

AUTUMN

Episode #3

"Mindfulness"

Written by

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INT. JADE'S APARTMENT - JADE'S BEDROOM

CREEPY SOUNDS FADE IN - heavy breathing, a whimper, unintelligible WHISPERING.

A VOICE

Jade. Jade. Jade. JADE.

JADE ADLER gasps awake. She's breathing heavily.

JADE

It's, um, 3:40 in the morning. It happened again. I woke up at 3:24 and the woman was standing over me, staring down. I couldn't move, could only look back at her, and then she climbed into the bed with me. I thought I could feel her. The mattress shifted with her weight. She stroked my hair and her nails -- they were sharp on my scalp.

Jade SHUDDERS.

JADE (CONT'D)

I don't what she wants or why she's here. I don't know why I'm talking like she's real. She's just my sleep paralysis demon. There's nothing different than before. It's just my mind playing tricks on me.

She's trying to convince herself.

JADE (CONT'D)

It must be getting worse because I'm anxious. My brain is just waking up before my body and I'm dreaming while awake. That's all it is. She's not real. You are alone, Jade.

(slow, calming breaths)

Okay. I should try to get back to sleep.

Jade sighs and her breath evens out as she falls asleep.

The unintelligible whispering returns.

THEME MUSIC PLAYS

JADE (CONT'D)

Autumn, episode 3. Mindfulness.

INT. JADE'S CAR

Car sounds. Jade is on the phone.

JADE

Okay, but the results you sent me said it was inconclusive. What exactly does that mean?

(pause)

I sent you a sample twice the size you asked for. You should have had enough materials.

(pause)

Yeah, yeah, okay. I'll let you know. Thank you.

She hangs up the call.

JADE (CONT'D)

That was the lab that I sent the Cosmic Dust to. They said there are plenty of perfectly normal - their words - explanations for the fact they couldn't identify one of the ingredients. Their main excuse was that the sample wasn't good enough or big enough. But I know I sent them a sealed jar. I need to know what's in it.

I've been in touch with Eliza, the woman who was having crazy fatigue, and it's escalating. She's waking up with bruises now and is getting understandably freaked out. I don't know what to tell her because I can't get a straight answer from anyone.

But she deserves answers. I don't know what to do. Her wedding is coming up and she needs everything normal, but since Autumn won't stop insisting everything is fine with Cosmic Dust, she won't stop taking it. Especially since Autumn somehow got into my email and responded to Eliza herself "reassuring" her. If she says it's perfectly safe, then why wouldn't her fans believe her. I just need someone to listen to me. I know something is wrong and no one is taking me seriously.

Her car stops.

JADE (CONT'D)

Ugh, I'm here. I don't want to go in. How am I the one stuck with dealing with this?  
Okay. Get it together Jade. Whew.

Her car door opens.

EXT. AUTUMN'S GARDEN

Crunching gravel as Jade walks across the yard into work.

INT. RECORDING STUDIO

Jade opens the door. We hear zen sounds.

AUTUMN

Good morning! Oh. You look terrible. Are you okay?

JADE

You really should work on your delivery.

AUTUMN

Sorry, I'm just a little worried about you. Look at those undereye bags. You want any of my frankincense cream?

JADE

No. It's fine. I'm just not sleeping well.

They both settle into their chairs.

AUTUMN

Why not?

JADE

Sleep paralysis. It's always sleep paralysis.

AUTUMN

Jade, have you been avoiding your phone for an hour before bed like I told you? You never listen to me, today's episode might really be helpful for you--

JADE

Autumn, did you email that customer I told you about? Eliza?

AUTUMN

Eliza? Eliza... Yes! Fatigue? You made it sound like she was so worried, I wanted to just give her a little TLC and reassurance. Sweet girl. We're so lucky to have listeners like her.

JADE

You did it from my account.

AUTUMN

Um, pretty sure it's the podcast's email.

JADE

But I'm the only one who ever uses it. I didn't even know you knew the password.

