



CELEBRATING THE Solstice

WITH Dr. A.

The three darkest nights of the year occur during the winter solstice. The myths, rituals, ceremonies, feasts, and sacrifices that filled solstice celebrations since the dawn of time have honored the light and the darkness, life and death, and endings and beginnings. The following questions are writing prompts for you to consider before we gather in the Women's Wisdom Village on December 20th. You can print out the sheet and write out your answers, or you can type directly onto the PDF. You will need your responses to build your personal ritual blueprint at the WWV gathering.

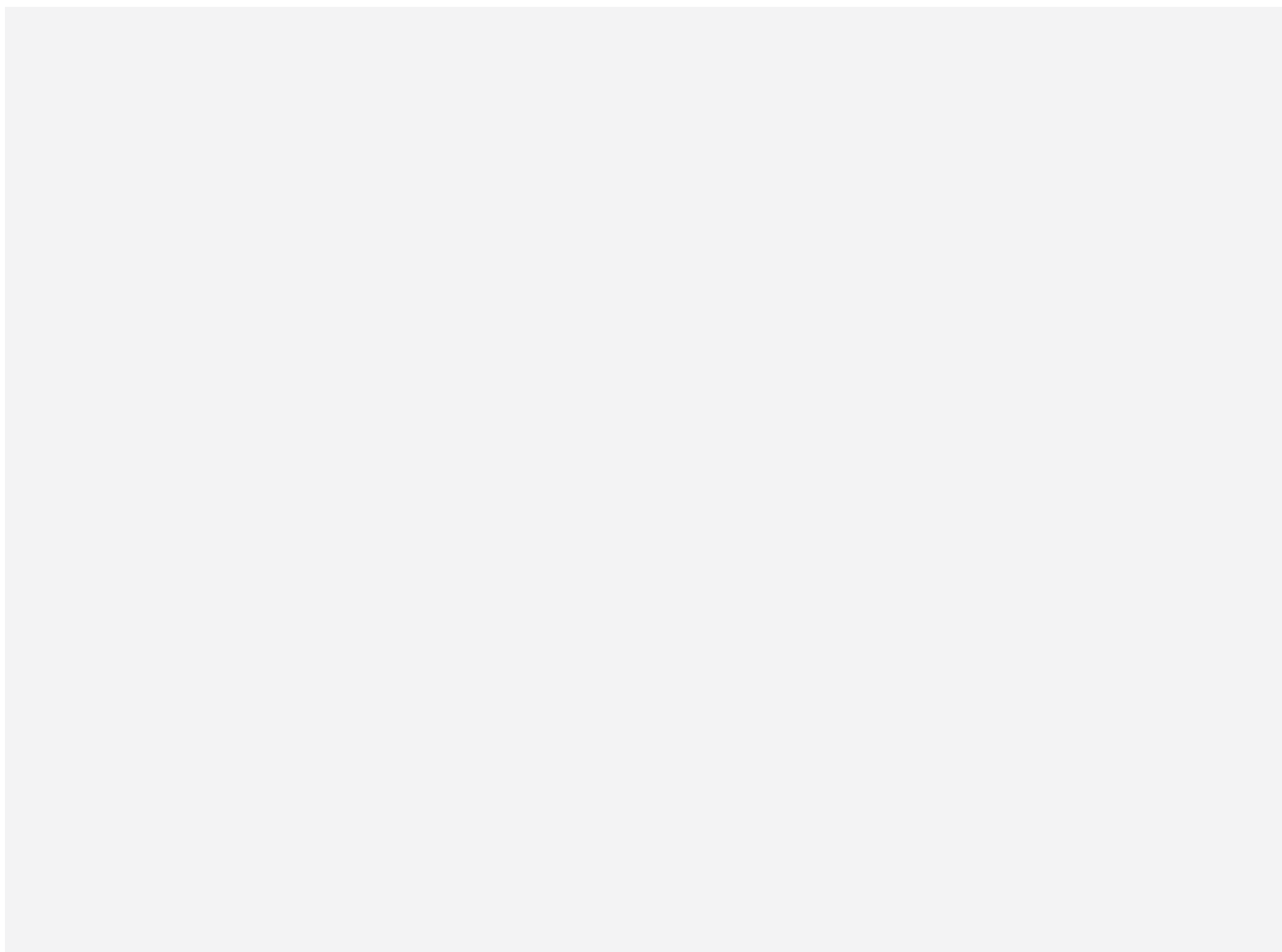
You made it! Honor it! Celebrate!

Everyone has faced challenges and stress this year. If you are reading this, you've made it around the sun again! Take a moment and think about what you've learned this year. 2020 has been leaping from emergency to disaster without allowing us a moment to pause and catch our breath. What can you honor and celebrate in yourself, your journey, and your ability to and carry on?



Transform it- Leave it- or Bury it

In a time of darkness, we can discover the misconceptions, self assumptions, and dragons of self-doubt that often haunt our lives. What do you see in yourself that needs to be transformed to live your most authentic life? What do you see that needs to be left behind? Is there anything that you need to let die and lay to rest?





New Growth & Rebirth

The return of the sun and the longer days beckon us to look to the spring. With the return of the light, we, like Persephone, return from the underworld. Yet, now is the fallow time, the time of rest, the time to dream. In the womb of your earth, the seeds of change and growth will rest until the warmth of the sun beckons them forth. What seeds can you prepare now, before the deep-freeze? Are you planning new growth? What needs to be reborn within?

