

thoughts on living, dying and loving.....

Posted At : October 2, 2006 1:41 PM | Posted By : Michael Smith

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Fall is a great time for looking at dying and change in our lives. I did a great Autumn Equinox releasing ritual at Dark Odyssey last week - the actual equinox date is Thursday 9/21/06 if you want to do some releasing yourself. We wrote out things we want to let go of from the year and then burnt them.

Another thing I have found useful is a death meditation. Breathe out every last bit of air from your lungs then hold your empty breath for 8 seconds, inhale, repeat. As you practice this you can increase the empty lung time to 15 seconds. At first it is frightening but after a while I relax into it. Think about letting go while doing it.