The background of the entire page is a stylized illustration of pine trees. The trees are depicted with dark brown trunks and branches, and their needles are represented by fine, dark lines. The scene is filled with numerous small, light blue and white dots, which represent snowflakes or a snowy atmosphere. The overall color palette is dominated by various shades of blue and white, creating a serene and wintry feel.

*Coming to Peace
with the Winter*

By Caroline Mary
Open Lotus Living

Coming to Peace with Winter

Why Coming to Peace with Winter?

For a long time in my life winter was a dreaded, cold lonely time. When I had a partner, I'd look forwards to the build up to Christmas, time with family, and time to snuggle down, get cosy and watch a film.

But there were times when I dreaded the long dark nights, I felt isolated and alone, and really detested being alone. I smoked spliff after spliff, and nothing took me away from a longing for the summer months.

At some point, as is often the case, I pondered what it actually was that caused me, and so many others I knew, to detest winter, and the AHA came like a tonne of bricks:

In the summer, there was always a party, a festival, some jolly event to go to, dance and make merry.

And of course, in the winter, the parties died down, people gathered together with their close family, and you were lucky if you saw them again before New Year, and then, May day later on in the spring.

What I didn't realise is that we can use this quieter time to reflect, rest, recuperate and let go of things from the year, before heading into the New Year recharged and ready for a great year ahead.

When I started delving even deeper, of course there were more aspects: this was a time that reminded me of long school days, my University days which were lonely at times, and the dread of being alone at any time of the year, let alone winter.

I simply didn't have enough tools in the past to acknowledge and feel the latent emotions buried in my subconscious, or the courage to acknowledge them!

This PDF is an invitation for you to delve into any feelings and beliefs about winter and a change to reframe your story and enjoy winter!

Your ideal winter

For some time in my life I was quite in denial about things that I enjoyed, with many layers of religious and societal “shoulds“ that came through. Add to that my divorced parents and you start to push away any thoughts of a happy festive period.

However, when we acknowledge what we’d LIKE to experience, we can set the wheels in motion to make it happen. When we’re in denial, stuck with big emotions, or limiting beliefs, we don’t even start to dream.

My ideal winter does include a lovely festive period, but it also involves winter walks, hot chocolate, cosy writing days, zoom calls with friends and clients, and lots of other activities that mean that my life doesn’t stop because winter has come along I just have different activities that I enjoy, *and* I no longer carry so many old feelings that rear up at this time of year.

What does your ideal winter look like? Explore below what your best winter would look like, with a money-is-no-object mindset:

