

# GUIDED SUMMER SOLSTICE RITUAL

*Ignite Your Inner Fire: A Guided Solstice Ritual for Clarity, Courage, and Commitment*

## Introduction

The Summer Solstice marks the longest day and the peak of solar energy in the year. In ancient times, this was celebrated as a sacred turning point - a time to honour the light, express gratitude for the abundance of life, and initiate personal transformation.

This ritual is designed to help you connect with this potent energy, release what no longer serves you, and step boldly into your next season of growth.

**Suggested Timing:** At sunrise, midday, or sunset on 21<sup>st</sup> June - Summer Solstice.

**Tools:** paper + pen, a candle, a small fire-safe bowl and some form of fire (matches, lighter etc), and a quiet space to reflect.

---

## 1. Grounding Meditation (3–5 mins)

- Sit or stand comfortably, preferably outside or by a window.
  - Take several deep breaths, in through the nose and out through the mouth.
  - Visualise golden sunlight flowing through your body, connecting you to the earth.
  - Silently affirm: 'I honour the light within me. I am grounded, present, and open.'
- 

## 2. Release + Let Go (5 mins)

- On a piece of paper, write down 1–3 thoughts, patterns, beliefs or behaviours you are ready to release.
  - Reflect on how these have held you back or dimmed your inner fire.
  - When you're ready, burn or tear up these pages (safely), and visualise the energy of these patterns transforming into light.
-



### 3. Set a Bold Intention (5–7 mins)

- Journal on: ‘What does the next, most radiant version of me want to feel, do, or become?’
  - Write one clear, powerful intention for the next 6 months.
  - Light your candle and say aloud: ‘With this flame, I ignite my intention. I walk forward with courage, guided by the light within.’
- 

### 4. Activate Your Light (2–3 mins)

- Place one hand on your heart and one on your solar plexus.
  - Feel the warmth of your intention settling into your being.
  - Repeat this affirmation: ‘It is safe to shine. It is powerful to lead with soul.’
  - Take one small, inspired action today to honour this commitment.
- 

### 5. Closing the Ritual: Anchoring the Light

As your ritual draws to a close, take a final moment to honour the energy you’ve summoned. You’ve connected with an ancient rhythm, released what’s heavy, and lit a flame for what’s to come.

Rituals aren’t about perfection - they’re about presence. Simply by showing up, you’ve signalled to yourself and the universe that you’re ready for growth.

- **Offer gratitude** – Thank the sun, the season, and yourself for being willing to shift. Acknowledge any feelings or insights that arose, they are part of your path now.
- **Seal your energy** – Place your hands over your heart. Take three slow, grounding breaths. Visualise your intention glowing within you, warm and steady.
- **Gently close the space** – Extinguish your candle with reverence. If you used natural elements like water or earth, return them to nature as a gesture of respect.
- **Stay connected** – The ritual may be complete, but your journey is not. Let the energy continue to unfold by noticing small shifts, acting on insights, and returning to your intention when needed.



If you’d like to deepen your experience, download our **Summer Solstice Journaling Download** - a space to explore what’s rising, track your alignment, and walk forward with clarity and courage.