



Olivia Day  
BUSINESS COACH

# SUMMER SOLSTICE REFLECTIONS

MARUAROA O RAUMATI

*Your guide to align to the seasons to better  
use the energy for your life and business.*

OLIVIA DAY.  
2023 EDITION

SEASONAL WORKBOOK 1 - December 2023





01

# *Welcome. Summer is Here.*

22 December 2023

Welcome to the Summer Solstice. Take a moment to be here now.

This is the third year of revising and sharing this work book with you all. One of the best first places to start with connecting with yourself is to connect to the changing cyclical seasons and how you respond to them. But, also how do you want to feel during them. Setting clear intentions on the experience you want to have before Summer turns to Autumn with it's own energy. Acknowledging, honouring or just observing the seasons is my favourite way to connect to life and the Earth. Removing human-created constructs like calendars and sitting with the cycles of the season, sun and moon. It's slower, gentler and more nourishing.

So, I know at this time of the year the focus is firmly on Christmas (not for all, but most) and all the task lists, anxieties and grief that might come with it. Or just pure joy and excitement - yay! But if it's too much go slower. Focus on the solstice and the Summer you want to have. Look beyond the 25th of December to the rest of the season and how you can be in that energy for you to be whole, nurtured and strong.

The word "solstice" is from the Latin word solstitium, which translates to "sun stands still." So take a moment to stand still and bask in the sun's energy before we tip back towards the dark. You can dive into this little workbook in any way that works for you to reflect on how best to use this time in your life.



# *Why I like to live by the seasons*

How can we live more slowly, sustainably (both in our energy and footprint) and more aligned to ourselves? For me it starts with cycles and seasons. Those within me (hormones) and those without (the seasons, light, moon etc). I am affected by all. If I listen, observe and harness the energy of the season then I feel more whole, nourished and less overwhelmed, scattered or anxious. It's also, for me, one of deep reverence and honouring of life and our existence. It's precious and I am privileged to live where I do and the way I want to so I cherish that.

This is it. Your one life. Your one existence in the universe (unless your into multi-dimensions or reincarnation) -- so, oh my gosh, how will you make the most of it. We are of the Earth (as much as the marketing and society has instilled a feeling of separateness and control) so that is where we are best held and supported so we can grow and be good humans.

I also want to consciously live in our season. So it's Summer not Winter. Even though all the marketing and many social feeds are full of Northern Hemisphere Wintry Christmas motifs - it's not Winter! It's Summer. So we should really go deep into that and make it a truly beautiful season for us on this whenua with its energy. Live connected to this land.

As part of my business/goal coaching for women I like to incorporate ways to include the seasonal cycle into the planning process. It just feels more aligned to me. A remembering. A deeper connection to our home. There's power and potential in that alignment.





“

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and  
down—  
who is gazing around with her enormous and  
complicated eyes.  
Now she lifts her pale forearms and thoroughly washes  
her face.

Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the  
fields,

which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

—Mary Oliver



## 02 *But first...Pause*

### PAUSE

Really pause, take a deep breath and welcome your body to this space. Pick a meditation on abundance and gratitude (try anything on Insight Timer by Sarah Blondin), go for a walk, swim or just sit on the grass. Deeply acknowledge THIS time in the year before we move on to the next.



### NOTES:

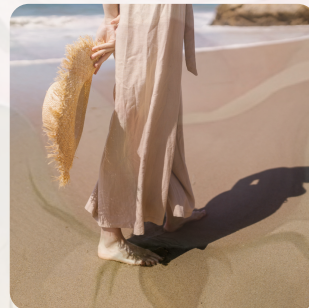
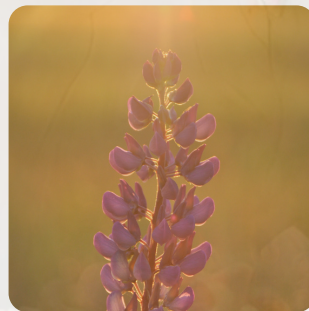
Journal about anything that comes up...







# MOOD





## 04 *Masculine Focus*



### EMBODY:

The sun's energy is masculine - this is a great time to cultivate strength, courage, direct thinking and review your clarity and focus. And although we are winding down for the year to celebrate in our own ways, to take our summer holidays this can also be a great time for action, growth and building forward momentum in your business. Use this time to brainstorm, brain dump. Make the 2024 business plan even just the vision for the year.

## 05 *Intention/Goal Setting*

### CLARITY & FOCUS:

Set your clear intentions for the next 6 months. Go out to your favourite spot and sit and just journal out the thoughts and feelings that come up from the past year and then set a clear intention/goal for the following year in your business - financial, hours, new products/services, number of people you want to support, how you want to be as a mum/caregiver, how you want to feel.

