



As we slide toward Winter, we're moving from the Masculine heights of one Solstice (Summer) toward the Feminine depths of another. In personal terms, this is a shift toward being rather than doing, receiving rather than giving, feeling more than figuring, slow and quiet and small instead of fast and loud and taking up space.

We're not there just yet, but November, as our last month of Fall, is a time of reckoning. Have you made a place at your table for your ghosts and demons? They're not going anywhere for a while so you might as well. Have you tended to your (figurative) roots and where they're planted? Your balance will be tested. Have you checked your path against your heart's compass? Better to do so now before the cold and dark settle in.

And one more: have you made peace with the (literal) land that you live on? As the energies of Nature withdraw below ground, the quality of this relationship becomes ever more important- and echoes the relationship we have to our own body when it's sick or tired or old... or just not living up to society's relentless expectations.

If you're of European descent, then relationship to the land can be, like Thanksgiving, as prickly as it is important. Knowing the ways we came to be on this land in the first place may cause crippling guilt or defensive self-righteousness- both of which are problematic. This year, let's explore something different.

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November Wellness Daughters of Daughters Checklist



- Learn about the First Peoples of the land you live on- the indigenous stewards whose entire culture was shaped by the flora, fauna, and spirits of the land you call home. Where are these people now? Are there ways to support them- businesses to patronize, programs to contribute to, classes to take? Learn to say thank you in their language.
- Make things. It's good for your nervous system, good for feeling able and empowered, good for taking a little wind out of Amazon's world-dominating sails. Whatever Winter holidays you do or don't observe, gift-giving brings warmth to the cold month. Normalize heartfelt, imperfect gifts over mass-produced whatsits.
- Feel into your Feminine: the cyclical, authority-questioning, emotional, subversive, languid side of yourself. Do you like 'her'? What feelings or memories does she bring up and where in your body do you experience it? We're in her territory and only going deeper: what healing needs to happen in this relationship?

November Wellness
Peop Talks
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United by our love for this land,
I live in deep gratitude
for the Peoples and Spirits
of this place that holds me.

As I untangle and heal
my personal relationship
to the Feminine,
I bring healing to our collective
relationship to the Feminine.