

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

SPRING

IN SYNC HANDBOOK

#SPRINGINSYNC

SPIRITED SPACE



INTRODUCTION...

- 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 evolution 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://twitter.com/spiritedspace) or on anitakbyrne@gmail.com



THE NEXT 30 DAYS...

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





THIS WORKBOOK: PHASE 1 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 1st September Release from Full Moon

Wednesday 2nd September Eating with the Season

Thursday 3rd September Spring THEME: New Ideas

Friday 4th September Spring MERIDIANS: Liver + Gallbladder

Saturday 5th September Spring Clean: SPACE CLEARING

Sunday 6th September Spring Mantra

Monday 7th September Spring DETOX: Mainstream Media





TUESDAY 1ST SEPTEMBER

FULL MOON ENERGY: RELEASE

Now that Winter is over, the incubation period of dreaming, reflecting and imagining, it's time to shed this energy – so that we can create room for all the actionable plans that Spring encourages us to make!

As the energy of August's Full Moon still lingers, we can take full advantage of this 'releasing' period, before we start to dive into 'IN SYNC'.

This creates room; through clearing any boundaries, fears, belief patterns, stale energies or negative emotions - that may have arisen over the colder months.

I'm not a big believer in hanging out in the past for too long. For me, focusing my attention solely on the past, or focusing my energy for a long period of time here, has never worked out well.

I believe there is much more to be gained through 'finding it', letting it go, releasing the struggle and setting it free. So that we can create space, within ourselves, for new and positive experiences - without being anchored down, or full to the brim, with old issues.

(Plus, we'll have **plenty** of work to do when we delve into balancing the light and dark at the Spring Equinox.)

This is why I love the Full Moon, as it shines its luminous light on us. We can't escape. We have to do the work! I've given you a Releasing Ritual that you can do tonight, to get this started...





Release Ritual + Meditation

1. Set aside a quiet and Sacred Space. (I'll give you a DIY to create one of these next week.)
2. Light a candle and sit near a window, or preferably outside, so that you can see the sky.
3. Have a think about what is old and stagnant in your life. What could be released?
4. Make a quick list of some of the things that come up often for you. Things that don't serve you (or add any value to your life). Repetitive behaviors, feelings, thoughts. Write them below...

Material possessions	Emotions	Experiences	Relationships	Thoughts

5. Read through your list. Think about each thing that you've listed, close your eyes and imagine you're sitting on a cloud.
6. Now imagine every item that you've listed is also sitting on its own individual cloud in front of, and around, you. It may be a physical item, word, colour representing it, person or situation.
7. Now notice that each individual cloud, with your 'thing' sitting on it, has a long white silky ribbon coming from it. This ribbon flows from its cloud and is attached to your cloud. So when you look around, you are surrounded by numerous clouds – with your 'thing' sitting on them.
8. Now grab a pair of scissors and cut the white ribbon of each of the clouds around you. One by one, slowly - so that the other clouds are no longer attached to your cloud.
9. Watch each cloud float away, until you can no longer see it (or your 'thing') in your vision.
10. Notice the freeing feeling you feel. Take a few deep breaths and open your eyes. Repeat as many times as you need, with any items you may have forgotten.



YOGA ASANA: RELEASE

Salutation Seal (Anjali Mudra)

BENEFITS:

- Reduces stress and anxiety
- Calms the brain and opens the heart
- Creates flexibility in the hands, fingers, wrists, and arms



“Everything that we want is downstream, you don’t even have to turn the boat and paddle, just let go of the oars, the current will carry you.”

- Abraham Hicks



FLOWER THERAPY MESSAGE: RELEASE

Lavender - Let go

Lavender’s calming fragrance shifts your Mind, Body, Spirit and Emotions into a state of relaxation. Lavender reminds us, that by releasing and letting go of fear and negative thoughts, we can hear the answers we seek (through our Intuition) much more clearly.



WEDNESDAY 2ND SEPTEMBER

EATING WITH THE SEASON

Once upon a time, we **only** ate the fruit and vegetables that Mother Nature was growing- at that particular time of year. We ate what was in season - and our Digestive Systems evolved to digest these foods.

Now we have access to pretty much anything we want, whenever we want.

It is widely believed that optimal health is achieved through eating more of the flavours and colours of foods, that correspond to each season.

