

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

CALM. CONNECTION. CARE



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.

CALM. CONNECTION. CARE

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...

CALM. CONNECTION. CARE



Nature Invitation

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

CALM. CONNECTION. CARE

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.

CALM. CONNECTION. CARE

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.

CALM. CONNECTION. CARE

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



CALM. CONNECTION. CARE

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.

CALM. CONNECTION. CARE



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?

CALM. CONNECTION. CARE



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?

CALM. CONNECTION. CARE

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



CALM. CONNECTION. CARE

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
@_holistichumanity
(instagram)

+ visit 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

