



Litha

POSSIBILITY & CHALLENGE

Guided by the rhythm of nature

I firmly believe that we need to find a rhythm to life that allows for more than efficiency, consumption and productivity. A rhythm where expansion, transformation, reflection and rest are more than words but becomes part of our life.

I think that nature and the changes of the seasons serve as the best guide. With more knowledge about and staying closer to Mother Earth and the rhythm of nature, I am convinced

that we can create sustainable lifestyles, for ourselves and the planet.

The changing seasons and shifts in nature affect us all but in different ways. And just like the seasons, our needs change. With this guide, I hope you can begin to find your seasonal rhythm.



Anna Linder



NORTHERN HEMISPHERE

June 20/22

SOUTHERN HEMISPHERE

December 20/23

LITHA SEASON

Possibility & challenge

Summer Solstice, Litha or Midsummer, a season with many names, all reminding us that the energy is at its full strength and potency.

It can be a challenge, or a possibility, to remain connected to ourselves during this time, so instead of a deep dive into self-navigation and expectations, I wish to invite you to re-connect with Mother Earth and nature. She is in full bloom, offering us time to notice the life arounds us and embrace her vitality and generosity.

*Five small
rituals to
reconnect
with nature*

SUMMER SOLSTICE

Reconnect with nature

Five small rituals to reconnect with nature – gentle, easy, nourishing and grounding rituals, that needs nothing more than yourself and Mother Earth.

I stumbled on these beautiful words and rituals by *Amy Dempster* at Following Hawks and she graciously allowed me to share them with you.

You can do the rituals in the days leading up to Summer Solstice to open a path into the new season.

Alternatively, to practise them, any day during the summer season is a mindful way to fill your cup with the energy of vitality and abundance straight from Mother Earth.



RITUALS & WORDS BY: AMY DEMPSTER AT FOLLOWING HAWKS.
FIND HER AT FOLLOWINGHAWKS.COM & ON INSTAGRAM

FOLLOWING
HAWKS

barefoot

Day **One** **EARTH**

Go outside barefoot, walk around, talk to the grass, and feel the sensation of the earth under your feet. Set a timer for 15 minutes and write down the sights and sounds that you notice. Really take the time to observe your surroundings in detail.

SIGHTS AND SOUNDS



hug a tree

Day **Two** **EARTH & FIRE**

Find a tree that you particularly like or catches your attention. Wrap your arms around it (it's okay, let people see you do it) and then sit down with it however feels comfortable.

Do you feel like the tree has male or female energy? Why did you pick that tree? Close your eyes and see what comes into your awareness. Notice colors, shapes, thoughts and ideas and write down your experiences.



WHAT COMES INTO YOUR AWARENESS

go higher

Day **Three** **AIR**

Go for a walk or hike in nature. Notice the flowers, feel the breeze on your face.

If you can, pick a route that will allow you to go up a bit higher to get a little perspective. Pick a spot that you can sit quietly and ask if there are any messages for you. Make notes in your journal.



MESSAGES FOR YOU

get in

Day **Four** **WATER**

Find a lake, river, pond, or creek and get in if you can. Feel the sensation of the water touching your skin. Feel yourself merge with the water as if you are liquid.

Write down your thoughts or any messages you receive (after getting out of the water, of course!)

THOUGHTS & MESSAGES



ceremony

Day **Five** CEREMONIAL FIRE

Build a fire – this can be as small as a candle in your living room or a large bonfire in your yard. Set your intention for this to be a ceremonial fire for the time that you are in ritual.

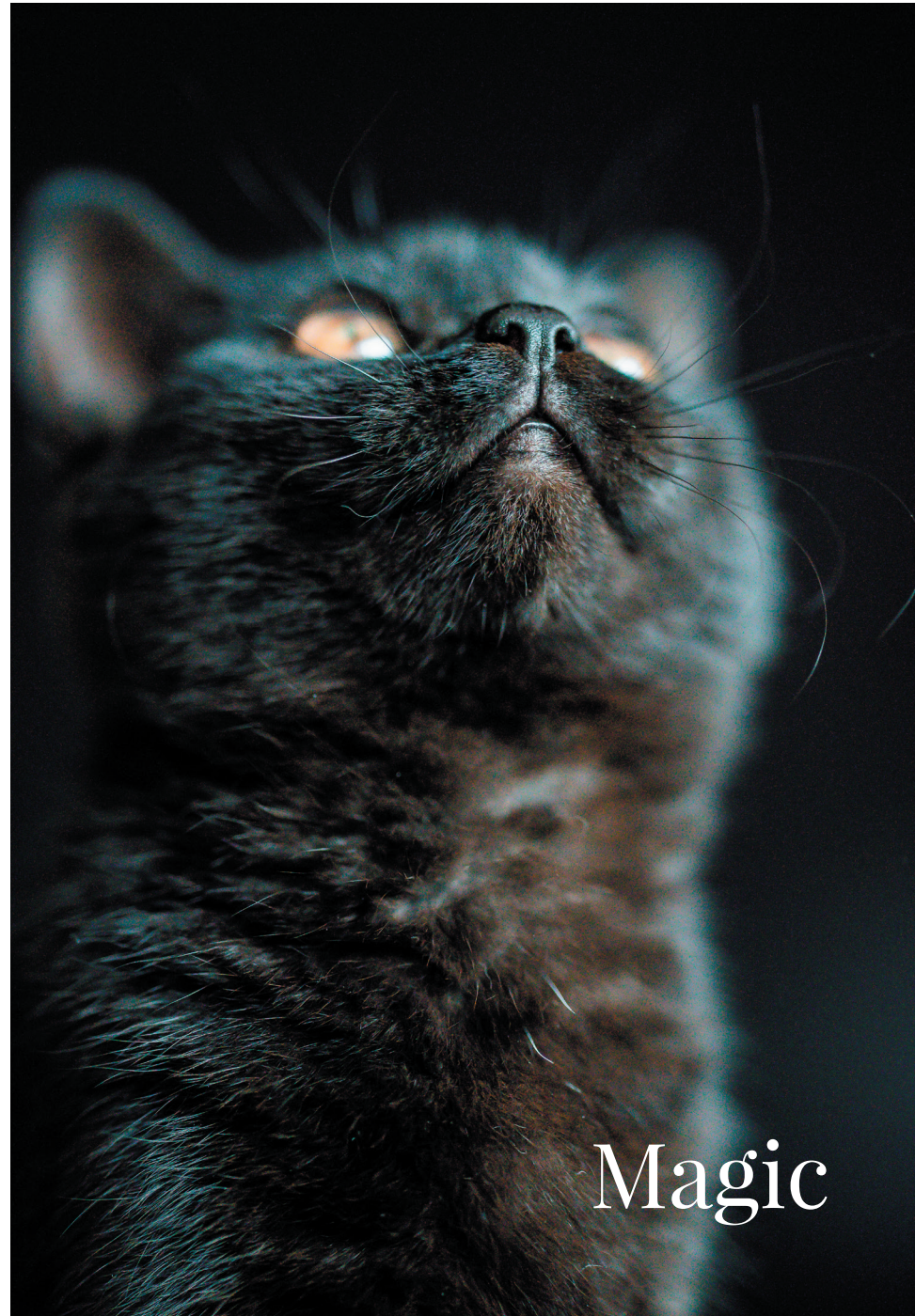
Call in your helping spirits and give an offering to the fire (sage, flowers, tobacco, whatever you feel intuitively guided to do).

