



# Midwinter

TEND TO THE ROOTS TO FIND THE SEEDS

# Guided by the rhythm of nature

I firmly believe that we need to find a rhythm to life that allows for more than efficiency, consumption and productivity. A rhythm where expansion, transformation, reflection and rest are more than words but becomes part of our life.

I think that nature and the changes of the seasons serves as the best guide. With more knowledge about and staying closer to Mother

Earth and the rhythm of nature, I am convinced that we can create sustainable lifestyles, for ourselves and the planet.

The changing seasons and shifts in nature affect us all but in different ways. And just like the seasons our needs change. With this guide, I hope you can begin to find your seasonal rhythm.



*Anna Linder*

WINTER SOLSTICE

YULE

NORTHERN HEMISPHERE

December 21st to February 1st

SOUTHERN HEMISPHERE

June 20/21 to July 31st

MIDWINTER SEASON

# Nourishment from within

If we turn our attention to nature at this time of the year, it may seem like nothing is going on - but beneath the surface, nature is preparing for Spring to come.

Deep into the earth seeds rest, seeds that needs to be nourished in order to come to life and bloom. Leaves, fallen branches, dried plants and soil provides a protective layer for hibernating animals and insects.

As humans, we also need to tend to what is deep within us before we create promises, goals and plans for the turns of the wheel of the year.

Just like nature, this is a period to provide ourselves with nourishment, care and strength — from within — before we start on new ideas, activities and projects.

A night sky filled with stars, with dark silhouettes of evergreen trees in the foreground. The text "The longest night" is centered in the sky.

The  
longest  
night

## **WINTER SOLSTICE 21:ST OF DECEMBER**

The darkest day or the longest night — it might be a day you barely endure or it will be a day when you give yourself a pause, light candles and take a moment to go inward.

### **A STANDSTILL**

When you almost have lost faith that the light ever will return, the sun reaches its lowest point and for a couple of days seems to stand still - to begin climbing again as the days grow longer.

Make time for yourself, if only for a moment, to find your way back home into yourself and your body. Pay attention to what you need, do you crave silence, peace and time alone or time spent only with those closest to you, two or four-legged.

If the night brings you a clear sky, wander out and look at the starry sky. The Midwinter night is said to be filled with magic - what wishes do you want to send to the universe?

### **HONOUR THE LIGHT**

The winter solstice marks the darkest day and the longest night of the year. At the same time, it is the point when the wheel of the year turns and the light and life returns.

Lighting candles in all windows, creating an altar with gold and white candles is a simple way to honour and welcome Mother Sun.



# Nourishment

Winter solstice, the darkest day of the year, starts of this period, and in the northern hemisphere

it's the end of December a period marked by family traditions and filled with expectations. It can be a time when we are drained of energy.

Trying to balance everything that pulls us in different directions and at the same time attempt to start new ways around well-being, relationships, career and spare time can feel overwhelming.

Nourishing ourselves can begin with the tiniest steps to awaken curiosity and an inner flame that makes us want to take care of ourselves.

Allow energy and strength be created from within, as the roots of the trees and the core of the seed, growing from what is really truly important to us.

## PERSONALLY

*I have a tendency to spread myself thin and then some, and land in a place of not being able to do anything. So I often need to scale away and scale down and time and time again go back to the basics - eight hours of sleep, food that is good for me food and some form of movement. I easily forget to have a holistic approach to my health and*

**HOW DO YOU TAKE CARE OF YOURSELF PHYSICALLY, MENTALLY, EMOTIONALLY AND SPIRITUALLY?**

**DO YOU FEEL A RESISTANCE TO GIVE YOURSELF CARE AND LOVE? WHY?**





# Explore

What expression has nature, where you live, this time of the year?

You don't need to have access to deep forests, unbroken views or even a garden to explore the rhythm of nature. Just step outside and notice how the air feels against your skin, in your nostrils and how it affects you.

If you have the possibility, find a tree, some shrubs or a small park that you see more or less on a daily basis and pay attention to the shifts and changes.

