

A woman's face is the central focus, her eyes closed in a peaceful expression. Her hair is composed of a dense, intricate network of brown roots that spread across the entire background. The background is dark, with scattered glowing green and blue particles, giving it a magical, ethereal quality. The lighting on her face is soft and golden, highlighting her features.

My Solstice Prayer

Shorter days become longer and the winter darkness transmutes into blessed light.
The dull and dreary days of winter give way to seasons with more daylight.

All cares and worries from the year that has past are blown away by icy winds of change.
We put our energy into wishes and dreams for the future and for our stories to rearrange.

We let go of all that no longer serves us just as the trees have cast their leaves.
To make way for renewed buds and seeds of hope that will bring in the new year with ease.

When the black, inky smoke of a year that has died will disperse in air that is crisp and clear.
Where each sunrise and sunset move positions and the haze lifts to calmness so dear.

On this day of celebration set your intentions for the days and months beyond.
Let your senses be refreshed with the scent of pine and the bad luck of yesterday be gone.

Indulge in wreath making and wine that is mulled with cinnamon and spices galore.
Light your fires and write out what you want to achieve and be in charge of what's in store.

We cannot undo what has already occurred but we can change what is to come.
We have the power and control to visualise magic and to get rid of what is undone.

Happy Winter Solstice from my home to yours - Christmas beckons as does a bright shiny
beacon of hope.

It is important to remember today that it
only gets lighter and brighter from here
and opportunities are yours to behold.

By Fionnuala Cassidy

