

Lotus Rising

From Darkness to Light

The lotus flower brings dreams from the world of secret hopes into the world of manifested realities, arising from unseen depths into the presence of light on Earth.

It emerges unstained from the deepest, thickest mud, in unblemished perfection.

Beginning its journey as a seed in the cold, dark bottom of the pond, it sends out shoots that rise through the water towards the surface, and slowly emerges toward the light, opening out of the water as a beautiful blossom, purple, pink and gold, perfect and whole.

Each night the petals of the lotus flower close and it sinks under the water, to emerge again with the sunlight of a new dawning day. A movement from darkness to light, from closed bud to open flower, since ancient times the rising lotus has been a symbol of purity, transformation, spiritual growth and inspiration.

Lotus Rising can be said to be a state of mind, a condition of the heart, or an approach to life in which the condition of moving from darkness to light, from being a closed bud to an open flower, is taken as a metaphor for the healing path, the creative process, unfolding consciousness, spiritual practice, everyday steps on the path of life, and an affirmation of the miracle of this life.

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"The lotus flower is a poignant reminder that we can flourish in spite of, or maybe even because of, darkness and struggle. Just like the lotus we too have the ability to rise from the mud, bloom out of the darkness and radiate into the world."

Thich Nhat Hanh

"The heart that breaks open can contain the whole universe."

Joanna Macy