Prompts to ponder

Wild Wisdom

As we descend now in the darkest part of the year we invite you to take some time to feel into where you are.

With the New Moon cycle just begun, we are moving towards the Winter Solstice, the shortest day and longest night of the year.

All around us the festive juggernaut quickens and yet the call from Nature is to quieten, rest and grow still.

It may feel incongruent to be out shopping and socialising when all of nature is hibernating.

Or perhaps you feel the excitement of the season and are caught up in all the festive shenanigans, and looking forward to family times and merriment.

Wherever you find yourself right now, we invite you to ponder these prompts.

Journaling gives us a chance to note what is moving through us and to capture the download. It can help set our compass to guide us forward.

So grab a cuppa, find a peaceful spot, grab your journal or print out these pages and see how these prompts stir you...

Let go of anything that is no longer your truth - what no longer serves you?

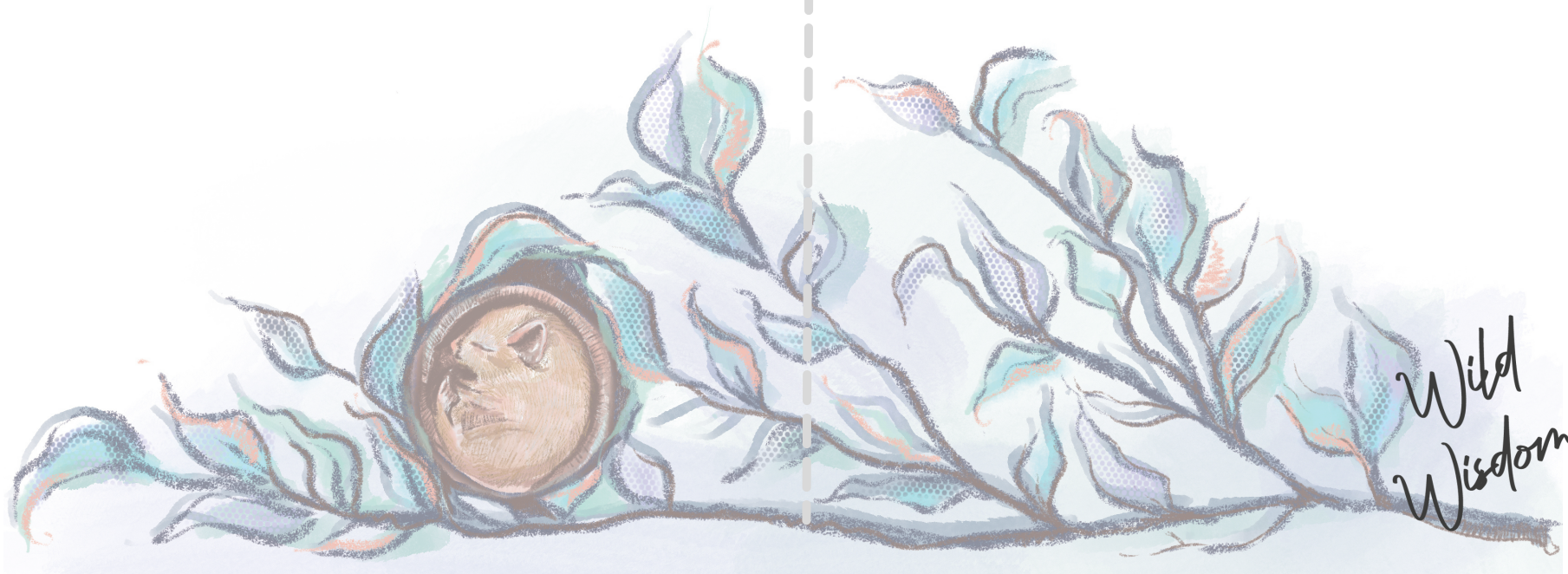
Take aim and draw back your bow - how can you step out ofyour comfort zone to create momentum?

What is going to help you navigate these busy days amidst the darkest days of the year?

How can you make things easier? What would 1% less look like today?

What is your heart calling for? What does your future self look like?

All endings are beginnings. - how have you grown this year?



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