



Tap into the energy of Spring: Equinox rituals

ONE: Spring Altar

Create a space on a shelf, table or even a corner of a room to honor the energies of this time of the year. Potential decorations;

- Fresh flowers
- A small potted plant or two
- Images of hares, eggs and pastels are traditional
- Essential Oils such as: Lemon, Tea tree & Cedarwood
- Crystals
- Candles
- Sage
- They don't have to take much time and shouldn't need to cost a dime

TWO: Spring Cooking

Break bread with your loved ones, eat seasonal food or making get in the kitchen to bake some spring-time favourites.

Lemon & Lavender Loaf

Prep Time 15 mins

Cook Time 45 mins

Total Time 1 hr

Ingredients:

- 2 Medium Eggs
- $\frac{3}{4}$ cup Granulated Sugar (150 grams)
- 3-4 drops doTERRA Lemon essential oil
- 100ml Water
- $\frac{3}{4}$ stick Unsalted Butter (80 grams), melted
- 1-2 drops doTERRA Lavender essential oil
- 2 cups All-Purpose Flour (280 grams)
- 2½ teaspoons Baking Powder
- $\frac{1}{4}$ cup Lemon Juice , freshly squeezed (60 ml)
- 1 tablespoon Sugar



Instructions

Lemon lavender loaf:

1. Whisk the eggs and sugar until pale and creamy. Add lemon oil, water, melted butter and lavender oil. Mix until combined.
2. Sift in the flour with baking powder and mix with a mixer until well combined. Pour the batter into a 2 pound loaf tin lined with baking paper.
3. Bake in a preheated oven at 360°F/180°C for 40-45 minutes or until an inserted skewer comes out clean.
4. Right after you take out the bread from the oven, pour over it the sweetened lemon juice. Let the bread cool down before slicing.



THREE Planting Seeds of Intention

This is a good time of year to start your seedlings. If you grow a herb garden, start getting the soil ready for late spring plantings

Plant your flowers with intention. Focus on a positive affirmation for yourself or others that can harvest along with the flower. When you water your plants, imagine you're also nourishing your intention to grow. Writing a word that symbolizes the intention on the pot is a wonderful reminder or you can even place a note with your intention on it, fold it up and place it in the bottom of the planter pot. As you are responsible for taking care of the plant, making sure it is nourished with sunshine and water, the same goes for your intention and dreams.





FOUR Walk in Nature

Take some time to celebrate the new life that surrounds you in nature. Walk in a park, lay in the grass, hike through a forest/woodlands. As you do, observe all the new things beginning around you- plants, flowers, insects, birds. Meditate upon the every-moving 'Wheel of the Year' and celebrate the change of seasons.