Add all the senses, the scent of the earth, the colors of the foliage and how the ground feels under your feet.

What signals do you get? How does the energy feel? And does it affect you?

## PERSONALLY

*I dream about the snow filled winters of my childhood, my whole world turned into a special kind of magic and beauty. Now I instead try to find magic by befriending the trees around me. Watching the birch catkins wait for warmth, the evergreen firs and pines and the proud oak that provides the squirrels with winter food.*

**THE CHANGING SEASONS AND SHIFTS IN NATURE AFFECT US ALL BUT IN DIFFERENT WAYS.**

**HOW DO YOU EXPERIENCE THIS TIME WHEN THE LIGHT SLOWLY RETURNS AND A NEW YEAR BEGINS? HOW DO YOU ACT AND REACT?**

#### A QUIET MOMENT

Settle down in a comfortable position somewhere you can be undisturbed. Take a few breaths. Notice where there is tension in your body.

Turn your attention to your feet, create tension in all muscles in your feet and toes - hold this for a few seconds and then release the tension.

Continue with the calf muscle, the whole lower leg, thigh muscle, buttocks, abdomen, chest, shoulders, arms, hands, neck and face.

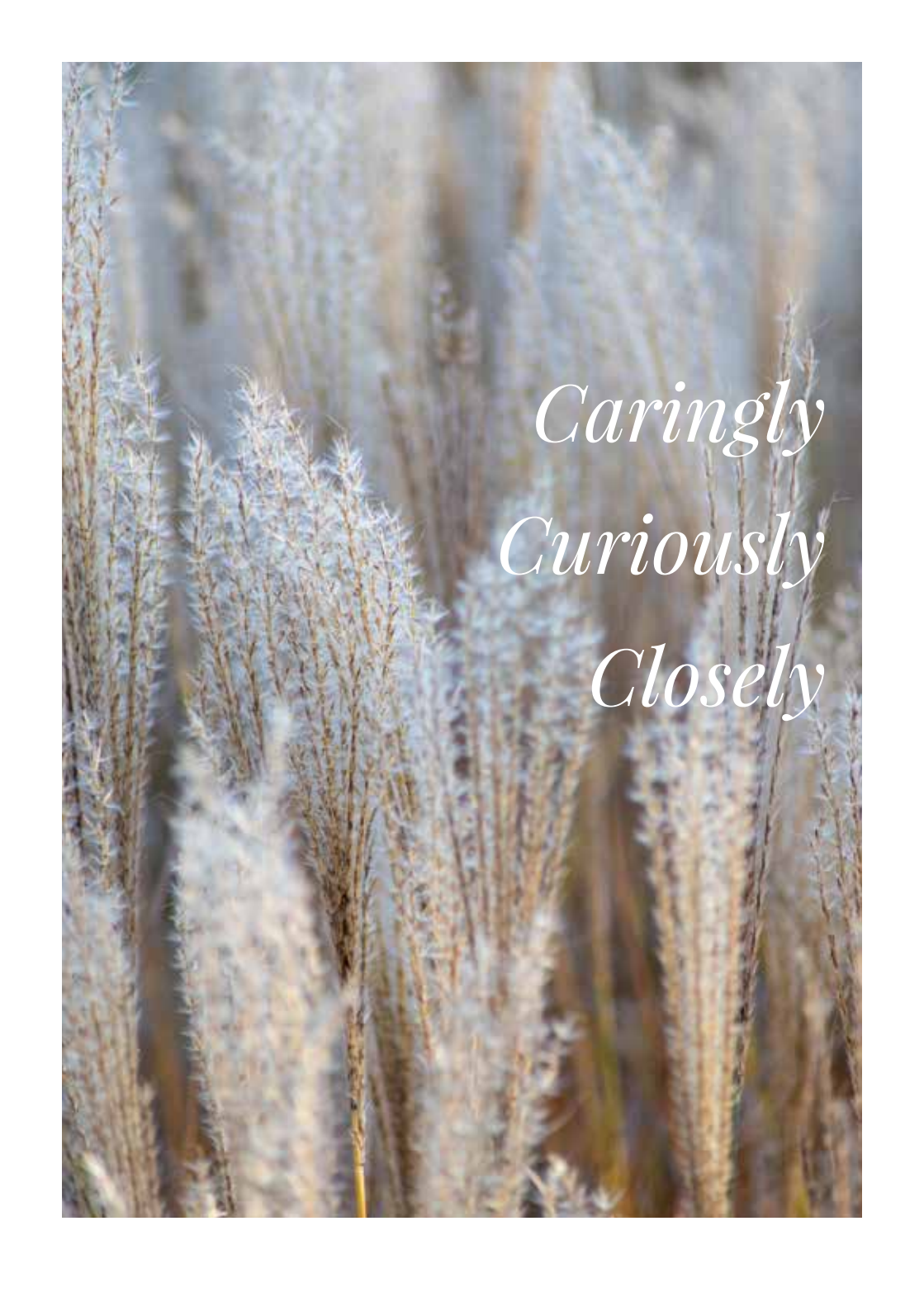
Tighten, keep the tension and relax.

