

Spring Speaks

Listen! In the earth, the seeds are stirring and making noise, like the birds whose song has been silenced by the winter . Now the snow is being devoured by the sun. As the season of spring returns to the land, a festival of life and light abounds. Suddenly, there are longer days of sunlight, earlier dawns, later sunsets.

All of our senses start to tingle, noses start to drip, birds take flight in the beautiful blue skies, the earth sprouts forth its sleepy seeds of growth, windy breezes fill the air with odour of freshness. What once appeared dead begins to stir. The slow pace of winter is left behind and there is a surge of invigorating activity for humans, creatures and vegetation. Birds songs echo with mating calls. It is a jubilant time for nature. Freedom is in the air!

In the hearts spring time, the inner self awakens. Seeds of growth hidden in the midst of winter bleakness, germinate and sprout. The emotional clutter and the old debris that prevented clear thinking are cleansed.

Spaciousness and openness expand.

Confidence returns, creative endeavours being to emerge.

This movement can come about with a new job bringing affirmation and assurance of one's abilities. The new start could come from a restored relationship, or decision to let go of old hurt. There are times when spring enters the heart dramatically, an unexpected insight can bring about immense clarity an encouraging self-revelation. A song, a vivid dream, meeting someone special, a walk in the woods?

Like all seasons, spring will not stay forever. It will pass into summer where another dimension of growth will reveal itself. Every season's entrance and departure is part of the turning of the circle of life.

Spring has sprung and our minds become alive once more to enjoy the beautiful world around us. Smile and truly enjoy the season.