

TELOS–USA Fall Equinox Newsletter 2025



Hello, everyone!

Welcome to Fall Equinox in the Northern Hemisphere and the Vernal Equinox in the Southern Hemisphere. While we up north experience the end of the Harvest when Nature turns a quieter and colder season, our southern friends find that Nature is thawing and ready for plantings- new beginnings, new growth, and a time of expansion.

This is a time of year when the hours of day and night become equal- in perfect balance with one another on each hemisphere of our globe. It is a time to release, reflect, and realign with our deepest truths on one side, while others embrace new ideas, challenges, and progression. For both, it is always a time of learning.

The Autumn Equinox is the time of perfect balance when days and nights equal each other in length. If we look at this spiritually, it is also the perfect time to honor ourselves and the light and shadow sides of each one of us. It reminds us to find peace by embracing both our strengths and vulnerabilities.

Now is the time to reflect back- are you neglecting your rest? Are you overworked? Let's recalibrate and align mind, body, and spirit for a much-needed new harmony. And since the Harvest season is done, we also thank Mother Earth for her bounty, and all that she has provided for our abundance. Remember to express gratitude for the love, the lessons, and the opportunities that have been provided for you. Giving back gratitude for all that you have received aligns you to your higher consciousness and spirituality.

Fall in the northern hemisphere is a time of slowing down. Nature prepares to hibernate as the weather grows colder. Spiritually we might say it is a time to turn within to meditate, contemplate, or journal what we have learned in these last few seasons. Have we grown? Are we where we want to be at this point in time? Accept yourself for the wonderful person you are, and do not fret over things you haven't achieved. Celebrate yourself and make intentions for the future.

As the equinox unfolds this year, feel how it balances you. Stop for a moment, breathing deep, and let it guide you on to new purpose and transformation. Take time to open your books again to strengthen your beliefs as you contemplate the Lemurian teachings of love and compassion. Our Lemurian family in the Telos books by Aurelia Louise Jones teach us to love ourselves in all of our moments, and to embrace each lesson with a gentle heart, for we are Divine beings, and growing in higher consciousness every day.

Rev. Jennifer Lutz, Telos-USA Board Member

***Did you know that buying *The Telos books* and *The Seven Sacred Flames* book from [Mount Shasta Light Publishing](#) will give you the best price?

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“Evolve your consciousness to be able to live in a world of Pure Love and Light. Awaken the perceptions of your true divinity: make it a priority-- the most important goal of your life.....”

Adama

taken from The Telos Series Card Deck

Reminders:

Telos Weekly Conference Call: *Facilitators: Marie Phillips and Sue Parry. New topics weekly.*

The Teleconference Number is: 1-712-775-8972; Code: 445613

For more information: www.telos-usa.com

Global Ascension Ceremony Every 3rd Thursday of the month

A lovely experience! Contact Marie Philips mariep@comcast.net or Sue Parry suemparry@uwclub.net for instructions and more information.

Prayer Call ~ 2nd Saturday of the month.

Join Marie and Sue for a gathering of Prayer the 2nd Saturday of each month. This call is approximately 1/2 hr in length. All are welcome to join. [The Prayer Booklet](#) is helpful to have. Prayers also found in [The Seven Sacred Flames Book](#).

Study Groups and Ascension Ceremonies

Check [Telos-USA](#) for groups and ceremonies that may be in your area. If you are interested in forming a group or creating a ceremony, please contact Telos-USA.

Wishing you all a magical Fall Equinox!

The Telos-USA Team