



STANDING IN THE SACRED: A

Solstice Ritual

TO RELEASE AND RENEW

DAILY ALCHEMY
for women
dailyalchemy.co.nz

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ABOUT ME





Standing in the Sacred

At this time of profound power and significance for both ancient and modern cultures all over the world, we join together in prayer, ceremony, and ritual to align with the cosmic creative cycle that fuels and assists the path moving forward.

As the Wheel of the Year turns, the celebrations along the way invite us to pay attention to the natural cycles taking place around us - and reflect on how they deeply influence and enhance our lives as fellow members of the natural world.





During the Solstice seasons, we pay close attention to how the highest and lowest points of the Sun in our respective locations draw us both outward and inward by turns. By aligning our will with the Will of the Divine through ritual offerings during these particularly powerful cosmic phenomena, we connect with the wisdom of the ancients who knew and understood the true benefit of making life a ritual.

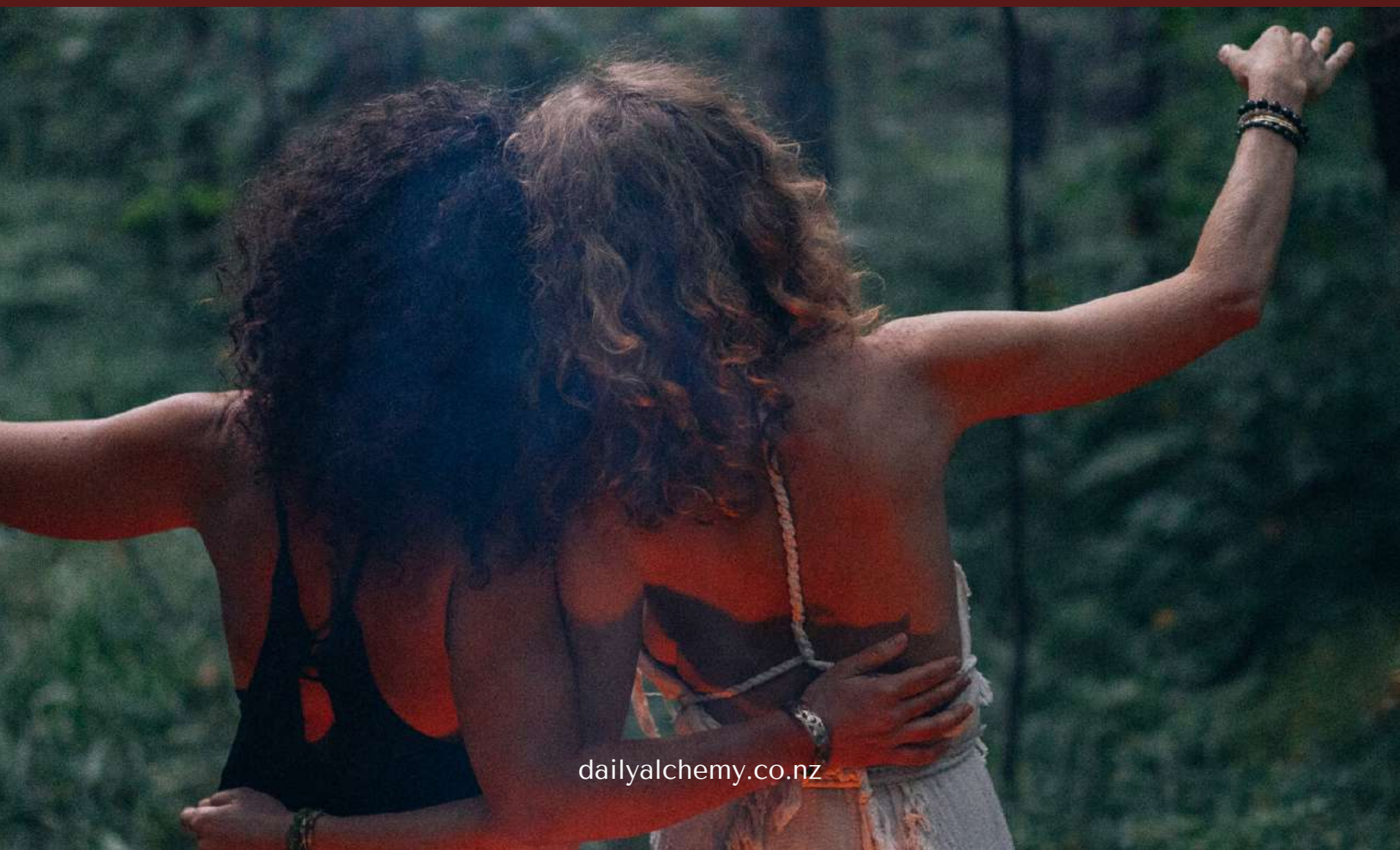
Rituals are sequences of activities usually involving specific actions, gestures, words, or objects performed in a sequential manner based on cultural or traditional standards. While rites are usually religious or spiritual in nature, rituals are not always performed for these reasons, though they often are in alignment with spiritual or self-empowerment principles.





