



Summer Solstice

21st June 2026



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The Summer Solstice is the longest day of the year and the moment when the sun reaches its greatest strength.

For thousands of years, people have gathered at sacred sites, hilltops, stone circles, and places of natural beauty to honour the light, celebrate abundance, and mark the turning of the Wheel of the Year.

The Solstice is a celebration of life in full bloom. The earth is vibrant and fertile, gardens overflow with colour, and the warmth of the sun nourishes all living things. It is a reminder to pause and recognise how far we have come, to celebrate our growth, and to express gratitude for the blessings already present in our lives.

Yet the Summer Solstice also carries a quiet wisdom. Although this is the height of the light, it is also the turning point. From this day onward, the days will slowly begin to shorten. The Solstice reminds us that all things move in cycles and that balance exists within every season.

A Simple Summer Solstice Ritual

On the day of the Summer Solstice, or in the days that follow, light a candle and place this artwork nearby.

Take a few moments to sit quietly and reflect on the first half of the year. Notice what has flourished, what has brought you joy, and what you are most grateful for.

Bring your attention to the flame and ask yourself:

‘What is thriving in my life, and how can I nurture it further?’

Hold this intention gently.

When you are ready, step outside if you can. Feel the warmth of the sun upon your skin, take a slow breath, and offer thanks for the light, both around you and within you.

A Summer Solstice Blessing

*May the warmth of the sun fill your heart with joy.
May the abundance of the earth remind you of your blessings.
May you honour all that has grown and flourished within you.
And may the light you carry continue to shine brightly as the wheel of the year turns once more.*



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