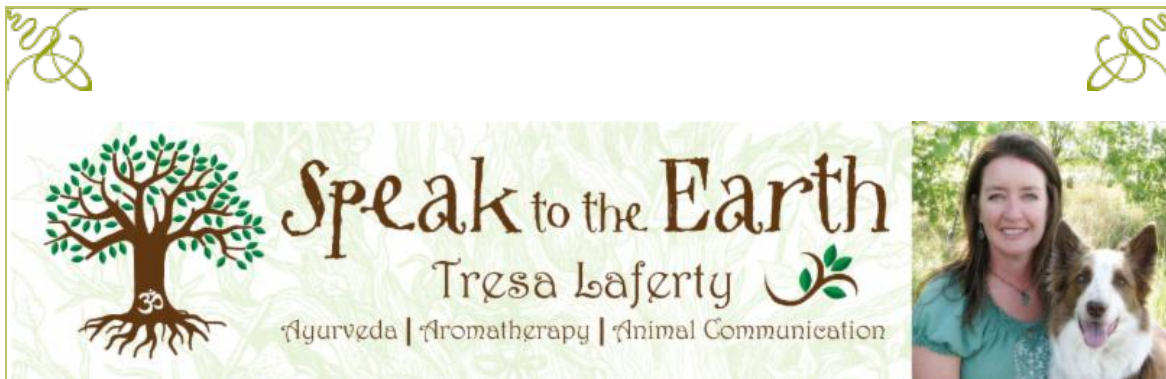


Hi, just a reminder that you're receiving this email because you have expressed an interest in Speak to the Earth, LLC. Don't forget to add tresa@speaktotheearth.com to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

Winter: A time to go within and reflect



Embracing the Winter Season

I live in Wisconsin but grew up in Kentucky. When experiencing the first few "Wisconsin Winters," I went through a sort of shock. It's COLD here. It snows a lot and the roads are sometimes impassable. I'm now better adjusted and look forward to winter. Some people fight this weather. They long for sunny skies, warm beaches and hot temperatures. Beginning to live in harmony with nature, we learn to love each season equally.

Through studying Ayurveda, I learned the importance of embracing the seasons. I learned to listen to my body and surroundings and examine the teachings when the weather changes. Cold weather begs us to slow down, go within and savor the quiet. In the north,

this is the season where we build a fire and sit near it's warmth for hours of reflecting. Reflecting on the past year, the future and just what is important in our life.

For health, the winter season tells us to observe. Observe what is going on in our body. Our body sends us subtle (and not so subtle) messages, and we need quiet time to hear it. Sit and just listen to your body breathe. No radio, no TV, no YouTube. Just you and your body. What is it trying to tell you?

For nutrition, winter asks us to eat warm, nourishing foods. Cooking foods adds the fire element and keeps us warm in cold weather. Root vegetables and grains are moist, grounding and deeply rejuvenating. Look at your food choices and make sure they change with the needs of the seasons.

For our spirit, longer periods of darkness tell us to look within, perhaps to our dark side. What issues are unresolved? What needs more time and reflection to contemplate? If we relax into the winter season, we have that time for inner reflection. Journaling is a wonderful way to pass the time on a winter night.

Getting into the flow and living in harmony with the world around us includes embracing each season. Winter tells us to slow down, cuddle up and nourish ourselves.

Perfect to quiet your mind on a winter day is by

observing a Moment of Zen. To continue the post from the last email, check out my **Moments of Zen page**.

With love, kindness and compassion,
~Tresa~

"We do not need to go out and find love; rather, we need to
be still
and let love discover us."

~John O'Donohue

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Tresa's Kitchen

Vegetarian Holiday Cooking Class (Burlington, WI), **Dec. 5th**

I love to cook. In this 2 hour class, you'll learn some fun, yummy vegetarian dishes to share with the entire family.

Register for this class by **clicking here**.

New Year Workshop

Lots of people use resolutions to make plans for the new year. How about this: be guided through a day of planning, spend the day inspired and open up to living the life of your dreams? That is what we do at the New Year Renewal Workshop.

Come to the New Year Renewal Workshop, **January 9th** at the Living Resource Center in Mt. Pleasant.

Register by **clicking here**.

Learn Ayurveda

Making foundational changes to my diet, daily schedule and self care has really transformed my life. To help you make those changes and while being inspired by the company of others on a similar journey, I'll be teaching a 10-week Course on Ayurveda. Two locations: Burlington and Kenosha.

Classes start in January 2016.

You can find more information by **clicking here**.

Aromatherapy Classes

The next two Aromatherapy Certification classes are scheduled for **January** (Burlington) & **February** (Pewaukee.) **Click here** for more information.

I've also got lots of other Aromatherapy/Ayurveda classes scheduled with more coming every day.

Check out the listings by **clicking here**.

