

BARBARA WILDER'S NEWSLETTER – DECEMBER 2007



Dear Friends,

t's the beginning of December. Thanksgiving is over. People are hanging lights on their houses. The shopping frenzy has begun, and here in Colorado it has finally gotten cold. We had a remarkably warm, lovely November. But everywhere in the northern hemisphere it is getting dark earlier and earlier. We are headed toward the shortest day of the year and the longest night. We long to curl up in front of blazing fires and drink hot cider. We think of childhood dreams of presents and elves. And so I wish you all the happiest of holiday seasons.

The last newsletter I sent came to you from Seoul, Korea, where I attended an international interfaith peace conference. When we think of the holiday season, we are reminded of peace and goodwill toward all. And that is what I got to experience in Seoul. There were 250 people in attendance from 100 countries. And all we talked about, thought about, and shared about, was based on our deep belief in peace and goodwill. It was such a gift. I've written an article about it that's on the website. You can access it from the link in the Articles box near the bottom of the newsletter.

I understand from one of my new friends from the conference, Konin Tano, who is a native of The Ivory Coast but is currently living in Seoul, that there are holiday lights and decorations there now too.

THE SOLSTICE

So, as we approach the shortest day of the year, we are preparing for the most ancient of holidays, the Winter Solstice. This is what makes this holiday season so special for people of many faiths. Deep in our historical consciousness we remember a time when we gathered in front of the blazing fire to celebrate the longest night. This was in the time when the Great Mother God was revered above all else. It was in the time when we went into the caves of the earth and knew that they were the passageways into the womb of the Great Mother. The Mother was celebrated in the night. And so as the days grew shorter we prepared for our time of celebrating Her and opening our hearts to Her on Her night. During the autumn we had gathered or harvested our food and created our stores for the winter. Now, as we prepared for the Solstice, we rested. With the days growing shorter, we slept longer. In our sleep we dreamed of the holy darkness. And we knew that on Her Night we would celebrate the end of the darkness and the beginning of the return of the light. And so we burned great logs on Her Night to welcome the returning Sun.

But it is in the heart of the darkness that we planted our prayers for the new year. We prayed to the Great Mother to prepare the earth for Spring. And most of all, we honored this time of going within. Because the light can only be truly appreciated when we honor the dark. And when I speak of the darkness of the night, the darkness of the Great Mother, I talk not of an evil darkness, but of a holy darkness.

So, as you prepare for the coming Solstice on December 22 I recommend that you try to find time to rest. Get off your case when you find yourself wanting to stay home and curl up with a good book, just stare at the fire, or watch a movie. Honor this. It is what your body's ancient blueprint is urging you to do. Perhaps you won't get as much done, but you will feel better. And when you feel better, everything is better.

Take the time to meditate and contemplate. Look deep into your soul and ask what it is that you want to prepare for in the holy darkness of the Solstice that will be birthed in the Spring. Ask your Spirit Self to help you stay focused on your Soul's desires and not your ego driven goals. Then just let yourself luxuriate in the darkness. No pressure. Just peace.

For my friends in the southern hemisphere you are experiencing the exact opposite as you approach the Summer Solstice. Rejoice, for it is a time frolicking in the sun, but it is on Midsummer's Night that the true frolicking occurs as the Great Mother urges all Her children to play together and discover HEr in each other and all Her wonders.

MIDWINTER'S MEDITATION

Do this meditation after sunset or before sunrise. This is a meditation to honor the darkness and the light. Light one candle on an altar or a beautiful table that you can face as you meditate. Put a shawl or blanket around your shoulders, making sure that you feel very warm and cozy, then close your eyes. Take a few deep breaths, breathing in the darkness all around you. Let yourself sink into the darkness. Feel yourself opening to the warm lusciousness of the rich feminine dark womb. Pull the blanket around you to experience that you are enveloped in the warmth and safety of the Divine Mother. Experience as a dark violet light begins to seep up out of the Mother Earth and into the bottoms of your feet. Feel as this dark violet light flows up your legs. This is the dark light of the Great Mother. Let the dark light fill your entire body. Direct the dark light to flow out the top of your head and spill down the outside of your body. This light is liquid. It has a luscious sensation of liquid velvet. Feel yourself filled and covered in this dark light of the Great Mother. Allow, yourself to sit in this dark light and open to the richness of it. Sit for several minutes and ask your Spirit Self to help you open to the energy of the light and to the gifts that it has for you. Before you open your eyes take another deep breath, breathing in your gifts deep into your heart.
Have a blessed holiday.