

(00:01):

The very things that we've struggled with, the shadows that have been up for us in our life. When we learn how to turn around and process them, we then become beacons of light and guidance for other people who are working through the same issues.

(00:25):

Hello and welcome back to Remember Why You're Here, a podcast for seekers and sensitives where you can relax, receive, reconnect yourself, and remember the most important thing of all: why you're here. In this episode today, I wanted to return to something I created a few years ago called Finding Sunshine when Things are Dark, and I made this around this time of the year, a time when the light is steadily returning and yet we're often still in the thick of it.

(01:01):

I was just reading recently how even though we are very literally gaining light right now—where I live, we have almost a whole extra hour of light happening right now—this is still a month where our nervous systems are catching up with the depths of the darkness that we've been living through. I know for me, January and the first half of February were really challenging. Me and my family got sick multiple times. We got snowed in, iced in, sleeted in up on our mountain. I think my daughter had about nine days of school in seven total weeks. It was pretty nuts.

(01:46):

And then you add to that just the reality of everything that is coming to light in our world right now, everything that we're seeing, everything that we're metabolizing, everything that's falling apart, everything that we are transforming, and it just feels like such a big moment in time. And I return to this teaching of mine, finding sunshine when things are dark, when I'm in one of those moments where it just feels like the darkness is lingering, when things feel like they're not making sense. And it's really often in these moments that we need to remember some of these core truths of what darkness actually is and of the powerful transformation that can arise out of these moments when we can feel like we're a bit lost.

(02:39):

So with that, let's get into this teaching of mine from a few years ago. And at the end, I'm going to share a flower essence that I've been working with in this season and one that I think is just beneficial across the board for all of us right now. But first, let's drop into the recording.

(02:58):

We all go through times in life where things feel a little bit dark or dim. Winter in particular can be a hard time. When the world around us is literally darker with much less hours of sunlight, it can be easy to feel

ourselves slip into that shadowy place. But the truth is, right now past the winter solstice, we're actually gaining light. It might not always feel that way, but even in the darkness there is a light that's seeping through that we can find.

(03:32):

In our culture, we have a negative feeling about darkness. We light our homes to the extent that darkness seems like an ancient memory, and yet darkness goes hand in hand with the depths. One of the reasons why winter is such a powerful time for meditation, inner work, shamanic journeying, is because it brings us directly into the cave. It brings us into the darkest and the deepest depths, not only of the earth but also our psyche.

(04:10):

I remember hearing this term "shadow work" and being a little bit scared by it, being like, okay, if I could avoid shadow work, I will. But now I know that shadow work is actually essential to this process of coming to know ourselves and really coming to understand why we're here and the gifts that we have to share.

(04:33):

So I think it's important to actually redefine shadow work because when we hear that term, we can start to feel like we're in a scary movie or something. Shadow work is about working with what is unconscious in your psyche. So when we do shadow work, we're actually examining the things that we normally stuff away in boxes, but that now we can see. So shadow work is not about necessarily coming up against a demon within. It's coming up against these thoughts that we haven't had space or time to reflect on, including thoughts about ourself.

(05:11):

Shadow work can at times be tied into trauma. Oftentimes when we've experienced trauma in our life, we develop certain beliefs that perhaps at the moment really worked to keep us safe, but as time goes on, actually limits us more than helps us. Caroline Casey, the astrologer and activist, suggests that we redefine trauma as your "beautiful, dangerous assignment."

(05:38):

And I love this because all of us experience trauma at one point or another here on this planet. And trauma is not here to destroy us or take us apart or show us that we're not good. Trauma is here to give us an assignment. It's beautiful and at times it's dangerous, but it is the assignment of our soul's growth. And oftentimes the very things that we've struggled with, the shadows that have been up for us in our life, when we learn how to turn around and look at them, be with them, process them, we then become beacons of light and guidance for other people who are working through the same issues.

