
SPRING
A Gentle Practice for Beginning Again
Healing by Bridget®

A Gentle Welcome to Spring

You might arrive in spring feeling ready for something new. You might also arrive tired, carrying things from the last season that still need your care. There's room for both here.

Before you decide what you want to grow, give yourself a moment to notice what's already stirring. It might be a desire to spend a few minutes outside, pick up something you once loved, or have a little more time that belongs to you.

Whatever you notice, let it be small enough to listen to. That's where we'll begin.

Arriving Where You Are

Take a moment to settle where you are. Feel the chair beneath you, your feet on the floor, or your hands resting in your lap.

Let your attention rest on one ordinary thing you can see, hear, or feel. It might be light on the wall, a sound outside, or the fabric of your sleeve. Stay with it for a moment.

When you’re ready, turn that same gentle attention toward yourself. A word or two is enough.

What feels present in me today?

What Is Beginning to Awaken?

Sometimes the first sign of change is easy to miss. A song makes you want to sing along. You catch yourself looking forward to a walk. You see the book on your nightstand and feel like opening it again.

Think back over the last few days. Was there a moment when you felt a little more curious, a little more interested, or a little more like yourself? It could have lasted just a few seconds.

Give yourself a moment to remember what drew you in. Maybe it was the quiet, the pleasure of making something with your hands, or the feeling of having a moment to yourself.

What am I beginning to feel drawn to again?

What Do I Want to Nurture?

Think about what has been stirring in you lately. You might want more time to create, more quiet in your mornings, or a chance to return to something you miss.

What part of me would I like to give more attention to this season?

What would help me care for it?

One Small Beginning

Look back at what you want to nurture. Choose one small way to give it a little room this week. You might read a page with your morning tea, leave your sketchbook where you can see it, or step outside for a few quiet minutes.

This week, I'll make a little room for…

A time or place that would make this easier is…

A Letter to Myself This Spring

Dear me, as this season begins, I want you to remember…

A Gentle Closing

Thank you for taking this time for yourself. As you step back into your day, carry one thing you noticed here. It might be a line from your letter, something you'd like to nurture, or the small beginning you chose.

When the week gets busy, you can come back to that one thing. Give it a few minutes when you can, and let that be enough for today.

I can begin again at my own pace.

With warmth,
Bridget

You're welcome to return to Moon & Seasonal Rhythms whenever you'd like another moment to pause and reflect.