



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.

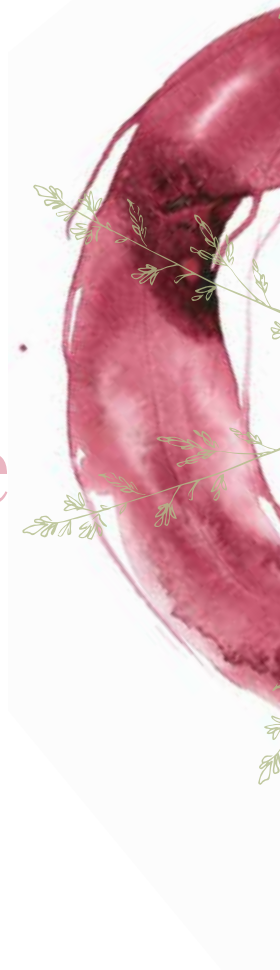
I think that nature and the changes of the seasons serve as the best guide. With more knowledge about and staying closer to Mother Earth and the rhythm of nature, I am convinced

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





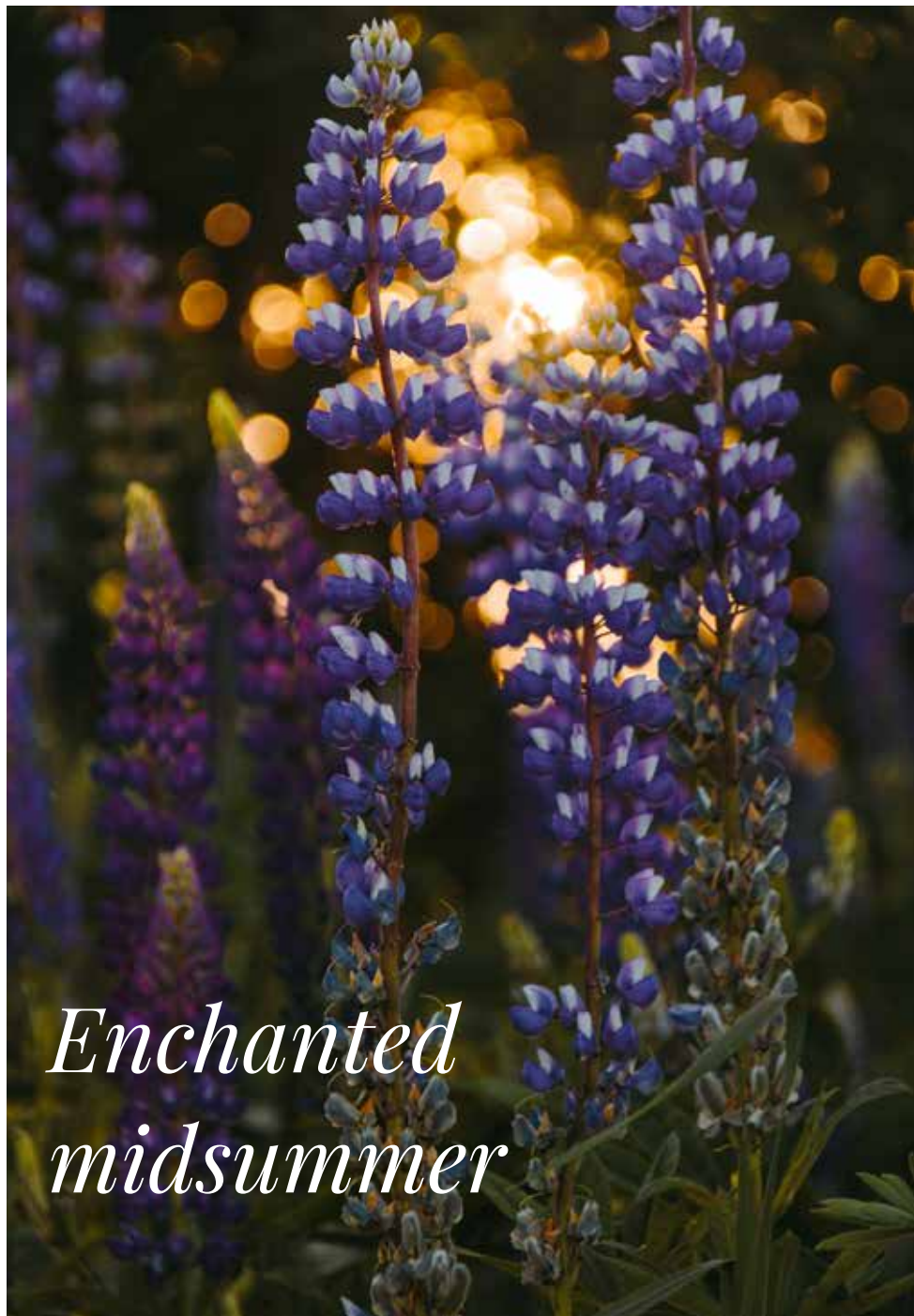
LITHA SEASON

Possibility & challenge

Summer Solstice, Litha or Midsummer, a season with many names, all reminding us that the light is at its full strength and potency. A season that can feel challenging or filled with possibility, or both.

It's a time of the year surrounded by a lot of buzz, and expectations. As a swede, I am brought up with very specific ways of doing Midsummer and all the traditions it *should* include.

I would love if this season lets you shine a light on how you feel, be and see this part in the wheel of the year – regardless of others expectations. That step, can in itself, be both a challenge and a possibility.



