

REMEDIES

healing through the power of symbolism



Ser Kristiansen

LETTER 01

Dear one,

As you brave the call from your deeper knowing to go inward and rest, remember the winter honey bee.

In winter, only the female honey bees survive - the workers and their queen, while the male drones die away until they are needed in Spring.

The female hive shiver their bodies together, creating heat out of small movements. The colder the weather, the tighter the cluster and they take shifts in who huddles on the outermost circle. The queen; the creator, the one who holds life and brings it out into the world, remains highly protected until the warmer weather returns.

And so it is that this nurturing monarchy survives, facing their cold, isolated environment with courage and tenderness.

While you navigate the emotional winter you are going through right now, let the Divine Feminine become your keeper. Let her nurture you back to life with slow, intentional movements, only expelling energy to shift the energy that cools when you slip away from your center.

JOURNAL QUESTIONS 01:

- What part of you needs the most protection right now?
- What few movements will provide you with the most joy today?
- What masculine energy (purpose, direction, driven, decisive, etc.) can you lay to rest while you heal?

@suz.kristiansen



LETTER 02

Dear one,

To believe you break under the weight of this world is not so.

To believe that you splinter and fray at your edges, leaving lesser and lesser of you is nothing but an old wound passed down by those who believed more in their brokenness. Because it's easier to see your surface-dwelling fault lines than it is to remember the depth and substance of your mantle.

This journey into the ache will end at its core - and once you have met with its center - so too will you emerge again, passing through to the other side - whole as you've always been, only wiser for the encounter.

@suz.kristiansen.

POEM 02

TO EMERGE

To emerge
from what has
been concealing you
is to recognize
that you are
already intact,
fully whole,
an entity unto
yourself -
and with enough
courage,
'to rise'
would mean
to pull yourself
up & through
the weight
that has buried
you -
but which has
never separated
you from your
wholeness.

LISTEN HERE



LETTER 03

Dear one,

Some plants have developed a surefire way to survive uncertainty by sending roots deep below the surface.

These are taproots.

It is the first root to appear from the seed and remains the largest, central root of the plant.

Desert plants can send roots down more than 75 feet.

This taproot absorbs water and minerals from the earth and serves as a food storage and a reserve. This ability to not rely on the surface makes these plants more self-sufficient and resilient during hard winters and severe drought.

So too have you been gifted a taproot that reaches deep below this surfacery world. It was the first seed of self-sufficiency planted within you that empowers you to survive times that leave you feeling alone, uncertain, and vulnerable.

Follow what makes you feel most nourished, most embodied, most connected, and you will be following your taproot inward.

And do not fear the surface life for it does not determine how well you bloom, only your roots have the power to do that.

