



AFTER THE SOLSTICE – *Fest*

JOURNALING WITH *Dr. A.*

You made it! Honor it! Celebrate!

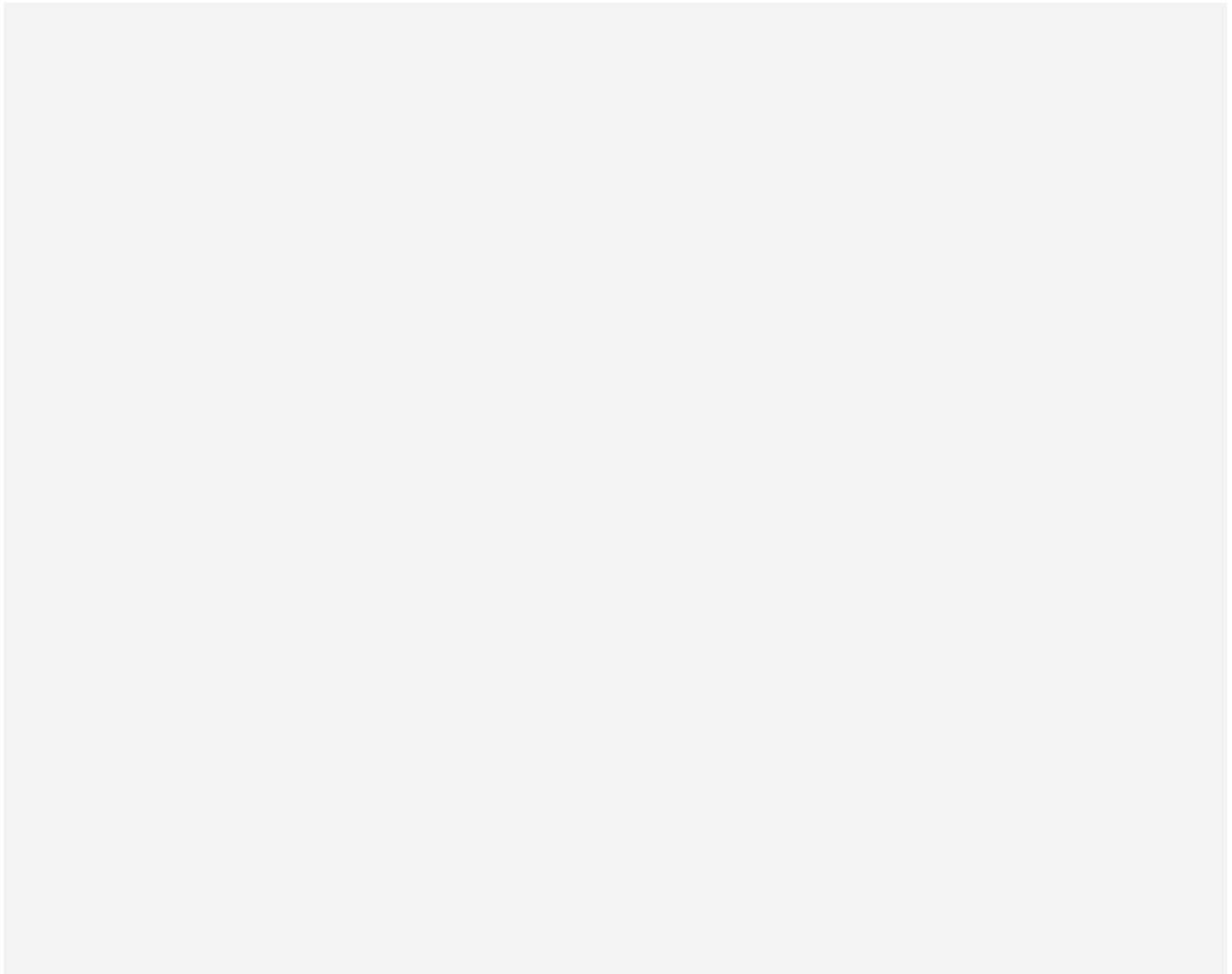
The three darkest nights of the year occur during the winter solstice. The myths, rituals, ceremonies, feasts, and sacrifices that filled solstice celebrations since the dawn of time have honored the light and the darkness, life and death, endings and beginnings, and hope for the new year. The following questions are created as a pause before you begin your push towards the coming year. You can print out the sheets and write out your answers, or you can type directly onto the PDF.

Everyone has faced challenges and stress this year. If you are reading this, you've made it around the sun again! Take a moment and think about what you've experienced this year. 2020 has been leaping from emergency to disaster without allowing us a moment to catch our breath. What can you honor and celebrate in yourself, your journey, and your ability to and carry on?



