



The merriment has died away and now we're left with just Winter, the stark face of the Crone. It can feel bleak, even treacherous, but when Nature is our teacher, rather than our adversary, a logic begins to emerge.

Winter is a dying-off time- of plants and trees, plans and energy, of cells and bacteria, and yes- to a much slighter degree- even of people.

This gives us the chance to rub up against the terror of death that we're groomed for in our society and practice seeing all the life that death makes possible. In Bhutan, home to a famously happy population, there's a practice of thinking about death at least three times every day. When you remove the fear, death is just liberating.

In Winter, there is also a heavy, dense, contracting quality to contend with. The walls may seem to be closing in. This is Grandmother Winter showing you what you're made of. Do you crumple? Do you snap? Or have you learned to bend without breaking?

If it's either of the first two, then use these days to figure out how to fortify yourself with more strength or more flexibility. Some ideas are below.

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January Wellness
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Checklist



- Take it slow. Don't be rushed into decisions, commitments, or activities. Let your heart and energy levels dictate your path.
- Create simple, supportive structures in your life—not to hustle harder and smash your goals, but to protect a sense of spaciousness that will balance out the dense, heavy, pressure of this season. If you don't have a lot of structure, create consistency around the things that nourish and strengthen you. If you are someone who already has a lot of structure, take stock of what supports you and cut some of the elements that don't.
- Try a soup cleanse. Raw and cold foods make our bodies work harder at a time when they should be focused on regeneration and keeping your immune system in top form. Soup is an ideal food for bio-available nourishment that doesn't tax the digestion.

January Wellness

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Pep Talks



What must die in my life so
that something else may live?

I am stronger than I know.
I am more flexible than I know.
I can bend without breaking.

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