



## *Spring Forward with Power and Purpose!*

I love spring because each day is filled with new and wondrous experiences. Everything, both business and personal, seems more alive and accessible. There is magic in the air and delightful surprises around every corner.

Springtime, like Forrest Gump says, is "... like a box of chocolates. You never know what you're going to get!" Spring is full of so many unique and yummy pieces of chocolate. For instance, I love the beautiful scents that permeate the air — lilacs, citrus, and jasmine — all at the same time! And there's the healing warmth, the vibrant colors, the balmy breezes, and the rain showers. It's like picking a dark chocolate from the box each time.

Spring empowers me to want to do, do, do. Yep, there always seems to be so much on the list, and I tend to want to do it all — and then some. I've learned that the trick is to select just one piece of chocolate at a time, savor its yumminess, and get the absolute most out of it. We want to make sure the mind and body can thoroughly experience and enjoy all the pieces of chocolate in our box of candy.

### **Create Space for Better Self-Care**

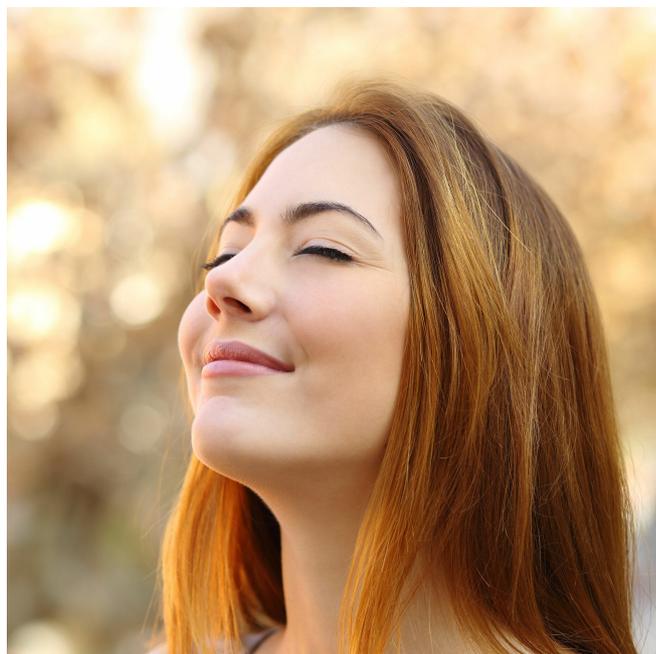
To fully savor the delights of springtime, you need to know your life has purpose and meaning. This can positively impact your emotional well-being. When you feel that sense knowing "this is my purpose," you can go forward with powerful intention.

This requires creating space for who you want to become. So, first and foremost, it is crucial to set aside time each day for mindful contemplation. Call it meditation or conscious awareness, the key is to spend time in balance and harmony with your body. This grounding practice allows you to tap your intuition and sense of what is right for you. And it's vital for your overall health. Some people might say that taking care of yourself is selfish. But self-care is absolutely necessary because if you don't take care of yourself, it will be much harder to be there for others. I like to think of it as "being conscious of self."

To help your body find balance and harmony, to get grounded in your life's purpose, and to experience the joy of spring, you can practice self-help acupressure. Just use your fingertips to connect with the energy balance points located throughout your body and notice how you bring your whole self into balance.

### **Spring Energy Tips**

An easy-to-learn and easy-to-do self-care routine for feeling great is to practice the Daily Clean Your House Flow every day. This nine-step,



self-help acupressure sequence will positively affect how you feel and what you can do. It only takes a few minutes, but the results last. Learn more and get your free copy at [www.deborahmyerswellness.com](http://www.deborahmyerswellness.com).

Below are some energy tips to get you started. Try these simple acupressure poses for better clarity, increased energy, and a happier spring. Savor your box of chocolates!

#### **Gain clarity and purpose**

- \* Place your fingers on left and right base of your skull.
- \* With your left hand, cup the back of your head with your fingers on the right base of your skull. At the same time, cup your forehead with your right hand so your fingers are on the left side.

These two poses connect with knowledge and memory. Additionally, bad moods, getting over the past, and mental confusion can be alleviated.

#### **Renew energy and vitality**

- \* Hold your hands in the middle of your back at kidney level.
- \* Sit on your hands.

These two poses help your circulatory system and give you and your body that extra energy boost to accomplish all that you want to do.

#### **Experience spring magic**

- \* Give yourself a hug by folding your arms across your chest. Feel the expansive breath.
- \* Gently hold your fingers on the outside of your knees, left fingers on left knee, and right fingers on right knee.

These two poses help you and your body repattern, reprogram, and create new habits and new ways of being. Additionally, you can hold the outside of your knees to help let go of inflammation and pain or discomfort. Both poses expand the space for your inhale and help your body let go on the exhale.

Spring and transformation go together. Give your body what it is asking for: the space to make the shift into the new season, room to be different, and freedom to experience flow.

Enjoy spring! And enjoy your box of chocolates! You deserve every piece!

# Get out of Pain

*gain ease*



*Deborah Myers Wellness*



*Acupressure for kids and grown-ups*

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*A certified Acupressurist and Jin Shin Jyutsu practitioner, Deborah Myers helps you relieve pain, balance emotions, and increase vitality through private sessions, group classes, and workplace wellness workshops. She has created a self-help animated video program for kids to use at home and in schools, and Deborah's Productive Mindfulness School Program is making a difference for students, teachers, and parents! You can find her at: [www.deborahmyerswellness.com](http://www.deborahmyerswellness.com).*