

The Spider Web - Hearth

This month, we are invited into warm, cozy and safe spaces. But with the full awareness that safety is all within. That cultivating and maintaining a hearth is an inside job. Your sense of nourishment and warmth cannot be found outside you. A hearth is a fire in the home. Where the family gathers. Where they cook. Where they warm their bones. It is the comfortable 'exhale' after being exposed to the outside world. The comfortable space you return to day after day. And this feeling within yourself and within your home is yours to build and tend. This space is where you regroup, center yourself and gather your energy to go back out into the world. This month we are being challenged to look closer on how we create comfort, safety and how we tend to our "hearth" space. Because the magic really comes after we have created our hearth .. we invite others to our soft and warm fireside. Spreading joy and nourishment.

As we build our internal and home Hearth spaces... I want you to pay very close attention to WHAT you are currently doing to create 'safety' in your environment. When you feel like things are spinning out of control.. how do you get back to your internal hearth space to recoup? Do you have tools that are insular and personal that center you? Or do you find that you start playing 'whack-a-mole' and trying to control outside elements to create a sense of safety and calm in your environment? For instance, are you micromanaging your family's schedule in order to help you feel safe, but actually removes some autonomy or frivolousness from your kiddos lives? Do you take on extra work at your office, rather than working with others or delegating, so things are done your way... helping YOU feel safe and calm in your work space. But not allowing others to learn and take some responsibility off of you? Are you really creating more warmth, safety and calm within you? Or are you mistaking control for safety? These things are not the same. When you discover that you are longing for safety and comfort, simply pause to see HOW you are creating your Hearth. Is it internal or external?

To help you create internal safety, let's think about the things that help you feel quiet and comforted in your self and your home. Which room in your house is the most cozy? Why? >What things, colors, textures, etc are there that instantly feel like calm to you? Can some of these things be duplicated in other spaces in your home? What did you do in that particular space to make it feel that way? Let's try to expand that feeling! Internally... the inner hearth of your soul, when do you feel most regulated, calm and secure? Time of day? During your morning coffee? When walking in nature? Cooking dinner? In your yoga class or daily workout/meditation? These are the times/places/spaces that are your inner hearth. And this awareness is what we need to be able to call up 'on demand' when we start to feel wobbly. If you start to spin out internally, can you pull that feeling into your center? Smell the space.. feel the stretch.. can you close your eyes and go there for a moment? Walk to your own inner Hearth space, even for a moment, to warm your hands by that fire and ground?

Struggling to build your safe Hearth? Don't forget about my monthly support kit! This month includes a candle spell and aromatherapy.
www.kellykeyser.com



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This month, the Spider Web subscription contained a handmade candle. I have asked all of the Spider Web weavers to light their candle on the same day, at the same time .. so we can put our energies together for our goals. I would love for you to join us! Find any candle on your end (yes, a tea light works!) and infuse it with energy.

On the new moon (Thursday, November 20) at 7pm CST/ 8pm EST/ 5pm PST

Please sit with your candle and create an intention to grow this new moon. Try to think of something that will bring us all comfort, safety and/or peace. Light your candle and imagine all our flames joining together to create an amazing light that penetrates the dark. Leave your candle in a safe space to go out naturally, if possible. Our collective light, on our cosmic spider web, will meet each other to expand and grow on the energy latticework that joins us all. If you cannot do that day and time.. don't worry. Just do a time and place that works for you.. our energies will all find each other and vibrate the cosmic web!



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