



Lammas
GATHER THE GOLD

Guided by the rhythm of nature

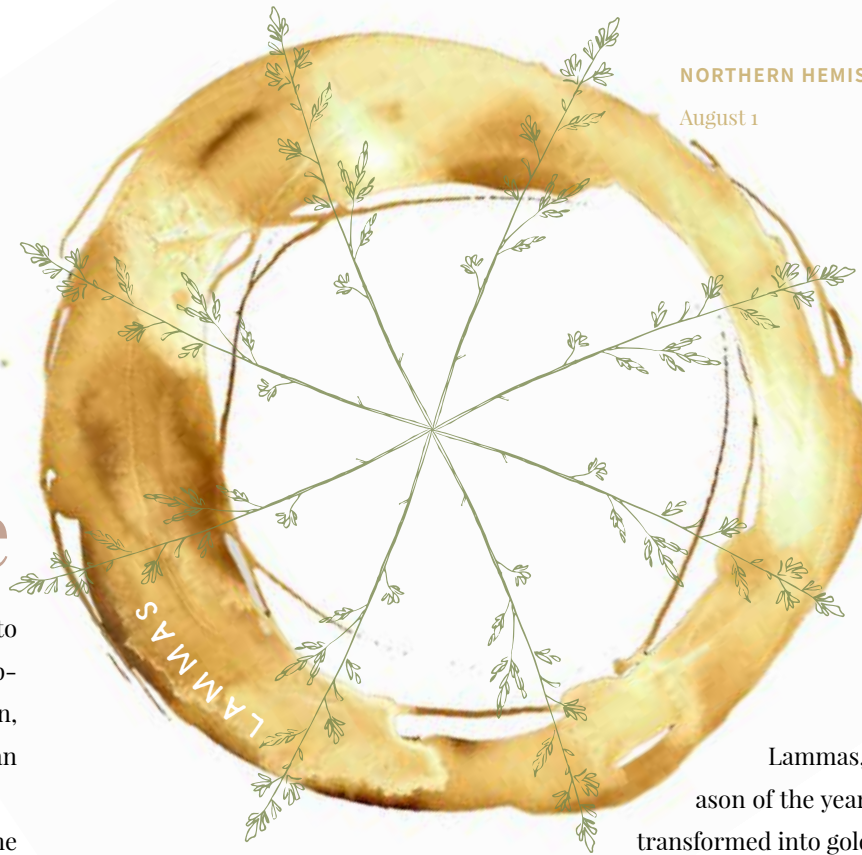
I firmly believe that we need to find a rhythm to life that allows for more than efficiency, consumption and productivity. A rhythm where expansion, transformation, reflection and rest are more than words but becomes part of our life.

I think that nature and the changes of the seasons serves as the best guide. With more knowledge about and staying closer to Mother

Earth and the rhythm of nature, I am convinced that we can create sustainable lifestyles, for ourselves and the planet.

The changing seasons and shifts in nature affect us all but in different ways. And just like the seasons our needs change. With this guide, I hope you can begin to find your seasonal rhythm.

