

Wednesday 21st March 2018

Autumn Equinox Harvest Meditation

Hello and welcome to the Autumn Equinox Harvest Meditation. At this point light and dark are balanced, represented by the equality of day and night. This is the waypoint of enough light to power the growth, but enough solidity through the balance with dark to make these manifest. This is a harvest point in the cycles, and can be used in manifesting hopes, dreams and intentions as you work with this balance point that has the perfect energy of balance to harvest the growth that has balanced out to manifest in the harvest. This is a time and place, a time and place to manifest and harvest goals and intentions as well as it does plants and food. After all, food is just energy manifest to keep our physical bodies going. This can be done as well for other energies grounding and manifest as much as food from plants. While the process is different, the results are the same, reaping your harvest.

This is what we will be exploring in the meditation today through the energies of air, the balance of light and dark. This is about working with this yearly, cyclic combination of light and dark, as it manifests through the energy of air, which is invisible but felt manifest in the wind and breeze at this time of year. This is about working with us as we work together to assist all of us in this workshop here today.

Poetic Meditations

Autumn Waypoint (Equinox)

Air Meditation

*I am the Whispering Wind
I am the bubble of life
I allow life by my presence
I can sustain life or I can destroy
I can be the breeze or the Hurricane
I am as changeable as I want to be.
I can be life or death
I am an integral part of life
Though I am not often seen or thought of
I am the invisible element
You cannot do without
Trust me and respect me
Because if you do not you will perish
Invisible but not Immaterial
I am the free and free-wheeling
The bubble of life
The element of air*

***Air** – This is a light, intellectual element, the element of Autumn, understanding and sentience. This is a balancing Animus element, allowing the change and contemplation required to move forward and grow.*

Primal Dark

Polaric Meditation

*I am the primal dark
The basis of life,
The bearer for cycles.
To you I am Animus,
the feminine lesson,
Waxing and waning,
reflecting the light.
To earth I am the moon,
Cyclic and reflecting,
Regulating water,
Regulating tides,
Regulating Life.
Harness me well,
Work with my cycles,
Partnering with the light,
I make life possible.
The original primal energy,
I am the Primal Dark.*

***Dark** – The polarity of cycles and solidity, this is the reflective, first polarity that was balanced out by the light to allow life. This is the dark matter in the universe, the reflective quality of the moon, and the solid, cyclic nature or dark in the cycle of the seasons and anima.*

Primal Light
Polaric Mediation

*The Light of Creations flame,
The Light that sparked the fire.
The Light that allows life.
The light that allows Innovation,
The light that allows progress
The light of the soul.
The energy of Masculinity
At it's height in Summer,
Dormant in Winter,
Changing through the seasons.
The great cycle of life
Illuminating the darkness
The primal polarity fire.*

Light – *The polarity of Animus that illuminates and balances out the dark and cycles, allowing progress, growth and evolution. Represented in the physical by light and heat, this is the power that fuels life and civilisation.*

The Autumn Equinox
The Light Balancing Waypoint

*The Autumn Equinox,
The Autumn state of balance
The Waning of the Light
And the Waxing of the Dark,
Bringing the perfect balance
The perfect balance for the Harvest.*

*The Energy of Air
The Energy of Animus Balance,
Structuring the light,
Making it whole,
Shaping it to be of use.
To be of use for the harvest,
Balancing with the cycles of dark
The cycles of manifestation,
Bringing the Harvest in for the year
And preparing for the Next
Be that a harvest of nature,
The harvest of the Field,
The Harvest of the Mind,
And the Harvest of the whole.*

*The Autumn Equinox
The countdown to Midwinter
The countdown to the Winter
To the break in cycles,
To the Beginning and the End
The Autumn Solstice
The Perfect Balance for the Harvest.*

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Autumn Equinox Harvest Meditation

- *Get yourself as comfortable as possible and sit with your tailbone grounded to the floor or ground as possible. Take a few breaths to leave your physical body, and see the etheric body leave, walking off, down into a valley to a wooded hill into a ripening field of crops.*
- *See the crops as yours, your produce for the year from last winters reflections, sown in the spring, growing and charged through to summer, and now ripening ready for harvest, in the new, predawn light. It is dark, but you can see. The temperature is comfortable, but cool and refreshing with the breeze in the air and the chill in the small amount of light in this pre-dawn.*
- *Bring your goals and intentions forward. Bring to your mind your goals and intentions that you have written down, bringing them into mind like a list on a clipboard in front of you. Look at the field, seeing this years harvest in blue, and next years seed in red. In your mind's eye, feel your hand take up these goals and intentions in these colours, Blue and red. Put up your hand in your mind's eye, and watch the ripening field in front of you divide out in front of you according to this. Seeing this take ten deep breaths and find the energy that your goals and intentions have made manifest in this perfectly ripening harvest. Take a few moments to see what this all means.*
- *Now, walk into the field, Walk around your divisions, feel them feel what they mean as with the dawn you watch them ripen perfectly into the perfect harvest. Note any slow areas and black spots as blockages, taking ten deep breaths to feel this experience go into you.*
- *Take a few more moments to watch this before watching the workers in the field, the efforts you have made, your spirit helpers and the energies you have brought into the world, and you have brought into before sitting down in the middle intersection of the field.*
- *As your ethereal body sits in the field, put your hands on the ground as the dawn rises over your field. As it becomes bright your helpers harvest your ripe harvest take ten deep breaths to bring this into you, feeling it all come in to you. Note the blockages and darker spots you see as something to work on, note them and bring them into you as well as areas of improvement to overcome with the reflection of winter and the planting of your seeds in spring.*
- *As you look around, to see the sun draw high, to the zenith of the sunshine, the noon, watch the sun rise and bring in a festival with your helpers. Feel yourself take in ten deep breaths, picturing this festival of gratitude for your harvest, and helpers, and the life and time that they came from. Take these in gratitude to yourself and your helpers, bringing them in. Spend a few more moments with this festival before thanking them, thanking them with a gift of energy. Let your intuition lead you into what gift you give, the form, but give it in gratitude and humbleness. Feel them take this gift, feel them thank you. Leaving them to their party, walk back through the path to your physical body.*
- *Come back to your body, write down what you were aware of, then interpret this. It might be good to look at this another time as well, to get full benefit from this.*

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Worksheet Questions

What are the Goals and Intentions I wish to Harvest in full?

What are the Goals and Intentions I wish to Harvest for Seed and Replant next Year?

What are the Blockages and Impediments that I wish Remove?

How did I see the Harvest of Ripened Intentions?

How did I see my Harvest of Seed, to Reflect on and Replant next year?

What Blockages did I see Continue and how did they Change?

What Guides and Support did I Get?

What Is my Full Understanding of This?

Notes