

YOUR 30 DAY GUIDE TO A DEEPER CONNECTION WITH
MOTHER EARTH'S ENERGIES AND CYCLES

SPRING

IN SYNC HANDBOOK

#SPRINGINSYNC

SPIRITED SPACE



INTRODUCTION TO HANDBOOK #2...

- How can **you** tune into Spring, to become more energised, balanced and in sync?
- How can **you** harness Universal, Lunar + Planetary energies with rituals + practices?
- How can **you** receive guidance from Spring's gifts? Her New Moon? Her Full Moon?
- How can **you** deepen your connection to Mother Earth; her rhythms + cycles?
- How can **you** personally align with the Spring Equinox and Mercury Retrograde?

By now, you've probably noticed that people are catching onto (and tapping into) some of the old, ancient, rituals and traditions – to harness and utilise the energy available to us. To live with unseen guidance. To live with unseen support.

My dream is to bring these old 'ways' into our modern world - in a grounded and practical way. An evolvement of old crafts, into the now. With an easy to understand explanation of why, and how, they work.

But most importantly, *what you'll gain from engaging in these energetic practices!*

This handbook is designed to be practical, with steps and examples, so that you know how to implement it all. Print it out. Scribble your intentions and notes all over it. And then ACTION IT! (Because that's the most important part!)

With you every step of the way...
Anita xo





ANITA AT SPIRITED SPACE...



Anita is a Grounded Mystic and Spirited Intuitive; on a mission to guide others through unlearning, relearning, remembering and awakening.

With a philosophy centering around the power of intuition, collective consciousness, and every individual's wonderful, innate and intuitive healing ability.

Anita utilises energy healing techniques, and intuitive guidance, to initiate holistic balance – between the mind, body, soul and emotions.

She holds a sacred and spirited space for those beginning to reconnect with their authentic self, inner voice and intuition – as they re-connect with, navigate, nurture and cultivate their own spiritual and personal journey.

As an Intuitive, Certified Reiki Practitioner, Qualified AromaTouch Therapist, Flower Therapy Healer and Energy Alchemist - she offers 1:1 Sessions and Self Empowerment Courses to compliment the journey other's have begun...

You can connect with Anita at
www.spiritedspace.org, [@spiritedspace](https://www.instagram.com/spiritedspace) or on anitakbyrne@gmail.com





THE NEXT 30 DAYS...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1/9 <i>Release from Full Moon</i>	2/9 <i>Eating with the Season</i>	3/9 <i>Spring</i> THEME: <i>New Ideas</i>	4/9 <i>Spring</i> MERIDIANS: <i>Liver + GB</i>	5/9 <i>Spring Clean:</i> SPACE <i>CLEARING</i>	6/9 <i>Spring</i> Mantra
7/9 <i>Spring</i> DETOX: <i>Mainstream Media</i>	8/9 Spring BODY: Flexibility	9/9 Spring MIND: Creativity	10/9 Spring SPIRIT: Acceptance	11/9 Spring Intention Setting	12/9 New Moon: DIY Ceremony	13/9 Audio: Spring Meditation
14/9 Spring Chakra Balancing	15/9 <i>Spring's</i> Element: WOOD	16/9 <i>Connecting</i> <i>With Spring's</i> <i>Goddesses</i>	17/9 <i>Mercury</i> <i>Retrograde:</i> <i>Self work</i>	18/9 <i>Spring's</i> <i>Gifts:</i> FLOWERS	19/9 <i>Spring's</i> <i>Gifts:</i> BIRDS	20/9 <i>Declutter</i> <i>Organise</i> <i>Plan</i>
21/9 <i>Spring's</i> <i>Colour:</i> GREEN	22/9 <i>Spring</i> EMOTION: <i>Anger</i>	23/9 <i>Spring</i> <i>Equinox:</i> BALANCE	24/9 <i>Creating a</i> <i>Sacred</i> <i>Space</i>	25/9 JOURNAL: <i>Noticing</i> <i>Nature</i>	26/9 EARTHING: <i>Daily Habits</i>	27/9 <i>Super Moon:</i> <i>DIY Ceremony</i>
28/9 TRANSITION: <i>Yin to rising</i> <i>Yang</i>	29/9 <i>Spring</i> DETOX: <i>Chemicals</i>	30/9 <i>Mercury</i> <i>Retrograde</i> <i>end: REFLECT</i>				





THIS WORKBOOK: PHASE 2 OF 4

Each workbook will be released in 4 phases. This will be sent to your Inbox every **Tuesday** morning, for 4 weeks, if you've registered online - or will be available to download on the website if you've just joined us.