Review Quietly review your notes and messages from the past four days and add any additional thoughts. Then, burn them in the

fire to release the past season and move into the energy of summer.

Thank the helping spirits and release them from the ceremony to close the ritual.





Magic

MIDSUMMER MAGIC

The bright night on Summer solstice comes with mystery and magic. We can imagine fairies dancing in the morning dew, and the forest is filled with life even at night. Be mindful and caring with their presence.

FLOWER MAGIC

Creating flower wreaths and placing flowers under the pillow to dream of our true love is a tradition that is familiar to everyone in Sweden, where I live. The root of this tradition have its origin in folklore. The belief was that plants gathered this night were full of magic and vitality.

Gathering wildflowers is a beautiful way to enjoy the midsummer night. And instead of dreaming about our true love, we can dream about what we want and hope to be able to harvest during the remaining turns of the wheel of the year.

CREATE A FLOWER MANDALA

Celebrate the sun and the abundance in nature with a flower mandala. Collect flowers, petals and leaves, and start creating. As you go, release any thoughts of perfection and see if you can enjoy each moment.

NIGHTTIME RITUAL

As the night is short, light, and hopefully warm, it's a perfect time for nighttime rituals outside.

At Litha we can focus on the powerful energies of the sun. As nature is growing and expanding it's also a great time to expand our own ideas and desires.





The wheel of the year

Winter, spring, summer and fall - seasons we all know but not always think of as a guide that can create rhythm, energy and a balance to life.

If we add four midpoints between the solstices and equinoxes, we get the Wheel of the Year. Eight opportunities to pay attention to the changes of the seasons, the rhythm and shifts in nature, and a beginning to feel them within ourselves.

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NORTHERN HEMISPHERE

SAMHAIN	October 31–November 1
WINTER SOLSTICE YULE	December 21/22
IMBOLC	February 2
SPRING EQUINOX OSTARA	March 19/22
BELTANE	May 1
SUMMER SOLSTICE LITHA	June 20/22
LAMMAS	August 1
AUTUMNAL EQUINOX MABON	September 22/23

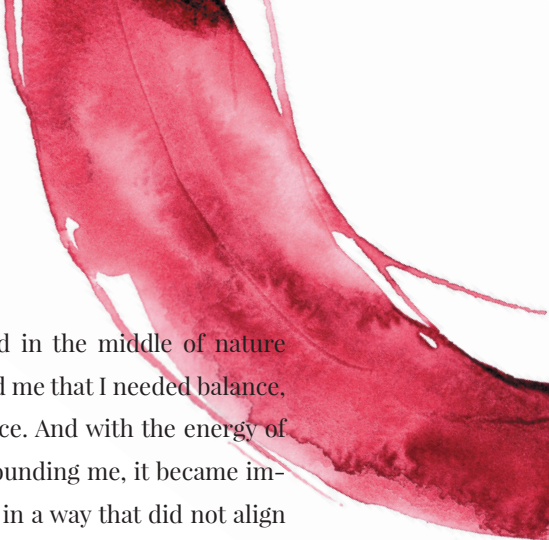
SOUTHERN HEMISPHERE

SAMHAIN	April 30– May 1
WINTER SOLSTICE YULE	June 20/21
IMBOLC	August 1
SPRING EQUINOX OSTARA	September 21/22
BELTANE	November 1
SUMMER SOLSTICE LITHA	December 20/23
LAMMAS	February 1/2
AUTUMN EQUINOX MABON	March 20/21

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ILLUSTRATIONS: ANNA LINDER



It was not until I lived in the middle of nature that my body reminded me that I needed balance, deep recovering balance. And with the energy of Summer Solstice surrounding me, it became impossible for me to live in a way that did not align with the whispers of nature.

Over the years, I have, step by step, gained knowledge on how I am affected by the changes of the season, when my energy is high or low, when I feel powerful and strong and when I need to take care of myself.

This guide is my attempt to get you started on finding your rhythm.



ANNA LINDER
VISUAL POET & CREATRIX
ANNALINDER.COM

