

FOUR CORNERS MEDITATION

Moving Meditation Adapted from *Living in Balance: A Dynamic Approach for Creating Harmony and Wholeness in a Fragmented World* by Joel & Michelle Levey.

Plant your feet solidly on the floor. Feel your connection to the ground, let the ground support you. The place on which you stand is holy ground. This is a sacred time. Centering into wholeness, discovering the balance among the many parts of the wholeness that is you...

From where you are turn toward the East

Imagine yourself facing the **eastern** sky...that place of dawning, sunrise, and new beginnings, the place of inspiration where what was hidden by the night is revealed and becomes clear. **The east** – where insight crosses the threshold into light that illuminates your world. That place that the earth forever turns and returns to. Contemplate the meaning of east – spring equinox, inhaling, creativity, blossoming, filling, becoming in your life. The east.

Turn now toward the south

Now imagine yourself facing **the south**, that place of the brightest light, that noontime sky when the sun is most high, and the light is warmest and brightest. The south...the place where everything is manifest, full blown, and full grown, and, in being in its fullness, is sure to wane from here. Reflect on the meaning of south – summer solstice, full inhalation, ripe fruit on the trees, the prime of life. Growing, strengthening, expanding to the fullness of the south.

Turn toward the west

Now imagine yourself turning to face **the west**. Behold that place of sunsets and completions, the time and place where the last rays of light, the last waves of breath disappear across the threshold into night. The place of transformation and unification of light and darkness, day and night. Contemplate the meanings behind the experience of crossing the threshold into night, autumn equinox, leaves falling from the trees, getting colder, darker, older, endings, deaths, wanings, diminishing, deepenings, dissolving, exhaling toward the west.

Turning once again this time to the north

Turning in your imagination, face **the north**, home of the North Star – that one still unchanging point in the spinning universe that seems always to be there. That dark place where there is infinite potential for the light of new potentials to emerge. Ponder midnight, winter solstice, exhalation, receptivity, and emptiness soon to be filled, the void of unmanifest potential waiting to be expressed.

Take your seat...and now

Returning in your mind's eye, to the rising light of a new dawn, face **the east**, restoring your faith that again out of the deepest darkness, light will surely come, that out of the coldest

winter will come a new spring, that out of the darkest night will come a new bright dawn, a new birth and a new beginning.

Return again to face the south...and return again to face the west and return again to face the north...

Today we offer our blessings and gratitude to Spirit, the elements of the Earth, to life itself and to our Oneness with all that is. We also recognize our responsibility. Today may we open ourselves to guidance and the possibility of action - in ways small or large – we let God move in us, arousing our awareness, awakening our gratitude and compassion, moving us to do our part to insure the healthy evolution of our living home, the Earth.