

## September 2009 – Fall Equinox Greetings

The turning of the seasons are powerful times. We leave behind the old and begin something brand new. But the fall equinox is especially exciting. It takes place at the time of the Seventh Moon. This year the new moon arrived on the 19th. On the 22nd we will still be feeling the effects of the new moon. Many ancient cultures celebrate the 10 days around the equinox beginning on the new moon, including the Jews, Hindus, Cherokee, Chinese, and the Greek Mystery school.

It is a time for healing, for reviewing the past year, throwing out what no longer serves us and opening our hearts to forgiveness and bright new beginnings.

There is incredible energy to support all of our efforts now, if we are able to really let go of what has stymied or stifled us in the past. In ancient times on the Jewish High Holy day of Yom Kippur, a goat would be brought into the temple. The people, through their prayers, would give all of the past year's transgressions to the goat. Then a priest would take the goat out of the temple and throw it over a cliff. This is where the term "scapegoat" comes from. In the Hindu celebration of Navaratri, the great goddess Kali slays the demon bull, for the same cleansing of the spirit.

The power of this time in history, the power of the new moon, and the power of the new season being born are conspiring to serve us now. But we must face our shadow material, especially that which has surfaced over the summer, with joyful resolution to send it over the cliff, so that we will have room in our hearts for the New Year and New Life.

Take time to meditate or pray, to delve deeply into your soul to find what it is that you must release. It may seem like something, or some part of your nature that has always stood in your way, and yet you fear losing yourself if you give it up. Once you have opened to your demon, acknowledge it, and then spend more time in prayer and meditation to release it.

Focusing on the White Star that shines six inches above your head, you can direct the White light of your Star to pour down through your head, body, arms and legs, and release your shadow, your demons into the light. Allow the light to wash out of your open feet and hands carrying with it all that no longer serves you. Then think of closing your feet and hands, as the White light continues to pour down through you, filling you now with the pure White Light of the cosmos. As you fill with light, open your heart and mind to receive all you need to begin your new life in the new year, the new season of life ahead. You have thrown out the chaff and are now harvesting the grain. This is what Autumn is about, harvesting.

What an abundant harvest awaits. Enjoy it. Embody it. Luxuriate in it.

Bless you,  
Barbara

P.S. This is a great time for releasing all your old beliefs around money and its scarcity, giving them to the light, and opening to your new abundance.