

## SUMMER SOLSTICE RITUAL

*This ritual helps you open to abundance. It's a great ritual to conduct with friends or loved ones, as it honors the abundance and joy of a full-life. If you'd like to conduct your ritual with a group, I've provided additional instructions in red.*

- 1. Gather symbols of summer.** Collect a few items that symbolically represent summer and fullness (flowers, fruits or vegetables, rose petals, sand, a picture of the beach, etc.). Consider gathering wildflowers, seeds, berries and leaves directly from nature. If you do, be sure to ask each plant before picking any part of it – some may not be ready to be picked; others will be happy to be chosen. Honor each plant you connect with, feeling gratitude for the abundance of nature. *Each person should bring something to the ritual that they have gathered.*
- 2. Prepare a space.** If you have an altar, greet your altar and honor your sacred items. If you don't have an altar, find somewhere comfortable where you won't be disturbed. Gather a few items to make your ritual space special (such as a rug or pillow, items to represent the four elements, crystals, stones, etc.). Arrange the items you gathered to represent summer and fullness upon your altar or in your ritual space. [Click here for instructions on Creating an Altar](#). Light a candle. *Sit in a circle and place the items you've brought in the center. If you're conducting your ritual outside, consider starting a bonfire to honor the longest day of the year.*
- 3. Perform a cleansing ritual.** Burn sage or diffuse essential oils to clean your space. Play high vibrational music, strike a crystal bowl or bells, or tone with your voice. *Gather lavender sprigs, sage, mint or oak branches to burn in your bonfire.*
- 4. Create a sacred container.** *If you're conducting your ritual with a group, one person can guide the group, but everyone should also individually connect with the earth and sky. For the invocations, one individual can say them, several can share the task, or everyone can say them together. Each person should also feel how their hearts sit in the center of it all. You can also connect each of your hearts to each other by imagining sending a line of light into the center of your circle...oftentimes, this happens without any conscious effort. Hold hands if you like.*

Connect with Mother Earth and the Divine Feminine by sending love from your heart down into the Earth. Connect with Father Sky and the Divine Masculine and all the heavenly guides and guardians by sending love from your heart up into the sky and the heavens.

If you've created your own invocations for calling in balancing energies as discussed in the [Creating Sacred Space](#) ritual, speak them now. As you speak each invocation, consider lighting a candle to honor each balancing point. If you haven't written your own invocations, try these:

- *I call upon light and air at the east, the direction of springtime and the rising sun.*

- *I call upon light and fire at the south, the direction of summer and the noon-day sun.*
- *I call upon light and water at the west, the direction of fall and the setting sun.*
- *I call upon light and earth at the north, the direction of winter and midnight.*

Feel how your heart sits in the center of everything. Everything meets in your heart.

5. **Speak your intentions.** Acknowledge why you've come (such as "I/we come today to honor the passing of one season to the next, to release what no longer serves me/us and to open to the fullness of life"). Ask your guides, ancestors, guardians and angels to assist and support you in opening to more joy, abundance, health and happiness.

6. **Open to Receive the Fullness of Life.** Life on this beautiful planet is abundant. At no time is that abundance more obvious than in summer. Flowers are in bloom. The sun is high in the sky. Bees, hummingbirds and butterflies are busy gathering pollen. Everything hums with life.

If there's anywhere in your life where you're feeling lack, now is the time to open to receive. At the Summer Solstice, masculine, solar energy is at its height. This is a creative, fire energy that brings to life everything it touches. At the Summer Solstice, it's easier to align with abundance than at any other time of the year. All you have to do is look around you and say "Yes."

Write down or speak a positive intention, such as "*I choose to experience more love / money / laughter / joy in my life.*" Life gives you whatever you focus on, so after setting your intention, breathe in the abundance all around you. This shifts your vibration from lack to fullness, or from emptiness to gratitude. By saying "yes" to the abundance you see around you after making a conscious choice to experience more abundance, you're acknowledging the giving nature of the universe. This shifts your focus away from what you don't have (which just draws more of the same to you) and brings you into greater vibrational alignment with abundance. *In a group, each person should write down their own individual intention. Each person can then read their intention aloud, if they like. Voicing your intention and having it witnessed lends it power. If your intention is private, you can simply pass or say "Yes" when it's your turn. All the intentions can then be gathered together and placed in the center of the circle.*

7. **Be creative.** Doing something creative after setting an intention further aligns you with creative, masculine energy and with the principle of abundance. Draw or color with bright crayons or markers (be sure to use yellows, reds and oranges to honor solar energy), paint, draw with chalk on the sidewalk, play a drum and dance around a bonfire, sing by candlelight, daydream, build sandcastles at the beach, or create a sacred wheel out of rocks. If you've picked wildflowers, use them in your creative project - create a mandala with flower petals,

weave the flowers into a wreath, hang them to dry for potpourri, create a flower essence, or arrange them in a vase. Whatever activity you choose, it should feel joyfully creative and sacred. *In a group, each person can do their own individual activity, or you can join together for a larger activity (like creating a sacred wheel).*

**8. Extend gratitude and close your ritual.** When you're ready to close your ceremony, thank the elements and the directions, the Earth, your guides, guardians, and ancestors. Extinguish your candles or fire and end by offering your blessings "for the highest good of everyone."