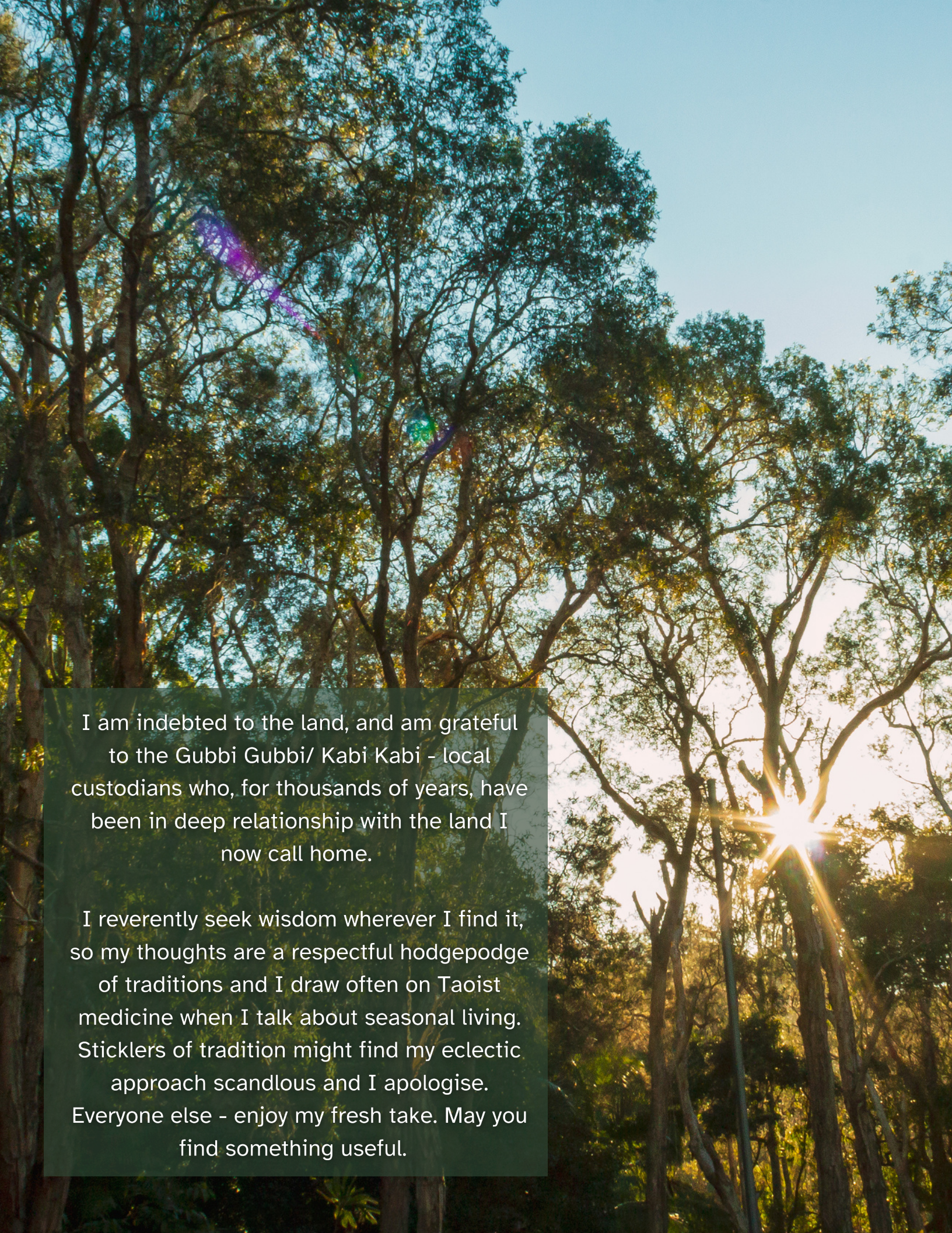


Spring Equinox *Reflection* Guide

2023 musings



by Cat Green, Everyday Empowered



I am indebted to the land, and am grateful
to the Gubbi Gubbi/ Kabi Kabi - local
custodians who, for thousands of years, have
been in deep relationship with the land I
now call home.

I reverently seek wisdom wherever I find it,
so my thoughts are a respectful hodgepodge
of traditions and I draw often on Taoist
medicine when I talk about seasonal living.
Sticklers of tradition might find my eclectic
approach scandalous and I apologise.
Everyone else - enjoy my fresh take. May you
find something useful.

why seasonal living?

How do we relate to the land? Can we let it guide us and our daily rhythms of self-care/ home-healthcare?

Do we notice that as the seasons change, our bodies mirror that change?

In spring, can you notice...
when do the bindis hardened off and prickle your feet?
what wildflowers are blooming around you? Can you hear the buzz of the bees?
Has the stormbird (Eastern Koel) returned on their annual migration, singing their
siren song of spring/summer?

Are you more irritable and easily angered?
Do you feel the pulse of creative energy, inviting you to create big dreams and visions
for your life?
Do you feel the urge to do something, move more or deep clean your cupboards?

Seasonal living asks: can we attune ourselves to the natural world outside our doors, knowing it affects us on many levels.

