

Spring Represents A New Day

MAY 2024 Newsletter

By Tina Bishai



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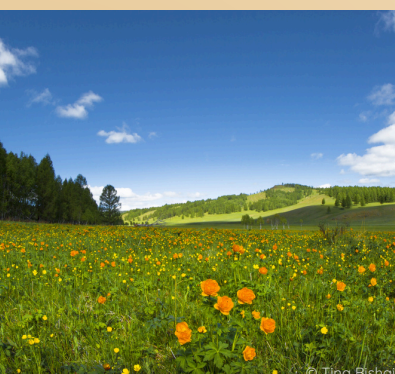
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In this part of the world, spring has arrived. The buds on trees are starting to appear, grass is finally green, and daffodils have already popped up. It is a time of creation and re-birth for nature, a season of renewal and awakening. And so, it can also be a similar time for you too.

Your spirit is awakening to possibilities, newness, and a time of creation. Just as the earth sheds its winter coat to make way for new growth, you too have the opportunity to shed the layers that no longer serve you and embrace the beauty of your own evolution.

If you're not sure what to shed, here are some ideas: judgement of yourself and others, shame, guilt, comparison, anxiety, fear, worry, and doubt. Silly mind beliefs like "I don't belong", "I'm not enough", "I don't deserve that" and I'm sure there are many more you can come up with if you turn inwards for a moment.

If you're not yet feeling the energy of spring and you're feeling weary and tired, it's okay. Wherever you are at, see it, feel it and be in the space you are in. Acknowledge yourself and the feeling you are carrying. Accept it fully. Then breathe deeply, forgive yourself for holding onto those old ideas/beliefs/thoughts, decide to let them go. Reassure your inner child you are safe and loved as you breathe deeply. And call in what you would prefer to experience.

God/Divine is listening and supporting you in every way. Sometimes when we feel this way, the best thing we can do is to get out of our own way! Our fears, doubts, concerns and beliefs can often block the goodness that God has planned for us. So a wonderful prayer that can change all that in an instant is "God's will, not my own." It's a beautiful way to ask for help with the "silly mind", and get yourself in the creating space so that you can feel into your heart's calling and transform it into your reality.

Spring symbolizes a fresh start, a chance to turn over a new leaf and step into the light of a new day. As the days grow longer and the sun shines brighter, you may feel a renewed sense of energy and vitality coursing through your veins. It can feel like the very essence of life itself is pulsating through us with the promise of endless possibilities. If you're in this place, I invite you to feel it, see it, sense it with all your senses. Breathe it in with gratitude as you affirm, it's already here, already done!

This is the perfect time to embark on a journey of self-discovery and transformation. Just as the flowers bloom and the trees bud, we can also blossom into the fullest expression of ourselves. We are like seeds planted in the fertile soil of possibility, ready to sprout and grow into magnificent beings of light and beauty.

But growth doesn't happen overnight. It takes time, patience, and nurturing. We must cultivate the soil of our hearts and minds, tending to the garden with care and intention. We must water the seeds of our dreams with love and compassion, allowing them to take root and flourish in their own time.

This is a call for persistence, courage and using the ability you have within yourself to feel into your dream and take bold action. Dream it in your mind so you can experience it in your reality. And **if you'd like support and a faster way to get there with greater ease, I have a special offer for everyone (not just for moms or females) - it's our Mother's Day**

Special. Anyone that purchases one of our healing packages (5 or more sessions) from now up until Mother's Day will receive one complimentary healing session (value \$300). And if you'd like to gift a session to your mom, this is the perfect way to do just that.

[Click here to receive this special promotion!](#)

(If you're Canadian, please email me for the Canadian \$ link)

As you go about your day, take a moment to pause and appreciate the beauty of spring all around you. Notice the colors, the scents, the sounds of new life bursting forth. And as you do, remember that you too are a part of this magnificent tapestry of creation. You too are a beautiful and integral part of the unfolding miracle of life. This world would not be the same without you here in this moment and time.

As we witness the miracle of life unfolding all around us, I invite you to take a moment to reflect on the beauty within yourself. Each of us is a unique and precious creation, blooming in our own time and in our own way.

May this season of spring fill your heart with hope, your soul with joy, and your life with beauty beyond measure.

May you embrace the infinite possibilities that lie before you and step boldly into the light of a new day. And may you always remember that you are loved, you are worthy, and you are enough, just as you are.



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