



ALLORAH'S INSIGHTS

March 29, 2009

Transitions

Spring has sprung. Energetically, the change from Winter to Spring is the most dramatic of all the transitions between the seasons. I expect it is so intense because it symbolizes and underscores the connected nature of death and rebirth. It is quite a magnificent miracle of nature that a living, breathing being can emerge from what was the bitter barren earth just weeks before. In some ways Winter is symbolic of the gestation process, while Spring initiates us into the primary growth stages of our experience. The vernal equinox is the symbolic birth that serves as the bridge between the two.

Birth is a pretty intense initiation, though I'm told the journey through the birth canal feels like a massage for the baby.

As I write this I am in the throes of moving my home. It has been a profoundly overwhelming and yet deeply healing experience. It is giving me several opportunities to practice my ability to surrender and receive. The strangest part of this journey is that I find I am headed in a direction I have always intended and am better able to trust the unknown (what I am creating based on my intention) in the face of obstacles. The gift of this has been that miraculous resolutions have appeared in a timely manner each time a challenge has presented itself. In this way I am discovering myself blossoming into the life I had always hoped and better. Quality friends have shown up or resurfaced in my life to richly fill the void left when I ended toxic relationships. Additionally many "quality of life" upgrades are popping up every day and I am saying yes please.

Our lives on earth are microcosms of the cycle of reincarnation. We souls continue to incarnate in order to grow. Spring is very much the cycle of rebirth; the return from a long slumber. The seasons are cycles within a cycle that serve to help us grow beyond our limitations. As Spring is here we are hopefully all better able to move forward, renewed and full of hope because we have come through the introspective journeys brought on by Winter.

It's time to sprout and blossom, revel in it...

Namaste,
Allorah