



## A Curious Partnership Indeed...



The timing of all things Natural can be perplexing at times. It's one of the things I love most about Nature...the irony, the simplicity, the mystery...

The Super Moon loomed large overhead the night before Spring. Brilliant intensity followed by breathable balance, a palpable moment for each of us to experience. The moon, closest to the earth in 18 years, 30% brighter and 15% larger...stunning, magnificent, memorable. Spring... it's no secret we've been impatiently waiting for her. The promise of everything new, fresh and tender, a day of balance between rest and play...if only...

Super Moons tend to increase the gravitational pull, which increases wave activity in our oceans, the oceans of ourselves inclusive. The result is a change in tidal activity...height, depth, duration... Historically, give or take a day or two, the trend is toward Natural World Surges; Earth has her own version of growing pains or in this case, Spring cleaning. She rearranges her landscape (earthquakes, tremors,) moving towards her destiny, towards something that only her Soul is privy to.

This movement doesn't happen all over our beloved planet, or in every area of our lives...just in those places that tend towards that...the path of least resistance, places fraught with inherent weakness...time for strengthening or time to let it all go because hanging on leads to achy fingers, sore muscles, bruised egos, and exhausted spirits.

Ohhh, so poetic the night before Spring, to have a Super Moon embrace and illuminate the nitty gritty... the challenges, the weakness', the splinters of stubbornness, those places that lack integrity or are just simply shy of wholeness. It gives new meaning to heightened awareness. All of our insecurities glare back at us, 30% brighter and 15% larger!

Friction, crisis, chaos, reorganization, balance; all within 24 hours. Fighting the rhythm is futile. Flowing with it is better. Perseverance is a must once you take your stance, shaking loose the winter crust that has encapsulated your heart. When you declare your desire to know and your curiosity to see, you are saying YES to Reaching Upwards! This is Spring Eternal.

Our birth in this season is no different than the new plant that breaks free of it's slumber, heading towards irreconcilable independence... there is no turning back...the choice to live, to express yourself, to know yourself, to share who you are! It's the joy of risk, it's the sigh of relief because the air tastes so good... it's EVERYTHING you've wished for, prayed for, longed for...

It's the perfect birth, so that whatever has surfaced for you, even if you've played this hand before, you are once again called to release, hand over, relinquish, let melt back into the Earth, drift off into the Sky, settle into the Heart of all that IS and KNOWS...your every secret, your every longing that has ever felt unfulfilled...and once you truly LET GO, you may actually feel just how full you are. Your cup does runneth over, watering new growth, the seedlings of your Soul.

*Reach Upward.....Spring Eternal.*

*Sometimes everything has to be inscribed across the heavens  
So you can find the one line  
already  
written inside you.*

*David Whyte*



**Practicing the fine art of Original Medicine, Dr. Lauren Nappen, a natural born healer, has created a unique system of healing that incorporates the most beautiful and successful healing tools that she has studied thus far in her 18 year career. She is a writer, visionary, educator, Spiritual Intuitive and witness. She holds advanced certifications in Chiropractic, Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) Energy Medicine (Reconnective Healing, Reiki Master Teacher,) Aura Soma Color Practitioner, and Nutrition. Whether you are in transition or merely wish for a smoother wave, the personalized plans created by Dr. Lauren will have you falling in love with life again! Her gentle ahhhjusting style allows for a tenderness in healing that is not often seen nor experienced and is applicable to all ages. She welcomes your inquiry or your visit at her sanctuary in Mechanicsville, PA., minutes from Doylestown.**