



As we are getting closer to the Winter Solstice on December 21st, the days are getting shorter and temperatures colder here in the Northern hemisphere. It feels like days will always be this short but they won't be, there will be more and more sunlight coming in soon.

Finding out what we are made up of happens at times like these. Just like the seasons, we go through our own life's cycles where the light may be dim or non-existent. It doesn't always give you hope to know that light and sunny days exist while you are in the middle of a cold winter.

I invite you to embrace where you are in life and the season you are in, in all its colors and perhaps dimmed light. Perhaps there are visions to be had in the candle-light of grief instead of the sunlight of joy. Perhaps you are meant to discover the quiet treasures in you as opposed to the louder and more obvious ones. Perhaps what you are going through right in this moment has a gift for you even though it may not be in a pretty package.

Here's what is giving me a lot of joy this season:

This artist's video all about the beauty of the sunlight in all seasons

This yummy vanilla flavored warming tea

These snow plow names selected by school children (My favorite is Jennifer Snowpez ☺)

This website that lets you find out local places to recycle plastic film and bags (in the US)

This electrolyte drink supplement that tastes amazing

This underwear brand with Baby Yoda, Christmas, and Game Of Thrones design selections (You'll get 20% off your first order with this link)

This book that explains Buddhism and what it means to be enlightened

This fun addition to my daily intuitive check-in tools collection

With love and light,

Damla