

Winter Bonus Exercise 1 from Magical Notions
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The Hot Chocolate Drinking Game

Welcome to the season of Alchemical Water. Now is a time of introspection, absorption and reflection of our deepest desires, motivations and concerns. For me it is my most creative season. When that creativity is stifled, or not paid attention to, I believe it creates the winter depressions that many experience. So here's a fun exercise to nurture Water's chief quality of *attention* and erode those nasty blocks.

Get cozy and comfy, with a cup of hot chocolate. Lying in a warm bath, curled on the couch, or sitting in front of the fire also works fine. Begin when you like and quietly voice something for which you are thankful. Take a sip of hot chocolate. Feel the warm liquid deliver your thankfulness deeply into your body. Repeat with something else for which you are thankful. Take another sip and repeat until you have finished the cup. Inhale deeply, exhale long and smile. Stand up, wiggle your fingers and toes, step out of the bath or put another log on the fire.

Go get another cup of hot chocolate, return to where you were. You may need to warm the bath. Take another sip and this time voice your desires: what do you want to see or yourself? This time as you take a sip, feel the joy of receiving those desires permeate your body with the hot chocolate's warmth. Repeat as before and end with a deep inhale, long exhale and smile. Let your accomplishment embrace you.