

Acknowledgement of Country 9 acknowledge the traditional custodians of the land that 9 create this offering of Wisdom of the Seasons' on, the Waduwrung people and all the custodians of the lands that you receive this from. 9 would like to acknowledge the wisdom that first nation people hold of the land and the Earth.



#### What is the wisdom of the seasons?

Cycles are all around us, through the seasons, the moon, menstruation cycles, birth and death. This cyclical nature is our natural way of being here on Earth. Much of seasonal wisdom has been lost in much of our linear western societies. Introducing seasonal wisdom into your life and the offerings you are bringing to the world can deepen your experience of life and can make your offerings more powerful. This is taster for you to explore how the seasons and the energies that go with them might help inform our offerings, whether that be a workshop, project, event etc or just your day to day life. These worksheets will introduce you to some of the concepts I have found incredibly helpful for my work.

Treat this e-book as a starter guide to bringing cyclical wisdom into your life. The world around you holds medicine that can help guide and shape your life and your offering. There is so much wisdom there when you open to the messages and energies waiting for you.

Listening to the intelligence of the world around you is one of the eight principals of the Earth-Centred Leadership Principles that I have developed.



## What is the wisdom of the seasons?

The purpose of this e-book is to provide you with considerations that you might want to explore for yourself and any offering you might be working with or wishing to create. The sections below are interpretations of the seasons and energies that they bring. This is my interpretations and learnings of powerful ways that I apply the wisdom available. I invite you to create your own insights and take away what resonates within your body. You many have your own understandings and inspiration from the seasons that you can integrate into what is shared, this is encouraged. You will know what resonates most for you and you should honour that. I trust that you will take from this e-book what is most serving for you for where you are at in this point in your journey. I believe the more we are in communion with the cyclical nature of the world the more we will move away from the destructive patterns and linear societies that many of us have grown up in.

I share this to encourage people to look to the wild world within them and outside of them for wisdom and guidance. I share this in hope it might deepen people's relationship with nature (the more than human world). Perhaps through this process people might come to a deeper understanding that they are part of nature and not separate to it. The seasons and connecting into cyclical living is a gateway back to connection and our profound role in the larger web of life.

What a different world we would live in if we moved in sync with the world around us. Would we be facing the same issues such as climate change if we moved with the Earth?





### Who am I to be offering this to you?

I am Karina Donkers I have created my own business that focuses on returning people to a state of connection with the Earth and themselves in order to inspire soulful change making. I have a Bachelor of Social Work specialising in community development, mental health, women's rights and environmental change, amongst other trainings. Since working in the field I have broadened my focus to include deep nature connection and deep ecology. I have been working in the climate and environmental change sector for over 15 years working in various levels of change. Over the past 12 years I have run a range of events and offerings including workshops, conferences, summits, music gigs, markets, mini festivals, online courses, retreats, campaigns etc. Moving with and understanding the seasons and cycles has been a very healing journey for me. Over this time I have embedded more learnings from the cycles and seasons that I believe have greatly benefitted my offerings.

Thank you for joining the wisdom of the cycles.

If you wish to explore deeper into my work here please explore them here:

Email: karinacdonkers@gmail.com Website: www.karinadonkers.com Instagram: @karinadonkers





## Spring in the wisdom of the seasons.

New growth
Beginnings
Rebirth/life
Emergence of life
New ideas
Possibilities
Fresh start
Fertility

Spring is the magic you feel when you stand outside and feel the aliveness in the world around you and the air holding potential. Spring is the feeling of your chest opening and expanding to love, potential and realising the brilliance of the possibilities in front of you. Spring is the sound of laughter of children playing outside, it is the song of creation held in the wind as it dances around you, it is the emergence of light from the dark, it is the new life springing from the great mystery and it is the promise of the new beginnings that come after endings.

Spring is the time of growth and preparation. It is the new beginnings, the opportunity for growth and expansion in your inner and outer worlds. Welcome in the energy of spring as it holds an array of possibilities and the emergence of beauty.



## Inspired wisdom from spring:

#### **Sowing your seeds**

Spring can support you by reminding you to be intentional about the seeds you are sowing and the energy you are putting into growth in your life and in your offering. Spring is an invitation to become aware of the seeds that are wanting to grow into the world. Take a moment to listen to what you are being asked to create for yourself and the world.