AUTUMN

Jade, you're the one who keeps saying our customers deserve transparency. That's what I did. You can't get mad at me for going into what is a shared account for the company that I own.

JADE

You told her to keep taking Cosmic Dust!

AUTUMN

Because Cosmic Dust is working exactly as intended. The symptoms have to work their way through her system, and then she'll feel completely brand new. You'll see, babe. And she said she wants to lose 10 pounds and have dewy skin before her wedding. This is the best way to do it.

JADE

She's getting worse. And I know she's not the only one.

AUTUMN

I see how worried you are, Jade, but I promise.

(MORE)

AUTUMN (CONT'D)

It's all part of the journey. You know I wouldn't do anything to get in the way of anyone's wellness. I've dedicated everything to helping people be better, including you. It's the most important thing in the world to me. You know that.

JADE

Yeah...

AUTUMN

I'm going to offer you a deal. We look out for each other, no matter what. I'll protect you, you protect me. Okay?

JADE

That's what I'm already trying to do, Autumn. You're just not listening to me.

AUTUMN

So make the deal. Should be easy.

JADE

Yeah. Fine.

AUTUMN

Say we've made a deal. Accountability only happens when we vocalize our intentions.

JADE

It's a deal.

AUTUMN

Come on, don't hold out on me. Shake my hand.

Jade sighs. She shakes Autumn's hand.

AUTUMN (CONT'D)

Good. That's taken care of. We'll stay on top of it, but it's really nothing to worry about. Honestly, Eliza seems like a bit of a worrywart to me. Alright?

JADE

I don't know.

AUTUMN

You need to trust me. And Jade?

JADE

Hmm?

AUTUMN

I always listen to you.

She lets that hang there for a moment. Then, much more cheerfully--

AUTUMN (CONT'D)

Shall we?

JADE

You really want to just go straight into recording?

AUTUMN

People depend on us, babe. We have to deliver to them. And like I said, today's episode will probably be a good refresher for you.

JADE

You know what, fine. Let's just do it.

AUTUMN

(sarcastic)

That's the spirit.

JADE

Room tone.

(beat)

Alright. Five, four...

Silent three, two, one.

INT. RECORDING STUDIO - AUTUMNAL VIBES RECORDING

SFX: Autumnal Vibes intro harp.

AUTUMN

Welcome to Autumnal Vibes, where every season is right for wellness! I'm Autumn Gandara coming to you straight from sunny, beautiful Los Angeles, along with my partner in crime, my producer Jade Adler.

JADE

No comment on any crimes she's alluding to.

Autumn fake laughs.

AUTUMN

We have such a treat of an episode for you all today. We've talked meditation and gratitude practices and other pieces of the wellness pie before, but we've never fully dedicated an episode to mindfulness, despite it being absolutely essential for anyone's wellness practice. So join us, my ducklings, as we finally dig in. Jade, why don't we start with you? What's your relationship to mindfulness?

JADE

I guess I've never thought that much about it? I try to do my gratitude practice and meditate in front of my altar as part of my morning ritual. Um. I guess that's mostly it.

AUTUMN

And does it help you?

JADE

Sometimes.

AUTUMN

Only sometimes?

JADE

It can be... clarifying for me. But sometimes I do all these different things and none of them really make a huge difference so then I feel bad about it and it feels like I'm just giving myself more things to fail at.

Autumn stammers for a moment, unsure how to recover.

AUTUMN

I think that's an interesting perspective, Jade, and one that a lot of our listeners can probably relate to. Modern women have so much put on us, don't we? And we're expected to be perfect and flawless at everything.

(MORE)

AUTUMN (CONT'D)

The perfect mother, wife, daughter,  
friend, coworker, let alone  
whatever we want to be good at for  
ourselves!

As Autumn gets her groove back, we see how charismatic she is  
and why her listeners love her so much.

AUTUMN (CONT'D)

And thank you for your honesty.  
It's so poignant that you feel  
you're not doing your mindfulness  
practice right. That can be  
something that can hold people back  
from joining wellness, and is part  
of why I wanted to dedicate today  
to talking about just mindfulness.  
Because here's the secret: there's  
no wrong way to do it.

