

LINDY'S LABYRINTH

September 2007- _____



Water Element

In the winter, a seed incubates in the ground. This is the season of birth, or rest and preparation.



Wood Element

In the spring, the shoot pushes upward and outward, through the earth to the sun. This is the season of growth.



Fire Element

In the summer, the plant flowers and blossoms. This is the season of maturity.



Earth Element

In the late summer, the life in the flower fades and the seed ripens for picking. This is the season of decrease, or decay.



Metal Element

In the autumn, the harvest is gathered and the seed is buried. This is the season of death, or balance. The cycle repeats.

Late summer has arrived. In Asian Medical Theory, this part of the year is called “the time between seasons.” It is simultaneously the end of one phase and the start of another. It brings the past and future together into the present. On the one hand, the longer, warmer days have lulled people into a slower rhythm: gardens are beautiful and fragrant; family and friends get together for picnics, open air concerts, fairs, and the like; and it seems everyone goes on vacation. On the other hand, the awareness is creeping in that autumn is right around the corner and it is already time for preparations: farmers prepare for harvesting and parents begin buying school supplies. There is a special feeling of enjoying the present combined with looking forward to the future. It is a moment to savor.

In late summer, the rhythm is still kind of lazy, though a vague and gentle stirring begins. We remember something we have been procrastinating about, or something we have been planning to do but have not yet gotten to. We feel like getting started on it. We may think about getting back to yoga or taking a new class. These thoughts are not pressing at this stage, but rather dreamy and pleasant in nature – the state of relaxed alertness, of perfect balance between rest and activity. In this state, we know our true desires and what we want to do to achieve them. Some can manifest quickly, and others may take time. In any case, we find momentum for them in the Fall.

Two such projects of mine are catching that momentum this season. For the past several years, I have wanted to teach Shiatsu in Italy. This September I have the opportunity to go there to study the language for two weeks. While there, I hope to speak with owners of Shiatsu schools in Milan and Rome. Wish me luck (buon fortuna)!

The second endeavor scooped me up in a momentum of its own. It began as a request from many of my clients and developed into a 6-week course offering methods and skills for Connecting With Spirit. The course begins in October and will introduce ways to deepen the spirit aspect of everyday life. Let me give you a brief description of some of the topics that will be covered in the course.

The 4 Natural Elements – As you know, all living things on the Earth are carbon-based entities. To that extent, you could say we share a common DNA. We will explore how Air, Earth, Water and Fire work in us.

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meaningful way.

Each of us is an expression of
Creation Source. When we
stay connected, we enhance our
health, happiness and true
beauty.

The purpose of the course is to
put us in touch with the divine
spark in us, and to learn ways to
feed and nourish it, keep it
strong and active.

The 5 Spirits – There are real spirits (like our soul) and man-made spirits (like team spirit and the spirit of the times). We will look at 5 of these that have particular influence on our health and happiness.

The 7 Chakras – These are the main energy centers along the front of the spine (there are lesser chakras at other places). We will learn their attributes, direction of spin, and how to stimulate them.

The 8 Directions - Four Yin and four Yang directions, from the Heavens and from the Earth, greatly increase the amount and quality of our energy.

The Crystal Pyramid gives us strength and stability.

Each of us is an expression of Creation Source. We are a part of it's perfection. When we stay connected, we enhance our health, happiness and true beauty, which are what we were born into, our birthright.

The purpose of this course is to put us in touch with that divine spark in us, and to learn ways to feed and nourish it, keep it strong and active.

Participants will receive class materials and a CD of guided visualizations.

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