Chinese Medicine and Feng Shui associates the 5 Elements with the foods we eat, as they are closely linked with Seasons and our bodily organs. It's believed that when you eat foods grown in season, it will assist with balancing your entire system and help keep it in balance with nature's rhythms.

Spring is the season of fresh, new beginnings...

It's Element is Wood (anything that grows) and the Organs and Meridians related are our Liver and Gall Bladder (which we'll focus on, in more depth, later in this course.) We know that a well functioning Liver enables smooth and flowing energy throughout our entire body. We also know that this, in turn, affects our SELF, holistically – positively affecting the Mind, Spirit and Emotions also.

For me, it makes sense to eat during the harvest timeframe (of your habitat) that nature intended.





I truly believe eating seasonally, naturally ensures you're eating the right foods (at the right time of year) to keep your system in balance. Therefore, the best foods to eat during Spring are light and cleansing foods that aid in cleansing: sprouts, fresh greens and more raw than cooked.

Why is it also important to buy fresh produce from your local region?

Well, you may be buying produce that's seasonal in another area (miles away) but that obviously means it's traveled a long way! Did you know that the nutrients in your produce diminish drastically and rapidly after being picked?

On the other hand, produce that's transported from other areas has to be harvested early, to prevent rotting during transit. Harvesting early doesn't allow the taste or nutrients to fully develop, withinin nature.

Some of the yummy fruit and veg in season during Spring, across Australia...

* You can find a full list for your Region at www.seasonalfoodguide.com





THURSDAY 3RD SEPTEMBER

SPRING THEME: NEW IDEAS + ADVENTURES

In springtime, we can feel (and see!) Mother Earth changing.

It is the great awakening of Nature and all its spirit! Fresh starts are everywhere. Green leaves emerge, flowers push through and insects and animals have a renewed sense of energy!

We have the choice to actively participate in this cycle, with the rest of nature, and let loose with our own energy. Become restless with it. Embrace the creativity within you! It's the time for new and inspired ideas to emerge from within you – **so roll with it!**

Leading up to Spring, what have you been inspired to do? What is ready to blossom in your life?

- Start that blog? Start a business? Change your job or career?
- Start growing a veggie patch? Your own herb garden?
- Get to the Farmer's Market on the weekends? Eat more fresh foods?
- Join that Yoga studio to create a regular practice?
- Clean out your wardrobe? Spare room? Bathroom cupboards?
- Move interstate? Overseas?! To another area? Another house?
- Discover some new places? Organise regular weekend road trips?

As we lead up to the Spring Equinox, and the beginning of the astrological new year, we are gifted with the energy of new beginnings. Forget what's happened in the past. Forget what you've tried and failed at before. The past is gone. We get a fresh start. If you have a BIG new idea, forget the other voice that told you that you can't do it, or it's too big, or it's not achievable – and get started on it!





As you snuggled up over Winter, and imagined embracing a whole lot of new things once the sun returned for Spring, what **were** these ideas brewing inside of you?! Let's capture them.

And in the right column – what are the feelings or words that come into your mind when you think of this idea? (This will help us with our manifesting activity down the track.)

NEW IDEA / ADVENTURE	POSITIVE
eg. Start a blog, or business	<i>Creativity!</i> <i>Expression!</i>

Spring is connected to the Element of Wood. Wood, not in the still and solid state we think of, but Wood in terms of 'growth'. Trees that have their roots holding onto the firmness of the Earth - yet continuing to rise up, bend, sway and turn within it's environment. No matter the surrounding conditions.

This is the perfect combination of firmness and flexibility – and the way you should be approaching your new idea/s. If you have a solid foundation, and have done the energy work first, it will reach the light – no matter what's happening around you. (More on this later!)



YOGA ASANA: NEW IDEAS

Corpse Pose (Savasana)

BENEFITS:

- Relaxes the body, Calms the brain and helps relieve stress
- Reduces headache, fatigue, and insomnia
- Helps to lower Blood Pressure



"When you believe something is hard,
the Universe demonstrates the difficulty.
When you believe something is easy,
the Universe demonstrates the ease."

- Abraham Hicks



FLOWER THERAPY MESSAGE: NEW IDEAS

Crab Apple

Crab Apple reassures us that the new ideas you have right now are on track! The new project you've been thinking about is brilliant and should be shared. Trust the feelings of inspiration that come with this new idea - and keep moving in the direction that feels good!



