

Samhain Reflections

What We Carry, What We Release

Free Gift

A gentle ritual of remembrance, reflection and release

31 October 2026

Alison Foster

Welcome

As the Wheel of the Year turns towards winter, Samhain invites us to pause at the threshold between seasons.

The harvest has been gathered, the trees are releasing their leaves and the natural world begins to withdraw, conserving its energy for the quieter months ahead.

We, too, are part of these rhythms.

Throughout the year, we gather experiences, memories, relationships, responsibilities and wisdom. Some nourish and sustain us. Others become burdens we continue to carry long after their purpose has passed.

Samhain offers a moment to acknowledge what has been, give thanks for what has sustained us, and gently loosen our grip on what feels ready to be released.

It is also traditionally a time of remembrance, when we honour our ancestors and those whose presence continues to touch our lives.

Set aside a little time this evening to turn inward.

There is nothing to achieve, simply space to pause, notice and listen.

With much love and light, Alison .x.

Creating Your Space

Find somewhere comfortable and quiet.

You might like to gather:

- *A candle or small light.*
- *A fallen autumn leaf for the release ritual, and perhaps an apple, acorn or something else gathered from nature.*
- *A photograph or keepsake representing someone you wish to remember.*
- *Your journal and a pen.*
- *A warm drink or cosy blanket.*

Arrange these simply, creating a small seasonal altar if you wish.

Light your candle.

Take a few moments to settle.

Feel the ground beneath you.

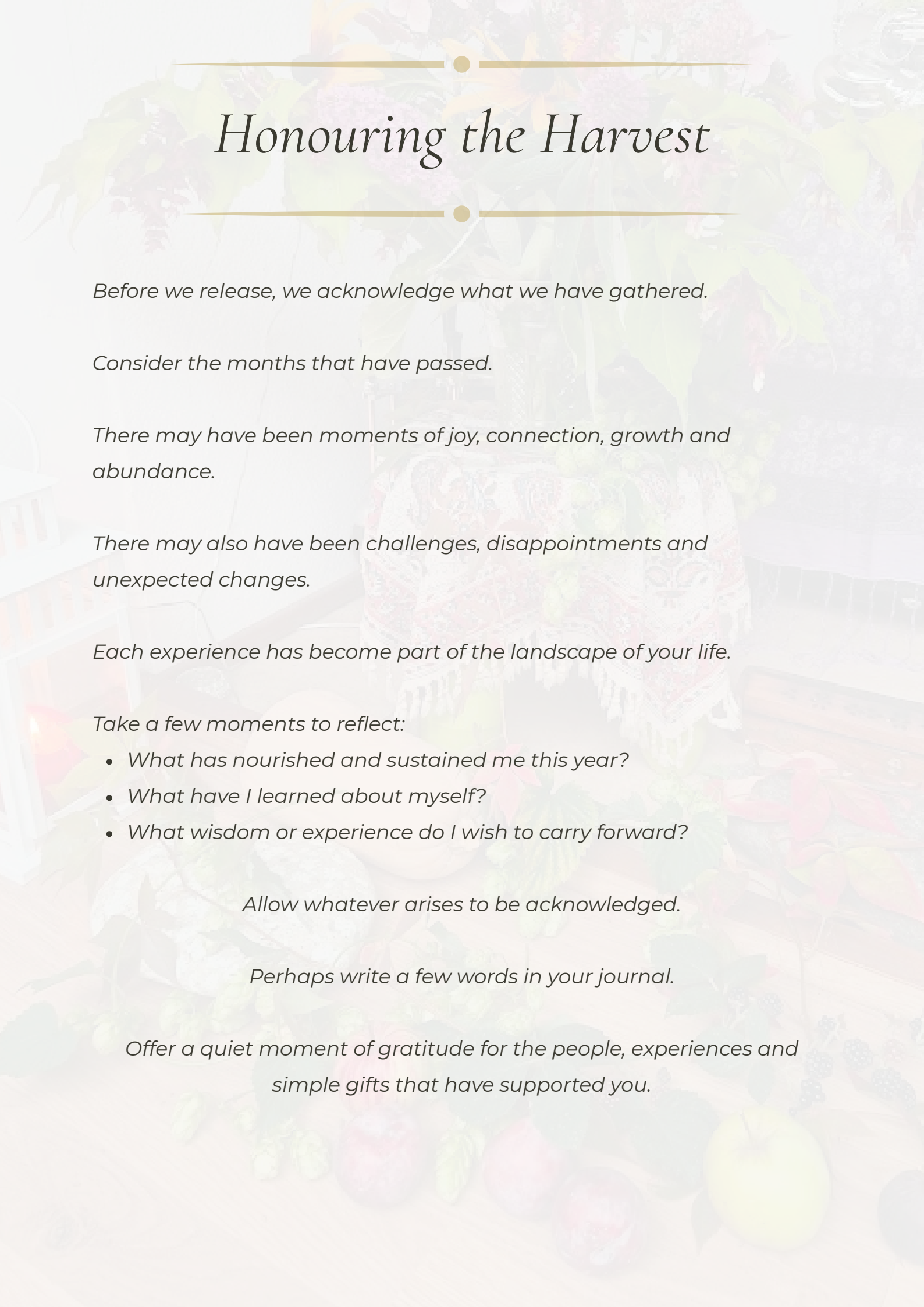
Allow your shoulders to soften.

