

SEPTEMBER HARVEST OF RESONANCE



This month we are graced by the exquisite balance of Autumnal Equinox. What a perfect time to contemplate our own inner balance and connection to Gaia and all her inhabitants. And, it invites us to attune ourselves to natural rhythms of changing seasons; sensing where our micro-sacred self fits in the larger mysterious cosmos.

The theme of Resonance inspires our focused attention upon the alchemical electromagnetic vibration animated by our soul, and how our vibration aligns with the soul of the world around us. This return to the “song of our soul” is not a new skill, as much as, a subtle shift to remembering how to BE and SEE energetically. Attuning with a universal energetic flow, we flourish; and as Robin Wall Kimmerer reminds us: “All flourishing is mutual.”

We can envision our aura as a vibratory spiritual mirror, reflecting how our light dances through form; a multi-layered expression of our soul light. As well, we can imagine our energetic signature as sound, our soul song. Our yogic practice, prayers, seva, and intention help build our aura and energetic field. To strengthen an aura is to strengthen love – layers of love in all relations. Appreciation also intensifies an aura. Love and gratitude serve as our magic carpet to resonate flourishing for the benefit of all!

So, here is your invite to polish up our energetic agility; to shine your somatic and soul remembrance and renew acquaintance with your divine resonance. As we do we will be, reverberating and dancing through, rather than merely traveling through, life. Proclaiming our Resonance allows us to re-embrace our collective immensity, belonging, and luminosity. Sat Nam!

— J Ram