



## Renewal

Spring is here!

The frost thaws, the seeds begin to sprout, and life emerges from the dirt. Every year, spring means a time to clean, to greet neighbors you haven't seen in months, and to reconnect with the sun's beautiful rays, as we shed our winter coats. Spring symbolizes new life, and a new beginning. This spring feels particularly special, since we went into our global COVID hibernation over a year ago. It's been a difficult year - and an especially cold winter, for many. We have witnessed the horrors of a pandemic, a divisive political climate, a nation torn with social unrest. The inequities of our society have cast a spotlight on them, with the coldness of the times shaking us all. In many cases, we have become numb waiting for brighter days to warm our hearts again.

Instead, let's take a lesson from our mother, Mother Earth, for it is her, who makes our experience here even possible. It is her, who provides each and every day. It is her, who is the miracle worker. At the same time, I have always been fascinated with the concept of Gaia: the philosophy that the earth is a living being, all of her parts are working in a perfect concert. The oceans are her lungs, the rainforest her heartbeat, the animals her cells. **We are all one** working together in this seemingly perfect system. Every year, there is death – and, every year, there is rebirth.

This year, as I see the flowers emerge, I am particularly grateful. 2020 was a year of great loss for me, but like a snake, I have shed the skin of the past and have re-emerged feeling renewed, refreshed and re-energized. Now, it's the perfect time to blossom and show your beauty, as we continue to elevate consciousness, plant seeds of love, and be the sunshine. The world needs you; I need you. Let's move forward together with great love for one another, as we create new beginnings together.

**In this spirit, I'd like to share a few springtime tips, as we All plant seeds of love.**

1. **Ground yourself in good soil.** Our environment is like the soil. If the world around us is not fertile, it is difficult to grow strong. Place matters too, similar to different zip codes having different life expectancies. Our homes also cultivate an environment suitable for growth, or they can hinder progress. It is wise to take stock of your surroundings now and make the necessary changes to support your growth.
2. **Don't forget to water.** Self-care is also key to growth. The basics matter - eat well, sleep well and move. If you find you are having trouble with the basics, engage a reliable source to help you make adjustments to be back on track.
3. **You need plenty of sunshine.** I mean this figuratively and literally. Enjoy outside, be in nature, have the rays of the amazing sun shine down on your face.
4. **Plant your own seeds, create a practice of gratitude.** Note one thing a day (at least) to be grateful for, to plant your seeds of happiness and renewal.

With each flower blooming now, smell its beautiful scent and relish in the miracle and beauty spring brings. You are the flower. **Love yourself. Happy Spring 2021.**