@suz.kristiansen

POEM 03

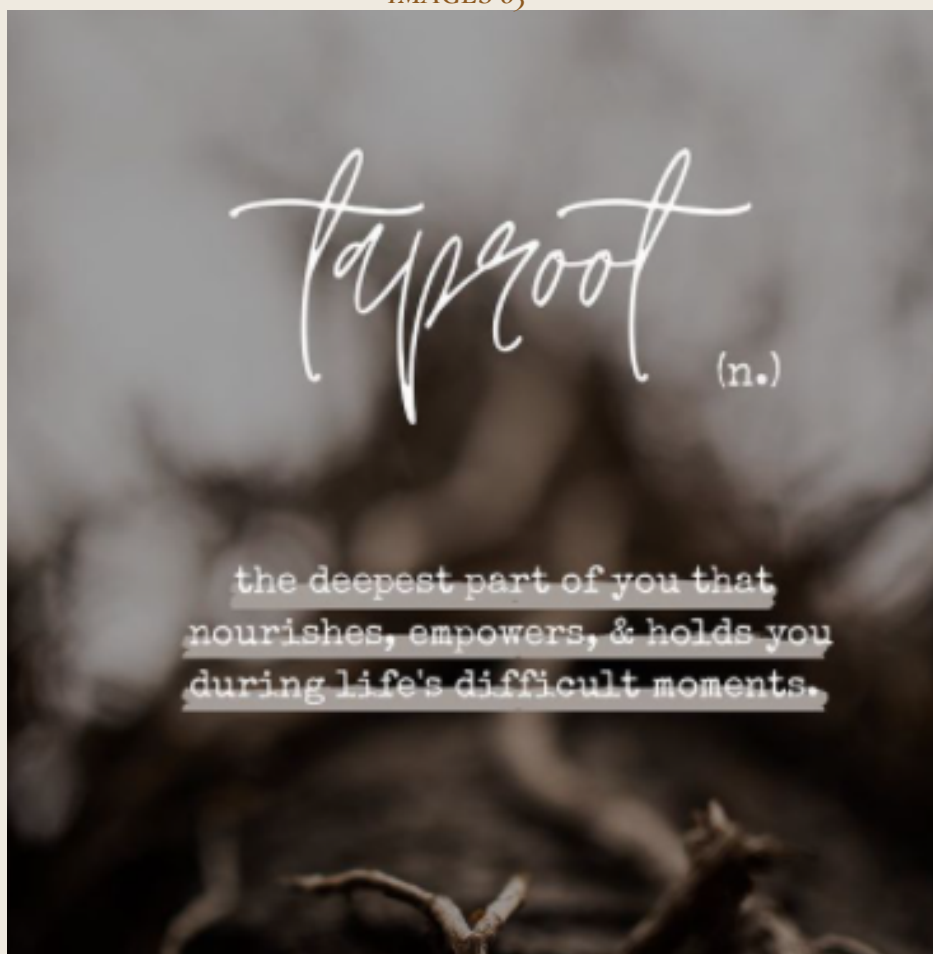
TAPROOT

That desert
you are facing
right now
is not validating
how alone
you are,
nor how 'wrong'
the path you
have chosen is...

It is a vital
landscape that
one meets upon
the path
into the
unknown and
its wilderness.

And rather
than feeding
yourself on
the sparse offerings
of this place -
allow your
roots to nourish
and hold
you for a while.

For, as dry
and shallow
as this desert
may be,
so too
is the well
within you
deep and
full.



LISTEN HERE

@suz.kristiansen.

LETTER 04

Dear one,

Mushrooms have found a fascinating way to create an abundant future to exist within...

Fairy rings (or fungal mycelium) start as a single point and grow outward to form a circular shape. They continue to push outwards in an attempt to consume more nutrients from the surrounding area and when they exhaust the minerals found on the inside of the circle, they widen further and further to find richer food sources.

As these mushrooms grow, the center of the circle becomes a nutrient-depleted zone (a dead zone) where nothing is left to sustain its growth.

The outer ring of the circle is dark green and lush because the roots of the mushrooms are forging the way ahead of themselves and breaking down nutrients in the soil, ready for its future inhabitants.

This incredible process results in an ever-growing circle that never chooses to go back inwards or cross over on itself because it knows that there's no new food source on the inside of the circle.

So too is your future being created beneath the surface right now - by the desire within you that seeks ahead to find more nourishing spaces to nurture your growth.

And as you grow, so too will you leave a greater space within you that contains your past.

And as you grow, so too will you unfurl into the future that has been prepared for you.

Trust in the desire that is pulling you forward and offering greater expansion.

