

# SPRING MEDITATIONS

Each season of the year offers us the opportunity to notice how our lives might be mimicking the natural cycles of life and nature. Spring is a time when things go into a period of hope, rebirth and growth. It can be a time for dreaming, rekindling and blossoming. The following is an offering of meditation ideas for this season. Not every question will apply and perhaps others will come to mind. Set aside about 20 minutes of silence for each meditation exercise below. Journaling your experience afterwards if that seems appropriate. Enjoy!

## **Dreams and Hopes**

Notice the sounds and senses of spring. I invite you to quiet your mind and reflect of the following. Can you hear the birds? Notice the smells of springtime. Look for the signs that everything is coming to life again. What dreams do you have for this season in your life? As you shed the layers of winter, try to imagine or feel the lightness of spring. What emotions does this bring up for you? Spend time feeling these new springtime emotions.

## **Rebirth**

Use the freshness of season to your advantage. Imagine all the new possibilities of springtime. Try sitting outside or near a window with a view. What new life do you observe? Focus on one thing that catches your attention. After looking at it for a few minutes, close your eyes and imagine it in your mind. What feelings does this new life and freshness stir within you? Does this spark any other images of new life or new beginnings? Follow these images in your mind to see what rebirth they might hold for you.

## **Blossoming**

Reflect on the year that has passed. In which areas of your life have you seen growth? Resist the temptation to judge the amount of growth - whether it is a little or it is a lot - both are worthy of nonjudgmental contemplation. See each area of your life as a fresh opportunity. What areas are beginning to open up and blossom? Imagine yourself as a small blossom, turning your face to the sun and fully opening. What does this blossoming feel like? Spend time exploring the feelings that are associated with this newly opening blossom.

