

Midwinter approaches, bringing us halfway through the dark. On December 21st, the Sun moves



into the sign of Capricorn, when the days once again will be growing longer. The light is on the increase. This is one of the four great hinges of the year, marked at solstice and equinox and has long been celebrated by cultures around the world. As the sun dropped lower and lower in the sky and the dark increased, people everywhere began to wonder if the darkness and cold would ever cease. Would light, heat and the long days of life return? Celebrations were developed which focused on the evergreen, symbol of life, and on the returning of the light. If the sun returned, then life would renew itself, warmth and light would guarantee the possibility of future harvests. Was this earthly existence the prelude to everlasting life that would follow the death of the body.

As that great wheel slows and begins to hold its position in the sky; the word solstice means sun standing still, we, as individuals, can take the time to honor this stillness, this darkness, this time of endings, prior to the swing towards the light and new beginnings. On the longest night of the year, it is important to honor this still point, this place between, where we breathe in and out with the heartbeat of the earth. We ground ourselves, deep into the earth, sending down those connections that anchor, support and sustain us, as we navigate the winds that blow through our

daily lives. Take a moment or two out of your busy holiday rush, to settle and be still and honor the darkness from which all life springs.

As that great wheel begins to turn once again, light a candle to celebrate this return, and to honor your own light bearing in this world. We are creatures of light, held for a brief time within a fragile shell. Where will that light shine in the coming year, what seeds of intention are being planted deep in the ground of your soul at this winter solstice? This is the beginning point of the next turn of the wheel.