

# Lammas

*“When the bounty beckons us to harvest, we return with earnest gratitude and pour our bodies under and over the hot days of late summer, Lammas, the turning point between summer solstice and the autumn equinox.”*

## **PART 1**

### **Celebrate abundance**

Lammas is a time of harvesting what has been planted and preparing for the winter. The act of harvesting is a joyful celebration of abundance. You are invited to tap into the abundant energy source of your breath.

*“Abundance is all around you. Every inhalation, drawn down from the space beneath your lungs. Suspended and held by that same space of support. Exhalation as the belyer. Recovered in relaxation of this space to instinctively descend the diaphragm once more.”*

### **4 4 6 2**

Inhale for 4, Suspend/hold the air for 4. Exhale on connected “tsss” sound for 6. Recover/wait for 2. Begin at a moderate pace, and you may slow the pace gradually if desired.

Inhalation is supported by alignment. The head and ribcage rest onto the spine, the spine rests onto the hips. The hips pass their weight down to the 4 corners of the feet through their flow through the knees. Supportive muscles include diaphragm, abdominals, and intercostals.

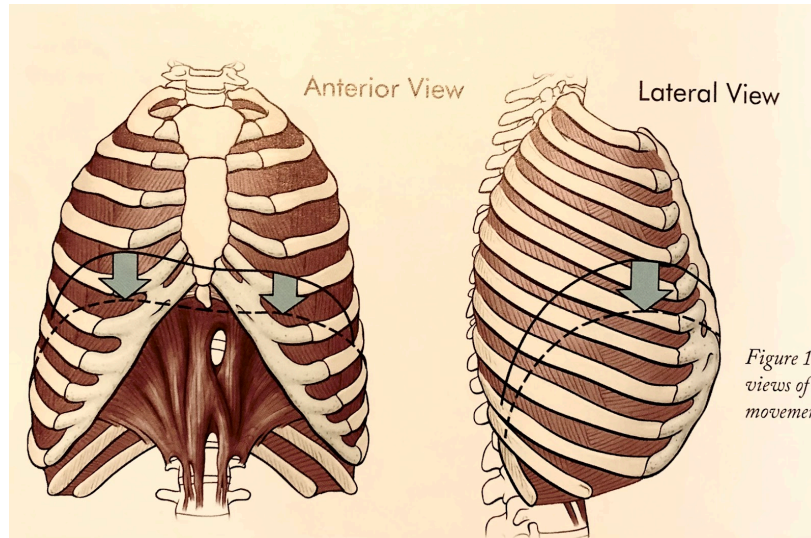
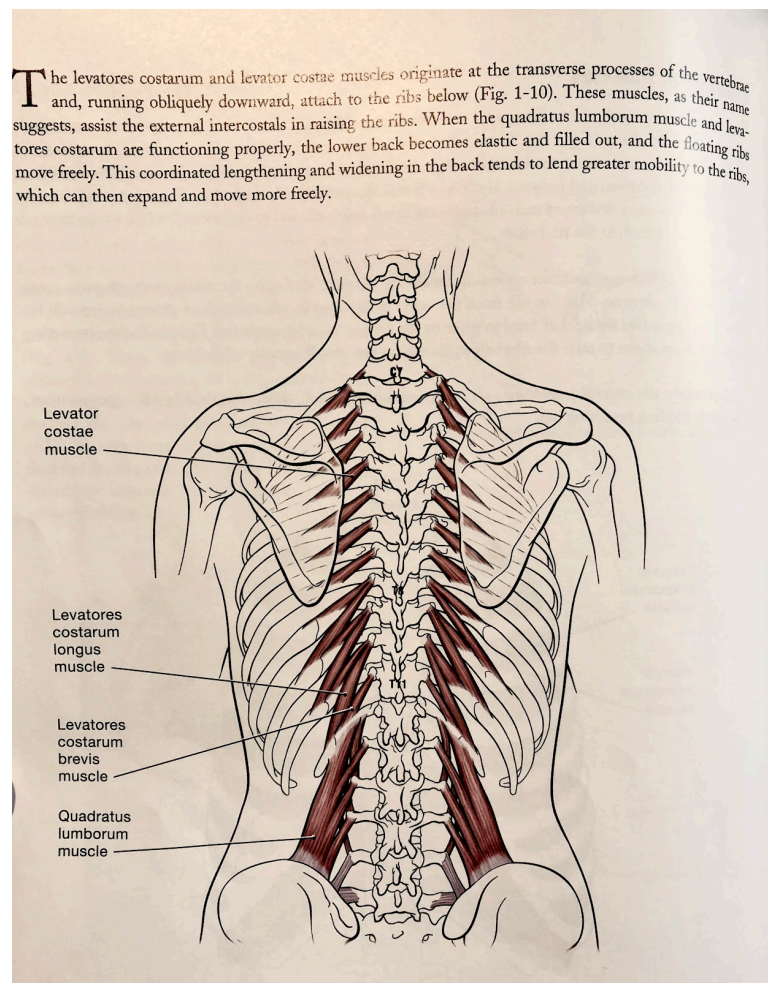