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POEM 04

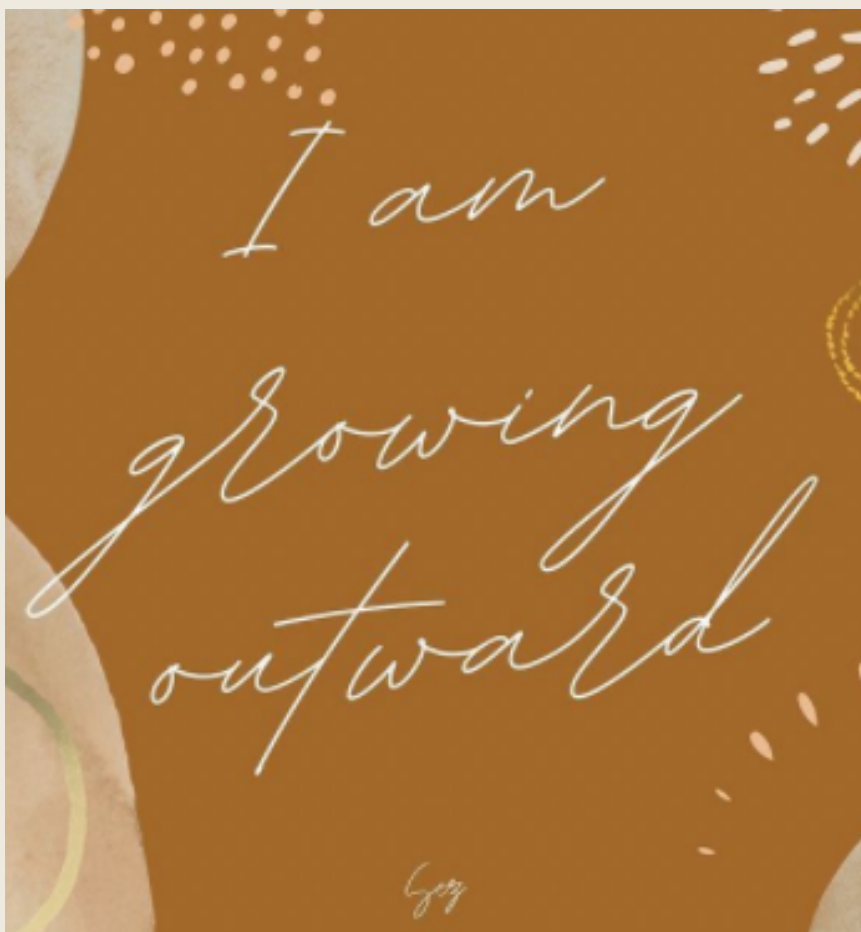
EXPAND

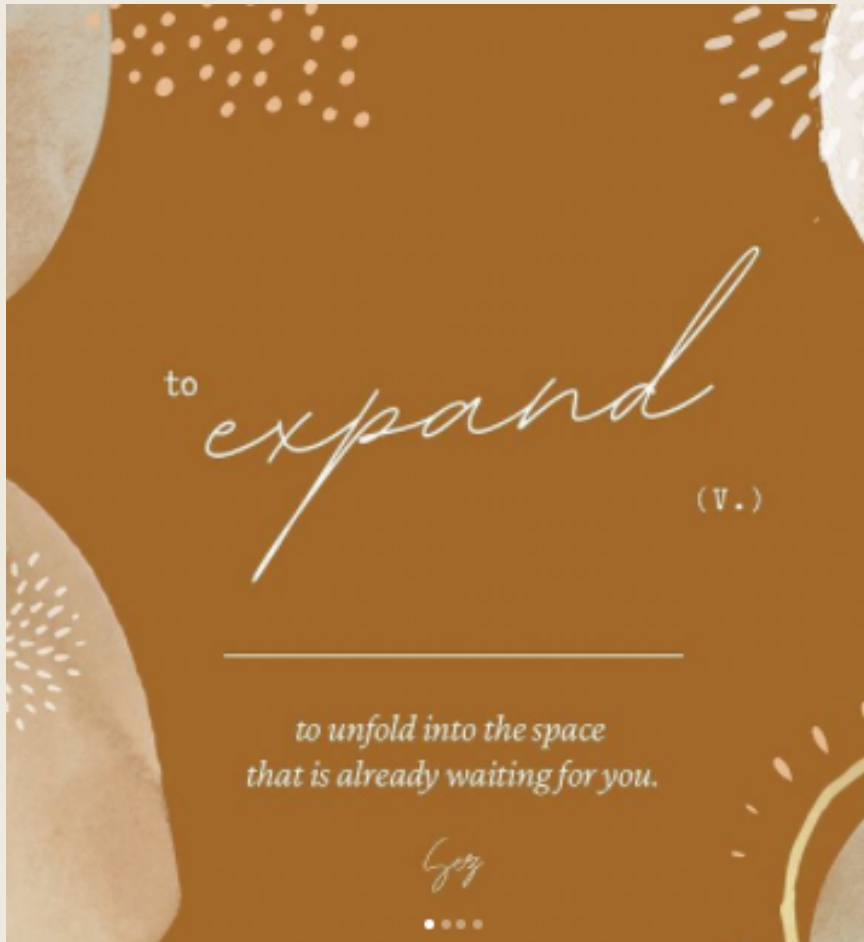
Imagine if
you treated
your life
as ever-growing,
outward-reaching,
and expanding into
more nutrient-rich
spaces,
rather than
feeling like
this body
is being pushed
along
a linear timeline
that you
don't even know
where you are
on its course.

