

SINGING ALL THE WHILE



With this seasonal turn of the wheel, we are influenced by the upward, outward moving energy of Spring! Should we choose to step into the flow of this momentous and unstoppable force, we are graced with a natural opportunity to begin again, to try something new.

The birds know at exactly what moment to start gathering tufts of grass, feathers, and rootlets for this year's nest. Their internal wisdom has them focused on the task before them, singing all the while! They are our teachers!

CREATE WITH CONSCIOUSNESS

If you've ever gifted your Self with the luxury of beholding a bird's nest, you know the awe inspired by their sweet and intricate works of art. Each nest, unique in its beauty, is a perfect reflection of its splendid creator and the delicate new life that will be nurtured there!

Like our feathered friends, we may find ourselves feeling compelled to gather, with joyful enthusiasm, the perfect materials for creating the structure that will support the birthing of our dreams out into the world. For example, this Spring Equinox has inspired me to create with consciousness a new nest for myself made with threads of inner wisdom and feathery dreams, with the roots of my soul and the dew of my presence, with a silvery lining of self-worth, and layer upon layer of nutrient rich self-love and respect. I shall cradle my new nest in the center of my heart, filling it with eggs colored in shades of trust, compassion, and delight. In the most perfect moments, each egg will be fertilized with the warm seeds of unwavering faith in, and surrender to, the Great Mystery.

IN PERFECT TIMING

Like birds keeping their eggs warm and protected, we are encouraged to tend lovingly to our creative ideas, nurturing them into existence, in perfect timing.

Written by Jane Ellen on March 20, 2008