

Summer solstice reflections



*A guide to using the summer solstice to
reflect on your relationship with vitality,
celebration, and the pace of your life.*

by Cat Green

Deeply grateful to the place I live, Gubbi Gubbi/ Kabi Kabi country. I honour their ancestral connection to this land based on deep relationship and wish for all of us to live connected to the ground our feet tread.

*Everyday
Empowered*



Why live seasonally?

Seasonal living is a powerful way for us to reclaim a relationship with ourselves and the world around us. It reminds us that we aren't separate to, but an integral part of nature.

Beyond just knowing there are seasons, learning to attune our lifestyle and self-care practices to them, gives us an opportunity to create more vitality, well-being, balance and joy in our lives.

What I love about seasonal living is its inbuilt invitation to explore various aspects of life. In traditional healing lineages, each season has its own energy, personality, resonance, and associations.

By taking time to pause for reflection each season, we're deepening our relationship with these elements within ourselves and our lives.

When going through this guide, feel free to use all the question prompts, or choose the ones that resonate with you.

“*Seasonal living invites us into deeper connection with ourselves, others and the world around us.*”

Major themes of summer

Summer is the embodiment of the fire element and from a seasonal living framework is the peak of activity for the year. Energetically, everything is at its most expansive, powerful and full.

At this time of year we have an invitation to explore our relationship to the themes and associations of summer/ Fire Element, such as:

- Play, joy, fun and celebration
- Vitality and aliveness
- The heart and emotions
- Connection to spirit and others
- Transformation; power to create and destroy *(I haven't explored this theme in this guide, it'll probably be included next year)

This is by no means a complete list, and it's not a strictly traditional one by any means. My seasonal living influences are many and varied.: an eclectic mish-mash of Classical Chinese Medicine, Ayurveda, and a smattering of druid thought, all grounded in my own insights and reflections of living on subtropical Gubbi Gubbi/ Kabi Kabi land (Sunshine Coast).



01 Your year so far

In a seasonal living framework, the goals, values or projects we dreamed in winter, and planned in spring could now be in full swing. The solstice (or new years) offers us a seasonal anchor to reflect on how they're tracking:

Are your goals in full swing? What's working or not working? How can you focus your energy for the next six months to maintain flow and progress?

Something not flowing?

If your goals aren't coming to fruition - let's explore why (in a self-compassionate, shame-free way of course -it's all just learning!)

Have you forgotten them, gotten distracted, or maybe they're not relevant anymore?

Were your spring goals and planning unrealistic; based on emotional/ physical/ spiritual/ logistical resources you don't have available?

Have you hit a roadblock?





02

Aliveness + Vitality

Summer is the most yang time of year energetically. During spring, we've sprouted up and now summer energy is about expanding out – into fullness. It's a great chance to check in with our own vitality and sense of fullness:

Do you feel vibrant and fully alive?

What do those two qualities mean to you and what do they look like in your life?

Are you connected to those people/ places/ activities/ qualities that make you feel more vibrantly alive?

If you answered no to any of these, explore why, what are the barriers?

What inspires you?

03

Joy, wonder and our place in the world

66

Wisdom begins in wonder

Socrates



The Fire element (which summer embodies) is also associated with joy, the heart, our emotions, and our connection with the divine (whatever that means to you).

To me, a key thread that links all these is wonder or awe (*there are many other tangents to explore but that would be a much bigger guide!*)

Reflection questions:

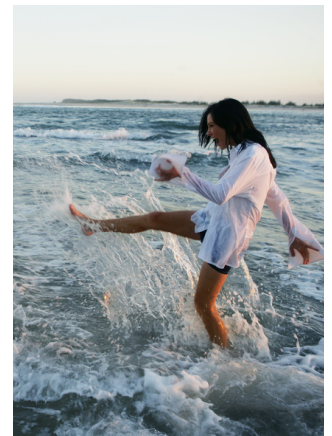
- Do you make time for wonder in your life?
- Remember a time when you felt wonder -- where are you? Who are you with? What are you doing?
- What does wonder mean to you? How does it change your relationship with others, and your place in the world?

04 Play & celebration

One of the main associations with summer is play and celebration. Sometimes we can let 'adulting' get in the way and let this life-nourishing aspect fall off our radar. Let's explore.

Getting to know ourselves

- How do you celebrate life?
- Do you celebrate the small successes and achievements? What's some small progress you could celebrate from the past season? Take a moment to revel in how it feels in your body.
- Do you feel playful, and what makes you feel so?
- Does anything stop you feeling playful or having fun?
- Do you regularly take time for activities you do just for fun?



Connecting with others

As the most yang time of year, according to TCM, it's also the time of year when we're most 'yang'. This means we're turned more outwards to engage with the world around us and the season affords us more energy and drive to do so. We can explore this part of our lives:

- Do you regularly take time to connect with others in a fun and playful way?
- It's a yang, outwardly focused time of year, but what does that look like for your unique personality? How do you prefer to connect with others?
- What place do friends/ family have in your life?



05

Burnout - a sign of fire imbalance

In ancient healing traditions, elements can be both balanced and imbalanced. The Fire element in particular has always been associated with great power for both creation and destruction. One sign of fire element run amok is burnout. There are many others, (it's too detailed to go into for this guide) but burnout is so common in our fast-paced culture, it's a good opportunity to explore it.

- Do you feel burnt out (mentally, emotionally, physically or spiritually exhausted)?
- Do you have a good pace and rhythm in your life that allows for regular times to replenish and restore?
- What gives you energy?
- What drains your energy?
- What is your relationship with the pace of your life? What comes up if you need to slow down, rest more, or do different activities to live in alignment?
- How do you balance time to do and time to rest?



About Me

I'm Cat Green, founder of Everyday Empowered which is all about cultivating holistic health simply and easily.

I believe seasonal living is a missing piece of holistic health. We tend to focus on diet, toxic load, mindset etc but forget that we are creatures of the earth, governed by the seasons and place we live.



Earth connection is vital to a more connected, grounded and peaceful way of life, and to understanding ourselves and our health.

I created this guide because I think we all need a little more guidance connecting to the elements, our seasons and using them as anchors to reflect on all aspects of our lives.

If you love seasonal living, liked this guide, or have questions - I've LOVE to hear from you!

♡ Cat

Ps - I update these guides every year, and I'd actually love to know your fav parts (helps me know what to keep in!)

Summer solstice reflections

This guide was created with the best intentions to help you live a fulfilling life using a seasonal framework.

This guide represents only summer and the Fire element and to be truly balanced, needs to be used with the guides for other seasons. It is by no means comprehensive (can you imagine how large it would be!?), nor does it represent one lineage so if you're stickler for tradition, forgive my liberties.

I invite you to take care as you reflect deeply, and seek further support to process your reflections if needed.

Loved this and really want to know more - I've got some books in the shop so you can explore deeper. Check out Everyday Chinese Medicine and any Ayurvedic ones. More stock arriving early next year.

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Created by Cat Green, 2022