

THERESE CONWAY • CANYON SOUND ESSENCES

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2022 Autumn Equinox Essence

Thursday, September 22, 9:03pm et

Dosage: Take a few drops morning and night to welcome the flow of Autumn into your body. Read the description for more ideas about how to use this essence.

* *Key essence in combination*

12 x **South African Poppy** (12—going infinitely in to gain insight, rebirth; time of sensitivity and suspension)
3rd Chakra, Studio Set

Justice. Exploring our place and purpose in the world we are sometimes the ruthless warrior, sometimes the besieged and sometimes the bystander. Living a fair and just life depends not so much on our ability to do right the first time, but to learn from our actions and the actions of others. True justice is always life enhancing and is built on a foundation of individual integrity.

*16 x **Gallbladder Essence** (16—adhere to the wisdom of your higher self rather than fallen hierarchies)
Yang Essence, Wood Element
Coltsfoot, Amber

Liquid incineration. Flowing quietly in the background of our souls is a small acidic stream that instantly dissolves anything it touches. With efficient dispassion, our souls direct our bodies to toss into this trickle anything that is unnecessary or superfluous. Without this stream, we become confused and cluttered junkyards. Used to excess, this bitter flow becomes an agent of indiscriminate annihilation

6 x **Spiderwort** (6—what do you seek, what do you ask? Knock on the door and wait for it to open)
6th Chakra Essence, Foundation Set

Precision sight. Where the Peony essence helps you as you are held in someone else's gaze, Spiderwort supports you as the gazer. The trick is knowing how and when to look. Beholding does not mean owning. Nor does it mean judging. And its focus comes from an internal beacon that *you* turn on and off. Is your inner eye calibrated to your personal truth or to the prevailing wind?

When I look at the seasonal essences, like this year's Autumn Equinox Essence, I look for examples in nature to illustrate what the essence is telling us about how to bring out our human nature.

This year I see the process of revealing a seed as the showy part of the flowers fall away. It's a time when embracing the *specifics* of an individual—a plant, a person—is vital element for the growth and health of the community. Satisfaction comes not just from identifying what you, as a seed, can do for your life going forward, but from how your seed contributes to the healing and well-being of life around you.

Lately, I have been looking at Frida Kahlo's work and life. Frida's creative life illustrates the autumn equinox essence in this way: she spent months in bed, flat on her back following a gruesome accident. Her parents installed a mirror on her canopy bed and set up an easel so she could paint. She painted what

was in front of her—herself. Going forward, she painted a lot of self-portraits as a way of discovering her place in her world, and a way to move pain through the healing activity of creation. The theme of brokenness living in the surround of wholeness, and wholeness as the ever-present centre of brokenness, runs all through Frida's work and life.

Great artists and mystics tell us that self-examination and self-revelation are doorways to remembering our home in the family of life. The autumn equinox essence emphasizes this point: You are a gift to the world. Amid all the roads before you, can you see a path that is yours to take? Can you clear away the overlays of right and wrong, good and bad, to notice your call to act in an emotionally charged situation?

This autumn seems to be calling for the clarity and conciseness that staying present to life can bring. Perhaps our "rights" in life are not as important or satisfying to us as is our ability to respond to life, to participate with the whole of life as a member of the family of life.

Different ways to take this essence:

- Take it first thing in the morning as you welcome the flow of autumn into your life.
- Say, "I am a gift to the world," as you take the essence. Part of you does not believe this, so the essence will help you to know the truth—you *are* a gift to the world!
- Take it when you are feeling inundated by the pain of the world and your inability to manage it or make it better. Say something like, "Help! What should I do (or not do) now?"
- Take the essence when you are not sure the family of life would accept you as a treasured member. When you take the essence in this way, you are affirming your allegiance to wholeness rather than separation.

The last thing I'd like to say: this essence talks a lot about revelations about who you really are and what discreet thing is yours to do. Revelations can be painful or disruptive. But they will be less so if you know you are a beloved member of the family of life and that your contribution is important. Your beloved importance is the truth. Remember that.

My best wishes to you for a fall full of encouraging revelations about your wholeness and belonging.