Life
would then
always be
moving outward,
as a whole,

holding the past
within its center
but never
retreating back
to it because
it knows
nothing is left
there to feed
the soul.

And your growth
would then
not be measured
by how far
you've come,
but by
how much
you've overcome -
making the space
within you,
a spiral of
the sacred.





LISTEN HERE

@suz.kristiansen.

LETTER 05

Dear one,

Love will heal, once you let go.

Because it is in the holding on to these old stories that you are keeping yourself separate from the life being written by a greater hand.

Abandon, with grace, everything that turns this wheel of perpetual conflict. The one between yourself and others, and the one between you and yourself.

Even if there is anger left, you are holding on.

Even if there is fear left, you are holding on.

Even if there is doubt left, you are still holding on.

Abandon this inner conflict as if you would an old house whose beams and rafters buckle inward, whose floorboards have thinned and splintered, whose warmth seeps out through the gaping cracks and whose body no longer offers a home for your inhabitancy.

And when everything, including yourself, has been abandoned, so is but Love left behind.

Because, Love requires nothing, not even a someone (especially not a someone), to exist within you.

Love is the alkaline that balances life's acidity into neutrality, chaos into calm, fear into radical acceptance.

And only from acceptance can you stand in the wreckage of your life and begin to rebuild it from Love, because only then are you standing within your true Self.

So go ahead and lose yourself, only to realize that it's not you that's being let go - but everything you're not.

JOURNAL QUESTIONS 05:

- What am I still harboring within myself that has passed and needs to be abandoned now?
- What are my fears surrounding letting non-serving things go?
- How can I practice neutrality more in my daily life and do I have any associations with being detached from my emotional drama?

@suz.kristiansen

POEM 05

LOVE

Love is
what is left
behind
when all else
has been
abandoned.

And to empty
yourself of
it all
will only
remind you of
how full
it feels to
to be
unoccupied
by pain.

Love
is the
silence
waiting
beneath
all sound.

Always available
to the one
who is
willing
to be still
and listen.

love

(n.)

what is left behind when all else
has been abandoned.

Gez

Only from acceptance can you
stand in the wreckage of your
life and begin to rebuild it
from Love, because only then
are you standing within your
true Self.

Gez

Remedy 05 cont.

IMAGES 05



@sez.kristiansen.

LETTER 06

Dear one,

Old patterns fashion the body.

Some habits weave these limbs so tight, they have closed you off from your Heart.

And when that disconnect restricts you from seeing your true nature...look beyond yourself, your shape, and your body.

For there is a truer mirror to be used.

Take a moment right now, in the room that you're in, in the space you occupy - and look closer.

The table, once part of a woodland, once a forgotten seed sleeping in the soil, now, here in this room.

The material hugging your skin, once a crop soaked in warmth and nourished by the rains, a thousand strands of sunlight touching your skin.

The food in your belly, grown by mother moon and her seasons, now having a conversation with your body.

The daylight cutting through the window, its glass made of eroded rock and minerals, eroded over millions of years.

Cultivate a closer relationship with everything around you and you will cultivate a more intimate relationship with yourself.

TIPS ON FINDING NATURE'S CONNECTION WHEREVER YOU ARE

- Use a different mirror. When you see something beautiful in nature, remember that there is an element of yourself being reflected back.
- Connect with your breath, often. Everything alive breathes. Take a deep breath and think about how many other living elements are breathing with you right now.
- Find wholeness in imperfection. Everything in nature is imperfect. Not a single petal, root, wing are the same (often our definition of perfection). Find a marked tree, a leaf-eaten rose, a discolored patch of grass, and notice how the plant grows anyway, never believing in the story of its flaws.

