Feeling zingy or zonked.

Spring arrived and turned into summer in an instant, Spring this year appeared in a very cold "Nordic fashion'" taking its time, full of surprising showers and hailstorms making for impossible wardrobe decisions. But now the bright early morning light and long evenings are upon us.

Every year spring brings an amazing feeling of liveliness and vibrancy with the explosion of colour and growth, busy birds singing and nesting in the early hours the day. The urgency of nature brings a feeling of having to step up the tempo a notch or two. The speed of change is visible in front of our eyes. The air is also full of an expectancy of happiness and summer. Summer the most glorious and anticipated of seasons.

Very joyous and exciting when you are on form to get on up, but but if not, it can be quite the opposite.

The bright blinding light can come as a brutal awakening like a spotlight shining into all your nooks and crannies of you, of your soul. If you are not ready, rested and replenished in energy you might not have an other gear to kick in and you feel slightly overwhelmed.

I remember the terms "Spring depression" and "Spring tiredness" when I grew up in Sweden which perhaps sounds contradictory coming out of the long winters we have there, but both stemming from the challenge of change and transition and how difficult it can be. It's easy to end up feeling pressure to be as vibrant energetic and purposeful as nature.

Our adaptability as humans is fantastic in many ways and we do find ways to adjust to our environment and situations. Mostly this is great for our survival, but can lead to vulnerability if we compromise our needs for too long. We have a tendency to conduct life as if there where no seasonal change and very little variety in the length of days over the seasons. But still we have n instinctual connection to the fluctuations in seasons. Our demands of life and work doesn't change much over the year. We take very little rest, override signs of tiredness and worship "more, faster, immediate ". So when the slow winter months transit into busy Spring we are often unprepared with a low energy tank.

For those with the zing in spirit and pep in the step it is a joy to experience the vibrancy of luminous long days but if you are anything like me the chance is I overdo it and down-prioritise rest and sleep. Those early birds keep waking us up and dinner gets delayed to later in the long evenings.

How can we enjoy the magic and energy and keep our vitality? How can we replenish and if all ready low in energy? To become a master in managing the energetic ups and downs takes time, might be a lifetime of observation and practice.

Start where you are, pause and reflect for a moment. Slow down your step and notice how you are. Practice observing yourself without judgment. Then look to see what actions to take or perhaps. not to take. Be kind, 'do no harm' is the first principal of yoga and applicable to all parts of life including yourself. Be playful, soften and go out and enjoy the bright sunshine and the spectacular show Mother Nature is putting on.

I love the poem by Mary Oliver Wild Geese

You do not have to be good.

You do not have to walk on your knees

for a hundred miles through the desert repenting.

You only have to let the soft animal of your body

love what it loves.