

RENEWAL

SPRING 2026 | ISSUE 4



RENEWAL

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BEGIN

This fresh season is filled with possibilities. Start at the beginning.



RENEWAL

a seasonal e-zine for your soul

SPRING 2026

Once upon a time...

there was the simple understanding that to sing at dawn
and to sing at dusk was to *heal the world through joy*.

The birds still remember what we have forgotten...
that the world is meant to be celebrated.

TERRY TEMPEST WILLIAMS



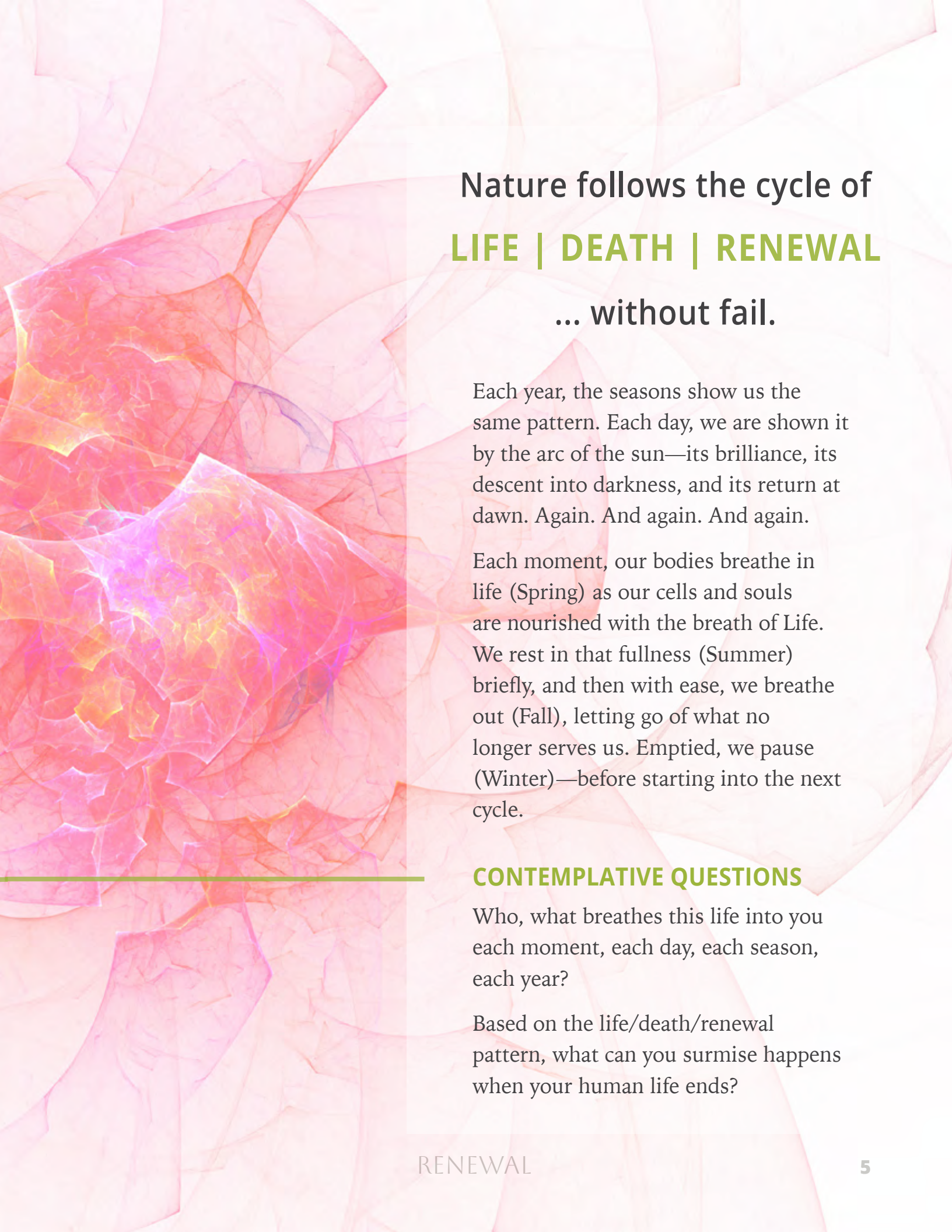
QUEST: This Spring, ask for a song. Ask for a song to enliven you, to help you heal, to bring you joy. Not a pop song you know “by heart,” but a song that comes *from* your heart.

Ask the wind for a song. Ask your soul. Sing it out loud or hum it quietly. Sing it to the trees, the rain, the morning. Be the conduit to bring fresh joy into this world.



celebrating
the *Life*
force





Nature follows the cycle of
LIFE | DEATH | RENEWAL
... without fail.

Each year, the seasons show us the same pattern. Each day, we are shown it by the arc of the sun—its brilliance, its descent into darkness, and its return at dawn. Again. And again. And again.

Each moment, our bodies breathe in life (Spring) as our cells and souls are nourished with the breath of Life. We rest in that fullness (Summer) briefly, and then with ease, we breathe out (Fall), letting go of what no longer serves us. Emptied, we pause (Winter)—before starting into the next cycle.

CONTEMPLATIVE QUESTIONS

Who, what breathes this life into you each moment, each day, each season, each year?

Based on the life/death/renewal pattern, what can you surmise happens when your human life ends?