*Enchanted
midsummer*

MIDSUMMER MAGIC

The bright night of 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 familiar to everyone in Sweden, where I live. The root of this tradition has its origin in folklore. The belief was that the 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 rituals outdoors.

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





Self-compassion

Hmm... did I just make you cringe? Or was the first thought - no, no and another no "ain't gonna do it".

I know, self-compassion can feel like a positivity movement gone over-board. But think again - how does your inner dialogue sound?

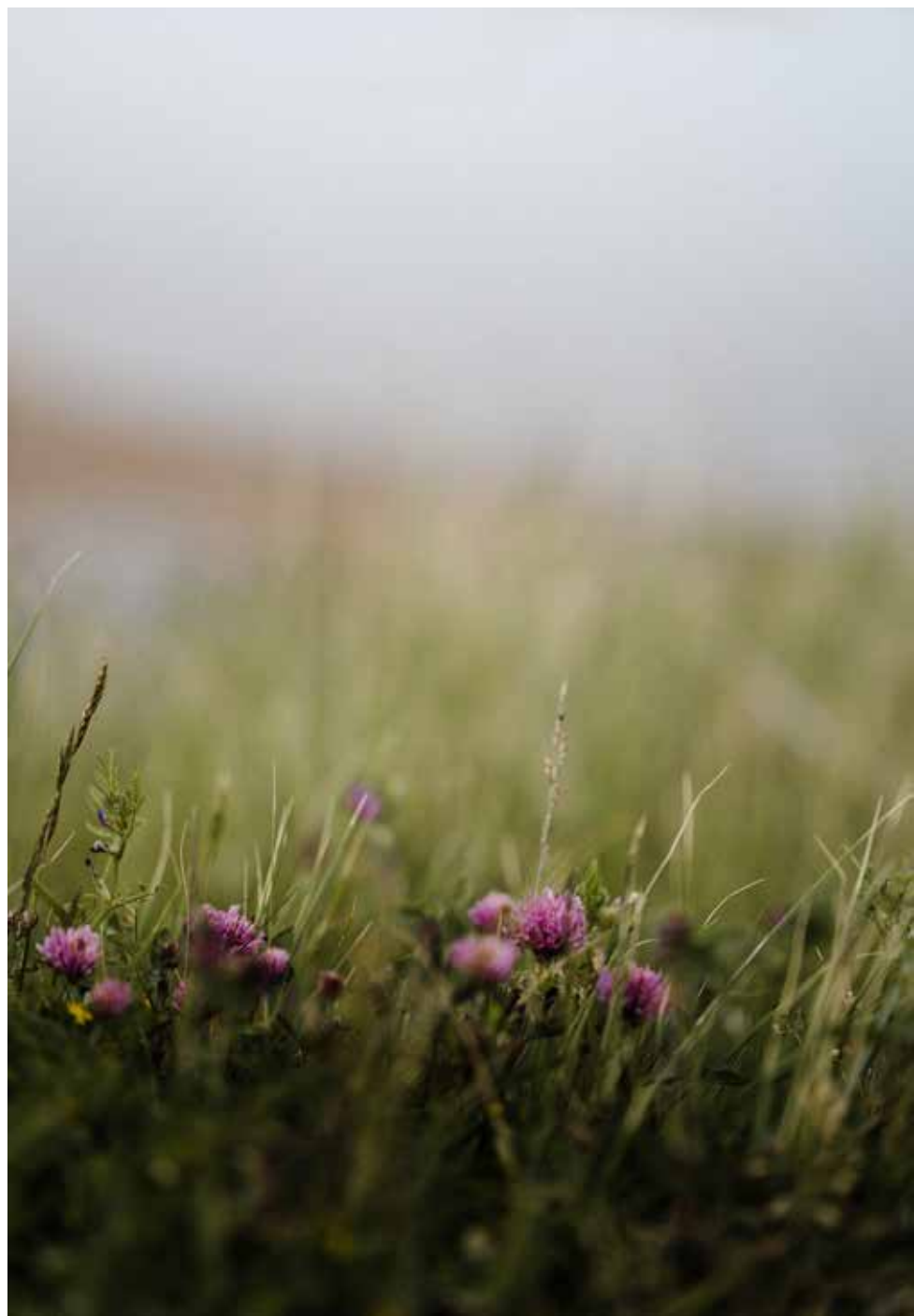
When we clear our inner dialogue from judgement, comparison and shame - we allow our own voice to be heard. And, we can begin to navigate from a place of compassion - instead of a constant hustle to convince, compare and compete.

