

**A BIRTHDAY MEDITATION
FOR AQUARIUS**



BY BEVERLEE

**GUIDANCE FOR THE
CYCLES OF YOUR LIFE**

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Happy Birthday, dear Aquarian!

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**

Being an Aquarian, you have already received many gifts from the Universe, including a real love of justice. You are innovative and not bound by the usual constraints imposed by society since you follow your own path of truth and integrity.

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.

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.



Now let's offer an invocation to Divine Spirit, which seems wonderfully attuned to the Aquarian philosophy:

Invocation to Unity

**I AM a Divine Being.
I AM in unity with All That Is.
The Light of my own Being
Shines upon my path.**

**I AM a Divine Being.
I AM in unity with All That Will Be.
I hold the shining light of the Source
Within my heart.**

**I walk in unity with Spirit.
I laugh in unity with the Source.
I love in unity with my fellow beings.
I Am a Divine Being.
I AM a bridge between Heaven and Earth.**

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" ~ Napoleon 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:

- ✧ "I am ready for Fortune as she wills." ~ Dante
- ✧ "I am in love with the world." ~ Jonathan Swift
- ✧ "I am content." ~ John Quincy Adams
- ✧ "I am the master of my fate; I am the captain of my soul." ~ William Ernest Henley
- ✧ "I am the Greatest!" ~ Muhammad Ali
- ✧ "I am as strong as a Bull Moose." ~ Theodore Roosevelt
- ✧ "Every day, in every way, I'm getting better and better." ~ Emile Coue
- ✧ "The currents of the Universal Being circulate through me; I am part and parcel of God." ~ Emerson

Here are some others that might prove valuable as you pursue your goal. Please substitute affirmations of your own if these don't reflect your current need:

- ✧ I am worthy of all the good in my life.
- ✧ I am one with the universe, and I have more than I need.
- ✧ I always do the best I can with what I know and I always use everything for my advancement.
- ✧ I forgive myself unconditionally.
- ✧ I am grateful for my life.
- ✧ I love and accept myself and others.



Here is an affirmation that seems admirably suited for an Aquarian as you begin a new year:

I Am God's Unique Project

**I am the bursting forth of goodness,
of strength, of beauty,
of humor, of orneriness, of ordinariness,
of almost angelic balance,
of splendid uniqueness.
I am an opportunity for God
to accomplish something marvelous as me.
I let God do it!**

**I join wholeheartedly in the divine adventure
of making something splendid that
never has been before
in the whole history of humanity.
I can hardly wait to see what
God and I shall make!**

**I'm ready, God; let's go!
You lead the way and I'll do my best
to embody You in the fullness
of beautiful accomplishment.
I'll not waste time regretting
that I didn't join in the fun more fully
long ago. I let that past be past,
as I relish the present,
in which we happily co-create.**

Now let's consider the Tarot Symbol that corresponds with the Sign of—the. 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.





Affirmation for the Star

I receive the sweet energies of Spirit.
I receive little kindnesses,
comforting words
of encouragement and love,
waters of nourishment and healing.
Everywhere I go,
I perceive the messages of Spirit,
And they sustain me as I walk my path.
In turn, I give these gifts to my
fellow creatures of earth.



According to Juliet Sharman-Burke, the Tarot Symbol The Star shows us the magical side of the human spirit that never gives up believing in a better world.

"The Star," she points out, has been a symbol of hope for many centuries. Sailors used the stars to steer their course at night; the Wise Men followed the Star of Bethlehem to find Jesus. "We still 'thank our lucky stars', and 'wish upon stars' today.

We all need a dream, and with it, anything is possible. It is only when we give up hope or stop believing in our dream that the light goes out in our hearts. Our attitude is essential to how we live our lives, how we treat ourselves and how we relate to others.

To better familiarize yourself with the Tarot archetype of The Star and how its essence resonates within you at every step of your journey through the Aquarius Cycle, why not take a few moments to explore these questions and write down any feelings or thoughts they may provoke:

- * What are you optimistic about?
- * What is the one dream that you will never give up?

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 Water

**I take this, the Water of Life,
I declare it the Water of Light.
As I bring it within my body,
It allows my body to glow.
I take this, the Water of Light,
I declare it the Water of Creator.
I AM a Master in all that I AM.**





I embrace you with love and light,

Beverlee