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## **Solstice Reflections**

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Written by Frank Cook  
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Hello My Family,

Greetings. I write this to you on the longest night of the year. I am truly feeling the reflective spirit of these times as the year comes to a close and all the possibilities of a new year emerge. For me these days are buzzing so loudly with change and evolution. We are each being challenged to become world beings feeling our impact on Gaia.

That tide is turning with this day coming and we begin our growth to the next solstice. I am leaving soon first to the tropical zone near the equator exploring more deeply Costa Rica. Then I travel on to two months in New Zealand and Australia (via Maryland and England). I carry each of you with me on this journey. In many ways it is getting harder and harder to leave our family circles to continue this project of meeting the plants and healers of the world. I could not do it without your love and support!

What a year it has been! I had time in the east and the west; in the north and the south. I am hearing our family wanting to sink its roots in and care take this earth. In this year I traveled to Africa, Peru and England learning and sharing. I've plucked the mushrooms from the forest; Harvested the greens from the plants; Leached the Acorns from the mighty Oaks and Gathered

the seaweeds from the ocean. I've fermented. I've baked. The world is abundant. Perhaps we will grow to know that again as a people. I feel the foods of the wild in my veins. I feel the sacraments of nature nourishing my spirit. May we awaken and grow!

Write me and let me know in what ways you are simplifying your life and what ways you are becoming more connected to nature. How will you improve your earth skills in the new year? How many plants and animals and mushrooms and rocks will you come to know more deeply? What stories will you share with others? How much love do you have to give?

Next year for me is full of opportunities for growth and adventure. I will have some quality time all around the country. I know it will zoom by. I will take every opportunity to be out in nature. I hope to see you there! Stay connected!

Love and Light,

Frank  
Nevada City, California