

HAPPY AUTUMNAL EQUINOX



SEPTEMBER 22, 2018 AT 9:54PM ET

A MESSAGE FROM DR. NATALEAH ROSE SCHOTTE

DEAR FRIENDS,

I love the Autumnal Equinox because it sets in motion a whole new evolutionary cycle.

Spiritual growth occurs in alignment with the nature year. Each cycle begins with the Autumnal Equinox and ends on the following Autumnal Equinox.

I am inviting you to join me for an Autumnal Equinox meditation to align your consciousness with this new cycle. In this meditation, Spirit will activate and prepare you for the new year.

As you align your consciousness with nature, you have the experience of moving with the fast flowing current of a river. This is the power of accelerated spiritual growth unleashed in your life!

Every year, Spirit gives me a theme for the new year. This is...

THE YEAR OF NEW HORIZONS!



SACRED CEREMONY FOR THE YEAR OF NEW HORIZONS

1. A few minutes before the Autumnal Equinox, close your eyes and go into a meditative state.
2. At the moment of the Autumnal Equinox, feel the new energy that is released and sense the activation of your next spiritual evolutionary cycle.
3. Light a candle and say:

**I Fully Align My Consciousness
With the Energy, Impulses, Patterns, and Purpose
Of the Autumnal Equinox
And Consciously Choose To Do
All that is Required at All Levels
To Support Perfected Manifestation of this Cycle
of the New Nature Year**

4. Listen to my Autumnal Equinox message below (at this time or as soon as possible afterward).
5. Celebrate! It's a new year filled with new, expansive spiritual opportunities.

This is Session 1 in my Accelerated Spiritual Growth® Program for Women – the first of eight sessions for this nature year.

**The energy in the meditation becomes available at the moment of the arrival of the Autumnal Equinox
September 22nd at 9:54 PM ET.**





I took sail to a new world
Alone in my boat
The winds of change blowing through my hair
The sole captain of my ship
Confident in the inner compass of my soul

I knew I was ready for change
Knew the old ways were holding me back

I did it
I let go of everything

I don't know where I am going
How liberating
I can't control this journey
As if I ever could

Free
Unconstrained
That's what I am feeling

I thought I might be afraid
And I am so done with fear
Excitement at the prospect of new possibilities
That's what I am choosing
I am ready for adventure
Bring it on!!!

Here's to a great year for us all!!!!

Happy Autumnal Equinox!



All Love All Ways,

NATALEAH

Dr. Natalia Rose Schotte
Founder and President
La Vie de la Rose Flower Essences



LA VIE DE LA *Rose* FLOWER
ESSENCES
The Accelerated Spiritual Growth® Solutions

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