What is being asked of you to create or grow in the world?

What does it look and feel like?

What energy and time does it require to grow to its fullest potential?

Are you planting these seeds?

Look around at what seeds you are sowing in your life. Are they reflecting what you are trying to create? If not how could you become more intentional about what you are creating in your life.

If you have a pre-established project, this season is the time of growth and expansion.



## Inspired wisdom from spring:

#### **Growth in your offering**

This is the season of your offering where much of your energy is going into the growth or preparation. This is where you are developing and creative energy is flowing with ease.

Creativity is not just for those born with the stereotypical skills of painting, singing etc, creativity is much broader than that. Creativity is an energy that can be alive in all areas of life. It is alive when you bring a different approach to an old issue. It is alive in the moments of brainstorming and in the moments of brilliant ideas dropping into your world.

How is creativity present in your offering?

What part of your offering or idea needs more creative flow?

#### Identifying what needs more energy, time and love:

Spring is also the time when seeds grow into plants or they do not. This is a great time to inspect whether or not certain seeds are growing. If they are not growing take a moment to explore why this might be. It is because they are not receiving enough love and attention or perhaps it is not the time for that to grow? In this Spring it can become apparent what it supposed to make its way to full bloom and what is not. Not all the seeds you sow in your life will come into fruition and this may be due to it not being the right conditions or time for them to grow. There is no shame in this, there will often be elements of offerings or life that aren't ready to come into fruition just yet. This can be due to timing or due to the fertility of an idea. The other reason your offering may not be growing is if the seed of your offering is not receiving the energy and attention it requires. If this is the case it is important that you cultivate awareness to notice this occurring, giving you the opportunity to give more love and energy to the areas are calling for attention and provide it to them.



## Bringing new life force into your offering:

Spring could be an opportunity in your life or your offering to identify what could use some fresh and renewed energy. Perhaps you have been doing the same offering for some time and it has become a bit stale or you have lost the vest to give it your time and enthusiasm. That's ok! Let's get re-inspired!

Life always finds a way, take some time out to be inspired by the world around you, the new cycles beginning everywhere. What brings you inspiration? How could you bring that fresh energy into your preexisting offering? What narrative might you need to shift to be re-inspired?

## Personal reflection of your Spring.

As mentioned previously, spring is about growth, change and the emerging. As ever changing beings we are also in a constant state of growth and change. Self-development, self-growth and being in a state of learning are also threads that can be found in Spring.

What areas do you need to personally grow in to be able to show up more fully in the work you are here to do?

What education or skill could you develop to strengthen yourself and your offering?



## A larger/broader perspective:

Spring energy in your offerings can also be seen as life trying to express itself through you. This season can be an opportunity for you to open to new ways of being and to allow for new things to birth into the world through you.

Viewing your offerings as an expression of life moving through you can be a supportive perspective to have. This mainframe can make it easier to navigate the fear that often arises when you try something new. When you view your birthing of offerings as life expressing itself through you it helps to remove the ego and the inner critics hold on the situation. What fear do you come across when you are bringing a new idea or offering into the world? Could viewing this as 'life and the Earth' expressing itself through you be supportive when coming across these inner critic blocks and fear moments?

I believe as humanity we have been amidst of a long and dark winter that has held many challenges and learnings for us. I believe that this is the opportunity for new beginnings to consciously and intentionally choose the life and world we wish to create. Spring holds the energy of potential and within potential there is the codes of hope.

Spring is the celebration of life, so then becomes the question how will you be a part of creating the celebration of life?

How do you wish to be a part of the larger story of life?



## Journal and reflection questions

Listen to the wisdom of the energy of spring, what is it trying to communicate to you?

What could you learn from the lessons that are held within the season of spring?

What in your life requires more attention?

What is pulling for your attention?

What is your inner child wanting at this time?

What are your intentions of creation and growth?

Look around and see what opportunities or possibilities are being presented to you at this moment?

What is searching for your attention and is asking to be birthed into the world?

What joy and play are you allowing your project at this time?

What steps and actions need to be taken to make this offering successful?



## Journal about your offering:

What is not growing in your offering?

What in your offering needs you to tend to it?

What nourishment is needed in order for it to grow?

What would you like to grow into?

