

## The 4 Seasons of Our Spiritual Path

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Just as nature goes through 4 seasons, so does our spiritual life. We make the mistake of ignoring the differences and spend a huge amount of energy attempting to keep everything the same at all times. However, if we acknowledge we have seasons, we are more able to flow with them as they arise. You may find you are a '4 seasons in one day' person or maybe it takes you months or years to move through one season before going on to the next.

Summer is a time of possibilities and opportunities. It's a time for fun, relaxation, and holidays. This is the time in your spiritual journey where you stop pushing and just enjoy the flow of life. You create the space to allow in the new and exciting things which are waiting for you to embrace. You solidify your creative inspiration from Spring and allow it to take form.

Autumn is a time of leaves changing colour and dropping off the trees. The weather cools down and crops are harvested. This is the time in your spiritual journey where you reap the benefits that have been set up in the other seasons. To continue this cycle, you let go of the old to make way for the new when Spring arrives. Drop those old patterns, habits, thoughts, behaviours, ... Make the changes you know you need to so that you are ready for the relaxation of Winter.

Winter is a time of hibernation and rest or sleep. This is the time in your spiritual journey where you turn inward and become reflective. You may withdraw from the others in your life to have some space to yourself. You may not feel social during this time and prefer to stay at home and rest. You are preparing yourself for the Spring.

Spring is a time of new life, renewal and blossoms. This is the time in your spiritual journey where you blossom into the best of who you are. You will feel rejuvenated from the rest you had during winter and be ready to spring into a new life with abundant energy. You will find creative inspiration is flowing and it is a great time to birth a new idea or venture.

Just as seasons have different lengths in different countries or in different years, your seasons will vary in length too. Each cycle may have its' own variety as well. Sometimes a long hibernation may be needed before the creative juices flow and other times a quick nap may bring them on. Flow with the seasons of life and enjoy the gifts each has to offer. Accept all of them as equal and bring compassion and unconditional love to them, as they arise. They are all part of our growth path.

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