

WHISPERS OF THE UNIVERSE

WINTER'S LISTENING BOWL

As the world quiets under frosted skies, I prepare
my listening bowl—a quiet ritual to honor the stillness
of the season. I place it near the window, where
the starlight sometimes glows.

Inside: a sprig of pine for resilience, a clear quartz for insight,
a small snowflake for wonder, and a folded slip of paper
with a question I'm not ready to answer.

Each night, I sit beside it for few minutes. No pressure.
Just presence.

Sometimes I light a candle.

Sometimes I listen to the silence.

Sometimes I wrap myself in blanket.

Sometimes I do nothing at all.

The bowl doesn't speak, but it holds space.
It reminds me that the universe whispers not in blizzards,
but in the hush of snow,
a pause before a wish...

This week, I invite you to make
your own listening bowl.



The universe is whispering. Are you listening?