

# Connecting with the Earth Element

## The Season of Late Summer

*August 26, 2013*

This past week we've been graced with brilliant end-of-summer days and clear star filled nights. Most mornings meet us with a slight chill as the earth beckons the coming of autumn. We are transitioning out of the fullness of summer (represented by the element of Fire) to enter a season embodying the energy of Earth. This is a time when we take things in, nurturing ourselves to feel full and satisfied with the fruits of our harvest. We are called to connect with that which is warm, kind and supportive.

As the dynamism and high play of summer winds down we prepare for more regular routines: children return to school and we slowly move toward the inward times of winter. This season of Late Summer lasts four to six weeks and embodies all the energies of Mother Earth, a more feminine influence than the outward expression of the last two months. In Late Summer feelings of empathy and stability can exist alongside feelings of neediness, loneliness and concern. A mother cares for and nurtures her young ones and is also sometimes filled with worry. Her compassion helps them feel safe and protected while giving them space to grow.

In moving through any season it is helpful to have a map of the territory. We can benefit from a deep understanding of the qualities of the season. Whether male or female, the Mother archetype has much to teach us in this season of the Earth element. We are called to patience, thoughtfulness, practicality and stability. Balanced by the nurturing that the Mother brings, this season holds the potential for harmony, rootedness and stability. If we negotiate the territory well we are poised for the coming season of autumn. Connecting with the element of Mother Earth prepares us to know our own self-worth in the season that lies ahead.

Cranio-Sacral therapy is particularly helpful in bringing us fully into this season of Late Summer. It's gentle and supportive approach is perfect for helping us to connect with our own warmth, kindness, patience and stability. In aligning ourselves with the natural cycle of this season we find good health expressed on all levels. We begin to balance the masculine and feminine energies that exist within each of us, allowing us to be present to our own well being, finding the ability to nurture ourselves physically, mentally and emotionally. In the process we find our compassion for all of life.

For an appointment call (845) 255-4424. I look forward to working with you.

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