SEEKING BALANCE AT THE EQUINOX

Brighid FitzGibbon
Veriditas
Finger Labyrinth Meditation
March 19, 2021
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.