Bring your awareness to your breath, following its natural rhythm.

With each exhalation, invite a little more softness into your body.

Allow yourself to arrive.





Honouring the Harvest

Before we release, we acknowledge what we have gathered.

Consider the months that have passed.

There may have been moments of joy, connection, growth and abundance.

There may also have been challenges, disappointments and unexpected changes.

Each experience has become part of the landscape of your life.

Take a few moments to reflect:

- *What has nourished and sustained me this year?*
- *What have I learned about myself?*
- *What wisdom or experience do I wish to carry forward?*

Allow whatever arises to be acknowledged.

Perhaps write a few words in your journal.

Offer a quiet moment of gratitude for the people, experiences and simple gifts that have supported you.

From Reaction to Reflection

*Sometimes an experience awakens something deep within us.
An old fear, a familiar response, a belief we've carried for years.*

Before we've had time to make sense of what is happening, we may notice tension in the body, a tightening in the stomach, a change in our breathing or a rush of thoughts and emotions.

Our experiences leave impressions, and sometimes these familiar patterns arise when we feel challenged or vulnerable.

Take a few moments to sit quietly.

Perhaps recall a recent experience that unsettled you. Choose something manageable to reflect upon. Notice what arises as you gently bring it to mind.

Body — *Where do I notice the experience in my body?*

Breath and Energy — *What happens to my breath and sense of energy?
Allow your breathing to find a comfortable, steady rhythm.*

Mind and Emotions — *What thoughts, feelings or familiar stories arise?
Can I recognise them without becoming caught up in them?*

Wisdom and Discernment — *What can I see more clearly when I create a little space? Is there an old belief, expectation or pattern influencing my response?*

What might I choose to carry forward, and what am I ready to loosen my grip on?

*Rest quietly for a few moments. There may be nothing to resolve today.
Simply notice, breathe and allow yourself some space.*

Pause • Breathe • Reassess • Re-member • Respond

What We Carry, What We Release

In yoga philosophy, samskaras are the impressions left by our experiences. Over time, these can shape our thoughts, habits and responses. Some patterns support us. Others may have served us once but no longer feel helpful.

Aparigraha, the practice of non-grasping, invites us to notice where we hold tightly and gently explore the possibility of loosening our grip.

Like the trees releasing their leaves, we can begin to make space for what comes next.

Reflect on these questions:

- *What am I carrying that has become heavy?*
- *What patterns, expectations or responsibilities am I ready to loosen my grip on?*
- *What has completed its season in my life?*

You may wish to write down a word, thought or pattern that represents something you're ready to release.

Autumn Leaf Practice

Take your autumn leaf into your hands.

Allow it to symbolise whatever you have chosen to lay down.

Notice its shape, texture and colour.

This leaf has fulfilled its purpose. It has gathered sunlight, nourished the tree and played its part in the cycle of life.

Now its season is complete.

When you feel ready, place your leaf outside, returning it to the earth.

As you do, quietly offer these words:

I honour what has been.

I give thanks for what it has taught me.

I loosen my grip and make space for what is to come.

Remember, release is a practice. Some things take time to soften and find their way.

Remembering Those Who Came Before

Samhain is traditionally a time to honour our ancestors and those who have shaped our lives.

Perhaps bring to mind someone whose presence continues to live within you.

A family member, friend, teacher, beloved animal or someone whose wisdom has touched your life.

You might remember their kindness, their laughter, something they taught you or a quality you carry forward because of them.

Take a quiet moment to honour that connection.

Perhaps offer a few words of gratitude.

Allow their memory to rest gently within your heart.



Entering the Quiet

As the evening draws towards its close, return to your breath.

Feel the support of the earth beneath you.

Notice the quiet spaces between your thoughts.

Winter offers the earth a time of rest, restoration and renewal.

Beneath the surface, life continues.

Seeds rest in the darkness.

Roots deepen.

The possibility of new growth is quietly held.

