



People are fond of pointing out how our 'less civilized' ancestors often starved in the Winter. Sometimes these 'advanced' critics are chronic dieters or cleansers or even like to do a fast from time to time. In fact, February was called a 'Hunger Moon' in several traditional cultures precisely because it was a time of doing without. For 'less civilized' people (if that's what you think living in accordance with Earth's cycles is) Nature provided a time to fast, one whose end was signaled by early signs of Spring. As I outlined in January's printables, this was one of the ways Winter makes us stronger.

I see this as a time of communion. Going without food for a time refocused people on the nourishment of beauty, togetherness, laughter, silence, gratitude and Spirit.

We have such complicated relationships with abundance and scarcity- guilt over the former, terror of the latter. I wonder if a scarcity 'complex' is just pain around not getting enough of the things you've actually needed (attention, acceptance, validation) hastily papered over with a determination to not believe that scarcity exists.

Of course scarcity exists. Winter shows us every single year. We also see that it's temporary.

In this last month before Spring starts to show, give yourself the medicine of tasting lack and deepening your understanding of how it affects you.

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February Wellness  
Daughters of Daughters  
Checklist



- If it feels good to you- not forced or dangerous- try a soup cleanse or even a gentle fast. What does the feeling of hunger have to teach you? What emotions does it bring up? Wanting food isn't a weakness- it just means you're alive. What does spaciousness- in your diet and your belly- show you about your relationship with food?
- What else are hungry for? We're so conditioned to deny what our bodies tell us that it's easy to lose touch with our needs. Here's a journaling practice that will help: jot down 44 wishes a day for 44 days. Notice when judgment comes up and just let it be instead of deciding if it's right or wrong. Coming up with 44 wishes is more challenging than it might sound, which is how this practice lays bare the hungers that we've gotten used to ignoring.
- Spring is on the horizon now- on the Equinox we'll be exiting the dark half of the year that we entered on the Fall Equinox. What are your plans for Spring? What can you do now (sleep more?) to feel more replenished and reborn when Spring arrives?

# February Wellness



## Pep Talks

Like the moon, I cycle  
through fullness and emptiness,  
abundance and scarcity.

Like the moon, I embody  
impermanence.

There are many kinds of hunger.  
I honor them all.