

What is the Winter Solstice?

December 21st is Winter Solstice. It is the shortest day of the year, and the longest night, but it is also the day that ushers in the light.

Indigenous peoples everywhere observe the Winter Solstice. It is the day that the sun is the furthest from the equator.

Their spiritual foundation lies in the natural world of connection and Solstice is a time to honor and acknowledge the natural patterns of our universe and existence. It is part of the inter-connected cycle of life, death and renewal.

Solstice is an opportunity to gain perspective. It is a time to craft intentions for the new year that nurture our loved ones, our communities, our planet and all our relations, while lifting the veil of greed and oppression that robs humanity of our potential.

Winter Solstice Blessing



May you find peace in the promise of the solstice night,

That each day forward is blessed with more light.

That the cycle of nature, unbroken and true,

Brings faith to your soul and well-being to you.

Rejoice in the darkness, in the silence find rest.

And may the days that follow be abundantly blessed.

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14 ways to celebrate the Winter Solstice:

1. Take the day off of work or just slow down and rest.
2. Cook and share a healthy, comforting meal with loved ones.
3. Reflect on the past year.
4. Give thanks for all of your blessings.
5. Clean and honor your living space by decluttering.
6. Show the people you care for that you appreciate them.
7. Channel your creative energy through arts, crafts, and exercising your imagination.
8. Drink natural and medicinal teas.
9. Practice special self-care rituals for self and others.
10. Go to a ceremony or hold a personal moment of prayer in your home.
11. Pay attention to the movement of the sun and honor the change of season.
12. Light a fire, candle, smudge, pray, drum, sing, or tell stories.
13. Make offerings: food, prayer ties, medicines or whatever your own teachings are.
14. Set intentions for the longer days ahead: Journal, or pray.

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