

We Are In Our Winter Cave

So, what now? What are we doing in here? And, how does it affect the next year's unfolding? Thank you for asking the question! I've underlined a sentence in each section below that I think is key. Let me know what in each section is most impactful for you. The ** are physical things you can do to enhance the internet search and discovery process.

Step 1 - Get Caught Up With Old Business - Tenaciously

First, any of the ways that we "weren't present" with our lives this last year, ideally, are examined and resolved. Why? As we are wandering around the cave, truly desiring to tap into the core of our being, we might be stumbling over the leftovers from our "non-present behaviors" of the past. Prefer to be honest and introspective so that this unfinished business does not become the basis for creating this year!

You probably know what I mean, but i.e.:

- a. You planted seeds last spring that didn't serve your highest function, e.g. you shine when you play soccer but you didn't go for tryouts, and instead wanted to go out for swim team (since the cute boys are there and all that bare skin seemed sexy). So you missed the proverbial boat and didn't insert your truest self into your year, hence you ended up disappointed when it was all said and done. Get over it. Cry. Whatever you need to do to grieve the mis-directed energy. But, be compassionate – you didn't know it would screw up the whole year, and potentially take you down a rabbit hole.
- b. You totally over planted last spring and would have benefitted greatly from some major weeding (around May Day). So, you never had enough energy to get the premium return on your investment. There was excess competition for the Light, the shade, the water, whatever, so the seeds you did plant didn't do that well over all.
- c. In the fall, when you would begin shedding and relaxing towards winter, you didn't. The shedding didn't occur fully, and so now, when you would be back at your roots, bare and sober, you keep having random thoughts to try and distract you to get out of the cave. Get with the shedding and let the pretenses drop about all these things you "think you want". Go deep into the fire pit in the center of the cave. Let it be your teacher.
- d. Last winter, you didn't reach into your core and really renew your soul. Instead, more time was spent thinking rather than feeling, maybe also reacting to the darkness. Really spend some internal reflection time to get to know your essential nature. What is to be frightened of, except fear itself? Be willing to step up and see just what is "going to get you".

** Practically speaking, do a journey with the intention of these non-presence patterns being revealed.

Okay, so we now are caught up with the "work" of last year? Let's do some of this year's!

Step 2 - Worship Your Fire, Your Core - Reverently

What is the core of your beingness? The wholeness of you that is alive, vital and ever-present. It is your essential nature, and without it, you wouldn't be you. Right now, at this point mid-way between Solstice and Equinox, we have a chance to start birthing the energy for the new year. This is pre-planting time, where we vision and plan. It's a time to ask yourself, what is in your womb? What are your heart's desires? How do you want to pave the path forward?

Your womb is where your fire is. And, what does fire need, but air. What is the first thing the baby needs? Imagine you are bending over the embers and blowing on those glowing orbs to enliven ...

this is renewal time! Using your breath, put it to work for you. Let it move your instinctual awareness to a deeper and deeper level of physiology, and hence, psychology, and hence, parapsychology.

** All parts of your being will benefit from some sort of breathing that helps your resonate with your core. I'm using the Wim Hof method (free video) and find it to be pushing my brain out of the way and giving me some mental time off, while upgrading my physical world. If you have something equally powerful, use it! If not, give Wim a try. As you do the breathing cycles, conceptualize pushing into the recesses of your consciousness as you push air into each alveolus. I get the best results at this point, by moving my lower trunk with stretches. Also, reaching with my shoulders enhances my lungs by unrestricting parts of my torso, during the breath cycles.

Step 3 - Watch Your Movie – Deeply

** To create more awareness, light many candles, far more than normal, and sit in the dark. Walk through the walls of your mind to explore. Imagine that your fire is creating the shadows dancing on the walls of the cave – it's a bit freaky and dark in there.

Your fire makes the shadows come alive. With your breath, the characters jump up and get very large, and then quell becoming small and calmer again. We get distracted and take our focus off of our fire, and our breath, and put our attention on the characters dancing on the fringes. These “edge characters” are looming – sometimes huge, and then we want to run, or maybe kill them. It's so worrisome. We forget to stay focused on our center and instead began believing in the shadows, but actually it's a habit, and it can change.

There are three very large phenomena described below which are mesmerizing, hypnotizing and trance-inducing. Although counterproductive, they are very natural, and just like a good movie, can get us on the edge of our seat, breathing heavy, and having the biological reactions as if the shadows are real. Our brains respond as if it's genuine, even if it's just an image....the brain doesn't know the difference.

Step 4 – Unveil the Shame - Courageously

Hands down, the largest of the phenomena and the one with the biggest hold on people, is shame. Shame binds and paralyzes. Shame is toxic and dark. Shame cloaks what is really going on and creates a veil to hide behind, out of fear of being seen and maybe being ostracized.

Take two steps back to see how the shame you agreed to hold and tend like a baby, has disempowered you to make any changes of any sort. How could I have agreed to it? Naivety, innocence, and a need to belong. Someone gave it to us, we accepted, not understanding the consequences of bondage.

Sometimes there are feelings of humiliation, tangled up with pride, mixed in with a sense of worthlessness or unworthiness. Vulnerability is also in the core of this mix. Shame is often layered like a cake with more shamed experiences. These emotions cause us to stew and brew (and often chew). We also churn and burn (and often spurn).

Behind the veil of shame we find judgement and blame, both of which are based in self-deceit – they are like peas in a pod, and it is often one big *ménage à trois*. It's a house-holding arrangement. Rather than cop to our own problems we are big finger pointers. And, if we can get enough people to agree with us, we keep believing our lies, holding close to our shame, as long as possible.

Just ask yourself, what am I ashamed of? What do I want to hide at all costs? Think back...it likely started long long ago, in a place far far away.

