**Spring Equinox 2014 (1st visualization read during the massage)**

“The Seed is Awakening Reaching for the Light” - 1st Visualization

Now the dark half of the year is passing.

Now do the days grow light

And the Earth grows warm.

I summon the spirit of that which has slept in darkness

Awaken, stir, and swell

Soon you will be planted in Earth and in Mind

To grow and bring forth new fruit.

Blessed be all life.

Seed prayer in *Wheel of the Year*

As gentle hands soothe and nurture your body, trust us to keep you safe. Let go of the outer world and enter your inner world. Dive down into the womb of your soul.

Feel the energy of this place. It pulses with life. It nurtures all that is waiting to be born. Feel how your soul’s womb pulses in sync with the heartbeat of Mother Earth. Feel the richness of the soil, feel the connection to her.

Nestled in this womb is a seed that has been protecting new growth. Can you see it? Something that is within the seed is ready to burst out. Can you feel its excitement to be born?

It stirs. It is awakening. It feels the extra warmth that has come with the changing season. It wants to break loose from the shell that has been keeping it safe all this time. It pushes, it shoves. Finally, a crack appears in the shell. Yes!

Quickly a root is sent out reaching down, down. Ah the delicious sweetness of the waters and nutrients that surround it. More roots reach out anchoring this fragile new plant. It is safe. It has everything it needs to reach for the light.

And so it does. It pushes steadily upward. Does anything get in its way? Does it have obstacles to go around or does it slide smoothly through the soil? It can handle anything because its roots are so strong. It is supported and fed and nurtured by its mother.

As it moves up, the soil above warms. Then, without any warning, it bursts forth into the light. Without hesitation, it unfurls its first little leaves. They unfold and a jewel that has been hiding inside it stretches up, up, up and opens to the light. A gentle air caresses its body. Oh how spectacular this new world is. Oh how wonderful it is to be alive.

Holding on to this feeling, once again focus on the gentle touch of your sister. Allow yourself to be with us again. Take a deep breath of this sweet Spring air and rise up to change places with your sister.