

*The seeds we plant now are not only in our gardens but in the life we wish to cultivate.*

KAT MAIER, ENERGETIC HERBALISM



# SPRING



*Spring is the season to move forward, have plans, create new designs, and make clear decisions.*

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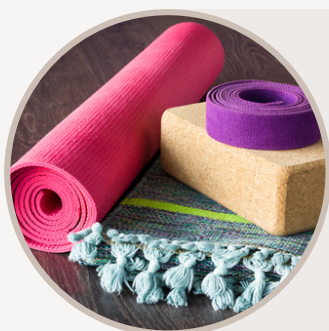
## ELEMENTS OF SPRING

- Wood - Growth, change, a force to be reckoned with
- Liver - In charge of making plans.
- Gallbladder - follow through with plans.
- Anger - Needs to be expressed and then released



## NOURISHMENT

- Eat spring greens
- Consume Nettles - Traditional Medicinals
- Eat bitter, bland, sour foods
- Drink Lemon water daily!



## SELF CARE

- Move your body - especially walking after a meal
- Start a Yoga practice
- Start a Qigong practice
- Exercise that gets your heart rate up!



## PERSONAL DEVELOPMENT

- Journal on Anger. Where does this come up for you in your life?
- What tools can you use to help you express and release your anger?