What part of you wishes to grow and develop?

What education or tools do you feel would be good to develop for your life journey and for your offering?

What skills would support you more in bring about a successful offering?

In your personal life what has been somethings that you have been wanted to learn or develop?

What has been in the way of you pursuing this?

Can you work better with this?

What areas of your life need renewed energy?



## Ritual to connect to the energy of spring-

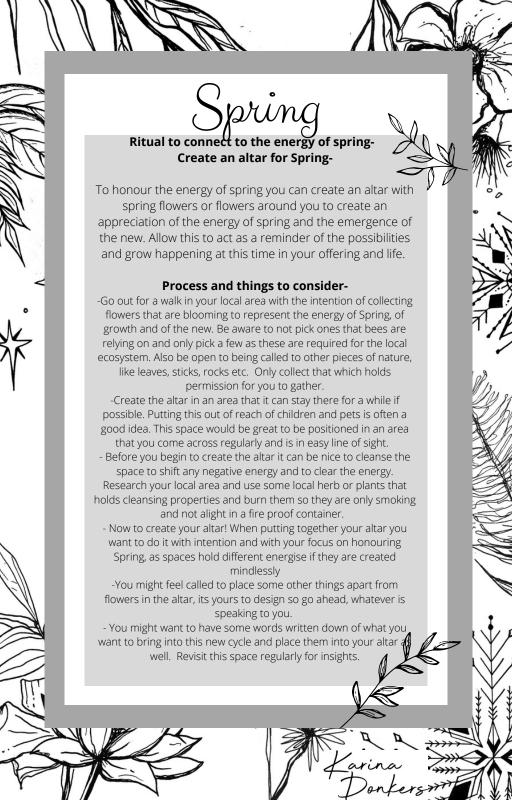
Rituals are a beautiful way to connect into the energies held within the different seasons. Rituals bring form to the formless allowing for you to grow closer to the wisdom that is held there.

#### Watch the sunrise

Make a commitment to yourself to wake up for sunrise and watch the sunrise in a beautiful location that you have access to. That may be at the local park or at the vastness of the ocean. Take some time and be present and deeply witness the start of the new day. Witness the profound renewal happening in front of you, the start of a new day, the start of a new cycle. Watching this beautiful new beginning unfold, and invite in the fresh and expansive energy of the new into your life and offerings. There are opportunities that lie within every day.

Make an intention of how you want to show up in that day, how you want to feel and what energy you wish to bring to your day. What do you hope your day to be and feel like? What intention would you like to hold near to your heart as you set out on a new beginning.

Your intention for the day:





#### **Mantras**

As in nature, as within me. As spring has new beginnings as do l.

I am have infinite possibilities within me.

I welcome in the change with gratitude.

I am ready to bloom my full self into the world.

Everything that is meant to be is emerging and growing in my life.

I trust my growth and development.

My offering is powerful and in service to a great whole.

I wake up each day renewed.

I nourish that which requires my attention and energy.

My energy is replenished by nature.

I learn and grow with ease.

Make your own mantra for Spring:





#### Summer

Adventure
Fun
Playful
Doing
Active
Full
Sensual/Sexual
Expressive
Movement

Summer is the season of the flourishing, the playful and of movement. Summer is when life is in its fullest expression, the energy that lights up the world.

Energised

Summer is when the fruits of your work get to be witnessed in the world. Summer is the opportunity to be seen, to express and to expand.

Summer is the 'doing' energy, where the world becomes active. Aliveness is all around you in Summer, an expression of life. Summer brings energy and activity to the world. Summer is a time to look around and marvel at the beauty of the life that you live.



#### Summer in the wisdom of the seasons.

Summer is when you can drop further into the pleasures of this earthly existence that you dance with everyday.

Summer holds the energy of celebration and festivity.

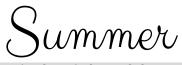
Summer is the time for rejoicing and celebrating this life you have been gifted.

This season is where you will witness the peak of your offering. This season represents when your offering will be launched or be activated in its fullest in some way. Through this season your offering will be in full flight and the impacts of your offering will be seen and felt. This is when you get to witness the impact of your work and can be present with your offerings expression. In this season you can be inspired by the sacred fire of the sun to fuel your offering and give it more vitality and life at its peak.

