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THE AWAKENING



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The morning sun burns off the crystallized dew as south-westerly breezes breathe warmth and life into the fragile grass below. Another year ...another Spring ...another awakening.

By late February, we tire of the extra time, and extra layers, required by the winter elements. In our haste to “get back to life” it is easy to overlook the splendor that is Spring. While we envy those who fled to warmer climates for the winter months, let us not forget to embrace the gift of the seasons. Just as the seasons reflect our world, they act as a mirror to our own journey.

Winter’s solstice provides us the gift of slowing down, of introspection, of rest and of planning. It offers us time to reflect. The slower pace demanded by the elements affords us a much needed nap from our hustle and bustle lives.

Spring time is the Awakening. With the awakening comes the drive and ambition for growth, for change, for a new beginning. Just as the young grass emerges from below the snow, so too do we emerge. The seedling grass is born of the same grass, but it is not the same grass that said its goodbyes last November. In the same way, we emerge new and refreshed; ready to drink in the springtime rains, ready to embark on the season of birth and rebirth.

We are afforded this gift from Mother Nature every year. We have come to expect, even demand it. Yet, let us not forget that every Spring is a gift; a gift that should not be taken for granted. For embracing every glorious aspect of Spring, allows us to embrace our own growth in our journey. We should look on the splendor of both with an air of gratitude. Knowing that to embrace one is to embrace the other. To embrace our journey is to embrace the rebirth and constant change that makes us who we are. To embrace the Spring is to embrace the growth, the natural path that is us and all that is around us.

I challenge you, each day, to drink in and embrace at least one glorious aspect of the new Spring. Perhaps it may be the splendid morning sunrise...the way the sun sparkles off the dew...the scent of the spring blossoms...or the caress of the warm spring breeze. Don’t just pause to admire...drink it in...take it all in to the very depths of you. By embracing at least one beautiful thing each day, you embrace your own growth, your own rebirth, and your own inner beauty. Use this gift of Mother Nature to grow with her...each and every day.