

Abundance Comes From Within

Autumn is rich with brilliant color and reflects the beauty and abundance of our spirit. Abundance comes not from without but from within. Its presence is sparked from the recognition that we are already rich—rich in spirit. We have so much to be grateful for and as we recognize that there is a Law of Good that governs our affairs, we release thoughts of doubt, fear or uncertainty and accept the good that is here and now. Don't be deceived by appearances nor be tempted to succumb to the false belief that we live in a world that is driven by lack, limitation and scarcity. We live in an abundant Universe that supplies an inexhaustible supply of love, resources and energy.

Genuine abundance and prosperity emanates from the love inside of us, that infinite wellspring where our fulfillment and peace of mind exists; the source of love within us where our genuine inspiration lives; the channel that allows our creativity to burst forth and our love to pour outward. Giving and receiving are complementary aspects of a single movement, a single process, like breathing in and breathing out.

Buddhists believe that being compassionately generous to all people is the basis for living a genuine and fulfilling spiritual life. In this same spirit of wisdom, the Buddhist teachings remind us that all of our suffering

occurs from having an attachment to something outside ourselves. These “somethings” are what keep us on the “wheel of suffering,” the merry-go-round of external attachments that all human beings must come to terms with during their evolutionary journey. As we practice giving, we are reminded that we need nothing outside ourselves, that everything we will ever need is already within.

Some practical ways to experience abundant blessings in your life include:

Increase your willingness to give. Give a little more than you think you can, a little more than you feel comfortable with.

Keep your intentions pure. Remember that you are always the giver and receiver.

Practice receiving with graciousness. Many times we discount compliments or refuse to receive what another wants to give

Fall Planting List

Plant three rows of peas:

Peace of mind, Peace of heart, Peace of soul.

Plant four rows of squash:

Squash gossip, Squash indifference, Squash grumbling, Squash selfishness.

Plant four rows of lettuce:

Lettuce be faithful, Lettuce us be kind. Lettuce be obedient, Lettuce really love one another.

No garden without turnips:

Turnip for meetings, Turnip for service, Turnip to help one another.

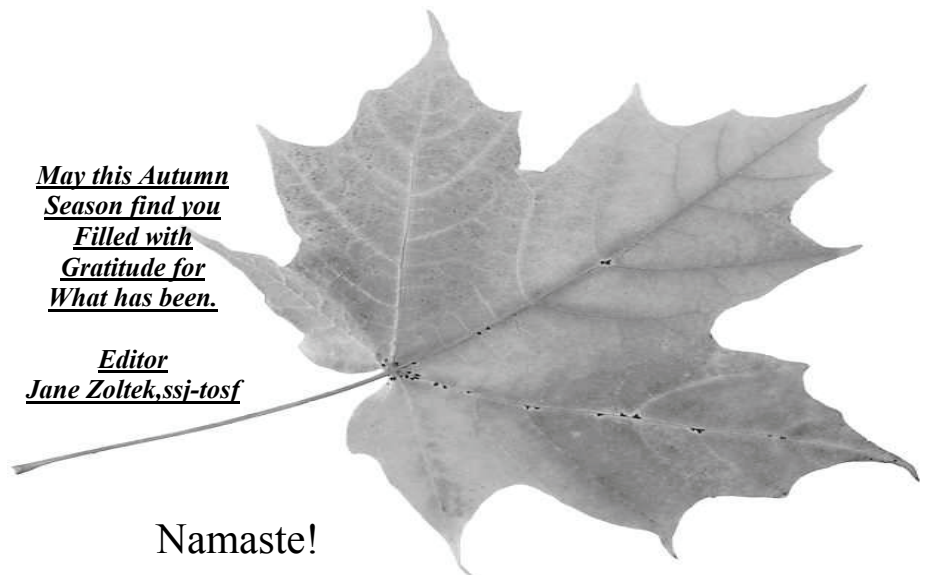
Water freely with patience, cultivate with love!

Give in those situations where you feel the most lack.

You were born to live a life that creates and represents your own unique masterpiece. Abundance and prosperity are your birthright. May you experience the richness of your own spirit and extend it.

May this Autumn
Season find you
Filled with
Gratitude for
What has been.

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Namaste!

Spiritual Lessons of Autumn

On the autumn equinox, September 23, 2019 day and night are of equal length. We are reminded to take some time to rest and work equally. It's a season of giving and receiving, planting for the spring and harvesting that which we planted in the past.

It's a season for reflection. We get the opportunity to reflect on the light and darkness within us. Far too often, we fear the dark and adore only the light. Spend some time praying, meditating, reading, resting, writing, journaling and just contemplating the beauty of fall.

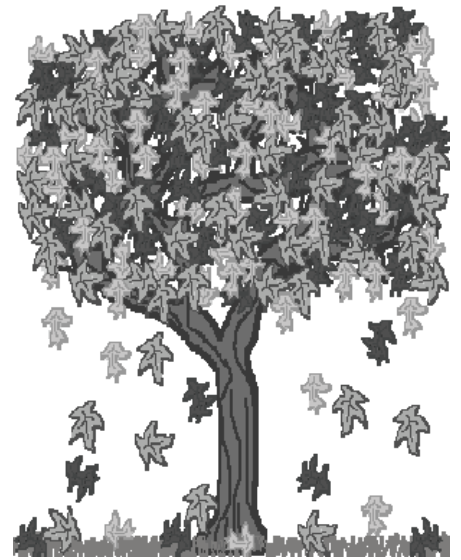
Acceptance: Practice the art of remembering that “all things, always work together for your good, in all ways” Accept that everything changes, just like summer changes into fall and fall into winter. Autumn reminds us of the impermanence of everything. We have experienced the budding of life in spring and the flowerings and profusions of summer. Now the leaves fall and bare branches remind us of the fleeting nature of all things. Accept that just where you are right now, is where you are suppose to be. Accept that you are in this classroom called life and your soul signs you up for curriculum that perhaps your conscious mind isn't always in tune with.

Letting Go: As we watch leaves twirling and whirling to the ground in the fall, we are reminded that nature's cycles are mirrored in our lives. Autumn is a time for letting go and releasing things that no longer serve us. Some times when we don't let go voluntarily, we receive assistance in letting go that doesn't feel comfortable or necessarily good.

Celebrate every moment of the day: How about having a “Celebrate Life” party? Invite a few friends. Place signs around your apartment that say, “Dance like nobody's looking, love like you've never been hurt and work like you don't need the money.” Title your party: Live, Love and Laugh. Celebrate each day. Live very deliberately. If not now, when?

The poet Wallace Stevens once wrote, “Death is the mother of beauty.” What those words say to me is that we cherish the beauty of a sunrise, an orchard of apples, a child's hug, a relationship because those things will not be around forever and neither will we be around to enjoy them.

Fall also brings home to our consciousness death and the challenge to live every day to the fullest. During this fall season remember to celebrate every moment of the day!



The Autumn equinox marks the arrival of the season of fall. It is seen as a period of changes leading to the dark of winter. As we watch the leaves this Autumn 2019 come fluttering to the ground, we are reminded that nature's cycles are mirrored in our lives. Autumn is a time for letting go and releasing things that have been a burden in our lives. Maybe it's time for some relinquishment, to practice getting out of the way and letting Spirit take charge of our lives.

Autumn is a reminder of the impermanence of everything. We experienced the budding of life in spring and the beautiful flowers of summer. Now the leaves begin to fall and bare branches remind us of the fleeting nature of all things. Fall also brings to mind death and the challenge to live each day to the fullest.

We are reminded to celebrate every moment of every day.