

Dear Michele,

Thoughts on Light

As we move from lively spring into the long, dreamy days of summer we are reminded of the rhythm of the light that warms us, guides our own bodily rhythms of waking and sleeping and ripens the seeds planted. The Summer Solstice and Saint John's Day, a turning point in the year, mark the moment we collectively remember the cosmic forces that gently guide the rhythms of our souls. These forces stream from the cosmos to our earthly existence in rays of sunlight. Light that carries the wisdom for human beings to carry on their worldly activities.

Summer Solstice/Saint John's Day marks the moment when the sunlight begins to diminish. This path of diminishing light leads on to the Winter Solstice in which sunlight begins to increase again. This solar path mirrors our path of inner development. Through the words of John 3:30, "He must increase, but I must decrease", we can sense that the months from Winter Solstice to Summer Solstice are a preparation of our soul faculties to support the endeavors of our will to become alive, to ripen. As the light of the days begin to wane from Summer Solstice to Winter Solstice, our soul forces are strengthened by the preparation and move outward into the world in will strengthened deeds.

We celebrate our bounty of soul with Midsummer feasts and bonfires, as we once again shine our inner light outwards in radiant abundance and simultaneously prepare to take that light into ourselves to hold as the light diminishes and we begin to work into ourselves through the darkening months. It is this turning point in the year in which we experience the mystery of the cosmic within each individual. We shine both outwards and inwards. We breathe in and out as the Earth breathes in and out and the sun guides us in this rhythm. And as we ponder these rhythms of the earth, the sun and the cosmos, we may begin to ask ourselves, "In what ways am I preparing myself to be a vessel of healing?" "How do I want to bring my Self into the world?" "Who am I and who are you?" These questions are the rays of light that shine through AAP, the rays of light that bring wisdom and strengthen our calling to bring healing into the world through our own inner development.

Submission by Tonya Stoddard
Association for Anthroposophic Psychology
Office: 303-835-0558

[AnthroposophicPsychology.org](https://www.AnthroposophicPsychology.org)

PO Box 2180, Boulder, Colorado 80306 | admin@anthroposophicpsychology.org