Remember - focus on - What do you want to feel everyday?





# *Visioning/Intentions*

Write out all your goals and feels for 2024 here.

A large, light gray rectangular area with horizontal white lines, intended for writing goals and intentions for 2024. The lines are evenly spaced and extend across the width of the gray area, providing a guide for handwriting or typing.



# 06 *Closure*



## COMPOST

At this time of the year there is a lot of plant growth in the garden which fills up the compost pile fast. But the heat also accelerates the composting process turning it all back to black gold.

Review all the things that haven't worked for you this year, make a note of how to do it differently and then let it go. Let go of times of stress or anxiety, frustration or overwhelm, guilt or not feeling like you did enough. They don't support your future self. It's time to close off 2023 with gratitude and wisdom.

## NOTES:

Journal about anything that comes up that you need to compost...

# 07 *Share the Abundance*

## HONOUR ALL THE ABUNDANCE

Revel in the abundance that is summer. Not just at the super market or in your garden but this is a time of high energy, longer light, more connections. But be regenerative with that abundance - can you share the gifts, thanks and lovely fullness around the community, your employees, your family? Honour this season with sharing the abundance.



## NOTES:

How will you be regenerative at this time of the year?:



SUMMER SOLSTICE  
REFLECTIONS

# *Māori Celebrations*

## THIS LAND...RAUMATI & Maruaroa o Raumati

The Māori name for Summer is raumati and summer solstice is Maruaroa o Raumati - named for the Goddess of Summer Hine Raumati. Since the Winter solstice she has been spending time with her husband Te Ra but now sends him back to his winter bride, Hine Takurua.

In Juliet Batten's book *Celebrating the Southern Seasons: Rituals for Aotearoa* she details all that was celebrated at this time including the arrival of the brightest star Antares known as Rehua. He was also known as the sun with a Māori karakia "Rehua is the sun and if he did not shine the grass and vegetation would die and life would cease".



Over many generations Māori have come to know and track the changes that happen in their local environments. By using maramataka (lunar calendar) Māori would know when to sow seeds, harvest, hunt or preserve food. In my local area I know that the Kai Tahu tribe would venture here only in the warmer months to hunt and fish retreating back to shelter on the coast when it was winter.

At this time many native trees and shrubs are flowering and fruiting such as Titoki which would be pounded to extract a medicinal oil. Honey would be gathered from flax flowers which would be picked at High Tide when the honey was at its most abundant and mixed with such things as the para ti or cabbage tree 'sago' (roots and stems). And the Raupo- pollen would be gathered to make ginger-bread like cakes.

Stories would be told of Maui catching the sun and the sun god Ra changing wives at the maruaroa (solstice) from his summer-wife Hine-raumati (of the earth) to his winter wife Hine-takurua (of the sea). Interestingly it starts a change in food gathering from the land to the sea at this time. It is a busy time of starting to harvest the abundance while working hard in the gardens.

There is so much richness and knowing from Māori that I am only just beginning to learn and incorporate into my seasonal life. I encourage you to do your own research into maramataka and the seasonal rituals of Māori and how they lived with the land that is Aotearoa.

My new favourite word for this time of the year is *namanamuā* which is te reo for delicious!

# 08 *Slow Living/Slow Business*

## TIS THE SEASON TO...SLOW DOWN

As much as it can be a time of high energy it can also be slow, languid, juicy energy. Being able to take advantage of all the hard work from the past year, pressing pause, and living a life-rich summer. We can be both masculine with high direct energy that brings focus and clarity and the smooth, supple, slow energy of the feminine where we grow with the wisdom and abundance of this cycle.

Listen to your body and what resonates. Remind yourself of the things that nourish and support you at this time.



How will you slow down this season and what slowness can you cultivate in your business and life in 2024?





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Sometimes I wish I could  
photosynthesize so that just by  
being, just by shimmering at the  
meadow's edge or floating lazily  
on a pond, I could be doing the  
work of the world while standing  
silent in the sun.

- Robin Wall Kimmerer



# Thank you!

I hope that you use this workbook in a way that feels good to you. If you need more support for your life and business then come say hi. Just starting or need good foundations check out my Foundations for First \$50k comprehensive e-course, or need customised and super deep **1:1 life/business coaching** then reach out to join my **Alchemy in Business 4 month coaching** and finally I recently started My Heart-Led Life over on Substack to talk about more than just business. I'd love for you to join me wherever it feels good.

See you again as the wheel turns. Have a beautiful Summer.



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