JADE

So how do we keep from feeling like  
we're doing it all wrong?

AUTUMN

Conquer your imposter syndrome! No,  
I know, easier said than done. But  
it doesn't matter how you do it, as  
long as you do.  
If you like to journal and use that  
to reflect, that's fantastic. If  
you do breathwork or meditation or  
take care of a bonsai, the  
important thing is finding what  
works for you, dear duckling. Not  
what works for me or Jade or  
whatever some wellness guru is  
telling you. It needs to be  
sustainable for you and your  
personal lifestyle. What will you  
actually take the time to do every  
single day? And here's my real  
secret to mindfulness. The only  
thing that matters is that you're  
doing it with the intentionality to  
reconnect with the natural world.  
No more mindless scrolling and  
endless screentime. Whatever you do  
for your personal mindfulness  
practice should ground you in the  
natural. In the real.

JADE

That's interesting for our listeners because as long as I've known Autumn, her big thing has been that modern life keeps us from living our lives in the real world, and it sounds like that's really what you're getting at here.

AUTUMN

That's exactly it! Look, I've been known to doomscroll as much as the next gal, but so many of us have let it take over our lives. Ducklings, you need to control your phone, not the other way around. Limit your screentime, be intentional about how you spend that time, find ways to feel connected to the energies of the world around you, and your mindfulness will get so much easier, I promise. You'll feel less tired, you'll be more in tune with your body, you'll feel more connected to your spirituality and sexuality and the natural rhythms of life. That's why we're all so exhausted all the time -- we're disconnected from the natural energies that we should be tuned into, including each other's.

JADE

So how do we go about finding the practices that work for us? I'm sure lots of our listeners are like me and feel like they've tried everything and are still overwhelmed.

AUTUMN

That's a great point and unfortunately there isn't a magic wand I can wave to help, but it's really about trying different things.

(MORE)

## AUTUMN (CONT'D)

There's something that I really like to do that might be a little uncommon and could feel a little silly at first, but in my experience it really forces you to think about your relationship to the ground you're standing on, and that's making a habit of leaving gratitude offerings.

## JADE

Offerings? Like sacrifices?

Autumn laughs.

## AUTUMN

Nothing so morbid, but in a sense. It's about thanking the earth and the life forces that come from it for sustaining you. Let's say there's a tree in your garden or the park near your house that you love. It gives you shade on hot days when you read under it, you love to look out your window and watch its leaves in the wind. Leave an offering under the tree to say thanks.

## JADE

What would we give a tree?

## AUTUMN

You can pour some milk or honey on its roots, or leave some home-baked bread under it, or if you're feeling cheeky, even pour a glass of wine. Whatever offering means something to you.

## JADE

That sounds like a great way to feed some squirrels.

## AUTUMN

So? It's giving something back to the natural world, which squirrels are definitely part of. Find a way to strengthen that relationship and connection and spend time with it. Get away from your screens. Again, it's all about intentionality and your personal act of self-creation.

JADE

Okay, so that's our homework for the week. Let's all give an offering to something that makes us feel more grounded and mindful.

AUTUMN

What are you going to do?

JADE

There's a jacaranda tree in front of my apartment building. That's my favorite time of year, when the jacarandas bloom and you turn down a random street in a random neighborhood and everything is purple, like the whole city has been painted. I think I'll leave some honey for it.

AUTUMN

That sounds perfect, babe. And ducklings, write in and tell us what you're doing for your offering! Email us or comment on our socials -- we want to hear from you! And don't forget about our new supplement, Cosmic Dust. It's truly the perfect thing to add to your existing wellness practices and help you on your journey of intentionality because it's all about taking your health and body into your own hands. I'm here to be your partner on this path of life, and Cosmic Dust is the best way I can offer that. It's a deal I'm making each time you place an order: you purchase it and put your trust in me that I will hold you accountable to do the hard work of wellness, and in return you'll find that all the practices you've already been doing are magnified, opening your mind and body to things you didn't think possible. And for a limited time, any purchase you make on our website will come with a free sample of Cosmic Dust. So head on over. Jade, where can they find us?

