



FTLOH APRIL NEWSLETTER

WELCOME BLOOMIN' APRIL

Timing. It's all about timing. For nature's blooms, it's mostly about weather. Timing for us is more complicated and evolves as we become aware. Seasonally, after the last freeze many of us buy plants, add them

to our pots or beds, and commit to the nurturing required for their continuing show of seasonal colors. And then, along about July or August many of us feel a bit of "nurturing burn out" – and somehow that first bloom of excitement and commitment with the change of season becomes a chore and now we face a choice – negative or positive reaction/response? The flowers may not make it if we give up – how to cope. Of course, we can all relate to this. We experience this again and again in our daily lives not only with gardening, but work, exercise, relationships, and taking care of ourselves.

Let's look at this from an energy perspective remembering the importance of living in the moment. When we are grounded, centered, and balanced, we feel present, expanded, and empowered, i.e., BLOOMIN' in our energy. What if we just decided every moment of our daily life to just be in our beautiful light; to make all our decisions from that place of calm, peace, wisdom, and acceptance. Would we struggle less by just BLOOMIN' BEING? Can we let go of the drama and stress we feel as we frequently move from negative to positive, fear to love, stress to calm. Bloom where you're planted. It's time to decide every moment to be in your own love, your own light, your own creativity. Bloomin' is happy, confident, calm, and open to accept what happens in your world. Bloomin' is how you can BE in service and make a difference one flower, one thought, one chore, one decision, one life at a time. Is this timing for you now?

Meditative Moment

Breathe, following the breath to feel it in your body. Acknowledge that you are connected to the earth and connected to universal source by feeling the energy in your feet, head and up and down your spine. When you feel grounded and present, focus on your heart center. Visualize your favorite flower as a bud right at the center of your chest. As you breathe, see that flower open petal by petal. Fed by the grounding energy below and the light from above your heart flower expands to its fullest potential. Breathe and allow yourself to feel the joy and beauty of that flower, notice the changes in color, the softness of the petals. You can almost smell the fragrance and feel the warmth and inner joy. Be in this space sharing the fullness of your love, acceptance and compassion with yourself and others.

April classes - <https://www.fortheloveofhealing.com/events/>

YouTube Content - <https://www.youtube.com/channel/UC5jEilycqPCMPmeRxuiBqiA>

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