

5-STEPS FOR A SPRING REFRESH

1

PURIFY YOUR SPACE

Open windows and smudge your house with dried herbs
Start in the north and move clockwise.

2

PURIFY YOUR BODY

Soak in a tub with epsom salts, or use epsom salts in a foot soak.
Focus on letting go and releasing any stagnation or emotional attachments

3

PURIFY YOUR MIND

Meditate and focus on the light coming in through your crown

If thoughts come up, imagine them passing through your mind like a cloud through the sky.

Bring your focus back to your breath, cleansing your mind with the light flowing through your crown.

4

PLANT SEEDS

Journal what you would like to create in your life. Ask yourself:

What aspects of yourself and your life would you like to see grow?

Where do you want to invest your energy?

5

NURTURE NEW GROWTH

Create a visual representation of what you want to create and place it where you will see it every day.

Identify what action steps you can take to make it happen, and then do it!