

## **Darkness and Light Meditation**

Find a quiet and comfortable space where you can sit or lie down without distractions. Take a few deep breaths, allowing yourself to relax and let go of any tension in your body.

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Now close your eyes and place your hands over your eyes to block out as much light as possible. Take a few moments to sit in the darkness.

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What feelings arise in you when in darkness? Sit with these thoughts for a moment and continue to slow your breathing.

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Whatever thoughts or feelings arose within you, take a few deep breaths and imagine letting them float off into the darkness.

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Now slowly move your hands away from your eyes and breathe in whatever light seeps in.

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Once you've completely uncovered your eyes, bless whatever the darkness meant to you and let it go, surrendering it to the light.

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Notice you didn't have to chase the darkness away or force in the light, they gladly give way to one another.

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Now open your eyes slowly and look up into the daylight sky, imagining the light filling you from the top of your head, way down to the tops of your toes.

Now listen to this blessing as you continue to let the light consume you:

***Blessed is the dark, in which our dreams stir and are revealed.***

***Blessed is the dark of earth, where seeds come to life.***

***Blessed are the depths of the ocean where no light shimmers: the womb of all earthly life.***

***Blessed is the light into which we awake,  
the light that sparkles on the waters:  
that calls the tree forth from the seed,  
and calls the shadow forth from the tree.***

***Blessed are we as we move through darkness and through light.***

(By Amy Zucker Morgenstern)