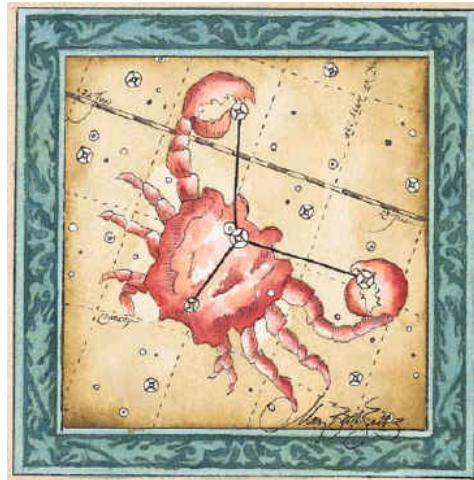


# A BIRTHDAY MEDITATION

For  
cancer

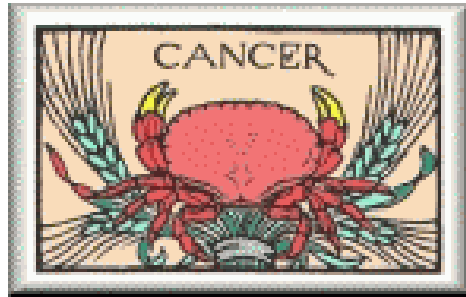


BY BEVERLEE

Guidance for the  
Cycles of Your Life

## A BIRTHDAY MEDITATION FOR CANCER

BY BEVERLEE



Happy Birthday, dear Cancer!

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**

As a Cancer, you have been given many gifts by the Universe, including a talent for nurturing, a well-developed sense of loyalty and patriotism, and the ability to create a secure foundation for yourself.

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.



"Life is a pure flame, and we live by an invisible sun within us."  
~ Thomas Browne

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.

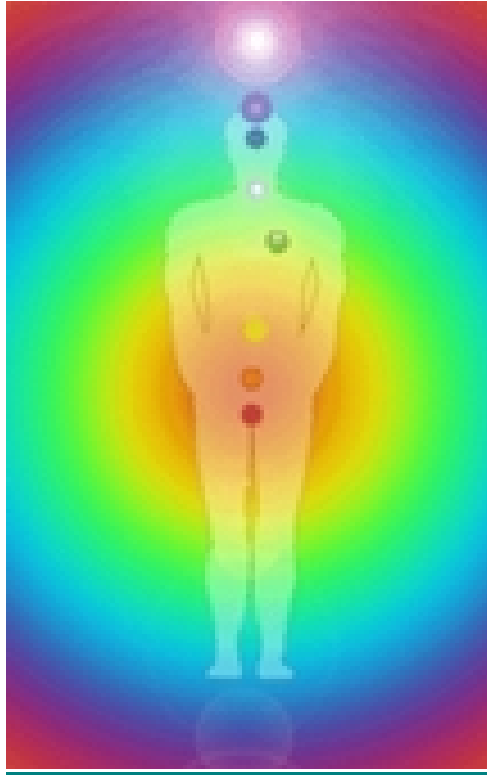
Fold your hands gently in your lap and close your eyes. Take a few deep breaths. Then just sit. If you aren't used to meditating you may feel as if your mind is a jumble of thoughts. Don't try to stop the thoughts, just observe them. Imagine that you are on the bank of a river and that your thoughts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



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 love and accept myself just as I am."
- "I treat myself with love, kindness and compassion."
- "I am taking good care of myself, mentally, spiritually and physically."
- "I know Universal Love surrounds and embraces me."
- "I give myself all that I need."
- "I am deserving and loveable."

Here are other affirmations that may prove helpful as you set forth on your annual journey:

- I am responsible for my life.
- I am blessing everyone and everything in my life.
- I am safe and secure.
- I am worthy of joy.
- I am in perfect health.
- I act with trust in my heart.
- I lack nothing; within me is everything I need for a happy life.
- Everything I want to accomplish and every dream I hold is waiting to manifest in my life.



## A Peaceful Affirmation

I am grounded. I am centered.  
I am at peace with myself.  
Everything about me breathes  
the calm and peace of the soul.  
I am the calm and peace of the soul.  
I move gracefully and with confidence.  
I am aligned with the subtle forces  
Of nature at all times.  
I am surrounded by the  
white protective light of the  
Universe. I rest therein in  
perfect peace, perfect  
balance, and perfect serenity.

