

Balancing Act!

The Magic of Spring

Spring is always an exciting season of the year, often characterized by “spring fever.” It is a season of growth and development in which plants are pollinated, animals emerge from hibernation and flowers burst into bloom. A feeling of hope and excitement returns, and people are ripe for change.

The spring fever that many people experience is the desire to grow and develop as individuals and to plan new adventures. Spring is a wonderful time to jot down exciting plans for the year and begin mapping out a strategy to make them happen.

A Time to Bloom

What does it mean to change? It means “to make different in some particular; to give a different position, course or direction to; to make radically different.” Spring alters the course of life and nature by renewing life, energy and hope. Use this time to plan necessary and energizing changes. Yet, even in your desire to change, be a bit cautious. Even though “change” can sound invigorating, you must always evaluate whether or not the changes you choose are what you *really* want and need.

With each change up for consideration, ask yourself:

- What is my intention in making this change?
- Is the timing right?
- Have I done the necessary preparation?

As destructive as a surprise freeze can be in spring, impulsive and self-serving changes in your life and surroundings can prove disastrous. Always consider the harmonious working of nature during this time of year and incorporate changes into the world around you lovingly and thoughtfully. Remember that the only person you can change is *you*. Instead of attempting to force change on those around you, let them bloom as they will, learning from your example, springing forward as they grow.