Every day will have a focus topic; with step by step, actionable and practical activities / rituals for you to implement. (So much fun!)

Tuesday 8 th September	Spring BODY: Flexibility
Wednesday 9 th September	Spring MIND: Creativity
Thursday 10 th September	Spring SPIRIT: Acceptance
Friday 11 th September	Spring Intention Setting
Saturday 12 th September	New Moon: DIY Ceremony - <i>video</i>
Sunday 13 th September	Audio: Spring Meditation - <i>video</i>
Monday 14 th September	Spring Chakra Balancing - <i>video</i>





TUESDAY 8TH SEPTEMBER

SPRING BODY: FLEXIBILITY

According to Eastern Medicine, there are a couple of reasons why **flexibility**; is associated with the season of Spring...

Winter Transition

Spiritually and mentally, we need to 'stretch out' after the rigidity of Winter. Think of your body, curled and scrunched up on the lounge; and the "I'm not going for a walk, it's too cold" mentality. Inflexible attitudes and rigid outlooks may have started to form as habits over the colder months, so it's time to start 'bending.'

The Wood Element

The Element of Spring is Wood. When we think of Wood, we think of trees adapting to changing conditions. They're strong and flexible - and bend and sway within the toughest weather conditions. We **also** need to be able to hold our alignment, as life throws all sorts of situations our way!

Liver + Gallbladder

As we discussed in Handbook 1, the organs (and corresponding Meridians) focused on in Spring, are the Liver and Gallbladder. The Liver controls our tendons. It stores blood during rest and releases it back to the tendons when we begin physical activity. During Winter our muscles are more often contracted, meaning energy is much more constricted. When we transition from Winter to Spring our organs (Gallbladder and Liver especially) increase their functioning - and require much more energy. Stretching and moving and increasing our physical flexibility, gets the energy flowing again!





Holistic Flexibility

When I speak of approaching things *Holistically*, I'm referring to the idea that 'one relates to the other'. It explains that, even though something may appear to be in one area – it will be linked to the mental, spiritual, physical and emotional sides of your whole SELF too. It relates to the interdependence and interconnectedness relationship. Everything correlates, which also means that if we work on one – the other 'parts' can balance out nicely too.

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind." - Bruce Lee

So, the way we're going to approach Flexibility, to become more in sync with Mother Earth's Wood Element and our bodies, is to adopt a stretching routine. Let's wake up your muscles, tendons and ligaments after their Winter hibernation. Let's help to gently wake up and realign your body after it's been in a semi-sedentary state over the last few months.

Stretching sends signals to your brain that it's time to start using your body again. Because your muscles have been more relaxed, most of last season - the blood flow to them has naturally decreased, so it's time to let your body know that you need blood flow to begin again! Stretching is also a really gentle way of moving your mind from a resting to moving state – adapting the energy of the wood tree.

Qigong is an amazing form of stretching. Also referred to as 'Feng Shui for the body.' Qigong supports the idea that our bodies are affected by the rhythms and cycles of nature. This practice understands that when we are attuned to nature, and our inherent rhythms, we have a better understanding of how our energy moves within us. Do a little research around Qigong, or adapt some of the basic stretches you've learnt over the years – and develop your own little daily routine!



YOGA ASANA: FLEXIBILITY

Downward Dog (Adho Mukha Svanasana)

BENEFITS:

Stretches the shoulders, hamstrings, calves, arches and hands

Strengthens the arms and legs, helps prevent osteoporosis

Relieves headache, insomnia, back pain, and fatigue



“Your path is not narrow and straight.
It is flexible and fluid and expanding and delicious!”

- *Abraham Hicks*



FLOWER THERAPY MESSAGE: **FLEXIBILITY**

Gerbera – Balanced Relationships

Gerbera’s energy reminds us that our relationships work best when there’s an equal share of giving and receiving. Become flexible within your relationships and ensure there’s an equal share of give-and-take between everyone.



WEDNESDAY 9TH SEPTEMBER

SPRING MIND: CREATIVITY

Spring is the time to expand our energy and consciousness. It's the season of creativity. A portal, where the expression of our mental, physical, emotional and spiritual intelligence can run free! Subconsciously, you've probably already embraced Spring's enthusiastic and creative energies...

