

**TransmutationPoints – April 2012**

**Issue 2 – Elizabeth Frediani**

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Spring brings emergence, and the equinox marked the quarter- point when dark and light balance.

The interplay between darkness and light is alchemical, alive in our consciousness, bodies, and cells -- and mirrored to us by Earth, Moon, and Sun cycles. During periods of deep transformation the veil between dark and light drops away, and we face the challenge of feeling into the unknown. In this territory the soul extends an invitation for deep integration and healing -- for rebirth.

Collectively and individually we have much to learn from dancing between light and darkness. I hope this issue's articles and practice help you deepen -- or enter -- this exploration in your life and in the world.

Blessings to all and to Earth ---

In gratitude,

Elizabeth

**Emergence into the Dark**

We can enter the dark in different ways -- as an explorer, through intentional studies and inquiries; as a mystic, drawn in through visionary experiences and sacred practice; and as an initiate, carried there as part of profound spiritual and physical rebirth. This last one is important to understand now -- because globally we are immersed in this depth of regeneration.

Rebirth, of a significant nature, cleanses us layer after layer, ultimately revealing soul. From the ego's vantage point, soul can feel like exposed, vulnerable territory. Here we meet the vast and true self -- the energetic matrix of our karma, wisdom, wounds, and drives. We face what we have hidden -- what we have separated from and forgotten about. This is our dark, filled with reserves of energy, consciousness, and resource.

The dark is also a transpersonal place -- the regenerative unknown, the formless, the void.

Most of us are not schooled in the dark, in the unseen territory of our deep psyche/soul -- or in the Great Mystery that nurtures all life. And the world we create for ourselves -- identities, work, relationships, goals, society -- can be discordant with these innermost realities. When this is the case, transformation is inevitable.

The soul, personal or planetary, ignites our drive for authentic expression -- for living our truest truth. Soul's commitment to these will catalyze transformation to right our being, our life -- our planet. Soul wisely knows that inauthentic ways of being always prove unsustainable -- and so we are led back to the resources of the dark.

In our journey of spiritual and physical regeneration, we can recognize when we are about to meet our personal or the transpersonal dark, because we begin to feel intensely empty or fearful or chaotic. Resistance can grow within us. We begin to fight or panic or pull out desperate acts of ego survival. But despite our best efforts to resist this unknown, forgotten dark, we will not be able to avoid our transformation. Our acts of resistance only complicate and burden our progress.

While many of us have grown wiser and more willing to birth into the unknown, we can still be challenged by it. We can experience fear, confusion, and resistance. This is especially easy to recognize in our collective experience. Currently we see some governments, statesmen and stateswomen, and institutions demonstrating their most entrenched beliefs and values. How do we facilitate movement through resistance? Can we facilitate movement?

The way of the dark is stillness -- and in stillness transformational energy flourishes. To receive and align with the resources of the dark, we must trust the quiet within our own being. It is also important not to feed fear, to hold our energy and thoughts in an intentional way. While we may not be able to prevent collective resistance, we can learn to choose non-reactive personal responses.

In the practice of nonviolence, witnessing is a way of holding and honoring the truth. This focus transmits transformational energy that will positively influence the collective and also will generate knowing, compassion, and grounding within our own heart chakras. When global power structures are threatened, our essential power does not have to be. We can choose ways to strengthen it and rely on it.

This is a year of dynamic global transmutation, especially over this summer and fall. In our collective awareness, we already sense this. Trusting our planetary soul, the Great Mystery, and the dark to right us is key to feeling guided and creative now. *Trusting these is the heart of true sustainable living.*

## Deepening Your Energetic Connection with the Earth

Earth herself is part of the Great Mystery and the dark. Despite the efforts of some to control her, she moves in her own cycles and draws from her own matrix of energy. Our link to the Earth is primal and spiritual. Our bodies, souls, and consciousness are nourished and informed by her. It is our birthright to receive from her and our responsibility to honor her -- as home, healer, and living being.

In *Where Body Meets Soul*, I wrote about embracing the Earth -- and many of you do just that. However, I will repeat some of this information -- because it is important to strengthen this essential relationship now. *Go to the Earth* knowing that she nourishes your spirit and your consciousness. Place your body on the ground. Lie there without thought, fully extended on your back and receive the Earth's energy, allowing it to move and re-align your energy.

In the quiet of your receptivity, you are brought into resonance with the stillness and the mystery of the dark. From the deep rhythmic life force of Earth, you will find gentle and, sometimes, dramatic renewal. Your thoughts will change, your emotions will balance, and your body and energy system will come into coherence.

In the most simple and profound ways rebirth comes through silence, stillness, and receptivity. Earth is a powerful teacher for this. The magnificent presences of animals, trees, oceans, rivers, mountains, and deserts do not communicate in words. In our world of continuous-feed communication, residing in stillness and connection with Earth is an act of transmutation. Through stillness and connection, we awaken. In our physical beings, awakening is catalytic -- and in the world, it is revolutionary.