

AUTUMN

Episode #2

"Feminine Energies"

Written by

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INT. JADE'S APARTMENT

The sound of WIND CHIMES lets us know we're in Jade's apartment. JADE ADLER is on the phone.

JADE

I think I'm just stressed.

(pause)

I'm doing fine. It's been three months. It's not that fresh anymore.

(pause)

Mom, I get out plenty. I know lots of people.

(laughs)

Everyone in LA works too much.

(pause)

That's not fair. Autumn's been good to me. Yeah, fine, I gotta go, Mom. Love you too.

Jade HANGS UP and SIGHS.

JADE (CONT'D)

I don't know why I still feel the need to defend Autumn. She doesn't need my help or, apparently, my loyalty. But we've been together for so long now...

Okay. So. It is 9:05 AM and I'm drinking my coffee before work. Don't tell Autumn but I'm using the store bought creamer she hates. She says it has unnatural chemicals that will give me acne or something.

I just talked to my mom. She worries about me, thinks I work too much. I know it's hard for her being on the other side of the country, and apparently her psychic told her the west coast wouldn't be good for me, which made her even more unhappy, because, you know, the psychic knows more about my life than I do. Maybe I should go visit soon. I've just been so busy with Autumnal Vibes...

She DRINKS some coffee.

JADE (CONT'D)

I barely slept last night trying to come up with explanations for what's happening to me. I thought maybe I was overreacting, but I listened to the recording again and I don't think I am. Something is wrong and I need to know what's going on. Why I'm losing time and forgetting things. What I'm struggling with is why Autumn would be involved with whatever this is. She's always been someone I can trust. More a friend than my boss. Hell, I'm her emergency contact! So after hours of lying awake pondering everything, the best I got is either Autumn is hypnotizing me or the old family history of psychosis is finally catching up to me. Neither option is... ideal. So here I am researching hypnosis over coffee. Not where I saw my week going. But I know we did an episode on it once...  
Oh, shit, I need to go.

Jade opens her front door.

JADE (CONT'D)

Oh, wait. There's a box on my doorstep.

She lugs it inside, grunts and moving sounds.

JADE (CONT'D)

There's no label or packing info or anything, just a blank box.

She rips off tape and opens it.

JADE (CONT'D)

It's just random stuff. Oh, I used to have this sweater! I lost it when-- oh. When I left it at my ex's place. This is my random stuff. Fran just left it on my porch? There's not even a note. Ugh, whatever. Just another thing I didn't need right now. I'll deal with this later.

Her keys jingle as she slams her front door.

THEME MUSIC PLAYS

JADE (CONT'D)  
Autumn, episode 2. Feminine  
energies.

INT. JADE'S CAR

JADE  
I found the episode we did on  
hypnosis, so I'm gonna play it  
while I drive over the hill. Here--

INT. RECORDING STUDIO - AUTUMNAL VIBES RECORDING

Autumn and Jade are cheerful and in sync in the old  
recording. Their on-air chemistry is clear, and there's none  
of the stilted, forced nature of the latest recording.

AUTUMN  
Jade, when I say hypnosis, what do  
you think of?

JADE  
Oh, the classic image. A  
pocketwatch swings on a chain, some  
creepy man says something like  
"Follow it with your eyes, focus on  
my voice." And I bet most of our  
listeners think that too.

AUTUMN  
Yes exactly! And if that's all you  
know about it, it would be so super  
weird to think about hypnosis as a  
wellness practice.

JADE  
But it can be?

AUTUMN  
Absolutely. It's just a way to take  
control of your own mind. You are  
the ruler of your thoughts,  
ducklings, and this is how you put  
your crown back on.

JADE  
Tell that to my anxiety.

AUTUMN

And you can! With hypnosis! That's exactly what it's for.

JADE

(laughing)

Okay, how does this work? Is there a pocketwatch?

AUTUMN

Don't make fun, Jadey. The most important thing is that you need to be receptive to it, willing for the hypnosis to work.

JADE

So what I'm hearing is that you have to be open to the placebo effect.

