Summer Chi

You are here!

Daniel Lally has been offering this unique experiential and seasonal Chi class for over 20 years. He is certified in a seasonal energy-based form of acupressure called Jin Shin Do® (Way of the Compassionate Spirit) and has been a student of natural rhythms and chi gong since 1990.

To everything there is a season, and a time for every purpose under the heavens. -Ecclesiastes 3:1

Summer

Peaks

Expands/Fullness

- **Hare**

Spring

Rises

New Growth

- **Hare**

Fall

Releases

Slows, gradually turns inward & completes

- **Tortoise**

Winter

Sinks

Pulls in, down time, winter's nap

- **Tortoise**

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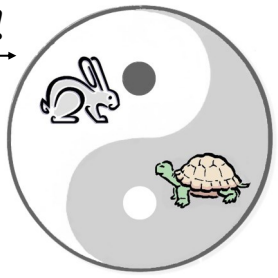


Summer Nature predominant experiences
Normal Months (northern hemisphere): June, July, August
Climate: hot
Element: fire (rising, reaching fullest height, active, spontaneous, dancing)
Key Words: Hare! Step on the gas! Full speed ahead, shed the layers, soak up the rays of the sun, reach fullest height & potential.
Energetic shift: stem, leaves, flowers, new branches, thickening to maturity or slimming down as calories burn.
Metaphorical Direction: south

Summer Human Nature
Exercise Equivalent: cardio, heart-rate up, perspiring
Emotion: the spectrum of joy
Sound: laughing
Sense organ: tongue
Human Anatomy/energy system: heart, small intestine, pericardium, 'triple warmer'
Fluid: perspiration
Tissue: blood; vessels
Indicator: complexion
Taste: bitter

Summer key words or questions. Are any familiar? Do you want more? Or less?? They These may apply during summer or year-round, depending on your 'fire' energy.

___how are you feeling as growth is peaking?
___joy? Are you feeling fired up in general?
___overjoyed? So firey that you can't relax/sleep?
___lack of joy?
___sense of humor? Notice yourself laughing?
___are you shifting into full throttle hare?
___are you feeling like living life to the fullest?
___feeling delight?
___feeling enthusiasm?
___pleasure?
___passion?
___easy excitability?
___are you playing outside?
___socializing?
—- hiding inside?
___enjoying summer/heat?
___attraction or aversion to the color red?
___aversion to summer/heat?
___night sweats?
___hot flashes?
___restlessness?
___facial redness?
___thirst?

___bitter taste in mouth?
___concern for heart/blood pressure/circulation?
___blood clots?
___concern for the small intestine?
___speech, long term memory difficulties?
___nervous, giggly or talkative?
___integrity, and sense of purpose?
___sore mouth, tongue or lips?
___gum problems?
___nose bleeds?
___attraction or aversion to bitter flavors?

Summer Chi

KEY WORDS: your heart's desire, stepping into your power, coming of age, joy, happiness, progress, exuberance, growth, hit stride, getting fired up, full throttle!

Summer Checklist (Hint: think *fire*!)

- Go outside. Take a walk. Look at nature in all its fullest…it's happening in *you* too!
-  The light is Green! Life is full speed ahead! Use this yang season to progress toward your active goals.
- Enjoy yourself! Laugh! Have fun! Socialize! Follow your heart's desire! Summer kicks off the most social time of the year!
- Blend 'hare' activities into your routine. Cardio and muscle-training is highlighted. If you make it fun, you'll satisfy your heart too! Yoga, stretching, walking, running, any cardio-respiratory exercise. Build strong muscles, bones and heart! Warm up and exercise sensibly.
- Do your summer acupressure points to keep your energy 'up,' and/or get an acupressure or acupuncture seasonal tune-up.
- Regardless of the season, energetically, certain times of each month are more spring-like, summer-like, fall-like or winter-like. Learn how to plan activities that are in sync with the season and these subtle shifts.
- Avoid super cool air conditioning if at all possible so that your body can feel the 'fire' and not think that it is winter.
- Learn more about natural rhythms. Just as ships leave harbor when the tide is going out and not coming in, ignoring natural rhythms is like swimming upstream—it can be done, but it is much harder!