FRIDAY 4TH SEPTEMBER

SPRING MERIDIANS: LIVER + GALLBLADDER

In a very brief explanation, the Gallbladder and Liver work in partnership. In a perfectly balanced relationship; the Gallbladder represents Yang energy, the Liver representing Yin.

The Gallbladder sits underneath the Liver, where it holds onto bile (a digestive enzyme) produced by the liver – until it's needed for digestion. After eating, the Gallbladder contracts and empties bile into the intestine, where it helps digest fat. (Teamwork!)

Your liver is the largest internal organ in your body and performs more than 400 tasks to keep your body running smoothly. It removes toxic substances that you ingest – amongst many other tasks! A dehydrated Liver is much more likely to store toxins, therefore drinking water is vital in assisting the Liver with its flushing out duties.

As Spring represents new growth and releasing the old; detoxing and purifying these Organs through drinking water is beneficial for our Mind, Body, Soul and Emotions – and overall health!

Vibrational Water

Dr Masaru Emoto believed that water was a blueprint for our reality - and that we can affect the energetic frequency of the water we drink; changing the physical structure of it. His research showed that the structure of water molecules changed, based on positive or negative energetic influences.

From his experiments, Dr Emoto showed us that water is affected by the information it receives. As your body is made up of approx. 70% water, it has the ability to absorb intention, vibration and energy. Therefore, the water you drink has the power to increase your vibration.





Ways to Harmonise your drinking water

1. Get yourself some purified water, preferably in a glass bottle, the day before you want to drink it
2. Add an imprint to your water – tape a positive word to your bottle, a bright colour, or an image that raises your vibration when you look at it. Make sure it is in contact with your water container.
3. Place the water in the sunlight for a day, or moonlight overnight. If this isn't possible, sit it next to your Himalayan Salt Lamp. Make sure it's switched on.
4. You could also charge the vibration of your water with Crystals – if you have a crystal bracelet, place it around your water bottle overnight.
5. Or, add Vibrational Essences to your water – Lemon and Grapefruit are perfect for assisting your Liver + Gallbladder

Examples of imprints / positive intentions:

I am Forgiving

I am Healing myself

I am Courageous

I am Creative

I am Confident

I am Compassionate

I am always Inspired

I have Clarity

I am Graceful

I exude Love

I am always Grateful

I approach everything Positively

Keep the rivers flowing

In terms of connectedness with Mother Earth, through drinking water, consider this - about 70% of the human body is made up of water and approximately 70 % of Earth is covered in water also. Every time you take a breath of air, a drink of water, or absorb the light from the sun - you are connecting to Mother Earth. Every system in the human body relies on adequate amounts of water to function, as does the Ocean on our planet.

Water is a powerful form of life force energy – and will assist your physical body to spring clean this September! Especially assisting your Liver and Gallbladder.



YOGA ASANA: LIVER + GALLBLADDER

Big Toe Pose (Padangusthasana)

BENEFITS:

Stimulates the Liver and improves digestion
Stretches the hamstrings and calves



"You can't clean up a vibration. You can't clean it up because your attention to it messes it up. Your attention to it makes it bigger. It just gets bigger and bigger...The way you clean it up is by withdrawing from it. The way you clean up a vibration is by activating another vibration."

- Abraham Hicks



FLOWER THERAPY MESSAGE: PURIFICATION

White Rose

White Rose is telling you it's time for some spring cleaning! By purifying your whole being, you can attain peace and swing into perfect balance. Take a look at the negative energies around you (people, foods, situations) – it's time to clean these out of your life.



SATURDAY 5TH SEPTEMBER SPRING CLEAN: SPACE CLEARING

Have you felt the urge to move the lounge to vaccum underneath it yet? It's almost instinctual if you're connected closely to the seasonal energies!

By now, we've come to the understanding that Spring brings new and fresh beginnings with it. But before we can let those energies in, we need to make some room! It's time for a clean-up of our physical environment.

Did you know that you can initiate positive flow in your life, as a whole, through changing the energy around you?! You may not have even known it; but when you're re-arranging rooms in your home, you're shifting an accumulation of 'Si Chi' or bad vibes. Si Chi is low, stagnant, dark, lifeless and 'blah' energy.

When you shift things around you start moving energy around and good vibes (Sheng Chi) start to flow! Sheng Chi is the bright, refreshing, uplifting energy which means 'upward moving energy'. And this is what Mother Earth infuses Spring with! This energy doesn't only affect your mood, it's actually beneficial to your health and well-being. If you accumulate this low energy, it doesn't only hang around, it can breed.