(06:19):

The truth is, we cannot have the shadow without the light. Shadows only exist on this planet because of the light. When the sunlight comes and it lays upon a tree, that shadow of the tree only exists when it's a sunny day. Have you ever noticed this on a cloudy day? We don't have shadows in the same way. So if you are in a deep shadow time, know that it's because there's so much light that is trying to come in right now, that it is highlighting what is still in the shadows of your subconscious. Because this is your beautiful, dangerous assignment: to work with what is in that shadowy realm of your unconscious. Just the places that you haven't had time, space or enough safety to actually look at, but that you do now. And so that just in looking at them and in processing what's there, we actually step into our power of who we are and the gifts that we have to share with this world.

(07:15):

Now, all this said, it can feel really challenging to be in the midst of a shadowy or dark time, challenging being a little bit of an understatement. But there are things you can do when you feel like you're in the midst of the darkness. Part of my training in working with people as a guide, both in meditation and hypnotherapy, has been to help people deal with the void.

(07:40):

So sometimes when you are guiding folks in journeys of consciousness, they will end up in what is called the void. It's a place where there's nothing, literally no-thingness. It is dark. Oftentimes nothing is going on. When I'm leading people in a hypnosis session or I'm leading people in a shamanic journey, it can often feel frustrating to folks to find themselves in the void and be like, I'm not having this amazing experience. I'm only in the void. But there is a power here.

(08:13):

In many different cultures, the void is actually the beginning of creation. That fertile darkness, like the soil, like the cosmos before the light comes in, is actually the place where life first originates. So you in the place that you're at, in feeling this darkness, it's not a lack place. It's actually the start of something new. It's not an emptiness, it's a fullness waiting to be born.

(08:41):

So I tell this to folks when I'm guiding them in whatever capacity, that the void actually does have something to teach them. So when I'm working with people in a meditative state, I tell them to ask the void questions. Become an active participant in the void. Bring your agency, your willpower, your light, your interest to this place by continually being curious about what might be here in the void. Right now, it might look like just an expansive darkness with nothing going on, but if we are willing to simply be with it, instead of running away from it, we can see what's here.

(09:21):

And just like in meditation, when we have that blank canvas and we feel like we're not going to get to the good stuff because we're stuck here, the more we try and resist being stuck in that void, the more we're just going to get further mired there. When you just embrace that you're in a void time or you're in a void visual, then we can actually start to work with what might be there for us. And I promise you, there are going to be tiny seams of light here. There are going to be variances and textures for you to work with that you won't be able to see if you're trying to pull out or run away.

(09:58):

Another thing that Caroline Casey says, that I love, is if you're drowning, point your toes and dive. And this is just another way of saying, if you're in that void space, really be there. Really try to go into those depths that are there. So when I'm guiding folks, I often tell them, is it possible that you're seeing any kind of shade of color or light here? Is it possible that there might be a guide that you can call in that can help you navigate in this darkness? Because the truth is that you don't have to do it alone.

(10:31):

And in general, if you are moving through a dark time, it is essential that you reach out. Whether you're reaching out to a therapist, a friend, a counselor, or reaching out to your guides. Calling in for help isn't a sign of weakness. It's actually a sign of strength. We aren't meant to navigate the darkness all alone. We're meant to actually have it be a time where we call in our support system so that we can do this work of going into the unconscious, of going into the shadow, of going into the places that the light is highlighting for us right now.

(11:07):

And lastly, one of the biggest sources of continual sunlight in my life are flower essences. So flower essences are the energetic imprint of a flower in full bloom, captured in pure water and diluted down so that it can work with us on a subtle, energetic and emotional level.

(11:28):

There is right now, I guarantee it, a flower that wants to work with you to help bring that sense of sunshine possibility and blooming back into your life as you work with this shadowy time. So the best way to find this flower essence is to let it pick you. One of my favorite practices is to go to a grocery store or a place where they're selling flower essences and just see which one I'm drawn to, get out of my head and out of what I think I know about that flower essence, or what I think its medicine might be, and literally just see how my body reacts to these different bottles.

