

Summer of Love Solstice Ritual

To invoke love, success, and growth this summer
Time: ~20 minutes

Summer of Love Ritual Kit - \$10.98

- ★ Pink Chime Candle + Ceramic Candle Holder
- ★ 2 Sunstones
- ★ Carry Pouch + Small Gift Pouch

Additional Supplies Needed (not included):

- ★ Pencil
- ★ Small slip of Paper
- ★ *Optional* Blanket, towel, yoga mat (something to sit on outside)

Directions:

Find a quiet place outside to sit comfortable under the sun, spread out your blanket, and unpack your supplies

While seated cross-legged on the blanket gently rest your hands on your knees and raise your face to the sun. Allow the warm light to wash over you, imagine the warmth as love from the sun.

Use the paper and pencil and write out a positive intention "I wish to bring forth love and success to myself and others during this season of growth". Fold the paper in half and half again and tuck it into your pocket for safe keeping.

Place one sunstone in each hand and once again sit cross legged with the backs of your hands resting gently on your knees (palms holding the sunstone facing up towards the sun)

Raise your face to the sun, with eyes closed, allow the sun to once again wash over you and through your body out through the sunstones.

As you feel the energy flowing through the sunstones gently close your hands and bring the stones over your heart imagining the flow of the sun's energy flowing in from the top of your head through your arms into the sunstone and back out from the sunstone through to your heart.

Extend your hands out in front of you, offering the energy back out into the world and then again back to you through your heart

Repeat your mantra 3x while alternating your hands from your chest and extending out to the world "I wish to bring forth love and success for myself and others during this season of growth"

End the session by giving thanks for the positive intentions and kindness -"Thank you for the positive intentions and kindness, may this season of growth be as gentle and kind as the sun is warm today"

Once back at home place the candle in the candle holder and place the written intention under the candle holder. Place your sun stones near the candle. Light the candle and repeat your mantra three more times "I wish to bring forth love and success for myself and others during this season of growth". Extinguish your candle.

Place one of the sunstones in a stone pouch and gift it to someone w/in the next 48 hours. Keep the other sunstone for yourself and use during meditation sessions over the next 30 days.