

A SEASON of CHANGE

A Reason. A Season. A Lifetime.

There is a ***much better*** rhythm to follow than the ***Algorithm***. One that frees you to dance to the beat of a different drummer...and one that isn't a slave to rhythm, but rather a master of time, quantum leaping directly into a greater vision of the future. It's time to **STOP, DROP and FLOW** into a higher vibration. ***It's time for a Season of Change.***

The next solar cycle begins when the sun enters Cancer on June 20th sparking the celebration of Litha, and is followed on June 21st by the first of two consecutive Full Moons in Capricorn. Litha, also known as Midsummer or the Summer Solstice, is a pagan holiday that celebrates the longest day of the year and the beginning of summer. It is one of eight sabbats in the Wheel of the Year, a cycle of seasonal celebrations observed by modern pagans and Wiccans, based on tradition, history and ritual. Many ancient people followed the cycles of the moon and sun, the 4 Seasons and the 12 Signs of the Zodiac, along with the patterns of nature revealed in Sacred Geometry and Magickal Mathematics.

Modern, civilized, technology-driven time is relatively new. The Greeks had two words for time. **Chronos is the base word for chronological.** It is the time we measure by clocks and calendars and is always linear, orderly, quantifiable and mechanical. **Kairos is organic,** rhythmic, bodily, leisurely and aperiodic; it is the inner cadence of life.

A Season of Change calls you to chart a different course and invites you to explore a new path; See the terrain with new eyes. | www.SeasonofChange.com

It's About Time

Since the dawn of Time, we've tried to understand its nature in order to feel like we had some control over it. Time's mystery is difficult for most of us to appreciate because we seem to have so little of it. Although we've been all given the same twenty-four hours each day, it doesn't seem to go very far, and we each seem to have a different reality when it comes to time.

For centuries those with time on their hands - saints, poets, mystics, masters, sages, and philosophers - have pondered time's enigma. They've discovered her duality. As the sculptor and poet Henry Van Dyke explains: "Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice". Einstein proved the relativity of time, and its **perspective** reality. Slow and swift are time's parallel identities: the yin and yang of existence.

Sam Keen tells us:

"The realm of spirit operates on Kairotic rather than chronological time...There is no way to cultivate your soul in a hurry...the habit of rushing destroys the long and gentle rhythms of breathing that are necessary for inspired thinking and surrendering to the surprising opportunities that appear as soon as we stop trying to fit our lives into a plan."

We are looking for a marriage of Chronos and Kairos, not abstinence from either. Fast and slow time are the right and left hemispheres of the incarnate spirit. Be leisurely and act vigorously."

We exist in chronos. We long for Kairos. That's our duality. Chronos requires speed so that it won't be wasted. Kairos requires space so that it might be savored. We do in chronos. In kairos we are allowed to be.

Kairos is delicately woven into Chronos. The seasons are the fabric of Kairos wrapped around our lives. Though time moves forward in a linear fashion, it is cyclical. The wheel turns and comes around and around with another opportunity to experience the depth of our existence. Moving closer to the hub, time is measured in weeks...six days then a pause for spirit. Closer still are the days. 12 hours then a pause for sleep. Moving down to the hours, minutes, and seconds that are made up by moments...each an opportunity to be fully present and alive.

We know kairos in those moments: when meditating or praying; when lost in music's rapture or literature's reverie; when planting bulbs or inhaling deeply of a flowers fragrance; when watching over a sleeping child, when laughing over the comics together in bed on a rainy morning; when delighting in a sunset; when exulting in our passions. We know joy in kairos, glimpse beauty in kairos, remember what it means to be alive in kairos, reconnect with our Divinity in kairos.

It only takes a moment to cross over from chronos into kairos, but it does take a moment. All that kairos asks is our willingness to stop long enough to hear the music of the spirit. Today, be willing to join in the dance.