

Pace is Grace

Tune in to Nature's rhythms for deep support

Welcome to the month of ***Dark Mother***. It's a time of rest, renewal, darkness, and nourishment. It feels fitting to have this month's teaching in written form, to honor the silence that is her realm.

She is in us, and she is in the cycles of nature that we get to witness each day, each moon, and each season. Let's look to nature and see how the Dark Mother is present, always.

But first, let's recognize that many of our modern cultures have a tendency to ignore her and to chant the mantra of "more, more, faster, faster, don't stop, keep going". This can become embodied in us and show up as exhaustion, overwhelm, confusion, over-giving and illness.

The truth is that the Dark Mother's presence is absolutely necessary for the flourishing of life. Her mantra is "slow down, listen, rest, be". She brings balance to all the doing and encourages us to take care of ourselves and to regulate and tend to our energy.

When we are cared for, feeling full and rested, we have more energy and support for the things in life that really matter. We are more available to divine inspiration. We are more connected to the natural pulse that runs through life in a beautiful dance of doing and resting.

As you tune into these cycles and to your own needs and rhythms, ask yourself this question, and then put into practice what your answer is:

What is the *Pace* that brings you *Grace*?



DAILY

She is in the cycles of day and night. Each day when the sun rises, she sleeps. And each night when the sun sets, she steps forward and welcomes us into her embrace, inviting us to rest in her arms and be nourished by her deep silent presence. Night is the time for renewal, healing and integration.

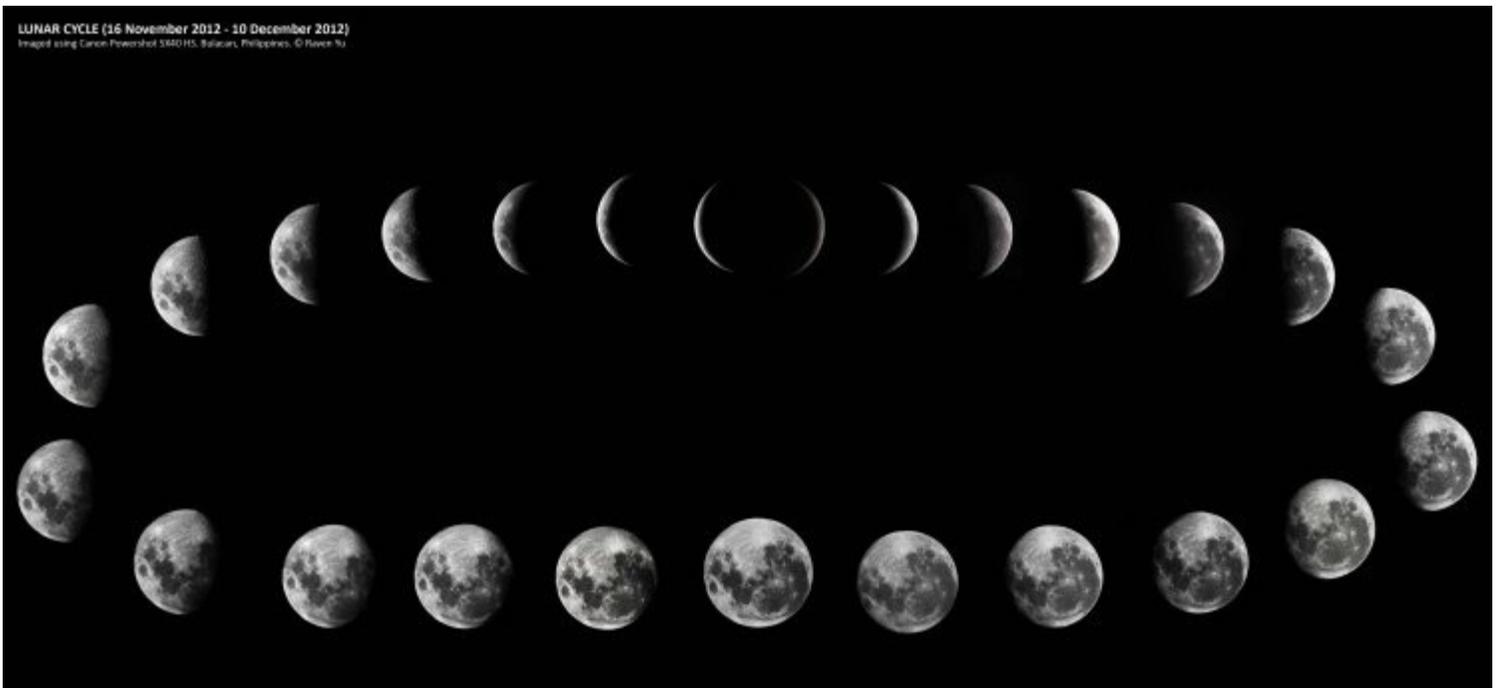


In the course of a day/night cycle.....
What is the *Pace* that brings you *Grace*?



EVERY MOON

She is in the cycles of the moon. Each month when the full moon shines brightly, she takes a step back, encouraging us to play and be engaged in the world. Each month when the moon is dark, she beckons us to slow down, integrate, take a deep restful breath and just BE in the delicious darkness.

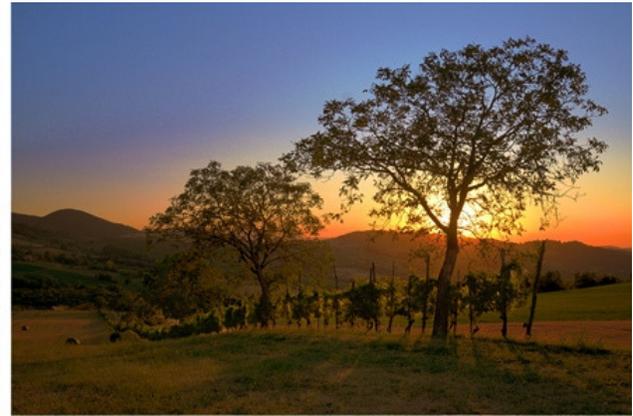


In the course of a full and new moon cycle.....
What is the *Pace* that brings you *Grace*?



THE SEASONS

She is in the cycles of the seasons. Each year, after the promise of Spring, the ebullience of Summer, and the harvest of Fall, she comes alive in the Winter. She thrives in short days, long nights and bone chilling cold. She offers refuge and rejuvenation in hot cups of tea, cozy fires, and piles of blankets that keep us warm. She asks us to be still and listen to what's underneath our thoughts and longings. She nourishes us so we become more full with the depth and deliciousness of life.



In the course of a spring, summer, fall, winter cycle.....

What is the *Pace* that brings you *Grace*?