

# Springing to Life

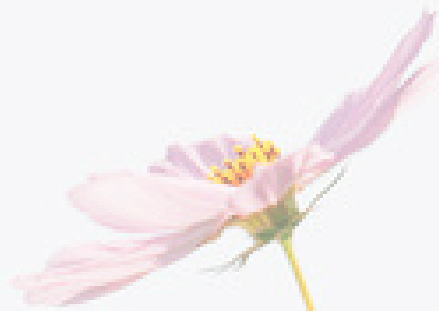
Created to support renewal, connection & gentle expansion through the fresh season of spring

A seasonal gift

with love.



There is wisdom in  
my becoming.



CALM. CONNECTION. CARE

*Dear heart,*

Spring is in full song now ~ the air  
alive with colour, sound, and  
possibility.

The world is stretching wide open,  
reminding us that growth can be  
both wild and easeful.

This season invites us to meet life  
as it blossoms. To stay curious,  
playful, and tender with ourselves  
as we grow. It's not about  
perfection or productivity, but  
about participation ~ joining the  
rhythm that's already pulsing  
through everything and tending to  
the quiet courage of becoming.

Read on for activity and ritual ideas during  
this Spring season...

We offer this little bundle of  
creative prompts, rituals, and  
reflection as a way to gently  
reawaken your sense of  
connection ~

to yourself,  
your inner rhythm,  
and the world that's growing all  
around you.

May it bring you playful joy, clarity,  
and soft encouragement to trust  
the path you're on.

With sunshine and wonder,

*Becki xx*



FIRST, LET'S

Breathe

4-2-6 breath

*(inhale for the count of four,  
hold for two, exhale for six)*

Calm your nervous system and  
return to your centre

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# Seasonal Ritual

1. Step outside or sit near a window where you can feel the Spring light.
2. Place your hand over your heart. Breathe slowly.
3. Whisper one word you want to nurture this season: a feeling, intention, or seed of a dream.
4. Visualise it sinking into the soil beneath you, taking root with ease.
5. Return to this word often, like watering a growing plant.





# Creative Invitations

Light, playful, low-pressure ways to reconnect with creativity this season:

Make a “joy jar” or mini flower press.

Journal to music that makes you feel bright and alive.

Make ‘nature playdough’ dyed and scented with natural treasures.

full guide coming soon, stay tuned!



# Creative Invitations

Light, playful, low-pressure ways to reconnect with creativity this season:

Collect a handful of nature treasures and create a mini altar or mandala outside.

Paint or doodle using the colours you're noticing around you.

Create something imperfect on purpose.





# Embodiment & Nature Connection

**Sensory invitations:**

Barefoot grounding in the grass  
Deep breath under a flowering tree  
Morning sun pause  
Tuning into birdsong and new smells  
in the air



## Mini Practice

Place one hand on your heart and one  
on the Earth.

Breathe slowly in through your nose,  
out through your mouth.

Whisper, “I belong here.”

Feel the reciprocity of your breath and  
the land beneath you.

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# Intention Setting Prompts

I invite in...

I release...

I am cultivating...

I feel most alive when...

I am ready to trust...

This Spring, I am learning to...

My inner light is...

I offer care to...

The energy I choose to carry  
forward is...

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# Nature Invitation

Gather Spring textures ~ leaves,  
bark, seeds, petals ~ and make  
a mini nature mandala on a  
tray, plate, or stone.

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A visual ritual to anchor your intention  
and honour the season you're in.

## What to do:

Using a circle as your guide (draw it, trace a bowl, or create your own shape), fill the space with colours, words, symbols, or patterns that reflect your Spring energy.

This can be as simple or as layered as you like ~ a painted mandala, a collage, a doodled vision circle... or even something sculpted in clay or nature materials.

There's no right way.  
Trust your intuition.

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A visual ritual to anchor your intention  
and honour the season you're in.

You may want to guide your creative  
process by considering various aspects  
of your life like:

“creative play”, “relationships”, “body &  
energy”, “space”, “spirit”

Some words to inspire your process  
expand, play, breathe, connect,  
nourish, trust

:

Let this be a keepsake. A moment in time  
captured through your own heart and hands.

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A creative space to anchor your intention  
and honour the season you're in.



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A creative space to anchor your intention  
and honour the season you're in.



Spring is a season of  
momentum ~ but it's not  
about pushing.  
Like the unfurling fern, it's  
about trusting your natural  
spiral of growth.

Let this be a keepsake. A moment in time  
captured through your own hands and heart.

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# Journaling Prompts

Which part of you is ready to come  
out of hiding?

What tiny seed of an idea or dream  
wants your care and attention?

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# Journaling Prompts

Where in my life do I feel energy stirring?

What would it feel like to soften into growth, rather than push for it?

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You're invited to listen to  
this short guided  
meditation, created with  
love, to support your  
journey this season.

GET COSY, AND CLICK  
HERE TO LISTEN



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# From the Holistic Humanity Tree

*Here's what's quietly blooming  
behind the scenes:*

Connected Creatives  
Sacred Beings  
Mindful Mandalas  
Balance & Bloom  
Being Boxes  
Ritual Tools + Meditations  
Digital Courses  
Substack Reflections

Follow along  
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(instagram)

+ visit [holistichumanitynz.com](https://holistichumanitynz.com)  
to explore more



May you grow wild & free in your own way,  
May your creativity bloom softly,  
And may this Spring remind you that you are  
part of something far greater.  
Always held, always becoming.

With grounded wonder,

*Becki & whānau*

