



THE WINTER MANIFESTO

**"Staying human is a political act.
Staying joyful is an act of rebellion.
Staying warm is practically sedition."**

THE CORE BELIEFS

- **Rest is Resistance:**

Authoritarian systems run on overstimulation. Choosing slowness is how I take my power back.

- **Sanctuary is Necessary:**

I will maintain one "true human place"—a chair, a corner, a patch of light—where my nervous system is allowed to unclench.

- **Solstice Logic:**

The dark is always dramatic right before it loses. The light always returns. I am not stuck; I am "wintering"—gathering strength in the soil.

MY WINTER RITUALS

[] Strike a Match:

Light a flame as a quiet, secret oath. I am still here. I am still paying attention.

[] Steam & Stillness:

Make one hot thing—tea, broth, or cocoa. Use the steam to soften the day's edges.

[] Micro-Connection:

Send a short, sincere note to a comrade or friend. No politics, no agenda—just human maintenance.

[] The Great Pruning:

Identify one argument I no longer need to win or one burden that isn't mine to carry. I release it to the cold.

[] The Midnight Whisper:

Look out a window tonight and whisper one true thing about freedom. Let it be a seed for the spring.

REMEMBER

The world needs you sturdy, not spent. You cannot pour from a frozen pitcher.

Take your time. Keep your humor sharp and your heart warm.

Let's winter well.

