

**Transmutation Points – Solstice 2012**  
**Issue 4 – Elizabeth Frediani**  
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Due to my fall work schedule, what was to be the October newsletter is seriously *out of orb*. But given the importance of the approaching Solstice, I recognize the right timing for this issue.

This quarter's articles speak of the beauty and sacredness of this closing time. As always, I hope they invite you to tend to yourself and all life in a deeper way -- and in this season, I hope these writings remind you to slow down and restore yourself.

Also, please read the column, Alchemy and Astrology Update. You will be receiving a gift from me, which you can listen to at your convenience.

Blessings always to you and to Earth,

In gratitude,

Elizabeth

### **The Restorative Power of the Dark**

Accepting our union with Earth and Sky, Moon and Sun, and the cycles of dark and light keeps body and psyche in balance. Accepting our sacred union with the natural world reclaims ancient wisdom and our deepest knowing -- or it can, if we allow it.

The Moon sets the rhythms of tides, women's cycles, and the month's circle of dark and light. How do you honor these interrelationships? How do you embody the potency of the Moon?

Each day the dawn and dusk call us to know the liminal and meet the transitory colors and energy never present in full light or full dark. Have you felt the transcendence of these moments? Do you open yourself to the cleansing they offer?

The dark and light cycle of the year pinnacles on the longest night and on the longest day. Most of us know how to meet the longest day -- outdoor activities, gardening, celebratory meals, hikes in the forest. But what about the longest night -- and the weeks leading to it and away from it? The dark holds many meanings and invitations -- some we embrace and some we may try to avoid.

The busy-ness of life and the constant flow of electricity provide great opportunities for avoidance. Yet as our body rhythms slow, the call inward intensifies. *Why fight it?* Our cycle of bearing the fruit of external productivity has waned. It is time to draw inward and consolidate. The energy we have spent can now rebuild.

Consolidation of energy also extends to our soul and consciousness. It is time to meet and gather our shadow selves, any part of self we have hidden, denied, or lost. The dark invites us to honor our totality. In this way the dark offers a container, a womb for restoring our wholeness.

Like seeds held deep in winter's soil, drawing nutrients for their next emergence, so our creativity draws nourishment from the fertile depths of our inner being. Desires, longings, intentions, and dreams stir beneath our conscious focus. If we do not distract ourselves, we will recognize a new self forming. In this way the dark of winter serves as a passage to our next beginning and *our next becoming*.

### **Closing Cycles**

Any closing or completing cycle calls you to release what is no longer relevant to your soul, your well-being, and your life's necessary progress -- a belief, habit or pattern, a relationship or job perhaps. Whatever you release will then open you to a temporary dark phase, a restorative time of re-forming self and building the seed of a new life.

If you are quiet enough during this gestation time, you will hear your own truth -- your values, needs, purpose, creativity, and dreams -- waking inside you. Honor what you hear by carrying it forward into your life through intention, action, or a new way of being. You do not need to make resolutions. You simply need to actualize what is inside of you.

On this Solstice the Long Count Calendar of the Maya ends and a new age begins. The year's Sun cycle restarts, and the solstice Sun meets the center of the galactic equator, marking a nearly 25,625 year astronomical process. We sit in the midst of endings in an era of an end cycle, which completes in 2016.

Within all the beauty, challenges, and emerging wisdom of this time, you must take time to listen to your body and heart. You are the seed of the next age. We, as a collective, are *the seeds of the evolving world*.