JADE

Remember, Cosmic Dust is a dietary supplement, so be sure to read all the ingredients and consult your doctor--

AUTUMN

They know all that, Jade. Give my listeners a little credit. We're online at autumnalvibes.com. Please rate and review us! Let us know your offerings. Love you all, little ducklings. I'm Autumn Gandara, with Jade Adler. This has been Autumnal Vibes. Byeee.

SFX: Autumnal Vibes outro harp.

INT. RECORDING STUDIO

There's a shift in the sounds and energy as the podcast recording ends. Autumn and Jade both throw off their headphones, which clatter on the table.

AUTUMN

We talked about this, Jade. Cosmic Dust is perfectly safe.

JADE

If it's so safe, then what's wrong with telling people to talk to their doctor?

AUTUMN

You'll make them think that something is wrong! We do need customers purchasing things, babe. Or do you want to work for free?

JADE

I just think we should cover our asses because there have been complaints--

AUTUMN

Okay. I know you had good intentions. You need to get it together though. Today's episode was great until the end. I love you, but I can't keep having this same argument with you.

Jade seems cowed.

JADE  
Alright. Sorry.

AUTUMN  
Why don't you take the day. Come  
back tomorrow fresh.

JADE  
Sure. Thanks.

AUTUMN  
Mmhmm.

The door opens.

JADE  
Autumn?

AUTUMN  
Yeah?

JADE  
I do appreciate everything you've  
done for me. I love you too.

AUTUMN  
Thanks, Jadey. Now go get some  
rest.

JADE  
Okay. Bye.

The door shuts.

EXT. AUTUMN'S GARDEN

Sound of gravel crunching. Jade is breathing too evenly, as  
if she's trying to calm herself down.

A car door opens.

INT. JADE'S CAR

The car door closes.

JADE  
I'm not going home. I'm going to  
the packaging plant. I need to  
figure this out.

She starts her car and pulls away.

JADE (CONT'D)

I know she's not happy with me. Autumn's always been like that. She wants things done her way or not at all. But I wish she'd realize that I'm just trying to help her. I am looking out for her. I know she wouldn't purposely do anything that would hurt someone, but she always thinks she knows best and refuses to admit that maybe this time she doesn't. Maybe she should actually trust that I'm doing something good for both of us. But what do I know? I'm only the employee who's kept her company functioning for the last three years. Maybe I'm being unfair. I know she's worried about me. Maybe I am under too much pressure. Stress can cause memory gaps, right? I haven't been taking care of myself lately -- all the pressures of modern life and whatever woo woo language Autumn would use to describe it.

She's quiet for a moment. We hear driving sounds.

JADE (CONT'D)

I do spend most of my time trying not to think about Fran. I spent our relationship constantly thinking about Autumn, which is what caused most of our problems, and now I'm doing the same thing to avoid thinking about him now that he's gone.

She sighs.

JADE (CONT'D)

It's going to take a good hour to get to the plant. I'm going to listen to Autumn's advice a little and give myself a break. I'm going to turn this off and actually listen to music. Remember music? Yeah. Okay, bye, I guess.

She clicks off the recording.

EXT. PACKAGING PLANT

Manufacturing sounds.

JADE

I'm outside the plant where Cosmic Dust gets made, packaged, and shipped. It looks normal. Boring even. Gray concrete building, some windows, your typical industrial street. I almost expect there to be a microbrewery here.

The woman I spoke with, Paula, doesn't want to be recorded, so I'll meet her inside in a minute. But I wanted to make sure to check in and say that I'm here and I made it, just in case of... I don't know what. I can't shake this feeling that something bad is going to happen. But it's probably nothing. I'm here. I'm not turning back, and I'm going to meet Paula. I'm turning this back off now and am going inside.

