



Spring is in the air and what an amazing time for change. Mother Nature knows it well... all of the little seeds that have been hibernating in the dark all winter are getting ready to bloom and expand. What a beautiful metaphor for this time on earth as well. After long dark days, here we are again ready to bloom and emerge from the darkness... ready to love more, to create more and to share more of our gifts with the world. Please join me in celebrating life and creating a peaceful space to relax and let the sun shine in... with a little help from my crystal bowl 😊

Meditation

April 8 ~ 3pm

The Rising Sun
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