SUMMER

Word for the year: STRENGTH
Word for the season: PASSION

Ayurvedic dosha(s): PITTA
Seasonal element: FIRE

Key Dates (2019)

Wheel of the Year
1st May - Beltane - *Make May Day posies and follow an Earth meditation. Plan my working schedule until the Summer Solstice. Decide on a word for summer.*

21st June - Summer Solstice - *Light a bonfire and follow an Earth meditation. Plan my working schedule until Lammas.*

1st August - Lammas - *Enjoy a family meal (outside if possible) and follow an Earth meditation. Plan my working schedule until the Autumn Equinox. Also decide on a word for autumn.*

Lunar Cycle
New moons - 4th May, 3rd June, 2nd July, 1st August - *set intentions on these days.*
Full moons - 18th May, 17th June, 16th July, 15th August - *meditate on these days as I often find myself a bit edgy and full of energy.*

Tree focus: Hawthorn, Oak & Holly
Spiritual priority this season: Earth meditation
Reconnecting with nature focus this season: Using my nature journal more often

Eating seasonally reminders

- Start eating smoothies again
- Start the day with a mint tea
- Easy lunches: gazpacho, salad with homemade hummus
- Remember to eat raw as often as I can
- Make a big salad at the weekend to eat at lunch for the next couple of days

Could-do list
- 30 Days Wild with Monty (order pack)
- Smoothie ice lollies?
- Decide on an easier space to have a bonfire
- Full moon walks at night
- A Midsummer Night's Dream at Belton House

Summer rhythm

Morning
Mint tea and 5 minutes stretching
Eat breakfast outside (slowly!)

Evening
Go for a walk by myself once Monty has gone to bed

Weekly
One evening a week watch the bats and see the sun set
Visit the woods with Monty (craft activities with leaves)
Nature journal each weekend