**Spring Equinox 2014 2nd Visualization during massage “Wake Up and Step into the Light”**

*The breeze at dawn has secrets to tell you.
Don’t go back to sleep.
You must ask for what you really want.
Don’t go back to sleep.
People are going back and forth across the doorsill
where the two worlds touch.
The door is round and open.
Don’t go back to sleep.*

*Rumi*

The Earth has awakened. Have you noticed? Think of all the signs of Spring you can think of. All around us Nature is shouting, “Hello! Look at me! Am I not gorgeous?”

Nature is unfolding around us. Water is flowing down the mountains from beautiful spring rains. We are so grateful for the sweetness of fresh water! Like a sponge the earth swells as it absorbs this life giving element. Flowers open their faces to the sun. Trees burst forth in a bouquet of greenery. Bees are flitting about. Birds are singing their hearts out. It is Spring.

We see this. We feel this. Our energy is a bit different than before. Has your body quickened? Have you put your hands into the earth just to feel the energy of the soil? Did you bring flowers inside? Are you thinking about decorating? Are your creative juices flowing too?

Is life changing around you? Is newness in your air? Is the seed nervous before it breaks through the shell? It waits, it waits…Now! ,

The sap in the trees flows quicker as the sun warms them. So too does the blood in your veins.

The Rumi poem says “Don’t go back to sleep. Ask for what you really want”. This is the time that new life is bursting forth all around you. If you want something, ask for it! The energy is all around you ready to help this desire to manifest.

Feel the blood coursing through your veins as your sister brings blood to blocked spaces. These places are filling up with life and possibility. We are stepping into a newly reborn world. Perhaps we are just taking time to notice, but actually, everything we’ve experienced has lead up to this moment. It’s made minute changes to lead to this moment.

As Rumi says, “People are going back and forth across the doorsill where two worlds touch. The door is round and open. Don’t go back to sleep.” So, drink in the sweetness of this new world. Step through the doorsill into the light. Be awakened. And ask for what you want. What do you want?

(Pause so they think)

It’s time sweet women. 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. Grab your journal and let forth all those thoughts and ideas you’ve had.