



Heart Flight

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Greetings of Love and Light,

I recently discovered a wonderful quote by Albert Einstein: "Life is like riding a bicycle – to keep your balance you must keep moving." This strikes me as particularly appropriate for our time, irregardless of the fact that I've never learned to ride a bike! It's very easy to feel like we're in the midst of a hurricane these days (or snowstorm, as the case may be!) and the only question is are we being buffeted by the prevailing winds or are we in the eye of the storm, relatively safe and protected?

As I asked this question, another reality confronted me. In order to be safe in the eye of a hurricane, we have to KNOW we're in the midst of a storm. Otherwise, we'll make the mistake of believing that the relative peace and quiet all around us is the status quo. If we venture beyond the boundaries of safety, we're then in for a rude awakening. And the only way to prevent that is to bring the chaos and darkness into our awareness, to be in but not of the world.

This leads me to reflect on the power and the wisdom of the Dark Goddess, an aspect of the Divine Feminine that is unfamiliar or even uncomfortable to many of us. We much prefer the energy of the White Virgin, represented so well by Mother Mary. But often when I connect with the Divine Feminine these days, it is the image of the Dark Mother that comes to me. And she is not happy. She reminds me of a TV commercial from years ago as she intoned, "It's not nice to fool Mother Nature!" and then there was a crack of lightning.

Here in the West we've been unwilling to honor and respect the Sacred Feminine and now She is coming forward in all her powerful glory. Witness the fact that the Islamic State that lives by brutality and violence, especially against women, is known as ISIS amongst our Western cultures. Yes, it's an acronym but names are power. And right now the Sacred Feminine cultures. Yes, it's an acronym but names are power. And right now the Sacred Feminine walks among us cloaked in darkness. So are we ready to communicate with her?

It's extremely important that we confront our fears of the darkness, within and without. Instead of projecting them onto other people and circumstances, we need to walk through them and own them. Take some time to place yourself in a pink bubble of light and when you feel very safe and secure, choose a fear to personify and invite them to join you. Have a conversation with your fear and listen for any messages that it may have for you. Is there something that you need to say? See if you can make it a friend, not a foe. And then when you feel complete, step out of the bubble, and if you're ready to release this fear, see it rise in the air and disappear. Notice any feelings or changes in your body as this fear dissipates.

It was Albert Camus that wrote: "In the midst of winter, I finally learned that there was in me an invincible summer." Remember this as you walk through the darkness and let your inner light shine! Our world needs your light!

Mother Maryesah

Coming Soon

The Sanctuary of the Magdalene presents

“The Path of the Rose”
A Retreat for Spiritual Transformation
and Inner Awareness

April 16-17, 2016

Transformations Spirituality Center
Nazareth (Kalamazoo), Michigan

For more details, please visit our website at www.magdalenerose.org.

BOOK CORNER

This page will feature a review of a pertinent book related to the on-going work of the Sanctuary of the Magdalene. Please visit our website for additional study material and suggested readings.

To Everything There Is a Season

***“Winter is a season about the fine art of loss and growth.
Its lesson is clear: There is only one way out of struggle
and that is by going into the darkness,
waiting for the light, and being open to new growth”***

Joan Chittister in The Circle of Life: The Heart's Journey Through the Seasons

Hundreds of years ago, a sage of ancient Palestine wrote, “To everything there is a season and a time for every purpose under heaven.” (Ecclesiastes 3:1) I have long been in love with the four seasons, even though I freely admit that this time of year, or a bit later like mid-February, my love fades into resignation. I have to remind myself of the beauty and delight of the first crocuses bravely poking out of the cold earth and hunting for the sun. Spring will come, just as the sun is always present, though here in Michigan we rarely see it this time of year. Perhaps that is why I still cling to the change of seasons. I find the transitions from spring to summer to fall to winter a wonderful metaphor for our human journey. Ultimately we walk our path in faith, trusting in the unseen that is known only in our sacred hearts.

For over a year now, the Sanctuary of the Magdalene has honored the seasons with a labyrinth walk on each solstice and equinox. We began these gatherings on the Winter Solstice 2014 and yet the seeds were planted two years earlier, December 21, 2012. Many of you may remember where you were on that significant night. I chose quiet solitude in a sacred space where I could look out at the cold and snow from the warmth of candlelight and crystals. As midnight approached, I remember a sense of total peace, almost bliss. I didn't believe that the world was going to end, but I remember feeling that if it did, that was okay. I was where I needed and wanted to be. The world held its breath and midnight passed. We all awoke the next morning and asked ourselves if anything had changed. If you're like me, you still catch yourself asking that question. But the answer seems to be “YES.” Our world seems to be getting darker as we become lighter. And the journey continues.

To assist us on this journey, there is a wonderful book of prose and poetry that we have used as our resource for meditation and reflection as we gather for our labyrinth walks. ***The Circle of Life*** by Joyce Rupp and Macrina Wiederkehr is a treasure-trove of profound, thought-provoking insights that lead the reader back to their own heart-centered experiences of life. I find the insights on the season of Winter particularly noteworthy because we often ignore winter's gifts. For those of us who aren't winter sports enthusiasts, winter can be a season to endure, to survive, to “get through.”