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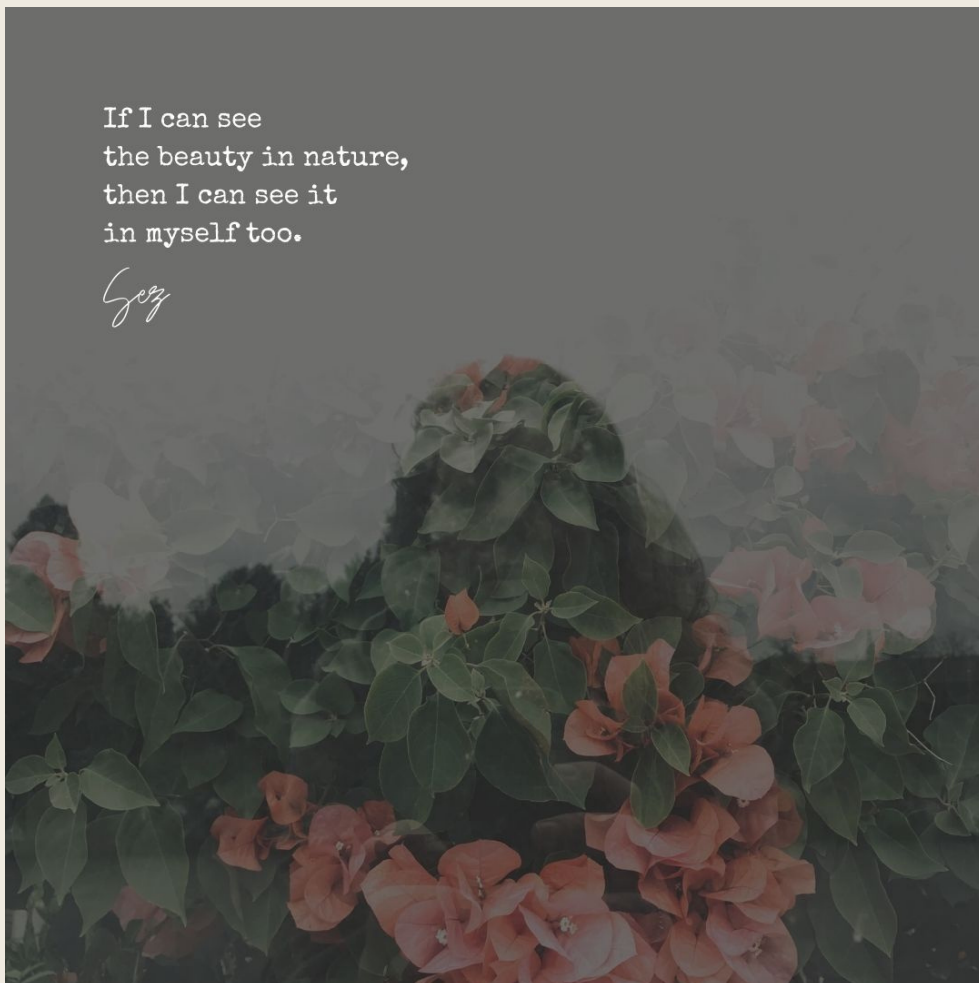
POEM 06

NATURE'S MIRROR

Undulating valleys
can be found in
the body's
bending limbs,
wilder paths
in the
untamed thickets
of forgotten skin -
and reflected in
the surface of
deep blue water -
the Heart's
unfettered youth
ever luring you back
into her depths.

If I can see
the beauty in nature,
then I can see it
in myself too.

Gez



LISTEN HERE

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LETTER 07

Dear one,

It will take more than joy and ease to create your 'Best Self'.

Because the misalignment is part of the alignment, just as the fracture is an integral part of your greater wholeness.

Your future 'Best Self' is not made up of only goodness.

The best part of her is when she faces the fight, the loss, and the struggle, and chooses to hold herself through it anyway.

Manifestation is desire made into matter and the very nature of desire is to bring life into what has yet a heartbeat.

Desire, and the creation of it, is messy and hard and black in its essence, like what existed before the universe, before the birth of the sun, before you entered the womb.

You will therefore not embody your 'best self' in spite of your struggle - but because of it.

@suz.kristiansen.

POEM 07

SEEDS FOR THE FUTURE

I met her
when she had
fallen
so far,
she could
no longer
remember
the shape
of the sun.

I met her
when nothing
was left to
hold onto,
and freefalling
had become
freedom.

I met her
when she
had reached
the peaty floor

and there was
only darkness
to hold her.

And was
overcome
with joy
because
I knew she had
finally reached
a place
where she
would be able
to plant the
seeds of her
future in:
at the very bottom.

