



She's heeeeeere.

Mother Night, the crone, the hag, the void, the underworld:  
these are just a few of Winter's many names.

Sound terrifying? Our Yang/ Masculine society harbors quite a bias against the Yin/ Feminine energies of winter. She is the antithesis of everything they stand for: youth, fertility, compliance, hustle. Her primordial, languid, frigidity is beyond the grasp of their control and they can't forgive that.

You might be afraid of her too.... if you hadn't been prepping for this for the past three months.

Winter is a mystical experience, a dive into the depths of ancestral wisdom and symbolic meaning- the gifts of the crone. Winter strips back all the layers- layers of identity that we've come to confuse with our Selves. If you're prepared and balanced, then this can be a great initiation and healing. If you're still attached to those layers, then it's more likely to be an excruciating struggle. You can give everything away to winter, or you can make her pry it away from you.

The dark cocoon of this season accelerates healing. The more you surrender to Winter's gifts- quiet, slowness, stillness, introspection- the more wholly your body can repair and restore what is out of balance.

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# December Wellness



## Daughters of Daughters

# Checklist

- Despite its deadly reputation, Winter streamlines wellness. All you really need is simplicity and warmth: hot, nourishing teas (nettle, dandelion root and comfrey are some of my favorites) and soups; whole grains and proteins. Fresh air balanced with cozy evenings and lots of sleep. The emotional warmth that comes from making things and giving them away, spending time with people who bring you joy.
- There's no hiding from Winter's toll. Cultivate peace within yourself to balance out the inevitable grief. To me, this is what equanimity means: peace, with the acceptance that this too shall pass. Peace is knowing that, whatever comes, we are in alignment with our own spirit and purpose. Peace is looking within more than without.
- The Solstice at the end of the month represents the peak point of Feminine energy of the year. These qualities are represented by darkness, depth, cold, contraction, quiet, stillness. Explore what these qualities mean to you and the feelings they bring up. What negative and positive associations do you have with them?

December Wellness

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Knowing that I belong to all that  
exists and can never be lost,  
I let myself fall into the void.

I surrender to faith.

I revel in my Feminine:  
claiming my pace,  
my mess, my path.

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