

*"How should Spring bring
forth a garden on hard
stone? Become earth, that
you may grow flowers of
many colors. For you have
been heart-breaking rock.
Once, for the sake of
experiment, be earth!"*

- Rumi



Upcoming Events

Saturday April 4th

"Blood Moon"
Total Eclipse

Passover

Sunday April 5th

Easter

Saturday April 11th

Clear Day
Maris Stella Retreat
Center



The Field is Fertile

The time around the movable feast of Easter represents a period of fertility and rebirth in many aspects of life. Since antiquity, eggs and rabbits have been symbols of fertility as they appear in abundance in the early Spring.

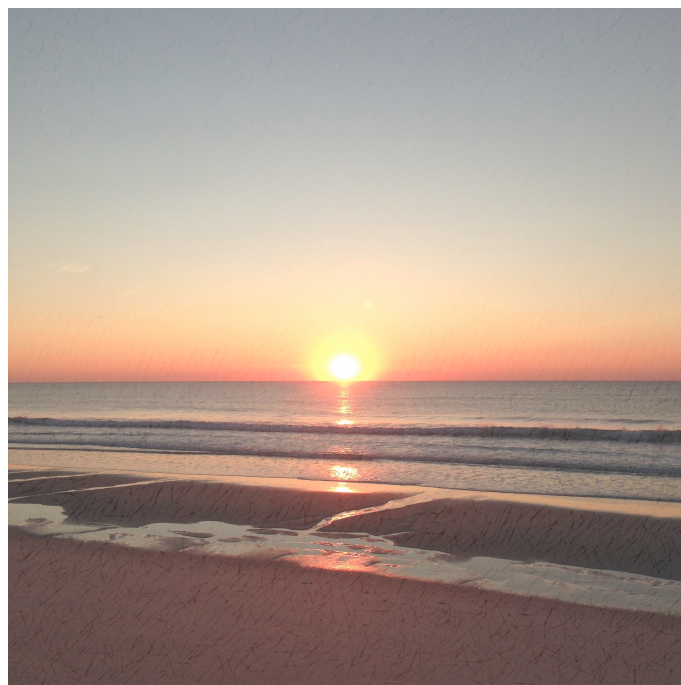
In addition, as Nature reawakens with the Spring rain, sprouts begin to shoot, flowers and trees begin to blossom, and the slow but beautiful transition out of the cold dark of winter is met with the color, sound, and warmth of life expressing itself.

Take the time this month to reflect on what it would be like if we became like earth, and what the seeds of our actions and intentions will Spring.

Spring is Rising

The word “spring” originally referred to a welling of groundwater that appeared to *spring* out of the earth. Later, this use of *spring* came to be associated with the eruption of leaf buds and flowers during what used to be called Eosturmonath (“Easter month”).

Eostre (aka Ostara) was an Anglo-Saxon goddess who was associated with the dawn. Pagans celebrated her honor with feasts that took place during the time of year that is our equivalent of April. Christianity eventually encompassed this tradition with Pasch, or Resurrection Sunday.



Waves of Transformation Wellness Center, Inc.

Dr. Donna M. Mutter, DC
Dr. Daniel Eric Mutter, DC

309 Main Street
Toms River, NJ
08753

(p) 732 244 5008

wavesoftransformation.com
njwavesoftransformation@gmail.com