

Meditation for Spring Cleaning the Mind

In nature, spring represents the cycle of awakening with the weather getting warmer and flowers beginning to blossom. It is the beginning of trees, plants, insects and animals waking up after hibernating over a cold winter. So too, we can explore 'waking up' our mind in the springtime. This can be done by making the time to clear out old thoughts and ideas from our mind and replacing these thoughts with new, refreshing, happy and encouraging ones. Spring cleaning is a great time to clear out anything that is no longer serving you so you can make way for new thoughts, ideas and intentions.

1. Sit comfortably in an upright position, either in a chair or on the floor. Close your eyes and begin to take slow, relaxing, deep breaths in through your nose and out through your mouth.
2. Now, think about any thoughts, ideas, or beliefs that you have that have become uninteresting, maybe negative, or are no longer irrelevant to where you are in your life.
3. One by one see if you can relate to what the original purpose of this thought, idea or belief was. Ask yourself do they still have a reason for remaining in your mind or are they no longer serving you.
4. When you choose to let go of any old thoughts, ideas or beliefs, much like spring cleaning your wardrobe, take a moment with each thought you are clearing out to acknowledge that it did once serve a purpose but now you no longer need it.
5. Now imagine seeing your old thoughts melt away in the warm fresh spring sunshine or like spring cleaning your wardrobe imagine disregarding these thoughts into a bag to be placed outside your mind for recycling.
6. Once you have cleared away thoughts that you no longer need, spend some time thinking about the free space you have now created in your mind. The space that you can fill with new, refreshing, happy and encouraging thoughts.
7. Start to invite in a new thought, idea or belief that you can use in the coming days, weeks, or months. Perhaps it is to start a daily walk, get out in nature more, or starting a project you have been putting off. It can be anything.
8. Bring your new thought, idea or belief to the front of your mind and envision planting it like a seed.
9. Then, let go of it, trusting that your seed will grow and blossom in your mind.
10. Finish by taking a few slow, deep breaths before opening your eyes. Repeat this meditation with as many new thought, ideas and beliefs as you like.

