

*A Ritual  
for the  
Winter Solstice*



2023

*Prepared with love by Jamie*



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## *What is the Winter Solstice?*

We owe the four abundant seasons and the extremes of the summer and winter solstices to the tilt of our beautiful globe.

Today, the Earth's axis is tilted 23.5 degrees from the plane of its orbit around the Sun. But that is always changing. The dinosaurs, for example, may have experienced the seasons differently than we do today.

The winter solstice occurs when one of the Earth's poles reaches its maximum tilt away from the sun. This happens twice a year, once in each hemisphere.

During the winter solstice, our region on Earth is furthest from the Sun for the longest period of time corresponding to the longest amount of darkness (or the longest night) of the year. Starting at the summer solstice, the nights lengthen until the peak of darkness on the winter solstice. After the winter solstice, the nights gradually shorten. In ancient and pagan cultures, this night was referred to as "the return of the sun."

In Switzerland this year the winter solstice will take place on exactly:

*Friday*  
*22 December 2023*  
4.27 a.m.

If you opened this gift on December 21st, you can perform the ritual at midnight or at this exact time.



## *How can we honor this moment?*

It is important, as with performing any ritual, to make it personal. Only do what you feel comfortable with and incorporate what appeals to you.

### *Materials*

- A candle
- Dried orange slice or orange essential oil
- a glass of water (to hydrate yourself)
- This little book

### *Timing*

- Any time in the evening when it's dark
  - or at midnight
- or on Dec. 22, 2023 at 4:27 a.m

### *Place*

- Wherever it is dark and quiet, where no one bothers you.
- On the other hand, you can also do this with a partner, a friend or a child.





## *Steps*

1. Light a candle in a dark room.
2. Breathe in the scent of the orange slice or essential oil
3. Think about the oracle card: the orange, the snow, the spruce, the penguin, the word "ritual" . . . what does it mean to you? What comes up for you?
4. Read and/or listen to the guided meditation. Place your hands and fingers in the mudra (hand gesture).
5. Answer the reflection questions here or in a journal (you may need more light in the room, maybe more candles).
6. Turn off all lights except the single candle and lie down.
7. Set a timer for at least 5 minutes and let the darkness embrace you like the dark, warm womb of Mother Earth.

## The Ritual

Marking accomplishments and the turning of the wheel (the seasons of the year) with rituals, ceremonies and celebrations nurtures our psychological health. These events do not need to be elaborate. All we have to do is set our mind to the present moment. But incorporating colors, tastes, smells and textures to our ceremonious events adds to the magic that is already there. These material embellishments color the experience.

This oracle card encourages you to mark big moments in your life, reaching new levels of success or walking over thresholds. It's inviting you to do so with simple yet beautiful items, like candles, cookies and music. It may also be inviting you to celebrate the wheel of the year, if you're so inclined. The Wheel of the Year marks the solstices, equinoxes, and mid-points of seasons. When we celebrate the spokes on the wheel, we reconnect ourselves to the natural world, the stars and our natural role in the universe.

### First Steps

1. First, light the candle. You may want to sit at your altar or just a place in which you have peace, quiet and privacy. Candlelight is gentle. You can stare into the light of a candle flame and your sleep later will not be disturbed.
2. Inhale the scent from the orange slice (or essential oil). The orange slice is a symbol of the sun. Tonight, we honor the sun. It begins to slowly, gradually return to us after tonight.
3. Reflect on the oracle card to the right. What are your first impressions or feelings?

# The Oracle Card



RITUAL  
IN WINTER

Ritual  
from The Surseasonal Oracle  
Jamie Sierra Sturzenegger  
[www.mulinsura.ch/surseasonal](http://www.mulinsura.ch/surseasonal)

## *Agni Mudra*

The thumb represents the element fire.

This hand gesture frees the fire element from the other elements.

The palm supporting the fist from underneath represents the mind.

This mudra ignites the inner fire while staying grounded.

You can sit in a comfortable position, place your hands in the Agni Mudra, and read or listen to the guided meditation to the right.



Listen in English



## *The Guided Meditation*

Place your hands in the Agni Mudra.  
Take a deep breath and exhale as slowly as possible.

Let the darkness around you  
embrace you like a warm hug.

You are safe here.

You are held.

You are loved by the Dark Mother Goddess.

Start to draw your gaze inward  
toward the little flame in your belly,  
in your solar plexus.

Let your hands, in the shape of a flame,  
sit in front of your own inner fire,  
like a mirror.

Let the darkness around you  
deepen.

Let the inner flame fluster, flutter and grow.

Gaze upon it with compassion.

What does it look like?

Is it small and fierce like a little blue flame?

Is it wild, unpredictable and orange?

Is it long, calm and yellow?

How would you describe it?

Then imagine your inner flame becoming the image you want it to be.

Visualize a warm.

steady,

stunning,

flame.

A flame that cannot be extinguished.

A flame that can grow with the oxygen of your very own breath.

A flame that can become a fire.

A fire that can transform material into energy,

or wishes into realities.

Just remember:

The fire is always within you,  
even on cold, dark winter nights.













## *Closing the Ritual*

After you have completed the meditation and reflection,  
turn off any lights besides a single candle light.

Set a timer for at least 5 minutes.

Lay down on the floor or on some pillows in a comfortable position.

Let your body completely sink into the material beneath you.

Relax all your muscles.

Then, do nothing.

Wishing you warmth, comfort and inner  
strength on this long winter night.

*Jamie*