You won't embody your
'best self' in spite of your
struggle -
you will embody her
but because of it.

Gez

THE BEST SELF

The 'best' part of her
is when she faces the
fight, the loss and
the struggle, and
chooses to hold
herself through it
anyway.

Gez

Remedy 07 cont.



@sez.kristiansen.

LETTER 08

Dear one,

There will be times when you need to crawl back into bed so you can offer yourself some shelter.

There will be times when you need to give up, give in and not give anything more at all...

There will be times when you need to surrender to what is - what cannot be controlled or mended or even bettered.

But
this
is
not
one
of
those
times.

Oh no, dear one - this time - is rising time.

This is the time you fight for - and not against - yourself.

This is the time you choose to stand a little taller, even if it hurts - breathe a little deeper, even if doesn't feel good - square yourself up against that struggle, even if you feel you can't possibly win - because today is you are driven by Heart and she is quietly fierce - she is resilient and unwavering in her determination to guide you through this period, not through blind action but through awakened movement.

We say we become heartless through pain - and how true that is.
Our heart has gone missing in all this mess but that is not a result of the pain; it is the cause of it.

How far have you traveled under the captainship of mind?
If you want to stretch yourself beyond this horizon, then give the wheel to Her; the Heart, the Mother, the Divinity of Feminine energy.

Time to ignite Her.

You have become flammable now, from all that parched living, all that dryness, the doubt, the voicelessness, the fear...
Ignite yourself now - from the inside out - fight for your voice - your desires - your future - your body - yourself.

@suz.kristiansen

Hold your head high and walk towards - always towards - what is waiting for you.

Forward, onward, upward, through...for movement is medicine. Don't look back. Keep going. Stay with yourself.

There's no mountain to move here, dear one - only the one inside of yourself.

@suz.kristiansen.

POEM

TO RISE

And one day
she realized that

in all her apologizing -
she was still filled
with shame,

and in all her silences -
she still wanted to scream,

and in all her folding -
she thought still took up
too much space,

and in all that relying
on another to provide -
she still felt poor.

and in all that decorating,
she could still see the cage.

