

Meeting the First Light

"The sun is new each day."
~Heraclitus



DATE : _____

M T W T F S S

WHY AWAKEN WITH THE LIGHT?

Before alarms and schedules, dawn was our first guide. Even a few minutes of morning light can lift mood, steady our rhythm, and prepare us for rest later. But light is more than biology, it is symbolic. Each sunrise is a threshold, an invitation to release yesterday and begin again. To notice the light is to remember: renewal is always possible, not only at dawn, but whenever we choose to pause and return to ourselves. This reflection is part of article, "[Awaken with the Light: A Mythic Reflection on Beginning Anew](#)", which wanders deeper into the myth of Helios and how dawn is a medium of renewal.

Take a moment...

Notice

When I wake, the first thing I usually notice is...

(for e.g.: the sound of birds, the weight of my thoughts, or the light through the window).

Mindfulness Practice: Robin Breath

- At the first light you notice, pause by a window or step outside.
- Inhale slowly, lifting your arms outward like wings.
- Hold for a moment, noticing the quiet stretch.
- Exhale gently, lowering your arms back to rest.
- Smile softly. Repeat three times.

Like the robin's first song at dawn, this practice is small but steady...a reminder that light can rise within you too.

Soften

One part of my morning I would like to slow down or soften is...

(for e.g.: rushing through breakfast, or checking my phone too quickly, ...)

Begin again.

If today were a fresh sunrise in my life, one new beginning I would choose is...

(for e.g.: being kinder to myself, reconnecting with someone I miss, or taking one small step toward a project I've been postponing)

Reflections to Carry With Me