

REBIRTH



“I’ve lost touch with a couple of people I used to be!”
I attribute these clever words to Joan Didion.
Like Joan, we all undergo changes in our lives...
Almost always for the better, in the long run.

Spring is the time of the year when Rebirth
Cannot be avoided — it’s all around to be seen.
Blossom by blossom, Spring begins each year.
Nature is bent on new beginnings, it would seem.

Rebirth cannot come without change, without death.
Last season’s leaves become mulch for new fruit.
Spring is our reminder of how beautiful change can be.
It is the land reawakening with each new shoot.

We’re in a perpetual renewal of birth and growth.
Every moment we are dying and being reborn.
Spring breathes new life into the world around us.
When change occurs, oh please do not mourn.

How do you plan for your rebirth to happen?
Your game begins anew. You decide when.
Be free of limitations; be reborn and take flight.
Don’t ever be afraid to start over again.

