



MARCH JOURNALING QUESTIONS

Dear One,

It is now March, the spring solstice is coming, and in old calendars this was the first month of the year. Can you feel the arrival of new beginnings (as I type this we have a fresh snow of maybe 6")?

I love a new beginning and that we have rather built-in ones in our year- January of course but also springtime and inevitably September as the beginning of the school year for many. Each has its own timbre and texture. January is a bit more austere while September for me has a tinge of nostalgia and melancholy. Spring, though, is exuberant and hopeful. The whole of the Northern Hemisphere can't help but wrap its arms around lengthening days and delight in the profusion of activity, color, fecundity. Autumn might be my favorite time of year, but Spring fever is contagious. I challenge you not to succumb to a smile, a fragrant bloom, a sunset over greening hills.

In anticipation of springtime I am upping my house's plant/flower count and re-reading *The Wind in the Willows*. The theme for this month's journaling is about seeds and creativity to mirror the season that is tiptoeing in just outside our windows and doors.

Happy March!

love,
Lauren



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Are you the gardener of your life? What kind of gardener are you? What season are you in? Sowing, tending, harvesting, planning?

What (proverbial) seeds have you planted in the past and forgotten about until they blossomed and surprised you? Were they seeds of love? Of a project that came to fruition in the most beautiful unfolding way?

Whose garden of life inspires you? Causes envy? What are the characteristics in each you are most drawn to?

What are your springtime rituals? Do you engage in a spring clean? A dietary cleanse? A spring break? Religious celebrations and/or seasonal ones? What rituals would you like to add/change/release?

What seeds (actual and metaphorical) might you like to sow for your own delight this spring?

Picture yourself in the garden of life you have cultivated for yourself perhaps a year or five down the road. How do you feel? What details do you notice?