



THE POWER OF TRANSITION

This work takes place at the heart level, and Snake medicine is centered at the base of the spine/sacral chakra. When we transmit intelligence, we think of what happens at the level of the mind. This is good and right, and yet, when we bring our wisdoms into the heart, we open up a whole new realm of possibilities. Try to “listen” with your heart, as well as your mind. Your mind will break it down, and help you make sense, but shifts in the heart will transmute old patterning and affect real change going forward. Injuries, cultural, and personal, root in the heart’s memory, and so it is at this level that we must do the healing once we have dialoged with the serpentine vibrations at lower levels.

Can you recreate the devotion to yourself, which you are learning to do in the dark?

What are the differences? More/less distractions?

What tricks do you play on yourself, if any, during the day? During the night?

What coping mechanisms are you still relying on?

If you are one who seeks to “take the edge off” of transitions, how is that evolving/not evolving?

What are the benefits of taking silent time for you?

What are you learning about yourself within this transition?

How are you beginning to see and understand yourself?

What within you is craving healing? What is craving to be released?

What surprising elements are you shedding?

Who are you within life transitions?

Who are you when you are at your spiritual best?

How can you remain in good relationship with the sacred masculine, while reclaiming what has been lost of the sacred feminine?

What have you already done to return to a state of homeostasis in yourself and your family?

What would you like to do to continue on your path of self-healing, of honoring your innate gifts?

What inspires you most about your process?

What are you most enjoying? Finding challenging?

*The mind forgets,
but the heart seldom does.*