Summer is the season where you get to delve into the pleasure of your offering as your hard work an energy and preparation of the other seasons are coming to fruition.

What is your offering in its fullest expression?

Offerings often take on a life of their own in this season. By this point you will have done the preparation and work to build up it up to this point. This is the time to give your offering one big last injection of energy to get it to its peak expression. This might come in a form of a launch, running of an event or just the peak curve of your offering. After doing this you step back and allow it to become its own expression and for the impacts of it land where they may. You hold the frame of your offering as its expresses itself and fruits into the world around you.



Summer in the wisdom of the seasons.

## Bringing pleasure into your work

A major theme of the season of summer is play, pleasure and joy. Summer can act as a reminder of the importance of pleasure and enjoyment in life. Your offering should not just be hard work, yes commitment and work are required but it is important that there is a balance. Try and develop a healthy balance between the serious work and the play and joy. Joy and play are parts of life, actually an essential part of the human spirit. I don't know about you but I want my offerings to hold the energy of human spirit in it. This is what people will connect to, this is what will move or impact people.

You can have two of the exact same offerings but one will have the integration and energy of play, joy and human spirit in it and the other doesn't. Most of the time the successful one will be the one with pleasure and play integrated into it over the one without these elements. You can see the importance of this energy in the world around you as you can witness many animals playing and learning through play. This is how many of us discover and learn the world around us, through curiosity and play. In our current structures in society we have been led to believe that 'play' needs to be seperate to 'work' instead of integrated approach. I would invite you to challenge this concept.



# Summer in the wisdom of the seasons. Bringing pleasure into your work continued...

Play and joy are energies that are regenerative, by experiencing them in your work they can often create more energy. This additional energy and enthusiasm is serving towards continuing to create the outcomes for your project. Chronic stress is not a regenerative energy, it sucks energy out of environments. Joy, play and pleasure are powerful energies to bring to your work as they are not only enjoyable but often provide spaciousness for more creativity and flow to occur. Many people are now working with the understanding that pleasure is a gateway to the divine and a way to tap into our ability to create, manifest and work with the magic of the universal energy.

People are attracted to play, happiness, joy and connection so the more you can integrate this within your offerings the more people will be attracted to it. What could you learn from the energy of play for integrating into your offering?

The same applies when working in team environment. You will get better results in a team environment if there is a balance between hard work and play and connection. Play and pleasure support peoples wellbeing and therefore have huge impacts on productivity and team connection. This has been shown to profoundly impact the quality of work people produce.

One of the key gifts and elements of life is play and pleasure, do not forget that when you are birthing things into the world.



Summer in the wisdom of the seasons.

## Your personal expression and the expression of your offering:

As the season of full expression, this is a great seaon to explore some of the different elements on how that expression lands. Sunflowers and roses are both beautiful flowers but are very very different and often hold different meanings, messages and impacts.

# Below are some key considerations about the expression of your offering:

What is the core message or narrative of your offering?

How are you communicating these to people?

How do you wish people to receive your offering?

What is the one or two takeaways you wish for people to receive from interacting or experiencing your offering?

How do you want people to feel when they interact with your offering? How do you want to feel when you are launching your offering?



## Journal and reflection questions for Summer:

What is your relationship with play and pleasure?

How have you witnessed the power of the regenerative energy of pleasure and play?

Do you place value in pleasure and play?

Do you allow space for much play and joy in the development of your offering?

What type of pleasure and play could you integrate into your work?

How would your offering look different if you were to intergrate more play and enjoyment into it?

Do you take time out to be present to the pleasures of life?

What wants to be expressed?

Do you prevent yourself from expressing anything? If so what do you not allow space for?

Do you give yourself permission to fully express yourself? How could you lean more fully into this?



## Journal and reflection questions for Summer

What do you need to do to launch your offering?

What energy and power do you need to bring to your offering to bring it to its fullest expression?

What are your next steps for your offering?

What form is your offering taking?

What wants to be moved?

Do you dance and move your body?

What feels good for your body?

What do you have to celebrate?

Do you celebrate yourself regularly?

How could build into your life more celebrations of your amazingness?

How could you connect more deeply with the energy of the sun and summer in service to your offering?



