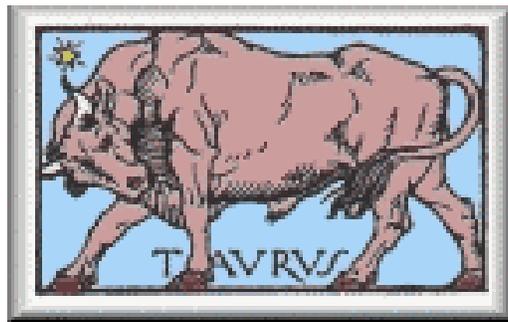


A BIRTHDAY MEDITATION

For

TAURUS



BY BEVERLEE

Guidance for the
Cycles of Your Life

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Happy Birthday, my Taurus friend!

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 this 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 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!

**"Find the seed at the bottom of your heart and bring forth a flower."
~ Shigenori Kameoka**

Being a Taurus, you have already been given many gifts by the Universe, including an innate love of nature, a strong sense of values and the ability to sow the seeds of prosperity and nurture them to fulfillment.

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.

**"Reach high, for stars lie hidden in your soul. Dream deep,
for every dream precedes the goal." ~ Pamela Vaull Starr**

You may be asking, exactly what, 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."

Good.





Now let's offer an invocation which seems wonderfully attuned to the energy of Taurus:

Invocation to the Green Ray

I call upon the Creator
Of the Emerald Green Ray,
To pour abundance through my body.

I call upon the Creator
Of the Emerald Green Ray,
To connect me with my Divine Flow.
As is above, so is below.

I call upon the Green Ray
To strengthen
The opening of my heart, completely.

I call upon the Emerald Ray
To assist my creation of Abundance.
As above, so below.
All is Love, All is Flow.

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

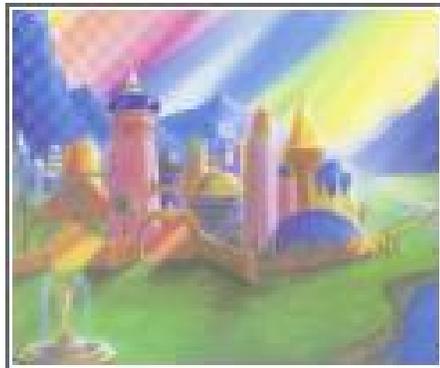
part of you that knows the truth of the affirmation.

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 absorbed in the wonder of earth and the life upon it." ~ Pearl S. Buck

Here are some others that might prove valuable as you pursue your goal:

- I am worthy of all the good in my life.
- I am one with the Universe, and I have more than I need.
- I give myself all that I need.
- It's okay for me to have everything I want.
- I value myself; I make wise use of my life and my time.
- I believe in myself.
- I act with integrity, I am true to my thoughts, feelings and goals.

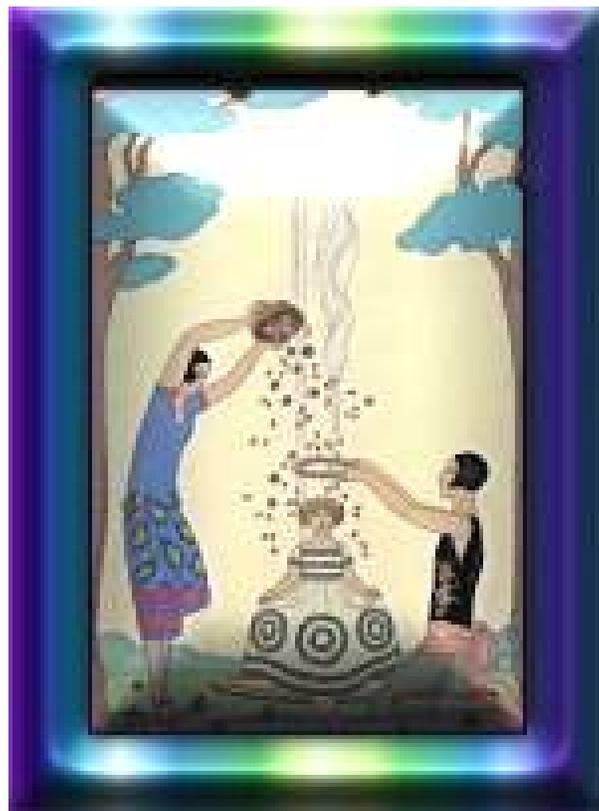


These thoughts from Peter McWilliams seem especially suited for a Taurus as you begin a new year:

"To have abundance and especially to enjoy it, one must feel worthy of abundance. We may have 100,000 reasons why we're not worthy. Our job is to forget those reasons—they're not doing us any good.

When we feel worthy of abundance, it comes to us. When we feel worthy of it, we can enjoy the abundance we already have. Worthiness is a key to abundance. Worthiness is a given. If we have something—a relationship, a car, a career, life itself—we are worthy of it. If we don't have it, and we want it, we must work on our worthiness."

"As my Great Aunt Maude always said,
to own a priceless treasure one must first be worthy of it."
-Artemus Gordon, "The Wild, Wild West"



Fountain of Prosperity

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

The Empress has given birth to my spirit in form,
and she sustains me. If I have any need,
I have only to remember that my birthright is abundance.
I respect the source of my being.
I honor the Empress by nurturing and extending
the creative and generous aspects of myself.
My love is fertile and active.
I feel Spirit coursing through me, always available to me.
The brilliance of the stars reminds me of who I am.
I am Spirit. We are all children of the Empress,
expressions of her intelligence, her beauty, and her love.

In their book, "*The Mythic Tarot*", Juliet Sharman-Burke and Liz Greene state, "On an inner level the image of the Empress in the Tarot reflects the experience of mothering. It is also the discovery of the body as something valuable and precious which merits care--the experience of being part of nature and rooted in natural life, the appreciation of the senses and the simple pleasures of daily existence."

These are all attributes that so beautifully describe your Taurus temperament—your love of nature; your sensuousness, your earthy quality, your *joie de vivre*.

Yours is the energy that has the patience to sow the seed and bring it to fruition, with perseverance and nurturing. Mother Earth, that's you!

Einstein said, "Imagination is more powerful than knowledge." Did you know that your brain cannot tell the difference between something you vividly imagine and something you actually experience? This understanding can transform your life. The key to success is that, despite past experiences to the contrary, winners repeatedly visualize obtaining their desired results. Thus they develop the sense of certainty that helps them realize their true potential. Do you have a goal that excites you but involves doing something you've never done before? Would now be a good time to start visualizing yourself succeeding at it? These affirmations may help get you started:

- I see myself strong and capable.
- I see myself determined.
- I see myself succeeding.
- I see myself a winner.

My dear, one of your strongest qualities is your practical nature. Your ability to assess the true value of a thing or a situation is unsurpassed. Have you ever wondered why this is?

It is because Taurus is the connecting link between Aries—the initiator, and Gemini—the one who investigates the idea of what has been brought into existence.

As the bridge between these two energies, your job is to assess whether what has been initiated has merit. Is it valuable enough for circulation? Is it practical?

So, every year while the Sun is in Taurus, and especially on your birthday, ask yourself what new premise or situation in your life has merit enough to make it worth pursuing and perpetuating. Then go to it!

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 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.

I embrace you with love and light,

Beverlee