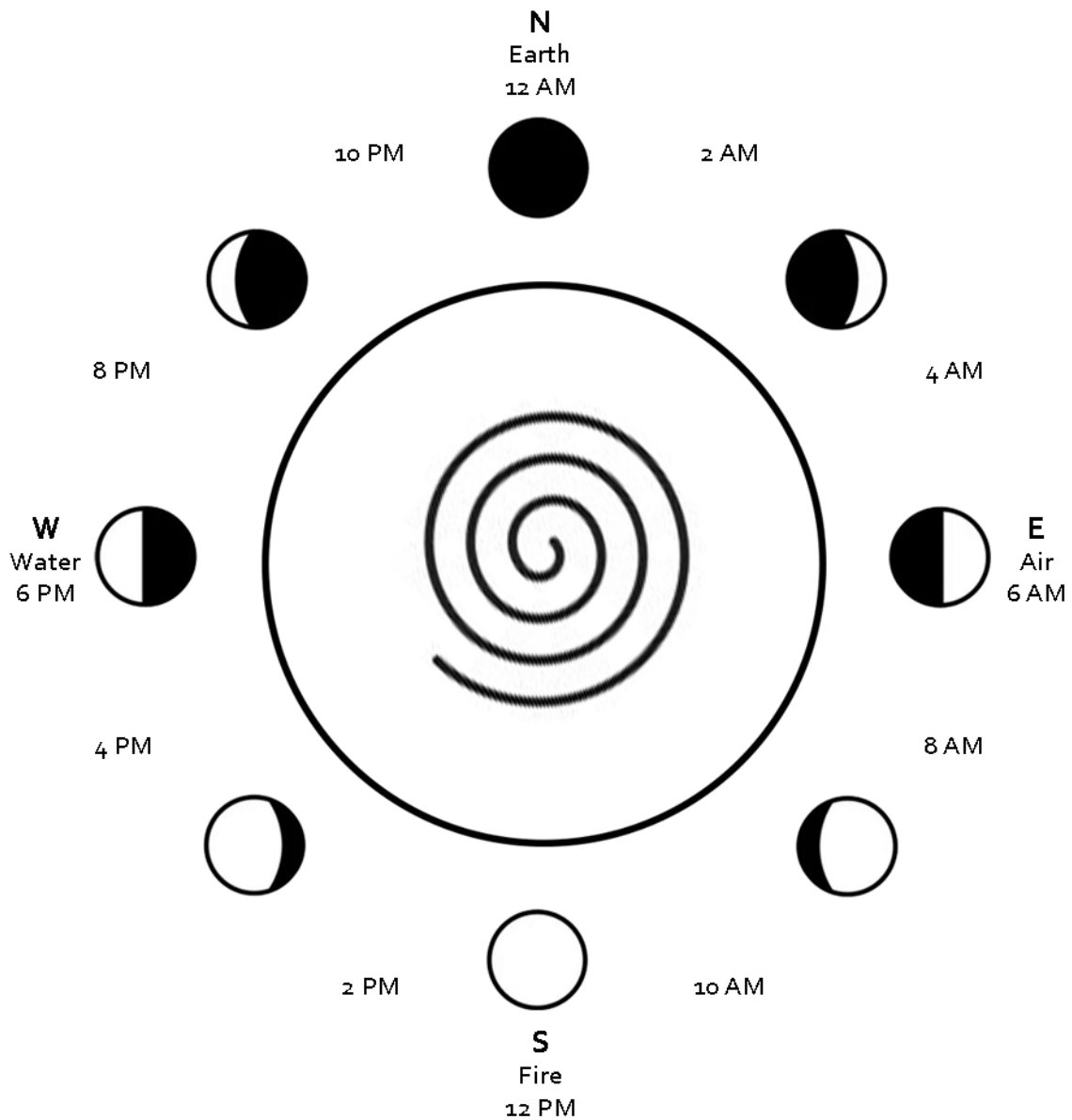




## The Art of Seasonal Living

When we align ourselves with the natural energy of each season we set ourselves up for living our very best life. One in which we know when to plant our seeds and set powerful intentions, when and how to nourish our dreams and set the wheels of manifestation in motion, when to work hard, when to play, and when to honor rest.

The Art of Seasonal Living will guide you through each season with powerful practices that will help you align yourself and life with the cycles of nature. It's the spiral of life, death, rebirth, an opportunity to reimagine, refine, and optimize every year, month and even each day.



To begin practicing The Art of Seasonal Living and your walk through the wheel of the year, connect with the season we're in at this time. Use the cues from Mother Nature described below and the journal prompts and suggestions to align yourself and your life with the seasons.

## Aligning with the Seasons

**Fall** is the dying season. Notice how the trees begin to shed their leaves, the light changes and the days grow shorter. This is the time to begin to prune back and let go. Start to be more discerning about what you say yes to, creating more opportunities for down time and self-care.

Fall corresponds with the west, the element of water, the waning moon, and 6 PM.

- What can you let go of at this time?
- What would feel most nourishing to you?
- Are there any projects or work that you can begin to wrap up before winter?
- Create an evening practice of dimming the lights at sunset, perhaps lighting a candle, burning a blessing herb, and if possible turning your phone off or at least to do not disturb.

**Winter** is the time for deep rest. If we take our cues from Mother Nature we can see that her energy is not outward at this time of year but rather focused inward. The leaves have been shed and all her energy is focused on the roots, the seeds resting in the soil. This is the time of the fertile darkness, the dreaming time, and the void from which all life emerges.

Winter corresponds with the north, the element of Earth, the dark moon, and 12 AM

- What would feel most nourishing to you right now?
- How can you slow down and make more time for resting?
- What can I say no to that would feel like a yes to YOU?
- What seeds would I like to plant this season?

**Spring** is the time of rebirth and renewal. All of nature is beginning to awaken from winter's dream. The days are growing longer, buds are on the trees, and babies are being born. This is the time of year to begin to act on your dreams, set intentions and goals, make plans and begin taking action.

Spring corresponds with the east, the element of air, the waxing moon, and 6 AM.

- What did winter, the fertile darkness reveal?
- What is awakening in you?
- What is inspiring you right now?
- What inspired action can I take right now?

**Summer** is the time of growth, expansion, and maximum expression of energy. The days are at their longest, and nature is in full bloom. This is the best time to work hard, play hard, and spend time in community.

Summer corresponds with the south, the element of fire, and 12 PM

- What's lighting you up right now?
- How can you be most productive this summer?
- Who are your people and how can you spend time together?
- What feel like pure play to you and how can you feed your inner child fun?