"Because of the uncomfortable conditions of winter, it is natural to underestimate the positive value of this season. The same is true of our interior winters. Few consider their inner wintertime something to enjoy, yet this season is vital for spiritual growth. The human spirit

needs dormancy and rest, silence and solitude. Winter provides this opportunity so we can slow down and refocus our direction and purpose in life. We also encounter storms and prolonged hard times during our interior winters. This season challenges us out of our comfort zones...In the interior wintertime we can easily lose heart, stop believing in our goodness, forget about our resilience, and discount the presence of those who love us. This Gethsemane-like period taints the wintered heart with a persistent fear that we will never again feel good about ourselves or about life...Winter is [indeed] a season of waiting.”

But spring does come. The earth awakens and we give birth to new life. The cycle of life continues and we learn to trust once again that it always will. That inner trust in the never-ending process of growth is what can sustain us during the dark nights when we wonder if we will ever see the sun again, let alone green grass and flowers. Thus the magic of the seasons is a profound teaching on the true miracle of life. We overcome the doubts and fears of darkness with the hope and memory of the warmth and beauty of springtime.



A Message from Mary Magdalene Received by Mercedes Kinkel

Question: How might the Masculine assist and support the Feminine?

Mary Magdalene: Thank you so much for this question.

There is much that the Masculine can do to assist the Feminine, and there is much that the Feminine can do to assist the Masculine. Both are greatly needed. In answer to your question on what the Masculine can do, it begins with understanding the necessity, value, and importance of the Feminine. This is a healing process in your world because the Feminine has been greatly devalued. For this healing to occur, your world must come out of the place where so much has been confined to the mind, which is the Masculine. For some of you, this is easier. For some of you, this is harder. But most of you have received tremendous training and enculturation to live in and from your mind.

It is not that the mind is bad. Your minds are amazing. Your minds are so valuable. It is just that you are out of balance and need to come into balance with the Feminine. The Feminine is your feeling nature. The Feminine is your connection to your body, energy, sexuality, intuition, and love.

So the first step is to begin to value these aspects of the Feminine and to stop the insistence that only the mind is valuable. Not every individual is necessarily doing this, but in general, your culture does this and has trained you to do so. For many this work will begin with loving the Feminine within yourself. It will begin with loving your own body and treating your body as a temple. It will begin with healing shame that you carry relative to your own body, which is a plague in your modern world. So many carry so much shame relative to their body.

Valuing the Feminine will happen through falling in love with your energy and your sexuality. It will happen through healing your relationship to any part of yourself that says your energy or sexuality is sinful, evil, dirty, or shameful in any way. You will get to know your energy and your sexuality, and become strong in that. That strength is needed for your spiritual development. The healing of the Feminine will happen through coming to know your emotions and allowing your emotions. Specifically, you will allow your emotions to

do the work they were meant to do of connecting you to God through the Feminine pathway. This, more than anything else, is the process that most are ignorant of today, and it is so needed. Most have instead learned that emotions are to be avoided. Many have learned that being spiritual means not having negative emotions, only to be happy all the time. This is unfortunate, for your emotions are as valuable to you as your mind and as necessary.

So the process for many will be to start to open to emotions and to learn this process, this pathway, of letting your emotions take you to God. Let your emotions do the work that is so needed and which they were meant to do. All these ways will very likely be the beginning of opening up to the Feminine within yourself and loving this Feminine part of yourself. When that happens, you will be well prepared and in a natural orientation to honor and value the Feminine outside yourself, in all its forms. This will include honoring, championing, and protecting the Earth. It will include honoring and valuing the Feminine in others, in women or in whatever form the Feminine comes.

The Masculine, especially in its higher form, can support the Feminine through being present and offering presence to the Feminine. Often the tendency of the Masculine is to want to help the Feminine by solving problems. But this is not the highest form. It can be valuable, if that is requested, but it is not the highest form. The highest form is to offer your presence and holding, which is a kind of protection at the energetic level. The Masculine creates the container that the Feminine can open within. This is an energetic process. So this is one of the ways that the Masculine can be a tremendous support for the Feminine. When you learn to do this you will see that it is a great joy. And you will receive the blessings and gifts of the Feminine. Has this been helpful to you?

Questioner: Yes. Thank you very much for that profoundly simple, yet profoundly significant, answer.

Mary Magdalene: Your future before you is a tremendous uniting of the Masculine and Feminine. It is what I have always had with Yeshua [Jesus]. It is one of the greatest gifts to know this and to live in this. It is unmistakable. As you grow into it and come to know it, it will be your great joy to support one another in this. It is the most natural thing in the world, like the connection between the sun and the earth. You will naturally be drawn to this. You can support this process of uniting by clearing the blocks you may have developed in relationship to this. That will set the stage for your opening to and receiving this tremendous gift and blessing.

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