Rituals offered at certain times of year, like the solstices and equinoxes, often have strong intentions embedded within their associated meanings in mythology and mystical practice.

For example, Summer Solstice (in the southern hemisphere) rituals are often associated with release and letting go, taking time to reflect on the past year and welcome the new. In contrast, Spring Equinox rituals are usually associated with rebirth and renewal.





The Art of Ritual

In addition, each specific group hosting a ritual may have their own very unique intentions for why they are creating a ritual. A few common examples include honoring the birth of a child, the first menstruation of a youth, the “coming of age” of a young man, or the “croning” ritual of an elder woman.

Rituals can also be created through sequential activities that are performed regularly in a self-prescribed manner, such as self-care practices, home maintenance, or having your morning tea. Our intention and goal for these practices is to remember — literally, to re-member or to reassemble — who we are and our connection to the natural and spiritual worlds. This remembering empowers us to maintain a ceremonial way of life that utilises and integrates the technologies of prayer, offering, and ritual into all that we do, for the benefit of all beings everywhere.





"Sacred Rituals were recreations of the acts of Divine Beings when life arose in the beginning of time. The performing of rites was not only a high calling but a spiritual exchange that offered countless benefits to the participant."

- Rosemary Clark, Sacred Rituals of Ancient Egypt

Rituals do not need to be overly complicated, as the primary focus and power of these acts is more in alignment with humble intention and receptivity rather than grandiosity or theatricality. In service of this, I have composed a few simple rituals that can be done anywhere in the world to harmonize with the elements of nature while integrating the solar transmissions. My deep intention is that by making these rituals your own that you can learn more about your place in the Universe and your special and sacred role in creating a world that works for all of us.





DAY 1:

The Art of Letting Go

"When I let go of what I am, I become that which
I might be."

