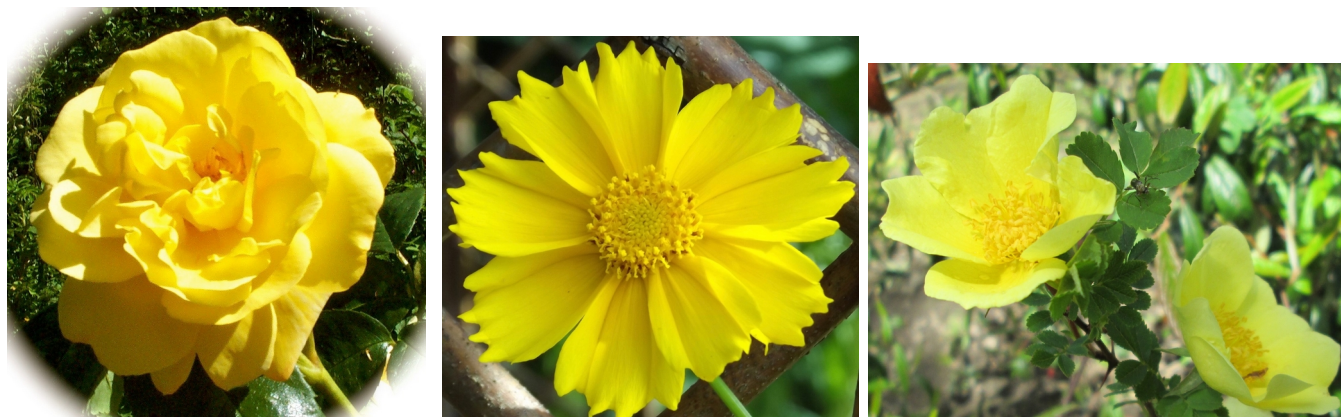


SUMMER SOLSTICE 2024 ENHANCING WELLNESS & WELLBEING THIS SUMMER



Chalices & spheres of delight

The joys of Summertime are plentiful with the Sun being a deeply important ally, reaching its zenith at the Summer Solstice. Though this year the Sun's light, power and energy have been considerably depleted. The Sun's ultraviolet rays upon the skin ensure that our body creates Vitamin D. Within the Vitamin D spectrum, D3 (cholecalciferol) is said to be the more potent. Vitamin D, a fat-soluble vitamin, contributes to bone, tooth, gum, muscle, skin, hair and immune system health and strength; good general energy and mood; restorative sleep and doubtless indirectly to other health factors for example when there are fat absorption inadequacies e.g. some Colitis conditions and Crohn's Disease. Vitamin D is often considered to be a building block for many systems within the body. As we become older in years, Vitamin D absorption can be reduced. Other than nourishment from the Sun, Vitamin D is found in fish liver oils and oily fish (not from farmed source), real free-range eggs (yolk); in 'proper' butter and cheese; in some mushrooms specifically those grown/growing in light as opposed to those grown in darkness. Plant sources are not abundant in this vitamin, however very very small amounts can be found in dark green leafy veg, algae/seaweeds e.g. kelp and spirulina; lichen; alfalfa; sprouted seeds; orange and yellow fruits and vegetables; avocado; sweet peppers and sweet potato. Research seems to vary quite a lot as to natural Vitamin D in plants and other foods. Many foods and drinks are fortified with Vit. D. A source of plant-based Vitamin D can be found from Together Health: <https://www.togetherhealth.co.uk/products/vegan-vitamin-d3>

Another area for consideration is our own solar centre, the Solar Plexus or Navel Chakra. This is an important hub of energy, above navel up to and below tip of sternum through to corresponding area on spinal column. The Chakras act as portals for cosmic energy/Ki/Chi/Prana filling the body, via the meridian channels, with essential life force. The Solar Plexus Chakra is potentially a powerhouse of sparkle and vitality. It is from here we can experience feelings of warmth, joviality and expansiveness, recognising what feels right and what is out of harmony, our sense of self... See it glistening: the Sanskrit name for this centre is Manipura, often translated as a place of gems and jewels/a jewelled city, its symbol being a 10-petalled vibrant Yellow Lotus flower, with a triangle (often red) at its centre representing its association with the Element of Fire, akin to one's own inner fire. When balanced and healthy I see the Solar Plexus as having a beautifully clear golden glow. There are Yoga poses, Mantras/Sounds and Mudras/Finger Positions that balance and empower this Centre: worth researching when feeling 'bunged up' on any level, tired too often, irritable, undermined, lacking in lustre or in need of refreshment physically, emotionally, mentally, environmentally or spiritually. For many reasons the Solar Plexus can get depleted. Its natural luminosity may fade at times – time to invite LIGHT into this vital centre that has a bearing on the diaphragm, digestion, gall bladder and liver functions, pancreatic secretions, and contributes to a healthy spleen and adrenal glands.

Of all the seven colours of the wondrous spectrum, Yellow holds the most luminosity, absorbing more light, thus resonating and harmonising with the Solar Plexus. Yellow is full of cheer that can lighten up one's day. It brings mental alertness and clarity, also an aliveness that feeds body and mind. Our Yellow friend enables one to rise above negativity, creating a more optimistic, cheerful and decisive demeanour, together with a bolder outlook that may well inspire new ideas or projects. Let us all invite captivating and delightful Yellow into our day. Summer Solstice Blessings, Nicky X