

Winter Ceremony Opportunity ~ from Elaina Geltner

Purpose: This is the time of accumulating the energy that will assist you with what you want to cultivate for the next year. It is an opportunity to get universal help. You will accumulate the energy now and plant the seeds in the Spring.

When: Generally the most auspicious time is at sunset just preceding the Winter Solstice. Google "time of Winter Solstice _(year)_". Use the time zone of your location. However, you can adjust this to you. Ask your HigherSelf and your inner guidance for suggestions.

Preparation:

A. **Decide what to accumulate.** Ponder what you'd like to accomplish, feel, experience in the next year. What your soul is calling you to express. Maybe even what you've been secretly wishing for. What is the energy that you most need? It could be one or two: Courage. Motivation. Clarity and passion. Self-compassion and light. Confidence and serenity. Listening. Deep connection with your Guidance. Love. Could also be a deeper connection to my Inner Light. You get the idea. For this ceremony, qualities are more important than goals or actions. We are looking for the "energy of....". Best to write it down! In the moment of the Solstice, minds have been known to go blank.

B. **Gather a symbol of what you are releasing.** In order to bring in new energy, there is something to let go of. It could be the opposite energy. It could be fear, resistance to change, or a limiting belief. Choose an object, draw a picture, get a magazine image, or just write down the words.

B. **Prepare** your body-mind-spirit. Cleansing of any kind is a powerful preparation for ceremonial practice. It is a very individual process. Choose a plan that works for you. Some people adopt a Lenten-type practice of giving up certain foods. Sometimes a progressive fast is perfect. Remember that as you approach ceremony, you want to be as clear as possible. Fasting from TV, negative thoughts, or confusing energy is also a good idea. Nurture yourself! And don't go overboard with this...your focus is on bringing in a new energy.

D. **Choose a spot:** Somewhere you feel safe and connected to All-That-Is, Spirit, God, etc. Where energy moves. Nature is great, but you want to make sure you feel safe to let go. Privacy is important. Water energy: flowing, not stagnant. Ocean, lake, stream or even a fountain. (The bottom or mouth of a canyon are not recommended.) I have used my own backyard many times! It is fine to be in a cozy, private place indoors as well.

F. **Write your ceremony.** Personalize it however it makes sense to you! Suggestions below.

G. **Enjoy your time connecting** with All-that-is, as you embark upon a deeper experience of who you really are.

Ceremony suggestions: (take water and symbol of energy to release)

- Go to your spot. If you are in Nature, ask the guardians of the land for permission to enter and do ceremony. Settle in and do your invocation. Prepare yourself in your own way. (I like to call in 'the directions').
- At the time you have chosen, hold your object, facing the rising sun.
- *Speak: "I come to you in purity, honesty and light. I offer _____ [what you are releasing] to you as my only gift to you at this time."*
- Listen: are you given any messages? Do you see any animals/birds? How do you feel? Ask what to do with the gift.
- Do these two things together:
 - Follow the instructions you receive.
 - *Speak: "I ask that you would join with me in accumulating the energy of _____ [what you are accumulating inside], in the highest good of all, for the evolution of all."*
- Completion: express your gratitude. Drink water. Make journal notes.
- After: You will have many opportunities to continue letting go and transmuting the "old" energy. Dream journals, meditation, and gentle exercise may help you to integrate the experience.

Some FAQ's:

Alone or with someone? Alone is generally recommended if you are inexperienced at ceremonial practices. Take care who you invite to share this ceremonial space with you: it creates powerful bonds. You want to make sure you are doing this for yourself as well.

What if the weather doesn't cooperate or I have an urgent meeting at the time I chose? Be gentle with yourself. Self-criticism and making it hard are always roadblocks to transformation. Use this "opportunity" to be creative and use your imagination. And listen to your inner guidance. Adjust time, place, etc., as you need to.

What happens after the ceremony? OOH...good question. That depends. Everyone is different. The most important thing is to be gently with yourself. Be curious. Observe. Journal. Dream. Give yourself time to integrate and shift. Since this is the Winter (inner) time, the effects can be subtle.

Where did this ceremony originate? From many time-honored traditions and my own experience. I have been doing a version of this ceremony since 1989.

May your Ceremonial practice connect you with the energy to move forward on your SoulPath!

Love and Light,

A handwritten signature in cursive script that reads "Elaina". The letter "E" is stylized with a heart shape at its top left.

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