Transform it- Leave it- or Bury it

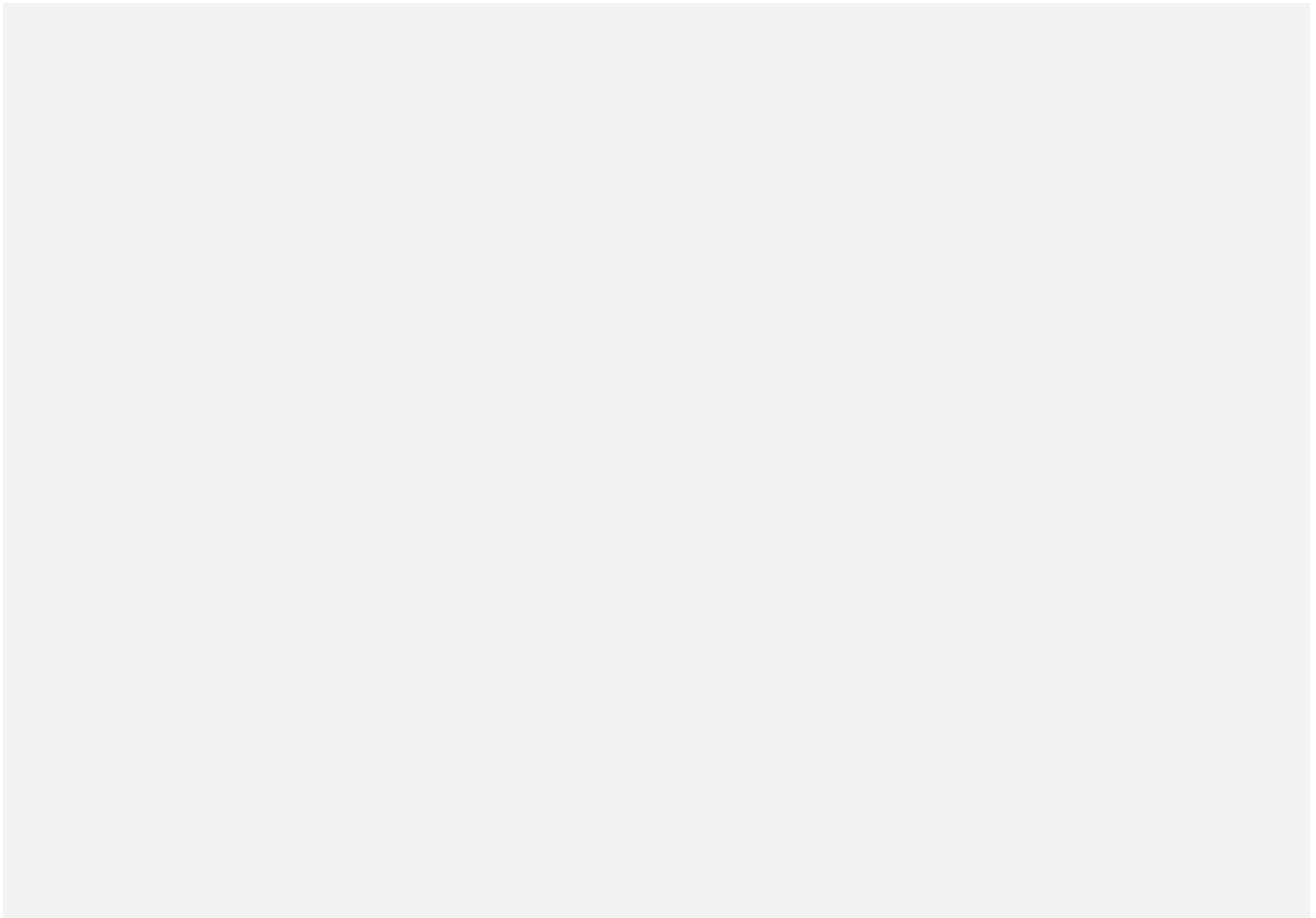
In a time of darkness, we can discover the misconceptions, self assumptions, and dragons of self-doubt that often haunt our lives. What do you see in yourself that needs to be transformed to live your most authentic life? What do you see that needs to be left behind? Is there anything that you need to let go of and lay to rest, before the new year?





Rest & Recuperate

Solstice has passed and the long cold of winter lies ahead. Now is the time to let your fields lie fallow. This is nature's time of rest, the time to dream and imagine. In these precious days before the first push of spring, what can you do to refill your cup? Seeds of change must rest for a time in the dark before they can sprout. In the eternal cycle of birth, growth, death, and rebirth there is always a pause in the darkness. What do you need to rest and recuperate from?





WISHING YOU AND YOURS A HAPPY &
HEALTHY NEW YEAR

FOR MORE INFORMATION ON MY COACHING, CLASSES &
WOMEN'S WISDOM VILLAGE GATHERINGS

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