

Autumn Equinox Meditation

Written by Candy Price Sept 2023

Things to Consider:

Just a few things to remember when practicing meditation. First, meditation is a skill which will improve with practice. Second, distractions are normal and will probably occur. If your mind begins to wonder, just redirect it back to your breath. This will become easier with practice. Meditation is still beneficial. Another thing to consider, meditation is not something we “do”. We “drop-into” meditation. Try to release the mind from problem solving and details.

Settling In/Establishing the Breath:

Find yourself a comfortable position, maybe seated or reclining. Allow your body to settle and surrender into your space. Maybe closing down the eyes or softening your gaze. Soften into your body while resting the mind. Resting in the seat of the observer. No need for judgment or labeling just residing in this moment. This moment of coming home to yourself. (Brief pause).

Begin to notice the qualities of your breath. The soft inhales through the nose and the soft exhales out of the nose. The breath which is in a rhythm perfectly suited for nourishing your body with prana, life giving force. Prana, your breath, holds the power to settle your nervous system, to calm the many layers of your mind, to release stress and tension. Become heavy inside the temple of your body. The physical body which protects you, transports you, and sustains you. Breathing with a natural ebb and flow of inhales and exhales as you rest in calmness. (Brief pause).

Brief Body Scan:

Notice the parts of your body that are cocooned in the support beneath you. The feet, rooted down in safety of the earth beneath you. The pelvis resting heavy and sinking into the floor or chair. The shoulders plugged in and away from the ears. Relax through your head, your neck, your facial muscles. Softening your tongue, your jaw, your eyebrows and eyebrow center. Allow your ears to soften into the sensations of hearing. (Brief pause).

Visualization:

The Autumn Equinox.... A complete balance of daytime and nighttime. A perfect 12 hours of sunlight equally balanced with 12 hours of darkness. A time of year that often feels like a reset. A reset in the plant world. A reset in the animal world. A complete reset of the living world. A time for our own reflection. Our own contemplation. Our own inner knowing, inner intelligence. The long, warm days of summer with growth and harvest have given way to the autumn season. A season which is symbolic of change, decline, decay, and release. A time for rest, reflection, adjusting, allowing, and gratitude.

The lessons nature holds. As the leaves on the trees turn vibrant in yellows, oranges, and reds we see that final flush of beauty. As the crisp, dry air replaces the warmth and humidity. We feel the sense of change around us, enveloping us in its familiar way. The leaves will soon surrender and take their final farewell by resting on the floor of the earth. The autumn season is a time for transformation, for nature and ourselves. Time to release the things that restrain us, contain us, or control us. Time for making space. Time to allow space for new directions. New patterns. New paths. Letting go. Transforming. Releasing. Adjusting. Progressing. (Long pause).

Transitioning Back:

Allow your senses to return to your physical body. Notice the sounds within you. Your breath, your heartbeat. Notice the sounds within your space. Notice the sounds outside of the room. The sounds inside your room. Make any movements in your physical body which feel natural and intuitive for you. If you would like, you can bring the palms of the hands together, resting them at your heart center, thumbs resting on your heart space. Anjali Mudra. Take an in and out breath to give gratitude to yourself for making time for self care. Take an in and out breath to give gratitude for your powerful and resilient physical, mental, and spiritual body. And finally an in and out breath to give gratitude for the ancient practice of meditation and the continued importance it has in our lives today and onward. Thank you for allowing me to lead you in this meditation. Happy Autumn Equinox! Namaste.

