

### **The Message in Winter**

Most of our lives is like driving through the fog, our vision is distorted. With each bend in the road, we continue to struggle to focus, our anxiety level raised as we become overwhelmed with the fear of the unknown. If only the fog was lifted, the inner voice repeats, I could navigate my path and all obstacles with a clearer vision. Yet, foggy nights tend to remind us; remind us of how, on the clearest day, with the bluest sky, and a traffic free road, we continue down the path of life often missing the signs which guide us towards inner happiness, balance and peace.

I consider myself a part of an extreme minority, yes, an extreme minority. I am part of the small population that takes solace in winter, it is a time of renewal. There is joy to be found in the darkest and coldest of days and nights. There is a tremendous natural and spiritual message being delivered to us all as through barren tree limbs blowing in the freezing winds. The ice, the snow, the absence of color, reminds us to slow down and take notice....reflect. Reflect as another year is soon passed. Reflect on goals reached and goals that remain unaccomplished. Reflect on what brings us joy, and what we need to improve upon to bring us joy. Reflect on the comforting presence of those who are still with us, and remember those who have passed.

Take joy in the next snow storm, blizzard or nor'easter. Observe the magic of each individual snow flake floating in the wind which compiles one unified mass upon the frozen earth. Take joy in the darkness, the stillness and silence of winter. Take harbor in the warmth of your household, friends and loved ones. Reflect upon how far life's journey has taken you, and the wonderful unknown adventures ahead. The messages of nature surround us, and remind us as to what we need to do to keep our body, mind and soul healthy. We only need to stop at nature's stop sign – winter - to remind us how we can continue to grow ourselves.