- Lao Tzu



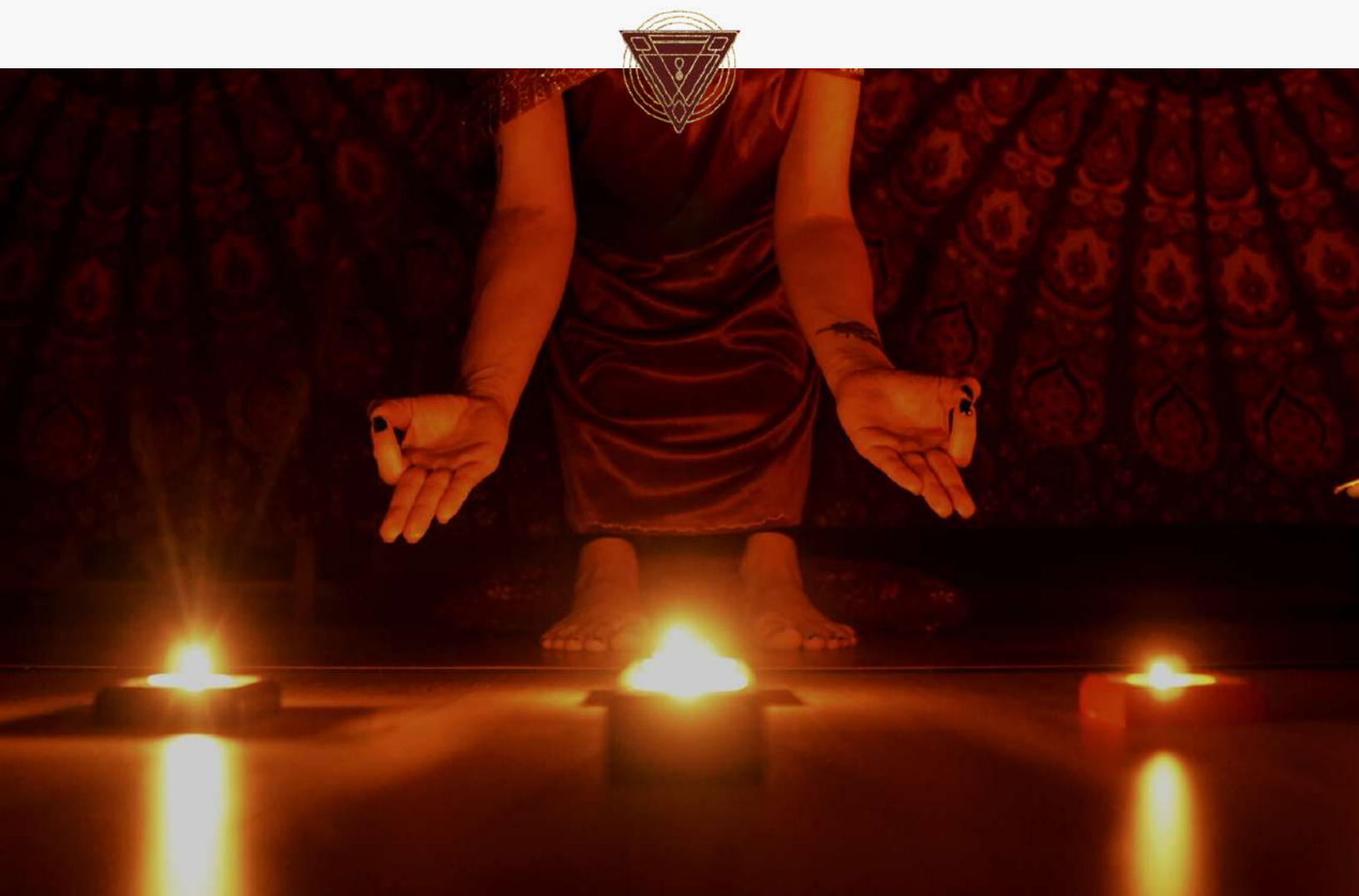
INTENTION

Connect with and call in the element of Fire as a vehicle for transformation and letting go of all unwanted energies.

Infuse your body, mind, and spirit with the energies of the Fire as embodied by the sun in our solar system, for the purpose of transmuting shadows into pure and radiant light.

TOOLS

- Candle, hearth fire, or other sources of animate flame.
- Crystal ball or other crystal to function as a recording stone
- Glass of water
- Cauldron/burning vessel and charcoal
- Medicines to burn as incense such as cedar, frankincense, amber, copal, mugwort, or bay leaves



INSTRUCTIONS

Begin by quieting your mind through deep breathing, meditation, or a gentle movement practice.

Create a simple altar for your work — include any images, natural artifacts, or relics that make you feel safe, empowered, and connected with your deepest truth.

Light the candle/hearth fire and place the medicine offering onto the charcoal.

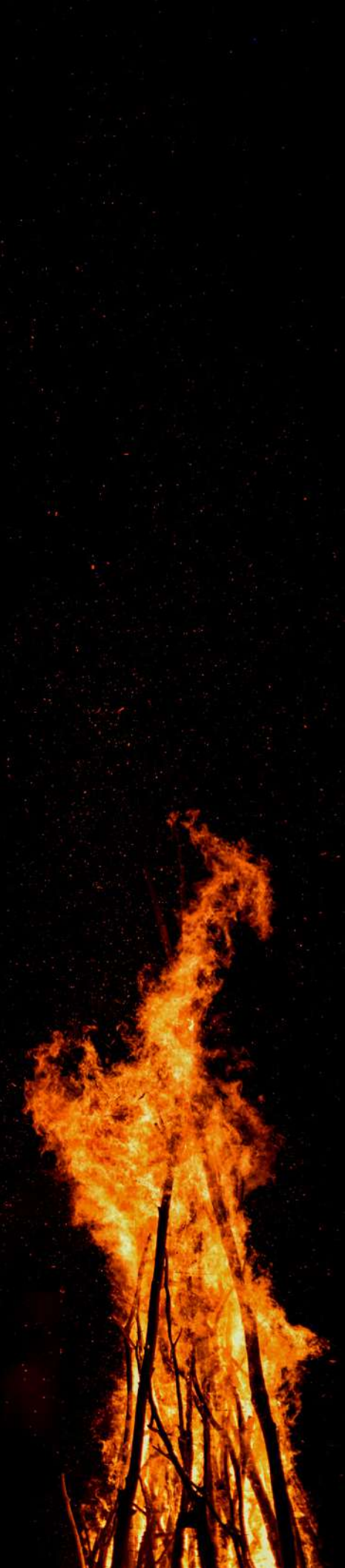
Gaze into the flame and listen inwardly. Notice the sensations, images, and sounds that may Emerge.

Speak aloud a prayer or intention into the heart of the Fire, releasing any and all unwanted energies into the flame so that they may be dissolved and transmuted into pure and radiant light.

Draw in the energy of the flame into your aura and body by cupping your hands over the flame then passing them over your entire body, from crown to feet, saying: "I am a keeper of the Flame".

Sit in silence for some time with the Fire, and visualize its warmth and light radiating out from your heart, encompassing the whole Earth.

Optional: In a FIRE SAFE container, place the flame in a window facing the East overnight to encourage and welcome the rising of the Sun as it brings rebirth and renewal for the year ahead.





DAY 2:

The Art of Grounding and Centering

"The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature."

