




EMBRACE CHANGE



December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <p>MEDITATION FOR DEEP RELAXATION</p> <p>9 min</p> <p>Closure of the month</p>	<p>Use this calendar to find out what's coming up on Eringy and commit to a self-love and self-care routine with these yoga, meditation, intuitive guidance, and self-reflection practices.</p>				<p>1</p> <p>MONTHLY ENERGY FORECAST</p> <p>30 min</p>	<p>2</p> <p>Oracle Card Layout: Heal the Soul</p>
<p>3</p> <p>I release resistance and flow effortlessly with the currents of life, knowing that each moment carries its own wisdom and blessings</p>	<p>4</p> <p>MEDITATION FOR CONSCIOUS BREATHING</p> <p>8 min</p>	<p>5</p> <p>Gratitude check-in: What 3 things are you grateful for today?</p>	<p>6</p> <p>NEW</p> <p>YOGA FOR SAFETY, GROUNDING, AND STABILITY</p> <p>55 min</p>	<p>7</p> <p>Express yourself creatively today by doing a creative activity</p>	<p>8</p> <p>MEDITATION FOR WHEN YOU HAVE HAD A BAD DAY</p> <p>10 min</p> <p>MANIFEST MIRACLES MEDITATION</p> <p>20 min</p>	<p>9</p> <p>Unplug from social media and the News today</p>
<p>10</p> <p>YOGA FOR GROUNDING</p> <p>20 min</p>	<p>11</p> <p>NEW MOON ENERGY FORECAST</p> <p>10 min</p>	<p>12</p> <p>New Moon Journal Prompts</p>	<p>13</p> <p>NEW</p> <p>MEDITATION FOR GRATITUDE</p> <p>8 min</p> <p> NEW MOON</p>	<p>14</p> <p>GOOD MORNING YOGA FLOW</p> <p>28 min</p>	<p>15</p> <p>Oracle Card Layout: End of Year Check In</p> <p>Middle of the month check in</p>	<p>16</p> <p>How can you show more kindness and compassion to yourself when you make mistakes or face challenges?</p>
<p>17</p> <p>Every step you take, no matter how small, is progress. Don't stop now; keep moving forward, keep pushing through. You've got this!</p>	<p>18</p> <p>MEDITATION FOR FULL BODY RELAXATION</p> <p>14 min</p>	<p>19</p> <p>Write in a journal or meditate on how the idea of change makes you feel</p>	<p>20</p> <p>NEW</p> <p>YOGA FOR CREATIVITY AND PASSION</p> <p>60 min</p>	<p>21</p> <p>Try something new today that you've been wanting to try (big or small)</p>	<p>22</p> <p>Energy goes where attentions flows. Where is your energy today?</p>	<p>23</p> <p>MEDITATION FOR EFFORTLESSNESS</p> <p>12 min</p>
<p>24</p> <p>YOGA FOR THE FULL MOON</p> <p>25 min</p>	<p> 25</p> <p>FULL MOON ENERGY FORECAST</p> <p>12 min</p>	<p>26</p> <p>Full Moon Journal Prompts</p>	<p>27</p> <p>NEW</p> <p>MEDITATION FOR ANXIETY AND STRESS RELIEF</p> <p>10 min</p> <p> FULL MOON</p>	<p>28</p> <p>YOGA FOR FINDING BALANCE</p> <p>50 min</p>	<p>29</p> <p>Oracle Card Layout: The New Year</p>	<p>30</p> <p>Stay in the present and reduce anxiety by practicing a meditation today</p>

Hello sweet summery December (or wintery for the Northern Hemisphere!). We thought this month would be a period introspection, but instead, it's an energy of openness and expansiveness. Change is knocking at our doors, and this is only the beginning!

Embracing change can be a challenging task without firmly grounding ourselves. So this December on the calendar, you'll discover self-love and self-care practices that promote stability and inner (and outer) balance.

It's also a month of closure for the year of 2023 which is a biggy! What a highly emotional year it's been! So naturally, we'll be celebrating our journey throughout these next 4 weeks of December.

So get excited because we've only just begun! This month promises to be a supportive and foundational one so that we're fully prepared and equipped for the life we truly aspire to create.

"Change is the essence of life. Be willing to surrender what you are for what you could become." - Unknown

Love Erin

www.Eringy.com

HOW IT WORKS:

- You can choose to follow the calendar from the beginning or drop in and out whenever you feel called.
- You'll notice there are text on the calendar that are in uppercase letters. These contain links to related videos so you can locate them with ease.
- Some of the offerings (e.g Oracle Card Layouts and affirmations) will be made available on [Facebook](#) and [Instagram](#). Eringy members get early access to these.
- Self-love and self-care doesn't mean you have to do it alone. Why not invite your friends to join you!
- Share your experience with the hashtag below on your social media posts.
- Connect with [@erinfurner](#) on Instagram

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