

Autumn Equinox Essence
Sunday, September 13, 2020

3 x **Red Sedum** (3—inner beauty brought forth; beauty as necessary ingredient for healing)
6th Chakra, Studio Set

Broaden your horizons. Making a choice requires a consideration of all the facts. However, you cannot consider these facts if you cannot see them. Red Sedum helps you to widen your field of vision so you can see the whole picture. From this perspective, almost anything can look intriguing and full of possibilities.

11 x **Lung Essence** (11—adjustments; emotional to rational; cool-headed magnanimity)
Yin Essence, Metal Element
Wild Rose, Queen Anne's Lace, Malachite

Expansion. Your experiences and desires constantly circulate through your body, encouraging you to reflect on them and grow. What constricts this flow? Shame, judgment and a fear of change. Often, when you think that people and the world around you are telling you that you are on the wrong track, they are actually challenging you to stand up for yourself and state your intentions with confidence and pride.

*18 x **Large Intestine** (18—inner self says, “go!” even if you are not consciously aware of journey’s purpose)
Yang Essence, Metal Element
Birch bark, Red Cedar bark, Blue Lace Agate

Recreation. We take vacations to relax and recharge our batteries. If we take toddlers along with us on a challenging mountain hike or our heat-hating mother-in-law to Florida in July, we probably will not have a relaxing or rejuvenating experience. The Large Intestine essence puts us back together when we have lost sight of what we need and when we need to get it.

What is the most beautiful thing you have ever seen? If an image comes to mind, embrace it, take a deep, wide look at it, and rest on it for a while.

Your appreciation and **embrace** of beauty are acts of will. They will transform the way you move through autumn’s wave to the next shore. No matter what else is going on in your life, if beauty is a constant beacon in the depths of your mind, your trip from here to there will be beautiful *and* productive.

Why is this so important? Notice Lung and Large Intestine Essences. These two essences form the metal element in Chinese medicine, and metal is the element of Autumn.

When I think of the metal element, I always think of the Great Mother, whose job it is to tend to us during times of transition. She carries us from realm to realm on waves of Love. She brings us into life and out of it again. She tends to us in transitions big and small. Beauty is her calling card. Wherever we experience beauty, we are experiencing the presence of the Great Mother and we know she is orchestrating our movement.

Our job in times of transition is to tend to our attention. Read the definitions of Lung and Large Intestine again. They talk of monitoring our shame, judgment and our fear of change. They talk of attending to our care for ourselves — both tender and fierce — when we are dealing with what is before us at any given moment. Directing our attention is our most important job.

What is in front of us now, in this time of immense change, *feels like* the unknown. But I contend that the unknown in front of us right now is Love, a deeper, broader, more participatory form of Love than we have experienced. I'm not talking about Hallmark Love, I'm talking about fierce, trusting, magnanimous, healing, rectifying Love. This is the Love of the Great Mother, and we have a choice to turn our attention to her presence or to turn toward the spirit of fear. Our choice.

But know this: when you let beauty form your thread to forward movement — when you train yourself to look for beauty throughout the day — you are inviting the transformative power of Love to define all of your relationships.

One last thing. Harnessing the will of beauty can be tricky. Fear beckons us to ally ourselves with the power of our intellects and the comfortable habits that keep us separated from the true beauty of ourselves and our world.

I have something to give you that will help. Here is a question for your intuition: *When you think of your best approach to living in Autumn, what is going to be most helpful to you: Engaging in a creative project (yang) or Learning to accommodate Love in your body, mind, and spirit (yin)?*

When you order your essence from me, let me know if you need Creativity or Love and I will put an extra essence in your package. Use that essence along with your Autumn Equinox Essence to keep you on track and to help you develop the gifts that you are here to share with all of us.

We are in an amazing time and we have the help of nature all around us to take our next steps.

Wishing you lots of love,

Therese