



Spring Cleaning Inside and Out

With Spring already here, I can't help but feel a sense of wanting to get rid of some "extra baggage" not only in my physical environment but my emotional one as well. Spring represents the cycle of rebirth, regeneration, and renewal. In order for rebirth to take place, there needs to be a completion or an end of something else once again. In this case winter. I would like to share with you some ideas or tips to jump-start your spring-cleaning inside and out.

At the top of my list is a cleansing and detox program. Let's face it we all know that during the winter months we indulge and our systems become very sluggish One that includes ingredients that you could find in your own kitchen is called the Master Cleanse. (recipe can be found on page 4).

Make more contact with family & friends. These days there are so many methods of communication and we all know of some one that just had a baby, got engaged, or lost a loved one. Just thinking about that person is good but letting them know you are thinking about them makes them feel great and yourself as well. Maybe plan a special afternoon to "catch up" and reconnect.



Have more immediate family involvement-quality time spent together. Schedule an afternoon or evening for you and your children to sit down and do an activity or play a game as a family. You may find your child practically volunteers information that you would normally have to pull teeth for.

I keep an empty box in the back of my vehicle and fill it with "extra baggage" once it's cycle is up. Perhaps it is clothes, shoes, toys, books or pieces of furniture. Some things are easier to get rid of then others. I try very hard to keep it in perspective that once something new comes in the house, I must get rid of something else. It is funny how it never seems to be the other way around.

We can also clean up our emotional environment as well by using the same analogy. Ask yourself this what is not working in my life right now? What would I like to see more of? What do I need to get rid of or replace? When we start to answer and act on these questions we leave room for new beginnings and growth.

So my friends when looking to tidy up your environment start from the inside out and please be gentle with yourself. Visualize what you would like to see happen and take the necessary steps needed to get there, acknowledge those feats no matter how great or small by doing something special for yourself. Be patient.... for it is not a contest to see who can have the cleanest house in the shortest amount of time-but rather the process of creating an environment that nourishes your mind, body and spirit!

Happy Cleaning!