFIRMATIONS

Affirmations can be helpful ways to re-wire our brains, but they only work if we actually believe them. I'm a huge proponent of crafting affirmations that speak to "maybe" and "someday" and "perhaps" as a way to soften up our brains toward believing what we ultimately want to believe. For instance, instead of "I look forward to my future," when you really really don't, you could say "Someday, I will look forward to my future."

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- Create your own affirmation(s) and post them somewhere you'll see them. You may like to use or modify one of the following:
 - I am ready to move on.
 - I am resilient.
 - I forgive myself.
 - It is safe to forgive myself.
 - I give myself patience and grace.
 - I choose to let go of the past.

Complete steps 7-11.

SAMPLE SPELL

*With words of power, we now decree,
Affirmations strong, set our spirits free.
In every moment, our dreams take flight,
Empowered by this spell, our future's bright.*

WEEK EIGHT

GRACE

Giving yourself permission to exist just as you are (that radical acceptance!) can be healing. You can't go back and change the past, but you can decide to move forward in a different way.

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- What would it feel like if you didn't beat yourself up as it relates to what you are letting go of?
- What would it feel like if you gave yourself permission to make mistakes?
- What would it be like if you were kind to yourself?
- What does kindness and grace mean to you?
- How will you show yourself grace this week?

Complete steps 7-11.

SAMPLE SPELL

*In heart's kindness I embrace,
Grant myself the gift of grace.
In every step, I find my pace,
In my heart, a peaceful space.*

WEEK NINE

FORGIVENESS, INWARD

Letting go can be a difficult process. Once we've created such a deep connection to something (a belief system, a way of being, a way of speaking), our bodies and minds don't want to release it. There's a part of you that thinks it's incredibly vital. Whatever it is you are releasing this autumn, it likely began as a way to keep you safe. [Read more about self-forgiveness.](#)

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- Write a letter to past you, offering forgiveness for the choices or actions you took related to whatever it is you are letting go. This can be incredibly difficult to do. If you can't bring yourself to forgive yourself yet, maybe write a letter about how you'd like to forgive yourself someday.

Complete steps 7-11.

SAMPLE SPELL

*In shadows of the past, I have dwelled,
With this chant, I'll break the spell.
Forgiving myself, I now decree,
In self-love's embrace, I shall be free.*

WEEK TEN

FORGIVENESS, OUTWARD

Forgiveness is more about you than it is about the person who caused harm. At its very core, forgiveness is what this ritual is all about -- letting go. It's not about condoning, excusing, or justifying the behavior, or allowing that person into your life. It's radical acceptance. It's making peace with the reality of what occurred.

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6 Prompts

- Write a letter of forgiveness to someone who hurt you as it relates to what you are releasing.

Complete steps 7-11.

SAMPLE SPELL

*With heart so light, and words so kind,
Let forgiveness flow, unwind the bind.
Release the past, let love prevail,
In this spell we cast, all grudges sail.*

WEEK ELEVEN

ENERGY CLEANSE

Phew, I'm proud of you for making it this far! This work is tough and intense. Now that we've gotten through the really hard stuff, let's cleanse our energy of that which you are releasing.

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6

- Using sound (a chime, a rattle), smoke (mugwort, prairie sage, or your favorite herb), incense, or selenite, cleanse your energy. Waft the tool around your body. Let it do its work and just rest in the "bath."

Complete steps 7-11.

SAMPLE SPELL

*In the realm of light, I weave this rhyme
To cleanse my energy, one step at a time.
In Earth's pure essence, my spirit aligns,
Renewed and refreshed, in harmony I shine.*

WEEK TWELVE

GROUNDING

We're so close! This week, you'll spend time grounding in preparation for the release.

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6

- Review how the last 12 weeks have gone. With each week's review, envision your roots growing deep, deep, deeper into the ground. You've done the hard work and grounded yourself in this new reality. Spend time enjoying the connection with the Earth and yourself.

Complete steps 7-11.

SAMPLE SPELL

*Earth below, roots so deep,
Ground my spirit, calm and keep.
With each breath, I find my place,
In the world's embrace, I find my grace.*

WEEK THIRTEEN

RELEASE!

YOU MADE IT!!! Time to fully release that shit! On or near the Winter Solstice, take the time to finish the ritual.

When you are ready, head to your altar with your journal and perform Steps 1-6.

Step 6

- Release it, baby, release it! Let it go! Maybe do this outside where you can scream it out loud. Or in the shower, where you can envision the energy going down the drain with the water. If you feel like it, you can write out what it is you've been working on releasing and burn it (in a fire-safe container in a fire-safe space!). Dance it out. Shake it off. Have fun!

Complete steps 7-11.

Now that the ritual is complete, it's time to walk away from the energy. When you are ready, disassemble your altar, thanking each item for its help on your journey.

SAMPLE SPELL

*With whispered words, we break the seal,
Release the bonds we no longer feel.
Let freedom flow, our spirits ignite,
In this spell of release, we take our flight.*



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Kee provides ongoing mentorship and coaching for shadow work, inner child healing, witchcraft in general, working with your spirit guides, and more. From channeling messages from your ancestors and guides, to assigning homework, every session is different, as Kee meets you where you are. Email kee.reiter@gmail.com to learn more about ongoing mentorship.

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