Clutter traps this energy and trapped energy blocks the natural flow. Think of energy like air – it moves through your living environment, but if it bumps into a stack of rubbish, file or pile of bills, it can't move freely.

This build up of negative energy can cause problems – feeling down, arguments, ill health, tension, frustration or a lack of motivation. This energy will continue to accumulate until you clear the space. Once you do this, the energy can circulate again. Fresh new energy flows!





Space Clearing / Cleansing Tools + DIY Ritual

FRESH AIR + SUNSHINE: Open all the blinds and windows – preferably on a sunny day

SOUND VIBRATION: Put on some music – and turn up the volume! High vibrational music (music that gives you tingles, goosebumps, or invokes positive feelings within you) is the best choice. Sound helps distribute energy.

FIRE ELEMENT: Choose a beautiful candle and have it lit whilst you clear your space. Candles invoke the energy of purification and inspiration.

WATER ELEMENT: Essential oils are the 'life force' of the plant that it's been extracted from. I use Essential Oils in my diffuser (which dispurses purified water with the oils) whilst I'm space clearing, to harness their healing properties and assist with purifying the energy in the room.

AIR ELEMENT: Get yourself some Sage or Incense - and burn it as you imagine the smoke cleansing the air and removing any negative energies out the windows

EARTH ELEMENT: Place a pinch of rock salt in each corner of the room. This will absorb any negative energy that comes in. Replace the salt once a month. You could also choose to place purifying crystals in the corners.

I love using Orange Calcite for space clearing, as it assists with getting rid of old habits and patterns - to start a new, positive, healthier way of life. It's a purifying crystal that has strong cleansing properties - used mostly as an 'energy cleanser'. It opens and clears blockages, removes stored negative energy, as well as old energy patterns. It also helps to change negative energies by seeking out, absorbing and transforming them into positive energy.





SUNDAY 6TH SEPTEMBER SPRING MANTRA

find your mantra
FIRST 3 WORDS YOU SEE

L C P K E E P E S H A R E M A K E H V B R S
I Y L I G H T F O C U S D E S I R E M E L I
V C A N B O L D D R A W A E F N E A R G O M
E L Y D E C R E A T E L Y T I D E R J I V P
S E L F A E U N B L I S S P A S S I O N E L
B O D Y U A N J R F L O W M A G I C U L G I
O M I V T R L O E L I U A L I G N A R T R F
M O R E Y T O Y A Y M L J A M S U N N S A Y
H O T C S H W F T R I P S O O N P R E T T E
G R O W M A T U H G T E M B R A C E Y R I N
W E W S I A L T K I N D N E S S E L F O T E
A O A K L I I U F V I W A N D E R A I N U R
R N R Y E R F R I E J O Y D A R E X R G D G
M E D I T A T E T H I N K P E A C E E K E Y

The first 3 words you see, are your mantras for the next 30 days.

Write them down, and stick them somewhere you will see them everyday – if not several times a day!

Read over them and notice how you feel. Listen to your Intuition. What is the message for you? What do you need to do? What is your gut feelings or thoughts around each word?

What did you see...?

What does this mean to you...?





What is a Mantra? How does it work?

*When you expect something, it is on the way.
When you believe something, it is on the way.
When you fear something, it is on the way.
Your attitude or mood is always pointing toward what is coming.*

One of the best things I've come to understand about the Law of Attraction, is that you don't attract well being, it's continuously flowing to you. You are either letting it in or resisting it.

You **resist** it when you worry, complain, focus on what's wrong in the world, when you blame, point the finger, verbally and mentally acknowledge that you don't like this and you don't like that.

You **allow** it in when you get back into alignment with the well being flowing to you - by refocusing your attention on what IS good and what IS right. Appreciating, applauding, acknowledging the good (in yourself and others.) Repeating Mantras or Affirmations are another way of realigning that energy – and shifting your thoughts to the positive.

"Reach for the best feeling thought you have access to"- Abraham Hicks

I see people get a little caught up in the difficulty and technicalities of having to 'think positive', or what it actually is. What's positive and what's not positive.

