



Winter is a *Woman's* Time of Renewal

Here we are in the heart of winter...It is a beautiful time to let the past fade away and make room for new life. Letting go of what no longer serves you. Letting go of trying to be perfect. For woman, life is not about mastery; that is masculine. It's about mystery; that is our way.

Mother Nature displays this feminine alchemy in every season. Winter is a time of cold, darkness, and endings. Every ending gives way to new beginnings. Out of darkness, new light is born. The coldness preserves seeds of hope.

WINTER BLUES

When winter sets in, many women feel melancholic. Let us embrace the wise way Mother Nature nurtures us...

In wintertime we are led inward to the warmth and insulation of our dreams and vision, home and hearth. Like composting leaves under the snow that cover the Earth, keeping her warm and protected, we find emotions, insights and inspiration buried beneath the surface of our busy lives. These are the seeds of new life we may give rise to in the Spring.

Winter is the season to go within and rest, like the frozen Earth. Without the darkness and cold, we would not rest and reflect on our rich inner world. If we have been over-extending and giving too much- now is the time to draw back, reclaim balance, and set a new intention. We can re-set, relax, and receive.

This is not another thing you need to know or learn; only remember...You are a goddess, queen, empress; powerful, valuable and worthy. Every woman carries the Divine within her. And it is your Birthright and sacred duty as a sovereign being to take care of yourself first, foremost and always.

Winter is Nature's design, gifting us time and space for self-nurturing, self-pampering, and lots of rest. Treating yourself to extra TLC over the winter months will re-mind you (and others) of the remarkable woman you are.

- Relax into your body, and feel sensual, feminine and regal by regularly enjoying a candlelight bath of Lavender and Vanilla essential oils. Soak up the warmth and glow, and just drift off to soft music with your beautiful thoughts.

- Lavish yourself with love; buy or make a very beautiful card and write a love note to yourself, an affirmation or cherished poem, and actually mail it. You deserve a beautiful surprise.

- Revive yourself first thing every morning with a warm ginger or lemon tea and a dash of cayenne pepper. The ginger and cayenne will warm you up on the inside, and clear out any congestion while perfectly hydrating you.

Appreciate your body-temple by feeding her the freshest and most enzymatic and bio-available foods available. Raw, living foods will enhance your hormones, add radiance to your complexion and a sparkle to your eyes. I have posted a treasure of easy recipes and ideas at earthempres.com for you to enjoy.

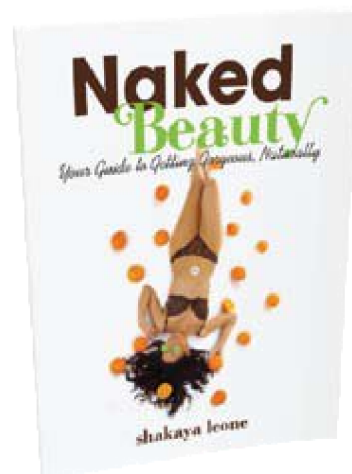
- Forget about the world out there. Taking time for yourself is a sacred art of self-love and preservation. Catch up with yourself in your journal or read that book you have had on your nightstand for months now. Curl up and get cozy with you.

- Treat your skin to a massage with pure, organic Coconut Butter, especially after your bath or shower. It will soak right into your skin without leaving a greasy feel and it smells fresh and subtle.

- Tone your circulation, immune and hormonal system by taking a snow bath or a dip in the freezing lake like I do. Finishing off your shower with cold water works well also. This time-tested practice will also help you feel warmer all day long.

Winter helps us multi-tasking mavens to remember to slow down, conserve energy, and to dream... Under the blankets of white, everything is at rest and energy is being gathered for the next cycle of rebirth. It is a magical time. I wish you the brightest renewal ever!

How Irresistible are YOU





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Shakaya Leone inspires women to take care of their exquisite body-temples and flower-faces. 'I empower you to feel feminine, regal and beautiful. Food is a sacred gateway. Tell me how you eat and I'll tell you where you are sabotaging or cultivating your power as a woman.' Learn more at www.EarthEmpress.com

