



Waking from Winter

JOURNALING WITH

Dr. A.



PERSEPHONE IS *Stirring*

Spring is almost here! An ancient Greek myth tells us that Persephone, goddess of the underworld, is stirring. She's waking from Dreamtime. When she returns to the upper worlds and is reunited with her mother Demeter, their joy is such that Spring bursts forth in all its glory; the world is reborn, again!

For women crossing the territories of midlife and menopause, ancient myths offer deep and meaningful clues, symbols, tales, and metaphors that can help us navigate these tricky waters. The past year has been an underworld journey for many of us. Like Persephone and Demeter, we can emerge from it with a renewed hope and a deeper level of self-understanding.

The Dreamtime of Winter is turning toward Spring. Now's the time to choose a dream or two to activate. Dreams nurtured during the fallow months of winter are powerful.

It's time to prepare the seeds of your dreams for planting when Spring does arrive. Before you can plan, strategize, organize, and schedule yourself into a new life, you have to know where you want to go, what you want to do, and most importantly, who you want to become. The years from 45-70 are women's new life stage called Regency. This, potentially, is the most powerful stage of a woman's life.

Which of your dreams for this new stage of life have you been thinking the most about? The following questions are designed to help you choose which dream seeds to prepare to plant, nurture, grow in the Spring.

I hope that whatever dreams you decide to plant will lead you toward becoming your most authentic, fulfilled self.

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A magical night scene with a glowing open book in the foreground, a mirror in the background, and a comet streaking across the sky. The scene is set against a dark, starry night sky with silhouettes of evergreen trees. The text "WHO HAVE YOU BEEN Dreaming Of Becoming?" is written in a mix of serif and cursive fonts, with "WHO HAVE YOU BEEN" in a simple serif font and "Dreaming Of Becoming?" in a flowing cursive script. The signature "Dr. A." is in the bottom right corner of the image.

WHO HAVE YOU BEEN *Dreaming Of Becoming?*

Dr. A.

What have you been dreaming about changing or doing in your life?
List the top three and why each one matters.

A large, solid brown rectangular area intended for the user to write their responses to the prompts above.



Which one is the most important to you?
Why? How would your life change when your dream becomes a reality?

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Persephone and Demeter needed the help of their allies to achieve their goal. There was a lot of loss, pain, uncertainty, negotiation, and planning that went on before they succeeded. Can you achieve your goal without help or do you need allies too? Make a list of people you know that can help you or will support you, as you work to make your dream a reality

A large, solid brown rectangular area, likely a placeholder for a list or notes.



Before you can plant the seeds of change, you have to prepare the soil. Each seed bears fruit in its own time. What are the first three steps you need to take to ensure success? Do you need to do some research? Do you need to take a class, or learn a new skill? Write down your first three steps in a list, in the order in which they need to be done. How will you accomplish them?

Do you need to create a timeline or calendar?





Can you anticipate any obstacles that you might encounter, difficulties you may face or problems that might arise? Write down the first 3 that that come to mind, and possible solutions for each

A large, solid brown rectangular area intended for writing answers to the question above.

PREPARING YOUR

Soil



My Goal

First Three Steps

1.

2.

3.

Who Are My Allies?

What Obstacles Might Arise?

How Can I Plan to Overcome Them?

What is My Timeline?

Print this page and use it as a reminder. Get ready to plant the seeds of your dream.

Namasté, Dr. A.

Our generation has been given a gift.
In the history of humanity, there has been no other time when an
entire generation of women have
lived through menopause together!

This has created a new 20-30 year life span,
called *Regency*.

By 2030 there will be over 87 million US women over 45.
Each of us has the potential to change our own lives.
Together we can change the world.

I encourage you to use your Waking from Winter
to sort through the seeds of your dreams and
decide which ones to plant this Spring.

Gather the dreams and imaginings of winter to see which ones
have weathered the cold and are ready to sprout.

During midlife and menopause, our truths change. Our psyches
turn to thoughts of tilling our own soil after tending many other
gardens for so long. Hold on to the inner prophecies of your
future. It's possible to write a new life chapter. Don't let anyone
tell you, "You can't, it's too late," or to "Stop dreaming."
Get ready to plant your seeds of transformation.

Dr. A.

Regency

A NEW MYTHOLOGY FOR WOMEN'S MIDLIFE

To find out more about Dr. A. and Regency [Click Here](#)

Private coaching is available.

To book your 30-minute free consult [Click Here](#)

Available Free mini and micro Journals

The Epiphany Journal — After the Solstice, Rest — Dreamtime
If you missed any of the free journals email Dr. A. to request a copy.

info@drandreaslominski.com

❧ **Coming Soon** ❧

Life Changes: A Seven Day Discovery Journal
focusing on the seven realms of major change in women's lives
during menopause and midlife.

The 2021 Women's Wisdom Village launches on January 28!
To find out more about this live online women's monthly workshop
[click here](#)

More Classes, webinars, and workshops coming soon