

HONORING THE *Sacred Season of Winter* CHECKLIST

- Watch and listen to the MasterClass to learn about the powerful season of Winter
- Open my Kidney and Bladder meridians to support my body-mind-spirit
- Boost my immunity with the Great Regulator technique
- Meditate daily with the Guided 15 minute Winter Meditation
- Develop my own Meditation Practice
- Write in my Winter Dream Journal signs, symbols and messages from my Spirit Teachers
- Make Dream Pillow to support my inward journey and give as a cool holiday gift for others
- Honor the sacred direction of the North each morning
- Call to Beloved Swan, Hummingbird and White Buffalo to guide me
- Download the Bonus PDFs
- Drink Winter Blend Tea at night before bed
- Make 3rd Eye Dream Balm to open my clairvoyance
- Brew Winter Potpourri to make my home smell awesome and inviting
- Make Rose Cardamon Egg Nog for the holidays
- Rest, Rejuvenate and Replenish my Qi for Spring!

