

MEDITATIONS FOR THE FALL SEASON

Each season of the year offers us the opportunity to notice how our lives might be mimicking the natural cycles of life. Fall is a time when the reminders of the impermanence of life are all around us. Look around and notice the leaves falling from the trees, flowers fading and temperatures cooling. Do you feel a sense of stabilization as the light and dark of the days begin to come into balance? The following is an offering of meditation ideas for this season. Not every question will apply and perhaps others will come to mind. Set aside about 20 minutes of silence for each meditation exercise below. Journaling your experience afterwards if that seems appropriate. Enjoy!

Practice Letting Go

Imagine in your mind (or go outside if it's practical) and watch as the leaves fluttering to the ground. Nature is releasing the weight of the no longer vital leaves. Sense the invitation that nature's cycles are mirrored in your life and calling you to relinquish what is no longer needed. Let the Spirit of fall sweep into your heart and help you to let go and release things that have been a burden or weighed you down. Breathe deeply, feeling the cool air and release your tension. Allow your worries and concerns to be carried away by the wind.

Sensing the Transient

As the flowers fade and the tree limbs become bare, sense the fleeting nature of things around you. What gifts did the spring and summer bring you that you wish to acknowledge and be grateful for now? Do you sense any changes in yourself? Perhaps something that has now passed... Notice the sparseness of the landscape, the changing colors...what feelings do these bring up inside you? What changes are you ready to make today?

Balancing Exercise for Light and Dark

As the fall equinox passes, did you notice the amount of light and darkness balancing? As the days get shorter and the darkness begins to claim more of your day, this is a great time to notice how you regard light and darkness? I invite you to find a quiet place in the dark. Light a single candle and contemplate the following questions:

Is there a balance in the dark and light of your soul? Do you regard light as good and dark as bad? Why? As you sit in the dark, are you comfortable? Do you find yourself drawn to the candle or do you allow the darkness to embrace you? Can you find a place of harmony between the light and the dark?