(12:07):

Oftentimes, I'll literally just let myself walk up and pick a bottle, and I keep track of my emotional landscape when I do this. For me, because I'm clairsentient, I often feel things when I pick up that bottle. I might have an emotion come up. And oftentimes that emotion might be something that brings up a lot of feeling with it. It might not just be positive. It might be this emotion of feeling sadness come up or feeling relief come up, but the relief of having tears appear. So I want you to just keep track of your body as you go and let this essence choose you. And then all you have to do is take this essence every day.

(12:49):

I like to keep my essence on my bathroom vanity so that I remember to take it every morning and every night. And one of my students came up with this great technique of putting it on one side of your vanity in the morning. And then once you take it, switching it to the middle of the sink so that when you come in,, maybe sometime in the afternoon, or after you get home from work, you remember to take it again. And then moving it to the other side, so right before bed, you can remember to take it one more time. And I normally take about two to four drops each time.

(13:19):

So know that this flower essence will be a guide for you. This flower essence is an ally. You don't have to know exactly how it's working or even know exactly what you're working on. Your role right now is just to be with what is present for you, to be with yourself, with your body, as you move through this process, and to trust that the deeper the shadows go, this is an indication of just how bright that light is on the other side.

(13:47):

So if your heart is feeling like it could use a little bit more support during this time, I have an online course called Herbs for the Heartgate. In the course, we explore the concept of the heart as a literal gatekeeper to other realms of seeing and being. And there's also herbs that we go over specifically in this course that help to heal and support and nourish your heart. Please know that no matter what moment you're moving through, there is so much support, love and light here for you. The earth is holding you. And no matter what darkness you're moving through, you are not alone.

(14:28):

So people often ask me for flower essence recommendations, and it really depends on where you're at, what resonates for you. All the tips that I gave in that teaching just now are really helpful for you to figure out what actually resonates with you. But if I had to choose one, and this is the one I have been taking this winter, if I had to choose one, here's what I choose: I would recommend Star of Bethlehem. If I could only choose one. And this is because Star of Bethlehem, flower essence is for shock and reorientation after trauma.

(15:04):

Sometimes when we've had an impact that is big enough in our lives, in our bodies, in our psyches, we have this experience where part of us disconnects, part of us leaves, and it can be really hard to have the kind of intuitive clarity that we need in order to notice inside of our body, this is the essence that is resonating for me. This is what I need to do next.

(15:31):

So if you feel this sense of confusion or lostness or just overwhelm where it just seems like you can't make a decision, you can't make a choice, Star of Bethlehem is the place to go. Because what this beautiful early spring flower does is it helps bring us back into our bodies after a shock. It helps us come back into ourselves. It helps us come back into our sensations. It helps create a sense of safety for us to feel like we can be present once more. And what I often find is that if we can simply get back in, get into a settled place inside of ourselves again, then we can access once more the intuition, the insights, the decision-making skills that we need to take those next steps.

(16:23):

So I've had Star of Bethlehem, flower essence on repeat for myself and those I love this past month. And it's one of those essences that is readily available if that's something that you're interested in. So I am thinking of you as we step into this time. Astrologically speaking, we're coming up on this Mercury retrograde in Pisces, and we just walked through this huge Saturn conjunct Neptune in Aries, something that all my astrologer friends are talking about as this really huge new era of structural change and collective responsibility.

(17:06):

The rebirth vibes are strong right now. We've been moving through some really big stuff. So I'm just sending you all a lot of love. And if you love this podcast, if you're really resonating with it, it would be so meaningful to me if you left a rating or review or if you shared with another sensitive in your life, another seeker who you think would really resonate with this collective here.

(17:33):

And as always, if you'd like to leave me a message, head on over to asiasuler.com/remember. Leave me a voice note. I love reading them so much. So as you move through these last days of darkness, as the light continues to return and as we get and closer to spring, may all the richness of this space and everything that you discover within it remind you of that most important thing of all: why you're here.