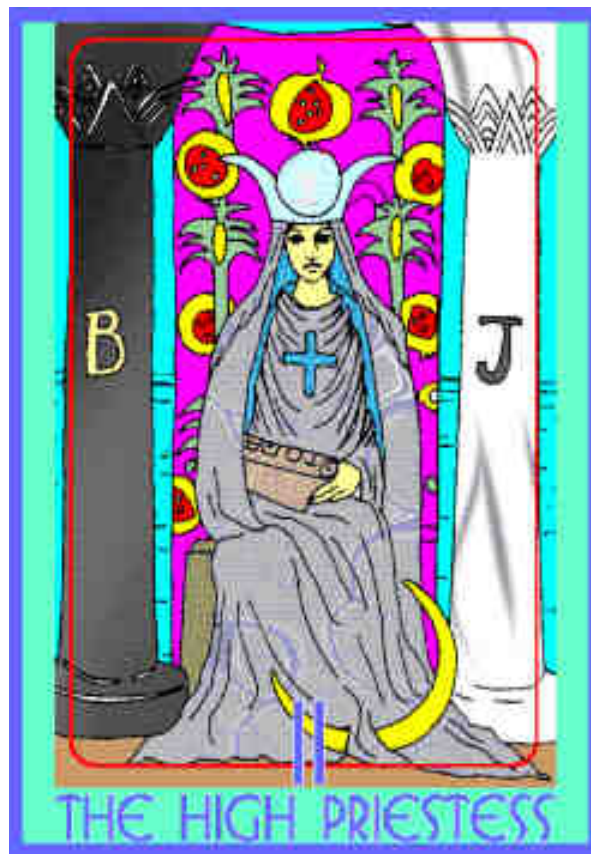


## Invocation to Divine Flow

I AM the Universe, re-creating myself  
I AM the Universe flowing  
To myself, through myself, from myself,  
Creating all I see.

I am the Divine Flow of All That Is.  
Abundant is my motion.  
I AM the Universe, re-creating myself  
To flow abundance.

Now let's consider the Tarot Symbol that corresponds with the Sign of—Cancer—the High Priestess. 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 on The High Priestess

Like the High Priestess,  
I am wise. I know many secrets.  
I keep my own counsel.  
I know the advantages of being quiet and still.  
I am contemplative. I am sensitive.  
I feel. I see through the reflections of life,  
and I draw on the mysteries  
and magic and power of water.  
And I know when to listen to the Moon  
and when to look to the light of the Sun.

I hardly need tell you that, as a Cancer, security issues are of paramount importance to you, and are invariably the underlying cause of your current emotional state—whether that happens to be enthusiasm or discouragement.

Have you ever wondered why this is? You've heard the expression: "No man is an island..." Astrology shows how important our connections to others are. Each "Sign" of the zodiac is the link between those on either side of it.

Your concerns relating to substance, therefore, are the natural bridge between Gemini's exuberant enthusiasm about what *may* be accomplished and Leo's drive to create something of value. Your role as a Cancer is to move forward from Gemini's concept of what is merely alluring into the actual creative process native to Leo.

This is how you use your extraordinary gift. We all have a role to play—a promise to fulfill as our part in the drama of life. Your need for sum and substance bridges the gap between the dream and the creation.

So while the Sun is in Cancer, and especially on your birthday, it's time to re-visit the secret recesses of your heart and call forth the dream that you hope to shape into a new reality.

**"The important thing is to create.  
Nothing else matters; creation is all."  
~ Pablo Picasso**

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 Violet Ray

I call upon the Creator of the Violet Ray  
To pour Divine Transmutation  
Through all that I AM.

I call upon the Amethyst Ray  
to transform every cell  
Every atom of my body  
Into Higher Light.

I call upon the Violet Flame  
to burn within my soul  
And release all veils that separate me  
From Spirit.

I call upon the Violet Flame  
To burn away my illusions  
To burn away my resistance  
And transmute my fear to Love.



I embrace you with love and light,

**Beverlee**