Figure 1-  
views of d  
movement

The solid line is the diaphragm's position after exhalation, and the dotted line is the diaphragm's position after inhalation.



*“Seated cross legged or in a chair, Breathe in through your nostrils as if to smell a rose. Imagine your hips widening as you draw the air in for 4 counts.*

*Suspend the air and relax open the space of your chest, your shoulders, and your head as they sit atop your spine for 4 counts.*

*Exhale on “ts” for 6 counts, maintaining vertical length in your abdominals and the same, relaxed, open positioning of your shoulders and chest.*

*For a count of two, notice the diaphragm’s desire to descend and prepare yourself to let it.”*

Repeat with neck stretch, cat cow, mountain pose, rag doll, whatever you require

*4 4 6 2 Ear to shoulder*

*4 4 6 2 Nose to shoulder*

*4 4 6 2 Nose down*

*4 4 6 2 Nose up*

## PART 2

### Sacrifice yourself

*“You, with a rope in one hand tied to your past, must reap the fruits of your labor before they dry, wilt, or rot on the floor that was once beaming with potency and desire. You, with another rope tied to future, must store and prepare for the the cold and scarcity to come in autumn and winter.”*

#### Instructions:

1. Step 1. Write to your past self. Ask questions. Ask your past self, do you love me? Did you love me? Write to the seeds you planted. Write down the skills you have sacrificed your time to gain for yourself and your community. Say to yourself, I am proud of... Be proud of.... Harvest your memory for its rich experiences. Remember when you laughed. Let the laugh kiss your cheek.
2. Step 2. Write to your future self. Ask Questions. Ask your future self, do I love you? Will I love you? Write what will nourish you in the days to come. How will you feed yourself? How will you sleep with peace. What will your happiness be made of?
3. Step 3. Make a recording of yourself reading out loud these written statements.
4. Step 4. Bring the recording and a way of listening to it to an open space, and face in the direction of your birthplace.
5. Step 5. Tie a rope onto your hands, with one end tied to your left hand and the other end tied to you right. Give about 2-3ft of space slack. Your right hand is your future. Your left hand is your past.
6. Step 6. As you listen to the sound of your own voice speaking your own thoughts, picture your face. Smile upon your physical form, then gaze into the dark pupils of your eyes and see through yourself. See the dark void in

which your consciousness resides and let the future pull on your past. Let your past pull on your future. Dance and pull and be pulled. Move to the sound of your conscious desires forward and backward in time and space. Put your back into it. Let the pulls spin your body and base round. Let the pull move your torso and head. Let the pull run you up a hill or onto a rock. Let the pull exhaust you as a sacrifice of this moment for your future and for your past, so that they may be seen and felt.

*"From the moment I was born, I was a bright eyed, chubby fool  
made of light*

*I could fit in a hand basket.*

*Risen, like the cornfield.*

*Raised by the land, every bite of it, raised from the water, every  
drop of it on the face, dripping, kissing, moving in it, making love  
with water. Risen moments with air. Hot air, putrid air, caressing  
air air air*

*It's now. What is underneath our survival? Who's creature is  
beneath the habits? What is the origin of this waking mind's  
outstretched hand?*

*Outstretched hand? Slap me awake! Nice to meet you! Do you have  
a warm gaze for me too? Do you resent me? Do I fear you? What  
will you do? Will you pick it up or rip it out and chew it?"*