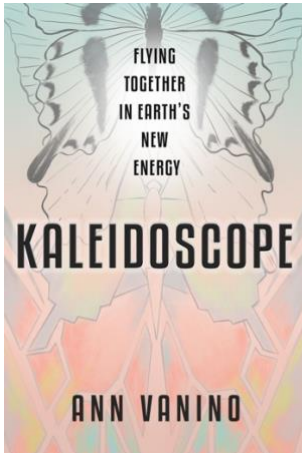


# ANN VANINO AUTHOR



## KALEIDOSCOPE SAMPLE TOOL

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### Studying Night and Day

(another perspective on dark and light)

As we access New Energy, dark and light take on different meanings. In times past, we may have seen dark and light as evil and good, respectively. In New Energy, dark and light are each their own energies; they are not evil or good or right or wrong. They just are, and they both exist in our world.

There is much to learn in examining dark and light. They are two sides of the Cosmos, like night and day. Some associate the dark with mystery and the unknown. Some associate light with openness and vision. Each has its beauty.

In New Energy, we can harmonize with both dark and light. Each is within us and without us. One way to know them better is to study night and day.

*Use night and day as representations of dark and light. Dark and light are contained in each of them. As you study each, be aware of where you find dark and light in the natural world. Be aware of how each makes you feel and affects your senses.*

*Take a day, or part of one, to study dark and light. In the daytime, walk outside and experience the presence of dark and light. Observe how the sun moves through the day and how the nature and quality of light differ at different times of the day. Observe the light shining on various things—a person, an animal, a rock, a building, a tree. How does the presence of clouds affect your experience of light? What do you feel when a storm robs some of the light? What is the quality of light during a lightning storm? How do you feel when the sun shines directly on you or on what you are looking at? Does your experience of light differ with the seasons? How is dark present in a day? In an enclosed space, a cave or a shadow?*

*Once you have done some observing of light, take some time to study it. Record your observations of light. Think of its place in your life and on the planet.*

*Then, take a night, or part of one, to study dark and light. In the nighttime, look or go outside and experience the presence of dark and light. Is darkness a constant, unlike the rotating sun? What can you see in the night that you may not see in the day? What do you experience during twilight, as the sun sets and nighttime comes? How does darkness affect your feelings and vision? Does the dark limit you in any way? Does the dark expand you in any way? How does your experience of the dark differ with the seasons? How is light present in the night? (In starlight, luminescence or reflection.)*

*Once you have done some observing of the dark, take some time to study it. Record your observations of the dark. Think of its place in your life and on the planet.*

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*When you have studied night and day, bring your observations together. What is the balance of dark and light in your life and on the planet? Is one "better" than the other? Which is more familiar to you? Which is more foreign to you? Why is that? What is the dance that exists between dark and light? What have you learned from studying night and day?*