Meditation-Autumn Equinox 2017

First Awareness, Then Balancing Different Aspects of Ourselves

Close your eyes take a deep breath sinking into your body, into your heart and stomach- tuning everything out, turning off any outside thoughts. As the wheel of time turns, we all breathe a sigh of relief.

The intensity of the masculine energy of the summer is waning, the heat beginning to subside. We are now coming into a balance of night and day.

Contrast and duality, like night and day, are present in our lives to help us hone our balance and our preferences. Contrast in a sense helps us to steer-to steer life through our experiences of contrast, through awareness, to what choices we are making. In each moment we can pause, breathe, make a new choice, think a new thought.

There are many aspects in life in which we have duality as part of our being. We are both our physical body and who we really are, our spirit body. Take a moment to recognize each, visually, that we are bringing them into balance.

Balance for any of these dualities are going to differ from each other. Your scale for balance on some of these you might hope will be 80% vs 20%, or if you are more optimistic 90% vs 10%

I am going to give you some contrasting aspects that are in some ways on opposing ends of ourselves/our scale. Take this opportunity to discern which feels most true for you. Visualize a type of scale, or meter with an arrow that can flow easily, coming to rest at a point so that you can see when it is in or out of balance.

On the scale, where is your balance between putting out energy through action and doing for others, and in contrast/balance how you take care of and do for yourself, resting, relaxing meditating?

Pause 30 seconds

Where is your balance between stress on one end and joy on the other?

Pause 30 seconds

Within each of us is a mix of masculine and feminine energy. When we operate primarily from our masculine side we may feel tired, stressed, overworked, too much in our heads. We may feel more of a need to take control, be assertive, achieve goals.

When we operate primarily from our feminine sides we may have more ability to flow, to adapt to change to be open to opportunities that aren't planned. We tend to be receptive, but like water it needs to be contained otherwise it gets easily dispersed, out of control, ungrounded, irritable. You may be giving away your power.

Is one more dominant than the other? How is it expressed in your life?

Pause 30 sec.

How is your negative and positive energy expressed?

Do you have more negative self-talk or negative self-image than positive self-talk and positive self-image?

(Pause 30 sec.)

Does your social life dominate most of your time, or do you spend too much time hibernating and alone?

(Pause 30 sec.)

The internal you and the external you…

(Pause 30 sec.)

Do you sometimes feel like there is the good self and the bad self? Your grumpy, irritated self and your joyous carefree self?

(Pause 30 sec.)

We have so many parts of us that can seem like very contrasting. And in some ways, they are. But when we pay attention, recognize and have awareness around them, we are better able to bring them into balance.

Now you are going to step back from this close-up look and create a bit of distance as if you are from the bird’s eye view.

Taking in all of these contrasting aspects, as well as so many others unmentioned

How does it look? (pause)

Take a moment and imagine yourself making some minor adjustments that may bring some balance where it's needed; incremental changes, small adjustments. Any time you try to make a monumental change it's often too drastic. The scale tips from one extreme to the other.

So…

Follow your lined-up impulses. Lining up -being in a state where you feel very centered.

Make an intention to bring balance to that area of life where it's needed.

(Pause 30 sec)

Believe in your ability to know what is right for you. We are here in ceremony because we want to see, we want to grow. We want to strive for that balance in our lives. So,

embrace, accept and trust these conscious changes you want to make. You know the way, Feel it...

(Pause 30 sec.)

Focus on gratitude for a few seconds. Start by saying, “I feel so grateful…”

Focus on harmony for a few seconds. Start by saying, “l feel such harmony…”

On love, for a few seconds. Start by saying, “I feel so loved”

Take a deep breath and when you are ready, open your eyes, and come back into the circle.