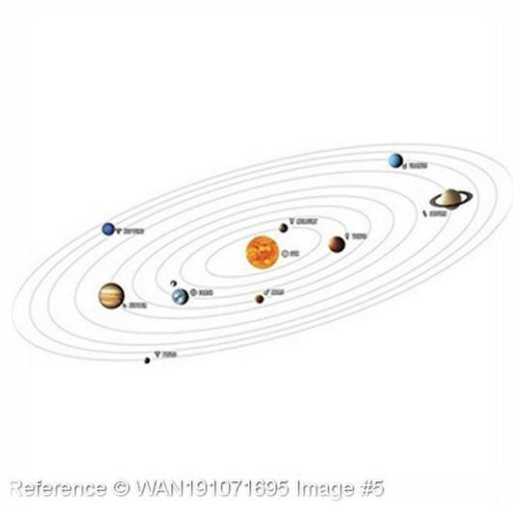
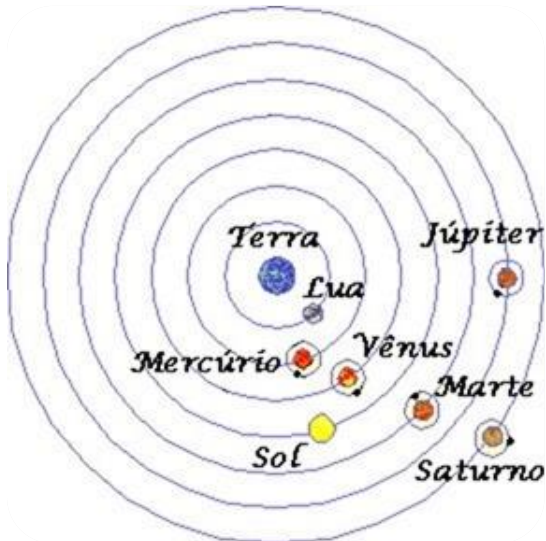


Anchors for Our Times: Bathing in the Power and Grace of the Receptive

By Maria Skinner, Embodied Astrologer & BeSoul™ Dancer



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Life on the Earth, **embodied**... this is the lesson, the opportunity, the blessing we are being offered by this invitation into the feminine body, simple and clear. Regardless of how we imagine ourselves to be, all that we experience in this life is filtered through the body and the body speaks to us in sensation. In all this emerging talk about the rising feminine and rebalancing of the male/female polarity, I have been looking for anchors to help me stay on out of my head and on the path. I am going to share some of those with you today in hopes that you too can stay grounded and emerge into this new world we are creating together.

Soul lives in the body. Body loves through soul. There is mutual reception between the two as well as with the larger body of the Earth that encompasses us. This is the greatest gift of feminine energy. Astrology is an art that uses symbolism to tell a story about where we find ourselves. In the Geocentric chart (Earth in center) we are identified fully in our personal perspective and all else is on the outside. The Heliocentric chart (Sun in Center) Sun moves focus from seeing everything outside of us to being inside a galaxy of which we are part. The Heliocentric chart is also called the Soul Purpose chart. It is the chart that shows us our part in the grand scheme. In this chart we get the Earth back as a symbol of the body-self and with it the Moon our

emotional-body and they intertwine, since from the perspective of the Sun, the Earth and the Moon are one.

Anchor # 1 Body Scan Meditation

Culturally, we tend to emphasize the mind as an information gathering tool rather than the body. Mental information can jump through time and space, past, future, present and as a creative tool is unparalleled. But only the body can tell us the truth of what is current and meaningful, through physical information which can only exist in the moment.

Here is a body scan to practice becoming somatically aware and cultivate the gathering of information from the body. Learning to receive and listen to the body is a way to create strong body/mind relationship. This is practice can help to soften the grip of the mind. It invites the relaxation response of the body to predominate, not only during the practice but throughout the day.

Do this once a day. You can start with 5 minutes a day and move into longer sessions or do short sessions several times throughout the day.

Lie down, close your eyes and deepen into your breath. Then begin bringing your attention to your body as you scan it from the feet up to the top of your head. Notice what sensations arise and receive them with your full awareness without judging, without having to name it, and without needing to change what is. Simply by doing this meditation, you might find that things do change, and receive the awareness of this as well. When you are done with the scan, take a moment to be in silent communion with your body. Note: If you mind starts to wander during this practice, gently bring it back to attending to the body. You may have to do this many times if this kind of meditation is new to you. Be as gently as you would be with a baby who is just learning how to walk.

Anchor #2 Receive the Love

The phrase: "I love my body" or the in command form: "Love your body", challenges me to do something that has not always been easy in a world where the body is objectified, mined and judged by many institutions (politics, fashion, medical, fitness). At some point I realized that it felt much better to love my body and live my life without listening to the chatter around me about all the things I need before I am enough. It does not take anything away from anybody else if I love myself. Expand your awareness to include the earth body: Gaia, Earth, alive. Sometimes she is the

loving kind mother of sweet summer afternoons, sometimes she is the terrible mother of hurricanes, but nonetheless alive. The way we treat bodies, the female body in particular, in the global culture is the way we are treating the planet body, the earth. Men's bodies are suffering too, don't get me wrong. This crosses gender lines, racial lines, class and continental divides. With the onslaught of climate change and the destabilizing that has unleashed, I am left wondering how to really unplug and love my body no matter what when it sometimes feels so vulnerable to be in one. Then I heard an environmentalist talking about how she works with young adults who are entering the career. She asks them if they love the earth and they say "Yes!" and then she asks if the earth loves them and some of them give her a funny look and some say "no". She goes on to say that it is very difficult to fight for something when we do not see it as a living entity that can also love us back. So, I gave myself the practice yesterday to take on receiving the earth's love for me and my body's love for me.

"The earth loves me" ... "my body loves me". Try it.

As a practice, take an hour, and afternoon, a day to sense the love your body has for you. Add sensing the love the Earth has for you. Add sensing the love the Sun has for you. Practice receiving that which you are always surrounded by.

Anchor # 3 Your Heliocentric Chart

Playing with the images provided imagine yourself on the earth, surrounded by everything and then imagine yourself on the Sun with everything surrounding you, including the Earth. This simple perspective shift has freed me up to be me and to participate more fully in what is unfolding at this planet and this time.

All it took was a shift in perspective.

If you are interested exploring your charts, you can reach me via my websites: www.StarFishdanceyoga.com, www.mariaskinner.com or via email or via email: mariaskinnerdreams@gmail.com. I look forward to hearing how you are unfolding into your life.

Maria Skinner is the Director of StarFish Dance & Yoga in West Concord, MA. She is a BeSoul™ Dance Practitioner, Nia Black Belted, former Nia White Belt Trainer, creatrix of Moga and Elements in Movement, MoveMyWay, and Embodied Astrology. She is also a Certified Ageless Grace® Educator. Maria co-authored the Spanish translation of *Our Bodies, Ourselves*; [Nuestros Cuerpos, Nuestras Vidas](#), and contributed to [My Hungry Head](#) by Marybeth Sherrin.