**2017 Spring Equinox Visualization (written by Connie)**

*The focus of this visualization is rebirth; rebirth of your authentic or higher self. As each part of the fetus comes into being, the spark that is their authentic self shines from it-heart, lungs, hands...The awareness of choosing to born at this moment, into your family of now, is brought forth and nurtured. It was an amazing experience for all.*

**Visualization:** **(15 minutes)** (leave a moment to ingest after each paragraph)

(Connie): **Nestle into the womb that surrounds you. Feel safe, feel warm, feel open. This fluid inner world protects you completely. Movement is slow and gentle and you are surrounded with love. Totally let go and trust in this most sacred of spaces. Notice the energy around you. It pulses with life; you are within a perfect vessel to nurture your growing new life form. And there you are; just a tiny, brilliant spark within a fertilized cell. Take a moment to connect to this spark of life. She carries all the answers as to why she decided to journey onto the Earth plane right now. She has an intention for embarking on this journey.**

(Lynn): **Cells dividing and dividing again; your new body begins to take shape. The spark within you tenderly touches each new part of your newly, forming, miracle being. The spark now ignites the formation of vital organs. A quickening heartbeat emerges, the drum beat of your life. It will be yours and yours only.**

(Debby): **Lungs are opening their petals like a flower, a tree, a deep sea coral; preparing to support the breath of life.**

(Abbie): **Your spinal cord surges with the sap of life. The fluid surrounds and follows a precious highway of nerves to the brain. Ah, the brain, sparks are just wildly flying here, wondrously igniting a flurry of cells forming and connecting, connecting, and connecting. It’s fireworks!**

(Connie): **Even as a tiny being, still in formation, you can know and feel this immense, unending, universal love that wants to bring you into the here and now; a grand life to be lived fully and with gratitude.**

(Lynn): **Now the spark starts to form tiny buds on your body. They will emerge as tiny limbs. Oh look-tiny arms, feet, ten fingers, ten toes-so precious! Just imagine all the loving things these hands will do, touching everything so as to learn the ways of the world-the skin of the mother, the bark of a tree, the silk of the rabbit’s ears, a lover’s body.**

(Debby): **And your feet-walking the four winds, dancing, jumping in rain puddles and letting mud squish between your toes.**

(Abbie): **Now your ears and eyes-the spark has touched them! Watch them grow. You are created to hear the rustling of the leaves on the trees, the meadowlark’s evening song, the humming of the bees as they collect the nectar of life-the rainfall, the waters rushing to the ocean, the cry of the coyote, the hoot hoot of the owl, the mother’s sweet, sweet lullaby, and the whisper of a lover in the depths of the night. Your eyes are created, deep and open to behold the beauty of all creation.**

(Connie): **Oh, oh, now the spark is igniting your taste buds, your sense of smell and their ability and power to carry you home, again and again as you grow older.**

(Lynn): **You are complete. A miracle has occurred. How can this creation of new life form ever be understood? Goddess says, “It is not to be ‘understood’. It is to be felt and savored, and imagined over and over. The completion of creation is never really complete, but it is perfect every time. It is wondrous, miraculous, complex, and beautiful- so beautiful!”**

(Debby): **Take some moments to revel in your new form. Admire your sparkle, your absolutely divine *energy* being, that has now taken the shape of a new *human* being.**

(Abbie): **Be aware: you carry the spark of your authentic self in every pulse, breath, and touch your body will experience. She, your authentic self, chose to share your experience on this plane. Her support and guidance will help you to achieve all that you were born to do. As your body is reborn, so too shall the awareness of your authentic self, awaken.**

(Connie): **With strength, wisdom, love and beauty, you are ready to be born into your new family of Now. Birth is the inner and outer song of Spring.**