



## Summer – the Season of Abundance

According to Traditional Chinese Medicine, aligning ourselves with the cycles that occur in nature will help bring us closer to our optimum health. As in nature, we can make adjustments in our lives and activities as we transition from season to season. In the Five Elements Theory, summer is associated with the Fire Element. The organ correspondence is the heart and the associated emotion is joy.

In order to maximize summer's bounty, try incorporating some of the following suggestions into your daily routine.

### Put Some Spring in Your Step

In summer, the days grow longer and warmer. We are surrounded by nature blooming around us and may find our own energy expanding as well. The heightened energy of the summer months encourages us to be more active and get out more and enjoy the fresh air.

Go outside and take advantage of the extra hours of daylight. Take a walk in the warm sunshine – not only will you feel more energetic afterwards but your heart will appreciate that you did.

### Let Your Senses Absorb the Gifts of Summer

Summer bursts with a variety of colors and smells. Admire the luscious green grass. Even better, in the early morning hours when it is still quiet and there is dew on the grass, practice a little Qigong.

Listen to all the different sounds of the birds or go to the beach and hear the rhythmic crashing of the waves on the shore.

Savor the summer smells around you – flowers and blossoming trees, homegrown tomatoes or squash and corn from the Farmer's Market.

### Fill Your Heart with Joy

Every day, do one thing that brings you joy. Even the smallest things can provide us with great happiness.

Set a specific time each day to stop for a special cup of tea, get up 15 minutes earlier to greet each day with meditation or to write in your journal or plant a vegetable garden and appreciate your harvest.