

Since Midwinter, we've been passing through a series of death and rebirth gates. Each one has offered a chance to gather wisdom, let go, and open to something new. To pass through these powerful gates, you must be willing to look at something differently, surrender your attachments and open to the unknown.

Attachments come in many forms. Your attachment may be to a viewpoint or an idea, a physical or emotional addiction, a pattern of behavior, something that lives in your shadow, or a subconscious process. Whatever form your attachment takes, it "dies" as you pass through the gate, so you can begin again in a new direction or on a different arm of the spiral, raising your vibration in the process.

This week, Christians around the world celebrate the crucifixion and resurrection of Christ. This marks one of the most powerful gates you can pass through - one that resonates with the energy of suffering. That does not mean you must suffer to pass through it. Rather, it means you must *release any shadow or unconscious attachment you have for suffering*. Christ does not call us to suffer, but to release ourselves and others from it.

Today, walk through that gate, knowing you're always guided and always protected. Use your suffering to guide you out of the darkness. How do you keep yourself in suffering? What are you holding onto that's causing you pain?

Use your breath to help release whatever attachment you feel to pain and suffering. Enter the unknown. Trust and be resurrected. Say to yourself,

**"I surrender any attachment that keeps me in a state of suffering."**