



December 2024 Newsletter

**Dear fellow travellers
on a Growing Orbit,**

It has been a while since my last Newsletter, and here we are, approaching the last major celebrations of the year 2024, starting with the Solstice on 21st December.

May you rejoice in the return of the Light and be guided by it!



As some of you have noticed, over the past months, I've paused the online circles I used to facilitate. Last March, I took the rather radical decision to divorce from my computer (we are still friends, don't worry!) and shift my focus to more work outdoors. With the exception of online sessions with clients based abroad, I've been spending many hours with my feet on the Earth every week, not only for the therapeutic work I offer in Nature, but also to plant new trees, clear densely overgrown areas around my practice and repopulate the Medicine Wheel at the top of the hill with new bulbs and medicinal plants (hélas some have already been dug up or eaten



by wild hungry boars and deer!). Oh dear!

It has been 9 months of physically demanding labour, but the deep connection with the more-than-human world has been invaluable. As I write this, alongside dozens of smaller plants and shrubs, two beautiful *Juglans Regia* (common walnut tree), two *Malus Domestica* (apple tree), two *Prunus Avium* (cherry tree), two *Prunus Domestica* (plum tree), two *Rubus Idaeus* (red raspberries plants) and one *Pyrus*

Communis (pear tree) are asleep in their new fertilised holes in the extremely hard-to-dig Karst ground. A very elegant new *Acacia dealbata* (mimosa tree) oversees their rest from near the entrance of the property. As it swings, pushed by the Bora wind, I wonder how they will all look like in a few months, when the mimosa's yellow scent will propagate in the air.

Looking into December's mirror

Although the Solstice announces longer daylight time, we are effectively entering Winter, and it is short days and cold nights that we have to traverse. If like me you enjoy the comforting warmth of lit candles, or the hypnotic dance of flames in the fireplace, you might notice how thoughts, fantasies and dreams move more freely when our gaze follows Fire. As mine wanders in no particular

direction, I find it inspiring to look at December as it becomes a mirror for 2024. How many images appear!



What do *you* see in yours? What is December telling you about your year 2024? What major events have marked your life? How have *you* changed, and what has changed *around you*?

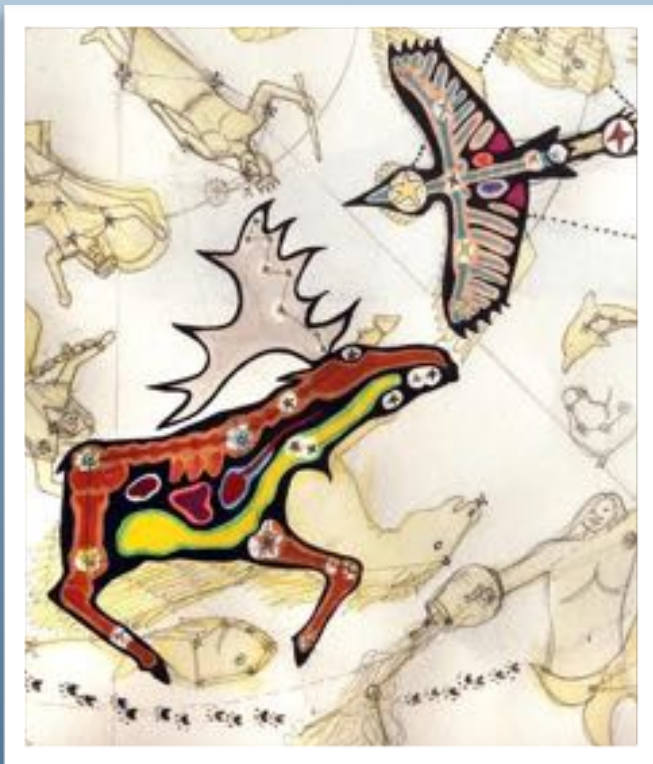
Should you wish to engage with these questions, Winter's time and space are great for this. I suggest you get yourself a hot chocolate and sip it very slowly, guided by the wonderful little girl above created by my illustrator friend Hannah Sanguinetti, in her 3D composition 'Hot Chocolate for the Hands, Head and Heart'.

Can you see the lines and patterns of this year? Can you hear a story emerging? I wonder if your thoughts and feelings will start to tickle pens, colours, brushes or any other art material you can find. Will phones and devices hibernate, as we enjoy the delight of being playful with our memories?

The Animals' Sky

Last year, around this time, I had the pleasure to announce the **12 Holy Nights** process, which was wonderful to facilitate and share with those of you who joined.

This year, as part of a similar idea of creative self-reflection and growth during this sacred time of the year, I am proposing a personal, intimate connection with 'The Animals' Sky!



Detail from Ojibwe Sky Star Map
Created by A. S. Lee, W. Wilson, C. Gawboy

Let yourself be inspired and see what emerges as we co-create new meaning and find direction in partnership with some animals inhabiting twelve major constellations that consistently oversee our lives on Earth during each month of the year. What do they have to tell us, I wonder?

If you'd like to join me in this tuning in and listening to the sky above us, please register your interest using the [**contact form here**](#). You will be sent a one-page prompt as a guide for your self-led exploration. FREE!

Next events: monthly online circle

The Animal's Sky will be the theme of the next year's monthly online circles. **Each month of 2025, on the last Monday of the month**, we will focus on an animal that appears in the night sky in the Northern hemisphere (some are more visible than others as it depends on how low they are in the horizon). We will invite each animal to 'speak' to us allowing for resources, insights, inspiration and guidance to emerge from this connection.

FIRST CIRCLE: Canis Major (The Greater Dog)



When? Monday 27th January 2025, 8.30 - 10 pm CET

Where? On Zoom - [click here to register](#) by filling in the contact form and you will receive a link

Contribution: 7€ / 6£ via [PayPal](#)

Wishing you all a relaxing and restoring festive period.

May 2025 bring to you and your loved ones many smiles, new curiosities and a genuine sense of wonder for all that is within and around you!

Warmly,
Elisa

