



SUMMER SOLSTICE MAGIC JOURNAL

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WHAT IS SUMMER SOLSTICE?

21st June

Summer Solstice marks the peak of the sun's journey across the sky. It is the longest day and the shortest night of the year, a moment when light reaches its fullest expression and the Earth is bathed in warmth, vitality, and abundance. Nature stands in her fullness. Fields sway with tall grasses, wildflowers bloom in vibrant colour, and fruits begin to swell upon branches. The seeds planted earlier in the year have taken root and grown, nourished by sunlight, rain, and time. Everywhere we look, life is flourishing.

This is a season of expansion and celebration. The energy that quietly stirred at Imbolc and gathered momentum through Spring has now blossomed into its fullest expression. The natural world reminds us of the beauty of growth, of allowing ourselves to be seen, and of embracing the gifts we have cultivated through patience and care.

Yet Summer Solstice also carries a subtle teaching. While the light is at its strongest, this turning point marks the beginning of its gradual return towards darkness. Nature reminds us that every cycle contains both arrival and release. Even at the height of abundance, there is wisdom in pausing to appreciate what is here before the next transformation begins.

This is a time where our creative expression is at its peak and now we celebrate the self and all of our achievements.

Magical Ideas for Summer Solstice:

- *Watch the Sunrise and Sunset with friends to celebrate the light*
- *Forage herbs and dry them out above a ritual fire*
- *Place offerings into streams, wells or running water to encourage a thriving harvest and bring continued abundance*
- *Craft a flower crown or wreath out of fresh, seasonal flowers and wear as a way to honor the fertility and beauty of the season.*
- *Create a midsummer incense using: 3 parts myrrh, 1/2 part bay leaves, 1/2 part cinnamon bark, 1 part camomile flowers, 1 part lavender flowers, 2 parts mugwort, 1/2 part Rosemary*

SUMMER SOLSTICE JOURNAL PROMPTS

What achievements and parts of yourself are you celebrating right now?

In what areas of your life do you feel most abundant, that you would like to give gratitude to?

Which areas of your life would you like to anchor in more light?

What intentions are you setting for the second half of the year?

SUMMER SOLSTICE SELF LOVE RITUAL

What you need for this ritual:

~ Playlist of your favourite summer songs

~ A white, orange or yellow candle

Begin by taking a moment to acknowledge your feelings, bring focus to your breath.

Visualise roots growing down from the base of your feet into the earth below anchoring and grounding you throughout this ritual. Place protection around the space you are in by imagining a golden dome.

Take a moment to light your candle.

Stand and place arms up above your head with your shoulders back and heart forward. Visualise the light and warmth of the sun being drawn down from the sky, move your arms and bring them down to place your hands on your solar plexus / stomach.

Now visualising the light from the Sun connecting with your own inner light.

Say these words aloud:

I draw the summer sun into my soul

And hold my power high today

As the Solstice energy courses

Through my veins and connects

To the ancients, my ancestors

And all who have gone before

I am divinely alive

I feel the warmth of my beloved sun and its rays

Dance upon my skin on this

The longest day of the year

Next put your playlist on, again using the breath as an anchor. When you feel ready, bring your complete awareness to the sounds of the music and feel the vibration move through your body.

Tune into your body, how does it want to move?

Intuitively let it lead you.

Dance with the light, within and around you.

Dance in gratitude for the abundance which surrounds you.

Dance to celebrate the achievement that have inspired you.

SUMMER SOLSTICE - CREATIVE WRITING PRACTICE

*This is an ideal time to connect with our creativity. This is an invitation to connect with your inner Sun and write a poem in the space below.
Allow yourself to be free flowing in what ever wants to be expressed through you...*



BLESSINGS TO YOU ON THIS POWERFUL DAY,
IF YOU SHARE YOUR INSIGHTS ON SOCIAL
MEDIA, DON'T FORGET TO TAG US...