Winter greetings!

St. Louis winters can be gray, but here is a sweet little reminder to embrace it!

The winter solstice time is no longer celebrated as it once was, with the understanding that this is a period of descent and rest, of going within our homes, within ourselves and taking in all that we have been through, all that has passed in this full year which is coming to a close... like nature and the animal kingdom around us, this time of hibernation is so necessary for our tired limbs, our burdened minds.

Our modern culture teaches avoidance at a max at this time; alcohol, lights, shopping, overworking, over spending, comfort food and consumerism.
And yet the natural tug to go inwards as nearly all creatures are doing is strong and the weather so bitter that people are left feeling that winter is hard, because for those of us without burning fires and big festive families, it can be lonely and isolating. Whereas in actual fact winter is kind, she points us in her quiet soft way towards our inner self, towards this annual time of peace and reflection, embracing the darkness and forgiving, accepting and loving embracing goodbye the past year.

"Winter takes away the distractions, the buzz, and presents us with the perfect time to rest and withdraw into a womb like love, bringing fire & light to our hearth".

.. and then, just around the corner the new year will begin again, and like a seed planted deep in the earth, we will all rise with renewed energy once again to dance in the sunlight

Life is a gift ❤️ a Happy winter to you all...
Written by Bridget Anna McNeil
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The gentle pace of winter offers us time to prepare for the season ahead. As we reset, we are dreaming of blue skies and flowers!

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