#### Ritual - Summer celebration through ritual

#### Create a flower crown

(yes for every gender and expression- this is for everyone)

Take some time to walk around your backyard or local area and appreciate the amazing flowers in full bloom. Recognise that their beauty is a reflection of the beauty within you. See which flowers call to you and ask permission to them to pick them. You will feel the answer drop into your body. If you are granted permission from the plant then pick a variety of flowers until you have enough flowers to create a crown. Weave them together until you create a crown of flowers. Put the crown on your head and feel the vibrant celebration energy of summer.

#### **Sun Salutation**

Yogi babes this is for you! Tap into the energy of the sun and the energy of summer by flowing through some sun salutation. If possible do this outside in the sun, being sun smart of course. If you are able to be outside then allow the energy of the sun to power up your body. Flow through a sun salutation sequence using active and full expression of your body as you welcome in the energy of Summer. Make sure you are listening to and honouring your body and working within your capacity and ability, it is your responsibility to keep yourself safe.



#### **Ritual - Summer celebration through ritual**

#### Connecting into sensuality.

Sensuality often gets paired only with sexual experiences, this is a misrepresentation. Sensuality can be experienced in every moment of life. It is the deep awareness and experience of the world around you in a way that brings pleasure. Drop into the world around you and feel into what you experience in the world around you. What feels good? What sensations can you experience through your senses that bring your pleasure?

#### **MOVE YOUR BODY!**

Summer means move your body! Put on a song or go out into nature and explore moving your body. Take a moment to drop into your body and dance how your body wishes to move. Often when we dance in modern society we dance from what our brain tells us to do. Conscious dancing is listening to your body and moving how it wants to move. This might be in the form of amazing dance moves, or shaking or lying on the floor.

Try and leave behind your inner critic and allow yourself full permission to move in all the weird and wonderful ways. When you do this you might be surprised about how your body wishes to move, I know I was. Sometimes to release or move things your body needs to move in unusual ways that help to finish or release a cycle within your body.

How did your body want to move?

What were your surprised or curious about through this process?



#### Mantra

I can shine as bright as the energy of summer.

I stand fully and proudly in the brilliance of myself and my offering.

I love my fullest expression.

I celebrate the small things in life.

I take up the space I deserve.

My offering is successful and impactful.

I am confident in my own expression.

I shine when I am confident in my authentic self.

I experience the pleasures of life.

I am sexual and sensual being.

I feel the pleasures in the world around me.

Make your own mantra for Summer:





#### What is the wisdom held in the season of Autumn?

Release
Letting go
Change
Appreciation
Gratitude
Mystery
Fresh Air

Autumn holds the energy of transition and change. Autumn releases the old to allow space for the new to emerge. This seasons magic lies in its power to let go. It is the reminder that everything is temporary and that it is not helpful to grasp on to that which wishes to be let go of. In this season there is the lesson of impermanence and a surrender to change. Everything in nature is in a state of change and fluctuation, as we are as humans and as a collective. When we surrender to change we are able to meet this state of transition with appreciation and love instead of tension and a combative energy.

Autumn allows us to embrace the gifts that live within uncertainty. Joanna Macy, grandmother of deep ecology, speaks about the role of uncertainty to elicit the greatest creativity and courage from people. It is these moment of uncertainty that support the expansion of the human soul.



## **Inspired wisdom from Autumn:**

Change is beautiful and inevitable. Autumn brings a new appreciation to what is. It can drop you into the appreciation of what you have, what can come to fruition, what is completed etc.

Autumn is the grand finale of your offering as it illustrates the beginning of the ending as energy starts to shift from an outwards expression to an inwards one. During this season your offerings are dialling down to move into a close or a rest state for the winter season. This is of course where you get to harvest the abundance of your hard work. Autumn is where you can acknowledge the opportunity to gather the bounty of your efforts.

Before sowing the seeds of your offering you would have become crystal clear on your vision of what you are trying to create. You would have explored what outcomes you hoped to achieve. Autumn is when you get to harvest any gifts and witness any outcomes of your work.

What are you harvesting?

What are the fruits of your labour?

What are you proud about in your life, offering or work?



