



SEEKING BALANCE AT THE EQUINOX

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Veriditas
Finger Labyrinth Meditation
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Life is a balance
of holding on
and
letting go.

~Rumi



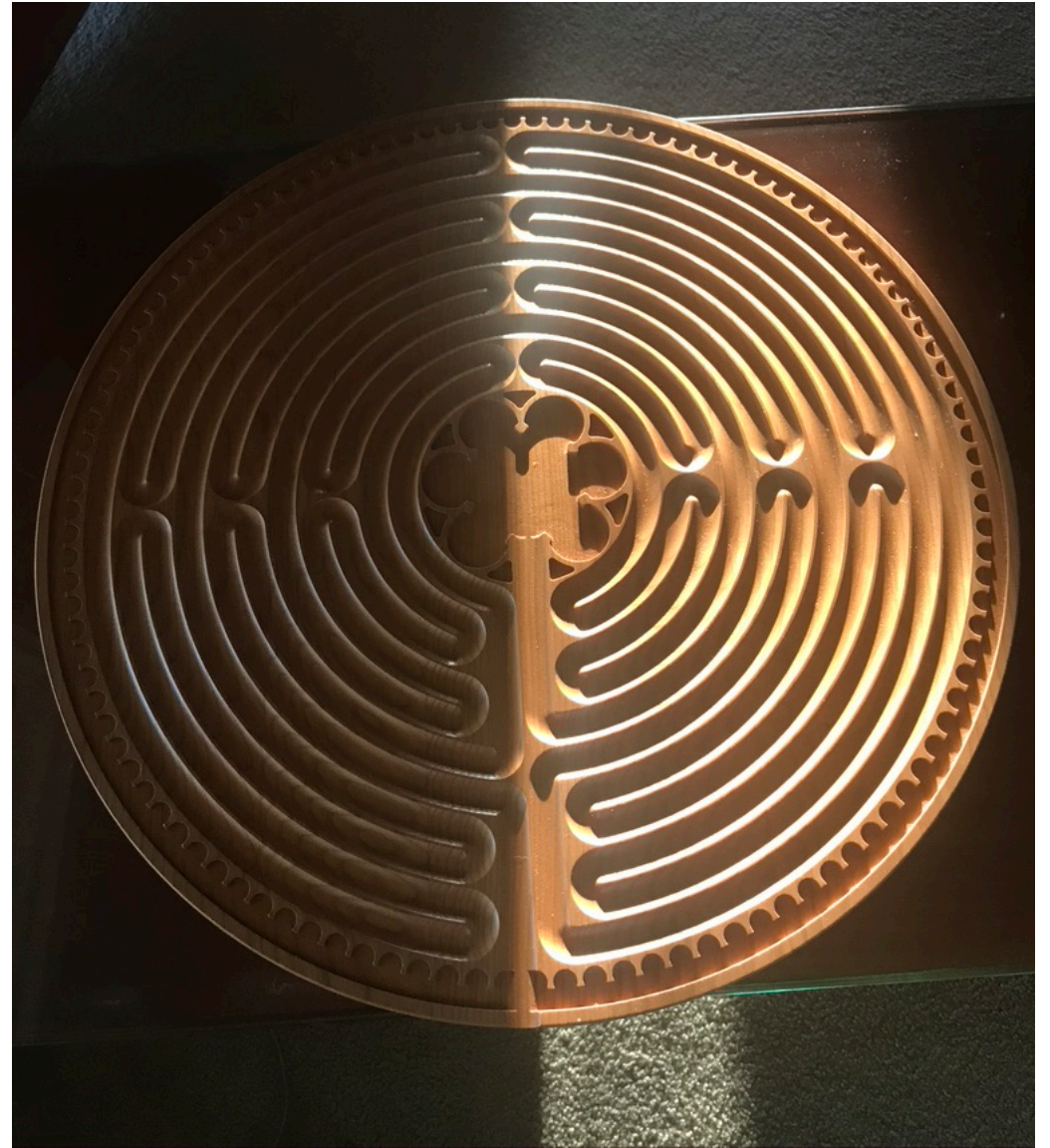


Seeking balance:

- company–solitude
- rest–activity
- work–play
- variety–simplicity
- passion–equanimity
- grief–gratitude
- spiritual–material

We travelers, walking to the sun, can't see
Ahead, but looking back the very light
That blinded us shows us the way we came,
Along which blessings now appear, risen
As if from sightlessness to sight, and we,
By blessing brightly lit, keep going toward
That blessed light that yet to us is dark.

Wendell Berry, 2005



TODAY'S MUSIC

CHRISTINE TULIS.
"ATTUNEMENT,"
REGENERATION. 2000.

