



I RISE & SET WITH THE SUN.

WEEK #3

"Up at dawn, the dewy freshness of the hour, the morning rapture of the birds, the daily miracle of sunrise, set her heart in tune, and gave her nature's most healing balm."

— Louisa May Alcott

Circadian rhythms are physical, mental, and behavioural changes that follow a 24-hour cycle. These natural processes respond primarily to light and dark and affect most living things, including animals, plants, and microbes. Chronobiology is the study of circadian rhythms.

Due to the bright lights in cities, at home, or at the office, but also our screens this circadian rhythm gets disturbed and confused. It affects our sleep rhythm, our blood pressure, and our hormone production.

We sometimes forget that we are nature. For example, we share 50% of DNA with plants, trees and fungi.

The DNA sequence is similar enough that scientists can trace them all back to a single ancient gene. Plants and human cells also have many of the same parts: the mitochondrion, Golgi apparatus, rough and smooth endoplasmic reticulum, nucleus, cytoplasm and ribosomes. Both require nutrients, sun and water to survive. Photosynthesis and respiration are the two essential processes that allow life to sustain itself on earth. It's a cycle — plants & trees provide us with oxygen, and humans help plants "breathe" by providing them with carbon dioxide.

Mushrooms are even more similar to humans than plants. Because, when mushrooms are exposed to sunlight they also produce vitamin D.

Being aware of our true nature and living in tune with nature brings our beings great joy, health & wisdom. It's deeply nourishing to follow the sun's & moon's rhythm, to get enough sunlight, fresh air, water, and nutrients. Try it!

WEEK #3

Phrase: 'Now I follow the rhythm of the sunrise sunset'

Write this phrase in your journal.

PRACTICE

This week we invite you to adjust your schedule to the natural circadian rhythm. Waking up with the rising of the sun. And avoiding (bright) lights after the sun sets.

Below you find the 'CIRCADIAN RHYTHM TOOL' this can be used as a guideline to design your day accordingly. Work with what's possible for you right now. Stay open & curious. Pay attention to how your body feels, how it affects your thoughts, and perhaps your mood.

Make notes in your journal to capture your observations & insights. As well as ideas or suggestions on how you can align your body/life more with this natural rhythm in the future.

