

HOW TO BALANCE YOUR LIFE ARE YOU IN HARMONY WITH THE RHYTHMS OF NATURE?

By Dr. Cathy

Our body, mind, and spirit are connected to the rhythms of nature. We often lock ourselves into artificial frenzied schedules and activities that are out of harmony with our natural rhythms. When we feel out of balance we need to learn to become aware of and honor our innate urges.

The Autumn Equinox took place on September 22. It was a day of perfect balance when the hours of daylight and darkness were the same length. The equinox period is about balance and harmony.

The Equinox marked the seasonal transition to longer nights and shorter days. It's a time of:

- Harvest
- Community
- Celebration
- Thanksgiving

*Live in each season as it passes; breathe the air, drink the drink,
taste the fruit, and resign yourself to the influences of each.*

– Henry David Thoreau

In contrast to the creative manifesting of summer where energies are high, autumn is a time of:

- Completion
- Balance
- Realizing Abundance

It's a time of deepening darkness when we

- Retreat Inside to Rest
- Reflect on the Past and Future
- Strengthen Our Spirits

A recurrent theme throughout ancient civilizations was the philosophy that the universe exists as a beautiful harmonious whole. The Greek word "kosmos" literally translated as "embroidery" and signified the intrinsic harmony of the world as a complete, interconnected whole. We are a connected part of that whole.

Restore balance by tuning into the current cycle of nature and let yourself connect to it.



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