Anna Linder



NORTHERN HEMISPHERE

August 1

SOUTHERN HEMISPHERE

February 1

LAMMAS SEASON

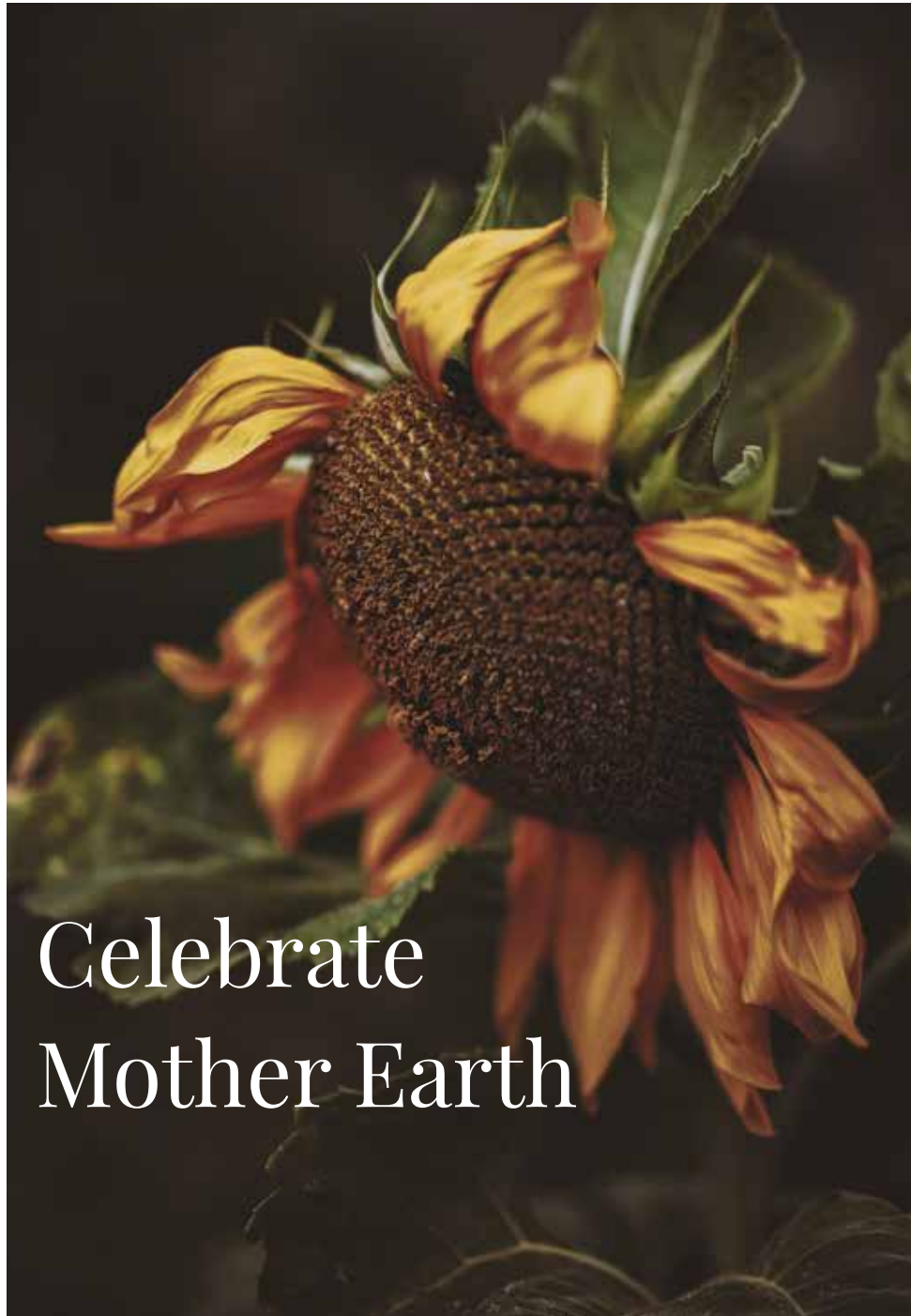
Gather the gold

Lammas, or Lughnasadh, is the first harvest season of the year. The rolling fields of the landscape are transformed into golden hay bales, and the wildlife that lived protected in the fields become visible again. The lush greenery of high summer is slowly being replaced with a golden hue.

We are at the cross point between summer and autumn. The energy is still high, but there may also be a sense of melancholy with the slowly decreasing light and vitality.

It's the season for harvesting the crops of grain and the seeds from what has bloomed. What has blossomed for you? What is still about to bloom or ripen before it bears fruit?

It is also a time to gather, sort and sift what we have experienced so far during the year. But also take note of what we can't harvest, the ideas, projects and thoughts that never happened. From that, we can also "harvest" and gather experience.



Celebrate Mother Earth

LAMMAS | 1ST AUGUST

Lammas is the cross-quarter point, between midsummer and autumn equinox when Mother Earth is honoured, celebrated and thanked. It is a day to gather friends and loved ones and enjoy the sun's, perhaps final, warmth.

Serve fruit, berries and vegetables, that are in season where you live, as an additional thanks to the earth and the sun.

CELEBRATE MOTHER EARTH

We are all dependent and connected to Mother Earth and what she gives us.

As you enjoy the seasonal harvest, ask yourself how you can care for, re-engage with, and decrease the depletion of our Earth's resources.

Explore and decide what small and big habits you can change as a thank you to Mother Earth.

BREAD, HERBS AND SEEDS

The harvest of grain is in focus but, it's also a time to harvest herbs and gather seeds.

Give thanks for the first harvest of the year by baking bread and season it with herbs from your own garden.

Sharing it with others doubles the tribute.





To give up

The difference between letting go and release ourselves from something and give up may seem subtle, but within us, the experience can feel overwhelming.

Letting go of what no longer serves us often feels liberating. Giving up something we sincerely believed in, wanted or really hoped for, and perhaps made countless attempts to achieve, can feel like a failure.

To identify, with complete transparency and honesty, what it is time to give up, aligns with the essence of this season.

Nature gives up its efforts to sprout and grow in the wrong conditions, the wrong spot or in the wrong soil, and after a while, something new emerges. In nature, there is no failure in giving up; on the contrary, it provides a chance to let something new sprout.

WHAT SEEDS, FROM DREAMS AND IDEAS, DID YOU NEVER SOW? WHY?

ARE THERE A SPECIFIC AREA THAT YOU CAN NOTICE HAS A PATTERN OF NEGLECT?? WHY?



