

# WISDOM IN THE MARGINS

September 2025 Issue—Balance

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## Welcome September

The light leans golden, evenings grow quieter, and the air carries that first hint of sweater weather. September is the hinge between seasons—one hand still in summer’s warmth, the other reaching for fresh routines. Gardens and markets brim with late tomatoes, apples, and squash; classrooms fill; calendars steady. It’s a month of honest inventory: what ripened well, what needs to rest, and what deserves another try.

### August’s Blogs and short stories:

- Introduction
- Divinity isn’t out there—it’s sitting right next to you
- Short story: The Last Train we Never Saw
- The Cave and the Cross
- 7 Demons, 7 Veils, 7 Chakras: Reclaiming Mary Magdalene’s Path of Healing
- Short Story: Kingdom of Ashes—Part 1

*“The Autumn Equinox is here again... the light becomes a mixture of clarity and softness; sweet melancholy, and also a joy.” — Philip Carr-Gomm (OBOD).*



### September’s Cozy Tea Recipe:

Makes 2 big mugs

- 2 cups water
- 1 cup apple cider (or water + 1 tsp honey)
- 2 tsp rooibos or chamomile (loose or 2 bags)
- 1 cinnamon stick
- 3 thin ginger slices
- 2 strips orange peel
- 2 whole cloves
- a splash of vanilla

**Simmer** water and cider with spices 10 minutes.

Turn off heat, add tea, steep 5 minutes.

Strain, sweeten to taste, and breathe in the steam before your first sip.

## September Simmer Pot:

**In the pot:**  
1 apple (sliced), 1 orange peel, 1 cinnamon stick, 4 cloves, 1 star anise, a small rosemary sprig, and a teaspoon of vanilla.

**Cover with water,**  
bring to a low simmer, then reduce to the barest bubble. Add water as needed.

**Intention:**  
with each refill, name one spiritual or inner harvest,

Safety: never leave a simmer pot unattended.



## September's Focus:

### Balance you can Feel

**Word to carry:** *Steady.* Repeat this when you wake and before you sleep each night

**Mantra:** *Equal light, equal care.* This is fun to recite in your head as you walk!

**Micro-practice (daily):** choose one tiny act of balance—add an early bedtime, step outside at dusk, or drink water before coffee.

**Journal prompt:** *What will I keep, what will I let rest, and what will I gently begin?* Do this early in the month and at the end of the month see how things have grown or changed for you.



#### Root Chakra Meditation:

##### ARRIVE:

Sit with both feet on the floor (or sit on the ground). Lengthen your spine; soften your jaw and shoulders. Inhale through the nose for **4**, exhale for **6** (repeat 3–5 times).

##### GROUND

Place a small stone in your palm or at the base of your spine (behind you). Imagine roots descending from your sit bones, tailbone, and feet into the earth—threading through soil and stone until they touch something ancient and kind.

##### CENTER

Bring attention to the **base of the spine/pelvic floor**. Visualize a warm **ember-red** glow there, steady as a hearth coal. With each exhale, silently repeat an anchor phrase (choose one or combine):

*I am here — I am safe —The earth holds me*

##### MUDRA & BREATH

**Prithvi (Earth) Mudra:** touch tip of ring finger to thumb on both hands; rest hands on thighs. Breathe naturally; notice weight, warmth, contact points with the chair/ground.

##### RELEASE & CLOSE

On an exhale, picture what you're ready to let rest (hurry, comparison, an old script) drifting down the roots to compost. On an inhale, draw up steadiness, like water rising through roots. Place a hand on heart, one on belly. Whisper: *Steady in, steady out.*

