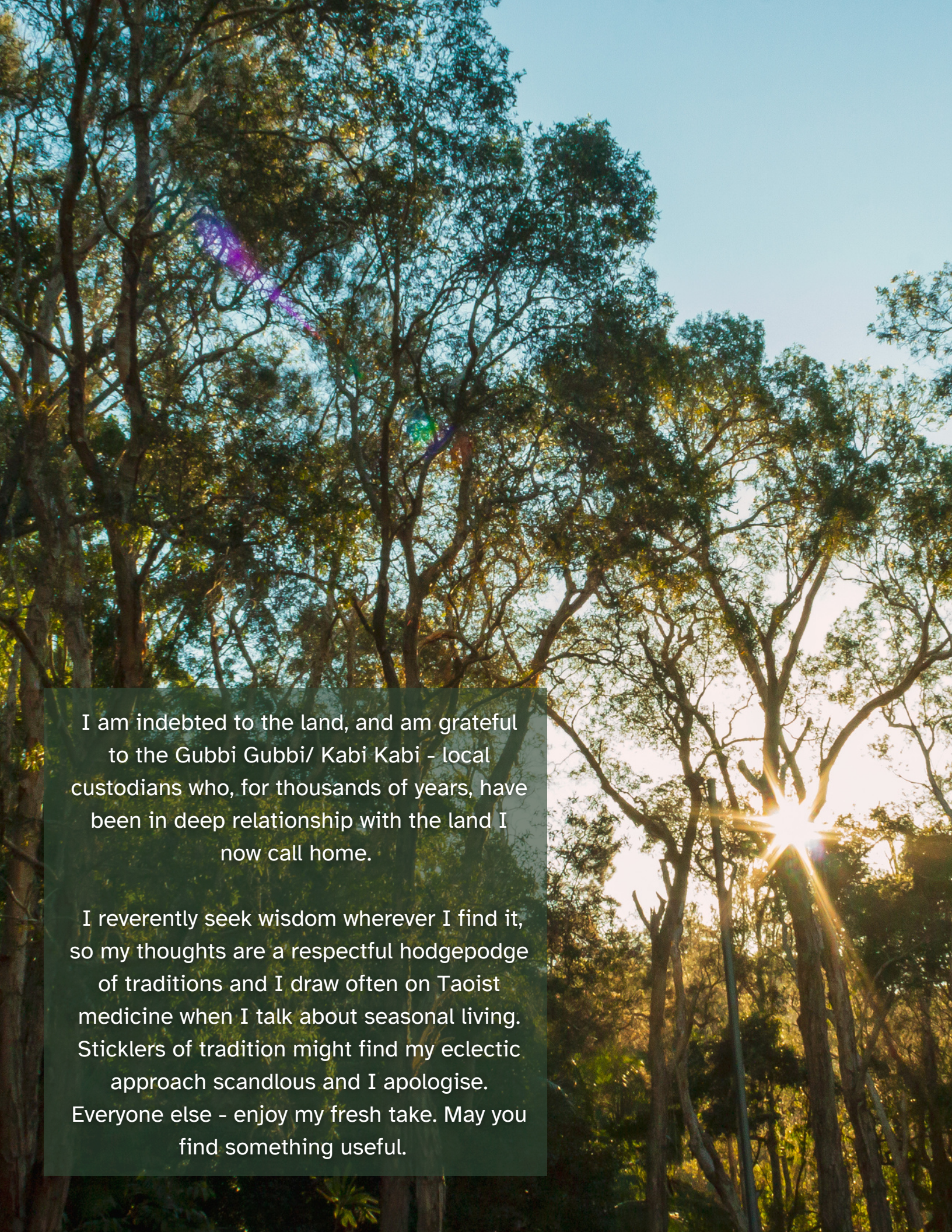


2025 musings

Spring Equinox *Reflección* Guide



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.

learn with me

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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:

rebirth
resilience and adaptability

Rebirth



Even though rebirth is perhaps the biggest and most obvious spring theme, I haven't really delved into it previously but it's one that I'm exploring this year. It's particularly relevant in 2025, with a solar eclipse and new moon so close to the equinox and everything else we're witnessing globally.

There's two parts to rebirth. Whilst we often focus on the shininess of 'becoming' and where we're heading, we also need to create space to clear and let go.

We can learn from the scribbly gums, shedding their skins each year in preparation for the season ahead.

On a practical note, this looks like spring cleaning and de-cluttering.

In our emotional /soul realm, it can refer to clearing what's old: old beliefs, stories or habits.

- Are there stories or beliefs that once felt true but no longer do. Have you outgrown them and now you need to shed your skin in order to become more fully who you are?
- What's holding you back from moving into this new season and this next stage?
- Are there any big decisions you need to make to live in alignment with who you feel you are now or who you want to be?
- As I take personal responsibility, are there any hidden assumptions that I need to excavate and make visible? Subconscious ideas about how the I or the world "should" be?

In REBIRTH, the twin focus is also on what you're creating.

- What do you want to birth into the world? (project, virtue, idea, skill... etc)
- How will this new vision contribute to your own wellbeing or the collective wellbeing of the people, animals and plants we share the planet with?
- How are you inviting fresh energy into your life?
- Who are you becoming? What character qualities do you want to embody? What do you want your daily life to look and feel like?
- How are you co-creating with nature, or with the people around you?



Resilience & adaptability



Once upon a time, I worked in community disaster resilience. My role was to help communities become more disaster resilient, which is summed up as being able to bounce back from stress and “build back better”.

I worked alongside disaster management services and they’d often talk about multiple crises. As individuals and communities, we might be resilient to one shock or perhaps two, but what happens when these shocks compound or come as frequently as the waves hitting the beach!? Are we resilient and adaptable enough to endure them?

Bamboo is often used as embodying the flexible and adaptable nature of spring. It’s strong yet flexible so it doesn’t break.

- How can you be more like bamboo in your own lives?
- Are you so stressed and maxed out in current life, that you have no spare capacity to adapt to shocks?

I personally try (and often fail) to live by the 80/20 rule. Only running at 80% capacity in daily life, so I can absorb the unexpected shocks that I know life’s going to throw my way



- 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.*

- If it's not one shock, but multiple, are you able to withstand these ongoing disruptions? At what point do you falter and crumble?
- And how do you even know if you're enduring or breaking? What are the early warning signs or red flags that you're physical/ mental endurance is crumbling?
- What support (physical, emotional, mental, spiritual, community) do you need to build capacity to be resilient?
- Do you feel part of a community who'll support me during challenging times?
- Are you someone who offers support to others during challenging times?

More than ever, as we globally disintegrate and are making our way through birth pangs of a new era, these themes and questions are relevant, and will continue to be relevant.



about me

I'm Cat Green, a community herbalist on a mission to bring herbs back where they belong... to our homes, gardens and communities.

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