



# Winter Solstice Practice

The Gaian Collective wishes you a joyous Winter season. Please enjoy this simple ritual worksheet that can be used by yourself or with a group. Honor the changing of the seasons.

## Winter Solstice Lore

Winter Solstice is known as the Longest Night and leads us into the dark time of the year, the time of the Crone.

As we sit in the darkness we listen to the wisdom of the Earth, the wisdom of our Ancestors. Sit at the lap of the Elders and learn from their wisdom. Gather around the fires and share your stories, build connection.

This season, bring your community together and celebrate that the "Light is Reborn".

## 3 Card Spread

Grab you favorite Tarot/Oracle Deck. Clear and shuffle your deck.

Pull three cards.

1. Wisdom of the Darkness
2. Wisdom of the Reborn Light
3. Message from your Ancestors

## Intentions

Take the messages from your cards and create an intention to carry with you into the new year!

## Ritual

Here is a ritual to celebrate Winter Solstice.

Start with a lit candle. Focus on the flame and then blow it out and close your eyes. Imagine all lights go out, the stars go out, the Sun goes out. Journey down to the darkness of the soul of the Underworld. Sit in the darkness.

What messages come to you?

When you are ready to come back imagine a speck of light in the darkness. As the speck gets closer it grows in brightness.

Reach out and grab the light. Share your light with the stars and the sun.

Re-Light your world.

Now Light your candle.

Sit with your candle. Nurture and nourish the flame. Reflect on what you need to nurture and grow in the upcoming season.

Honor what you learned in the darkness and hold space for the growing season ahead.