



Spring Cleaning for the Soul

It's that time of year when we begin to clear out the winter wardrobe and move our spring clothes front and center. Our neighbours start cutting the lawn, cleaning out winter debris, and the tulips and daffodils add brilliance to our world (at least on the west coast). The sun pokes its head out every now and then amidst the rain clouds, and the world around us comes alive. This is one of my favourite times of year. I think we are really blessed to enjoy four seasons on the coast as each one is special in its own way.

As I pondered what message I might bring together for each of you, the idea of a soul cleanse seemed somehow the right thing to talk about this month. My coaching request for you is to choose a 7 day stretch of time during the month of April, and practice extreme self-care. Here's the exercise:

1. Find 7 consecutive days right now and mark these dates off on your calendar. Call them My Soul Cleanse week.
2. Find a friend who will share this practice with you. Having someone to support you and compare notes with will help keep you motivated.
3. Make a list of those areas in your life where you feel heavy or contracted. Write fast and list as many as you can. Don't stop to question what you have written.
4. Now sit back and review what you have written (again no questions or stories about what your stream of consciousness created – it has its purpose – if only to be written)
5. Pick 3 things that resonate with you the most.
6. Beside each of these things just write 1.2.3
7. Share these 3 things with your friend; compare notes and just notice what comes up for you.
8. Now pick one and one only!
9. This will be your focus for your special week.
10. Imagine yourself at the end of your week without this "thing" hanging around. Write this feeling down. What emotions, sensations, thoughts, beliefs come up for you?
11. Your goal is to pay special attention to bringing this new feeling into your life during your Soul Cleanse week. Allow yourself to "feel" whatever you have written down. Use your journal to refresh yourself.
12. Now just hang out there for a while each day. Allow your body to do the rest. Journal what comes up for you.

Rich blessings for a very Happy Easter!

Linda-Ann and The Unbridling Herd

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