

The Dragontree Newsletter



Happy, Healthy New Year

It has always seemed so strange to me that we celebrate a New Year in winter - spring seems like a so much more natural time to have a New Year with everything coming to life and springing forward. This year is the first time that while meditating upon the idea I came to realize that the burst of energy that comes forth, bringing new life, in the spring started before that burst. Relative to Ayurvedic medicine it makes a lot of sense that the new year be now - mid winter.

Mid winter to early spring is the kapha time of year. Kapha is the dosha that governs the beginning of any cycle. In the cycle of life, for instance, birth to puberty is the Kapha time - it is the time for nourishment on all levels, physically, mentally, and emotionally in order to build the human structure. Same is true now, during the Kapha time of year - it is a time for nourishment and structure building in order to sustain the growth in the spring.

There is a lot we can learn from this particular rhythm. One thing is the idea of feeding an idea, goal, plan before springing into action. Most of the time that also means nourishing and feeding ourselves so that we are adequately prepared to do the actions without wearing away our life energy. This is step in processes is the most often overlooked, especially in a culture where time is money - and money is "everything?". Now knowing what we know about cycles we can take this time of year to replenish, nourish, and deeply feed our selves.