

Solstice Greetings

from Sandra Ingerman

Hi everyone!

Although I did end the Transmutation News, from time to time I still would like to share wisdom and inspiration.

I always share how much energy I have in fall and winter and that these are times for me to be out in the world. But I am feeling this year a real draw into hibernation.

On the solstice we move into winter or summer depending on if you live in the Northern or Southern Hemisphere, and these are powerful times to do the inner work required for walking with grace through 2026. You can see and experience for yourself that the collective is deepening into division and all that goes with that. And I feel we will greet new challenges in the New Year as well as new opportunities for growth and rising above the crumbling collective.

The guidance my body is giving me is to hibernate this winter.

This is a time to rest and build reserves—to cultivate resilience and strength so I can move through the coming changes with grace and ease. And you might want to do the same.

In the fall, plants and trees release what needs to be returned to the Earth, trusting that the inner fire burning within her during winter will gestate new life, ready to emerge in the spring.

Perform your ceremonies to express your heartfelt gratitude for all the elements Earth, Sea, Wind, Fire, the Sun, the Moon, the stars, the Universe, Time, Source,

the Divine Mother, for they are guiding us every day. Honor yourself with doing things that feel like you are setting boundaries and taking care of yourself. Perform releasing and dreaming ceremonies. Cleanse daily with incense or flower waters. Light a candle each day and gaze into it for direction. Do the practices you have learned over time that nurture and heal you preparing for new growth in the spring. Read books that inspire you.

And in the Southern Hemisphere where life is flourishing, play and rest during this time of reaping harvests. Nourish yourself, spend time alone in nature, and find ways to nurture resilience and strength for the coming year. And perform the practices I shared above for the winter. These practices are to open us up for deep inner work.

You don't have to crumble with the collective. We are moving into a time when you can move into your full strength but get the rest you need to do this.

Remember, you have the support of an international community focused on rising above the collective. When rested, we have the power to create positive changes. We can't do this if we are burned out. Don't get burned out during this time. Rest and nurture yourself on all levels.

I wish you all a beautiful solstice. And I will certainly be providing guidance through 2026.

And remember to continue Creating a Human Web of Light on the full moon.

Sending much love and blessings!

Sandra

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