

## THE MERRY MONTH OF MAY IS UPON US!

May 2008

Remember when you were young and you danced around the Maypole? Why is it we stop doing these magical things? You know, it's never too late to begin again. I encourage you all to bring some magic back into your lives. Instead of reading a book or watching television, pluck a flower from your garden and put it in your hair or between your teeth and dance around your yard with total abandonment - naked under the moon if that's what it takes! Sing from your heart, not caring how it sounds to others. Dare to believe in faeries once again, as you look for them in your garden or sitting on your bookshelves. They are waiting to be discovered, *and* they have much to tell you.

The first of May (called the month of Beltane) was celebrated by the ancients as a time when the earth softens under the warm caresses of the sun as it marks its mid-point journey between the vernal equinox and the summer solstice. A time when the earth begins to awaken as nature comes alive after the long winter. Let us, too, soften up and come alive. Feel your blood flowing through your veins with a renewed intensity. Allow your soul to be inspired by the vivid colors and fragrances that signal the victory of summer over winter.

Seasonality has a huge influence on the human spirit, but we have lost our awareness as the knowledge became buried in the progress brought on by industrialization. Know that our consciousness responds to the messages of natural light. Although this gift has been dulled by electricity - if one is aware, we can still reap the blessings just in the knowing. Pay attention to your natural rhythm of life and follow it whenever possible. Dismiss the clock as your master and learn to listen once again to the higher knowledge of your own body. It knows intuitively what you should eat, when you should sleep. Remember to honor the spirits of nature as they move across the landscape, and you will begin to open more to the enchantment that is always around you. Stop stringing and restringing your instrument, instead sing the song you came here to sing. Then you will find the life that you've lost in living!

*Magic is around you every where. Can you see it  
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