

## **Be the Light**

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We are approaching the threshold of winter.

Life is being drawn into the earth, painlessly descending down into the very heart of herself.

And we as natural human animals are being called to do the same, the pull to descend into our bodies, into sleep, darkness and the depths of our own inner caves continually tugging at our marrow.

But many find the descent into their own body a scary thing indeed, fearing the unmet emotions and past events that they have stored in the dark caves inside themselves, not wanting to face what they have so carefully and unkindly avoided.

This winter solstice time is no longer celebrated as it once was, with the understanding that this period of descent into our own darkness was so necessary in order to find our light. That true freedom comes from accepting with forgiveness and love what we have been through and vanquishing the hold it has on us, bringing the golden treasure back from the cave of our darker depths.

This is a time of rest and deep reflection, a time to wipe the slate clean as it were and clear out the old so you can walk into spring feeling ready to grow and skip without a dusty mountain on your back & chains around your ankles tied to the caves in your soul. A time for the medicine of story, of fire, of nourishment and love.

A period of reconnecting, relearning & reclaiming of what this time means brings winter back to a time of kindness, love, rebirth, peace and unburdening instead of a time of dread, fear, depression and avoidance.

This modern culture teaches avoidance at a max at this time; alcohol, lights, shopping, overworking, over spending, bad food and consumerism.

And yet the natural tug to go inwards as nearly all creatures are doing is strong and people are left feeling as if there is something wrong with them, that winter is cruel and leaves them feeling abandoned and afraid. Whereas in actual fact winter is so kind, yes she points us in her quiet soft way towards our inner self, towards the darkness and potential death of what we were, but this journey if held with care is essential.

She is like a strong teacher that asks you to awaken your inner loving elder or therapist, holding yourself with awareness of forgiveness and allowing yourself to grieve, to cry, rage, laugh, & face what we need to face in order to be freed from the jagged bonds we wrapped around our hearts, in order to reach a place of healing & light without going into overwhelm.

Winter takes away the distractions, the noise and presents us with the perfect time to rest and withdraw into a womb like love, bringing fire & light to our hearth.