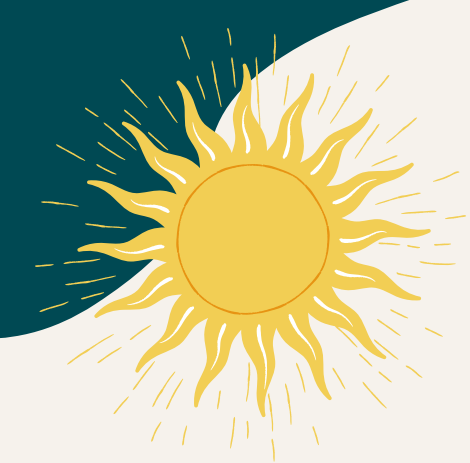




W O R K B O O K

Solstice Celebration & Andean New Year

This workbook is designed to help you
connect more deeply to your personal process,
empowerment and reflection.





Celebrating Solstice

Welcome to our Solstice Celebration and Intentional Practice. We are so happy to have you join us in circle during this potent and significant time of the year.

Over the next five days it will be a time for us to come together both in community and in communion with ourselves. Clearing our mind, body and soul and setting our intentions while planting seeds for the future, and of course celebrating during this powerful time of the year.

This workbook has been created as a companion guide to the teachings and processes that will be shared. It is a space for you to bring into focus your intentions and your dreams for this next cycle of time.

We invite you to take a few moments each day where you can quiet your mind, connect to your body, and listen to your heart.

Read through the questions and prompts in each section of the workbook as we travel through this portal of time and space during the Solstice.

Write down your thoughts and ideas as they come through and when you are complete for that day take a moment to close your eyes, place your right hand on your chest, and your left hand on your belly, and breathe deeply three times...Repeat your full name three times out loud. Open your eyes. You are here. You are love.





Day One

A day to Connect, Feel & Embody

What are three words/vibrations that connect to how you are feeling right now?

What are three words/vibrations that embody how you want to feel at the end of this 5-day journey?





Day Two

Cleansing & Clearing

What area of your internal world are you wanting to bring more clarity to at this moment in time?

What area of your external world are you wanting to bring more clarity to at this moment in time?

What is one step that you can take today to bring more clarity into your life?



Day Three

Connecting with the light, with Father Sun

We invite you to spend some time in nature today where you can connect with the light and how it illuminates the world around you. Even if only for 5 minutes, bring your awareness to studying how the light touches the leaves on the trees, the flowers in the garden, or how it makes the water sparkle in a different way. Bring your attention and presence to how Father Sun rises and sets each day.

Take a moment to write down what you felt and perceived during that time. How could this awareness be woven into your life each day? What are the parts of your life in which you could cultivate more illumination?





Day Four

Protection and Caring for your Seeds of Intention

Take a moment to project ahead to the December Solstice...6 months from now. Where do you visualize yourself? Who are you with, what are you doing, how are you feeling? Bring as much clarity and detail into your minds-eye as possible.

What are three words/vibrations that embody how you want to feel and to be, in 6 months from now?

You have a container, a cycle of time between this June Solstice and the December Solstice to plant seeds of intention that you will care for, protect, and nurture over this period of time.

What are some tangible ways that you can commit to now that will support you in caring for these seeds that you are planting and will be tending to over the days and months to come?



Day Five

A time of Celebration

Take a moment to say 'thank you' to yourself for this time. For caring for your dreams in a deeper way and for nurturing your seeds of intention while working with the energy of the Solstice to illuminate and bring clarity to both your internal and external world.

How can you celebrate the gifts that you have received during this time?

What is one thing that makes your heart happy that you can do today in honour of the Solstice?

How will you allow this energy of celebration to ripple out into your life, into your relationships, your circles of family, friends and community?



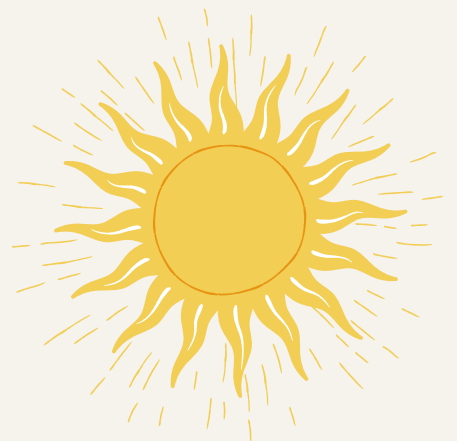
Continuing On Your Path

A time of Completion

As we complete this time together what are three words that embody how you are feeling after this journey?

What are you most grateful for today?

And so it is.



Honouring the Teachings

Thank you for holding these sacred teachings with love and respect.

We respectfully ask that you follow best practices and protocol by not sharing these teachings, recordings, or written materials with others unless Jhaimy has given you personal permission to do so.

When referencing a teaching that Jhaimy has given you with other people, please include his full title Traditional Curandero Jhaimy Alvarez-Acosta and website www.childrenofthe7rays.com

Thank you.

Questions? Please contact us:
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