



**Secrets To Eliminating The Root Of Your Problems:  
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## **Messages from Snow**

by Trish Whynot, D.C.Ed.



The continuous snowfall over New Year's weekend got me thinking about my childhood. Do you remember being captivated by the beauty of nature? A memory bubbled up for me of being about twelve-years-old on a ski lift with my cousin. It began flurrying and I was awestruck by the unique and intricate detail of each snowflake as it landed on my black mittens.

Snow is enchanting: ... a bounty of tiny, delicate, one-of-a-kind, intricate designs freefalling through the atmosphere and silently touching down to blanket northern neighborhoods. But as adults we can be so quick to dismiss the awe and wonder of snow as we focus our attention on its inconvenience—the shoveling, the traffic delays, our thrown off schedules. And for those who never recovered from record-breaking storms like the Blizzard of '78 in New England, these tiny specks of white fluff can even trigger post-traumatic stress.

Where does our sense of magic and wonder go as we age? And does our appreciation for nature diminish along with it? We cannot truly appreciate the nature, the heart, the essence of anyone or anything we are attempting to control. And what we attempt to control eventually comes around to control us.

As I allowed the snowfall to touch me once again, I was drawn to research the formation of snowflakes. Did you know that a snowflake begins as moisture that forms around a particle of dust? From there it grows into a tiny symmetrical hexagonal structure, which is the essential molecular structure of ice. Snowflakes are exceptionally sensitive and their shape depends on the amount of moisture in the air, the temperature, and how the wind blows them around in the atmosphere before they land. Any small change will affect their growth pattern so the more they get blown around the more intricate their design.

What a snowflake experiences on its descent to earth is its unique history. Each snowflake travels its own path of fluctuating temperatures, humidity and wind currents so it makes sense that each would grow differently and be shaped accordingly. The shape the moisture takes could be likened to its personality and the dust particle its heart.



As I thought about the snowflake's journey, it became clear that our personalities are similarly shaped. Our heart is warm and fuzzy like the dust particle and our personality is the structure that grows around it. Where it feels safe our heart expresses itself freely, but where it's not safe we develop an intricate framework of control strategies to protect it on our descent to adulthood.

Personalities are exceptionally sensitive, just like snowflakes. And just as a snowflake is shaped by the conditions of its environment, our personalities are shaped by the conditions of the love that surrounds us. Snowflakes are shaped by their experiences in the atmosphere, as our personalities are shaped by our experiences growing up. Each heart travels its own path and develops its own unique personality-structure based on its history, just like a snowflake. When we “take something personally” it is actually our history being exposed.


*By “personality” we mean the totality of a person's attitudes, interests, behavioral patterns, emotional responses, social roles, and other individual traits that persist over extended periods of time.*

Our personality is the sum of the expression of who we are, and how we grew to protect our essence during turbulent times. Our protective armor is built not only of strategies for self-defense, but of strategies for appearing attractive when we felt unappealing. We can construct a personality that is a beautiful façade like an ornate snowflake but even a beautiful façade becomes unattractive if it is used as a form of protection.

The crystalline structure of a snowflake is prickly in nature. Where we are prickly marks the spots where we have experienced trauma in our past: where we get defensive shows where we have been hurt; where we seek approval shows where we have been shamed; and where it feels great to be us shows where we've felt safe to express our hearts. We even melt like snowflakes: our meltdowns are an organic process triggered by a blow to our fragile personality—dissolving the complex structures we created to protect our hearts when our world appeared threatening.

The building up of emotion separates us from our hearts and blocks our way to the life that is our birthright just as a snow bank at the end of our driveway prevents us from coming home. If we just shovel, it will only be a matter of time before we run out of places to put the snow. But in melting, we have the opportunity to get to know ourselves all over again. Our cold protective shields are revealed, yielding way to the misunderstood parts of our heart, the misunderstood parts of our world and life's purpose.


Melting is a choice for humans. What if snow refused to melt? What a mess this world would be. Hmm ...

 Clearly, people are just as enchanting as snowflakes. Their behaviors, attitudes, interests, emotional responses, and the roles they choose to play tell a story about their history. Humanity is a flurry of beings in various stages of developing (descent) and deconstructing (ascent) their personalities. Once arriving at destination adulthood, we try to figure out how we fit into this world. After much trial and error we often realize that our world is not as we thought and that we are not who we intended to become, but who we became under conditions of turbulence growing up.

Our sense of magic and wonder diminishes as we implement control strategies to protect our heart but returns as we dismantle the protection. When open to enchantment even a snowflake can touch us deeply and provide the wisdom we seek. Everything we need in order to melt down from who we thought we were to who we truly are is given to us. This ascension process is what some refer to as enlightenment and others refer to as empowerment.

When it's time to ascend we can choose the humble journey of melting down, dismantling control and reemerging with an adult sense of awe, wonder and appreciation for the nature of all things including our own heart. Or we can continue descending by choosing the prideful journey that further ices us over. We can melt to our old selves and free our hearts to fulfill our purpose. Or fight to maintain our personality until death takes us. But one way or another, our personalities will melt and our hearts will be set free.

So if you are in a flux maybe it is meltdown time.

	<p>Trish Whynot, D.C.Ed. is a holistic counselor, Doctor of C.O.R.E. Education and visionary writer. She utilizes meditation and crystals in her alternative approach to eliminating the root cause of problems. She experiences life as an amazing journey, and educates those who desire to live in truth, love and beauty. Private appointments are available via phone or in person at her Middleton, MA office. Call 978.314.4545 or visit <a href="http://www.TrishWhynot.com">www.TrishWhynot.com</a> for information.</p> <p><i>All information in this newsletter is based on the opinion and experience of the practitioner. It is the responsibility of the reader to only take what makes sense to them. This information is not meant to be used as a substitute for medical diagnosis, treatment or cure of an illness.</i></p>
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