



We're in it now!

On the other side of the portal of the Fall Equinox, we're now fully immersed in the dark half of the year. Whatever this brings up for you- fear, relief, sorrow, hope- the only way out is through.

This dark half of the year is a time to reconcile with the unseen, the energies and forces that live beneath the surface and that our society has caricatured as wicked, threatening, and volatile. I promise it will get darker before it gets light again, so why not get acquainted with the dark as a place where magic happens, rather than evil? And what better time than October, when the veil between realities is famously thin?

Slip behind this veil and you'll find that these supposed threats to your well-being actually hold the keys to it. This is the land of shadows- our own, as well as those of our collective. The answers we need are in the places we've been told not to look.

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October Wellness
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Checklist



- Love, gratitude and reverence are the roots that give us the strength and security to explore scary things. Nourish the connections that nourish you, water your blessings with thanks and tenderness, find what is sacred to your life and give it more attention (connection is born of attention).
- Nature is gathering all Her energy back into Herself and we would be wise to follow Her lead. Last month I asked you to just anticipate shifting your life into a slower pace, now it's time to begin. Identify the most energy-intensive obligations coming up in the next five months and see what you can cancel, reschedule, delegate, or pace to conserve your limited energy.
- Another important way to preserve energy (and digestive health) is to scale back on raw or cold foods. Hot soups, stews and teas will be your best medicine until the Spring Equinox.

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I am stronger than the things
that scare me- and facing my fears
makes me stronger still.

With eyes and heart wide open,
I descend into the wisdom of the
dark half of the year.