When we tend to ourselves with more compassion and kindness, we tend to everyone and everything around us with a sense of responsibility, curiosity and empathy.

HOW DO YOU FEEL ABOUT SELF-COMPASSION? AND WHY?

PERSONALLY

Self-compassion is something I fall in and out of, I have a hard time to stop and actually witness what is going on in my head. "What's the point?" is usually the obstacle i create, because when I listen to myself it can be both painful and shameful. When I take care of myself, with kindness and compassion, I notice that my overthinking decreases and I can express myself more clearly and truer.



Explore

What does nature look like where you are? What is going on in your surroundings at this time of the year? What are in full bloom? What is still waiting to come alive? How does the wind feel against your skin?

You don't need access to deep forests, unbroken views or even a garden to explore the rhythm of nature. Just step outside and notice how the air feels and affects you.

Paying attention to the changes is another way to begin approaching the rhythm of nature.

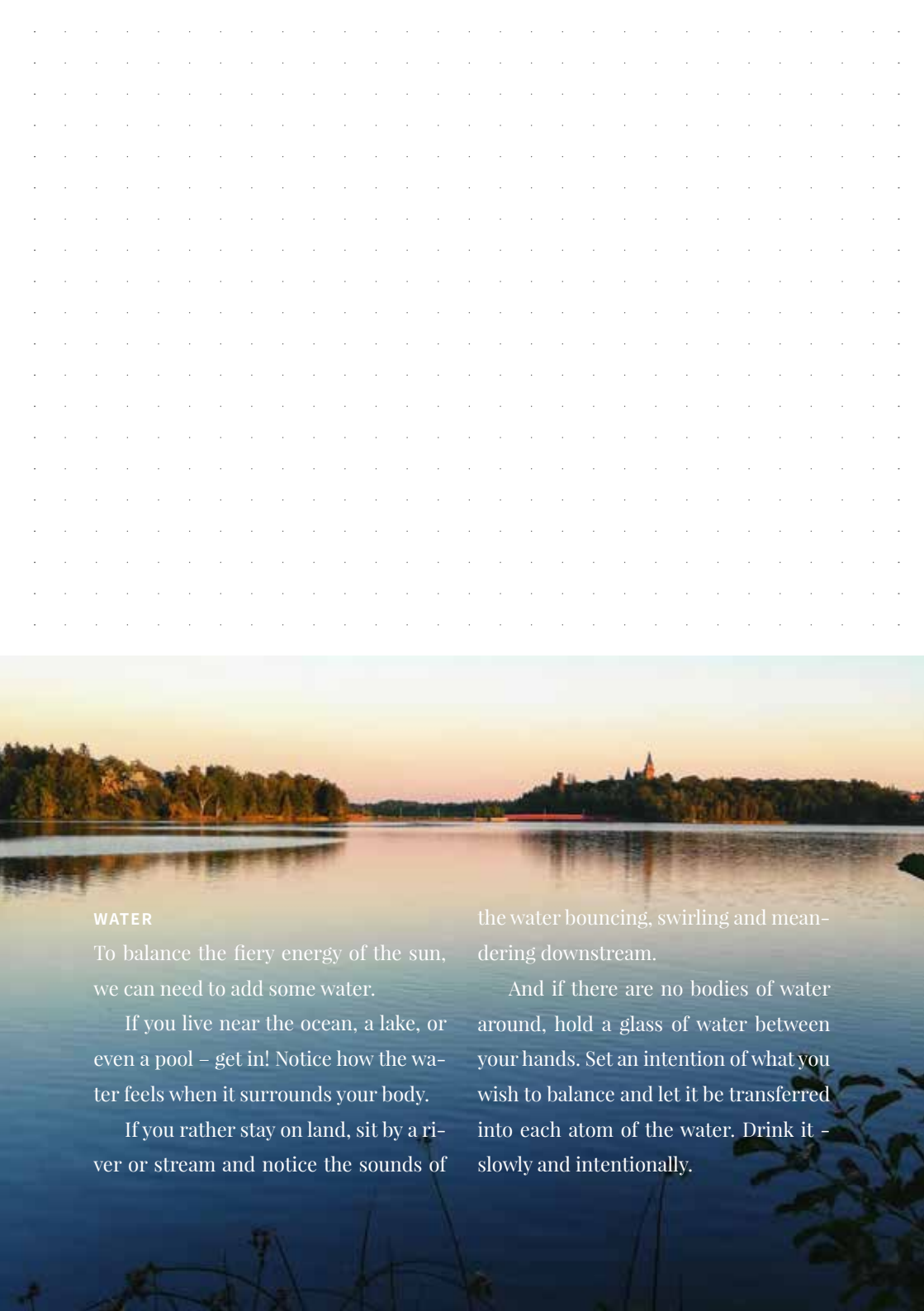
If possible, find a tree, some shrubs or a small park that you see more or less on a daily basis and notice the shifts and changes.

Add all senses, the scent of the earth, the colours and how the ground feels beneath your feet.

What signals do you get? How does the energy feel? And does it affect you?

THE CHANGING SEASONS AND SHIFTS IN NATURE AFFECT US ALL BUT IN DIFFERENT WAYS.

HOW DO YOU EXPERIENCE THIS TIME OF THE YEAR? HOW DO YOU ACT AND REACT?