AUTUMN

So Jade is obviously out as a candidate. Don't be such a skeptic.

They both LAUGH.

JADE

Ok, ok, convince me. What can hypnosis be used for in wellness?

AUTUMN

Babe, so much. It's all about unlocking your true self and reaching a state of complete focus. Once you're there, your brain is more influenceable. I've heard of people using it to quit smoking or trick themselves into going to the gym - all sorts of habit related things.

JADE

So I could use it to lessen my 4pm sugar cravings?

AUTUMN

That's a perfect way to use it, Jade. I personally used it to release myself from negative self-talk and honestly, I never felt so free and confident as I did after I got hypnotized.

JADE

It made that much of a difference?

AUTUMN

This confidence doesn't speak for  
itself?

They LAUGH again.

AUTUMN (CONT'D)

Truly, its powers are limitless.  
Hypnosis is capable of so much.

The episode ends.

EXT. AUTUMN'S GARDEN

Crunching gravel as Jade walks into work. She talks quietly.

JADE

Okay, it is just before 10 AM. I'm  
a little early and am walking  
through Autumn's garden. I'm going  
to leave this recording on again  
all day to check if I forget  
something, and--  
Wait, someone is here talking to  
Autumn. There isn't anything on the  
calendar... I'm gonna get closer.

Jade tiptoes across the gravel until she's in earshot and a  
conversation between AUTUMN GANDARA and LOCHLAN (ageless,  
sinister, seductive) becomes audible.

AUTUMN

I don't see how that's possible at  
this particular time.

LOCHLAN

This is a great compliment, my  
dear. They want more.

AUTUMN

I don't have more for them yet, not  
without raising more suspicions.

LOCHLAN

If you're gathering suspicions,  
then that is your own fault. Your  
instructions were clear and you  
were full of assurances that you  
were capable.

AUTUMN

Perhaps I'd be more motivated if they came through on their end. Then I could understand what I'm working towards.

LOCHLAN

Bold child. You know that's not how this works. They might have been willing to give you some lenience previously as you adjusted to their expectations. But you know better by now. They ask for more, you give them more.

AUTUMN

There's meant to be a give and take? So far they've only taken. The way I see it, they're indebted to me.

LOCHLAN

They'll come through. They always do. And in the meantime, they can always take so much more, my dear. How about that pet of yours?

AUTUMN

She's already helped plenty. There's no need to involve her in anymore of this.

LOCHLAN

No? They might disagree.

AUTUMN

They'll leave her alone--

LOCHLAN

What's her name? Jade?

Jade takes a SHARP BREATH.

LOCHLAN (CONT'D)

A lovely name. So meaningful, and I'm sure they'd agree if I told them. You know what they want, Autumn.

AUTUMN

I'm working on it.

CRUNCHING as Jade backs up on the gravel path.

JADE

(whispering)

I don't know who that was. I've never heard his voice before. I'm back by the entrance to the garden so it looks like I'm just arriving for when he leaves and I can see him... What the hell is Autumn doing?

Jade waits.

JADE (CONT'D)

No one has come out. It's been almost ten minutes. I'm going in...

Gravel CRUNCHING again, then the door opening.

INT. RECORDING STUDIO

Jade steps inside.

JADE

Morning.

AUTUMN

(stressed sounding)

Hey.

There's a pause as Jade looks around.

JADE

Is it just you here?

AUTUMN

(duh)

Yeah.

JADE

I thought you had a meeting.

AUTUMN

Nope. Just me.

JADE

I must be confused. Are you okay?

AUTUMN

Yeah. Just a little tired.

Jade sits, her CHAIR SQUEAKING.



JADE

You didn't have a phone call or anything?

AUTUMN

No. I've been meditating.

JADE

Okay.

AUTUMN

Why do you ask?

JADE

No reason. Just thought you did.

It's tense as both of them try to gauge the other.

JADE (CONT'D)

So, about my concerns with Cosmic Dust. I want to reach out to the supplier.

AUTUMN

Jade, you need to drop this. I told you, everything is fine.

