



## Instructions for Solstice- Leap into the New Year

This deep guided-meditation journey is meant to create space in your life and heart for what is to come in the New Year. You will do some practices to prepare the way and to let go of 2021. Opening to the potential of 2022, visualizing your expansive incoming energy for the New Year.

As you are guided to bring forth your own vision for 2022 your focused intention will be amplified by the participation of like minds and hearts gathering together virtually. Apart from your individual work, our shared focus will also benefit humanity amplifying and lifting spirits sending a ripple out from you to touch others as they do the same.

**Please** be sure you have the necessary items before we start on the Solstice at 10AM PST, December 21st.

### ☉ **Supplies:**

- 3 blank pieces of paper and a pen or pencil
- A note pad or journal to take notes of your personal vision.
- A warm place to lay down for a deep journey where you can still hear and see the computer monitor.
- A glass of water
- A place to burn the paper lists
- Matches or a fire stick to ignite the paper lists
- A container or bag to place the ashes after they have cooled
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### ☉ **Make a Letting Go List for 2021.**

- Do this in advance to give yourself time for reflection.
- Don't get caught in details simply make a comprehensive list.
- When you are completely finished with your lists you will burn them.

## The Solstice- a Powerful Time for Healing Us All

- ☉ The *Ten Days of Light* go from the *Solstice* on December 21<sup>st</sup> to *New Year's Eve* on the 31<sup>st</sup> are a powerful time energetically.
- ☉ Watch and listen to the easy and fun *Sacred Anatomy* videos/ audios that will arrive in your inbox each day. Do them in sequence as they are geared to lighten your load, brighten your world, and shift your energy progressively through the 10 Days of Light.
- ☉ December 31<sup>st</sup> we will release the ashes of the lists in a powerful personal ceremony.
- ☉ None of this takes a huge amount of time or effort. You will be supported and directed. This will be a powerful way for you to enter the New Year!