

Edition 12

August, 2025

With Tranquility

B A L A N C E D
F O R C E S



Aloha fam.

Alas, we have gently slipped into the season of Late Summer - a beautiful dance between the newfound joy we have discovered, felt, and embodied and integration of that into all of Life. Shifting from Fire to Earth, we hope you are having an amazing and beautiful summer, through the flow of highs and lows.

Being present through the beauty, watching life unravel for us - we flow together. We invite you to take the journey back into stillness, for moments at a time - as we know, summer is not over. Not to grasp or chase, but to feel - each moment and this beautiful transition. Let us dive into the meaning of this season and facilitate our greatest harmony at this time!

C O N T E N T S

The Season of Late Summer
Oracle Message



T H E S E A S O N O F
L A T E S U M M E R

transition

yang &
yin

worry &
overthinking

stomach &
spleen

earth

From the flames, we return to the **Earth** element. In the Traditional Chinese Medicine (TCM) philosophy, Late Summer is a time of **nourishment, abundance, and stability**. As the Earth is our home and pairs with the physical nature that is the body, we can find our harmonic balance in caring for the **digestive system - stomach and spleen, and falling into a more contemplative nature**.

stomach & spleen

Inspired by:
onceuponachef.com

As we move through our own personal transformation, the stomach and spleen together **govern the transformation of nutrients**. The stomach handles the intake and initial digestion of foods. The spleen then takes the digested food and transforms it into nutrients. Together, they create a balance of **yang and yin**, as the stomach uses Stomach Qi to descend (yin action) the food, the spleen uses the food to produce Vital Qi, blood, and fluids, sending them upward (yang action) to the lungs. It is a time of **receiving and emanating** - glowing in the balance of both.

earth

Earth is the element of Late Summer, bringing **grounding and stability**. When the body and mind are in balance with this season, Earth's nurturing element will allow for a return to the deeper self. The fire season of summer has passed, and in its peak of light and joyful discoveries, we are now invited to integrate this newfound clarity into the body, along with lingering old behaviours. We are now changed and have gone full cycle from this time last year. Contemplate how you used to feel, where your focus was, and how you saw yourself a year ago. Now feel that expansion and growth through the journey you have walked, each step taken, moving through space-time. Sending love and gratitude, for you have come this far. Know that however you feel, and whatever newfound insights you have about you and your life, is perfect for this time. What goes up must once again come down. Root down, planting your bare feet on the earth and **nourish the life within and around you**.

