



Spring



Living the Cycle

When we become interested in the rhythm of the seasons, we start sensing how our internal rhythm can follow them and move through the year in relationship to the cycles of nature.

In Spring, life returns, the days get longer and equal to the nights, and we honor nature's rebirth. In many old traditions in the Northern Hemisphere, this is a time to honor balance, growth, and fertility.

As we emerge from Winter, the dark season of reflection and rest, we have already started a growth process - slowly, hidden from view and sunlight. When we see a seed germinating in the Spring, we must remember that the process has been going on for weeks, months, and sometimes years underground. Some seeds require careful tending, and others need to be left alone. Some will need a long time before sprouting, and others will not grow at all.

These cycles and requirements are also true for the metaphorical seeds of our lives.



A quite astonishing fact is that a seed contains everything about its final form. A tiny acorn has everything of an 80-foot-tall oak tree packed in its body. This metaphor can also be taken to our inner lives, and we can think of the seeds we want to plant now so they grow and give us bounty in the coming months. A collaboration, a new endeavor, a personal goal, a professional project, an activity we have wanted to do for a long time - Spring is an excellent time to think about what we want to give shape to in this phase of our life.

As we start this new season, let's think about the seeds that are in us, the potential nurtured in the soil of our being, and how we will encourage them to grow in beauty and strength.

Questioning

Questions are like keys that open internal doors. They hold possibilities and can lead us to a deeper reflection on our personal stories.

You are invited to write the question(s) that seems the most pertinent to you in your journal and then write your response. The most pertinent questions resonate and inspire you. Keep writing for ten minutes without stopping, and let the flow of your thoughts take over, even - especially - if you drift away from the initial inquiry. If you drift away, trust the path your writing is taking you on.

The heart of personal development exploration is to find the right questions that take you deeper. Instead of finding answers, think of finding responses. While an answer is definitive, a response is dynamic, generative, and widening. It has movement and shows you a different direction.

- If I was a seed, what would be contained in me?
What species in the plant kingdom would I become?
(Describe with details)

- What parts of my life can I start (re)awakening
right now?

- What supportive resources do I have to carry me
through the Spring season?

- What practice(s) will support balance in my body
during this new season?

- What practice(s) will support balance for my mind
and heart?

- How do I experience the cycle of the seasons
throughout the year? Can I see cycles throughout
my life as well?

Writing Prompts

- We are entering a season of new growth. The easiest things I can tend to in my life to help it grow are...
- I connect with my ancestors who knew how to honor Spring by offering..., smelling..., and tasting...
- I welcome spring in my home by...
- I welcome the magic of spring by being more present. I want to give more of my attention and time to... and less of my attention and time to...

Navigating Discomfort

Some questions, prompts, or images can make you uncomfortable. If that is the case, I suggest you do not start with that question/prompt but keep it close. When you are ready to spend some time with it, write in the form of lists: what you feel in your body, where the discomfort is, and what images, words, or memories come to mind. Then, if it feels good, write for 10-minute and start with “This question makes me uncomfortable, it feels like...”.

*“No one is ever ready,
and no one is ever done”*

Lara Vesta - Year of the Dark Goddess.

Spring Birthday

If it is your birthday this season:

Make a list of the most nourishing and realistic things you can give yourself. Keep it simple. It can include taking a bath (with your favorite music, candles, and bubbles), a long walk in a place you love, going to a coffee shop with a friend (or by yourself), taking a class or workshop, going to the bookstore, getting a massage, doing a puzzle, getting cozy and reading for an hour, or drinking coffee/tea on your front steps on a sunny day...

Plan to do one thing from your list the week before your birthday, one on the week of your birthday, and one the week after your birthday. Schedule it in your calendar. If you don't live alone, let your people know that this is your special time.

Celebrate yourself!

Happy birthday ♥

Honoring Germination

by Pixie Lighthouse

"Bless the soil today for all the little promises held safe
in its loamy fecundity.

Show us that we, too, are this procreant.

Hold us tight in our fertile possibility,
strike the match that relights our sacred inner lamps,
which grow dim during the cold, bleak times.

Free us from the paralysis resulting from circular arguments
which play over and again in our minds.

Remind us to get out of our heads and get outside, rain or
shine, and shout gratitude for being alive
under the first hot sunshine of the year.

Reinforce us for the coming season of planting
and later of the harvest.

Remind us to think about what we want to reap,
so we can sow right".

Francine Bonjour-Carter

I am a multidisciplinary human.
My work is rich and grounding and addresses the many layers that make us who we are: emotional, physical, psychological, and relational.

Through somatic awareness, mixed media art, stories and myths, archetypal work, and journaling, I help others reconnect with their deeper self to live a life rooted in beauty, authenticity, and meaning.



I am French, have lived in the USA since 2006, and live near Philadelphia with my husband, our two children, a howling dog, a strange cat, a few snakes, feral honeybees, and a wild garden.

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