

## Spiritual Growth Exercise for May 2018

### **Leave the Cabin**

After a long winter one can feel a little cooped up. You can experience what is known as cabin fever. Emotionally you can feel down, sluggish, uninterested, and even hopeless. Your spirit can begin to shut down. The best medicine for cabin fever is to leave the cabin!

Take time during the month of May to be out in nature.

- ❖ Watch the flowers push through the stubborn soil.
- ❖ Watch the dormant bushes produce supple buds.
- ❖ Watch the woods turn pastel colors of green and pink as they begin to fill out.
- ❖ Watch the fruit trees blossom and smell their fragrance in the air.

*Leave the cabin.*

*Awaken your inner spirit and embrace life.*

*Become new once again!*

