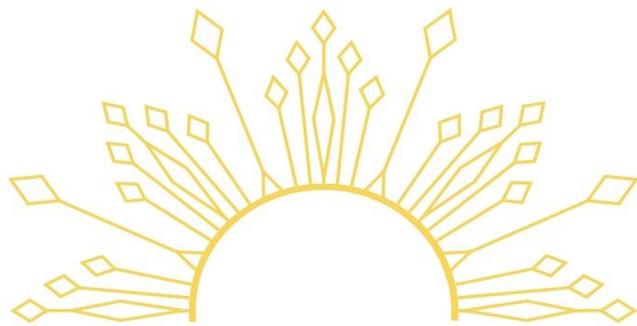


ERIN BRUCE



SUMMER SOLSTICE



*E - B O O K &
J O U R N A L*

*the
seasonal
soul*



5 WAYS TO CELEBRATE THE *Summer Solstice*

1. TAKE A SUNBATH

Find a spot to lie on your back in the sun. Close your eyes, take a few deep breaths to ground yourself. As you breathe begin reflecting on your inner strength—your fire. That part of yourself that is confident. And powerful. And badass. Picture that part of yourself as a fire burning inside of you; it may be fierce and strong, or it may only be a spark.

Feel the powerful, Solstice sun shine on you; with each breath pull that fierce, fiery, hot summer energy into your body. Picture its fire adding to your own inner fire. With each breath picture it growing and expanding.

Continue to breathe in the sun's fire, absorb it as long as you're able. When you rise, you will continue to carry that fire with you. Whenever your confidence wanes or you need to access your inner fire, picture it burning inside you.



2. JOURNAL

Find a good spot to sit outside; perhaps a bench in the park, or a table outside at a cafe. Take a few deeps breaths to ground and center, let your spirit be charged in the sun for a moment.

Spend some time reflecting on these seasonally inspired questions:

- Summer is the season of fire. Reflect on the fire that burns inside of you, that fire that makes you feel fierce and powerful. Express gratitude for that part of yourself. How does that fire manifest in your life? What has it helped you accomplish recently?
- On the Summer Solstice, the sun is at its peak. Write about a time recently you felt at your peak. What are some peak moments you experienced this year? What have you accomplished recently that you feel really proud of?
- This is also a time of letting go. Once the Solstice sun reaches its peak, it has completed its cycle, and we begin letting go as the days grow shorter again—What has come to completion in your life? What are you realizing no longer serves you that you must let go of? How will letting go of these things allow you to change and grow?

3. DO (OR GET) A TAROT READING

Because of the extra power this day holds, the Solstice is a great day to have a tarot reading. If you're able to treat yourself to a professional reading, today is a fun day to do that. But doing your own readings can be just as powerful.

Find a comfortable spot (outside, if you're able), take several deep breaths to center yourself, then ask:

- What am I being invited to pay attention to this Summer?
- What is growing rapidly in my life this season?
- Where do I most need the sun's fire in my life right now?
- How can I shine my brightest?

**If you're interested in a tarot reading, I do live readings via Zoom & recorded readings. Visit www.TheSeasonalSoul.com/tarot for more information.*



4. WATCH THE SUNSET

On the Summer Solstice the sun reaches its peak for the year. The sun completes its cycle of growth and we begin to let it go as the days start to grow shorter again. While you watch this setting sun spend some time reflecting on what has reached its peak in your life. What have you accomplished that you feel really proud of?

We spend so much time focusing on the things we *don't* do. We're always down on ourselves for things we *don't* accomplish, and we don't spend nearly enough time feeling proud of ourselves for the things we *do* accomplish.

As you watch this setting sun, allow it to shine on the accomplishments you feel proud of. Big or small, take a moment to feel proud of yourself. As you enjoy this glorious sunset, tell yourself: "I am So. Damn. Proud of myself." (And mean it!! Life is hard ... you're killin' it!)



5. LIGHT A FIRE

Summer is the season for forest fires. Occurring naturally, these fires serve a vital function: burning debris on the forest floor, killing disease, enriching the soil, and providing habitat for new life. We can invite that fire energy into our own lives, and use it to burn away things we're ready to clear out. After you've lit your fire ask yourself: What debris do I want to burn away?