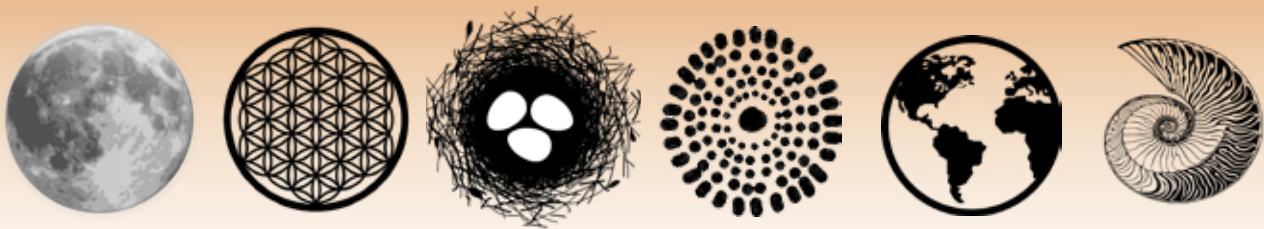
Divine Union

In nature, new life emerges from the union of
masculine & feminine elements.

Humans can interpret that as energy, as
each person carries both aspects within them.

From the mingling of opposites comes
the birth of new ideas, art forms,
solutions and creations.





CREATIVE FORCE *of* POLAR OPPOSITES

Spring is here with good news.

Not only does it usher in a season of renewal, growth, and change, it does so by harnessing the dynamic creative power of polar opposites. Seen any of those lately?

A polarized society such as ours, can learn from nature. When two extreme weather fronts collide, an unpredictable vortex forms. The magnetic forces repel each other. Because the underlying fabric of creation is unity, these opposites cannot split. Instead, they start swirling, part grappling, part ancient dance. The outer rim of opposing extremes builds in velocity. Take note that an otherworldly calm can be found in the center.

While often destructive, the funnel prevents stagnation and brings things together. The wild wind cross-pollinates regions to ensure natural diversity. In the aftermath of disaster, humans rise to the occasion to offer themselves in service to the whole.

Nature uses that same dynamic force of opposites for regeneration. No less dramatic, mating for all species is a matter of life and death. The “whirlwind”

romance and make-up sex are memes for a reason. Diversity happens from upheavals and revolutions. Meanwhile, we can *all* feel the tension of opposites.

As humans, we can harness that wisdom to bring two opposing energies within us together to form a fresh combination. We can wait for the crisis, or experiment intuitively, ritually.

Psychologist Carl Jung described the sacred marriage as *coniunctio*, a union of opposites within the psyche, self, and soul. It requires integrating the split between what is conscious and unconscious within us, our light and shadow, fear and love, leading to a deep sense of wholeness and in the aftermath... potent creativity.

CONTEMPLATIVE QUESTIONS

What opposing elements can you combine to create a new idea, strategy, solution the world needs right now?

Each creation is fresh, but not necessarily different than what has come before. What area of life can you Replenish without “reinventing the wheel?”

Nesting Instincts

A natural nesting instinct kicks in with the quickening that follows the Divine union. Each species has ways of providing space, resources, and safety for renewal.



Some species of birds collect the blow down of storms—the broken bits, the deadwood, what's been ripped away—and assemble them, craft them into a vessel for something new to emerge.

For humans recovering from tornados, nesting looks like rebuilding. Starting fresh. Plywood, shingles, and pillows.

For humans finding renewal after heartbreak, it looks like salvaging the pieces to create a new sense of home.

For humans recovering from a creative block, it can look like clearing space for a makeshift studio or writing nook.

For humans touched by grief, the places we've been hollowed become the hallowed space in which to experience our own (reluctant) rebirth.

Deep Renewal looks less like a Pinterest board and more like messy choices made from what's available.

CONTEMPLATIVE QUESTIONS

Based on gut instincts, what aspect of your life needs Renewal?

What space can you make from what's not working, what's fallen apart, the dead wood? A nurturing spot for something new to emerge?





THE BROOD PATCH

W H O L E - H E A R T E D R E N E W A L

During gestation, birds develop what's called a "brood patch." Feathers in the chest area come loose, exposing the heart. This allows the heart to transfer heat directly to the egg.

In French, the word for heart is *coeur*, which is the root of the English word *courage*. Exposing the heart—choosing vulnerability—requires a different kind of courage than the warrior's courage, where one shields the heart.

This work of sitting with, being present to, giving attention to something remains undervalued in our action-based culture, but the most important thing you can do during this stage is to give your whole heart to your embryonic Dream.

When mama birds sit on their eggs, they wiggle a little, settling in until the brood patch makes full contact with the egg.

Have you made full contact with your Dream, or are you still only half-hearted?

Begin



Many people abandon their Dream the moment it hatches. It doesn't match the image of how they thought it should look. Often people are embarrassed. They think they must have made a mistake when this gangly, awkward little Dream shows up:

- That first workshop where only one person came.
- The first date after a divorce.
- Those early paintings, drafts, riffs that we reject outright because they don't compare to the masterworks of others.

It may not look like the soaring Dream you've been imagining, yet it cannot get to the soaring stage without being a downy hatchling first. Organic things don't emerge fully formed.

Stay with it. Don't let it grow cold. Feed it and feed it and feed it some more. Give it time to find its wings.

[Read my story about how I became an artist in midlife.](#)

“Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative or creation, there is one elementary truth...that the moment one definitely commits oneself, then Providence moves, too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of incidents and meetings and material assistance which no man would have believed would have come his way.

Whatever you think you can do or believe you can do,

begin it.

Action has magic, grace, and power in it.”

W.H. Murray,

The Scottish Himalayan Expedition

RENEWAL
JUNE 2026

FLIGHT SCHOOL



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