

# Summer Solstice Ritual



CONNECTING WITH THE RHYTHMS  
OF MAMA EARTH

[www.sistershipcircle.com](http://www.sistershipcircle.com)

# *Summer Solstice*

## Standing in the Sun

Since the Winter Solstice, we have watched the light linger a little longer each day, bringing with it more warmth and a stirring of life. Litha marks the time at which we reach the longest day and the shortest night. The time of year known as the tide of reaping.

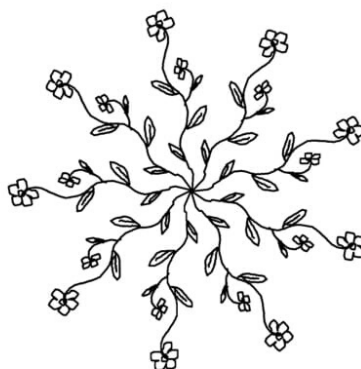
The land is fertile and the new growth of Spring has taken root and begun to show us the promise of it's bounty.

We take this time to count our blessings, to show gratitude for what we have and share our abundance. Spend time in nature, absorbing Mama Earths magnificent gift of life sustaining elements.

We celebrate our achievements, no matter how small, as they show the ability within us to grow, to harness our power of creation. As the light grew each day, you may have felt yourself open and expand, a new energy coming to life within you. We celebrate this process of expansion and how it allows us to express ourselves more fully.

We celebrate each other. As we come from a time of keeping indoors and hiding from the cold, we now connect more with one another. We pass on the spirit on generosity.

Litha is also our doorway to the second half of the year, we begin to see the light, very slowly slip away from us, as Mama Earth cycles her way towards Winter once more.



## CONNECTION

As we take this time to connect with Mama Nature, spend time in your garden, or somewhere that shows the life and growth she offers.

Place your feet bare upon the Earth and ground yourself into her energy. Feel your roots send down into the cool dark soil and expand throughout. Explore what lies here, as you feel yourself being surrounded by green light. Draw upon her strength and fertility, an offering from her to support you in your growth.

When you feel yourself grounded, stable and connected, make an intention to commit to help her in return. You do not need to know how you'll do this, but affirm your heartfelt intention to do so in some way.

## GARDEN BLESSING

This time of year is when the soil is at it's most fertile and gardens grow to their finest. To invite this abundance into your garden, take the time to call on Mama Earth to bless it.

Take a bowl of water and hold your hands over it, to empower it with the intention of growth, fertility and abundance. Feel your intention flow into the water, the energy of yourself blending with it's energy.

Choose a place in your garden, to begin walking clockwise around or through it. As you go, sprinkle the water with your fingers, blessing it with your intention. Repeat this three times through. Pour any remaining water into your garden beds.

## FLOWER CHAINS

Collect a basket of fresh flowers with their stems still attached and create flower chains to hang in your garden or turn into crowns to wear.

Create your chain, by making a small slit in the stem of each flower. Take one flower and open the slit to pass through the stem of another flower. Then open the slit of the second flower, in order to thread through a third flower. Continue until you have a chain in your desired length. You may wish to create several and twist them together to create a beautiful and unique crown.

This is a wonderful activity to invite children to join you in, or sit with friends in Circle, with cups of herbal tea and good conversation.

# CELEBRATE

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Dress bold & beautiful  
Watch the Solstice sunrise  
Create a stone circle  
Connect with Mama Earth  
Bless your Garden  
Create a carnival atmosphere with friends  
Commit to help Mama Earth

At the Summer Solstice, it is a time for us to connect with Mama Nature and embrace the creativity and energy that the extended light has to offer us. Celebrations can be fun, a coming together of family and friends to enjoy food, with games and music to entertain and delight. Dress up and enjoy letting go, embracing play. Stay up all night and together watch the sun rise the next day.

If you wish to create ritual, the following offer you some ideas on how you may wish to work with the beautiful energy happening right now. You can do just one, or you may like to combine them into a beautiful ritual and celebration of Litha.

## A STONE CIRCLE

The Circle represents life, the present, the movement of energy, the continuous turning of the wheel and rhythms of Mama Earth.

Create a ring from stones or crystals you've collected, as a focus point for energy. This makes a beautiful place to watch the Solstice sunrise from, to meditate and to spend time just being in Nature.

Collect stones to represent the five elements (Earth, Air, Fire, Water and Spirit) and place them in the centre of the circle, creating a cairn of elemental blessings. Walk around your cairn of blessings, singing or chanting, your feet bare in connection.

*"Many thousand years we have come  
To be here in this moment with you,  
Earth, the Moon, the stars and the sun,  
Dancing the dream awake"*

# My Litha Ritual

DAY & TIME OF MY RITUAL(S):

I'LL NEED:

- 
- 
- 
- 
- 

WHAT I'LL DO

HOW IT FELT



# ABOUT ME

Natasha is a Women's Circle Facilitator and Life Coach, with a passion for supporting women to reclaim their power and come back into a more harmonious way of living. Valuing our connections to the Earth, our Wombs and our Hearts. She shows women they CAN create a life that holds space for their desires to be met.

When she stepped into Women's Circle, her world shifted dramatically and she was able to receive powerful support and healing. There is incredible value and importance in women coming together to do this transformational work. With over 10 years experience working with women in the health and wellness industry, welcoming this ancient process and feminine wisdom has been the most potent piece of the puzzle.

Let her guide you to reconnect with who you are and reclaim your birthright as a woman: an inspired and fulfilling life.

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Litha ~The Summer Solstice  
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