In the depth of winter I finally learned that there was in me an invincible summer.” Albert Camus

It is that time of the year when those of us living in the Northern hemisphere, especially where I am in New England, get to experience being in the depth of winter. If you are someone who gets deep into winter blues, here are some suggestions to turn your experience around into one of grace and ease:

- **Tend to your body.** Get a blood test to check your Vitamin D levels. Practice daily self-massage to move bodily fluids and prevent stagnation. Make sure you are well hydrated. Your body needs extra love and care in the long winter months.
- **Everything you see is you.** Pay attention to how you talk about the weather. Is there a way you can energize and lift that conversation from ‘This is such a dreadful weather’ to ‘The cold is refreshing and energizing!’?
- **Know when it is not the weather but it is all about your untended to wounds from your past and present.** Support your nervous system and clear, expand, and update your energy field daily. I am sharing a free one hour Chakra Bliss Healing recording to support you on your healing journey. You can download it at this link.
- **Make the most of it!** I love this video about the Danish concept of Hygge, aka the beauty and joy of cozy winters, enjoying real or fake fireplaces, hot drinks and taking comfort in relationships.

What are your favorite ways of being in the depth of winter with joy?

With love and light,

Damla