

Winter lays bare the naked branches, allowing us to see the shape and structure of things. In winter, everything is stripped down to its essence. Sometimes, winter comes to the heart. The heart feels shut-in, cut-off, cold and numb. It feels heavy, like branches weighed down with snow and ice.

Winter in the heart reveals the brambles and crooked branches that have choked our ability to give and receive love. It shows us where we need to let go, so that space can be made for something new.

Today, place your hand upon your heart. Look within and see where there are old, crooked branches in need of pruning. You placed these protections there because you needed them at the time. You're stronger now. Ask your heart what it's ready to let go of.

Take a deep breath and say to yourself,

**"It's safe for me to be vulnerable."**