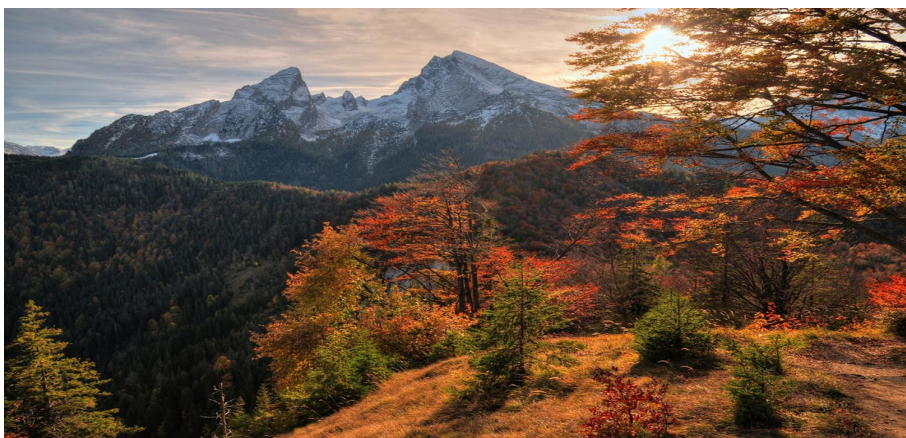
##### TRAUMA AWARE NOTES:

If body focus feels edgy, keep eyes softly open and anchor in what you **see/hear/feel** (three things each). Replace visualization with a tactile anchor (hold the stone; press feet gently into the floor).

## A poem for the turning:

*At the Door of September*  
the light leans kindly on the table,  
steam halos the rim of your cup,  
and the year pauses—  
not to judge, only to ask:  
what will you gather,  
what will you lay down?

You are not late to your own life.  
Stack kindling, set one small flame,  
let endings compost beginnings.  
Outside, the crickets keep the time.  
Inside, your breath keeps the promise:  
steady in, steady out—  
and the door opens.



Pocket Wisdom for September

The Autumn Equinox — Balance, Harvest, Release

**Theme:** when light and dark stand near-equal, we practice choosing what to keep and what to let rest.

**Symbols:** scales • seeds • hearth • doorway • dusk

**Elements:** earth + fire (grounding and gentle transformation)

This is the turning: fields offer their last sweetness, light and dark lean toward balance. What we have tended ripens; what is spent asks to be laid down.

Harvest is a teacher. It asks two clear questions: *What will you keep? What will you release?*

Across paths we share, the wisdom is the same:

In Gnostic streams, **gnosis** is the quiet knowing that the spark within is kin to the Light itself; we harvest that inner knowing, and release the veils that keep us from it.

In Buddhism, impermanence is the gate of compassion; we bow to **anicca**—all things changing—and loosen our grasp so suffering loosens its grip.

In earth traditions, the **Wheel of the Year** turns; we gather what the land gives, leave seed for tomorrow, and return husks to soil so life can begin again.

In Science, ecosystems thrive by cycling—**keep** seeds and healthy diversity, **release** spent stalks to compost so nutrients return.

In Neuroscience, the brain prunes unused synapses and strengthens practiced ones—**keep** habits that align with your values, **release** loops that cost energy without benefit.

In Humanism, Choose what enlarges human dignity and flourishing—**keep** actions that increase well-being, **release** what harms or dehumanizes.

In Feminine Wisdom, the Holy as Mother/Nurturer—**keep** what nourishes and protects life, **release** what drains your lamp or silences your voice.

To harvest is to say thank you. To let go is to trust the cycle. Both are forms of freedom.

And so we stand at the hinge of the year: hands full of what we’ve grown, hearts lighter for what we’ve set down. The earth keeps teaching—balance is not a statue but a living sway; harvest is not ownership but gratitude; release is not loss but trust.

As day and night meet, let the **spark** in you answer the larger **Light**—the breath that moves through fields and lungs alike. May what you keep become fuel for kindness and courage. May what you release return as soil for tomorrow’s seed. May your feet feel the earth, your flame stay steady, and your life lean toward what gives life.

**Blessing**

Spirit who rises in wind and wheat,  
rise in us.

Brighten our embers, steady our steps,  
and carry our small yes  
into a larger dawn.  
So may it be.



Thank you for tending this  
fire with me. May the  
warmth you’ve given return  
to you—steady and bright.  
Please share this newsletter  
and the website with your  
friends and feel free to com-  
ment. Rev. Dr. Laura Brown PhD