



**Winter**  
Take Care of Your Needs



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### Message

Do everything you need to be at your best. Then move beyond your fears and limitations.

### About

For many of the animal realm, winter is a time of hibernation and retreat. You may wish to curl up in a ball too. But, although you may not feel as bright as you'd like to be, a primal force within is encouraging you to continue.

The Winter card features a wolf, one of few animals that stay active all year round. Wolves know what it's like to work alone or thrive within a pack, so, if you feel you need to go it alone at this time, know that wolf medicine will help you move beyond your insecurities and relax in your own space.

### Extended Message

You have an opportunity to move beyond your fears. Although you may feel in the dark, get comfortable with being in the unknown and trust that the light within you will sustain you through what may seem a challenging process. Ask yourself what you need to do to feel supported and alive. You may uncover something from your past that you have buried deep. Know that when you unearth it and shed light on it, you create space for miracles. You may feel like a lone wolf right now, but it's time for you to be the alpha!

When the Winter card arrives in the future position of a spread or as the last card in a reading, it can also indicate that the coming winter will usher in important energies with regards to your question or intentions.