

Winter Season of Waiting

Winter is a lesson, the fine art of loss and growth. Its lesson is clear: there is only one way out of struggle and that is by going into its darkness, waiting for the light and being open to new growth. Joan Chittister

In the winter, the heart beat of the land slows to alpha pace. As the days of light get shorter there is an invitation to an unhurried pace in the circle of life. The barren branches are hushed. Hibernating creatures snuggle in their protective homes and seeds of all sorts bow their heads to the soils quietness. Nature accepts the great change. Nature has been busy producing. It is time to slow down and rest. Without this rest, soil wears out and loses its nutrients. All of creation needs some time to pause and have its spent energy renewed. So do humans. Winter offers this gift of essential renewal. Winter holds a beauty all of its own. It is less busy and more reflective, offering space to snuggle close to loved ones, read a good book. *Rest, digest, recover, pause, reflect.*

Winter is the season of waiting. It requires great trust and a willingness to believe that this angst will not last forever. There is quiet growth taking place, branches with terminal buds secretly grow everyday. In the soil, flower bulbs are strengthening for their future journey upwards towards the sun.

In the human heart, the silent seeds of confidence are prepared for amazing new growth.