

Winter Solstice – Heart Meditation



The winter solstice is upon us. The solstice is a significant time energetically, and is symbolic of spiritual re-birth. I like to mark the occasion with a spot of meditation. A heart centred meditation at this time will boost your life-energy ready for new growth in the coming spring.

Maybe try a meditation in the dark.

Feel and see the darkness of winter surrounding you, allow it to embrace and support you. How does this feel, what can you sense?

Look inwards and see the tiniest spark of light imaginable residing in your heart. Is the light a special colour? Is there a sound, or a feeling that accompanies the light?

Focus on this light, direct your attention and energy towards it, and watch it grow within you. Allow the light to fill your entire heart, maybe even spreading out beyond its boundaries to fill your entire being.

Sit with this light energy for a while, experience all its sensations.

Know as you leave your meditation that the light will remain within you and support you through to the spring when it will blossom and nourish you.

Whether you meditate or not, maybe this year you can find your own way of marking the solstice.

Have fun x