



No matter how long the winter, spring is sure to follow.

— African Proverb

A month whisked by since my last blog in March. I hadn't intended to wait so long. I filled my April days writing upcoming presentations, speaking, meeting new clients and looking at new computer software. I visited several uplifting celebrations for those who conquered their health and well-being goals.

Thanks for your comments on my blogs. I love to know who I am speaking to, and how the thoughts whisper to your hearts. Life truly is a heart connection...

Spring is always a metaphor for life, and I never grow tired of its message. To me, God made it very dependable and secure in an everchanging world. No matter what happened during winter: pelting ice, soft snow, driving rain or bitter wind; today the sun dazzles and the cycle of life bursts ahead all anew. I feel the pangs of anticipation for lush green lawns and pastures, blossoming trees and flamboyant flowers. In the flower beds I see the little green points peeking out of the ground that will morph into my green variegated hostas this month in May. The spring parade started in March with the sweetest fragrance arising from the hyacinths that were first to say hello. The daffodils were next with their brilliantly crisp yellow suits, and ultimately, the resplendent tulips joined the pageant. The little cavalcade was optimistic, tenacious and persistent to move us toward warmer weather and the rejuvenation of body, mind and spirit. Spring has sprung!

Self growth is a lifelong blossoming process, just as spring. We have seasons in life when we grow and rejuvenate, as well as rest or let go of old ways that no longer fit our present life. A great example of growth is learning to love ourselves. Once that happens, we can love others and life a whole lot more. We can be ourselves and relax in our world, as well as listen to our own instincts. Spring is the time to discover new things. Reflect and ask yourself where you are in your self- development. Do you have a specific subject you want to learn about or a specific skill? Set a goal and spend time with people who are working on similar things. You'll find growth at a faster rate than if you had tried to do it alone. Make it fun and even set up a reward for yourself.

Growth is the momentum that keeps us moving forward. It is what gives our life meaning and encourages us to continue waking up each morning, knowing that we have the power to seek out new opportunities and change the trajectory of our lives. Sirocco Well-Being has a number of great self-development presentations online and live in-person retreats and meetings at *Winds of Change Farm Learning Center* or at your location. Let me know what you are interested in by signing in on the website and leaving an email. I'll send you a list of upcoming programs or ideas to meet your needs.

www.siroccowb.com

Enjoy Spring!

Be well,

Mary Ellen