



Dear Justine,

As the days grow shorter and the world slows down, this is your gentle reminder: nurturing yourself is not indulgent, it's essential.

The colder months invite us to soften, reflect, and return to the practices that fill our cup. Whether it's a quiet cup of tea, a morning meditation, or time in community, the smallest moments of presence can reconnect us to what truly matters.

Take this season as an invitation to **rest, restore, and remember who you are beneath the busyness.**

Here are a few ways to nourish your body, heart, and spirit this month:

Self-Care for the Season

- Begin your day with a few slow, mindful breaths before reaching for your phone.
- Create warmth — light a candle, take a salt bath, or sip herbal tea to calm your nervous system.
- Allow yourself to say *no* when your energy asks for rest.
- Spend time with people who feel like sunshine.

Provider Highlight: Carly Arbucke, Human Design Medium

We're thrilled to feature one of our radiant TCJ providers this month, Carly Arbucke, the Human Design Medium.

Carly's new release, **The Line-By-Line Human Design: A Graphic Guide and Coloring Book Series** (\$27.99), offers a fresh, creative way to understand Human Design, without the overwhelm.

"I created this book because I kept watching intuitive women get excited about Human Design, only to feel overwhelmed by jargon and information overload.

The Line-By-Line Human Design series is a simple, visual, and joyful way to reconnect with your design — an *a-hah* moment for your soul."

Explore Carly's work and grab your copy here: humandesignmedium.com/coloring-books

Upcoming Events

Bone Divination & Crystal Skull Workshop

Sunday, December 7 | 11:00 AM – 2:30 PM
970 Harris Rd Suite 2B, Grayslake, IL

Investment: \$99

Step into a day of mystical exploration. Learn the ancient art of bone divination and experience crystal skull energy to open channels of guidance, clarity, and deep spiritual connection. Includes a take-home kit and access to sacred tools. *(If you have your own skull, bring it — or borrow one on site.)*

Reserve your space here → <https://www.lovelighthc.com/event-details/bone-divination-crystal-skull-workshop-2>

Angelic Healing Frequencies

Thursday, December 11 | 7:00 – 9:00 PM
Inner Haven, Grayslake

Investment: \$44

Surrender into an evening of sound and angelic healing designed to release stress, emotional tension, and energetic blocks. Through intuitive voice, sacred sound, and IET® frequency work, you'll rest in a vortex of peace and divine resonance.

Reserve your space here → <https://www.my-innerhaven.com/event-details/angelic-healing-frequencies-an-etheral-sound-energy-healing-journey-with-megan-and-jill-3>

Join The Collective Journey

We're a community of conscious creators, practitioners, and visionaries devoted to healing the world—one journey at a time. If you're ready to share your gifts, grow your impact, and connect with a network of aligned souls, we'd love to welcome you in.

<https://thecollectivejourney.org/about-us/>

With love and luminous energy,

Daphne & The Collective Journey Team
Creating Community, Inspiring Change



Stay Connected with The Collective Journey

We're honored to walk this sacred path with you—uplifting, supporting, and inspiring one another every step of the way.

To continue growing together, we'd love for you to stay connected with us through our online spaces:

📍 Discover new events, meet incredible local practitioners, and explore meaningful tools to support your journey.

Follow us on social media:

📘 Facebook: facebook.com/thecollectivejourney

📷 Instagram: instagram.com/thecollectivejourney25

📍 Meetup: meetup.com/the-collective-journey

Explore more:

Visit our homepage to browse upcoming events, discover local practitioners, and find your next step on the journey:

🌐 www.thecollectivejourney.org

Feel free to share this with your community, and keep an eye out for more events, practitioner spotlights, and spiritual tools coming your way.



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