Summer 'Get Up & Go' Food Ideas

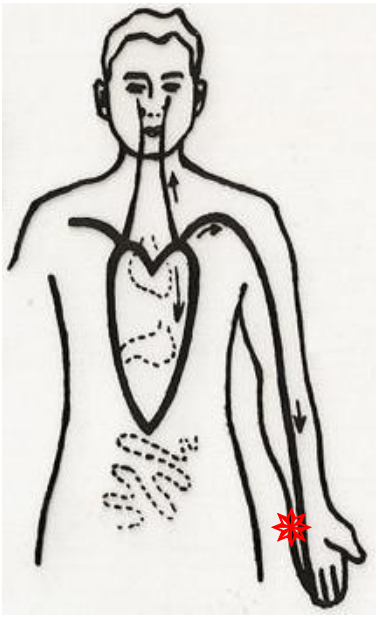
Consider the yin yang symbol….

When it is warm outside, (represented by the big white/upper part of the symbol), eat cooling foods (represented by the black dot inside the circle.) Cooling foods burn stored energy/calories now that were stored in winter. Eat salads, fruits, vegetables, cooling things. Drink plenty of water. Balance fire and water.

Summer Yin/Yang Acupressure Channels & Points

✵Heart energy channel balancing point:

This *yin* meridian descends down to the inner pinky. Point is at the flexure of the inner wrist in an easily found hollow outside the tendon. Peak time 11 am– 1 pm.

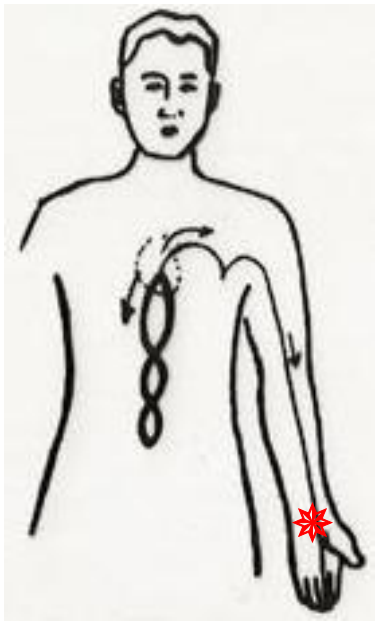


✵Small Intestine channel balancing point:

This *yang* meridian ascends from the outer pinky. Point is on the outside of the outer wrist, 1 hollow from the visible wrist bone. Peak time 1-3 pm.

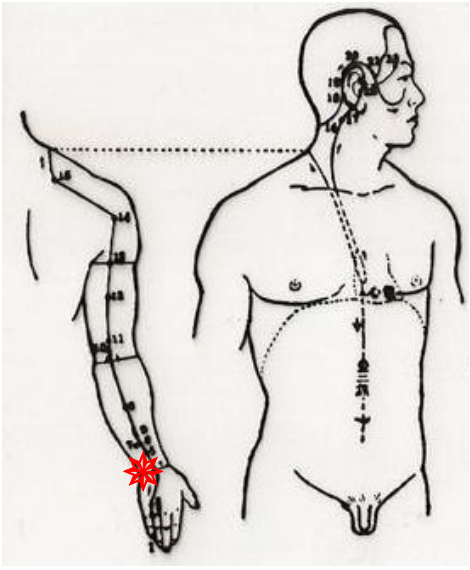
✵Pericardium channel balancing point:

This *yin* meridian descends from the heart area to the inner middle finger. Point is at the center of the flexure of the inner wrist in a soft point. Peak time 7-9 pm.



✵Triple Warmer channel balancing point:

This *yang* meridian ascends from the back side of the ring finger. When you flex the wrist back, the point is in a hollow down from the ring finger in the outer wrist. Peaks 9-11 pm.



Fire Element Emotional Spectrum