

THERESE CONWAY • CANYON SOUND ESSENCES

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2022 Winter Solstice Essence

Wednesday, December 21, 2022; 4:48pm est

How to take this essence: 1. Welcome winter as you take the essence. 2. Feel a burden or lack of clarity you are experiencing now. Take the essence as you feel the aliveness of your feet planted deep in the earth,

** Key essence in combination*

13 x **Allium** (13—death of an old lie; rebirth of your original self, enhanced by experience and truth)
5th Chakra, Studio Set

Release. In any creative process there is a fine balance between sticking to our personal beliefs and remaining open to new points of view. Too much “position” and we become stuck; too many new points of views and we lose our center. Allium helps us to consider and actively play with all sorts of possibilities without losing our bearings or our sense of direction.

19 x **Scarlet Cosmos** (19—seeking depth, cultivate humility as antidote to spiritual inflation)
7th Chakra, Studio Set

Opportunities. Sometimes other people know us better than we know ourselves. Their belief in our ability and potential is sometimes flattering, but often uncomfortable. Scarlet Cosmos keeps us from short-circuiting as we consider traveling down unexplored but compelling paths.

*18 x **Spleen Essence** (18—kind, wise, truthful intelligence diving below surface to the depths of knowing)
Yin Essence, Earth Element
Phlox subulata, Lavender, Rose quartz

Patience and fluid strength. The ability to stand firm but relaxed in the midst of great turbulence. Like rocks in a streambed, sometimes we need to remain solid and agile, acting as the filter for our own or other people’s toxins. When we can stand unrestrained, yet stable, in the presence of tension, we can embrace toxins to understand and transform them, instead of consuming them.

Sometimes.

The way through.

Is under.

Sometimes we must burrow deep.

To begin where we began.

...

Sometimes.

We must escape the crashing waves.

That seek our attention but pull us from ourSelf.

Sometimes we must let the depths hold us.

Before we attempt to climb the mountain.

[~Jo Anna Dane](#)

[Jo Anna Dane's](#) message describes the medicine of this year's Winter Solstice Essence better than the thousand words I have been wrestling with for two weeks. When we can't seem to figure things out — what they mean, what to do with them, how to take care of ourselves and others while these things are thrashing around us — sometimes the best solution is to dive deep and pause.

This is a season of uncoverings where the revelations *and* the way to approach them are equal teachers. Your revelations may be about matters you have misread, misinterpreted, or missed altogether. Maybe you'll find yourself face-to-face with old hurts that feel sharper, deeper, and heavier than the originals. Maybe you will find some of your long-held beliefs and plans are no longer fitting. Maybe you will see people or situations radically different than you have in the past. Maybe you will discover new ways of considering yourself — perhaps you are lovelier, more able, and more deserving of kindness than you have considered in the past (I can guarantee that one). All will come with a certain amount of discomfort... and an urge for quick relief.

The common denominator in all these things: life is helping you to put down the conditioned road maps you *cannot* follow as a lively creator and collaborator. Your very smart, very practiced conditioned mind is not up to playing the role of navigator.

This year's Winter Solstice Essence says:

Your most powerful approach this winter is to park yourself in front of your blustery revelations with your feet buried in the earth. Open heart. Open eyes. Your wise self, the you who has never been damaged by your life's experiences is competent. And the spiritual family of which you are a trusted member offers you incredible resources and tangible support.

Don't jump to the first way out of the confusion that comes to mind. Most likely you are hearing your conditioned mind hustling you back onto the highway you have fought so hard to exit.

Instead, wait for a message to come up through you from the quiet and the deep.

Your conditioned mind will use every trick of the mind to drive you into action. But your body has other plans — it has already turned its ears and eyes in another direction.

How to take the essence:

- *Easiest way: take a few drops of the essence as you welcome winter.*
- *Targeted way: Feel a burden or lack of clarity you are experiencing now. Take the essence is you feel the aliveness of your feet planted deep in the earth.*