# Inspired wisdom from Autumn: The changing colours of your offering.

Autumn holds some magnificent colours in it with the beautiful orange and earthly tones covering much of nature shifting from what was once bright greens. There is unique beauty in every season as it shapes and changes the landscape either in a subtle or profound way. This season welcomes in change and acknowledges this as a key part of life and natural cycles. Your offering may have changed shape from what was originally planned or envisioned. This is a beautiful time to reflect on the changing colours of your project. Perhaps instead of being disappointed that your offering did not look how you first envisioned you could see it through the lens of the season of Autumn. Hopefully by doing this it will allow for you to see the change and adaptions of your offerings as a natural process. A process which happens when things grow organically and adapt to its surroundings and external influences. Autumn invites you to soften how you look at your offering and to appreciate it for what it is instead of what it meant to be.

How might have your offering changed its colour and shade?

What are the positives of this change?
Why did this adaption occur?
What purpose did this change have?
What were the limitations of the changes?



# Inspired wisdom from Autumn: Deepening into gratitude.

Gratitude is a powerful gift that you are able to draw on at any point in your journey. It can play a lot of roles, from deepening your appreciation of your current reality to providing you with perspective. Having an integrated gratitude practice can support you to build resilience and capacity to address the more challenging times you might face.

Gratitude can also highlight the abundance in your life.
When you acknowledge and drop into the energy of abundance you create space for more to show up in your life.

Integrating a daily gratitude practice can be very empowering and can transform your life:
You are invited to participate in daily gratitude journaling, listing down 3 to 5 things at the end or the beginning of everyday that you are grateful for. This is important to also do on the more difficult days, actually it is essential. Challenge yourself to list different things every day. Go into detail, this can be important in discovering new layers of the beauty within life.

What are you grateful for?

Who are you grateful for?



## Journal and reflection questions for Autumn

What change is occurring in your personal life and in your offering?

How do you feel about change and transitions times?

How well do you deal with change?

What could you do to support yourself to deal with change with more ease?

What is no longer serving you?

What are you holding on too tightly to?

What is ok to allow to fall away?

What should be kept?

What in your offering is something that does not need to be repeated? This might be a small section of the offering or the entire offering itself.

What was learnt through out the journey of development and execution of your offering?



## Journal and reflection questions

What different shades or colours have you transitioned through?

Do you find it easy to connect back to your centre?

Do you create time and space to come back to your centre?

How do you connect to your truest self?

How did you cultivate the seeds and intentions you set last spring?

How have these seeds and intention come into being?

What are you able to harvest due to this work?

What were some bumps in the road that you experienced during the cycle of your developing your offering?

How did you address these moments?



## Ritual: Fire ritual of letting go

This ritual can support you to let go of things that are not serving you. There is a power in being able to honour these things and release them from your life, they may be thoughts, processes, patterns or expectations.

This is a ritual that has been practiced for thousands of years to support people to let go over things that are no longer serving them.

Take some time to reflect on what is not working in your life or offering and what you no longer wish to be apart of your life or offering. The things that arise in this reflection can come in many different forms, allow them to arise without judgement. Thoughts, patterns, stories, unhealthy habits, expectations, experiences, insecurities etc.

You want to explore what is not serving for your highest self and is not nourishing your soul, these are things that are needing to be released. Write these down.

Make an intentional space and in a safe fire proof container burn the pieces of paper. Allowing the cleansing properties of the fire to burn away that which is no longer welcome. You can say 'I release what is no longer serving me and I welcome in what is aligned for my soul'. Releasing these things allows space for the new to emerge, open to the possibility of what can emerge.



#### Ritual and Reminder: Centring of self.

Autumn releases the old and sheds anything not in alignment, inviting us to reconnect with our truest selves. It is a purifying season that allows us to let go of anything that is not serving for our souls purpose. Autumn invites you to come back to your centre. It is beautiful to create a morning ritual that you can do when you feel that you need to reconnect with your centre point. There is so many things continuously trying to pull off people off their course therefore it becomes even more important for people to be able to drop into their centre and true north on a regular basis. This is why it is suggested to implement something like this on a daily basis.

#### A very simple version of a this ritual might be:

- -Find a quiet spot to sit and be and take a moment to drop in with your surroundings.
- -Allow everything except that moment where you are to drop away.
- -Breathe deeply into your body, filling it up through the nose and exhaling out though the mouth.
  - -Drop into your body, find your centre and ask your inner wisdom and the Earth the following question:

    What am I here to do?
    - -Breathe into the answer and to your centre point

## Questions to return on a regular basis to remind yourself of your 'why' you work with might be:

What was your original vision for your project and offering?