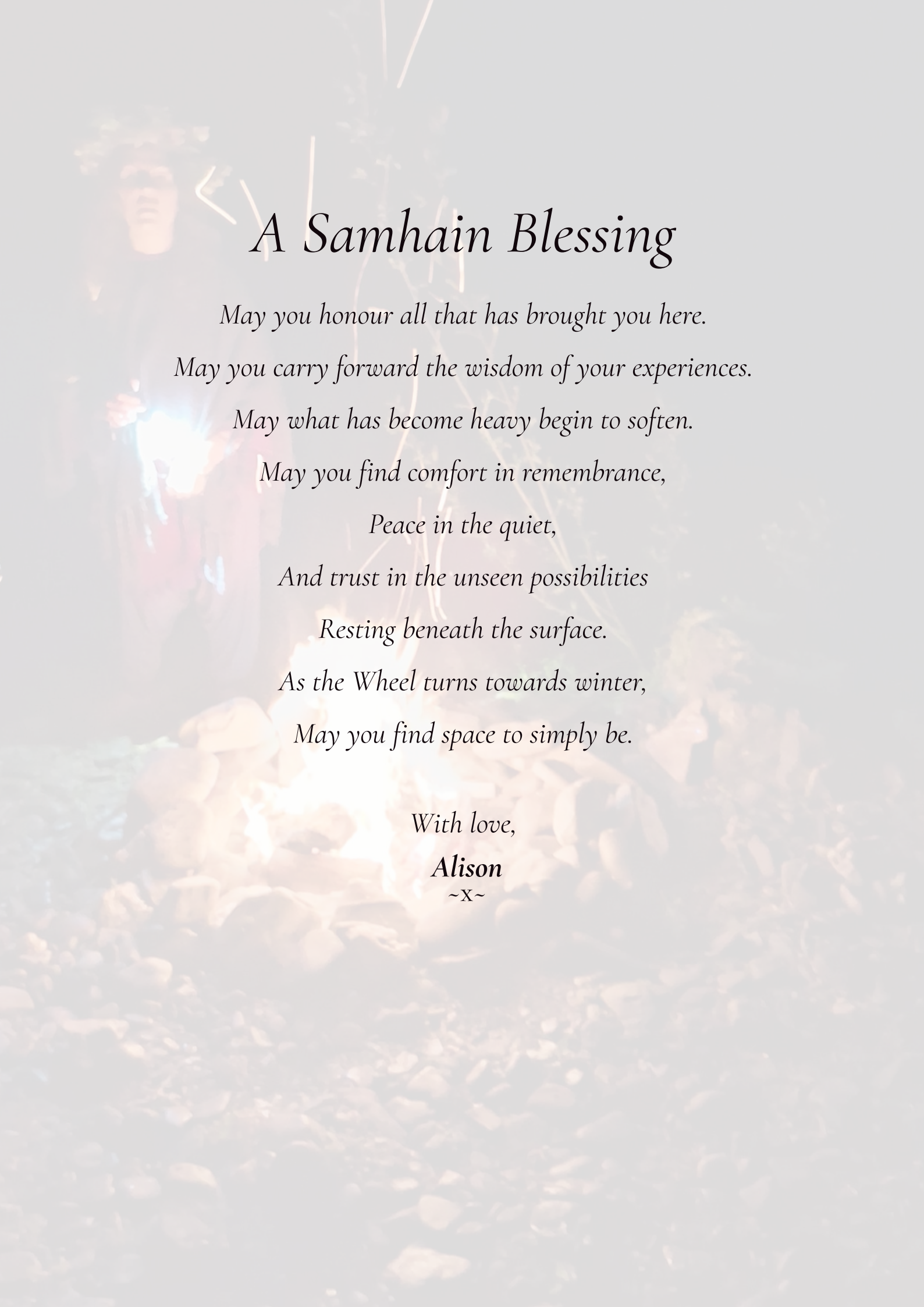
As you prepare to enter the darker months, consider one final question:

What would I like to nurture within myself this winter?

Perhaps patience, trust, courage, compassion or simply more time to rest.

Allow your answer to arise naturally.

Carry it gently into the season ahead.

A person in a dark forest holding a glowing orb, with a bonfire in the foreground.

A Samhain Blessing

May you honour all that has brought you here.

May you carry forward the wisdom of your experiences.

May what has become heavy begin to soften.

May you find comfort in remembrance,

Peace in the quiet,

And trust in the unseen possibilities

Resting beneath the surface.

As the Wheel turns towards winter,

May you find space to simply be.

With love,

Alison

~X~

*Thank you for sharing this Samhain Reflection.
You are welcome to move through it slowly, return to it through the
season, or simply choose the page that speaks to you.
May it support a few quiet moments of reflection and space.*

Alison Foster Yoga

Living in rhythm with the seasons, the body, and the light within.

A small way to support this work

This Samhain Reflections Companion has been created and shared freely, with reflection, ritual and seasonal inspiration.

If it has supported you and you feel moved to give something back, you are warmly invited to buy me a coffee.

Use the links here or go to my homepage: alisonfosteryoga.com



Your contribution supports the time, care and creativity that go into making future resources available.

With gratitude,

Alison x