

Dear Yogi

Nov. 2nd is known as all souls day. The veil is an ethereal curtain between the everyday illusion of separation and the divine truth of eternity and oneness with all that is. When we meditate or perform ritual, or when we have a mystical experience of any variety, this curtain parts and we are able to gaze into the place of power, the place between the worlds.

I want to share something very personal. Nov. 2nd is the most important day of the year to me, and in my own personal practice.

A day when the veil between worlds is 'thinner' and a time to pray, remember, and honor all those who have transitioned from this life. A day to look at the transitions happening in my life. A day to allow death, as a precursor to new life.

I cry a lot on this day. It is likely when you get this I will be in meditation and in tears.

My grandmother passed on Nov 2nd. On this day of the year, I spend time in silence. I allow myself to feel into the lives of those who have transitioned, specifically people and animals who I knew. I remember their struggles, their triumphs. I ask their spirits to shine across the veil and provide me insight into how to work with death energy in my own life.

I mourn the temporality, and rejoice in it at the same time. Putting this day into words is hard for me, because as I let myself move into all souls day, the experience is without words.

So if you feel so moved today, light a candle, sit in silence, and in your heart, remember those you love, and wish to ease their burden, their karmas, their transitions, the part of them that dies, and the part of them that is untouched by death and birth. Let your heart just feel. How far can your heart expand?

End your session with a deep inquiry from your ancestors, and loved ones about your own life. Is there something you need to see?

Is there something that is dying and you are fighting against it?

Is there something that wants to be born?

What would happen if you allowed this?

All that is born, dies. From the disintegration of one life, comes new life. In a living universe, there is no pause in the cyclical dimensions. Only that which is beyond the cycle of birth and death can have the perspective of pause, of true stillness. Touching this part of ourselves is why we meditate. There is also a part of you that is unborn, always awake, aware, and undying.

My love to you.

Rae