What was your 'why' for doing this work in the first place?



#### Mantra

I am calm safe and grounded

I let go of what is not serving me.

I create space to develop my dreams

I surrender to what is.

I honour the seasons in my inner and outer worlds.

I am grateful for everything I have.

I have abundance in my life.

I invite in change and transition.

Change is a beautiful and essential part of life.

I come back to my truest authentic self.

I am centred and honour my inner wisdom.

Make your own mantra for Autumn:





## Winter in the wisdom of the seasons

Slow
Still
Inward
Reset
Death
Reflection
Evaluation
Hibernation
Purity

Winter is a powerful time however it is often the one that is over looked in our society and not honoured. In this linear society of 'go, go, go- growth, growth, growth' we often skip the season of winter within ourselves and within our offerings.

Calm

Winter is the deep dive, the time for introspection, of stripping away the old and creating space for the new. Winter is the time to go inwards, to just be, to rest, to renew, to learn from yourself and the world around you.

This is the time you nourish your own soil so that it can be ready to hold and give life to the next beginnings and the next cycle.



# Winter in the wisdom of the seasons Sacred time of rest

Winter provides you with the opportunity to step into deep rest. This sacred time of rest is essential to allow for a vibrant and powerful next cycle. This time allows for us to recharge the batteries and replenish your systems.

As a society we have become chronically fatigued in many areas of our life due to our inability to honour the energy that winter holds. Due to our disconnect from cyclical living many of us do not honour the importance of rest and 'down time'.

You cannot continue to give from a cup that is not full, it is not sustainable. The result of this approach is often burnout, which then means you are not in service of yourself or the world. You want to lead and offer from an over flowing place, this is where the beauty happens.

Imagine how different would things look if we honoured rest as much as we did achievement and 'being busy'. A reminder that the magic of life often happens in the spaces, in the moments.

What is your attitude towards rest?

How could you honour and value rest?



#### Winter in the wisdom of the seasons

#### **Evaluation and reflection.**

Winter is a beautiful opportunity to step back and spend some time reflecting and evaluating so you can grow and strengthen your offering in the future. Evaluation and reflection is often forgotten or not prioritised. People often put too much energy into the lead up and the event or offering itself that do not always have enough energy to follow through with the reflection and evaluation. Evaluation and reflection are important parts of the cycle, it brings the offering to completion so you can then start a new cycle.

What learnings do you have from this project/offering?

What did not work?

What might you not incorporate next time?

What went well in your offering?

What was impactful?

What elements would you keep and strengthen in your offering?

Are you going to gather feedback from any participants or workers about your offering? If so what process are you going to use to get feedback from others on the event/offering?

Will you gather quantitative or qualitative data?



#### Winter in the wisdom of the seasons

#### **Death and Rebirth**

Winter holds and represents the death that is held in the endings that are experienced within offerings. Winter represents the finish of a cycle. As this cycle comes to an end you are invited to explore what in your life and offering have come to completion. This is one of the most sacred cycles there is, that of death and rebirth. It is one that is often avoided but there is a need for death for life to continue. In this lens there is a profound beauty and sacredness in death and honouring that part of the journey.

What is coming to its final expression?

What death needs to occur in your offering to allow space for new life to emerge?

#### Resources

This is also a time that you can look around to see what resources are available at this time. This season requires people to honour what they already have and to become resourceful in their approaches. This is an opportunity to develop and look around at your environment and see what resources are available to you. Winter season is the time to drop into developing the resilience require for the rest of the seasons to come.

What resources are available to you?

What would you like to gather up for the next cycle?



A concept that can be supportive is Active Hope, a term coined by Joanna Macy. This is when hope becomes an action, a verb. Using Active Hope you decide what you want to create and then make steps towards this. This approach does not require passive situations to align for people to feel hope but is an action that in momentum creates hope as well.





Deep listening is such a beautiful skill to develop that is innate to our natural way of being. Unfortunately we have created structures in our societies that discourage us from this deep listening and create large amount of noise that distracts us from being able to hear and receive what is being communicated. The Earth is in constant communication with us, its whether we are open and able to listen. There is a constant stream of wisdom being shared with us if we could only come into a state of deep listening more regularly.

