

A BIRTHDAY MEDITATION

For PISCES



BY BEVERLEE

Guidance for the
Cycles of Your Life

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Happy Birthday, dear Pisces!

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 a Pisces, you have already received many gifts from the Universe, including a strong intuition, an innate sense of com-compassion and a gift for healing yourself and others. You have a strong connection to the hidden realms of the Universe, whose secrets you are able to tap into.

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.

"By meditation upon light and upon radiance, knowledge of the spirit can be reached and thus peace can be achieved." ~ Patanjali

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. It is easy to blame luck, other people, and circumstances outside of yourself for the problems in your life. On the other hand, accepting your own power as co-creator with Spirit is extremely liberating.

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.

"You have to grow from inside out. No one can teach you, none can make you spiritual. There is no other teacher than your own soul." ~ Vivekananda

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.

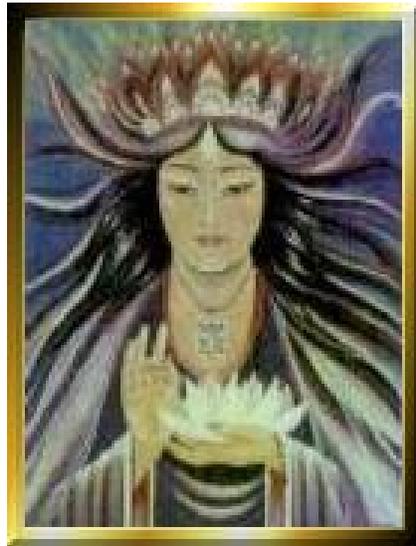
Good.

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 Tranquility, which seems wonderfully attuned to the Pisces philosophy:



Invocation to Tranquility

I go within And open the petals
of the Crystal Lotus

I go within,
And as the Lotus blooms,
My mind, my body, and emotions quiet.

As my consciousness steps
Into the center of the Lotus,
I become tranquil with who I AM.
I flow with the serenity of Spirit.

As I sit within the Lotus,
I know the Buddha that is Myself.

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
- "I am strong, I am invincible, I am woman." ~ Helen Reddy
- "Every day, in every way, I'm getting better and better." ~ Emile Coue,

Here are some others that might prove valuable as you pursue your goal. If these do not reflect your current need, feel free to create your own affirmations.

- 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 love and accept myself and others.
- I am grateful for my life.



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.



Meditation on the Moon

My change and growth is
moved along by an inner pattern.
I move according to the natural order.
I am connected to all things
in this cosmos in mysterious ways.

When I visit the deepest parts of my Higher self,
I can find these old roots and understand
who I and why I am.

My intuitive and empathic powers are strong,
and I have a deep, natural understanding
of all beings around me.

*I am in touch with the mutable,
fluid parts of my being. My path
in life, though twisty and long,*

*feels good and right.
I am loving and affirming
to my emotional self.
I give myself time and space
to feel my feelings. I am gentle with myself,
able to nourish and heal myself.
I create myself anew.*

In their book, "The Mythic Tarot", Juliet Sharman-Burke and Liz Greene say, "In the Tarot card of The Moon we find an experience of the great collective sea of the unconscious from which not only the individual but the whole of life has emerged."

This observation echoes what I said earlier about the Pisces gift—your innate ability to plug into the mysteries of the Universe. The collective sea of the unconscious—that is your domain, when you care to explore it. The Moon symbolizes the place where individual boundaries dissolve and the ego is lost. It is only when you give up your ego that the potential that becomes your future is clear. As a Pisces, this insight is not unfamiliar to you. Your visionary powers can guide you to a new reality! This Meditation is designed to help you understand this gift.

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:

Now, as you prepare to create a beautiful year for yourself, perfectly designed by your intention and enthusiasm to move you along the path of your own becoming, I leave you with 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