

2024

# SUMMER SOLSTICE

## REFLECTION GUIDE

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A GUIDE TO USING THE  
SUMMER SOLSTICE TO  
REFLECT ON YOUR  
RELATIONSHIP WITH JOY,  
ENERGY AND YOUR YEAR  
SO FAR

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BY CAT GREEN, 2024.

*Everyday  
Empowered*



# WHY LIVE SEASONALLY?

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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.

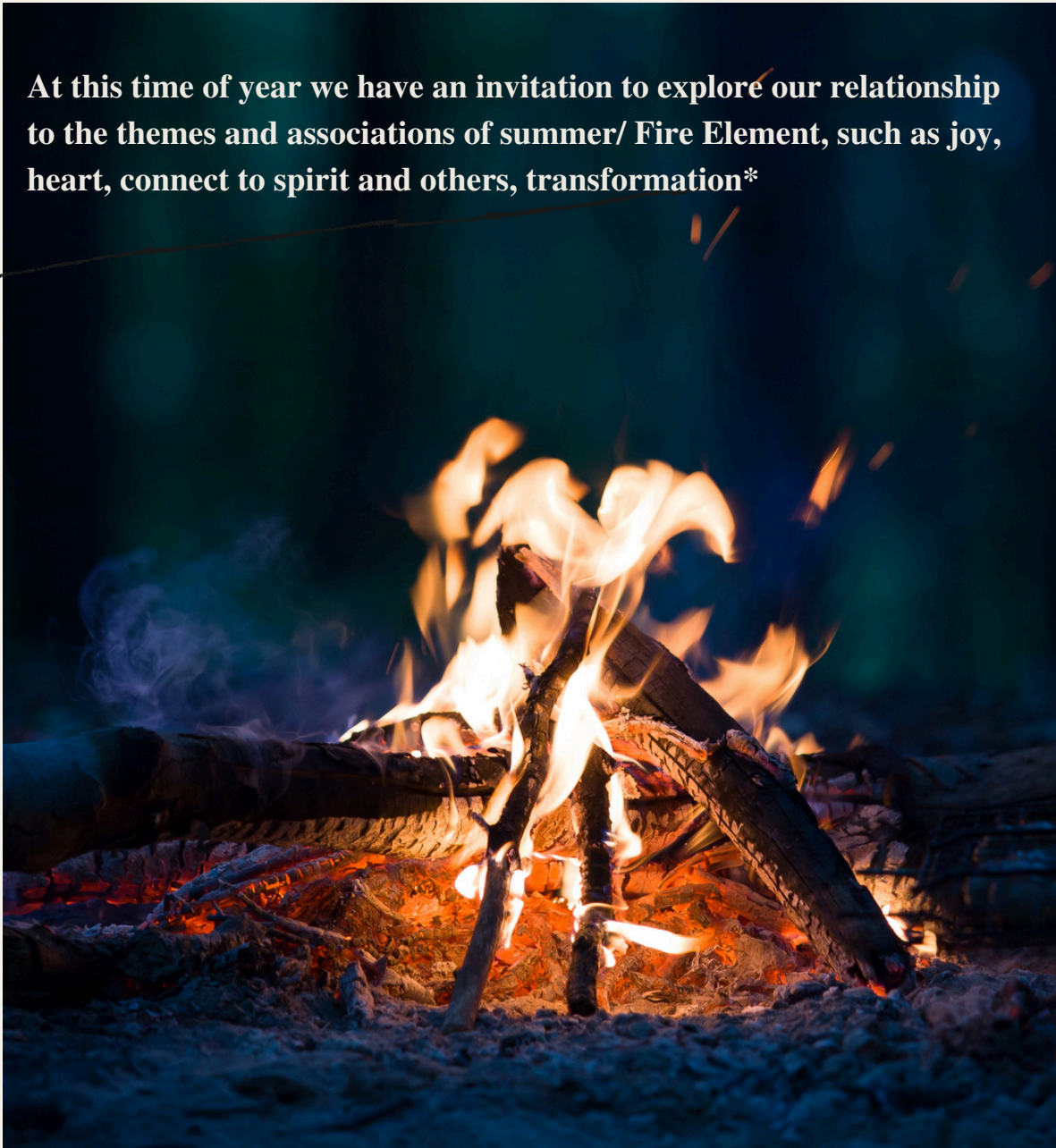
What I love about seasonal living is its inbuilt invitation to explore various aspects of life. In traditional healing lineages, each season has its own energy, personality, resonance, and associations.

