

From December 21st (Winter Solstice) until February 2nd (Midwinter), we are in the energy of the **deep void**. Everything has slowed down in the natural world. Plants and animals hibernate. Here in the northeast, snow is blanketing the frozen ground. It's a time for stillness and quiet reflection.

We begin our Sacred Year by honoring and aligning with the stillness of the deep void. However busy we may be on the outside, there is a still point within us. It takes only a moment to acknowledge and honor it.

Find a quiet place to sit. Close your eyes. Take one deep, slow breath. Repeat to yourself:

"Stillness lies within.

Today I can be still."