*Thinking of moving around the lounge room?
Visiting new places?*

*Putting together some new outfits?
Dying your hair a different colour? Cutting it?*

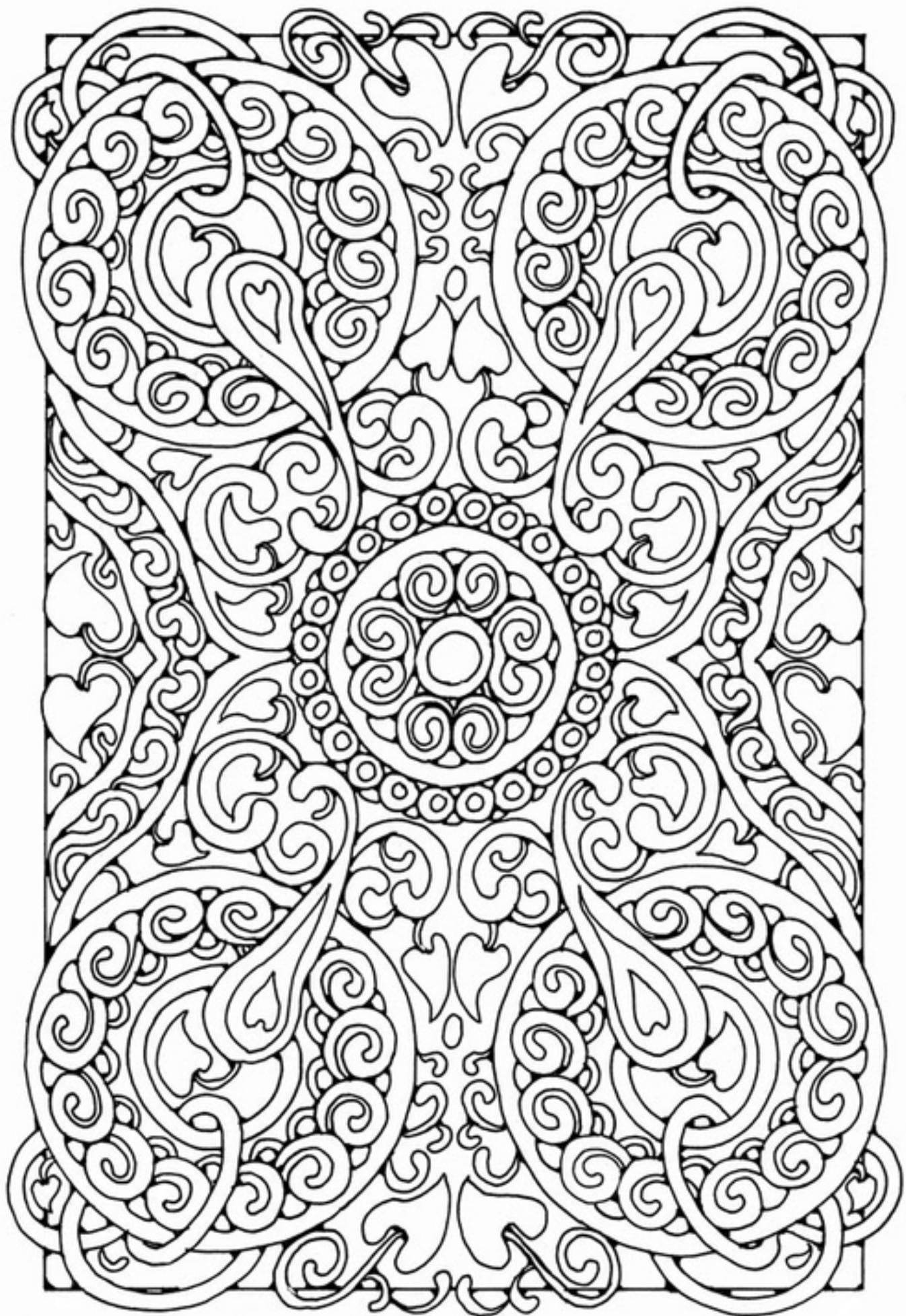
You've already started to allow yourself some mental space to create. Any of your creative activities (whether it be painting, drawing, gardening, singing, writing, cooking, journaling, playing music) give structure to the creations you will develop in your day and in your life.

