

SOLSTICE'S GUIDE TO THE GALAXY

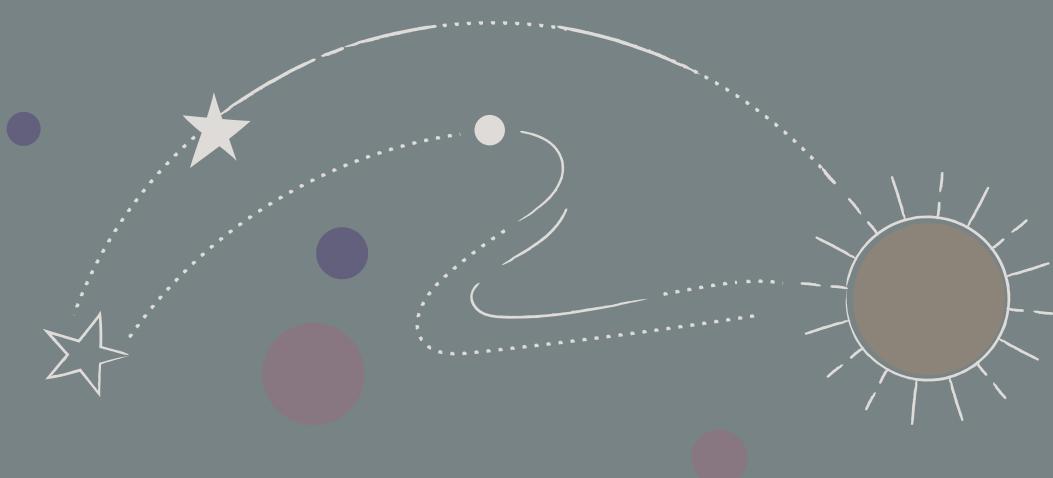
An approach by Theia Amulette

CREATING OUR TRADITIONS

If you are looking to try something different this end of the year, I am glad to share with you a way to celebrate and connect with the vibes of the season.

Please take it just as an approach and feel free to adapt it to yourself and the ones you want to share it with ❤️

I kindly invite you to prepare a delicious meal, create a special atmosphere that allows you to connect with the energy, and share the experience with your loved ones.

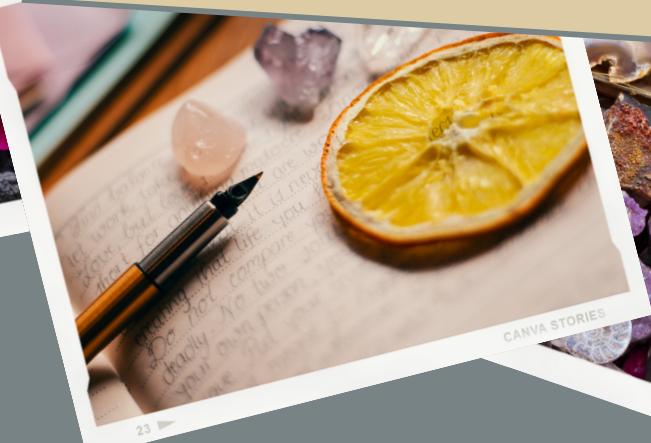


SOLSTICE RITUAL

First, let's find some elements to create our ritual:

You need:

- * Fruits, seeds & nuts.
- * Candles.
- * Essential oils or incense.
- * Flowers & natural stones.
- * Paper, colors, markers, pictures, etc...



SOLSTICE RITUAL



The Atmosphere

Preparing the atmosphere is a great start to connect with the energy to do your ritual: put on nice music, light some candles, and, if you like, some incense/essential oils too.

Create the atmosphere you need to flow in this present moment, to connect with yourself and those around you, to prepare yourself to be grateful and receptive.

Whatever you need just do it, this moment is totally yours :)



SOLSTICE RITUAL

The Altar

Time to take out and arrange the elements you gathered! Following the energy you start to create, let's decorate and set out the space that is going to be used for the ritual.

Put the fruits, nuts, and seeds in bowls. Through them, we are going to thank and honor abundance, fertility, and nutrition in all senses.

Arrange the flowers and your natural stones* beside the bowls. With the flowers, we can connect with feelings of gratitude, wonder, and appreciation. With the stones, we can connect and work on determinate energy.



*If you need some guidance with the stone choice, contact me and I will be happy to help you choose :)

SOLSTICE RITUAL

The Ritual I

- Gratitude -

Come all together to the space you prepared and sit. Be sure to have on hand paper, pencils, and whatever you consider necessary at this moment.

Close your eyes and take a few long breaths. Visualize your year: your highlights, victories, the moments you shared with your loved ones, your experiences, and your learnings. Dare to go a little deeper and review your fears, your pains, and your sadness too.

Normalize your breathing and take paper and pencil to write those experiences/persons/things you are grateful for. Take your time to connect with the thankfulness.

Then write those things you are ready to let go, to move forward. Inhale one more time, and when exhaling let the air go with some noise like you were sighing.

SOLSTICE RITUAL

The Ritual II

- Intentions -

Fold this first piece of paper, put it apart, and take a new one. Feel free to flow creatively, take colors, pictures, and start to visualize the year you have ahead. You can draw, paste pictures, or do whatever comes to you at the moment.

When you feel it, start to write the intentions you have for the upcoming year: what would you like to continue working on and developing; what would you like to achieve; what would you like to initiate/change/end.

If you like, you can write intentions for yourself, your family, and your community. You can also accompany your intentions with clear actions you can do to channelize your energy on that path, which helps to give a concrete touch to our ideas.

SOLSTICE RITUAL

The Ritual III

- Clousure -

When you are ready, fold the paper or roll it up and fasten it with a thread or ribbon.

Let your intentions in the altar and take a moment to closure: breath, see the elements of your altar, feel the connection with yourself, with the persons you have around, with the Universe to which you belong. Feel your energy and connect with your inner power to compromise and go with determination for what you dream.

If you have the possibility, leave your intentions on the altar until the next day (if not, take them with you when you leave the space), and then keep them in a safe place until next December 21.

The next year, I invite you to unfold your intentions, read them, and use them as a part of your ritual :)

SOLSTICE RITUAL

Enjoy & Connect

After the ritual is done, it comes the beautiful moment to share and eat together. Take the opportunity to stay present and enjoy yourself with your loved ones.

If you want, you can share your experience by leaving a comment on the blog, on social media (use the hashtag [#solsticewiththeia](#)), or write me an e-mail. I would love to know about you ❤

I wish, we can create together a beautiful space for exchange.

Love, light & best wishes

Theia Amulette