A BIRTHDAY MEDITATION

For VIRGO

BY BEVERLEE

Guidance for the Cycles of Your Life
Happy Birthday, dear Virgo!

Please know that I have created this Birthday Meditation E-Book to celebrate your magnificence! On your past birthdays perhaps you have looked to others for recognition and celebration, and I trust that they have given it to you. It's also possible, however, to give yourself the gift of recognition and acceptance. What could be more appropriate than to give yourself a gift on your birthday—a Birthday Meditation E-Book, composed just for you? You certainly don't want to be like Eeyore in his exchange with Pooh in the “Winnie the Pooh” story:

"You seem so sad, Eeyore."
"Sad? Why should I be sad? It's my birthday.
The happiest day of the year."
"Your birthday?" said Pooh in great surprise.
"Of course it is. Can't you see?
Look at all the presents I have had."
He waved a foot from side to side.
"Look at the birthday cake.
Candles and pink sugar."
Pooh looked –
first to the right and then to the left.
"Presents?" said Pooh.
"Birthday cake?" said Pooh. "Where?"
"Can't you see them?"
"No," said Pooh.
"Neither can I," said Eeyore.
"Joke," he explained. "Ha, ha!"

~ Winnie the Pooh © Copyright by A.A. Milne
Instead, on your very special birthday I invite you to follow this sage advice:

"See if you can give yourself gifts that may be true blessings, such as self-acceptance. Practice feeling deserving enough to accept these gifts from yourself, and from the Universe." ~ Jon Kabat-Zinn

During my role as an Astrological Counselor for nearly thirty years I have repeatedly witnessed very clearly that our birthday is the most important point in our personal year. For this is the time when we decide, consciously or unconsciously, what our life will be about for the coming year; we decide then (whether we know it or not) the difference we will make.

I have created this Birthday Meditation to help you set forth on your personal adventure with a clear vision of what that adventure will be. You can use this Meditation every year on your birthday to set your intention for the following year. In fact, I encourage you to use it whenever you want guidance during the month of your birthday and indeed, throughout the whole year if you wish. Its message is written specifically for you, my friend!

"Life is a quarry, out of which we are to mold and chisel and complete a character." ~ Goethe

Each year on your birthday you enter a whole new phase in your cycle of development. This can feel like a breath of fresh air since you have an opportunity every year to move past any self-imposed barriers to achieving success if you give yourself permission to reach out and surpass your own accomplishments.

Do you have an idea what options are now available to you as you set forth in search of your dream? What do you feel limited, restricted or confined by? And, who, ultimately, is responsible for those feelings of limitation?

Well, of course, it's you! So, you're going to move beyond those self-imposed barriers to a new perspective, a new level of enlightenment, a new ground of being. This Meditation is designed to help you do just that.

You may be asking, what, exactly, is a Meditation? Well, I like to think of it as a way of connecting with your Self—your Higher Power. That Higher Power, it seems to me, is the voice of your own Divinity—your connection to the God principle, or, as some prefer to call it, Spirit.

It is a good idea to look inward every so often. It helps you get in touch with your purpose here on Earth. In the entire world there is only one you. You are unique and you have a special mission—a reason for being here. Meditation helps you understand and define what this mission is.
Connecting to your Higher Power helps you take responsibility for creating your life the way you want it to be. It's easy to blame luck, other people, and circumstances outside of yourself for the problems in your life. On the other hand, accepting your own authority as co-creator with Spirit is extremely empowering.

Scientific studies have found Meditation to have health benefits such as reducing stress and lowering blood pressure. Beyond those physical benefits, Meditation can lead to increased clarity of mind, emotional well-being, and delight in life—in essence, the joy of living.

"Kiss your life. Accept it, just as it is—today, now. So that those moments of happiness you're waiting for don't pass you by."
~Philip Bosman

Let's move into Meditation mode now and begin the process of initiating your personal vision. It is important at this time to be in a quiet place, away from distractions. This will give you the best results for your Meditation.

Just sit quietly in your space for a few minutes. This will help establish your energy. Before you sit, you might wish to light a candle or some incense. Eventually, lighting the candle or incense will signal your brain that it's time for meditation.

Fold your hands gently in your lap and close your eyes. Take a few deep breaths. Then just sit. If you aren't used to meditating you may feel as if your mind is a jumble of thoughts. Don't try to stop the thoughts, just observe them. Imagine that you are on the bank of a river and that your thoughts are the river going by. Don't try to stop the river, just watch it. Soon you will see the river begin to slow down.

Now begin to focus your awareness on your breathing. Follow each breath in and out. It isn't necessary to “try” to breathe or consciously alter your rhythm of breathing. Simply follow the breath as it naturally flows in and out and feel yourself relaxing.

Good.

Now take a few deep breaths from the diaphragm. Then let your breathing find its own level.

Imagine that a beam of rainbow light is entering the center of your forehead. You don't actually have to see anything (although you may). Just imagine the presence of a light. Now imagine that the light travels down the center of your body and diffuses into all of your cells. Repeat silently to yourself a few times, "I am in The Light. I am filled with The Light."

Good.
As you consider what you want this year to be about, know that the Universe stands ready to support you in your intention.

"You are a creator; you create with your every thought."
~ Abraham (Channeled by Esther Hicks)

You see, your thinking creates your reality. If there is something in your life that you are not happy about, the voice of your Higher Power is speaking to you, asking you to change what you are unhappy about into what you are happy about. Those are the only two possibilities offered to you: Happiness. Unhappiness. So you may as well take responsibility for creating what makes you happy.

