

Transitioning Seasons

Just as leaves lose their color and animals prepare for hibernation, we humans too are affected by the changing of seasons. Though it may be a lost art these days, living in harmony with the natural world is simple, requiring little more than observation and intention.

1 Adhere to circadian rhythms. Limit artificial light. Eat, exercise, and work with the sun. Rest in the darkness. Sleep more.

2 Shift to warm, nurturing foods. Shop seasonal produce, swap smoothies for stews, and incorporate more spice.

3 Energy decreases in the winter—so do less. Heat the body with extra baths and get blood flowing with leisurely walks when the sun is high.

4 Winter is a time of reflection and renewal. Just as the trees drop their leaves, let go of what is no longer serving you. Embrace the stillness.

