

At Midwinter, we stand at a balancing point. All balancing points are opportunities to bridge duality. Because they lie in the middle, all things are equal. Here, you can claim both the darkness and the light, the good and the bad, the right and the wrong, the beginning and the end. It's an opportunity to be still and to become whole.

Look back at what the season of darkness has shown you. Simultaneously, open in hope to what lies ahead.

Place your hand upon your heart. Honor the balancing point within you. Let go of any desire to push, pull, change, force or deny. Say to yourself,

**"I honor what is. I open to hope."**