WATER

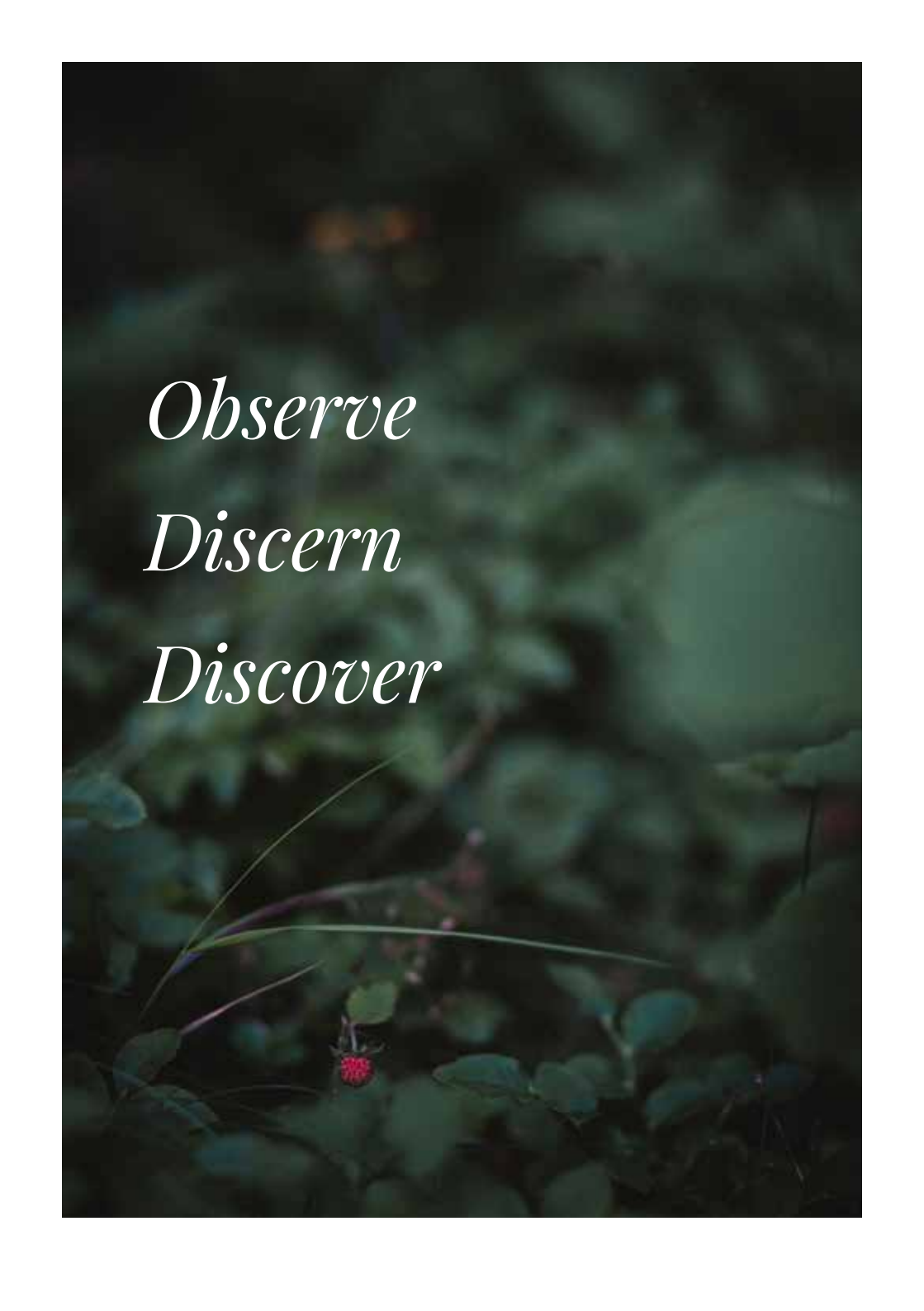
To balance the fiery energy of the sun, we can need to add some water.

If you live near the ocean, a lake, or even a pool – get in! Notice how the water feels when it surrounds your body.

If you rather stay on land, sit by a river or stream and notice the sounds of

the water bouncing, swirling and meandering downstream.

And if there are no bodies of water around, hold a glass of water between your hands. Set an intention of what you wish to balance and let it be transferred into each atom of the water. Drink it – slowly and intentionally.

A dark, moody photograph of a forest floor. The background is filled with out-of-focus green foliage. In the lower-left foreground, a single, small, bright red berry is visible on a thin stem. The overall lighting is low, creating a sense of mystery and depth.

Observe
Discern
Discover

OBSERVE, DISCERN & DISCOVER

Nowadays it almost feels natural to focus on what is going on around us and outside us. The updates on social media and news can hold us in a constant state of following, chasing, and looking for outer advice or approval. And other's truths and actions flood our own trust and values.

And frankly – it feels difficult to not look for an answer before checking in with ourselves.

As every garden needs weeding - so do our outer and inner landscape.

Use the energy of this season to create momentum, direction and perspectives, with a foundation coming from how you want to be, feel and operate in your life.

Start with observing the balance of your inner and outer sources of guidance. What appears can feel uncomfortable and maybe even scary - so take your time.

There is no one right way to do this and if you have your own process, stick with it.

If not, the following pages invite you to explore, ponder and discern.

Create your way.

Do it at your pace.

And only if you want to.

WHAT DO YOU HEAR WHEN YOU LISTEN TO THE INITIAL INNER CHATTER?

CAN YOU LET GO BEYOND THE FIRST CHATTER? WHAT DO YOU HEAR?

Observe

HOW WOULD YOU DESCRIBE YOUR INNER DIALOGUE? DOES IT HAVE A TONE, CREATE A FEELING, SOUND LIKE SOMEONE YOU KNOW?

