



FTLOH April 2024 Newsletter

Cleansing April Showers



It's spring! Do you feel more hopeful, lighter, revitalized? Perhaps there's a new swelling within as the sunlight's shift lengthens from sunrise to sunset. Resonate with that light and listen to the multiplication of birds' songs, breathe in the brilliance of spring tree green, touch the soft petals of a tulip, and feel the underlying beat of the earth's new season. March roars to a finish as April gently showers down upon us.

Listen to the sound of the rain falling quietly, gently, other times lashing out in an angry torrent, swiftly washing away everything in its path. Spring cleaning at nature's best! Do you feel that urge to spring clean your home, car, office and yes, even your behavior and attitudes. Decluttering is good for the soul and opens space for new thoughts and creativity. When we consciously let the "spring cleaning energy" flow within us, we experience an internal clearing of old thoughts and beliefs. The earth receives that old energy, recycles, and renews. Clutter in any aspect of our lives began with clutter on the inside. Take a lesson from nature and let the cleansing begin from torrential emotional downpours to the gentle, gradual, and easy letting go of old thinking. Embrace it all and just go with the flow.

When we quiet our thoughts through mediation, we become clearer and more present. Each body part responds, and we feel internal spring, awake and aware. Change happens. It is inevitable.

Check out the meditations on our [YouTube channel](#) and use them as a helpful tool for personal growth and change as you move through your spring cleaning.

Appreciatively,
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