

MEDITATIONS FOR THE WINTER SEASON

Each season of the year offers us the opportunity to notice how our lives might be mimicking the natural cycles of life and nature. Winter is a time when things go into a period of rest, hibernation and rejuvenation. It can be a time for reflection, rest and taking stock. The following is an offering of meditation ideas for this season. Not every question will apply and perhaps others will come to mind. Set aside about 20 minutes of silence for each meditation exercise below. Journaling your experience afterwards if that seems appropriate. Enjoy!

Quiet Reflection

Notice the sounds and senses of winter. I invite you to quiet your mind and reflect of the following. Can you hear the wind blowing? Notice the soft, muffled sound that snow creates. Can you find comfort in coming in from the cold? What emotions are stirred as your fingers or face begin to warm when you enter your home after being outside? How does the softness of a favorite sweater or blanket make you feel?

Rest and Recovery

Use the harshness of season to your advantage. Instead of dreading an upcoming storm and the possibility of being stuck at home, make it a day of rest and recovery. When you hear a forecast for strong and unusual weather, make it your spiritual practice of the day to see it as an opportunity to recover from the hectic pace of life. Relish the fact that you must stay inside and slow down.

Snuggle up in a favorite comfy outfit. Cozy up to a fire or light some candles. See if reframing the situation makes a difference in your experience. Revel in the cold for giving you a chance to savor the peace and recovery from the busyness of the world.

Taking Stock

Use this time to take stock of the year that has passed. Winter is about storing and preserving; remembering what you have learned and appreciating what you have. Recall to mind the things you have learned, accomplished or are grateful for this season. Contemplate areas of your life that could be improved. Are you burdened by any unforgiveness or harboring bitterness towards anyone? Imagine your life if these obstacles were removed. What steps can you take to lighten your load?

