

THE FERN CAN BE A WINTER DAFFODIL



Some Ferns take a while to realise that their environment is simply too bright, too loud, too harsh or too stimulating for them.

The Fern Can Be a Winter Daffodil

Most Ferns have been taught to *chase the sun* - to go somewhere hot, sunbathe, spend all day outside, be busy, be social, be on the go, visit hot countries and make the most of every bit of daylight.

But perhaps their needs are different.

Think of the winter daffodil.

While many flowers are waiting for spring and summer to arrive, the daffodil can emerge in the colder, quieter months when everything else is still.

It doesn't need to wait for the world to become bright, busy and warm before it can bloom.

And when it does bloom, look at its face.

It's happy, yellow, sunny, open, vibrant and welcoming.

That is the Fern at her fullest potential.

She isn't dull, withdrawn or hiding from life. Quite the opposite. She can be incredibly bright, but she may need different conditions to get there.

She needs the right balance of light and shade.

To be able to see the sunshine and blue sky without having to stand in direct, relentless exposure all day.

She needs periods of quiet, shelter and space to breathe and recover.

The mistake is thinking that because she loves the sunshine, she must be able to tolerate constant exposure to it.

She doesn't.

That's why the Fern's journey isn't about becoming less sensitive, less gentle or more like everyone else.

It's about discovering the conditions that allow their own inner light to come out. 🌿

And when they find those ideal conditions, they can bloom in the most beautiful way - with that daffodil face: bright, open, joyful, warm and completely themselves.

Your Forest is waiting.

Tammy x

Regulated Woman 🌿

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