

# Moving Through Dark into Light

We've come from Winter Solstice, the longest night of the year. The power of darkness over light is waning. We move now into the newness of a brightening future.

Let's take time right now to honor the darkness we're leaving behind. Acknowledging the gifts and its lesson brought us and letting go of any dark energies we choose to stop carrying within us.

(? To begin our journey into the darkness, let's blow out the candles in front of us, ) and find a comfortable position. Or, (Find a comfortable position and we'll journey into the darkness of our present. )

Take some deep breaths, feeling all tensions leave your body, seeping into the floor, into the earth mother where she absorbs and transforms them.

Drop a grounding cord into her womb, feel the earth pulsing with life, her energy flows into you, nourishing, gently rocking you in her arms.

Now imagine yourself standing before the entrance to a cave. Notice your surroundings, the smells of the earth. In your hands, which are cupped to your belly, your power center, you see light pouring forth. The light seeps through your fingers. When you look inside of your cupped hands, you see a seed. It pulsates with your life's energy. This seed of life stays with you always.

Look forward now and step into the darkness of the cave. Move into the darkness until it surrounds you. Feel the darkness. Your senses are acutely alive. You acknowledge being within the darkness of your own soul. Be at one with this darkness.

As you move forward, you sense energy. It is an energy that has been holding on to you, keeping you from moving forward. Step up to this energy until you face it. What does it feel like? Can you name it? Ask the energy if it has a purpose. Take a moment to honor and thank this energy for the higher purpose it had for you. Now, if you choose to, release this energy. Allow it to be cleansed, absorbed and transformed by the earth. Feel your body's reaction as you let go. Notice the seed of your light that you're carrying.

Has it changed? Feel its power as you continue traveling through the dark.

As you move through the darkness, acknowledge any other energies you find within here. If you encounter energy that wants to get in your way, acknowledge it, ask its purpose, then release and let go of it, sending it into the mother earth to compost and transform it.

Now once again feel the seed nestled to your power

center. Feel the pulsating light as it pulls you forward. When you look ahead you see a light. It seems to be calling to the light you hold - your life's essence.

Give thanks again to the gifts the darkness brought to you, then leave it behind and step through the entrance into light. Feel the glory of immersing into pure light energy and honor its blessings. As you stand within the light you can feel the seed you've carried being into your body. This seed holds the promise of all beginnings. It is complete and whole, as you are.

Now begin to return. Feel the floor beneath you. Come back into this sacred space you've created. And when you're ready, open your eyes and write down that which you choose to release from your life on the paper before you.