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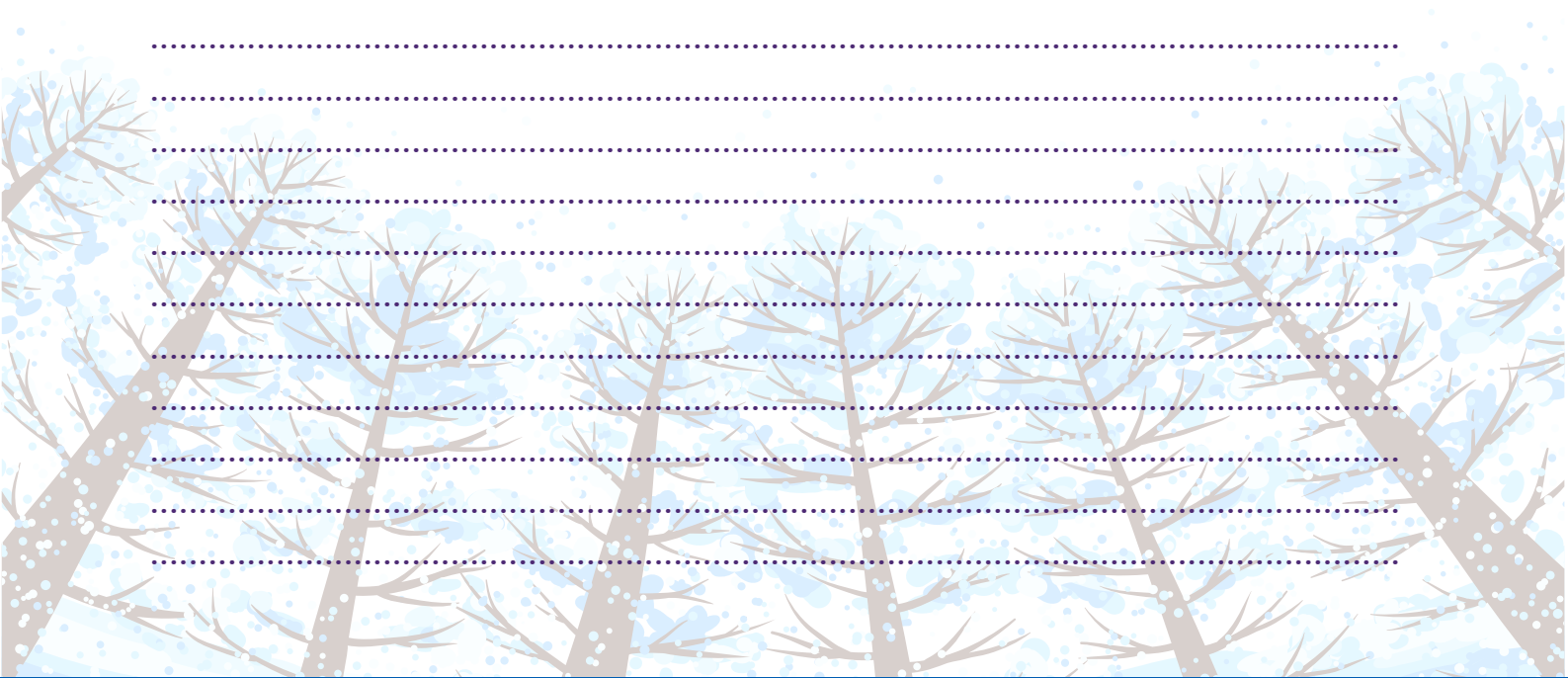
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Coming to Peace with Winter

What holds you back?

Now you have an idea of what you'd like to experience, let's explore what holds you back from letting that be your new experience of winter.

If you're anything like me, you may have lots of feelings and you're not sure why, or you may feel like you don't have enough money to enjoy the life you'd like. You may even feel worthless and a sense of shame, and you can't be around people. I've experienced all of these feelings, and yet, I know in my heart of hearts, they are wisps of energy, aspects of my consciousness, and not my WHOLE consciousness.

Let's take some time to explore these aspects and the things that might hold you back:

1. What do you believe about winter-time that feels challenging???

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2. What feelings do you have around winter that feel challenging?

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3. What conflicts do you have around winter that keep you feeling stuck?

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Hopefully you've had some AHA moments to understand how things that happened in the past have led to feeling resistance to the winter months. Use your journal to explore these questions more if you feel to.

Moving forwards

You've got your dream winter, you've seen what may have led you to feel resistance to winter, old memories, feelings, judgements or beliefs. And you've got some things that you're grateful about winter for.

Now let's look at some simple steps to move forwards in your life to really enjoy the winter months, and make the most out of those cosy quiet evenings, restfulness, checking in with what you might let go this year.

1. What small steps can you make to enjoy the winter at home?

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2. What small steps can you take towards enjoying the winter outdoors?

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3. What small steps can you take towards enjoying your family time, friendship groups or community during the winter time?

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Some of the things I've changed in winter, are making the most of down time for baths, nature walks, writing, realigning my life ready for the new year, and enjoying making Christmas food to share

Coming to Peace with Winter

Thank you for joining me!

Well done for getting this far. I hope you've enjoyed the PDF, and wish you so much love towards a changing outlook for winter.

I know that a small PDF may not shift everything for you, but I do know this, once we are aware of some of the challenges we've faced, we make space for new experiences to open up, and this PDF may be the first step towards change for you.



If you'd like additional support, please do reach out to me on the website www.openlotusliving.com. It's my passion to hold space for people to move through challenges and Come to Peace.

*So much love, and so many blessings,
Caroline Mary xx*