This spring equinox, I invite you to explore yourself and your relationship with
archetypal spring energy.

It's hard to capture all the associations in a single booklet, so this year, we'll deeply
explore the themes:

potential & becoming
Balance of opposites

Potential & Becoming



Imagine the seed, sprouting and pushing out of the earth on its quest to fulfill its path. Think of the spring babies, such as chicks, platypus, goannas. Whether sprout or babe, their life is just starting, on their way somewhere . Bursting with the *potential to become* what they're uniquely meant to be.

All this new life - representing Potential and Becoming - is one of the major undercurrents of spring energy.

What do POTENTIAL and BECOMING look like in your life:

- How do you define potential?
- What does potential mean to you?
- Are you living into your potential? Why/ Why not?
- What are you becoming this {solar} year? This might be specific, tangible goals for your life, and it might also be qualities you want to focus on.

Both POTENTIAL and BECOMING are based on the idea that we're following our unique path in life – a calendula seed isn't going to sprout and grow into a yarrow plant. So – what kind of seed are you?

- If you were living your best life – what does that look like? What are you doing? Where are you? Who are you with? How does it feel in your body? (You can reflect on this in many ways, enjoy spending time in free-flowing imagination)
- Do you regularly make time to listen to your inner guide? How do you do that?
- How do you not get swept away by external demands and expectations but instead come back to alignment with the self, to be the seed you are meant to be?



Balance of Opposites



The other major Spring theme I'm exploring this year is the **BALANCE OF OPPOSITIES**.

In Classical Chinese Medicine, spring is traditionally represented by bamboo – this represents strength but also flexibility.

If wood is strong but becomes too brittle it breaks, so it needs to remain flexible.
If it flexible but too weak, it won't have the capacity to grow towards the sky in its quest to become what it is meant to be, so it needs strength.

Bamboo can only achieve its full potential when it balances these opposing needs or twin qualities.

This year, I am seeing this pattern – **BALANCE OF OPPOSITES** – represent so much more than just strength and flexibility.

Drawing on spring energy requires us to be:

- Flexible and strong
- visionary yet also a realistic doer
- resting so we can act

Flexible and Strong



Are you flexible and adaptable?

When life's inevitable hiccoughs happen (or let's face it, sometime it's a sh*tstorm) – can you adapt? Are you resilient? or do you break or become really rigid?

**note sometimes rigid looks like being too controlling, or needing things to work out a certain way. And breaking doesn't necessarily mean a full breakdown, it can simply be us living with high levels of daily stress, it might be us snapping and losing our cool, or perhaps having more physical issues and ailments.*

Are you strong enough to push towards the sun? Do you have the physical, mental, emotional, spiritual strength to become who you're meant to and achieve your vision for your life?

Why/ Why not?

Do you have the resources and energy reserves to carry out the demands of daily life?

Visionary yet realistic doer

Creative Spring energy encourages us to dream big and create amazing visions for ourselves, our lives and the world.

Yet our culture already magnifies this trait. We're encouraged to pursue our big, hairy, audacious goals without any discussion of what this might cost or how to go about it.

Drawing on Classical Chinese Medicine, there's a counterbalancing theme in spring. Spring is associated with the liver/ gallbladder organ system and they are metaphorically represented by the General and his right-hand man. It's the Liver's job to make the plan for how to carry out the grand vision, making sure we have everything we need, and the Gallbladder just gets in and gets stuff done.

Combining these archetypes together, we can see there's a **BALANCE OF OPPOSITES**. It's not just the 'dream big' mentality that the world encourages, but it's also the nitty gritty, daily reality of **HOW** do we get it done.