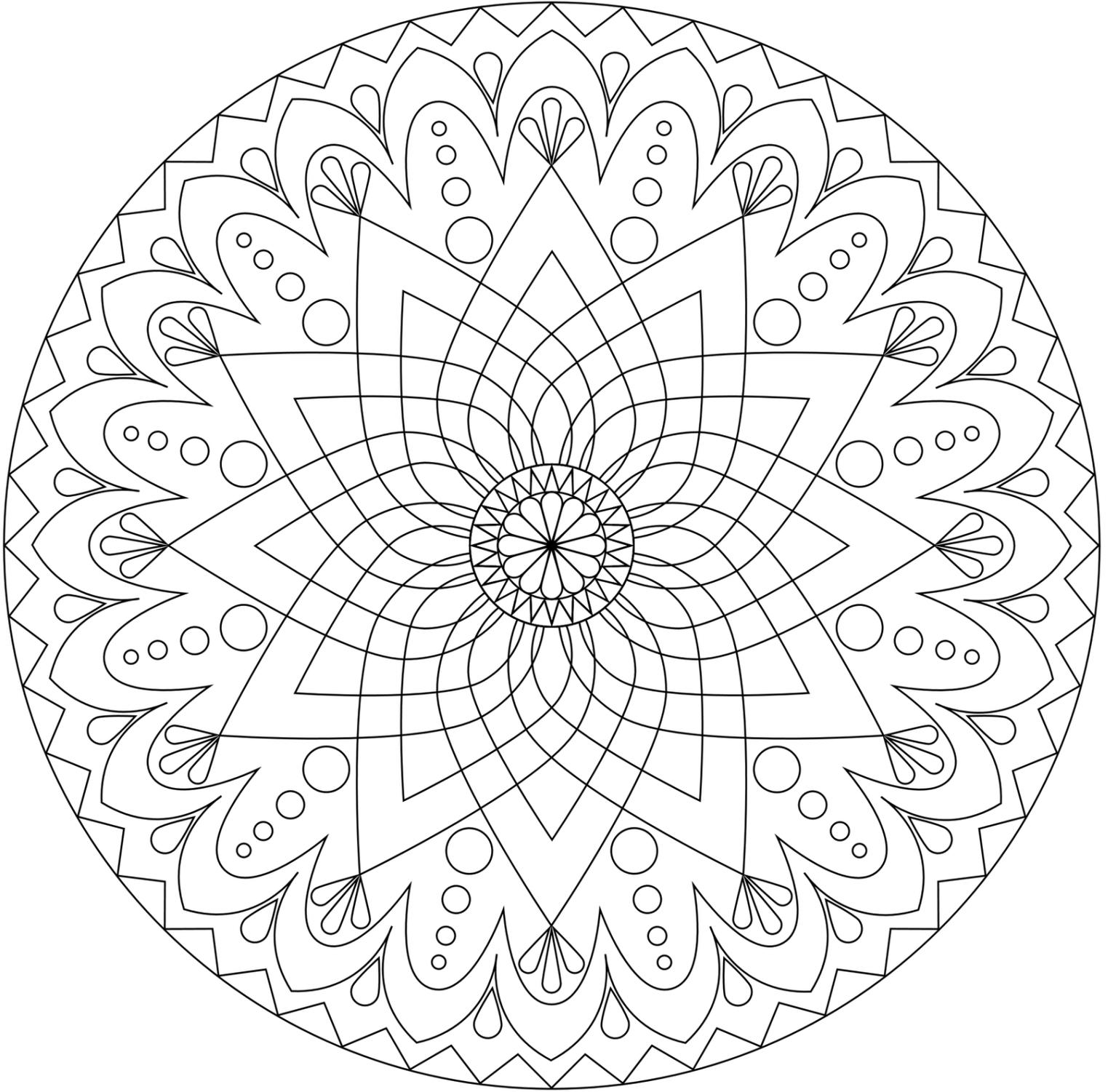
Creativity allows us to tap into so many aspects of ourselves. When you're in a creative moment...

- You begin with focus - examining what's in front of you
- You explore, experiment and imagine
- You create, reflect, revise - and then finally, you share!

And the beauty of it is, it's all happening without you even noticing. You're engaged, whilst your active mind floats to another place. That special spot. That Spirited Space. It lingers between the conscious and the unconscious – providing *insight, relaxation, engagement and focus*.