JADE

But there's something--

AUTUMN

You're looking for a problem to solve, but not everything is a crisis. And if you're trying to prove something with your contract coming up for renegotiation, don't worry. I know your value to me and the brand.

JADE

I appreciate that, I do. I just... Autumn, I don't want us to be at fault for someone getting hurt.

AUTUMN

And we won't be. I promise, okay?

JADE

Okay...

AUTUMN

Good. Now, can we get to work?

JADE  
Yeah. Alright.

AUTUMN  
Good. You look haggard, by the way.

JADE  
Wow, thanks.

AUTUMN  
You're using that creamer again.

JADE  
How do you do that?

Autumn LAUGHS.

AUTUMN  
Magic.

JADE  
Ready?

AUTUMN  
Always.

JADE  
Room tone.  
(beat)  
Alright. Five, four...

Silent three, two, one.

INT. RECORDING STUDIO - AUTUMNAL VIBES RECORDING

SFX: Autumnal Vibes intro harp.

Jade and Autumn are more tense and combative with each other in this recording, though they both do their best to hide it.

AUTUMN  
Welcome to Autumnal Vibes, where every season is right for wellness! We have such an exciting show for you today, and one that might be a little taboo. Today, Jade and I are taking you on a journey through our inherent feminine energies. That's right, my ducklings, we're talking natural cycles.

(MORE)

AUTUMN (CONT'D)

So grab a mirror, and stick it down there, because we're gonna get real personal with our, and say it with me because it's not a dirty word, vaginas.

JADE

Only partially. After all, cycles go through our entire bodies.

AUTUMN

Yes, but of course our sacred yonis are still so key, we can't neglect them! So let's talk about the cycle. So many women treat their bodies like it's one size fits all, every day is the same, and it's really not. It's called a monthly cycle for a reason, and not enough of us give our bodies the grace to change the way they naturally want and the way we treat them day to day.

JADE

We've all heard about how menstrual cycles are tied to the full moon, but I'll be honest, mine never has been.

AUTUMN

Really?

JADE

Of course not. Are yours?

AUTUMN

Without fail. My period always starts on the full moon.

JADE

Uh-huh. Well, there's a theory that the reason that's not true anymore for most women is light pollution. Our bodies are confused and aren't able to--

AUTUMN

It always comes back to this! Our bodies and minds aren't built for modern life.

JADE

Your favorite topic.

AUTUMN

Absolutely. And what we're covering today can overcome that, help our bodies get back in touch with the natural energies flowing all around us. So let's dig in. Our bodies go through a physical cycle that restarts every month. We all know this. So let's talk about what energies are cycling through our bodies that whole time and how we can get better in touch with them. We all know that women are powerful, and that power can be scary, especially to men. We're obviously more in touch with our sensitive and spiritual sides--

JADE

We're generalizing here.

AUTUMN

Only broadly. The feminine and masculine are distinct energies.

JADE

Well, we should say that energies are just that. They're not tied to gender or anything. There are parts of me that are feminine and parts that are masculine, and they're equally important. It's all about finding your balance, and that's a personal journey.

Autumn is definitely irritated now.

AUTUMN

I think what Jade is getting at is that the balance between energies is so necessary, and that's honestly a whole other episode. Because today we're focusing on the divine feminine, which is all about sensitivity and push and pull and the rhythms of life. Because we are the givers of life. We create. We're connected with the natural.

JADE

And we are taught to not trust those natural rhythms.

AUTUMN

Yes! We don't listen to our bodies!  
We're told to act masculine and  
girlboss when what we need is  
gentleness and care to really sit  
in our feminine. And the times when  
our bodies need us to give them the  
most grace is exactly when they're  
also at their most powerful. Those  
feminine energies are absolutely  
pouring out of our bodies when  
we're at moments of change and  
transformation.

JADE

What do you mean?

AUTUMN

Right before or after a wedding.  
After having a baby -- now that's a  
time of energy releasing in your  
body if I've ever heard one. Even  
menopause. We call these liminal  
periods, when we're all hovering on  
the edge of potential, who we were  
and who we can be.

JADE

Puberty?

