

THERESE CONWAY • CANYON SOUND ESSENCES

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Spring Equinox Essence

Saturday, March 20; 5:37 a.m.

How to take the essence: Take the essence every morning, especially during early spring. Let the world know what is making your heart sing right now and take the essence. Also take it when you are feeling jumbled or irritated by aggravating or unknown upheavals.

**indicates key essence in combination*

19 x **Red Yarrow (19—discoveries made wide awake; masculine principle; what is muddled becomes clear)
1st Chakra Essence, Studio Set*

Powerful, playful union. A new beginning that is rooted in love, passion, and a sense of adventure. Red Yarrow helps you to initiate action, not out of a sense of duty or unconscious need, but from your own pure and free passion.

*23 x **White Lily** (23—humble, dynamic power that encourages teamwork)
1st Chakra, Market Set*

Lighthearted ruthlessness. When we feel that our soul and our body fit together like a hand in a glove, we don't need to defend our decisions. We just need to be ourselves. Then, without justifying ourselves, we can follow our desires with easy ruthlessness. White Lily is useful if our body and soul are just enough out of alignment that we feel the need to explain ourselves—when “because I feel like it,” would do just fine.

*12 x **Gallbladder** (12—looking within to gain insight, new perspective; may feel sensitive, vulnerable)
Yang Essence, Wood Element
Coltsfoot, Amber*

Liquid incineration. Flowing quietly in the background of our souls is a small acidic stream that instantly dissolves anything it touches. With efficient dispassion, our souls direct our bodies to toss into this trickle anything that is unnecessary or superfluous. Without this stream, we become confused and cluttered junkyards. Used to excess, this bitter flow becomes an agent of indiscriminate annihilation

Get ready for a bouncy spring — all kinds of bouncy. Bouncing is the best fun when we are children—on beds, on trampolines, in puddles. Bouncing becomes less amusing when we're older — bouncing from job to job, home to home, emotion to emotion, and don't forget bounced checks and ideas.

This spring it would be helpful to rediscover the childhood joy of bouncing. As children, the unknown doesn't bother us — when we're playing. Being up in the air is thrilling. Looking at the pattern of a splash is fascinating. Bouncing is exhilarating and laughter inducing.

Back and forth always has a bouncy quality, whether it's gentle or rough, civil or discourteous, trusting or suspicious, kind or unhinged. That variability is going to be the challenge to all of us this Spring.

As we gather the significant energy generated during this season (and I suspect it will be significant), I think we are going to be challenged to be grown-ups who have not forgotten our childlike assumption (and even delight or amusement) that life is full ups and downs, known and unknowns that come quickly or by the day.

This essence says we are being invited to handle a higher charge of energy this Spring. It's best channeled in the answer to the question that Red Yarrow poses: *"What do you want? What do **you** really want? What do you **really** want"* Right now, at the dawn of spring, the question to take deep within yourself is not what the world needs, but what you really want? If you ask that question from deep in your body, your answer will be one that serves your world, all of it, in ways more magical than you can imagine.

Two reasons why focusing on what we want as individuals will be foundationally helpful: first, we seriously need to learn how to be productive members of teams—I think, as a group, we've been backsliding. We have lots of things to heal and create together. This means more playing like children with adult wisdom.

Second, we are going to notice an awful lot of stuff inside our bodies and minds that need to go. Old beliefs, old operating systems, old hurts — all the stuff you've accumulated over the years that really must leave this year. Spring cleaning is on the agenda! And how are we going to do this if we don't have accurate criteria with which to judge what stays and what goes? Remember: *"What do I **really** want?"*

I wish I could say taking this essence is going to make this Spring seem like a skip in the park. For some of us it might and that's great because we'll need that good humour and magnanimity to help each other keep our eyes clear and focused on the future. If your bouncy exchanges have more reverb than you would like, my hope is this essence will help you to reclaim enough play and adult benevolence to keep your wits.

How to take the essence:

Spend some time thinking of what you want. Realism is not necessary. What's necessary is something that make you deeply happy, or joyful, or calm inside. Write this down. Make a creation of it. Bring this image or feeling into your body. Then take the essence.

Take the essence every day as you remember what you really want. And be sure to take it when you are feeling out of sorts or when you feel less child-like and less adult than you'd like.