On the next page I have some spring themed geometry, for you to colour in, trace, outline – whatever you'd like to do. Embrace the creative energy of Spring in your Spirited Space...







THURSDAY 10TH SEPTEMBER

SPRING SPIRIT: ACCEPTANCE

"Nothing brings down walls as surely as acceptance." - Deepak Chopra.

For what may seem like the millionth time (!!); Spring is the time of planting seeds, beginnings and new growth. And the spirit of acceptance needs to be embraced, for us to move forward with these energies and actions.

If you've ever had your astrological charts done, you may well know that, around 2012 onwards, there were going to be some big shifts in your life. Well, astrologically speaking, the door has now been closed on those big life events / changes / drama / mishaps / perceived mistakes - whatever you want to label your 'life lessons'.

And with the swing in of Spring, it's now time leave the 'old' behind us. No more recirculating old stories and reliving painful memories through looking back. No more, "I'm this way because of this, that, him, her, Mum, Dad, x,y,z."

Acceptance means to... *LET. IT. GO.*

This is also the time to let go of expectations. What we think we (and others) should be doing. If you've awakened more since 2012-ish, then you'll have learnt some big life lessons. You may feel you're well equipped to guide people in how to live their own lives. Maybe be their teacher. Step in and take the reins. Make them see things differently. But this is not your job. Even when it is regarding the people we love and care for. **ESPECIALLY** when it is the people we love and care for.





HOW TO START PRACTICING ACCEPTANCE...

Adopt a Relaxed Awareness

You know what this is and you've done it before. It's when you're sitting back and observing. Not thinking, judging, adding input or formulating opinions in your mind. Refrain from being reactive.

Notice what you notice

Feelings and emotions *may* have sneakily swept in, *before* you were able to do the above. That's OK. Notice them, don't question why, or judge yourself for feeling that way. Just feel it and separate those emotions from you. Make them a separate 'thing' to you, as something that is not part of you, that you can easily let float away. And then head back into Step 1!

Accept it, change it, or leave it

If you can't accept it, change it. If you can't change it, leave it. Don't dwell on the past, on anything you can't control or anything you can't change.

"When you go out into the woods and you look at trees, you see all these different trees. And some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever. And you look at the tree and you allow it. You appreciate it. You see why it is the way it is. You sort of understand that it didn't get enough light, and so it turned that way. And you don't get all emotional about it. You just allow it. You appreciate the tree. The minute you get near humans, you lose all that. And you are constantly saying 'You're too this, or I'm too this.' That judging mind comes in. And so I practice turning people into trees. Which means appreciating (and accepting them) just the way they are."- Ram Dass



YOGA ASANA: ACCEPTANCE

Yogic Meditation

BENEFITS:

Leads to a deeper level of relaxation
Builds self-confidence and getting in-tune with one's body
Decreases muscle tension and headaches



"No matter what the issue is, don't try to justify why you don't feel good. And don't try to justify why you should feel differently. Don't try to blame whatever it is you think the reason is that's keeping you from feeling good. All of that is wasted effort. Just try to feel better right now."

- Abraham Hicks



FLOWER THERAPY MESSAGE: ACCEPTANCE

Eucalyptus – Open your arms

Eucalyptus reminds us to open our arms and receive. You're in the process of receiving amazing things – you now need to be open to accepting it.



FRIDAY 11TH SEPTEMBER SPRING INTENTION SETTING

What is Intention? What is *an* Intention?

Intention calls in desire. Passion. An objective. Feeling – rather than thought. It is a crystal clear, and positive, statement around an outcome that you want to experience. Many people will argue that an intention sets the scene; and it is *you* that has to work hard for it.

From an energetic point of view, I believe (and have seen it play out this way!) that intention makes you confident in what you want – but the steps after that happen miraculously, subconsciously and coordinated by a higher power. Yes **you** do the action. But not with force or control.

In other words, you determine the **what** and the **why** – and the Universe synchronises events to manage the **how**. (We just have a hard time trusting this will happen...or maybe letting go of the control.) It's an unusual concept, when we've been told our whole life that nothing comes without hard work. But you're ready to open your mind to a new way - practice a bit of letting go and acceptance. Just try it out. What do you have to lose? (Only an old set of beliefs – with much to gain!)

This is what I mean when I refer to 'doing the energy work first'...

Hard work is not the path to Well-Being. Feeling good is the path to Well-Being. You don't create through action; you create through vibration...Action is how you enjoy what you've lined up with energy. - Abraham Hicks.





