



Winter SOLSTICE

A STEP BY STEP RITUAL GUIDE



INCLUDES RITUAL & SMALL WAYS TO HONOUR WINTER SOLSTICE

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WINTER BRINGS THE ENERGY OF THE CRONE
- DEATH IN THE LIFE/DEATH/LIFE CYCLE & DEEP WISDOM

The call to go deep within self, a time of nurturing, nourishing and deep rest. Where many plants appear to have died with their branches bare, all the while beneath the earth they are strengthening their roots in preparation for their rebirth in Spring.

A powerful time to weave your Intentions of all that you desire to call into your life over the coming year.

It may be the longest night of our seasons and we are still in the depths of Winter but it also brings with it the promise of light as our days become longer with our earth continuing her cycle.

Solstice Blessings

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SIMPLE WAYS TO HONOUR THE SOLSTICE AS
AN ADDITION OR
ALTERNATIVE TO YOUR RITUAL

LIGHT A CAMPFIRE (OR CANDLE)

AS A WAY OF CALLING BACK THE LIGHT
WITH YOUR FAMILY/FRIENDS OR JUST YOU, GRAB A
HOT DRINK AND

*SHARE (OR JOURNAL) SOMETHING YOU ARE GRATEFUL
FOR FROM SEASONS PAST AND/OR

*SOMETHING THAT YOU ARE LETTING GO OF IN ORDER
FOR NEW GROWTH

AND/OR

WRITE DOWN 4 WISHES
1 FOR EARTH
1 FOR COMMUNITY
1 FOR THOSE CLOSEST TO YOU
1 FOR YOURSELF

YOU MAY LIKE TO BURY THESE IN THE EARTH SO THAT THEY MAY BE
TENDED TO AND "GROW"

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I SUGGEST READING OVER THE GUIDE FIRST, FAMILIARISE YOURSELF WITH THE RITUAL, GATHER WHAT YOU NEED THEN BEGIN WITH YOUR GUIDE NEARBY FOR REFERENCE

RITUAL TOOLS

- Candle and lighter
- Your choice of cleansing tools - smoke from herbs, essential oil or hydrosol spray, sound, white light etc
- Sacred items for your Altar - anything with meaning for you or items that represent Winter or what you desire to call in
- Pen and 2 Pieces of Paper or worksheets



RITUAL PROCESS

Where possible, ensure you have plenty of uninterrupted time and space (allow at least 30 minutes for this ritual).

Cleanse your Sacred Space - Cleanse your space as well as yourself with your chosen tools.

Altar - Set up your altar with your items. This can be as elaborate or as simple as you choose.

Open Ritual - by lighting the candle and calling yourself present. For eg: "I call myself present in this moment, to be clear, grounded and open." Allowing yourself time to feel yourself become grounded and present.

and/or

"I call in my spirit guides who come in 100% unconditional love, guidance and support..." etc

This can be as simple or elaborate as you choose. This is the beautiful thing about Ritual, your intention is your creation and you begin with the knowledge you have in that moment.

Journal Prompts for clarity worksheet 1

- How will you nourish yourself through the dark?
- Where do you desire more light in your life?
- What metaphorical Seeds are you planting, preparing to tend to through spring and bring into fruition over the next year? What are you CALLING IN? worksheet 2

Inspired Actions worksheet 2

Now consider at least one daily or weekly action that you can take, that will promote and cultivate the above. Write that down to later place somewhere you will see it everyday.

NOURISHMENT THROUGH THE DARK & CALLING BACK LIGHT

HOW WILL YOU NOURISH YOURSELF THROUGH THE DARK?

WHERE DO I DESIRE MORE LIGHT IN MY LIFE?

CALLING IN & INSPIRED ACTIONS FOR THIS CYCLE

What are you calling in for this next cycle?

What inspired actions will you be taking to support you
in making this happen?

CALLING IN:

INSPIRED ACTION/S:

Close your Realse Ritual - with words and feelings of gratitude for the coming seasonal cycle and all the possibilites it brings.

You may like to repeat "And so it is" or "So be it" if that feels right to you

Once you feel complete, blow your candle out sit in this gratitude for as long as feels good for you.

HI, I'M LAURALEE

- Women's Circle Facilitator
- Ritual Creator & Holder
- Workshop & Retreat Facilitator
- Intuitive Artist
- Reiki Master Practitioner/Teacher
- Non-Linear Movement Method® Teacher/Practitioner
- Magnified Healing® Master Teacher/Practitioner



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