



ASCENDERE

October 2026

YOUR BEST TIMELINE



Affirmations

Take advantage of the seasonal changes through these affirmations:

Use these energies to:

- Welcome shifts in your life
- Not fear change since it leads to growth and evolution
- Give yourself permission to rest and slow down to nourish your body and spirit

"I enter October with gratitude and clear intentions. I release what no longer supports my growth and make room for peace, love, and abundance. I take inspired action toward my best timeline—with total ease and no harm to none."

Asé. WAKESHA. Abracadabra!

www.ascendere-llc.com

Greetings!!

Welcome to Ascendere! October invites us to slow down, recognize our growth, and release what we no longer need to carry. Just as autumn leaves fall, we can make room for fresh intentions, healthier relationships, and purposeful action. Our theme this month: "I release with love. I receive with gratitude." Through the traditional symbolism of Libra and Scorpio, October offers inspiration for balance, honest reflection, and transformation. The zodiac messages below are spiritual prompts for reflection—take what speaks to your heart.





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OCTOBER SPIRITUAL GUIDANCE FOR EVERY ZODIAC SIGN

ARIES — Purposeful Action

Channel your courage into choices that support your peace. You can move forward without rushing.

TAURUS — Receiving & Self-Worth

Appreciate your gifts and allow yourself to receive support. Rest and pleasure can be meaningful parts of your spiritual practice.

GEMINI — Clarity & Communication

Give your mind room to settle so your words reflect what you truly mean.

CANCER — Emotional Nourishment

Honor your feelings while making space for your own needs. Caring for yourself strengthens the care you offer others.

LEO — Heart-Led Confidence

Share your warmth and creativity without measuring your worth by applause.

VIRGO — Peace Over Perfection

Let small, consistent acts of care replace the pressure to get everything right.

LIBRA — Balance & Boundaries

Celebrate your season by bringing your own needs into the balance. Harmony grows through honesty.

SCORPIO — Release & Renewal

Reflect on what you are ready to leave behind and the person you are choosing to become.

SAGITTARIUS — Inspired Expansion

Let curiosity reconnect you with hope, purpose, and possibility.

CAPRICORN — Sustainable Success

Build a life that supports both your ambitions and your well-being.

AQUARIUS — Authentic Connection

Honor your individuality while welcoming community and shared wisdom.

PISCES — Grounded Intuition

Give your sensitivity a steady foundation through rest, reflection, and clear boundaries.