

## LIGHT AND DARKNESS

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Most, but maybe not all of us, grew up thinking about of and viewing the LIGHT as something divine, blissful and magical, usually offering us hopes for the future while filling us with a wave of optimism and some potentially great news either in our personal or professional lives. By contrast, we learned to understand DARKNESS as something we should fear and avoid at all cost. Light is nice, while darkness is not. Light is superior and heavenly while darkness is inferior and is usually connected with something bad, evil, dreadful and sinful. A descend into darkness surely must mean a descend into hell or dark, hidden underground areas filled with ugly creatures of the night. In modern terminology, influenced by Hollywood-born cinema screen realities, light is about the Elves and Great Wizards while darkness is about Orcs and Goblins. Or maybe light is about the magical Force and the Jedi knights while darkness is about the Darth Vader, the evil Empire or the First Order and the Sith lords.

To gain a bit of a perspective, let's consider our annual cycle of 365 days especially in the areas of the world where we do experience the 4 seasons with their usual time periods of the early awakening and growth, flowering and fruition, harvesting and gathering and eventual death and decay which are repeated endlessly year after year. We like to think that these are essentially the cycles associated with "mother nature" order of things and tend to influence only the realm of flowers, plants, vegetations and crops as well as the animal kingdom. Somehow, us humans, are not supposed to be subjected and governed by the same laws of nature as the other forms of life.

There is a dualistic nature that permeates our world and our reality. If something can be hot in one extreme than it can also be cold in another. There really is no top of anything without the corresponding and opposite bottom. Beauty cannot exist and be appreciated or recognized without ugliness existing as its opposite. Light and darkness need to co-exist in our world so we can divide our days into the waking, busy and productive hours when the sun is out, and the resting and dreamtime hours when the darkness covers our half of the globe. While we feed and nurture our physical bodies during the day, we nurture our souls during the nighttime. There is no need to fear the darkness whether we experience it in our daily cycles of daytime and nighttime or during our seasonal cycles when we begin to lose the daylight hours and our nights become longer towards the end of the summer season and throughout the fall months. Light is life, radiance and warmth but darkness is yielding, nurturing, supportive and protective like a nice warm blanket which wrapped around our body protects us and shields us from the cold.

We could connect the light (as in the sun-light) with the warmer and brighter half of the year while we could connect the darkness with the colder and less brighter half when the days are getting shorter and we get to experience more "darkness" around us in early mornings or in late afternoons. The darkness in its symbolic meaning describes our collective physical reality, shared by all. The social interactions, shared responsibilities, commitments and the modes of being of the local tribes and communities, regional societies and nations working together. It's not the same darkness as we experience it when we turn off the lights and go to sleep at night, but it is the darkness which symbolizes togetherness, belonging, social obligations and responsibilities. It is about human beings working together in friendly cooperation.