

MINDFUL MORNINGS: QUICK REFERENCE GUIDES



Guide 6: Seasonal Adjustments for Morning Mindfulness

Spring Adjustments

Seasonal Characteristics: Increasing light, renewal energy, possible disrupted sleep from time changes

Recommended Approaches:

- Gradually shift wake times earlier with increasing daylight
- Incorporate more dynamic movement practices
- Use morning light exposure to regulate circadian rhythms
- Introduce new elements to your practice as natural growth
- Practice outdoors when possible to connect with seasonal energy
- Focus on intentions related to growth and new beginnings

Key Practice: Morning walking meditation to connect with seasonal changes

Summer Adjustments

Seasonal Characteristics: Early sunrise, possible sleep disruption from heat, higher activity levels

Recommended Approaches:

- Practice during cooler early morning hours when possible
- Use cooling breath practices (like Sitali breath) if morning is warm
- Adjust for possible vacation and travel disruptions with portable practices
- Incorporate hydration awareness into morning routine
- Balance summer's expansive energy with grounding practices
- Use natural morning light for visualization practices

Key Practice: "Cooling the system" body scan when summer heat affects sleep/waking

Autumn Adjustments

Seasonal Characteristics: Decreasing light, cooling temperatures, increasing inward energy

Recommended Approaches:

- Gradually adjust wake times to align with later sunrise
- Use light therapy if morning darkness affects mood
- Incorporate more reflective practices as energetic shift happens
- Focus on grounding practices during seasonal transition
- Add warming elements to practice space (blanket, warm beverage)
- Use autumn themes of harvest/letting go in intention setting

Key Practice: "Letting go" meditation focused on releasing what's complete

Winter Adjustments

Seasonal Characteristics: Darkness during waking hours, cold temperatures, natural inward energy

Recommended Approaches:

- Create warm, lit practice environment to counter morning darkness
- Consider light therapy upon waking (10,000 lux for 20-30 minutes)
- Incorporate gentle warming movements before seated practice
- Extend practice time during this naturally contemplative season
- Use visualization of light/warmth in meditation
- Practice self-compassion if winter affects energy/motivation

Key Practice: Inner warmth and light visualization to counter winter darkness

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