"Cherish your visions and your dreams, as they are the children of your soul; the blueprints of your ultimate achievements"  ~ Napolean Hill
To create what you do want in your life you must focus your intention on that. To focus your attention on what you do not want only creates more of what you don't want, since your thoughts are magnets, which attract to you what I like to call MOTS – More of the Same!

As you begin to focus on what you do want and why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster what you want comes to you.

"It is not more difficult to create a castle than a button. Most of you have more buttons than castles, however, because they're easier to expect."
~ Abraham (Channeled by Esther Hicks)

Once you've got a picture in your mind's eye of what you do want to have, do or be in the coming year, you can begin to further focus your intention by the use of affirmations.

An affirmation is a statement of positive fact. It is always worded in the present and usually begins with "I am." Affirmations are designed "to make firm" the positive things about yourself. Affirmations may be truer in the future than they are now, but the affirmation is always claimed here and now. Affirmations can be said anywhere, silently or out loud. The more often they are used, however, the more real, true, solid, and "firm" they become. When you repeat them in front of a mirror while looking into your eyes, all the negative thoughts and feelings that keep you from fulfilling your affirmation will
surface. Let them surface; let them simply float away. Beneath all the limitations is a part of you that knows the truth of the affirmation.

I am sure that you can create excellent affirmations of your own. But perhaps you would like to borrow some of these:

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- "I am strong and capable."
- "I am centered, calm and productive."
- "I create my own reality."
- "I am not perfect and it is okay."
- "I am calm. I am clear. I am focused."

Here are other affirmations that may prove helpful as you set forth on your annual journey. Please substitute affirmations of your own if these do not reflect your present needs:

- I listen deeply to my inner guidance and know exactly what to do.
- I accomplish all that I need to do in a timely manner.
- Whenever I take a moment to be still, I find the solution I'm seeking.
- I am focused and committed to my goals.
- Change presents opportunities and challenges, not obstacles.
- I let go of old beliefs that no longer serve my best interests.

A Good Cup of Tea

The Vietnamese Buddhist monk and philosopher, Thich Nhat Hanh, wrote about enjoying a good cup of tea. You must be completely awake in the present to enjoy the tea. Only in the awareness of the present can your hands feel the pleasant warmth of the cup. Only in the present can you savor the aroma, taste the sweetness, appreciate the delicacy.
If you are ruminating about the past or worrying about the future, you will completely miss the experience of enjoying the cup of tea. You will look down at the cup, and the tea will be gone.

Life is like that. If you are not fully present, you will look around and it will be gone. You will have missed the feel, the aroma, the delicacy and beauty of life. It will seem to be speeding past you.

The past is finished. Learn from it and let go. The future is not even here yet. Plan for it, but do not waste your time worrying about it. Worrying is worth-less. When you stop ruminating about what has already happened, when you stop worrying about what might never happen, then you will be in the present moment. Then you will begin to experience joy in life.

WHO AM I?

I am your constant companion. I am your greatest helper or your heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do, you might just as well turn over to me, and I will be able to do them quickly and correctly. I am easily managed; you must merely be firm with me.

Show me exactly how you want something done, and after a few lessons I will do it automatically. I am the servant of all great men and, alas, of all failures as well. Those who are great, I have made great. Those who are failures, I have made failures. I am not a machine, though I work with all the precision of a machine plus the intelligence of a man. You may run me for profit, or run me for ruin; it makes no difference to me. Take me, train me, be firm with me and I will put the world at your feet. Be easy with me and I will destroy you. Who am I? I am HABIT!

Now let's consider the Tarot Symbol that corresponds with the Sign of—Virgo—the Hermit. The images of the Tarot are both mystical and wonderful because they capture the essence of the moment. The ancient arts of Astrology and Tarot have a marvelous connection; both are accurate depictions of the quality and meaning of the moment in which they are consulted. The mystery and the wonder come from the question of why these symbolic languages should so accurately reflect precisely what is going on with us at this particular moment. I feel the answer to this mystery is that we are one with the moment. There is unity in all things. When we recognize this we can choose to feel connected to All That Is.
The message of the Tarot Symbol The Hermit is summed up by Karen Hamaker-Zondag in her book, “Tarot As a Way of Life”. “What is the meaning of events? Why do they happen to me? Who am I? In the phase of The Hermit, we need the freedom, space and independence to discover our own answers and to gain insights that can lead us to our own truth whether it is spiritual, philosophical, or social. All this is a painful psychic process which leads us to the insight that there is a connection between our own psyche and what we endure. It is important to note that although the connection is there, it is present at a level where we cannot immediately blame someone else for our situation.”
Meditation on The Hermit

You look down at the landscape from your cold peak
Illuminating the path for others who wish to
Journey inward, seeking Truth.
You have withdrawn from the material world
To attune to your inner self,
Activating your unconscious mind.

You lead by your example,
Demonstrating that approaching deity is
A personal, private experience.

As you contemplate the road you have
Traveled to reach your peak,
Quiet your mind, so that you may
Listen to the voice of your higher self.
The way of the Adept is lonely,
But it is a path that can only
Truly be walked alone.
Now as I leave you to create a beautiful year for yourself, perfectly designed by your intention and enthusiasm, that will move you along the path of your own becoming, I want to share with you this final invocation:

**Invocation to The Pink Ray**

I call upon the Creator
of the Pink Ray
To pour forth Divine Unity.

I call upon the Creator
of the Pink Ray
To pour Divine Love
through my body.

May the Love of the Christ
Flow through me.
May the Unity of Spirit
Work through me.

*I AM a Divine Being.*
*I AM in Unity with the Source*

I embrace you with love and light,

**Beverlee**