



sacred seasons

SPRING

overview of spring

Spring is a joyful time. Everything is coming alive. Nature is waking up & being reborn.

The same thing is happening within you. Your spirit is coming alive with hopeful, excited energy. **Parts of you are being reborn & coming alive in ways they never have before.**

Spring represents a new day; it's dawn in the wheel of the year. A new sun is rising. Life is waking up in the warm sunlight & your spirit feels ready to make a fresh start.

This time of year our spirits are bright & alive with new ideas; we feel inspired & excited to try new things.

Your work this season is to determine which of your winter dreams you want to focus spring's powerful growth energy on.
Which seeds are you going to plant in the ground to tend & harvest?

Here at the beginning of the season lots of new ideas are calling out to you. All these things are buzzing with new life around you. **This month is about trying new things out. What excites you right now? What are you interested in? What are you drawn toward?**

Approach your daydreams & new ideas with a light-hearted, child-like spirit: if it calls to you ... try it! Just go for it. Have fun!

Because this is the season of illumination. **Spring brings clarity. This is the time to get really clear on what you want to see grow in your life & what you want to harvest.** In order to gain that clarity you need to try out what's calling you.

Spring & summer bring powerful growth energy. If you're not clear on where to focus that energy, it can feel chaotic & overwhelming. Your energy gets pulled in many different directions & it burns you out.

If you're really clear on where you want to see growth—
you have the power to transform your life.

In order to gain that clarity, this month we're trying out new ideas with this moon's playful, curious spirit. We're looking at which seeds we want to plant & deciding what we want to harvest in the months ahead.

spring equinox

THEMES:

balance • rebirth • new beginnings • emergence

The Spring Equinox is a joyful holiday centered around rebirth & growth. It is the arrival of spring! The Earth is finally coming alive again.

The Spring Equinox delivers us nature's promise: Life will return. After all seemed dead & hopeless through winter, the life force is rising again. Our own spirits are rising. And, we feel joyful!

On the Spring Equinox the Earth is in perfect balance; day & night are equal.
This brings the return of some much-needed balance to our own lives.

The end of winter can sometimes be a little rocky. The energy is shifting from the inward-focus of winter, to the outward-focus of spring, and that can really upset your equilibrium for a minute. **The Spring Equinox helps you find the right balance between your inner & outer worlds.**

As you grow more comfortable with some of the changes you need to make in order for new growth to flourish, you may start feeling the need to do some serious spring cleaning, in order to find that balance.



The Spring Equinox is a festival of awakening. And rebirth.

The dark months are now over & we're moving into the warmth of the light. (The sun will continue to grow until the Summer Solstice, when it begins its turn inward again.) With the Spring Equinox your spirit is waking up with new ideas & new dreams for your life. It's fresh, warm energy makes you feel alive & inspired.

This rich, inspiring Spring Equinox energy is encouraging you to be reborn.
Embrace this new beginning. The spring energy will fuel your growth
as the days get longer & the sun grows warmer.

SPRING EQUINOX CEREMONY:

INTENTION:

To invite the powerful spring energy into your life to fuel your personal growth & evolution.

SUPPLIES NEEDED:

- Candle
- Any essential oil(s) you love

**I recommend doing this ritual outside, if you're able. If you're not (or you just don't want to) that's OK, too!*



1. connect with the earth

Begin your celebration by taking a walk outside in the spring air. (You can also do this step ahead of time if necessary.) While you're walking, collect signs of spring—little buds & small flowers you find along the way.

Place all your signs of spring in a bowl. Place it on your altar or table next to your candle.

**If you want to include children in your celebration, kids love this activity! Our rules for picking things are: 1) Only pick things near the sidewalk, don't go up into someone's yard. 2) Only pick things there are a lot of & only take a few. 3) Say thank you to your neighbors (and the plants!) for sharing with us.*



2. light your candle

Light your candle next to your spring treasures. (As in our New Moon ceremony) invite in whatever energy, forces, Gods, guides, etc., that are meaningful to you.

Invite in the Divine & your Highest Self to be present with you, and to guide you with whatever wisdom they have to share on this powerful day.

Thank all this magical energy (and your deepest Self!) for choosing to be here in this moment.



3. invite the energy of spring into your life & your work

**At minimum, I would encourage you to do the next 2 steps of this ceremony outside, if you're able.*

Say a simple prayer, ask the powerful growth energy of spring to infuse your dreams & plans with new life & rapid growth.

May spring's fresh, warm air breathe new life into your dreams. May the bright, growing sun help those dreams grow & blossom & deliver rich, bountiful harvests later this year. May your own spirit be filled with spring's vivacious, inspiring energy. May it give you the excitement & drive to do the hard work of growing & evolving.

4. add essential oils to your flower

Add several drops of your favorite essential oils to your bowl of flowers: 8-10 (or more, depending on how many spring things you gathered). As you do, imagine your plans & dreams & spirit are also being infused with the rich, delicious, power of spring.



5. fill your spirit with spring's powerful growth energy

Sit comfortably & set a timer for 5 minutes (or longer). **Tip: Set your alarm sound to something lovely, like chimes.*

This meditation is very simple: with each deep breath in, feel the rich, energetic, inspiring energy of spring filling you. And with each exhale, relax into the Earth.

Deep breath in; pull in spring's potent energy—feel it fill your body & your spirit. Deep breath out; relax into the earth & feel the spring energy radiate from within you.



