

Spring Clean Your Relationships with Love

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With the thaw of spring comes the need to shed layers and make room for all things new. This season is synonymous with a fresh start, and the idea of spring cleaning can apply not just to the dust bunnies under our bed, but to other aspects of our lives. As we prepare for the blessings of spring, why don't we take time to brush away the cobwebs and sort out some of the clutter we may have allowed into our relationships? If you feel like meeting the spring with open arms, consider these three steps to prepare the way.

Make Amends

In order to make room for new experiences and relationships, we must first heal old ones. Think of a relationship that needs healing, and then come up with one thing you can apologize for. Sometimes a simple "I'm sorry" is all it takes, other times a larger gesture may be necessary. Whether it's a love relationship, a family member, or an old friend, release your conscience of an unresolved issue, and create space to move forward in a healthier way. Once you get going, you might even be inspired to tackle more!

Forgive

Allow others to be forgiven. When we hold on to resentment, there is less room for love, and we are more likely to have that resentment spill over into other relationships. When we forgive someone for a transgression of the past, we don't just allow them to move forward, but we release the sadness and anger in ourselves, leaving room for loving relationships and true connection. If you close your eyes, who is the first person that comes to mind? Pick one relational cobweb you can release today.

Show Gratitude

We often take for granted the people whom we love and admire the most, simply because we think they already know. When we take the time to truly appreciate the ones we love, we have the chance to deepen our relationships and feel more fulfilled in them. This love will overflow into everything we do and attract more loving relationships. Take stock of the relationships in your life. Who comes to mind? Take a moment to say "thank you", or write a letter expressing your gratitude to at least one person.

Relationships need to be nurtured and cared for like tending a garden. Pull out the weeds, and plant the seeds, so your relationships are ready to bloom in the warm spring ahead.

Get ready to do some spiritual cleaning at your place of work when we focus on Spring Cleaning Our Career, coming soon in our next Spring Cleaning article.