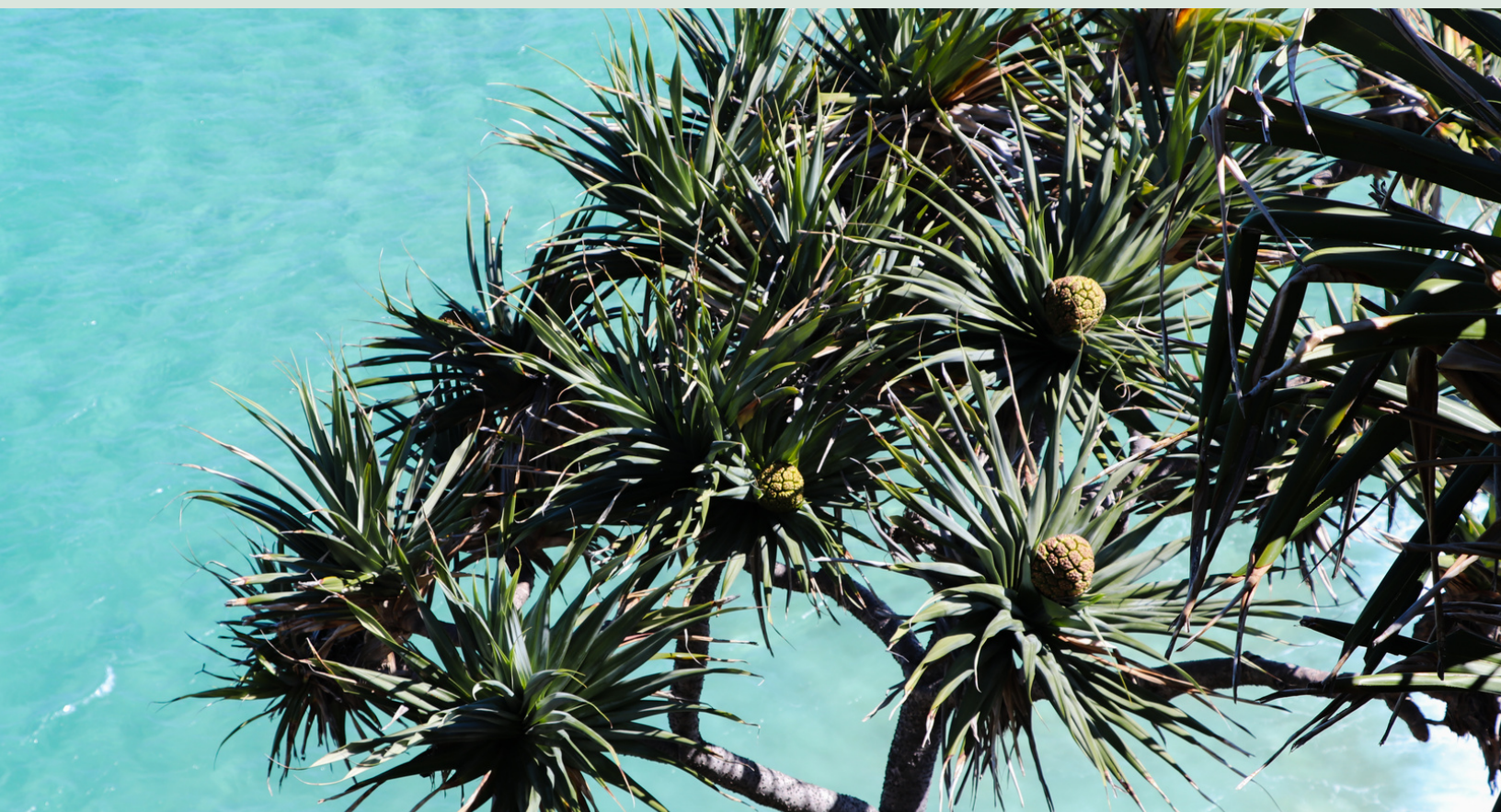
- What does this look like in your life?
- Can you do embody both these archetypal energies of the visionary and the realistic doer?
- Or do you find yourself able to do one but not the other? (ie all big ideas but poor follow through, or maybe you feel stuck and directionless)



Looking at your answers in the previous section about your vision, let's embody some Spring liver/gallbladder energy:

- Do you have the energy reserves to make your vision happen? Do you have the financial, time or resource it requires?
- In order to make that vision a reality, what would you need to give up or sacrifice for it? Is that a trade you're willing to make?
- How can you find the resources you need to live out your vision this year? Can you ask for help? Can you make space for more regular self-care? Do you need to work more or less? Can you let go of something that is just taking up space and not allowing this new vision to flourish?

Please personalize this - ask questions that are relevant to your situation.



Resting to Act

Culturally, we're very good at prioritizing hairy, audacious goals and productivity, but not always great at prioritizing rest, relaxation and rejuvenation.

This can quickly lead to burnout and exhaustion or just simply not enjoying life. Spring energy can exacerbate this tendency.

- Do you have regular times to rest and recharge?
- Do your foundational lifestyle pillars support your overall well-being so you have the energy to live out your visions? ie. refreshing sleep, nourishing meals, laughing, regularly moving your body, spending time in nature etc...
- Did you rest enough in winter? Remember each season builds upon the one before it. If we didn't build our energy reserves in winter, we mightn't have that burst of energy to propel us in spring.



**And – because I like nuance. Rest is important for its own sake. There's lots of 'rest-to- be- more-productive' talk, which really just reinforces the idea that being productive is what's really important. Yes, that's how I've framed it here too, because we're talking about BALANCING OPPOSITES, but let's not forget rest itself is important and a fundamental human need.*



about me

I'm Cat Green - a folk herbalist championing home herbalism and nature connection.

I think one of the most over-looked aspects of health is seasonal living.

What happens in the world affects us on many layers. Learning to pay attention to seasonal shifts helps us best align our simple self-care and home-health-care practices to optimise health and well-being.

Through my community biz, Everyday Empowered, I help people just like you learn to work with nature to care for their health naturally.

Using simple, effective herbal remedies and foundational holistic health principles, we all have agency and capacity to live well every day.

I hope this Spring Equinox Reflection Guide supports you in deepening your relationship with yourself and the world outside your door, building well-being in the process!

love, Cat

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I share seasonal living,
natural health and
herbal medicine tips in
my regular newsletter,
socials + blog.

If you're ready to dive
deeper into making and
using herbal medicine at
home - you'll love our
monthly workshops,
online courses and DIY
Remedy Kits.

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