- Joseph Campbell



INTENTION

Connect with and call in the grounding power of the Earth. Cultivate stillness and centeredness in a constantly shifting and changing world.

TOOLS

- Candle, hearth fire, or other sources of animate flame
- Crystal ball or other crystal to function as a recording stone
- Glass of water
- Cauldron/burning vessel and charcoal
- Medicines to burn as incense such as sage, cedar, tobacco, copal, mugwort, or bay leaves



INSTRUCTIONS

Find yourself a comfortable seat, preferably on or near the body of the Earth.

If this is not possible, bring a plant or soil from the Earth into your home or temple.

Begin in meditation, visualizing a cord extending down from your root and grounding you into the core of the Earth.

From the cord, draw up the powers of stability and wisdom from deep in the Earth, integrating the Earth's energy and wisdom to infuse with your own physical body.

As you receive these Earth transmissions from below, simultaneously visualize your crown opening up to receive the stellar transmissions from above, joining together at the Heart center.

Speak a prayer aloud to the body of the Earth, burn your medicine as incense, and visualize the smoke carrying your prayers into the realm of the Unseen, saying: "I am a guardian of the Body of Earth".



DAY 3:

The Art of Vision and Intention



INTENTION

Cleanse and purify the body, mind, emotions, and spirit for the year to come.

Connect with the spirit of the Water in humble love and adoration.

TOOLS

Same as in previous days, however with an emphasis on clean and pure water (ideally from a local source such as a river or locally-collected rain) for this ritual.

- Candle, hearth fire, or other sources of animate flame
- Crystal ball or other crystal to function as a recording stone
- Glass of water
- Cauldron/burning vessel and charcoal
- Medicines such as blue lotus, rose, mugwort, or myrrh



INSTRUCTIONS

Begin by meditating with your vessel of Water, visualizing the newly reborn Sun infusing the water with radiant light and solar transmissions.

Speak your prayer into the vessel of the Water, voicing your vision and intention for this new cycle into the water.

Once you perceive the water as being infused with your prayers and intentions, take your two peace-fingers of your projecting hand, dip them in the water and anoint your body from the crown to feet, saying: "I am a protector of the Waters."

Once your prayers are complete, take a few sips of the water to infuse the waters of your body with your prayers, then offer the rest of the water into the Earth to carry your prayers through all of the waterways of planet Earth.



Transform Your Routines Into Rituals & *Make the Mundane Magical*

The idea of introducing daily rituals into your life may be inspiring, however you might be wondering where to start.

Many of us move through life on auto-pilot. Our routines are habitual. One habit after another form the structure of our day.

Those habits might be starting the day with coffee, always stopping at a certain petrol station for fuel, biting your nails while your waiting in line somewhere, washing the dishes straight after dinner. Habits can be both wholesome and sabotaging. Ultimately, they are just a pattern of actions that we systematically play out each day, without much thought.

A ritual on the other hand, for me, has three key qualities... presence, intention and reverence. We can infuse any one of our daily actions with three qualities and transform it from something that we do mindlessly into an action that deepens our relationship with ourselves and life.



I have created the perfect Ritual Toolbox to get you started.

It includes a library of pick and mix practices that you can weave together to meet yourSelf, just as you are:

- practices to help you find stillness
- movement explorations to help release and re-energise
- sound healing to both listen to and sing along with
- and a whole section to support you in attuning to your own inner guidance

If that is not enough then I have added a few extras...

- A conversation to discover how to hold space for your own sacred practice
- A guide to creating sacred space (including 3 of my favourite essential oils for setting a ritual mood).
- A writing exploration to help you get a new perspective on your fears.

At the moment it is on offer at an introductory price and it won't stay this low for long... so be sure to make the most of this opportunity.

DIVE DEEP WITH THE
RITUAL TOOLBOX

Hi, I'm Jade



I thought it might be nice to take a moment to introduce myself.

I am a lover. A dreamer. A visionary. A multi-passionate creative. A ceremonial space holder and some might say a priestess of sorts.

My passion is helping women, like you, become familiar with your inner dance, to awaken to the precious gifts of power, delight, creativity, and that most rare jewel - your sacred self.

For over a decade I have committed myself to the path of Ritual over Habitual...

It has been a transformative journey that has led me to sit in the company of Aboriginal elders, Peruvian medicine men and women, sadhu's in India, jamu women in Indonesia, and a host of other inspired beings around the world.

If you are curious to know more, [you can read about the insights I have gleaned from invoking the art of ritual in my life here.](#) >



This wisdom is intricately woven into the Holistic Therapy and Embodiment work that I offer and if you feel called to take a deeper dive into this sacred healing journey I welcome you to reach out.

It would be an honour to support you in your own unique path of transforming the mundane into the magical.

With love and heartfelt blessings,

Jade XX