There are different levels in which we can listen at. We can listen at a surface level to the sounds around us but there is also an inner listening that can happen. This is a type of listening that many of us are not as practiced at.

Some of the different levels we can listen to are the following:

Your intuition.

Your body.

Your soul.

Your larger Earth body.

Take a moment and see whether you can listen to these areas and see whether you can distinct the difference of these different areas.



## Journal and reflection questions for Winter:

Deep listening is like any relationship the more you cultivate that relationship the easier and more organically the relationship will flow.

How could you cultivate a stronger relationship to these wisdom centres?

Do you create space to listen to the world around you?

Have you ever had moments of stillness and heard or felt a message drop in?

How are you allowing time to rest and rejuvenate?

How could you more deeply honour the rest you need?

What type of rest is your body craving?

What type of soil do you wish to create for the next cycle?

What nourishment do you require at this time to come more powerfully into the next cycle?

How will you prepare your soil to create an abundant foundation to grow and launch your next offering?



## Journal and reflection questions for Winter:

What could the stillness teach you?

What magic happens in the spaciousness?
In the moments?

What are you hopeful for?

How could you prep and work towards that in your next cycle?

What are you still holding on to that you need to let go of at the end of this cycle?

What attention does your body and soul need?

What could you learn from the energy of Winer?

What do you wish to bring into the next cycle?

What did you learn from the cycle that is coming to a close?



#### Ritual

### **Under the stars!**

Sit under the stars in the vastness of the dark around you. Feel into the space within the darkness that allows you energetic and emotional space to think and reflect. There are few distractions in the depth of night or the depth of winter. Spaciousness brings with it a deep permission to be in, right there, in that very moment. Feel the power of being fully present, letting go of the past and the future and giving yourself permission to just be. Perhaps in that moment you can come to appreciate that we are made of stars.

#### **Threshold**

Thresholds have been used to mark sacred containers and moments in which we step into or out of something powerful. Thresholds act as a gateway and a marking of a profound transition.

Go out in nature and create or find something that can be a representation of a threshold for you to journey through. Allow this space to mark you stepping through into a new cycle. A new cycle where you will show up more fully and powerfully for the world. When you step through the threshold it is a renewal of self, a sacred ritual of an embodied new start.



## **Ritual - Self-Care Ritual**

Self-care can be something that easily falls away but it is an essential part of maintaining your emotional and physical wellbeing.

What do you do when you need some nourishment?

What nourishes your body?

What nourishes your soul?

What nourishes your spirit?

What love do you provide your body on a regular basis?

Having a pre-established self-care ritual can make it easier to implement in those moments that you need it. Regular self-care rituals integrated into your life will support your system and your work the best in the long run. In the next page you will be invited to create a ritual that you can do on a daily or fairly regular basis to integrate self-care.

An example might be as simple as rubbing body butter over your body every morning after your shower to nourish your body and to send it love. During this you might be telling your body how much you love it and are grateful for all it does for you.





## **Self-Care Suggestions:**

Go for a walk

Be out in nature

Listen to the birds

Go for a bike ride Breath work

Eat something nourishing for your body

Watching the clouds

Being really present

Reading inspirational books

Journaling

Meditate

Read a book

Listen to music

See soul nurturing friends Gratitude journal

Healthy diet

Getting a good nights sleep

Have a bath

Yoga

Exercise

Running

Creating something

Paint

Add some more examples below



#### Mantra

I give myself permission to rest and slow down.

I acknowledge the importance of this phase

With death comes rebirth.

I am worthy of radical rest.

I take time for myself.

I am a balanced individual.

I create time for myself.

Nature restores me.

Everything I already need is within me.

Make your own mantra for winter:





## **Reflections from this E-book**

What medicines are you in need of within your life and within your offering?

What was your key takeaway?

What was a consideration that you hadn't thought of or given enough time to?

What season is your life in?

What season is your offering in?

#### Mantra-

I am a ever changing being that holds and honours all the seasons of my life.

## To learn more....

To learn more about my work and offerings go to www.karinadonkers.com
Instagram: @karinadonkers

Beautiful artwork by my wonderful and talented friend Claire Tobin, check out her work at Instagram: @claires\_handpoked\_tats

