

ONE MINUTE MEDITATION – 1/23/18

Sometimes, in order to dream better dreams, we must face our worst nightmares. We each have a shadow - a part of us that remains in darkness. It stays hidden, buried where we're least likely to look for it.

In this deepest part of winter, the trap door opens, and we're invited to witness what lies beneath it. It requires courage and honesty. It requires a willingness to forgive yourself for your short-comings and the places where you aren't as evolved as you'd like to be. How hard it is to witness your own darkness!

Today, take a deep breath. Close your eyes. Know that you are always supported and loved unconditionally - especially in those places you feel least lovable. Say to yourself,

"Out of darkness comes light."