

## The Call of Stillness

As we come into the beginning of winter, with the Solstice on December 21<sup>st</sup>, we are entering into the time of darkness and hibernation in nature. We may begin to feel the need to get quiet. This inner desire for peace and stillness comes at the time when some people are rushing to finish last minute holiday shopping, while others are just beginning the challenge of preparing for the holiday season.

The conflict of this season becomes overwhelming for many people. We are faced with the need to be present for family, business and social events over the next two weeks, as well as carry on with our jobs and/ or household responsibilities. Nature, in all of it's wisdom, sometimes gets in the way of our plans by gifting us with early snow or slippery driving conditions. We are forced to stay put...to return to the intended quiet of the winter. Allow yourself to enjoy this gift. In coming to that place of acceptance for that which we cannot change...nature... we are able to find a bit of serenity. We can't change the course of nature, that is certain. We can however change our response to the demands of the season.