



Imbolc

TO HURRY SLOWLY

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





NORTHERN HEMISPHERE

February 2

SOUTHERN HEMISPHERE

August 1

IMBOLC SEASON

To hurry slowly

We are at the midpoint between winter and spring, a fickle weather period when most of nature's growth evolves underground, waiting for warmth and light.

Depending on where you live, spring can feel both very far away and just around the corner. Someone will have the first warming sunbeams standing against someone else's abundant snowfall.

For us humans, this time can create conflicting emotions, the energy begins to rise at the same time as we feel tired to the bone, impatiently we want to get going and simultaneously wanting to let things stay just as they are.

If we let nature guide us, we can embrace a way of hurry slowly and create space for what grows a little deeper within us.

Welcome the
return of
warmth and light



IMBOLC | FEBRUARY 1ST & 2ND

Imbolc is the Celtic name for Cross-Quarter Day between Winter Solstice and Spring Equinox it is characterized by the literal meaning of the word - in the belly.

In the ground, the seeds start to turn so they can germinate, within us ideas and plans grow. During the Imbolc celebration, we show our longing for spring and welcome the return of warmth and light.

FIRE & WATER

Lighting a fire can be both a symbolic and practical event. After the winter rest, we may need to stoke our inner fire, chase away the darkness and stagnant energy. To gather around an open outdoor fire and celebrate that light has won over darkness is one option. Turning on all the lamps and light candles at home is another.

Water in motion is a clear sign that spring is on its way and also a symbol of purification. Go out in nature and find a stream, river or open water - dip all, or part of you and take note of how it affects your energy.

IDUN & BRIGID

In Nordic tradition, Idun is the bearer of light and spring, in Celtic it is Brigid. Both represent fertility, hope and creativity. Celebrate them by making your own symbols of creativity and fertility.



Create space

In times of transition and change, such as the period between winter and spring, we may feel pressured to get started on everything at once and go from zero to a hundred with endless to-do lists. Maybe both because we want to and because we feel we should.

If we look to nature, we see that everything doesn't unfurl or begin to bloom at the same time. We are also aware that nothing grows strong if it does not get off to a good start. Creating space for new things to emerge is both about clearing out the old and nourishing the new.

And maybe even prune a bit among all the new ideas, projects and musts.

**WHAT'S IN MOST NEED OF NOURISHMENT FOR YOU RIGHT NOW - THE PHYSICAL, MEN-
TAL, EMOTIONAL OR SPIRITUAL?**

DOES ANY PART OF YOUR LIFE OR YOU NEED MORE TIME TO REST?



Explore

How does nature appear where you are right now? What is happening in the nature around you at this time of year? What can you see with the naked eye, and what can you sense?

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.

Paying attention to the changes in one specific place over time is another way to begin to approach the rhythm of nature.

Add all the senses, the scent of the earth, the colours and how the ground feels beneath your feet.

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

PERSONALLY

It fascinates me how plants have the power to emerge through the snow and let their buds be nourished by the light that is available this time of year. The longing for light is strong, and we northerners are known for defying the cold to enjoy the first warming rays of the sun. The first cup of coffee outdoors – pure bliss!

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

HOW DO YOU EXPERIENCE THIS TIME BETWEEN WINTER AND SPRING, A BEGINNING

AND AN END AND NEW ENERGY? HOW DO YOU ACT AND REACT?



COMING TO LIFE

This time of the year, media is filled with guides on what we should do to detox, become energy-filled and happy. Just the thought of getting started can be overwhelming. So make it simple and do the small things.

- Dance - two minutes of crazy dancing can uplift the mood.
- Turn on your favourite song and sing at the top of your lungs.

- Spice up your food - it increases circulation.
- Drink water - yes the constant advice, but it makes a difference.
- Add colour - spring flowers adds both colour and fragrance.
- Inhale. Exhale.

To breathe even more life into ourselves and our homes, open all windows and let new air refresh our rooms and lungs.



