

SPRINGING Forward On Wings of Light

If our spiritual evolvment can be equated to ascending a ladder, then I see spring as an easy opportunity to rise above and step up a rung. Spring cleaning lightens our load on all levels and produces a great feeling of satisfaction. Whether it is physical, emotional or spiritual, this season offers us a simple chance to change. The energy is supportive of this as we see it all around us. Transformation is in abundance in our gardens as they transform from a bare, uncoloured, desolate landscape to becoming full, vibrant hubs of activity. The bees are flitting around pollinating all the fruit trees, the hummingbirds are staking claim to their feeders and the butterflies begin to emerge and share their beauty with the world. Nature supports growth at this time of year, the universe does as well.

Since all the energies around us are shifting, it makes it easier for us to do the same. I don't know about you but I would rather **experience change as easy** instead of hard. Carpe diem, seize the day!

When we spring clean our home (which is a physical extension of ourselves) it feels more alive and comfortable. This must also be true of our spiritual and emotional selves. Now how do we get started? Simply become aware of our thoughts. When we catch an unsupportive or shall we say negative thought, choose a better one. Say to yourself, "that is no longer working for me and I am choosing a different thought (or belief system)". As you begin to weed through and change your thoughts you raise your

vibration and become lighter. You just naturally float up to the next rung. Easy peasy! You are now breaking out of your box and feeling more alive! You dared to do things differently and you will be rewarded. At times when you climb that ladder you may find that you need assistance. Find a book that speaks to you or attend a course that you feel drawn to. Know that you are supported in many ways as you transform. An added bonus is that as you are shifting you become in alignment with the universe and you are then more adept at creating your reality. You will notice that our new realities arrive very quickly.

When I think of transformation, butterflies come to mind. The beautiful creature emerges from her cocoon (where she has spent time resting and altering her physical appearance) to spread her wings and enter a world of new possibilities. There were places that she couldn't get to before, being wingless as a caterpillar and now she can soar not only to new heights but heights in general. We are all caterpillars working on creating our wings.

Spring is here and it's time to shed another layer and become who we are meant to be. Emerge and share your beauty with the world! So, fellow caterpillars, I look forward to soaring with you as we reach new heights together.

Ahrina K Nielsen is an intuitive energy worker and musician, contact her at 250-816-2434 to book a session. see ad below.



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