Step 5 - Blame and Judgement – It IS About Me!

Cave time is the perfect time to face the demons on the edges of our minds. These demons wear the clothing and faces of our current dramas. If we were plucked out of this house, and this country, and planted elsewhere, anywhere, even in another century, we would carry our demons with us. The edge characters would find new roles to play out in another story line.

Embrace the fire, be honorable to your core, and compassionate to the child within, who learned to be frightened of the shadows, goblins and giants. This is the way out...it is the way through.

How can that demon actually be me? How does it come out of my fire? We know that the outer world is a reflection of our inner world. But in practical terms, how does that all jive?

We have to make friends with our self and our nature. Forgive ourselves and profoundly allow these characters, which we keep exiled into forced hiding, to surface and come join the world of our self.

Look at another person ... you can often see that they are miserable about one or more things. And maybe they run from it, hiding, and lie to themselves as if everyone else will believe the same story that they try to tell themselves. We may or may not believe their narrative. But the body doesn't buy it ... and it shows. The misery manifests physically. Either as the stress levels mount affecting behaviors, or the body gives into dis-ease in various ways.

Step 6 - Let's Dream It Up Differently – In Love

So first, clarify why we are winter caving. We are taking back the power that we have been throwing at the wall. The story that we are projecting on the shadows must stop, or next year is dreamed up just the same as each year before.

Why is that? The future becomes what the present is, which has been born out of the past.

From what are we creating the present? Our life habits, our emotions, our thoughts, and the synapsing created by it all. How do we shift that? We must 1) become aware and 2) inject something new. Like a new habit? New emotion? New thought process? Yes, yes and yes. Any one of those will start the process.

** But remember, as animal bodies, we are creatures of habit and therefore, we must replace a habit with repetition and reward, just like training a dog kindly. Give yourself true reveling sacred space every day to indulge in "spa time" whatever that means to you. No thinking! Just relaxing and enjoying the nature of nature.

Step 7 - How Do I Become Aware? - Slow Down (Breathing Helps)

1. ** There are many ways we choose amnesia over an awakened state. Sometimes we just have to be miserable and hitting our own bottom of the V, before we can find a way back up the other side.
 - a. Be willing to be willing to be willing – it's a feeling of willingness that we must cultivate and practice producing! Every day, as a meditation – produce willingness.
 - b. Claim consciousness for yourself – you really do want to be awake, right? Remember that we have been numbed and dumbed down for centuries, so we are coming out of the amnesia. The ball is in our court...are we in the game? Or indecisively trying to stay on the sidelines? Or on the fence being wishy washy not having to stand for anything?
 - c. Declare an independence from being another sheep. Notice how much time the media is filling your mind and body with thoughts, emotions, and images, which your brain doesn't

- know the difference from an actual experience. Just because something is on the internet or the airwaves, doesn't make it real, or true. We are bombarded with store advertising, news in a myriad of forms, and movies all confirming our worst fears.
- d. Take time daily to indulge yourself in being a peaceful warrior by practicing wisdom-current meditation, rather than letting afflicted-emotion-currents take over. There are 84,600 of each current running each day (just under 1 per second). There can be no blame, no shame, and no self-deceit or we are in afflicted-emotion!
 - e. Relax into *abracadabra* and use its power – an ancient word meaning “I create as I speak” – you know, you don't have to say anything out loud to be speaking!
 - f. Remember the original meaning of spell – and realize you are casting spells all day long, on your own life, and that of others!
 - g. Use the healing code hand positions in combination with any spelunking activities, as well as all abracadabra, or any other ways you are spelling your life.
2. Watch for cloaking behavior - just like a stealth craft, we hide from ourselves. This is the red flag to observe that pinpoints the shame described earlier. You are a magician and it's your vanishing act. We actually go unconscious.
 3. Stop believing in blame...that it works, or is valuable, or is valid or useful in any way. Stop letting yourself indulge in blame, and tune into what you really feel. Blame is like a piece of decadent chocolate...stop it! It leads one astray and off the path.
 - a. Watch for denial (I'm not like that).
 - b. Watch for justification (righteousness and all the reasons you are right).
 - c. Watch for excuses (everyone agrees with me, therefore...).
 4. Stop allowing yourself to judge others ...the moment you hear judgement in your thoughts, stop letting yourself indulge in it and tune into what you really feel. Judgement is like that extra serving of dessert...push it away!
 - a. Watch for criticizing (someone else is soo soo bad in some way).
 - b. Watch for dismissing (discounting others is a red flag).
 - c. Watch for diminishing others (someone else is not only bad but way beneath me).
 - d. Watch for feeling vindicated (I told you so).
 5. Using the fire of our soul as the Light, we can learn from ourselves and see our true nature, instead of living into what we have been pretending. It's been a long-induced trance identity coming from entrainment by our cultures and families. Stop pretending! If we have been lying most of our lives, halting self-deceit is mind-altering. We are never the same again (in a good way).

Step 8 – Enjoy The Process – You Are In Charge of Your Time Space Continuum!

Cave time is a great time to strip, scrub, and renew with the Light as it comes in day-by-day. It's a slow and lazy time of year to take strolls into our personal places. Light doesn't come in all at once – it is 3 months from Solstice to Equinox, and we are at the mid-point at the beginning of February, so a great time for check-in. It can be fun! Definitely rejuvenating! Warmly indulge in your sacred space, the sea of safety you create, and call in the Light, Love, and Life!

How are we doing with “cave time”? Do we have it nailed? Is the V on the upside yet?

In, under, around and through, beneath, above and below,

Reveal the truth, declare the Light, its peace I must know.

Bold and brave, bare my soul, see what hides behind,

Give me solace, grant my choice, and deeply expand my mind!