

## The Winter Reflection: Discernment, Rest, and Flow

by Emily Young

*"Clarity, through quiet, is the beginning of every real change." — Hannah Fraser Moore*

In nature, winter is not a season of "doing," but a season of "being." It is the time for the soil to rest so that it may be fertile in the spring.

### The Art of Wintering

- **The Timeless Space:** When was the last time you allowed yourself to exist without a timetable? Describe a moment where you felt "unscheduled."
- **The Permission to Rest:** What would happen if you viewed your rest not as "wasted time," but as a vital part of your devotion to your practice?
- **Listening to the Quiet:** In the silence of winter, what is the one thing your body is asking for right now?

### The Landscape of the Past Year

- **Joy vs. Drain:** List three (or as many as come to mind) things that gave you energy. List things that "cost" you your nourishment (and are therefore not aligned).
- **The Nervous System:** Where did your body feel truly "in balance"—shoulders soft, breath deep, heart steady?
- **Being Seen & Valued:** Who allows you to be your most authentic self? Where do you feel truly heard?

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### Identifying the Obstacles (Ganesha)

- **The Internal Block:** What habits (people-pleasing, "duty," "doing for the sake of doing", self-doubt) are currently blocking your path?
- **Integrating Intuition:** If you let the "rest" fall away, what truth is your intuition is whispering to you today?
- **Managing this practically:** if some of your obstacles cannot be easily surmounted yet, how can you be kind to yourself whilst you find away around them?

### Moving Forward

- **My Practice:** what do I need to balance? A fiery Vinyasa to move stagnant energy, or a Restorative rest to honour the winter?
- **My Anchor:** who or what will carry you through this month ?
- **My joy:** how can I make time for what lights me up and my hearts true desires?