

## **The Mirror Dance – Meditation on the Spiral**

Carol L Kilby, 2022, 12, 02

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### **What**

Ritual of art-as-meditation technique using the spiral symbol to put our personal story into the story of cosmogenesis and discover the expansive pattern of cataclysm as a threshold for emergence.

### **When**

In any context of grief due to planetary or personal crisis.

### **Where**

Out, in, and on the fringe of the Church, workshops, counselling, personal reflection, hospice work, times of organizational uncertainty, closures, climate groups, communities who have suffered loss of forests, waters, land, etc.

### **Background**

Context: Sixth Mass Extinction, rapid climate change, global pandemics, climate refugees, the Age of Displacement; these are times of unprecedented breakdown, socially and ecologically.

### **Evolutionary Moment**

Science tells us Universe unfolds in a pattern where breakdowns lead to breakthroughs, destruction enables creation, cataclysms precede emergence. This is a moment for evolution of consciousness.

### **Preparation:**

8x11 or 12x12 sheets of paper. Pens. Markers. Scissors Tape

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With left hand, starting in centre of page, moving left to right, draw a spiral.

At the centre of the spiral write your birth date. At the end of spiral which is the beginning of the future, write today's date.

In between these 2 dates, write years or a word that recall 3 times when life was rocky, full of obstacles, when life as you knew it broke down, dark times when you couldn't see the future. Revisit these rocky places asking if there were seeds of opportunity, possibilities for growth, break throughs in those experiences. Write a word or phrase to identity that breakthrough.

Cut along the lines of the spiral.

Turn over the page.

In middle, write Big Bang or 13.8 bya ( billion years ago )

At outer edge of spiral, that is the beginning of the future, write today's date and /or word to describe your present intention for your lifework.

Reflect on the following:

1. Life is a cosmic mirror dance.
2. The nature of reality is breakdowns lead to breakthroughs.
3. The same powers and patterns that brought forth Universe – cataclysms lead to emergence – have brought you to this time.
4. How does the cosmological story of destruction as a threshold resurrection shift traditional beliefs about death.
5. Invite Shakti, Pele, Shiva, the Cosmic Christ to dance with you as you reflect on, "A grain of wheat falls into the ground and dies only to produce much grain." Death is an expansive event.
6. What do black holes and dark nights of the soul have in common?
7. Where, with whom, in what context could this be a helpful and empowering ritual?