

THERESE CONWAY • CANYON SOUND ESSENCES

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Spring Equinox Essence

Sunday, March 20; 11:33 a.m. eastern

How to take the essence: Look at something beautiful, particularly something in nature. Breathe with it. Welcome in the transformation of Spring. Take a few drops of the essence. Do this often—particularly when you feel yourself in the grip of fear.

* *Key essence in combination*

17 x ***Tulip*** (17—growth flows, where construction is mechanical)
A Mother Essence, Foundation Set

Time. Clocks beat seconds. The heart beats experiences. In times of transition, your soul gathers material from all your experiences—past, present, and/or future—to create new life. When you tune into this function of your heart, you participate in your evolution, as an artist listening to her muse. Notice how the tulip's delicate cup, resting easily on its sturdy stem, moves like a graceful antenna as it holds wise conversations with life.

*7 x ***Lung Essence*** (7—guided by a keen sense of purpose, trust your instincts to steer)
Yin Essence, Metal Element
Wild Rose, Queen Anne's Lace, Malachite

Expansion. Your experiences and desires constantly circulate through your body, encouraging you to reflect on them and grow. What constricts this flow? Shame, judgment, and a fear of change. Often, when you think that people and the world around you are telling you that you are on the wrong track, they are actually challenging you to stand up for yourself and state your intentions with confidence and pride.

The lungs carry our spirit. With respiration, we breathe with the spirit of all living things on earth, communicating non-verbally but intimately about our life experiences. Through the breath, we fine-tune our position on the web of life. Trees act as our teachers in respiration.

20 x ***Scarlet Cosmos*** (20—time of great and positive change; emotional healing that leads to freedom)
7th Chakra, Studio Set

Opportunities. Sometimes other people know us better than we know ourselves. Their belief in our ability and potential is sometimes flattering, but often uncomfortable. Scarlet Cosmos keeps us from short-circuiting as we consider traveling down unexplored but compelling paths.

When the pandemic arrived, I signed up for a class on “Myth as Memoir.” The purpose of the class was to write your story through the lens of a shared story or fairy tale. I chose the Pleiades, the Seven Sisters, because I am one of seven sisters. This story has been rumbling around in me for the past two years, trying to find its way to a new conclusion.

This morning, after sitting with the Spring Equinox Essence for about a week, I woke knowing that this story, my version of it, describes the essence perfectly.

The story of the Pleiades is one of our oldest and there is a version in just about every culture. In the Greek version, the seven sisters were daughters of the Titan, Atlas, who was forced by Zeus to hold up the sky for eternity. The sisters loved their father, even though he was unable to protect them from the hunter, Orion, who pursued them relentlessly. Zeus felt pity(?) for them and transformed them first into doves, and then flung them into the sky to escape Orion, creating the Pleiades constellation. Shortly after, Orion made his way into the sky, and the chase continued.

My continuation of the story goes something like this:

Fear, and someone else's efforts, brought the sisters to the skies. Nevertheless, for millennia the sisters attentively guided sailors and ushered in the seasons of light and dark on earth. This kind of sustained and careful attention always leads to transformation. It is inevitable. Over time, their sight was no longer guided by fear, but by love.

This love changed the way they saw the earth, the place they had escaped so long ago. Now, they could see the almost overwhelming beauty of their home, and they longed to return.

This descent to earth required a transformation, and this time, *they* needed to be the agents of transformation. Dedication to seeing the earth as a beloved, with eyes attuned to beauty instead of fear, became the catalyst for this transformation. Breathing with the earth, they were drawn down by the magnetic pull of the earth's homecoming embrace.

When they arrived, they noticed they were no longer grasping for breath as if they were being chased. Instead, they were breathing with life all around them. And then came Orion, right behind them, ready to resume the chase. Not willing to give up this sweet breath for anyone, the most open-eyed and fearless of the sisters swung around to face Orion and said, “*Can I help you?*” Orion replied, “I just want to play with all of you.”

The sisters fell about laughing at his words. Is this what he was after all along? This transformed their story... and them. They joined together to explore the home they had left behind, realizing they were entering into play that, at times, would be perilous and heartbreaking. But with eyes and hearts open, and millennia of wisdom to inform them, the sisters and their brother went off together.

And that is the opportunity in this Spring Equinox Essence—to transform yourself, to reconsider the stories that have been defining your life, to join hands with others because the gifts among us are impressive.

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