Sometimes it can feel impossible to release the tension, reinforce with words like: release, open, relax.

Take a deep breath and observe if your body feels different than when you began.

*Stay.* Try to be in touch with your body. If you have a hot drink you can wrap your hands around it. Let your eyes wander across the room, out the window. Breathe in. Breathe out.





*Caringly*  
*Curiously*  
*Closely*

### **CARINGLY, CURIOSLY & CLOSELY**

Midwinter is a time to turn inward and provide vitality to new life. As in nature, the seeds within you need to be nourished in order to be able to come to life and bloom.

This is a period when we can create a foundation of fertile soil and become curious about our own life. And to provide ourselves with nourishment, strength and care - from within - before we take the step and show the world what we want, wish and intend to do.

There is not one right way to do this and if you have your own process, stick with it.

If not, the following pages invite you to explore, ponder and discern.

Create your way.

Do it at your pace.

And only if you want to.

**MY BODY LONGS FOR**

**MY HEART AND SOUL WANTS**

**I AM AFRAID OF**

*Caring*

**THIS MAKES ME SMILE**

**THIS FILLS ME WITH ENERGY**

**THIS MAKES ME SAD OR DRAINS ME OF ENERGY**

*Caring*

HOW DO YOU WANT TO SPEND YOUR TIME? WHY?

WHAT DO YOU WANT MORE SPACE FOR? WHY?

*Curious*



WHAT IS REALLY AND TRULY IMPORTANT TO YOU?

*Curious*

**IF YOU TURN BACK TO YOUR ANSWERS ON THE PREVIOUS PAGES - CAN YOU FIND SOMETHING THERE THAT CAN BE A SEED TO DEVELOP? SOMETHING YOU WOULD LIKE TO SEE BECOME A REALITY?**

**DO YOU HAVE OR CAN YOU CREATE PHYSICAL, MENTAL AND EMOTIONAL SPACE TO REALISE IT?**

*Closely*

**HOW WOULD IT FEEL IF YOU BECAME EXTREMELY SELECTIVE WITH WHAT IS IMPORTANT TO YOU?**

*Closely*



Magic

### **DREAM & FIND THE SEEDS**

This is a good time to start dreaming about and find the seeds for this year's garden of your life.

If you are in the northern hemisphere, let Christmas and New Year pass and the calm of January arrive.

- Take a walk and see which trees or plants capture your interest. Take a closer look and see what traces of coming life you can discover in and around them.
- Take care of your indoor plants, what do they need and does that remind you of something you need.
- Let the starry night sky inspire you to dream beyond what you think is possible.
- Make a tea full of flavor and aroma to stimulate your senses. Ginger, honey, cloves, cinnamon, orange peel and star anise create both fragrance and well-being this time of the year.

