

The Light and The Dark

I realise this morning the concept I think about as 'the light' and 'the dark' is another misleading duality attached to separation due to my established tendency of attaching additional weighting to these two as follows;

'the light' = understanding, consciousness and good

'the dark' = ignorance, lack of consciousness and evil

But this thinking leaves me with a very real problem when it comes to squaring that set of beliefs up with those I hold about the fundamental benign, loving nature of Creation. Today I sense this difficulty comes from the false equating of 'the dark' with evil that has, constantly reinforced via story, myth etc, for so long been a part of my psyche. For me now the reality becomes;

'the light' = known

'the dark' = as yet unknown

I have used common sayings to keep alive the truth of this situation and to nudge me in its direction. Sayings like, "There's no need to be scared of the dark", and "It's only fear of the unknown". This second phrase leads me on to the realisation that 'the light' and 'the dark' have *never* been opposing good and evil forces in any way, but equally vital parts of the whole; of the love. If there *is* an opposition here to this love, and our human lived experience shows us that an opposition to love is palpably manifest in the world, it doesn't come from 'the dark' but is a human-made construct totally founded in, and completely fuelled by, fear.

NOW for me is all about the bringing together in equality of what has hitherto been considered separate, as in Creator and Creation, Spiritual and Temporal, Male and Female, Light and Dark. Any thoughts that remain connected to the concept of the triumph or dominion of one over the other for me today misses the point, the cosmic evolutionary moment and the opportunity contained within it. I need to let go of any attachment to my old ingrained thinking surrounding the concept of 'the dark' and fully recognise it as the benign loving half of the Whole it has always been. This will require me taking full responsibility for my own thought processes, something that has been a consistent theme of my recent understanding, particularly when faced with circumstances and situations personal and global I would have previously interpreted from my old paradigm.