She takes a shaky breath, then the recorder clicks off.

INT. JADE'S CAR

The recorder clicks on. She's freaked out.

JADE

That was... whew. I'm not sure what that was. I don't understand how I could have been here before and never remembered it. Paula said I seemed different -- more alert, more on edge. She said that the times I've been here before, I behaved differently. Dreamy, laid back, uninterested. She said basically everything but calling me ditzy. And she said she's met me multiple times, but I never remember her. She just thought I was high, or rude, but now we're both freaked out.

And I didn't just drop by. I would bring tubs of an ingredient that went into Cosmic Dust, something that they were told was essential.

(MORE)

JADE (CONT'D)

She didn't know what it was, only that I would bring it right before a new batch was mixed and they would dump it in and that was it. Cosmic Dust was ready to ship out to customers.

Somehow, I've been the one bringing the mystery ingredient when I was told that we didn't do any of the manufacturing ourselves.

They don't have any left from the last batch, otherwise she would have given some to me. Back to me, apparently.

She did say it was some kind of powder, like a ground up herb or flower or something.

I think Autumn's been lying to me this whole time and I've been giving her the benefit of the doubt. She had to have hypnotized me and that's why I don't remember any of this.

Well, two can play at that game, Autumn. I'm going to counteract the hypnosis and figure out what you're up to.

She's freaked out, but she's become steely, confident, angrier than we've heard her yet.

INT. JADE'S APARTMENT

Wind chimes.

Jade is calmer than earlier.

JADE

I can't help but feel like I'm going crazy. The forum rabbit holes I just went down trying to figure out what to do are... something. Other people with my experiences -- lost time and gaps in memory, sleep paralysis, even unexplainable aches -- well, they seem to believe some bonkers things. Apparently I'm exhibiting signs of alien abduction. Imagine that.

(MORE)

JADE (CONT'D)

Some little green men are abducting me and instead of probing me or whatever they're meant to do, they're taking interest in some rando wellness influencer's supplements.

Oh, and it gets better. Some people say that it's not aliens, it's encounters with the fae folk. Like fairies. This is what I'm having to weed through to figure out how to help myself. Cause, you know, I don't have enough going on with a boss who expects me to be available to her around the clock. I also now have to worry about aliens and fairies? What's next, mermaids in the L.A. river?

(laughs)

I feel like my brain is rotting. But I did find a self-hypnosis practice that I should be able to use to wipe away whatever hypnotic trance Autumn has put me in. So. No point waiting. Here goes nothing.

Jade takes slow, deep breaths.

She speaks slowly and rhythmically to herself.

JADE (CONT'D)

My eyelids are growing heavy. My feet are pressing into the floor. My body is grounded with the earth. My eyelids are growing heavy. My feet are pressing into the floor. My body is grounded with the earth.

Windchimes. She breathes.

As she counts, she grows fainter and sleepier, taking longer between each number.

JADE (CONT'D)

As I count to three, I will go into a hypnotic state. As I count to three, I will become more relaxed. As I count to three, I will go into hypnosis for fifteen minutes. When I emerge, I will have wiped my slate clean. As I count to three, I will go into a hypnotic state.  
One.  
Two.

(MORE)

## JADE (CONT'D)

Three.  
O n e.  
T w o.  
T h r e e.  
O n e .  
T w o .  
T h r e e .

As Jade enters hypnosis, her windchimes go crazy as if someone hit them. Her breathing grows deeper and evenner.

The creepy sounds from the opening slowly fade in.

## CREDITS MUSIC

## CREDITS

Autumn was created by Madelyn  
Starr.  
It was written and produced by  
Madelyn Starr.  
It was edited and produced by Evan  
Moreland.  
The cast of this episode is Leesa  
Kim as Jade Adler. Carolyn Vasko as  
Autumn Gandara.  
If you want to learn more about the  
show, visit [autumnpodcast.com](http://autumnpodcast.com) and  
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@AutumnPodcast.

END OF EPISODE 3