*Insights
Space
Vitality*

INSIGHTS, SPACE AND VITALITY

Flighty and hesitant and at the same time resolute and stable – nature knows where it is heading but this wintry springtime may feel a little ambivalent to us.

The yearning to see our seeds, literal or figurative, germinate and sprout is huge, and to hurry slowly is perhaps the last thing we want. If we let this period be filled by slowly creating insight, space and vitality for our dreams and ideas, I am convinced that it will give us an energy as strong as Spring itself.

There is no 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.

DO YOU LIKE TO BEGINNINGS OR ENDINGS?

DOES IT FEEL EASY OR DIFFICULT FOR YOU TO ASK FOR HELP?

Insights

WHEN ARE YOU MOST MINDFULLY PRESENT?

MUST & SHOULD OR NEED & WANT?

Insights

IS THERE AN ASPECT OF YOUR LIFE THAT NEEDS MORE OF YOUR ATTENTION?

WHAT MUNDANE TASKS DO YOU TEND TO PUT TO THE SIDELINES?

**WHAT EVERYDAY ROUTINES DO YOU WANT MORE ORGANIZED? HOW LONG WOULD IT
TAKE TO GET THERE?**

**WHICH EVERYDAY TASKS TAKE UP MORE THINKING TIME THAN THEY ACTUALLY TAKE TO
COMPLETE?**

Space

WHAT DO YOU NEED TO BE ABLE TO GO FROM IDEA & PLANNING TO PRACTICAL ACTION?

WHAT DO YOU NEED TO BE ABLE TO CONCENTRATE AND BE PRESENT?

WHAT DO YOU NEED TO BE ABLE TO CREATE EMOTIONAL POWER AND WILLPOWER?

WHAT DO YOU NEED TO BE ABLE HEAR YOUR INNER VOICE AND TRUST YOUR INTUITION?

Vitality



Magic

THE FOUR ELEMENTS

When we shift from one season to another, we can feel out of alignment with the energy around us. To balance your energies may sound complex, a simple way is to use the four elements that are naturally present in, and around us.

Where or what do you feel stuck in? Which element do you instinctively feel has taken over or needs replenishment?



EARTH | THE SOLID ELEMENT

Stability, grounded, firm, security
Moves slow and steady.

When you need patience and gradual development.

Being: practical, reliable, determined, tenacious, sensual, hard-working

Connected to our physical body, the ground beneath us and the fertile soil.

FIRE | THE ACTION ELEMENT

Activity, change, enthusiasm, vitality.
Moves rapidly.

When you need creativity, action, to make things happen.

Being: self-confident, passionate, impulsive, outgoing, vigorous, courageous.

Connected to our life force, fire, a burning flame and the power within.

AIR | THE ELUSIVE ELEMENT

Light, adaptable, flexible, instable
Moves quickly.

When you need movement, rapid change, mental activity, ideas, interaction

Being: friendly, curious, adaptable, idealistic, talkative, imaginative.

Connected to our mind, the wind and our breath.

WATER | THE MOVEMENT ELEMENT

Purifying, healing, nurture, intuition.
Moves changeable.

When you need change, stimulation, movement, womb connection.

Being: emotional, sensitive, intuitive, imaginative, compassionate.

Connected to our emotions and all sources of water – open and contained.



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

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

SOUTHERN HEMISPHERE

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

Content

GUIDED BY THE RHYTHM OF NATURE	2
IMBOLC	3
WELCOME THE RETURN OF AND LIGHT	4
CREATE SPACE.....	6
EXPLORE	8
INSIGHTS.....	14
SPACE	16
VITALITY	18
MAGIC	20
THE WHEEL OF THE YEAR.....	22

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It was not until I lived in the middle of nature that my body reminded me that I needed balance, deep recovering balance. And with the season between winter and spring surrounding me, it became impossible for me to continue in a way 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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