

DISPELLING SHADOWS THAT VEIL OUR LIGHT

Healing our souls, in these energetically accelerating times, sometimes requires all of our courage, commitment, faith and surrender. When we can become like children, asking for help when we need it, trusting and following our guidance as it unfolds, our personal healing-transformation process eases.

Bringing all the parts of self together, into presence, harmony and peace is the goal. To become all that we are, to actualize our potential. To shine our light, living in accordance with universal laws of the heart, contributing our unique gifts and love ministry. To be the love that we are, blessing the earth and others with our essence as naturally as the fragrances of trees and spring blossoms.

The dark side is that which lies beneath the surface of consciousness in our beings, often not reckoned with by ego and conscious mind. It is our internal closet, where we stash things we'd rather not deal with and shut the door. It's also our negative feelings, emotions, thoughts, expressions, and reactions that we may censor. Not aligned with the light of consciousness and the bigger picture; they are out of harmony with love, peace, and the truth of our greater beings. When we engage in them, they take us out of our center, our place of balance and power within. As a result we do not feel strong, peaceful or well. Carl Jung, in his studies of the dark side, suggested that it is largely the energy of our unconscious that creates our lives.

Most of us know where we want to go in life, what we want to be, how we want to live. And though our conscious beings are aligned toward our goals -- to actualize ourselves, obtain the desires of our hearts and live our truth -- yet, beneath the surface, we have interference operating in our dark sides. Fear-based behaviors, soul wounds, defense mechanisms, control frameworks, habits and conditioning, negation, self-sabotage, and their ilk, hamper our ability to move forward. It's like setting out toward your destination on a dog-sled, but your team is not pulling together. Some of the dogs are pulling in other directions, and some of them won't pull at all and sit down in stubborn inertia.

Conflicting with our shadows does not help. When we try to use force of will, we perpetuate the duality, and cannot achieve the wholeness we seek. This plays out in the world for us to see. What does engagement in war, conflict and struggle achieve? At best, a temporary, karmic-laden dominance, of "one up", "might makes right." Not balanced relationship, not resolution in mutual respect and honor. Certainly not peace.

We can gain information about what we need to heal in our dark sides by looking at patterns that repeat in our lives and undo us. One of the best information references we can use is the problems we have with our counterparts of the opposite sex. Negative, repeating dramas with our lovers provide clues to inner issues in need of healing. The mirror of relationship is most revealing. Whichever side of a difficult issue we are on, we are engaged somewhere in our being, or we wouldn't be having the experience. When

we get the message, heal and clear the issue at our core, we are no longer drawn into such dramas. And we recover a precious part of self that was lost.

Deep, effective healing is not obtained by a wave of the magic wand. It must engage and transform our dark sides or it cannot become real in our lives. The light has to be brought into our cells, and the truth, love and understanding down into our bones. It must penetrate the unconscious with all its quirks and anomalies, to the roots of dis-ease. There's a very good reason for every one of them. They need to be loved, re-educated, realigned, into harmony and peace with our conscious beings. Whenever we achieve reconciliation of this polarity, between the light and dark in our beings, we take a step into our power. A step into the way we were designed to live. And our lives begin to be blessed beyond imagination.

The positive power of our dark sides is as rich and mysterious as the wealth hidden deep in the earth. Latent gifts and talents sparkle from the depths. Beneath the shadows is our power, wholeness, depth and strength. We can descend even deeper and tap into the collective unconscious; the vast ocean of hereditary information and knowing, containing ultimately, everything that's ever been experienced by everyone who ever lived. There we can mine the gold of deepest intuition. And as we develop our intuition, we gain a natural, innate sense of timing, of being, that is the most profound fulfillment and security.

Everything we need is here. Ancient wisdom of earth's venerable cultures, guarded in secrecy for centuries, is more readily available than ever before, to the sincere seeker. We have access to a growing abundance of teachers, healers and methods from around the world. Divine Spirit, in its omnipresent love and care, awaits our heart-call for assistance when we're tired of the drama, when we've had enough. And when we open our arms and reach out to our Father and Mother who are one, the Liberator of Souls, the Love and Power that created all things -- everything is truly possible!

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