

A celebration of the Winter Solstice

will be held at

the Aquarius Healing and Education Centre

154 Mt Barker Rd Stirling

on

Tuesday 21st June 2022

6.15pm - 8.30pm

Meet at **6.15pm** for the turning of the wheel of the year at the exact Solstice time of **6.45 pm**. The evening will include ceremony discussion and contemplation. It will be followed by a shared supper. Please bring food to share if staying.

There is no charge for this evening, however donations are welcomed, and you can donate in the “golden bowl” at the event or any time at **People’s Choice Credit Union BSB 805 050 Account Name: Conscious Connection. Acct No: 2371918. Account holder Margaret Tucharke.**

If you would like further information about this event or other work I do, please contact me on m.**0400886872** or email me at skydancer8@bigpond.com or check out my website on www.wholisticpsychology.com.au or on face book www.facebook.com/wholisticpsychology

The birth of the sun

At the Winter Solstice it is mid-winter, the sun is at the lowest point in the sky, and we celebrate the longest and darkest night and the shortest day. Like a yin yang symbol however, the darkest night contains within it the seed of the light and after the three days at the *Solstice where the sun appears to stand still, the light starts to “grow” again. This birth of the sun connects the solstice and Christmas, for the church built the birth of its divine son on the pagan birth of the sun. Hence the placement of Christmas so close to the Winter Solstice in the northern hemisphere .

On the 24-hour clock the Solstice equivalent is midnight – the deepest darkest time of night which is slowly moving towards a greater and greater light. In seasonal terms, we can’t yet see the rebirth of this light and it remains wintery for quite a while, however the solstice brings the hope of the summer’s return and in the times when all seems dark, we can tune in and allow ourselves to sense and feel the seed of light that is growing.

Another contemplation I enjoy at around the Solstice is to rest in the darkness - not the darkness as a blockage or as something negative but as the Darkness that gives birth to light. This is the primordial darkness of the dark Goddess and the rewards for contemplating Her are deep and great. She is connected to the Buddhist notion of space and emptiness- that which contains all potential and yet is empty of any form whatsoever. A wonderment is that we carry this space and primordial darkness within us. Winter is a good time to allow ourselves to rest in this Darkness and learn more of the deep potential that we are. Brooding in this dark potential and allowing the busyness to slow and to rest in the way much of nature does in the winter time, can deepen us into a knowledge of the plan for ourselves and for all humanity and life. In this way we can be better prepared for when the light returns and able to move into more purposeful loving action instead of into unfocussed activity.



I look forward to discussing this more at the winter solstice. Please feel free to contact me if you want to talk about any experiences or insights you have as you work with these ideas.
Love in the light and dark

Janet

*Sol - the sun ‘stice” - stand still