6. say thanks

Thank whichever guides or higher powers you invited in for this Spring Equinox ceremony. Tell them thank you for their guidance & assistance in your life.

Thank the infinite, beautiful power of spring for returning, and for filling your life & your spirit with new energy & new inspiration.

Remember to thank yourself for having the courage to show up & do this challenging work. You are evolving and that is hard, courageous work.

Say a prayer to remember to rest & nurture this month so you don't burn out. Going into this season we need to be mindful of our energy. We have 6 months of intense outward focused energy ahead. We need to start slow.

Blow out your candle or let it safely burn out.

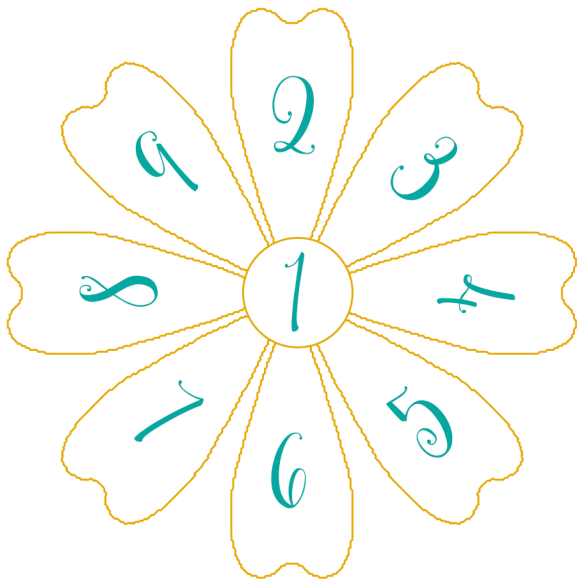


7. dry your flowers

Keep your flowers in their bowl on your altar until they've dried out, (1-2 weeks). Once dry, add 8-10 more drops of essential oil & place them in an airtight container for 2 weeks. **This is a great activity to do with the Full Moon.*

After 2 weeks (with the next New Moon), place your homemade potpourri back on your altar. Allow their scent to serve as a reminder of your own spirit being infused with spring's powerful growth energy.

TAROT: spring equinox



1. What is the theme for this season?
2. What new parts of your Self are awakening this month?
3. Where will you experience the most growth this season?
4. What obstacles will you face?
5. How can you best overcome them?
6. Where do you need the spring equinox' balancing energy in your life?
7. What lessons will you be learning this season?
8. Where should you focus spring's powerful growth energy?
9. What potential does this season hold?

*If you are unfamiliar with Tarot, this is a great time to practice with this month's playful, open-minded energy. You don't need any special knowledge or training. Find a Tarot desk you like, ask yourself these questions & simply draw a card. See what the imagery brings to mind & use the booklet that comes with your deck for more insight.

1. What is the theme for this season? CARD DRAWN:

2. What new parts of your Self are waking up this month? CARD DRAWN:

3. Where will you experience the most growth this season? CARD DRAWN:

4. What obstacles will you face? CARD DRAWN:

5. How can you best overcome the obstacles you'll face? [CARD DRAWN:](#)

6. Where do you need the balancing equinox energy in your life? [CARD DRAWN:](#)

7. What lessons will you be learning this season? [CARD DRAWN:](#)

JOURNAL QUESTIONS:

**If you're able, reflect on these Qs to prepare for the New Moon. We'll be using these in our simple New Moon ceremony this weekend.*

1. What have you been dreaming about over winter? What do you want to start this spring?

2. What new ideas/plans/inspiration do you feel alive with? What do you feel fired up & excited about?

3. What is already coming to life within you?

4. Review & reflect on your answers to these Qs. What stands out? What feels inspiring? Write down the things you feel called to try & direct your energy toward this month.

Challenge yourself to try something you're resistant to.

There's a lot of powerful spring energy supporting you to grow. Now's the time to push your edge.

sacred seasons

A MONTHLY SUBSCRIPTION & MEMBERSHIP PROGRAM FOR WOMXN WHO WANT TO:
LIVE IN TUNE WITH THE SEASONS, CULTIVATE A SIMPLE SPIRITUAL PRACTICE,
USE THE SEASONAL ENERGY TO CREATE LASTING GROWTH & CHANGE.

DO YOU CRAVE DEEPER CONNECTION WITH YOUR HIGHEST SELF & THE
MAGIC PRESENT IN THE WORLD AROUND YOU?

DO YOU WANT TO:
LIVE IN TUNE WITH THE SEASONS?
CREATE RITUALS IN YOUR LIFE?

... BUT YOU DON'T KNOW WHERE OR HOW TO START?



Sacred Seasons helps you cultivate a conversation between your intuition, and whatever “the Divine” means to you. By connecting with the magic of the seasons, and the turning of the Wheel, you connect with the deepest parts of yourself & the mysteries of the Universe to find your Purpose, take action on your dreams, and evolve.

The exercises in this spring workbook come from past issues of Sacred Seasons.

These monthly guidebooks tell you all about the current seasonal energy, and how you can use that energy to grow—spiritually & emotionally. The monthly exercises walk you through the growth process—month by month, and season by season—so you can use the seasonal energy to plant seeds, nurture new growth, and bring lasting change & personal evolution to harvest in your life.

By connecting with the magic of the seasons, and the turning of the Wheel, you connect with the deepest parts of yourself & the mysteries of the Universe, to find your Purpose, take action on your dreams, and evolve.

ENROLLMENT OPENS ON 3/20

www.theseasonalsoul.com