

Somatic Writing for the Autumnal Equinox

September 22nd, 2022

Here on the autumnal equinox we move into the **season of softening and letting go**. It's a time when the sugar flows inward toward the roots, when leaves fall.

For this exercise, we're going **listen for what is ready to soften and release**. We're taking inspiration from the poem *Ripeness*, by beloved poet Jane Hirshfield, which opens with this line:

Ripeness is what falls away with ease... ([see the full poem](#)).

Moving: We'll begin by playing with a bodied sensation of release:

1. Begin with the shoulders, inhaling to raise them up to the ears and then softening with an exhalation.
2. Next, bringing tension into the hands, tighten your hands into fists tight tight and then...letting go and softening.
3. Bring tension into the hips and buttocks, tightening and pulling in towards the midline and then letting go.
4. Finally, curling in your toes, tightening the feet, releasing with an exhalation.

Writing: Pausing in this new softness, listening from the body, we'll return to Hirshfield's poem for inspiration. Write into: *What falls away with ease...*

Set a timer and write for 10 minutes, giving yourself permission to follow wherever the writing leads.

Closing: When you finish writing, see if you might offer some reverence and appreciation for whatever came through (including nothing if that's what happened! 😊) If you're able to, you might play with reading your words aloud.