Take a moment & jot these things down on paper. Gaze at your fire; with each inhale draw in that fierce, hot fire energy. Feel the fire entering your spirit. With each breath envision it growing bigger, until it's raging inside you.

When you are ready, toss your papers into the fire. As you watch it burn, envision your inner fire clearing all your debris away. Once the papers are gone & the fire has burned those things away, envision what your life looks like & feel like with these things gone. What rich new life is going to take root here?

3 SOUL LESSONS OF SUMMER

1. HONOR YOUR inner fire.

The element of Summer is fire.

The powerful fire of the Sun will grow & nourish all the plants in the gardens over the summer weeks ahead. Autumn's harvests wouldn't come without the Sun. In summer we are reminded the Sun is sacred. Its fire is sacred.

Just like Earth's powerful sun, we each have our own inner fire. Your own sun, burning inside you, that nourishes your hopes & dreams. Your Inner Fire is the fierce, powerful, badass part of you. The You that does the hard work of bringing your dreams to life. In the same way that crops would cease to grow without the Earth's sun, your life would shrivel without your Inner Fire.

The summer's sun reminds us to celebrate our own Inner Fires.

Acknowledge the fierce, powerful, badass You that resides within. Take some time to recognize Her; acknowledge the important things your Fire does for you. Express gratitude for that part of your Self in the same way we celebrate the summer sun that grows our gardens and warms our days.

What has your Inner Fire helped you accomplish this year? How does that part of your Self manifest in your life? What blessings do you owe your Inner Fire gratitude for?



2. WHEN SOMETHING REACHES completion IN YOUR LIFE, YOU HAVE TO let it go SO YOU CAN change & grow.

The Summer Solstice has a bittersweet quality about it. We are celebrating the arrival of summer: (YAY!) But we have also reached the longest day of the year & now the days start slowly getting shorter again.

The Sun has grown as far as it can grow in this cycle. It's reached its peak. And it now begins its slow descent inward again, as the darkness gradually begins to return. Every year the Sun reminds us of this beautiful cycle of expansion & growth, and then ... returning inward.

Like the Sun there are ways you've expanded as far as you can this growth cycle. (Look around, acknowledge & celebrate the peak moments you've experienced recently.) Now's the time to begin the process of letting go of things that have reached completion in your life. Ways of operating that once served you, but now you've outgrown.

While growth & change is exciting, it can also be bittersweet letting go of things that once served you well. It's sad letting go of relationships, jobs, patterns (etc.), that have reached their peak. But this is a part of the cycle of growth that the sun teaches us so well. We awaken, we grow, we let go & turn inward, so we can begin the cycle all over again.

What has reached its peak in your life? Is there something that has reached completion that you are sad to let go? What change & growth are you excited for?



3. RECOGNIZE AND CELEBRATE YOUR OWN *divine masculine*.

Summer is the season of Yang energy. Yang is masculine energy. It's the energy that drives us to do, build, create. It's expansive & passionate. It's bold & commanding. It's assertive and self-reliant. It radiates, like the summer sun shining so fiercely & confidently this season.

We all have elements of both the feminine & the masculine that reside within us—the Yin & the Yang. One isn't best. Both are important. Both are necessary. Too often our culture equates masculine energy with anger & aggression. It's not a quality we're encouraged to explore & embrace.

But masculine energy is also protective & nurturing. It wants to see your hopes & dreams come alive in your life. Masculine energy is so powerful when you're not ruled by it, but instead you're able to harness & direct that energy to build the life you are desiring.

It's important to acknowledge the Divine Masculine that resides within you. It's important to celebrate the ways this part of yourself empowers you. And when we embrace this part of ourselves in a mindful way we can harness this beautiful masculine energy & not be overpowered by it.

How has the masculine empowered you this year? What has required you to be bold, powerful & loud? What will you build this summer with that masculine energy?



SUMMER SOLSTICE GUIDEBOOK

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