

The wheel of the year keeps turning. The old must give way to the new. Today, let go and surrender into the unknown, in order to make space for rebirth and resurrection.

What has Winter taught you? Bless the lessons, especially the difficult ones. They are like seeds, hardened and dried by the cold of Winter to be cracked open by the warmth and water of Spring. Without the difficult lessons, your heart would not grow.

Nature, in her wisdom, knows there is a season for all things. Honor that wisdom and embrace the full kaleidoscope of change. Release what is done. Surrender into the unknown. Open to the new.

Take a deep breath and say to yourself,

“I release what no longer serves me. I welcome change.”