Instead of thinking too much, use your emotional guidance system. We all have the ability to sense whether something feels good, or not. 'Catch' your negative thoughts if they fly in, or they're filling your head, and instead of trying too hard to turn it into a positive one - just reach for the best feeling thought you can. A memory, a person, an observation. Or your Mantra! **Use your Mantra to flip the switch back to a positive thought!**





MONDAY 7TH SEPTEMBER

Spring DETOX: Mainstream Media

If you watch the news, chances are you feel the world is a dark and scary place. This is because the predominant focus of mainstream media is to share stories that create a perception of fear in its viewers, causing them to live from a mentality of 'lack'. Thinking that there is not enough...and that one needs to consume more in order to survive. (trueactivist.com)

I still remember actively deciding to disconnect from the mainstream media...

It was after a trip to Bali in 2007, and over the 2 weeks we were honestly just preoccupied with having a good time, that we never 'checked in' with what the rest of the world was doing. (Seemed selfish at the time!)

That was a massive shift though, coming from a family that centered its afternoons and evenings around mainstream media and current affairs programs - one after the other, every single night.

When I arrived home in Australia, I habitually turned on the News. The images, stories, language used and the overall energy brought my vibration down to a terrible place. I had obviously been desensitised in the past. Blind. Asleep!

I was honestly in shock at the negativity and I remember crying. Then I became confused as to why anyone (myself included) would want THIS to be the representation of what the world was really like. A daily summary and reflection of our planet and its people - presented as a 60 minute horror film, for our entertainment. With people yelling at us to buy their unnecessary products in the ad breaks! (Warped much?)





I didn't believe that this is what it was really like, so why was I letting somebody tell me it was?!

I decided from that day forward, I would avoid the mainstream media, TV (& its brainwashing ads) where possible. It's honestly one of the best decisions I've ever made. I'm not oblivious to what's going on, I'm not naive, I don't pretend there's not injustice - I just choose to focus my energy on what is going RIGHT.

And when I'm called to educate myself on the going-ons of the world, I get it from a reliable source - without an agenda stemming from money or power.

Give it a go for the next week...

Start with NOT turning the News on of a night time	<i>Re-arrange the furniture in your loungeroom so the focal point is not on the TV</i>
Turn the radio down when the hourly news report comes onto the radio	<i>Switch off the radio and put on a CD instead. Call your Mum on handsfree, like you said you would!</i>
Don't buy a newspaper, if that's your usual habit	<i>Replace the newspaper with reading a chapter of the book you've wanted to get into</i>
Don't engage in conversations that recirculate news stories	<i>Practice observation and listen to what these stories are actually portraying – fear, lies, an exaggeration of the truth.</i> <i>And practice saying "I don't know, I don't watch the news"</i>

You may find some resistance to this activity. I know I did! I thought I was 'missing out', or uninformed. After a couple of weeks I realised I actually wasn't. And by stating that I didn't follow the News, I actually received a positive response from others – saying they shouldn't watch it either! Write down your observations and any addictive feelings around it, in a journal.



YOGA ASANA: DETOX

Legs Up Wall (Viparita Karani)

BENEFITS:

Detoxification of internal organs
Assists with Anxiety, Insomnia, Headaches, Migraines



"The presence of fear always means the presence of resistance. The presence of resistance always means not allowing the Energy of desire to flow through me
- always, without exception.

- Abraham Hicks



FLOWER THERAPY MESSAGE: DETOX

African Violet – Cleanse Your Energy

The African Violet is suggesting that your thoughts and emotions are clouded by negative energy. This flower will help to clear away lower vibrations, around your home and in your workplace, so that your foggy intuition can become clearer.



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 3 PHASES!

Make sure you download the next 3 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...

*Spring Intention Setting
New Moon Ceremony
Spring Meditation Audio
Spring Chakra Balancing
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 professional.

The Yoga Aasanas 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.

Copyright © 2015 Anita Byrne. All rights reserved. This eBook is not to be duplicated, copied or otherwise altered, re-published or distributed in any form without express permission from the author.





SPRING CHAKRA BALANCE PACKAGE



A woman with long dark hair tied back is sitting in a meditative lotus pose on a large, light-colored rock. She is wearing dark swim trunks. The background shows a rocky cliff face overlooking a calm, turquoise-colored sea under a clear sky.

\$99
WORTH
\$130

1 ENERGY ALIGNMENT SESSION
+
A 1:1 PRIVATE YOGA LESSON

BROUGHT TO YOU BY
YOGA BY DANIELLE + SPIRITED SPACE

