



GENTLE
JULY
AYURVEDIC
RHYTHM

Cardamom Coaching
Ayurveda • Yoga • Conscious Living
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INTRODUCTION & CONTEXT

June carried the peak.

July reveals how we are responding to it.

In Ayurveda, this is high summer.

Pitta (fire) is dominant, but now it begins to accumulate.

This is where imbalance can quietly begin, not from lack of energy, but from too much, sustained over time.



WHEN ENERGY TURNS INTO EXCESS

July is often where drive becomes pressure.

At this time of year:

- You may feel productive, but never quite finished
- Rest can feel harder to access
- Irritation may come more quickly than expected
- The body may run warm, even when you're not exerting
- Sleep can feel lighter or interrupted

This is not just “summer energy.”

It is accumulation.

July is not about doing more with your energy.

It is about noticing how you are using it.



A SIMPLE DAILY RHYTHM

Create space within fullness.

MORNING

Resist the urge to rush into the day.

Hydrate before stimulation.

Choose grounding over intensity.

DAY

Work with focus, not urgency.

Pause before pushing through fatigue.

Favour foods that feel cooling and simple.

EVENING

Let the day end deliberately.

Step away from input earlier.

Allow the nervous system to down-regulate.

Clarity comes from space, not speed.



DURING THIS ACCUMULATING MONTH

This month I'm focusing on:

- Not filling every available hour
- Pausing before reacting or responding
- Eating in a way that feels light, not just “healthy”
 - Noticing where I am overextending
 - Letting things be “enough”

Not pulling back completely.

But removing what is unnecessary.



CLOSING REFLECTION

If June was intensity,
July is awareness.

Not less energy.
But a different relationship to it.

You don't need to match the pace around you.
You need to stay in relationship with yourself.

Where can you soften?
Where can you pause?
Where can you do less but better?

Energy is not the goal.
Sustainability is.

Seasonal alignment is more sustainable than willpower

