

## Solstice Meditation

Prepare for your meditation by dimming the lights and lighting a candle. Place the candle in front of you or somewhere you can easily see it.

- Close your eyes.
- Take three deep breaths to calm yourself.
- Feel your body relaxing from the center of your being outward, through your chest, through your arms to your hands, up your back, through your neck and jaw. Relax your face, relax your eyes. Let the relaxation radiate through your pelvis and down your legs until it reaches the very tips of your toes.
- Now that you are relaxed notice the darkness and don't see it as other, but as welcoming and full of the fertile possibilities which will be unfolded in the coming year.
- Notice the light from your candle and how it illuminates the darkness.
- Let your awareness expand with knowing that without the darkness the light would have no meaning.
- They are interconnected and support each other in a beautiful eternal rocking echoed by the seasons, happening even as you have these thoughts.
- When you are full of the light and balanced with the darkness feel your own internal light.
- You are as filled with light as the candle and illuminate the world just as much.

- You are just as beautiful and as welcome in this season.
- Let this knowledge fill you completely.
- Now shift your awareness to the fact the Akasha is all around you like the darkness around the light.
- Let yourself be enfolded in Akasha.
- Let it cradle you, support you and interconnect with you in a beautiful eternal rocking echoed by the seasons, happening even as you have these thoughts.
- When you are ready you can come back to normal awareness, but you may notice things around you feel a bit changed.
- Bringing Akasha into your home, into your body, and into your life is one of the blessings of the season and that blessing will inform your holidays in magical ways.
- Take three deep breaths.
- As you breathe begin to wiggle your toes and fingers.
- Open your eyes.