AUTUMN

Oh, that's a big one for sure.  
Think about how you felt during  
your first period--

JADE

Like I was becoming a woman?

AUTUMN

You're joking, but you're right.  
Ducklings, you contain so much  
power in your bodies right now and  
you don't even know it. And the  
best way to access it is to listen  
to your body and what it needs.  
Find a way to access your feminine.  
Take some time, take stock of how  
everything is feeling, meditate.

JADE

And we'll have another episode just  
on meditation very soon.

## AUTUMN

Getting in touch with and harnessing your feminine is honestly such a soothing, yummy process. I go into my garden each morning, sit in one of my meditation circles, and just brush my mind over my body. Check in, see how everyone is doing, and really listen to the whispers from my physical being.

## JADE

There's lots of ways you can do this if you don't have a beautiful garden like Autumn's. I have a little altar in my apartment where I'm able to create a grounding space for my practices--

## AUTUMN

Yes, definitely, but I must stress if you're able to get outside and into a circle that is the most effective thing for this particular practice.

## JADE

Why a circle?

## AUTUMN

The feminine is cyclical. Our energies go round and round, and so the circle is itself a sacred symbol. Surrounding yourself with circles made from the natural world is really the only way to truly ground yourself and tap into the energy that the modern world has trained you to dismiss and ignore. That's why I have so many rings in my garden. Some are made of stone, some mushrooms, even flowers that bloom at different times of year and have various healing properties. It allows me to direct that energy back into myself, and also invites all sorts of connections into our lives again. And so importantly, it allows us to receive as well as give.

Jade's annoyed at her suggestion being dismissed.

JADE

And if you don't have access to a backyard like yours? Lots of our listeners live in cities and apartments, so they're limited.

AUTUMN

And it's even more important for those people to find ways to commune with Mother Earth and replenish their feminine energies! Boxy apartments and concrete aren't good for your sacred cycle. Ducklings, if this sounds like you, I'm sure there's some bit of nature you have access to that you haven't thought of yet. Be creative. Walk to the park nearby each morning, create a circle of rocks or sticks. Build a ritual out of it. Make it a habit. It will make a world of difference, I promise.

JADE

Right.

AUTUMN

And before we get into the next part of this topic, something else that can make a big change in your life is my new supplement, Cosmic Dust! If you haven't tried it yet, you are missing out.

Jade makes a strange coughing sound. Autumn ignores it.

AUTUMN (CONT'D)

It's all about balancing and calibrating our natural bodies to their most perfect state, and is the perfect addition to your daily practices. Head on over to our website to check it out, and I am offering a one time discount for the next 24 hours for our most dedicated listeners. Enter code VIBEY at checkout for 10% off. That's V-I-B-E-Y. I know, 10%, I'm crazy, but I just love you that much, my ducklings. VIBEY at checkout for 10% off. V-I-B-E-Y. Okay, so now I bet you're wondering how else you can connect with your feminine energies.

(MORE)

AUTUMN (CONT'D)

I have the answer for you: full moon rituals. There's so much magic in the world on the night of the full moon that even goes beyond our divine energies, but it's a fantastic way to recharge both those crystals and yourself...

Autumn fades out as she talks about full moon rituals.

EXT. AUTUMN'S GARDEN - LATER

Gravel crunching, nature sounds.

JADE

You really didn't have to walk me out.

AUTUMN

Don't be silly. Besides, it's been all work work work lately. I feel like we haven't connected in a while. You know, Autumn and Jade.

JADE

Yeah.

AUTUMN

So... how are you holding up?

JADE

I'm fine. It's just the Cosmic Dust stuff.

AUTUMN

Oh, I know. The launch really drained me too. I think I need a spa day. Definitely need a snake massage. Maybe we should do a replenishing ritual together.

JADE

Maybe. Yeah, that sounds nice. Wait, did you say snake massage?

SFX: Autumn's gate opens and closes.

AUTUMN

Don't worry, you don't have to that. I'll plan something for us then, and will see you tomorrow.

SFX: Jade's car door opens.



JADE

Autumn. You would tell me if you were in any trouble, right?

