



GENTLE
MAY
AYURVEDIC
RHYTHM

Cardamom Coaching
Ayurveda • Yoga • Conscious Living
www.cardamomcoaching.com

INTRODUCTION & CONTEXT

April cleared the path.

May begins to express what has been building.

Energy is more available now.

The body feels lighter.

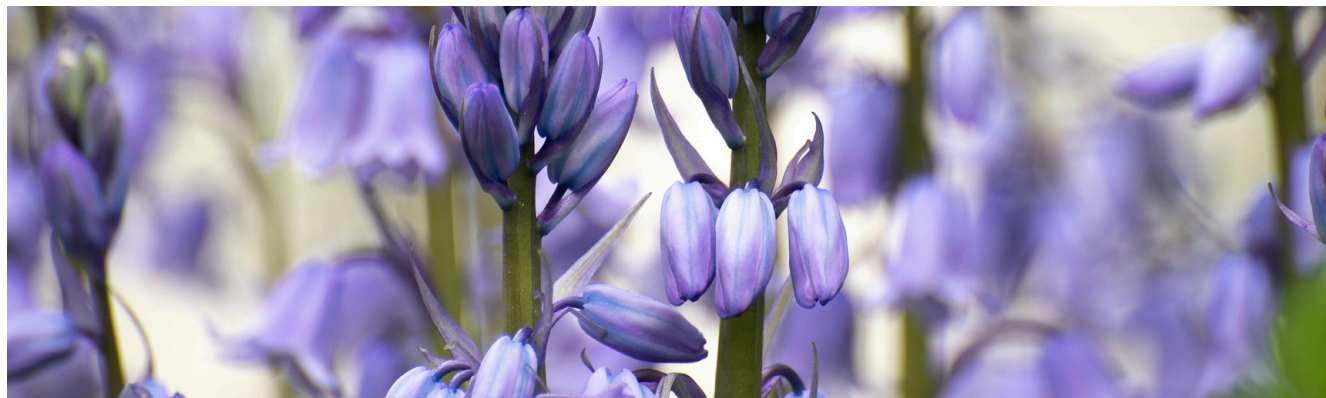
The mind may feel clearer.

In Ayurveda, this is late spring.

Kapha (earth and water) is reducing.

Pitta (fire and transformation) begins to rise.

This is a month of growing strength, clarity and direction.



WHY MAY CAN FEEL EXPANSIVE AND SOMETIMES INTENSE

In the UK, the days are longer, warmer and brighter.
Energy increases, but so can internal pressure.

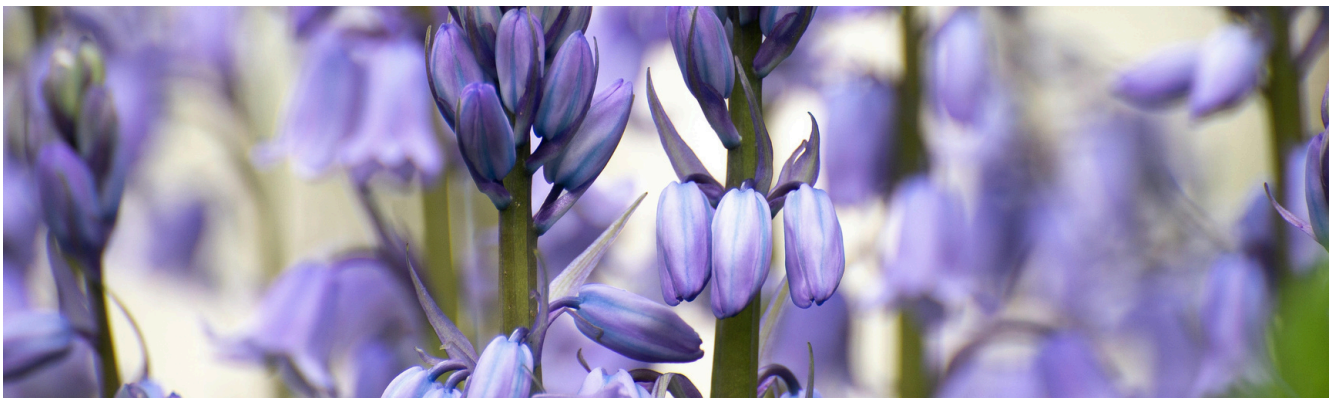
At this time of year:

- Energy may feel stronger and more consistent
- Motivation and focus increase
- You may feel a desire to do more, achieve more
- Irritation or impatience may arise more easily
- The body may feel warmer, lighter, more active

This is not imbalance. It is the natural rise of fire.

May is not about overextending.

It is about directing your energy wisely.



A SIMPLE DAILY RHYTHM

Support energy with steadiness.

MORNING

Wake with natural light.

Hydrate well.

Move the body with intention, not intensity.

DAY

Eat fresh, light, nourishing meals.

Favour seasonal foods.

Balance activity with pauses.

Stay connected to breath.

EVENING

Wind down earlier where possible.

Reduce overstimulation.

Create space for rest and integration.

Energy needs direction, not excess.

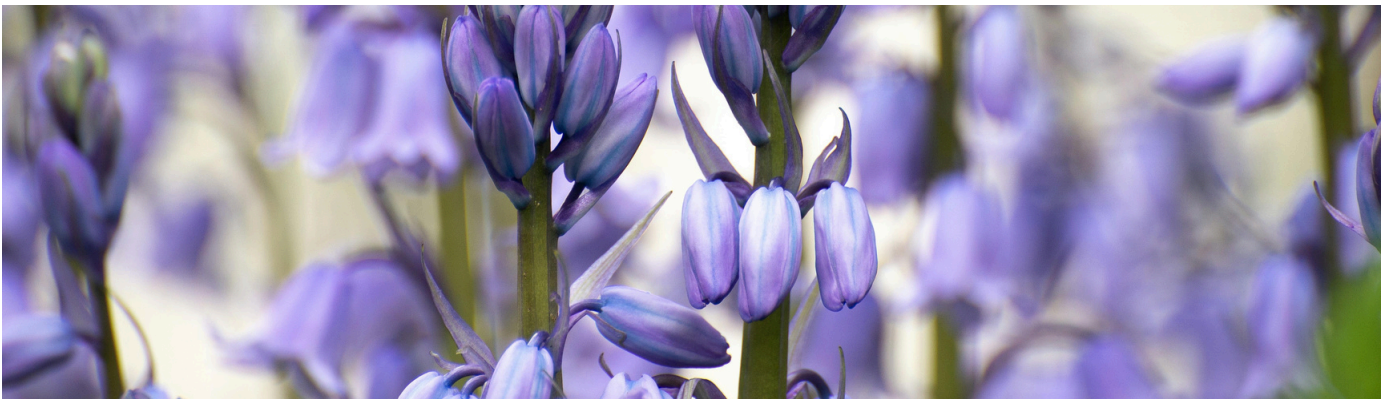


DURING THIS SPRING–SUMMER SHIFT

This month I'm focusing on:

- Consistent movement without overdoing it
 - Fresh, seasonal, lighter foods
 - Staying cool - physically and emotionally
- Being mindful of rising intensity or pressure
- Channeling energy into meaningful action

Not doing everything.
But doing what matters - with clarity.



CLOSING REFLECTION

If April was clearing,
May is gentle expansion.
Not urgency.
Not overwhelm.
Not constant productivity.

But a steady expression of energy and intention.
You do not need to do more.
You need to do what is aligned.

Direct your energy.
Protect your clarity.
Move with purpose.

Summer will come.
Seasonal alignment is more sustainable than willpower.

