

~ 21 MARCH ~

## The Prayer of the Spring Equinox

*With the first rays of the sun on the plant's leaves its ethereal spirit is strong enough to summon our convention-blinded souls to this primitive worship.*

—LLEWELYN POWYS, *Earth Memories*

At last we have a clear sign that the year is rising from the enclosing darkness of winter into a warmer, brighter world. On this first day of spring, the sun is at its midway mark, halfway between midwinter and midsummer, when its glory will be greater still. This is a good day for beginnings.

Make a gift of this day, dedicating it to the beginning of a new phase of your life, or to a new plan or enterprise, rather than doing your mundane work. Begin the day by greeting the sunrise, if you are able, becoming aware of the passing darkness of winter and seeing the sun as the herald of the light that will grow from now on.

Stand in the light of midday, facing the sun, and tune your heart to the season of spring and all that it means to you. Be aware of how your own soul's circuit and the circuit of the sun are being aligned and attuned to each other. Make your own prayer for this spring quarter on behalf of all beings. Then turn and face your shadow, feeling the sun upon your back. Your shadow is shorter than it was at midwinter and will shorten even more as the year grows.

Project your thoughts and intentions forward over the next few months. Over what activities, plans, and events is your shadow going to fall? Draw the light into your body and allow the sap-rising spring to penetrate to your soul. Be aware of the fusion between body and soul, of their unity with the light and the season. Open your eyes, becoming aware of your surroundings and your life's purpose. As you prepare to sleep, be thankful for the darkness and the rest that enable everything to grow.

*Stand in the sun at midday, as suggested above.*