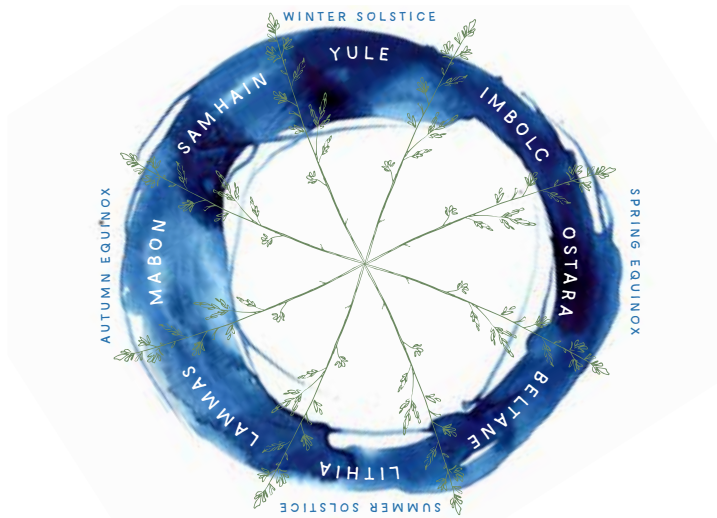


### **TINY SUNS AND WINTER LIGHTS**

To welcome the sun and invite the light can be done in different ways and on several occasions during this period.

It doesn't only serve as a reminder of daylight but also reminds us of our ability to light the flame and the fire within ourselves.

If you are lucky enough to live where there is snow, let the child in you make snow lanterns that light up the winter night or let citrus fruits become small indoor suns.



# The wheel of the year

Winter, spring, summer and fall - seasons we all know but not always think of as a guide that can create rhythm, energy and a balance to life.

If we add four midpoints between the solstices and equinoxes, we get the Wheel of the Year - eight opportunities to pay attention to the changes of the seasons, the rhythm and shifts in nature and a beginning to feel them within ourselves.

## NORTHERN HEMISPHERE

<b>SAMHAIN</b>	October 31–November 1
<b>WINTER SOLSTICE   YULE</b>	December 21/22
<b>IMBOLC</b>	February 2
<b>SPRING EQUINOX   OSTARA</b>	March 19/22
<b>BELTANE</b>	May 1
<b>SUMMER SOLSTICE   LITHIA</b>	June 20/22
<b>LAMMAS</b>	August 1
<b>AUTUMNAL EQUINOX   MABON</b>	September 22/23

## SOUTHERN HEMISPHERE

<b>SAMHAIN</b>	April 30– May 1
<b>WINTER SOLSTICE   YULE</b>	June 20/21
<b>IMBOLC</b>	August 1
<b>SPRING EQUINOX   OSTARA</b>	September 21/22
<b>BELTANE</b>	November 1
<b>SUMMER SOLSTICE   LITHIA</b>	December 20/23
<b>LAMMAS</b>	February 1/2
<b>AUTUMN EQUINOX   MABON</b>	March 20/21

