



SUMMER SOLSTICE

THE *RITUALS*...

Solar Plexus Illumination Breath

Stand or sit in sunlight (or near a candle if indoors).

Place both hands over your solar plexus (just above the navel).

Inhale deeply and visualize golden light entering through the crown of your head.

As you exhale, imagine this light expanding through your solar plexus, radiating outward.

Repeat for 7 breaths. Whisper an affirmation:

"I am a radiant expression of divine light."

Ritual: Burn + Release Ceremony

Write down what you're ready to release—habits, fears, doubts.

Safely burn the paper in a fire-safe bowl, candle flame, or outdoor fire pit.

As the smoke rises, say aloud:

"Transmute this. I make space for what's true."

You can beat a drum or ring a tingsha bell as you repeat this mantra 3X.

Ritual: Crown + Claim Invocation

Write down your soul gift or purpose statement (even if it's aspirational).

Stand tall. Place your hands lightly above your head (as if placing a crown).

Say:

"I claim my purpose. I step into sovereignty now."

Then place that paper on your altar, mirror, or carry it with you all day.

Shadow Reflection Mirror Work

Sit quietly with a small mirror.

Gaze into your eyes for 2 minutes.

Then say to your reflection:

"I see all of me. I welcome what's been hidden."

Jot down anything that arises. Honor the emotion without judgment.

Threshold Walk + Pause

Find a doorway or threshold (physical or symbolic).

Stand on one side and pause. Take a slow breath in the "in-between."

Say:

"I honor the still point. I choose with clarity."

Step through with intention. Optional: mark this with a bell, clap, or single word.