

## Winter Solstice Celebrations and Intentions

The Winter Solstice marks the first day of winter. With this day, comes the energy of the Sun moving into the phase of more light. The winter solstice marks the longest day of darkness in the northern hemisphere. This energy is available to all of us to release what we are done with and to breathe into what we want to manifest. Jenni and Deanna celebrate this night, as do many cultures. Our families gather and eat soup, light the firepit outside, sing and read the tarot cards. Celebrate this day either alone connecting with the cosmos or in a group. As part of the winter solstice ritual, write 2 letters. One letter is a list of things you have completed or no longer want to carry into next year. The other letter is a list of what you want to manifest in the coming year that is in alignment with your commitment level. Bury the letter of what you are releasing back to the earth and burn the letter that you are sending to Holy Spirit (fire) to manifest.

Set your intentions of the areas in your life where you want to shine this light into your experiences. This is a creation energy that must come from love and growth. Be careful of creating intentions that come from lack! We have everything we need to create from a position of strength. For example, I want to lose weight this year, so I will eat less and exercise more. (This has a negative influence of suffering and giving up things you like) Verses, I love myself enough eat and move in ways that support me as a great being. The food I eat nourishes me fully and fulfills my vital needs of perfect health.

Make your intentions present tense as though they are currently experienced and feel the joy as you write or feel. Some of you may choose to write your present tense intentions for the New Year in a letter to your higher self, the universe, to God. Then burn your letter with the intention that it is released to the cosmos to support you on your creation. Give gratitude for the perfect being you are and the powers that are within. Create light to be light!

The letters of “letting go” that are buried are about making room for what you are wanting to manifest. Perhaps you have completed a project that consumed much of your time. Let that go. Maybe you have some habits that aren’t supporting you well now, release those with the intention that you are evolving into a more mature and loving relationship with yourself.

Enjoy this time on Earth and Show up fully Alive!