

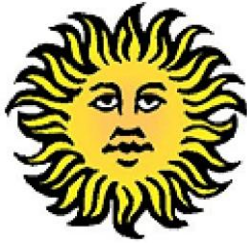
RESONATING HEALTH:

The Heat, Fire and Heart of Summer

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So here we are in the humid heat of a typical southeast summer. For some this is bliss, for others it is oppressive. In either case, we need support.



Heat and humidity bring in the elements of both **fire** and **water**. In my astrological chart, fire and water play out in many ways including a Leo Sun and Cancer rising, and yet, after living in this area for 22 years, I've yet to befriend this time of year. With ticks, mosquitoes, deer flies, chiggers and such, it's just not at all appealing to walk barefoot in the grass! Yet, the heat of the sun on my skin nourishes me and the dance of fireflies on a steamy summer evening delights my heart! And nourishing the heart is what this season is all about.

Summer sparks, ignites and propels us into the fiery heat of transformation and transmutation. It is a time of rapid growth and evolution in the plant world and of course this plays out in the human realm as well. Add water and you get steam, which can really heat things up.

So what can we do to support ourselves during this time of year? Some of us need the elements of fire and/or water stimulated. Some of us need them quelled. The **colors** of red, orange, violet and yellow resonate fire by heating up and energizing, while the colors of blue, turquoise and green resonate water by cooling off and reducing inflammation.

During this time of year, the organ of the body we most need to nourish both physically and emotionally is the **heart**. And at this time in our planetary evolution, we are being asked to live more from an open heart. Nourish the heart via the heart meridian, the Heart 7 acupuncture point, heart chakra, and heart reflex zones. Heart 7 is located on the crease between the palm of the hand and the underside of the wrist. Align your thumb down the outside of the little finger stopping at the crease. Palpate your thumb along the crease toward the center of your wrist. First, you will feel the protrusion of a small bone. Just across that bone, you will feel an indentation or "hole". This is Heart 7. The reflex zones of the heart are the middle of the sole of the left foot, the left ring toe, the palm of the left hand about 1" below ring finger (on heart line), and in the center of the well of the ear. The emotional heart point is in the center of the earlobe. Use [green light](#), **heart crystals** (see below), **rose**, **sandalwood** or **lavender essential oil**, or simply touch with **your fingertip**.

Crystals to soothe the heart include green apophyllite, green aventurine, diopside, chrysocolla, gem silica, chrysoprase, [hiddenite \(spodumene\)](#), jade, turquoise, aquamarine, and moss agate. Cooling stones are celestite, larimar, blue-green smithsonite, blue lace agate, and angellite (anhydrite). Energizing crystals are rhodocrosite, ruby, carnelian, cuprite, citrine, amethyst, charoite, [sugilite](#), and ametrine.

Essential oils are another way to resource yourself. Oils of peppermint, rosemary, eucalyptus and tea tree are excellent for cooling down, as are all citrus and conifer oils. A shower splash with the oils of rosemary, peppermint, juniper, spruce and geranium is a refreshing way to cool down and cleanse the body (see last issue for the recipe).



Lavender is one of the most versatile essential oils. It relieves poison ivy, poison oak, bee stings, burns of any kind including sunburn, and all insect bites. And it's one of the few oils that can be used "neat" (undiluted). Add a bit of aloe vera with lavender for a wonderfully cooling experience. Be aware that most Lavender on the market is not lavender at all. It is either partially or completely adulterated with

Lavandin, synthetic linolyl acetate to improve fragrance, and propylene glycol and solvents to increase volume. This keeps the price down, but you have nothing therapeutic at all. You must use 100% pure Lavender for affective relief. Once you've smelled pure Lavender, you will never mistake the real thing. If I had to choose only one essential oil, it would be Lavender. It is balancing, soothing, supportive and refreshing. Rub it on your feet and toes or all over the ears to reflex to the entire body.

POISON IVY/OAK

Lavender "neat"

Or add to 1 teaspoon of carrier
oil: 3 drops Lavender

1 drop Peppermint

1 drop Melaleuca (Tea Tree)

1 drop Eucalyptus dives

2 drops Rosemary verbenon or Basil

BEE/WASP STINGS

(remove stinger first)

Lavender "neat"

Or add to 1 teaspoon of carrier
oil: 2 drops Lavender

1 drop Helichrysum

1 drop Roman Chamomile

1 drop Birch

INSECT BITES

Lavender "neat"

Or add to 1 teaspoon of carrier
oil: 2 drops Thyme

10 drops Lavender

4 drops Eucalyptus

3 drops Roman Chamomile

MOSQUITO REPELLENT

Add to 1 teaspoon of carrier
oil: 3 drops Lemon

2 drops Peppermint

2 drops Eucalyptus

3 drops Lemongrass or Citronella

Suggested Carrier Oils: Sweet Almond, Grapeseed, Jojoba, or Apricot Kernal.

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