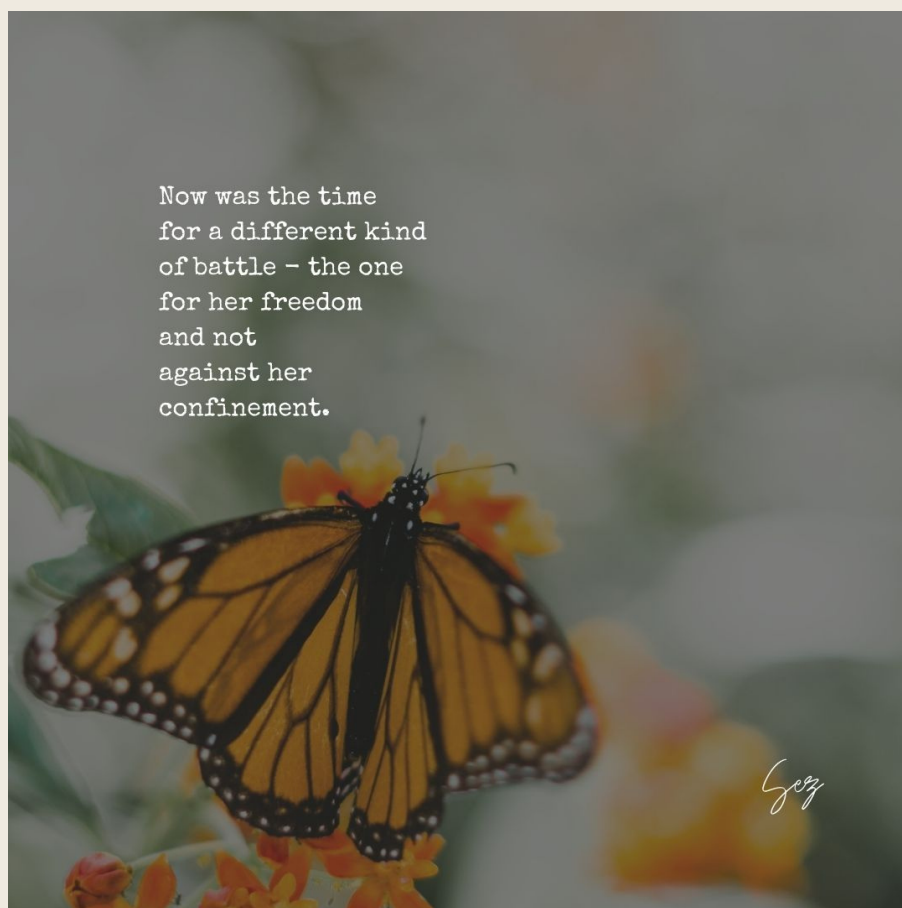
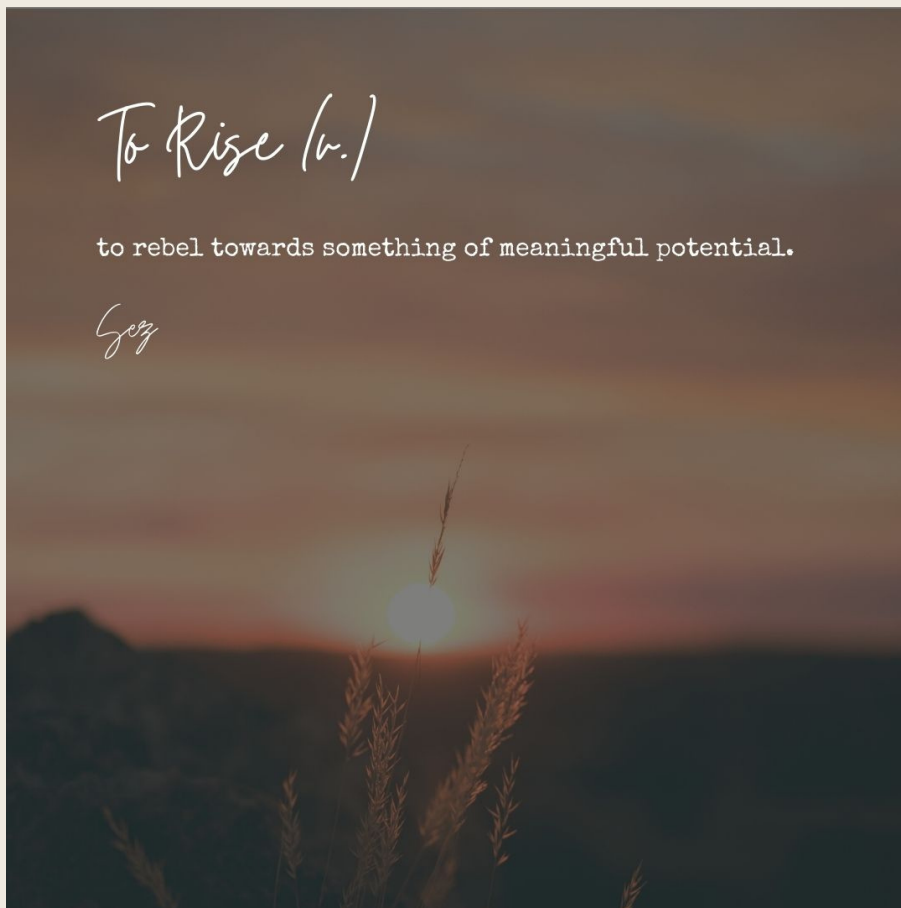
But no longer.
No more.
Not this time.

Now was the time
for a different kind
of battle - the one
for her freedom
and not
against her
confinement.

@suz.kristiansen.

For there is courage
given to those
who turn
away from themselves,
only to discover
they've turned away
from what they were fighting
all along.

She knew she could
no longer turn
the pain
into validation -
oh no,
now,
she was going
to turn it
into pure power.



@suz.kristiansen.

Remedy 08 cont.



There's no mountain to move here, dear one - only the
one inside of yourself.

Gez

WATCH HERE

@sez.kristiansen.

Thank you!

Thank you for being a part of this space and for sending me your requests for remedies.

If you felt these words were of meaning to you, you can support the continuation of these free offerings in a few ways:

[Purchase one of my books here](#)

[Buy me a coffee on Insight Timer here](#)

[Let me know what resonated with you here](#)

Or share this with a friend.

In deepest gratitude,
Sez

@sez.kristiansen.