Explore

What does nature look like right now where you are? What is going on in your surroundings at this time of the year? What colors does the landscape have? What scent fills the air? And how does the wind feel against your skin?

You don't need to have access to deep forests, unbroken views or even a garden to explore the rhythm of nature. Just step outside and notice how the air feels against your skin, in your nostrils and how it affects you.

Paying attention to the changes in one specific place over time is another way to begin to approach the rhythm of nature.

Add all the senses, the scent of the earth, the colors and how the ground feels beneath your feet.

What signals do you get? How does the energy feel? And does it affect you?

THE CHANGING SEASONS AND SHIFTS IN NATURE AFFECT US ALL BUT IN DIFFERENT WAYS.
HOW DO YOU EXPERIENCE THIS TIME BETWEEN SUMMER & AUTUMN? HOW DO YOU REACT
AND ACT?

WHAT DO YOU NEED MOST OF ALL RIGHT NOW - PHYSICALLY, MENTALLY, EMOTIONALLY OR
SPIRITUALLY?

INVIGORATING AND SOOTHING

Collecting and drying herbs to use during autumn and winter is a longtime tradition. The harvest season for a lot of common herbs is right now.

LEMON BALM

Soothing, de-stressing, elevates mood and learning ability and gives sleep a boost.

ROSEMARY

For better memory and concentration, increase blood circulation, soothing in case of anxiety and insomnia.

MINT

Both relaxing and stimulating. The scent increases alertness, memory and gives an energy boost.

SAGE

Stimulates memory and thinking ability, improves mood and relieves blood sugar fluctuations.



Gather
Sort
Sift

GATHER, SORT & SIFT

Harvesting, literally or figuratively, is more than gather what has grown. To discover the true capacity of our harvest, we also need to sort and sift. The process the farmer uses for the crop – we need to do with our experiences, lessons and perspectives that we have brought with us from the year so far.

To harvest doesn't neither imply that you have something that is done, ready or even useful. And the whole process – gathering, sorting, sifting – takes more time than an afternoon or evening.

When we gather and sort our experiences, we may have a tendency to just see what we think is positive and successful. To uncritically take a look at what has transpired, without judging or valuing, can be a journey both in our inner and outer life.

To curiously and openly notice what we did or did not do, who we met, what we did a lot of and what was undone, are all valuable parts of our personal harvest.

I encourage you to during the Lammas' season gather and start sorting and sifting your experiences. And note, what emerges at the first glance may not be the complete picture.

Go deep, dive into the details and do not be seduced by generalizing.

And, let it take time.

WHICH SEEDS WERE PLANTED, NOURISHED AND GREW STRONG? HOW DID YOU ACCOMPLISH THAT? AND WHY DID YOU SUCCEED?

WHEN AND HOW DID YOU MAINTAIN CONFIDENCE IN YOURSELF AND YOUR INTENTION?

WHAT IN YOUR PERSONAL HARVEST SURPRISES YOU? WHY?

GO BACK TO PAGE 7; CAN YOU NOTICE A CONNECTION BETWEEN WHAT CAME TO LIFE AND WHAT DID NOT GROW? WHAT ARE THEY?

Gather Gather

HOW DO YOU NOTICE CHANGES?

HOW HAVE YOU CHANGED?

HOW DO YOU NOTICE YOUR OWN TRANSFORMATION?

WHAT HAS NOT CHANGED? DOES IT FEEL POSITIVE OR NEGATIVE?

Sort Sort

WHEN DO YOU FEEL AT EASE WITH EXPLORING NEW WAYS OF BEING? WHY?

WHEN HAVE YOU FELT LOST OR WITHOUT CONFIDENCE?

WHEN DO YOU FEEL AT EASE WITH NEW WAYS OF THINKING? WHY?

WHAT DO YOU WANT TO CONTINUE TO EXPLORE? WHY?

Sift Sift

Magic

WITH THE HELP OF A LITTLE BIT OF MAGIC

Rituals help us bring what we have discovered and learned into everyday life. And I know; many people think and believe that rituals are woo-woo, naked dancing around fires or sacrificial offerings to evil spirits. And yes, rituals can be all that, but most of all, they are tools to create focus and presence with a specific purpose.

HABIT, ROUTINE OR RITUAL

Habits and routines are what we do more or less automatically – they create structure and order in our everyday chaos. A ritual, on the other hand, is filled with meaning and purpose through our intention.

What do you want the ritual to help you with? What do you want to achieve by performing a ritual? And who or what can help you?

The simplest of rituals is to light a candle, stop for a moment and say, out loud or in your mind's eye, your intention. Add a symbol or thing that reminds you of the intention throughout the day.

Creating a presence in everyday routines is also a way of doing rituals.

Let the shower water rinse away what you often notice makes you anxious. Let ten minutes of reading be the long-awaited transition from work to free time.

And always so your original intention is reflected and support you.