ARE YOU PUSHING SOME THOUGHTS TO THE SIDE-LINE? OVER AND OVER AGAIN? WHY?

Observe

IS YOUR INNER VOICE LIFTING YOU UP? HOW? AND IF NOT, WHY?

CAN YOU IDENTIFY THOUGHTS THAT COME FROM YOURSELF, AND THE ONES ORIGINATING FROM SOMEONE ELSE?

Discern

ARE THERE ANY CLASHES BETWEEN WHAT YOU ARE THINKING AND HOW YOU ACT?

WHAT THOUGHTS FEEL BURIED OR FORGOTTEN? IS IT TIME TO BRING THEM INTO THE LIGHT?

Discern

IF NO ONE IS JUDGING, WATCHING OR COMPARING YOU, WHAT DOES YOUR INNER VOICE TELL YOU?

DO YOU SEE YOURSELF DIFFERENTLY WHEN YOU'RE BY YOURSELF? COMPARED TO WHAT YOU THINK ABOUT YOURSELF WHEN YOU ARE AROUND PEOPLE? WHAT DIFFERS?

Discover

WHAT THOUGHTS DO YOU NEED TO STOP FORCING OR HAVE MORE PATIENCE WITH?

**WHEN DO YOU FEEL GREAT ABOUT YOURSELF? AND CAN YOU NOTICE WHAT CREATES
THOSE FEELINGS?**

Discover

A close-up, low-angle photograph of a dark-furred cat, possibly a black or dark brown breed, looking upwards. The cat's eyes are glowing with a bright orange or amber light, creating a magical or ethereal atmosphere. The background is solid black, which makes the cat's fur and glowing eyes stand out prominently. The lighting is dramatic, highlighting the texture of the cat's fur and the shape of its nose and whiskers.

Magic

THE SPIRAL & CYCLICAL LIVING

As a symbol of the sun and a common shape in nature, the spiral stands in the centre of cyclical living. It can be a symbol of slowly revealing things that are hidden at its core. And it can show us a intentional way of expansion and evolution.

JOURNEY THROUGH THE SPIRAL

The centre of the spiral symbolizes winter solstice, the darkest time of the year. As we spiral outward towards the light, through Imbolc, Ostara and Beltane, the days grow lighter and longer until we reach the very edge - Litha or Summer Solstice. Here the sun stands still before moving us back inward.

Travelling through Lammas, Mabon, Samhain, and the darker days. Returning to the centre, at winter solstice and Midwinter, we pause and rest, before we spiral back outward again.

DEATH AND REBIRTH

The spiralling is also cycles of death and re-birth, change, learning and re-learning. Every cycle comes with new insights, situations, challenges and possibilities.

WALK, MAKE AND CREATE YOUR OWN RITUAL

Right now, at the very edge of the spiral, is a perfect time to reflect on what the journey toward this point has brought. And also what we wish for the journey back inwards.

Create your own spiral of nature materials that are abundant where you live. If you want to walk a spiral, gather material from the ground, cones or stones work perfectly. You can also go on an adventure and look for spirals in your surroundings, they are as common in nature as in architecture.

And if you can't find one - you have one at your fingertips.





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.

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

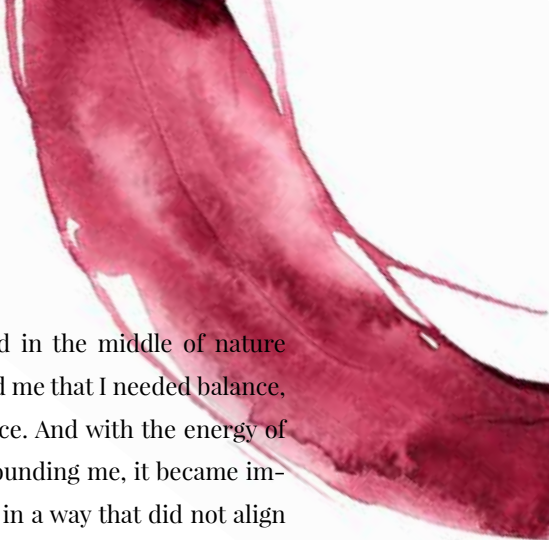
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PHOTO P 2 & BACK: DANIEL STRANDROTH

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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.



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