

Winter Bonus 2 Exercise for Magical Notions by Chris Carmines
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New Year's Exercise ©2018 Christine Carmines
Becoming Aware:

While winter is a time of introspection, New Year's marks the spark of new beginnings, new directions and the inspiration to move forward toward the coming spring. It adds a touch of alchemical Fire to a season of alchemical Water. The chief quality of Fire is *awareness*. To do this exercise:

Take a stroll, alone with no distractions. Become aware of everything around you; use all of your senses, and keep moving. You are observing, not absorbing. Don't worry if you miss something; just keep adding to your awareness. As you walk on, gaze to the ground; take in your surroundings, raising your gaze upward into the sky. Pause and turn toward the sun; looking up to the sun, close your eyes and take a deep breath in, imaging the sun glowing in your mind's eye. Lower your gaze as you exhale and open your eyes. Walk on; returning the exact way that you came. Keep observing as you return, retracing your steps.

When you arrive at your home or car, stop; close your eyes and exhale. Visualize the sun (or moon if you did this at night), keep breathing slowly in and out as you imagine its light illuminating from within your body and radiating out through your pores. Open your eyes and unlock your door.

For comparison, do this exercise at night with the moon. Make note of the difference. That will create a personal baseline for understanding how solar and lunar energies affect you. Having that awareness will be crucial in furthering your spiritual development.

Do this exercise as often as you like, and particularly when you are feeling disconnected from your core.

Short questions can be addressed to: chris@magicalnotions.com RE: Winter Exercises