The wheel of the year

Winter, spring, summer and fall - seasons we all know but not always think of as a guide that can create rhythm, energy and a balance to life.

If we add four midpoints between the solstices and equinoxes, we get the Wheel of the Year. Eight opportunities to pay attention to the changes of the seasons, the rhythm and shifts in nature and a beginning to feel them within ourselves.

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NORTHERN HEMISPHERE

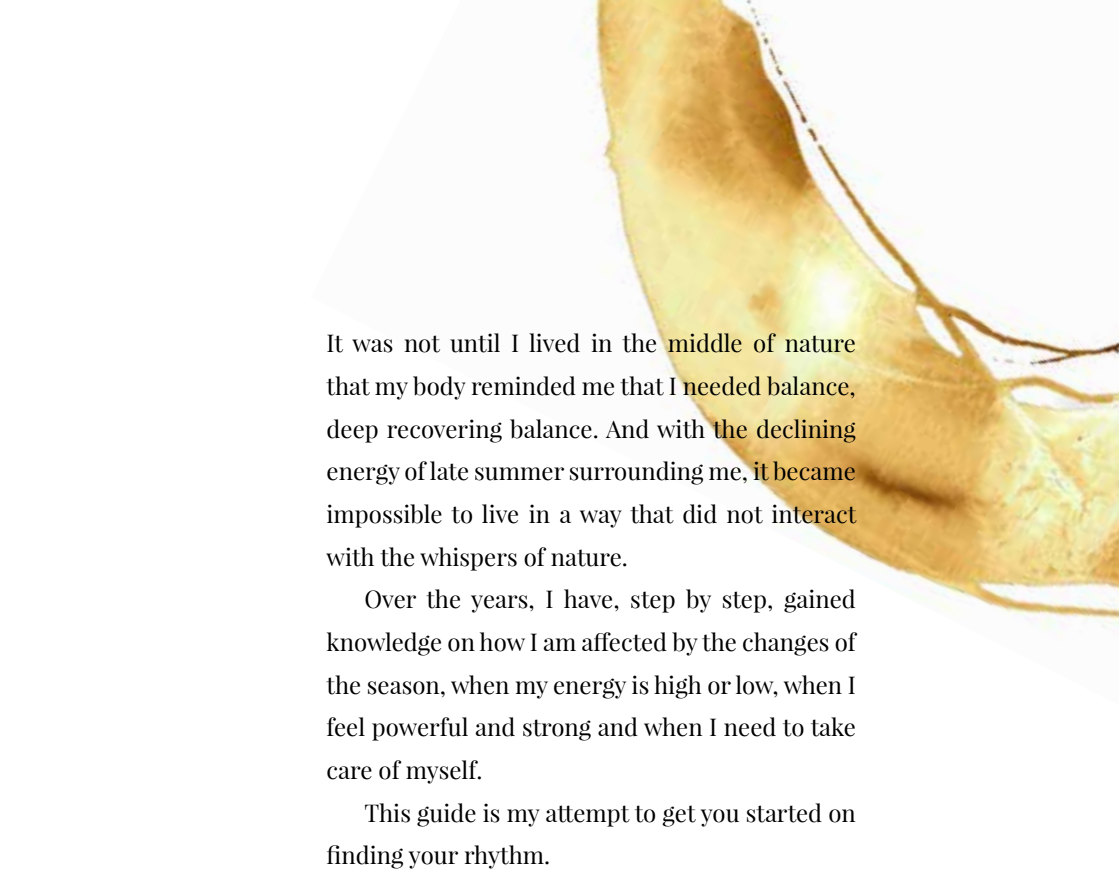
SAMHAIN	October 31–November 1
WINTER SOLSTICE YULE	December 21/22
IMBOLC	February 2
SPRING EQUINOX OSTARA	March 19/22
BELTANE	May 1
SUMMER SOLSTICE LITHIA	June 20/22
LAMMAS	August 1
AUTUMNAL EQUINOX MABON	September 22/23

SOUTHERN HEMISPHERE

SAMHAIN	April 30– May 1
WINTER SOLSTICE YULE	June 20/21
IMBOLC	August 1
SPRING EQUINOX OSTARA	September 21/22
BELTANE	November 1
SUMMER SOLSTICE LITHIA	December 20/23
LAMMAS	February 1/2
AUTUMN EQUINOX MABON	March 20/21

PHOTO P 2 OCH BACK: DANIEL STRANDROTH

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It was not until I lived in the middle of nature that my body reminded me that I needed balance, deep recovering balance. And with the declining energy of late summer surrounding me, it became impossible to live in a way that did not interact with the whispers of nature.

Over the years, I have, step by step, gained knowledge on how I am affected by the changes of the season, when my energy is high or low, when I feel powerful and strong and when I need to take care of myself.

This guide is my attempt to get you started on finding your rhythm.



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