

# Thrive

BY CONNECTING TO THE

# Summer Solstice



*Thriving is hopefully a part of all living cycles. As humans we activate intergenerational thriving by nourishing within our skin, nested within the abundance of place or Country. Aboriginal Australians did this for thousands of years in reciprocal cycles with Country.*

2020 means 'perfect vision' when assessing eye health or the ability to see. This year of 2020 has been somewhat intense across the planet with Covid (gaining clarity can be painful). While experiencing Covid, we've also navigated the general ebbs and flow of life.

Nested ways of knowing, being and doing anchor us through change, nourish us with new insights while also providing a pathway to be an intentional link in the chain of humanity. By being this intentional link, we honour our ancestors and we also send an embrace forward to our future generations.

This is offered from Australia and has relevance for the Southern Hemisphere. It can supplement (maybe replace over time) the gathering and reflecting we often do with Christmas and an approaching year. This deeper connection to the sun reminds us our planet is just one part of the solar system. A beautiful, abundant home! However, we benefit from connecting

more deeply to the sun's warmth and energy, particularly when feeling challenged or overwhelmed with what is happening on the surface of the Earth.

We know that 2020 is the foundation year in a very important decade for the future of our species. We also know that every single piece of plastic created since the 1930s, is still on our collective Mother: Mother Earth.

Sadly, a lot of our modern celebrations are not readily digested by the Earth. Leaning more intently into natural cycles like the Sun and celebrating in partnership with the Earth respects our collective mother, which is feeling an increasing burden from our species.

This is a prompt offering to guide, inspire and activate your unique contextualisation creating a deeper connection with natural cycles and our hemisphere. If you'd like to know more check out the websites listed @ 11 December.

# Summer Solstice Calendar



Click on the [PINK](#) words for further information

## 1 DECEMBER

Conscious breath awareness is available to us all without doing anything except noticing our breath. This is the foundation of any breath practice, and transforms our state of being by switching our nervous system to rest and recovery.

Everything is connected to the breath, there's not a single thing on the planet anyone would trade for it, and it's sitting right under our noses. [BREATH](#)

## 2 DECEMBER

Connect with the sun cycle. Understand the equinox and solstices, when they happen and what they mean where you are.

[SEASONS](#)

## 3 DECEMBER

Reveal the patterns of how you and yours celebrate. What do you love, what would you gladly release?

Join tonight's conversation on this at 7:30pm AEDT through Wayapa Words.

[WAYAPA](#)

## 4 DECEMBER

Research the new and growing options to live in a way that is readily digestible by the Earth.

One of many retail options include Biome. Order this week to receive before calendar end.

[BIOME](#)

## 5 DECEMBER

Immerse in a favourite spot in nature, open awareness to this place, receive from this spot.

This may help you understand what and why you are doing this if it's not obvious.

[SIT SPOT](#)

## 6 DECEMBER

Learn how Traditional Custodians understood the seasons. How did this inform diet?

Eating with the seasons not only makes sense financially, it improves the nutritional quality and reduces the load on Mother Earth. Do you have a local Farmers Market or room to put some roots into the ground at home?

[ABORIGINAL WEATHER KNOWLEDGE](#)

## 7 DECEMBER

Talk to others in your circle and understand their perspectives about how you do celebrations.

Not all families or groupings of people are experienced at respectful, exploratory conversations, Congrats if it's a first, another attempt or if it's how you normally connect. These are all important steps in growth.

## 8 DECEMBER

Create an itemised breakdown of the financial cost of the way you celebrate. Now consider the cost to the earth for each item (eg is it plastic heavy). Compare this with the joy quota for each thing.

Check out the 1MW Carbon Reduction Challenge.

[1MW](#)

## 9 DECEMBER

Consider if there is another filter you would like to pass these intentions through (dietary needs, varied abilities and necessary access, whatever is meaningful in your context) ... then apply this filter - all in a non-judgemental way to self and others to reveal the true nature of the event.

## 10 DECEMBER

Analyse the results of your recent thinking to understand if authentic value exists from the filters you used, and which aspects may be no longer relevant or of value to you and yours.

How will you retain?

How will you respectfully release?

## 11 DECEMBER

Check out these resources:

[WAYAPA](#)

[WATTLESEED NUTRION](#)

[BREATHWORK](#)

[ALALOUIE](#)

[WAYAH WELLNESS](#)

## 12 DECEMBER

Savour the water you come into contact with today, what journey has it taken to reach you? Where is it going and what's the imprint of you on it?

## 13 DECEMBER

Further activate your ideas for celebrating the summer solstice. Talk to others, make plans, check out variables like weather forecast, transport, availability and the needs of guests.

If its fashion related, be informed by Good on You, a world leading source of trusted brand ratings, articles and expertise on ethical fashion.

[GOOD ON YOU](#)

## 14 DECEMBER

Nourish self with an intentional activity or ritual that you love or have always wanted to try.

Can range from a cold finish to your shower to a massage or something else only you would know!!

## 15 DECEMBER

Nourish those around you (human, animal or plant). This could be repotting a plant to checking in with your loved ones about how you plan to acknowledge the solstice.

Check out the Plant Life Balance app.

[PLANT LIFE BALANCE](#)

# Summer Solstice Calendar cont'd

## 16 DECEMBER

Nourish the Earth with adoption of new practice, research in preparation or an intentional conversation with another about Earth stewardship. If seems too hard, congratulate self on getting this far with these prompts.

Use SOLSTICE50 at checkout to receive 50% off the Wayapa Reconnect online course from Dec 1st - 21st.

[WAYAPA](#)

## 17 DECEMBER

Do some research to understand how your ancestors acknowledged the passing of the solstices. Does this inspire you with another strand to add to your event.

Connect with tonight's Wayapa Words Webinar at 7:30 pm AEDT

[WAYAPA](#)

## 18 DECEMBER

Add any necessary final touches to your planned event. Remind self you are not aiming for perfection and you can build on the success of this year next year. Can take a while to reorient all the moving parts.

## 19 DECEMBER

Nourish self with this Thrive visualisation.

[THRIVE](#)

## 20 DECEMBER

Get a revitalising sleep!!

Process the intensity since the last Summer Solstice and prepare to have a great day tomorrow and into the future. You may like to write or draw those aspects you want to release, then burn them. Those things you want to retain you might add to compost or place under a plant you plant. A tattoo on the body? What is meaningful to you?

## 21 DECEMBER

Celebrate and enjoy, knowing your efforts contribute to future generations having similar options. Savour this in a non-judgemental affirmation for all our future selves...thank you!