So, what do I want?

Knowing what you want, so that you can set intentions, can sometimes be hard to figure out in your mind. But, your soul knows exactly what you want and has written a lifelong list of 'wants' and 'don't wants' – derived from your experiences from the time you were born. Even if you can't get to that space as quickly as you can get to your mind – it's there.

Sometimes it is a little easier to be *more* sure of what you don't want, but I'm going to help you to remove your energy from that space – or you'll keep getting what you don't want! This is the one thing that gets in the way, the biggest barrier. Especially when we don't see our intentions, or our 'wants', coming into our life when we think they should. We look around, notice they're not there and revert straight back to a negative thought of lack, failure and disappointment.

The second part of that of course...well, energy flows where attention goes! So you're going to keep getting what you don't want.

Let's learn to flip it!

If you don't want to be overweight – what is it that you DO want then?

To be healthy, to be slim, to feel good about yourself, to wear the clothes you want...

What does that look like to you, feel like?

If you don't want to be broke, or without money – what is it that you DO want then?

To have an unlimited amount of money coming to you, to have all of your bills paid, to feel financial security, to have the freedom of buying anything you want.

What does that look like to you, feel like?





How do we write intentions?

An intention is represented in the present tense of the end result. It's a matter of fact statement that exudes the confidence that you know it will *absolutely* happen for you – and already has in the future. This is powerful. This is crucial. You need to imagine it's already here, you've already got it, you're already doing it. Lose the doubt – immediately!

Statements starting with 'I am', 'I have', 'I now...'

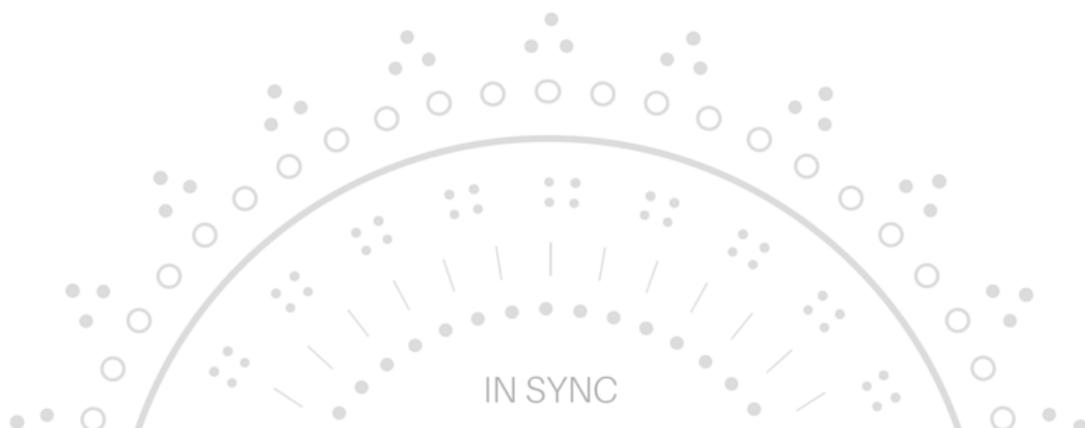
It needs to be positive. Not a statement around what you *don't* want – even if you think it will deliver what you *do* want. It doesn't work like this.

*Statement like 'I am slim and healthy' and **not** 'I'm not overweight anymore.'* (Get me?)

How to do the Energy Work

This is the most important part. We need to get the 'feeling' right. I want you to read each of these – and notice when your vibration raises. Tick the ones that work for you, or add your own...

- A time when you achieved something you didn't think you possibly could
- A time when you looked in the mirror, on your way out to meet friends, and you looked amazing
- A time when you woke up feeling excited about something happening that day
- A time when you communicated really well in a conversation, or in front of people
- A time when you felt financially independent and free
- _____
- _____
- _____





Now we're going to line it all up. Tie it all together! And get really clear, so that we can work with these in our New Moon Ceremony tomorrow...

WHAT IS IT YOU DON'T WANT	WHAT IS IT YOU DO WANT	SENTENCE TO RAISE YOUR VIBRATION	YOUR INTENTION
<i>To make poor food choices anymore</i>	<i>To eat a healthier diet</i>	<i>A time when I looked in the mirror, on the way to meet friends – and I looked amazing!</i>	<i>"I always choose foods that heal and nourish my body - at every meal."</i>
<i>To be scared of public speaking</i>	<i>To be cool and confident when speaking to large groups</i>	<i>A time when I communicated really well in front of others!</i>	<i>"I am a calm and well-liked speaker who always impresses my audience."</i>





SATURDAY 12TH SEPTEMBER

NEW MOON: DIY CEREMONY

The New Moon is the beginning of the Lunar Cycle; and it begins with darkness.

