



## A Seasonal Approach to Life

With the changing of seasons, we begin to take notice that something different is emerging. Even in climates that seem fairly constant (re: temperature, humidity, etc.) the changes are there – and sometimes rather subtle. Mother Nature certainly likes her routine! Global warming aside, she cycles through the same processes, in the same order, doing things the same way they always have worked.

Within that cycle, of course, variations exist—a dry winter or a mild fall—but we always can rely on the rhythm. One season follows the other. It's a comfortable predictability in a world that often seems to be wildly unpredictable. Luckily, it is possible to tap into that natural cycle, to bring into our lives a greater sense of flow and order.

As you read the suggestions below, keep in mind that we all have our own rhythms as well. What works for one person might not work for another. Take the ideas as ways to get you thinking. If a particular suggestion won't work for you, is there another seasonally inspired activity that might?

### Spring

In spring, everything is glistening, green and new. There is a feeling of expansion, and a sense of renewal and reawakening. Seeds start to grow. People get outside more and become reacquainted with their gardens, or the emergent beauty of their environment. We take on spring-cleaning projects and clear out clutter.

#### *A few activities that align with spring:*

- **What have you always longed to do?** *Perhaps you want to write a book or teach a class or foster a child. Let this be the year you take action on your dream.*
- **Notice, as well, if the seeds you've already planted are starting to sprout.** *Tend them carefully, giving them ample time to grow.*

### Summer

In summer, the landscape is lush and colorful with fruits and flowers. The air is warm and growth is everywhere. Summertime offers opportunities for family adventures, camping and exploring. We're also busy in our gardens, working hard to ensure a good harvest. Long days lend a feeling of abundance.

#### *A few activities for summer:*

- **Use the longer days to tackle home improvement and other projects you'd like to do.** *Enlist the help of willing partners or children, and you'll feel like a winning team.*
- **Allow yourself a much-needed vacation and other breaks.** *Spend more time with friends and family.*
- **Think about what you're about to harvest in your life or work.** *Are you ready for it? What else can you do to support your own abundance?*

### Fall

The fall offers us golden rich colors and crisp, cool air. There's a feeling of transition and that "back to school" energy we never outgrow. A new school year keeps whole families busy. The harvest of fruit and vegetables is in full swing.

#### *A few activities for fall:*

- **Look back over the year and consider your harvest.** *Are you satisfied with its size and quality? What might you do to improve it for next year? Did you spend enough time with loved ones? Did you take a vacation (or two)? Did you get enough rest?*
- **Prepare for the end of the year by compiling your records.** *Are there any last-minute tweaks you can make that will improve your yield?*

### Winter

Winter brings frigid air, frosted glass and, in some areas, a white blanket of snow. Many plants and some animals slip into hibernation and get ready for their springtime rebirth. Wintertime sports and holidays distract us from the sometimes uncomfortable temperatures and drastic blasts of weather.

#### *A few activities that align with winter:*

- **Ask yourself: "What within you would like to be born?"** Let yourself imagine that birth taking place. Write out, or draw, what you picture and put it in your vision box. Then watch the universe start to bring it to you.
- **Consider: What is "hibernating" in your work or personal life?** Is it almost time for a dormant phase to end?

By tailoring some of what you do to the natural rhythms that allow, sustain and renew all life on earth, you might just find that your life and work are likewise supported, as they deepen, grow and prosper.

**QUESTION:** What is 1 thing you would consider doing each season to bring more balance to your life, or to achieve your goals?

