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DEEP WINTER

The deepest moment of the winter comes not in January or February, but in December when the night is longest and the day is shortest. This day and night is called the Winter Solstice, the mirror image of the Summer Solstice in June when the day is longest and the night is shortest. Winter Solstice is a very powerful time in the cycle of life and death, death and rebirth, disintegration and renewal that controls all Life on the Earth, including yours. It is the time when motion ceases, and at the same moment, Life begins to stir again. Animals in hibernation and seeds in sleep beneath the snow will not move until the spring, but deep within them a process has completed itself. The contraction of energy that the long nights and cold days reflect reaches its limit, and a cycle reverses itself. From that moment forward, even though the winter remains to unfold as it must, the spring has been born, and the summer, and the harvests of the summer with it.

This dark and trying season is repeated in your life again and again. Each tragedy, loss, failure, and humiliation reaches its inmost movement, spends its energy, and from that long journey another begins - a journey to warmth, light, and expansion. The season of celebration, of growth, of Life and of movement is repeated again in the same way. One season follows the other. The arrival of one signals the coming of the other. They do not exist apart from each other.

These seasons of the year, and seasons of your life, come and go, complete themselves and give way to the next whether we are aware of the dynamic that controls them or not. If you are not, the seasons appear to have lives of their own and you forget they are each part of a cycle - a cycle that you have encountered many times before and will encounter many times again. Our lives are built on this cycle of seasons - on the continual repetition of them. The arrival of winter, the coming of darkness and death, initiates the coming of light and life. This cycle controls the unfolding of your life and all within it.

When you are aware of this cycle, you can participate with it. You cannot stop the death that comes in the winter nor the life that comes with the summer, but you can determine in the winter what will be born in the summer. You can contribute your intelligence and will to the intelligence and movement of a dynamic larger than you. You can plant the seed that will sprout in the spring. You can lay the foundation for responding differently to the different winter to come after the summer that has yet to arrive. You can only do this for yourself.

We are in deep winter. The nights are long and the days are short. The Earth grows cold and life retreats. Now is the time that you can awaken to your place in this cycle and be in it consciously. What is darkest in your life? What loss or disappointment, fear or terror moves through you? What powerlessness haunts you? These are given to you for your benefit. They are bought to your awareness so that you can consciously greet these forces. They are your avenues to the clarity and love that you've been waiting for. You cannot become fearless on command, but you can determine how you will respond to your fear. You cannot become kind with one intention, but you can determine how you will respond to your own brutality, righteousness, and fear.

This is the power of the deep winter. It challenges you, confronts you, and shows

you what you must change in yourself. It is a holy and precious season. It illuminates your holy and precious life. It is your Potential beckoning to you, disguised as an adversary, a tragedy, or a disaster.

Will the adversary, tragedy or disaster shape your experience, or will you shape your experience of it? Will your fears overwhelm you, or will they show you new and different ways to respond to them?

What new life is stirring in you this Deep Winter?