AUTUMN

Trouble? What do you mean?

JADE

Like if you bit off more than you could chew.

AUTUMN

You know I'm ultra aware of my limits. You don't need to worry about me.

JADE

Right.

AUTUMN

Take care of yourself tonight, Jade.

JADE

Will do.

SFX: Jade's car door closes.

JADE (CONT'D)

That was weird. Autumn never walks me out. Whatever. Add it to the list of mysteries. I'm going to drive home and review the recording from today.

SFX: Jade starts her car and drives away.

INT. JADE'S APARTMENT - LATER

Jade's WINDCHIMES sound.

JADE

There weren't any surprises today when I listened back, thank god. Mystery man, podcast recording, work on socials and branding and the online store, boring influencer stuff. Nothing that could hurt anyone. Unless that man... I'm worried Autumn got mixed up in something.

(MORE)

## JADE (CONT'D)

I've always told myself that what we're doing is harmless. Things that add to people's lives and health, bring them some control. But now... I don't know. You know, when I first met Autumn, I didn't really know any of this stuff. My mom goes to a psychic occasionally and I like diffusing oils because they smell nice, but that was kinda it. Then Autumn hired me and I had to learn fast. I was her assistant originally. Sometimes I think she forgets that I'm not anymore. For how much she preaches self-care, she doesn't really leave me much free time. But I have come around on a lot of her wellness teachings. It does help people. It's comforting and it helps make sense of the world, which is just getting crazier and crazier. And I do think getting more in touch with nature is always a good thing. I always feel better after a walk, not that I've had much time for that lately. But there are somethings I do and I just think... why? Why am I doing this? When did I become this person? Do I really believe in any of this?

Right now, I'm looking at the sacred altar I built in my apartment. I bought a little rickety side table at a flea market and cleansed it with sage. Then I put one of my great-grandma's crocheted doilies on it. There's my favorite lavender and eucalyptus candle, an evil eye my grandma gave me, and a collection of crystals Autumn insisted I use. I even have a vintage vase that I always make sure has fresh flowers. It looks nice.

(long pause)

It does look nice. But you know what else it looks like? Stupid. It's stupid. I did it because Autumn said to and apparently now it's useless because it's not in a natural circle? Being in your feminine my ass.

Jade's phone BUZZES. She GASPS.

JADE (CONT'D)

Oh, this is the woman from the Cosmic Dust packaging plant. I left her a voicemail when I went out to pick up our lunches today.

She answers the call - it's another one-sided phone call.

JADE (CONT'D)

This is Jade.

(pause)

Yeah, hi. Like I said in my message, I work with Autumn Gandara and just wanted to check in about our supplement Cosmic Dust--

(pause)

Oh, are you a listener?

(pause)

Then how do you know who I am?

Jade pauses, and comes back freaked out.

JADE (CONT'D)

You must be mistaken. We've never spoken before.

(pause)

Yeah, that is what I look like. But I've never been to your plant--

(pause)

I don't understand. I don't even think I've been to the South Bay before, there's no way I could have come to the plant and met you.

(pause)

That is the type of car I drive.

(pause)

I don't know. When did you say you last saw me?

(pause)

Two days ago? No, I don't remember any of that. Yeah, I am freaked out. I can come by tomorrow? Yeah, yeah, I'll make that time work. Okay. Thank you.

She hangs up, lets out a shaky breath. Returns to her narration on the recording.

JADE (CONT'D)

That woman, Paula, she said I've been to the plant before.

(MORE)

## JADE (CONT'D)

They make Cosmic Dust, package it, and ship it there, but apparently I've been multiple times. Including two days ago, which is the day I didn't remember going home. Well, at least some of my missing time has been accounted for. This has to be all about Cosmic Dust, and Autumn is selling it now for a discount. She's pushing it even more. I need to find out what's happening in that plant.

## 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. David Rogers as Lochlan.  
If you want to learn more about the show, visit [autumnpodcast.com](http://autumnpodcast.com) and find us on social media @AutumnPodcast.

END OF EPISODE 2