

breath love nourish



spring

"It's time we learn to trust these things."

My teacher has told me many times that the feminine aspect of nature is like the river, and you just gotta 'let her flow'. I am understanding this more and more and more... It doesn't matter if this means I relax into changing seasons, go with the tides of life, or simply soften my edges and rest into my surroundings – or perhaps all of these things. It's Spring, and as we all 'bud out' – we each seek, in our unique ways a movement toward what nourishes us, inspires us, illuminates us and brings us into our own beauty, color and magnetism. This is all about the feminine... and so however we each choose to 'flow'... may we all do so in a way that softens us, nourishes us, and awakens us to whatever nectar is longing to pulse through our lives – as mamas, as managers, as creative, as gardeners, and support staff, and especially as dish-washers and diaper changers...

"It's all the same and it is enough."

-Britt B Steele

It is impossible to avoid the blossoms lining the streets, or the tulips overloading your local market. We are all living in suspended animation, waiting for the next rain dump, but I am suggesting we stop holding our breath, and celebrate a little! I'm starting to feel a little flirty with my closet again, bouncy skirts and frilly shirts; I can appreciate color again, and it's the bright colors that catch my eye now, not so interested in earth tones. Spring puts a little "yeah" in my step, and in my outlook towards life; in fact, being Persian, we celebrate the New Year with the vernal equinox (spring). Maybe that's why I tend to be a little more playful this time of year... and I invite you all outdoors for a little fun!

This is also a good time for "spring cleaning;" my house is a dust/fur bowl with our new puppy ruling the nest; so I'm definitely looking forward to getting the dog outdoors for more hours in the day! Beyond that, my closets are stuffed with unneeded collections of "must-haves" and "can't part with's"; this is my goal this year, dump as much as possible from my closets (not winning this battle).

You can take a look at the Environmental Worker's Group list of approved cleaning products: <http://www.ewg.org/guides/cleaners> before you go out and purchase new products. And remember to keep the perfumes away, and use only essential oils to add a fresh scent when needed.

Always working the detox angle, and a body cleanse is always a good way to celebrate spring; so wanted to share a nice article on simple detox pointers (from one of my favorite websites), you can easily work into your weekly/daily schedule:

<http://bodyunburdened.com/8-simple-daily-detox-habits-gentle-cleansing/>

breathe

Open your windows, and let the fresh air clean out your home; chemicals collect from your cleaning products, leather cleaners, perfumes, laminates, mattresses, varnishes, and much more. Now leave a window or two open for cross-ventilation, and enjoy a fresher inhale.

love

Instead of room deodorizers or cheap chemical-filled fragrances... cut some fresh flowers from your yard, or buy some beautiful blossoms at your farmer's market. A nice bouquet cheers a room, and fills the air with a sweet freshness; even a single bud vase can brighten your desk or computer station.

nourish

While you are sprucing up your home, it might be a good time to add some plants to your house; nothing too demanding, maybe a couple snake plants near your bed, or peace lilies in your common area. Here is another link for easy reference; take a look at NASA's list of helpful indoor plants and their benefits: <https://www.lovethegarden.com/community/fun-facts/nasa-guide-air-filtering-houseplants>

Check-out Facebook (Breathe Love Nourish)... ask questions, share stories, and request future ventures!

Annapurna Living (.com)

Carrie-Anne Moss leads an on-line group now focused on meditation; I encountered her first through another collective of hers that spoke to a broader range of topics. Regardless, she is a seeker, and I find her both inspiring and informative.

One of her strongest beliefs is that meditation should be done every day; and suggests doing a 40-day meditation challenge. The meditation community believes that 40-days is the amount of time needed to let this practice become a part of your fabric. The challenge simply asks you to meditate every day, regardless the length of time.

Five minutes has become regular practice for me, so I am challenging myself to 40-days of ten-minute meditations per day, and I am inviting you to join in on this challenge. I am starting today, Monday 3/27/17, and as per the rules... if I miss a day, I start my count over at day one. If you should choose to accept this challenge, feel free to do any time increment you wish, three minutes, five – your pick! I will keep you updated on my progress, and please do the same:-)

I also wanted to attach one of her exercises; just a little something to start your “New Year” off to a clear start. The (very simple) workbook is attached for your viewing pleasure; and if you already did something like this on January 1, you can revisit and see if anything has changed and/or grown!

Here are a few of her recommended readings that I have and/or plan to read:

[New Menopausal Years: The Wise Woman Way](#) by Susan Weed

[Women's Bodies Women's Wisdom](#) by Christiane Northrup

[Women Who Run With the Wolves](#) by Clarissa Pinkola Estes