

# 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, ...)

#### Reflections to Carry With Me

#### 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)