

Meditation of the month

Night and day

Find joyful balance between light and dark. By Jill Lawson

September is a special month. With the first waft of autumn in the air and the spectacle of yellowing trees, we are reminded that winter's introspective calendar is drawing near.

The autumnal equinox, also in September, marks a time of equal balance between day and night, and light and dark. The equinox is the very moment when the earth, on its axis, is neither tilting away from, nor toward the sun. It is during this time that the planet and all of life occupy balance, poised with anticipation for change.

Life is all about balance. Living in balance is about equally embracing both the light, and the dark. Change is inevitable, and there will be times of darkness. With a little effort on our part we can release the dampening grip of dark moments by not judging them as bad, but by seeing them as a natural and necessary part of life.

Autumnal equinox

The following meditation is inspired by the autumnal equinox. Practice it as a reminder to honour balance between both light and dark, on earth, and in life.

Sit in a comfortable position, free from external distractions. Take several deep breaths to clear your thoughts and prepare your mind for this simple guided imagery meditation.

To begin, imagine you are gazing at the earth from a lofty height. See the earth suspended contently in space.

Next, visualise the sun as a strong, powerful, and radiant object nearby. Notice the distance between the earth and the sun, and see the sun's rays illuminate the surface of the earth.

Now, see the side of the earth that is resting in total darkness, completely void of light. Take a closer look at both the light and the dark sides until you see the forgiving edge uniting them.

Continue to gaze at the soft and subtle connection between the light side and the dark side of the earth's surface. Trust that both qualities are necessary to induce the cycles of rest and wakefulness, dormancy and growth, stillness and activity.

Ponder the earth and its ability to thrive while being brightened by the sun as well as peacefully shrouded in darkness. Trust that the planet and all of life can adapt to the waxing and waning of light, on a daily basis, without protest.

When the autumnal equinox arrives, let your heart be like the earth, suspended contently in between light and dark, and find joy in the acceptance of having a natural balance of both.