

# NEWSLETTER

YOUR LIFE - SET FREE



## **In the Month of March Spring Fever Strikes!**

When winter drags on with its short grey days and long cold nights, the beginning of March brings hopes for the quick return of Spring. More warmth, more light, a renewal of the land and of the spirit. March is a month of transition. Old Farmers' Almanac predictions of "in like a lion, out like a lamb" reflect the changeable nature of this month. And we start changing too.

Many people find new projects started during the winter months are almost impossible to complete. They lack the energy and focus to stay on track. But with the arrival of Spring, all that changes. We feel more energized by the lengthening days and inspired by the knowledge that warmer weather is right around the corner. New Year's resolutions should be made in Spring instead of the dead of winter. Maybe then we would have a better chance of sticking with them!

So March has arrived and people start to take stock of their year. They wonder how it got to be March so quickly and why they have very little to show for their year so far. They may be worrying about filing their taxes or how to get in shape before summer arrives. They start to fill up with energy that can become "flavored" with stress and concern. It's a modern form of Spring Fever!

Energy still rises during Spring. It is the cycle of life after all, even if many of us live in cities and don't feel the cycle as strongly as our ancestors who were more in touch with the land and the seasons. But in the modern world, the rising energy of Spring is often channelled into concerns, worries, even fears about struggles and perceived failures, the passing of time without reaching one's goals. This causes more stress. And stress negatively impacts our mental, emotional and physical well being.

But we have a choice. We don't have to channel our energy into worries and concerns. We can choose to channel it into taking on a new project and getting it completed, feeling a sense of accomplishment and increased self-confidence. We can use that energy to clean out a closet or a spare room. Or to spend more time outside walking or biking or just enjoying the changes that Spring brings to the world.

This March, channel your rising energy into working on a specific goal and let the cycle of life support you in achieving it. Might as well take advantage of all that Spring has to offer. Enjoy!