nourishing the body

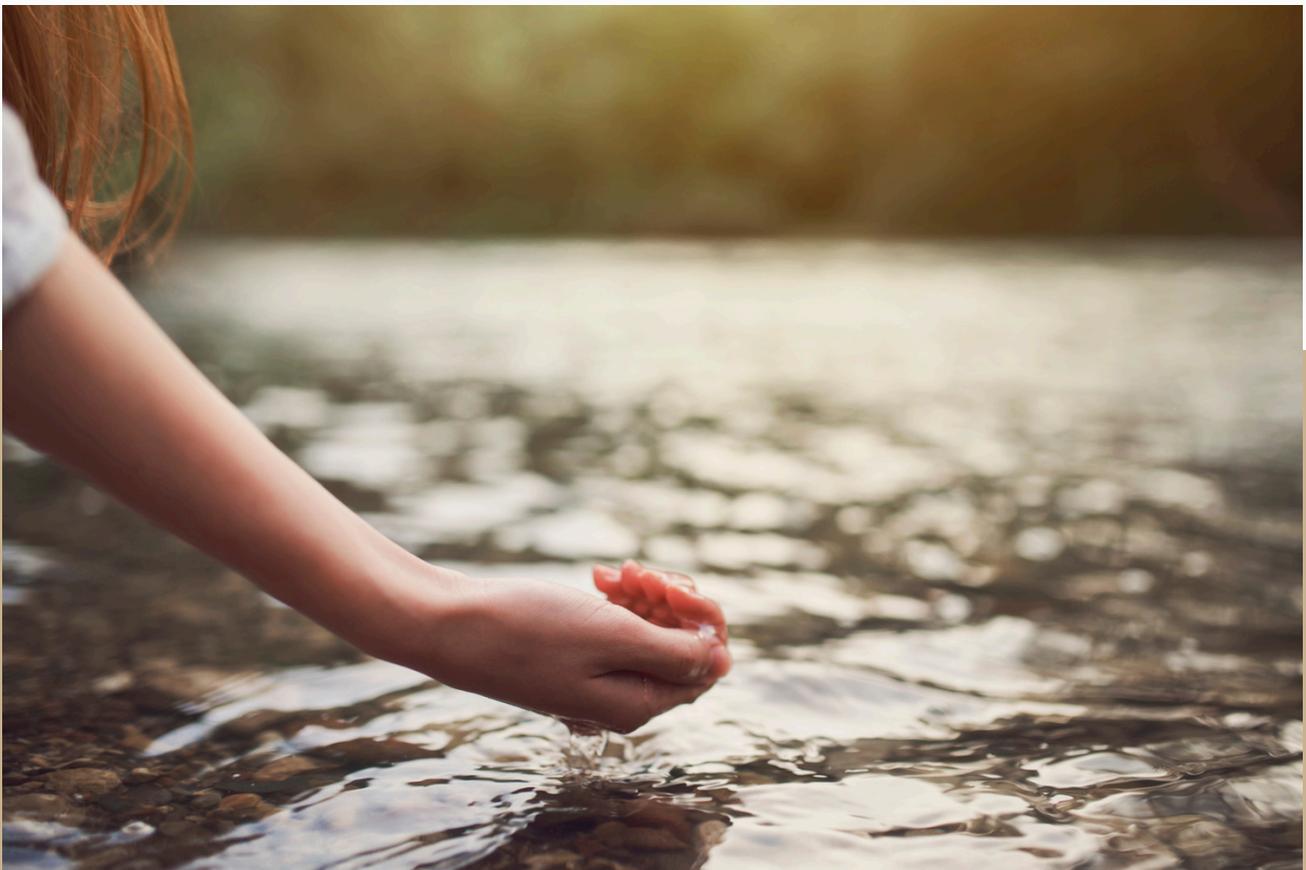
For the sweet-tooths, this is your season! Naturally, sweet foods such as **sweet potatoes, squash, corn, apples, grains, and dates** help strengthen and nourish the spleen and stomach. As with every season, easily digestible foods are best for nourishing the digestive system. Eating cooked or steamed raw foods as much as possible will have your body glowing. **Cooling and hydrating** foods are also important, as the environmental heat is still with us. Balance the heat with foods such as **cucumber, celery, and fruit**. As this season is asking for balance, we can also supplement the cooling foods with **warming herbs and spices** in order to aid digestion. Include spices such as **cardamom, cinnamon, ginger, and turmeric**. Pumpkin spice anyone? 😊 Excellent cooler protein sources are: **white fish, chicken, tofu, turkey, lentils, and chickpeas**.

worry & overthinking

In this season, when the body, mind, and spirit are out of balance and alignment, **the mind is inclined towards worry and overthinking**. When the Earth element is imbalanced in the body, the Spleen takes a toll, leading to excessive thought. Excessive thought then drains the digestive energy, leading to an unstable mind and disconnects from spirit and body. When consciousness is not rooted in the

body and physical experience, hence, the Earth realm, our focus can “fly away” into mental and more airy realms. When living in a prolonged state of mental fixation, we lose connection with our very human, down-to-earth nature.

In summary, by caring for the body via the nourishment of foods and medicinal teas, and caring for the mind via grounding practices and contemplation, we can enjoy the beautiful harmonic balance of nature. Soak in all the richness of Late Summer, enjoy the very essence of your divine human nature, and cherish all that you are!



L A T E S U M M E R
O R A C L E M E S S A G E



healing

merging with the
divine

journey to
wholeness

full
spectrum

Running through the fire, overcoming the flames, you rise again to be seen in the fullness that you are. Merging with the divine, we stand. What was once unknown is now becoming clear. A past you can't escape, and yet the power inside holds you beyond captivity. There is an incredible essence for which you have become. It is in this aspect that you are reborn anew. Like moths to a flame, you burn to light. It is in this essence of you, your greatest abilities awaken. Awakening past remembrance of a time when you were great, shining in the light, embodying the knowledge, magic, and wisdom that is all part of your divine human nature. For humans as we are - more than spiritual - awakened. Embodied. Powerful. In the wholeness you seek lies bare. For great stories are not told of those who remained the same. No stories told of those who never triumphed and cherished. For great gratitude births wisdom. A wisdom you carry beyond all-time. There is something about you that holds true, beyond limitations. Limitation of mind, limitations in dense physical nature. A You, that lives on. Forever. Neverending. Not life and death, but eternity. You are. The path never ends, but transforms. And that is the magical beauty of you, for you never end. No solid lines but rather a mixing of all matter and none. And so fear not the coming return to depths and darkness, for you will always be This - the eternal flame that forever burns.