

Hey friends! It is so good to be with you again! I pray that your exploration of fall was fruitful and that you are looking forward to further discovering the wonder and power of winter, our Season of Sanctuary. As I wrote in my book, I would argue that winter may be the most difficult season of life to fully embrace in our society. In a culture that thrives on production, output, and high-energy, the critical practices associated with winter—intimacy, rest, and security—can often be perceived as wasteful, unproductive, lazy, or even self-indulgent. But, I learned that couldn't be further from the truth. Winter is ripe with life-giving, life-sustaining significance, as I write in the book, "it is the time and space between the harvest and the becoming." To have a vibrant spring, we must first experience the winter, and if we continue to try to bulldoze or bypass this season, we are going to find ourselves stalled out and shortchanged.

For this season's Book Club activities, we're sharing another delicious and nourishing macros recipe provided by the incredible Chelsea Jones of Chiseled by Chels and have a playlist of beautifully crafted piano ambiance music composed by my friend and songwriter of a Grammy-nominated hit, Cynthia Jordan, to support our efforts in activating our parasympathetic nervous systems. Wishing you all the best as you explore the magic of winter. See you next time!