Or so it appears from Earth – as the Sun, Moon and Earth are all in perfect alignment. (Kind of, also, like having your 'ducks all in a row' - before you take the next, new step.) This planetary positioning leaves us to see no reflection of light on the Moon's surface. Making it (almost) non-visible in the night sky.

Farmers have long been aware that the beginning of the Moon's cycle is the perfect time to sow, and cultivate, their seeds. They understand nature's cycles – as well as we all once did (but have forgotten, as we've become more and more disconnected.) Farmers know their baby seedlings need a time of darkness to start forming, under the Earth. And; so is true for our intentions, dreams, goals and desires. They always need a beginning. A nurturing time. A gentle space to develop.

The New Moon also symbolises a time of new beginning, the start of a cycle, a checkpoint in your life to review what you want – and where you're heading. A clean slate. But always remembering to stay true to who you really are.

Who do you want to be in the world?

This New Moon in Spring is opening up a new pathway for you!

For this New Moon Ceremony I have developed a video guide – so that you can see, first-hand, how I run my own rituals. It will be in your Inbox Friday, so that you can organise your own for Saturday's New Moon! (Make sure you save anitakbyrne@gmail.com in your address book to receive it)



YOGA ASANA: NEW MOON / NEW CYCLE

Moon Salutation (Chandra Namaskar)



"There is no future, there is only right NOW.
It's now, or it's not.

Your future is going to be like you feel today.
Your future is going to be full of what you're feeling right NOW."

- Abraham Hicks



FLOWER THERAPY MESSAGE: NEW MOON / NEW CYCLE

Banksia – New Beginnings

Banksia is telling you to take this new cycle as an opportunity to rise from the ashes stronger and more determined. Take this new start to pick yourself and rebuild.



SUNDAY 13TH SEPTEMBER SPRING MEDITATION

This Spring Meditation will be a guided meditation, in the form of a video - for you to view and listen to. It will be delivered to your Inbox, first thing Sunday morning!





MONDAY 14TH SEPTEMBER SPRING CHAKRA BALANCING

This Chakra Balancing Guide will also be in the form of a video - for you to view and follow. It will be delivered to your Inbox, first thing Monday morning!





DON'T FORGET TO SHARE YOUR JOURNEY!

I'm so excited to be sharing this information with you - and I'm really looking forward to seeing how these simple practices make a difference to you this Spring!

The contents of this Handbook are a combination of everything I've learnt, throughout my own spiritual journey, and I wanted to share this with you – so that you can also become more balanced and IN SYNC.

Follow @spiritedspace on Instagram to see other like minded people sharing their activities too – and use the hashtag #springinsync if you'd like to contribute!

A BIG THANK YOU...

I'd like to acknowledge the amazing Danielle, at Yoga By Danielle in Yanchep.

Danielle is a Qualified Yoga Instructor; specialising in Hatha, Vinyasa and Core – and kindly dedicated her knowledge and time, to compliment the topics covered with corresponding Yoga Asanas.



yoga by danielle

You can connect with Danielle at @yogabydanielle on Instagram – and at <https://www.facebook.com/YogabyDanielle> on Facebook.





THE NEXT 2 PHASES!

Make sure you download the next 2 Handbooks, as they become available, to learn even more about becoming IN SYNC.

Each Handbook will be available to download on a Tuesday, or if you've registered, it will be emailed straight to you on this day!

More to come...

Connecting With Spring's Goddesses
Mercury Retrograde
Declutter, Organise, Plan
Spring Equinox

Creating a Sacred Space
Super Moon DIY Ceremony
Yin to rising Yang Transition
... and more!

I am not a Health Practitioner, and although the information shared is aimed at synchronising and balancing the entire SELF (Mind, Body, Spirit and Emotions) - if you have any concerns about your health, in any of these areas, please seek the advice of a Medical Professional.

The Yoga Asanas presented in this Handbook are for your interest only - if you wish to engage in yoga practice, please do it under the supervision of a qualified Yoga Teacher.

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