

RIVER'S JOURNEY WELLNESS

# CONNECTING TO THE ENERGY: SPRING EQUINOX

*In the Northern Hemisphere, we celebrate the Vernal or Spring Equinox around March 20th. We celebrate the ending of the cold, dark and dormant (period for going within) elements of Winter.*

*We welcome in the warm, light, "fertile" period of Spring; a time of rebirth and reenergizing. We are reminded of warmer, sunnier days are ahead.*

*Nature awakens. Plants are starting to emerge, grass, trees and shrubs begin to shake off their dormancy and animals begun building homes, finding mates and raising young.*

*People around the world have celebrated the return of Spring for centuries.*

*It is a wonderful time for harmonizing and seeking balance. The sun enters the Zodiac sign of Aries and crosses the equator, giving us equal hours of light and dark.*



# Spring Equinox Ritual

Creating your own "ritual" to welcome in Spring:

- Set up an "altar" in your home
- Focus on a theme of new beginnings
- Decorate with colors of Spring; blue, yellow, soft green, light purple and white (think pastels)
- Add fresh flowers; forsythia, lilacs, crocus, lilies and daffodils (or your favorite fresh blooms)
- Focus on creating balance of energies; feminine/masculine, black/white, sun/moon, yin/yang
- Pictures and mini statues of Spring animals and insects; lambs, rabbits, calves, chicks, caterpillars, ladybugs, and bumblebees.
- Eggs can be used as decoration or to create a meal with a focus on eggs.
- Milk (which represents new life/ nurturing and nourishing energy) and Honey (represents abundance)
- Bring in elements that symbolize your journey towards balance and harmony. Such as crystals (moonstone, rose quartz, aquamarine), candles, essential oils/incense, sage/palo santo, potted plants and meaningful images/ pictures.
- Set aside time in Nature, go for a Spring walk and see what fallen items show up for you and place near or one your altar.



# Spring Equinox Ritual

- There is no "wrong" way to create your altar. It can be as small as a vase of fresh flowers and a few crystals with a little picture of the trip to Bali you are working towards, set aside on a small end table. It can be a lavish representation of all things "new beginnings" covering the entire dining room table. Whatever inspires you and represents your intention for yourself.
- Set your intention (or say a Spring Blessing)
- Acknowledge all the hard work you put into the previous year, including the slower pace that can happen during the Winter.
- Send gratitude to all those who will support you along your journey.
- Celebrate that Spring has arrived.





# Celebrating Spring

- Spend time outside as the sun rises, reconnect to the Earth, talk a walk, "talk" to Nature, set your intentions for the upcoming season.
- Plant some seeds, literally :) Tuck in a note with your intention written on compostable paper.
- Create an inner cleanse for your health. Drink fresh water, eat fresh and whole foods. Try new recipes incorporating seasonal foods. Reduce consumption of processed food.
- Make an offering to Nature; refresh your bird seed, add a water feature, leave nuts by a tree, mix milk and honey and pour onto the ground. "I make this offering to the Earth. As thanks for the many blessings I have received and for those I will receive".
- Stand outside at sunrise and greet the Four Directions. Addressing and thanking the elements, guides/guardians and animals that are represented at each direction.
- Bring in fresh air into your home, practice "Spring Cleaning", remove items that are broken or no longer serve a purpose. Bring something new into the home. Finish projects in the home.
- Have a (safe) bonfire outside and celebrate with friends and family.



# Grounding and Balancing Meditation



Find a quiet spot in Nature. Sit down, close your eyes and focus on your breath to settle the mind and relax the body.

While your eyes are closed; lift your awareness to all of the elements of Nature. Smell the damp grass/ ground and notice the other scents of Nature surrounding you. Notice the breeze on your skin. Listen to the sounds of around you; the birds, rustling of plants/leaves, maybe some distant cars, children playing or other sounds.

When you feel present and aware of Nature; Imagine the warmth of the Sun entering your Crown Chakra. Radiating through all of your cells as it moves down your body from the top of your head to your heart, expanding out of your Heart Chakra and filling your energetic body with the Sun's immense energy, warmth, and strength.

Now imagine drawing energy up from the Earth through your Root Chakra. As the energy enters your body imagine the nourishing, nurturing and grounding energy filling your Root and expanding to the Sacral Chakra up to the Solar Plexus Chakra and meeting the energy of the Sun in the Heart Chakra.

Imagine as these energies meet you are grounded, centered, and balanced with all of Nature's energies.

Give thanks to the Earth, the Sun, and all the elements of Nature. Take a few deep breaths and open your eyes.



# Spring Equinox Journal Prompts

- In what areas of your life are you seeking harmony and balance?
- In what areas of your life do you need to let go or move away from heaviness or darkness? What do you truly need to release?
- What do you want to receive or create in your life during this upcoming year?
- What seeds will you plant? What intention will you set?
- How can you balance your masculine/feminine energies so you feel whole (or light/shadow or inner world/outer world, etc)?
- How can you integrate mind, body and spirit into daily practices?
- How can you create spaciousness in your life?



Mary Madsen-Heskin  
River's Journey Wellness

224-805-0600 [mary@riversjourneywellness.com](mailto:mary@riversjourneywellness.com)  
[riversjourneywellness.com](http://riversjourneywellness.com)