

December 2013 • A Time of Balancing & Deep Connection • Moving Forward to 2014

That Glorious Place of Stillness is Accessible to All of Us!



Where IS the Light?

Connections, senses, feelings, season of Light, bring Light into the world... but where IS the Light? We look up to the heavens. But that is looking OUTSIDE of ourselves. Light INSIDE? Divine spark, our own unique spark of Source... but our little spark? Really? Expand our heart ... but it only expands so far and it does not FEEL like the Divine.

Ahhhh.... the Universe - that must be where it is. But is it really way out in space somewhere? Or are we actually WITHIN it? So seek our that glow inside, the tiny ember and fan it to life. Then send a glowing cord of that light down (yes, not up, but DOWN) to the center of our planet... our very large planet. Merge with the flowing heart of Gaia and then expand. Now, imagine YOU are the Earth and feel the intrinsic connection to the glorious Universe and Divine Source of Creation. You are one with the millions of stars and planets, one with that which is so much greater than humanity alone, that which, by its Divine creation maintains a perfect balance of energy, movement, ebb and flow, cycles of eternity that were created with a perfection that is perpetual.

Close your eyes and let your imagination, your mind, take you there. As humans, we have allowed our egos to cut us off from our Divine Source and the oneness with all of creation, the respect and responsibility of that connection, the Light and the Love.

We feel it sometimes when we are away from that which is man-made...surrounded by nature, the forest, ocean, mountains, desert. The Divine within each of us recognizes that higher energy of nature, which is closer to our Source - that which has not spent eons putting up walls of protection, individuality, control and the resulting isolation. This is the vibration of oneness, that from which we all come. Our Divine spark remembers, knows and attunes to it.

Then we forget - or our ego programming triggers the “back to the grind” mentality. WHOOSH - and it feels like a dream, only a small reprise from the day to day “rat race.” Yet it is actually more of the reality.

So, I wonder how our world would change if we could hold on to that sense of peace, harmony, balance and oneness, the rhythm of Divinity and Light?

Instead of trying to travel to a Light we perceive as separate and distant, embrace the concept that we are a part of that Light, within that Light.... all we have to do is soften the barrier we have created. Instead of traveling to the far away heavens to seek a distant Light, connect with the ground you are standing on. Grow roots and send a cord of Light from your heart into the heart of the Earth. Merge, expand and feel the perfect balance of perpetual cycles of creation, the heartbeat of the Universe, the Light of the Divine, the Light which is the essence of each of us and all that is.

As I wrote the above Reflection, I realized that my own heart was indeed expanding as my thoughts took me to the place I was attempting to describe. As my breathing became deeper, more regular, I could feel the energy around me, a feeling of calm and balance, ebb and flow... a feeling of peace and wholeness, a sense of rightness, balance....and a feeling of being loved. Then it clicked... that is the same feeling as when I sit by the ocean, or ponder the trees in a forest. And in that place there is no room for agitation, anger, hurt, despair, desire to control or strike out.

Wishing all of you that same experience, that place of peace and rightness, love and LIGHT.