Coming Home to Nature Summer Solstice Ritual

By Cellina

*All are smudged at the entrance to circle area. Weave mugwort as part of an old tradition for Summer Solstice.*

*Gather and hold hands*

*Teach song below.*

*All enter in processional style, singing* ***Now I Walk in Beauty****, walking while circling around sun-wise.*

***SING***

**Now I Walk in Beauty**

**Beauty is before me**

**Beauty is behind me**

**Above and below me.**

*Continue to circle around until everyone has made it into the area and then come to a stop in their place of choice, forming a circle.*

**As we come together today, let us take a moment and turn around so our backs are to the center of the circle. Let us take in the beauty all around us.** (Wait a moment, breathe) **We put out left hand over our hearts and our right hand in front of our navels, the area of our 3rd chakra/solar plexus, the place of self-esteem, will-power and transformation.** *(Show by example).* **As we align our hearts with our will, send a little blessing to your heart and to your solar plexus.**

**Summer Solstice is a transition point that is reflected in our lives. We draw strength to our chakras and our spiritual center today at the crux of the sunlight’s zenith and transformation.**

*(moves around the outside of the circle weaving a long length of cording through people’s hands)*

**I ask each of you to take a deep breath, exhale...another...exhale...one more...exhale. Close your eyes and feel the energy around you now, feel the pulse of Nature. Listen to the sounds in front of you, above, behind you and to each side, breathe in the scents of the forest in summer.**

*Dr. Carl Jung says: "The circle is the archetype of wholeness." That's powerful!*

*It's also powerful to point out in circle space, in ritual, that strangers come together and weave their energies co-creating community on the spot without really thinking about it. I think we sometimes forget that we don't have to all know each other intimately beforehand.*

**Now, feel the circle that we have created together, how the rope is like our flexible bond with each other, how we are woven together. Feel how quickly we create the compassionate power of community with strangers and friends when our intent is aligned to create sacred space.**

**Where community exists and when community is aligned, there is limitless potential for great change on the planet.**

**Now feel the energy we have here now by coming here in perfect love and perfect trust in this beautiful natural setting.** *(Breathe. minute)* **This cord represents the symbol of Oneness, the circle of life in which we rotate, the Sun, the Moon, the Earth. In celebration of our community and Summer Solstice, we seek to align with the well-rounded aspect of ourselves, the molten core within, the Great solar disc of balance.**

**Now, slowly lift your right arm with the cord over your head and turn to over your right shoulder until you face the center of the circle. I invite you to hold continue to hold the cord in both hands to imbue it with your personal energy, draw down strength from the powerful sun.**

*ALL Stand in silence looking towards the center.*

**Let us honor the powerful sun that shines not only upon us but within us.**

**We acknowledge and celebrate the warmth and light that is found within each of us.**

**We call upon the power of the circle, powerful symbol of Father Sky.**

**With the imbued cord in hand, let us raise the circle that connects us.** *(All raise cord above their head.)*

**We call upon the power that grounds us, Mother Earth; let us lower the circle to Her body, the Earth below us.** *(All lower cord to the ground.)*

**We call upon the power of the circle, powerful symbol of the Great Round Mother, whose earth body is warmed by her sacred lover–The Sun, He who is known by many names; Re, Helios, Surya, Utu, Sol, Lugh, Wikan and many others.**

**Let us step forward now, into the circle we have created with our power and welcome the spirits of the ancient ones, the elements and the wisdom of the Goddess and God.**

*Participants step inside the cord which now lies on the ground in a circle pattern.*

Calling the Elements (volunteers?)

**Let us honor and bless the elements and powers that bless us and sustain us.**

**East– South– West– North– Center–Goddess– God–**

*Brief summary of Summer Solstice, why we celebrate, the symbology around this holiday, etc.*

**Today we celebrate the Summer Solstice. As the Earth moves through the seasons, it reminds us of our deeper purpose in incarnating... what we are really here for, and what our full potential is.**

**Summer Solstice is when the Sun's power reaches its zenith. This represents our spirit's ascension to the Divine -- *the reunion of self with Divinity.***

**And the joy we feel at Summer Solstice is a mere sampling of that supreme bliss!**

**So, let’s connect deeper now with Nature and the energies of the Solstice.**

As prep for going out to meditate Someone Reads and adds to it with their own words:

**Let’s soften our eyes now, and go within to open our inner hearing.**

**“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.”
―** [**Henry David Thoreau**](http://www.goodreads.com/author/show/10264.Henry_David_Thoreau)**,** [***Walden***](http://www.goodreads.com/work/quotes/2361393)

 **“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter.”
―** [**Rachel Carson**](http://www.goodreads.com/author/show/15332.Rachel_Carson)**,** [***Silent Spring***](http://www.goodreads.com/work/quotes/880193)

**“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”
―** [**Henry David Thoreau**](http://www.goodreads.com/author/show/10264.Henry_David_Thoreau)**,** [***Walden***](http://www.goodreads.com/work/quotes/2361393)

**“Wild roses are fairest, and nature a better gardener than art.”
―** [**Louisa May Alcott**](http://www.goodreads.com/author/show/1315.Louisa_May_Alcott)**,** [***A Long Fatal Love Chase***](http://www.goodreads.com/work/quotes/3810511)

**“There is no better designer than nature.”
―** [**Alexander McQueen**](http://www.goodreads.com/author/show/5305492.Alexander_McQueen)

**“Nature does nothing uselessly.” ―** [**Aristotle**](http://www.goodreads.com/author/show/2192.Aristotle)**,** [***Politics***](http://www.goodreads.com/work/quotes/14746717)

**Nature Meditation Journey Prep**

We spend so much time in the macrocosm in our daily lives, the media saturates us with tragedies, our busy work and home life may not supportive or offer enough down-time to honor our need to ground out and see things from a different perspective.

Nature can do that for us, for free, quite simply by being present in Nature.

We often lose sight of what's beneath our feet, what's above our heads and what's in front of or behind us--a whole other world lives there and has much to teach us if we just look and listen with both our inner and outer sight, our inner and outer hearing.

We will take some time to go out and experience Nature through the five senses. Listen what Nature has to tell you through sounds, what you see, the air you taste, the things you touch, and what comes up inside of you.

You may notice: how everything in Nature works in concert with each other. How Nature creates opportunities for animals and plants and the elements to co-create all the time. What does Nature have to tell you today?

*I will encourage everyone to mindfully and quietly leave the ritual site and go out for about 25 minutes and find a nice spot in the woods (or by the little stream) and seek a microcosm in nature.*

For example: go witness an ant carrying food--see how they cooperate and use teamwork, etc. See what you can discover; see what Nature has to teach you.

**We can share instances from our lives about how Nature is home to us, how Nature is a solace, how it has helped us.**

**I will ring a chime bell to bring everyone back. We will spend time discussing this and sharing our experiences.**

**When everyone is complete, we mindfully devoke and give thanks.**