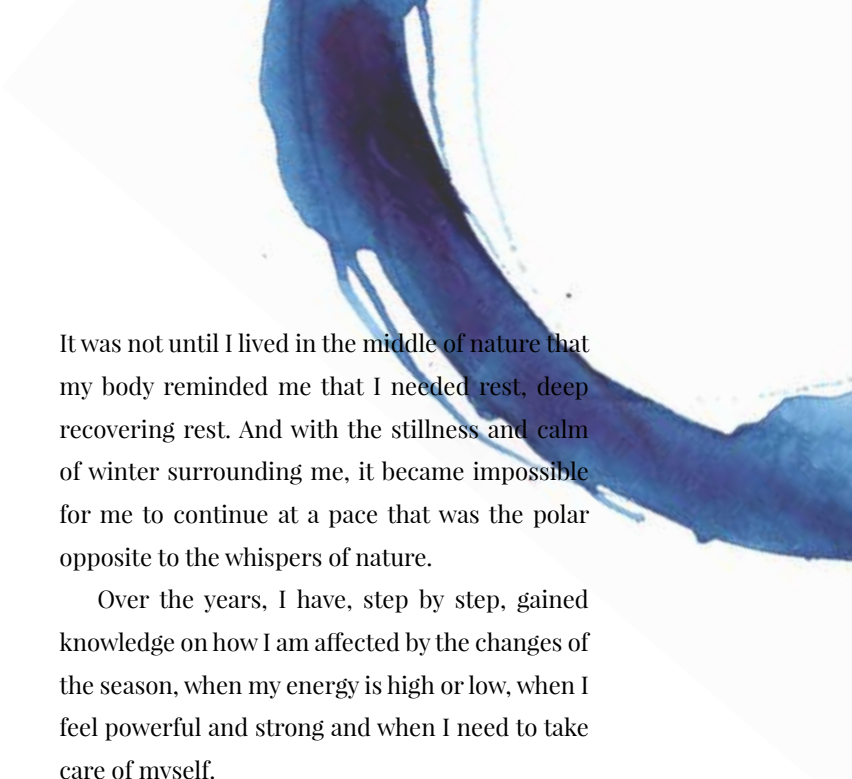
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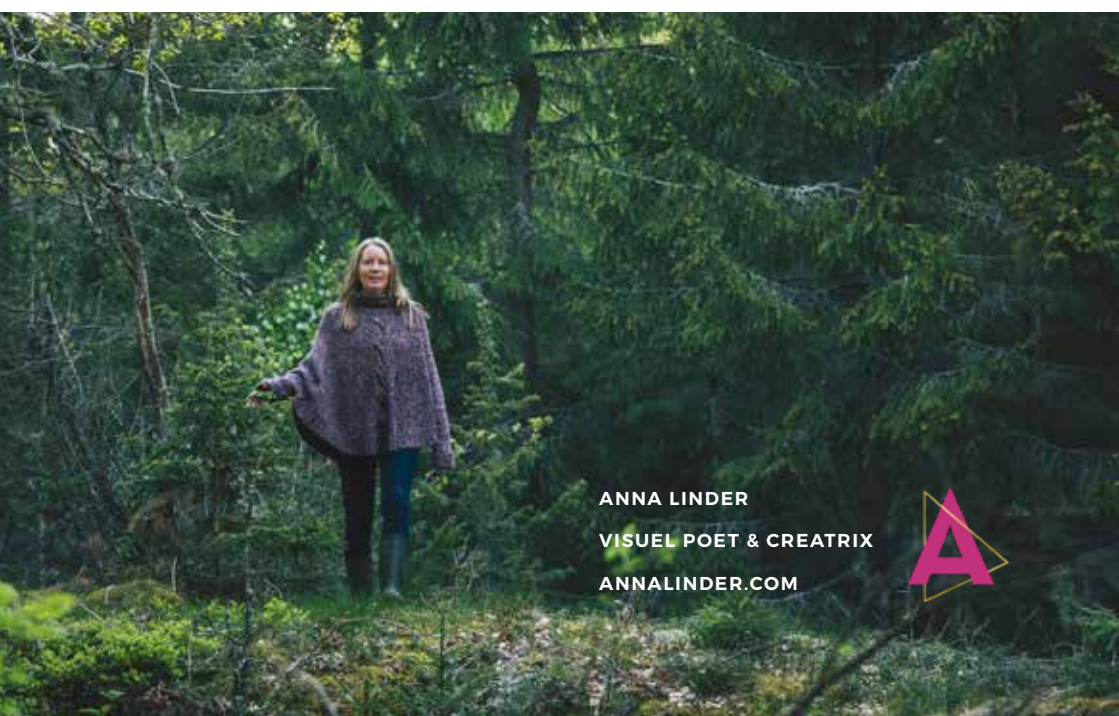
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It was not until I lived in the middle of nature that my body reminded me that I needed rest, deep recovering rest. And with the stillness and calm of winter surrounding me, it became impossible for me to continue at a pace that was the polar opposite to the whispers of nature.

Over the years, I have, step by step, gained knowledge on how I am affected by the changes of the season, when my energy is high or low, when I feel powerful and strong and when I need to take care of myself.

This guide is my attempt to get you started on finding your rhythm.



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