

We Are In Our Winter Cave - Part 2

What's another thing to do in here? How can we stimulate the winter flow to get the most out of it during a time of hibernation, relaxation and renewal?

Thinking about the light reducing, and going father inside of the cave, brings into focus new territory. What happens when we get back into the crawl space with our nose to the wall? Its dark and damp and dank. There isn't much air back in there! The view is very limited so perspective is way off. A close up of the wall is all we get.

It's like a teenager looking at their skin...too close of examination and it only gets worse. So, we aren't suggesting getting out the magnifying glass to make things bigger. We are saying that we want to be cognizant of the real world stimuli or lack of it, in the case of light and energy, that is part of our experience. The small insecurities of daily life may loom, in the face of these outer world stimuli. And what if the light doesn't return, then what? We begin thinking like that and it's a tanker sinking.

We want to get the control of our minds to not just be aware and observant of our habits, like the judgement and blame that is focused at our imaginative wall of the world, or the sadness and grief about the time we lost last year, but also to notice what happens physiologically with lack of light and oxygen. It's a little like the birth canal and can get scary.

Think about the idea that it's all about you and your path. You came in alone. You leave alone. And at the darkest time of the year, you are also alone. We can be distracted by our families and jobs and even hobbies and vacations, but energetically, we are in this for the long haul, and we need to step into the genuine experience of being alone in the cave, with our personal fire and desire.

Think about the idea *that you really do know* that there is life outside of this cave, and the sun will come back to full force in time. There is more oxygen as we move back to the cave opening. Get out of that corner! With time and energy everything will be different!

So, what do I need to do here and now to get the energy moving towards the doorway, so as time passes, and the sun returns, we will be ready at the entrance to embrace a new year with energy streaming out of our hearts and minds, hands and feet, ready to take on our new path forward?

Imagine you are at the top of the snow-covered mountain and you have made a little ball of sweet heart-felt energy that you begin rolling down the hill. As it rolls, it collects more and more energy. Maybe it gets stalled on an obstacle, but you are watchful, and so you climb down and nudge it further. It gathers more and more energy each day. Maybe you begin another ball, seeing that the first one is well on its way. And it too, starts rolling down the hill and creating a life of its own.

This fun is another part of our caving. We could take the snow metaphor and come back inside the entrance of the cave. Instead, we could be blowing on the embers, and adding fuel. Picking up sticks and adding more and more until its blazing with our heart's desire. Each piece of wood is your love adding to what is there, until it is well on its way to magnificence. Carefully, watch how the largess of the fire pit can appear benevolent, and also watch to see if the pictures on the wall really look like something you want in your life. For instance, if you are visualizing an outcome, but it really doesn't quite fit, be willing to let the fire calm down and die out, and start over with a new idea, a new plan, a new beginning.

Either way, fire or ice, the forces and elements of nature are supporting us in our process...they aren't making it difficult. They know the way, and we just need to follow their lead.

Thanks for listening!