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.

**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 joy, heart, connect to spirit and others, transformation\***



*\*This is not 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).*



# 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 summer 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?

# ENERGY BANK BALANCE

Whilst this guide's invitation is to reflect on your relationship with the fire element and summer energy, this year perhaps more than previous years, what's coming up for me is the inherent interconnectedness of all the elements.

Summer, as the most yang time of year is the peak of activity, but the energy that makes this activity happen doesn't come from nowhere. It doesn't occur in isolation, but in deep relationship with the elements that come before it, and after it.

If we think of energy like a bank balance, how much energy we have to spend depends on how much savings we've built up. Did we cultivate energy in the depth of winter and put some aside to fuel this explosion of summer growth. Did we cultivate energy in spring that enables ourselves and our plans to come to full fruition in summer...

Or... like many in the modern world, have we overdrawn our bank account? Are we in energy debt, frantically trying to pay off previous purchases rather than sustainably build, save and spend?

This is part of my experience this year. I delight in the fullness of this year, yet after a nasty bout of covid, I'm tired. I can feel the depletion and need to restore.

So this year, my summer, won't look like explosive growth. I simply didn't deposit enough energy in winter for that.

Whilst the fire element has the potential to be our most active and abundant time of year, I find in our modern lives, we can't always reach our full potential because we don't rest enough in winter.

Maybe that's your story too?

Luckily, we don't need to write off the next six months, but remember we can intentionally cultivate the water element any time of year. Especially in summer, working with water energy, is a cooling and rejuvenating counter-balance to excess fire and heat.

## REFLECTION QUESTIONS

- Do you feel burnt out (mentally, emotionally, physically or spiritually exhausted)?
- What gives you energy?
- What drains your energy?
- Do you have a good pace and rhythm in your life that allows for regular times to replenish and restore?
- What actually restores and nourishes you at a deep level?
- Do you make time for rest and pleasure every day/ week? even just 5 minutes?
- What helps you feel relaxed and switched off? How do you slow the torrent of the mind?

*\*Note some of these questions might not resonate, so explore ones that do. Perhaps instead you have trouble finding motivation to do things and you rest too much? We're all different so take what you need.*

# joy



**One of the main associations with summer is joy, play and celebration. Just like Ella Fitzgerald’s song about “easy living” we think carefree holidays at the beach licking drops of ice cream!**

**The trick, as adults is how to create this feeling in everyday life. How do we find our joy amidst everyday responsibilities?!**

What do you do for fun?

How can you make more time for fun?

What gets in the way of fun?

How does fun/ play feel in your body?

What or who makes you laugh?

Do you regularly take time to connect with others in a fun and playful way?

What place do friends/ family have in your life?

How do you celebrate life?

# time

**This is a lovely practice to return to each year and see how you're relating to the fire element differently.**

**Are you experiencing similar things as last year, or have things shifted? (could be health issues, emotions etc)**

**Remember, in each year's guide, I choose just a few themes to explore, but there are many others. Hope you enjoy this grounding practice of seasonal self-exploration.**







# ABOUT ME

I'm Cat Green, founder of Everyday Empowered, on a mission to bring herbs back where they belong - in our homes, gardens and communities.

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 create these guides to freely share my personal practices and some reflections as I journey throughout the seasons in the hope they'll help you cultivate deeper self-knowledge and connection with the place you live.

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

♡ Cat

Deeply grateful to the place I live, Gubbi Gubbi/ Kabi Kabi country. I honour the local mob's ancestral connection to this land based on deep relationship.

# HAPPY SOLSTICE

## BIT OF A DISCLAIMER

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.