

Planting Seeds

With spring comes new life. We emerge out of the winter months where we turned inward for rest, reflection and hibernation. What seeds might you plant this month to yield a harvest this summer and fall? Let's set some intentions. Here is an exercise I love to do for planting seeds of intention each spring.

1. Write down 5 intentions that you would like to focus on for the next 4-6 months.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
2. Now, write each of those intentions on its own small piece of paper.
3. Purchase a seed tray and plant some seeds that you would enjoy seeing grow during the next few months.
4. Roll or fold the intention and place in the bottom of a seed tray section. Add potting soil on top.
5. Plant the seeds as directed.
6. Imagine your intentions growing roots and a life force emerging from the soil carrying the energy of each intention.
7. Transplant the seedlings to the appropriate spot for them to continue to grow and thrive.
8. Check in with your own activity around those intentions and make sure you're nurturing, watering, and feeding those intentions just like you take care of those seedlings.

You may not want to actually plant your intentions or go to the trouble of starting a tray of seedlings. But there's something really powerful that happens when you do! I hope you'll give this exercise a try. At the very least, you might have some beautiful flowers, tasty vegetables, or zesty herbs to enjoy this summer!