

Spring

YOURS TO Discover

is a time of rebirth and new growth. We are waking up from our winter slumber and an excitement or quickening can be felt.

It is a great time to plan for the coming year. Traditionally, seeds are planted at this time for the fall harvest.

What seeds would you like to plant in your own life? What would you like to experience? Feel? Or to be in the fall? Giving yourself time to reflect and imagine how you would like your life to be is extremely helpful in making that happen.

A farmer knows that in order to harvest in the fall he must plant the seeds, till the soil and care for the plants as they grow. He does not sit on his hands and complain in the fall when the harvest is not there.

The same theory applies to us. If we want change, new experiences, new feelings and to feel good and strong we too must do the work.

The first step is choice. We all have choice. We choose where we live, who we live with, what we eat, how we exercise, where we work and how we spend our money.

Often we do not feel that we have choices, but we do.

When we realize that we have choice, we can start to use it. So take a look at your life in comparison to your garden. What do you want to grow? What weeds need removal? What needs pruning? And what needs more care and attention?

Giving to yourself and nourishing yourself as you nourish a garden will lead to a lush, prosperous and enjoyable life.

Chantal

Chantal Garneau

is a Reiki Master and Intuitive Counselor Downtown Georgetown. Her goal is to connect people with their innate intuition, wisdom and healing abilities. She can be reached at 905.783.8853 or www.chantalgarneau.com



Photo by Rosaleen Egan.

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I hope you enjoy this directory created for you to help your family discover the gems we've found hidden in these hills. Please take the time to look close to home to fulfill your needs. It is more important now than ever before. On your journey, please keep your eye out for us and keep in touch, so we can share your favourite haunts & hidden treasures with others in our community. Thank you for reading. - Amy Sykes

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