
WINTER

Hibernation - What's it all about?

When I reflect on Winter, it always makes me a little melancholy. My mind recalls sunshine and beautiful gardens, hummingbirds whizzing by me and bare feet on the ground. It's hard for me to stay present when all I want to do is think about what's to come. The truth of it is though is winter has it's purpose, and a very good one at that.



In Traditional Chinese Medicine, Winter is the season for hunkering down, resting, reflecting and taking a breath when the yin (cold, dark, feminine) energy is now dominant and yang (heat, light, masculine) is less. I must say it does feel good to stay in with a good book and a cup of tea, to mull over new ideas and to restore my body with mini power naps. Winter is a time for warm foods and root vegetables, celebrations with family and friends and a time to stay indoors on stormy days.

To move your qi during the winter try light physical exercise. Walking, yoga and qigong are especially valuable in the winter. It helps to bring balance and harmonize the yin/yang energy and bring it into right relationship.

For those that feel a little guilty about their lack of running here, there and everywhere, relax. It's time for stillness.