

A SOLSTICE CYCLE in Review

As someone who follows the seasons as her guide, I have climbed off the bus of the modern tradition of setting new years goals according to the Gregorian calendar. However the calendar new year is 10ish days shy of the **Winter Solstice**, and with the return of the light (or descent, depending on your hemisphere) an ancestral hum is begging to be listened to, guiding us to remember that, seasonally, this has always been a time of both **integration and intention setting**.

In North America, where I currently live, it is hard to come by a sunny day in the grey winters and we are tangibly ushered into the darkness to pay attention to our inner world, and yet I am South African born and raised and so for those Southern Hemisphere folk reading this, I know that this is the **time of your blossoming**.

Whichever hemisphere you live in, these **solstice to solstice writing prompts** are here to support you in reflection for each period; a writing ritual that can cultivate a sense of presence, gratitude and aligned action.

At the time of writing we are exiting the Chinese astrological year of the **Earth Snake** and in just six weeks we will enter into the year of the **Fire Horse**, which I am affectionately dubbing '**Phoenix Horse**'.

Perhaps you too feel the palpable excitement that all you've shed and let burn (willingly or unwillingly) in this past year has unequivocally left you with **rich ashes and soil from which to rise into the new version of you**. So let us begin.....

Start here

All life is cyclical, and when we turn to nature, the cycles are the most apparent – seed to root and blossom to rot. Such is our daily human life as depicted by Joanna Macy's 'Spiral' which uses gratitude as a basis and what I call the 'basket' which can hold your grief, create space for integration and allow you to generate perspective before taking action.

**SO: Right now, right here – what are you grateful for?
(Write them down here! I've left space for you to doodle 😊)**

*Mostly, what washes up at the beach
isn't whole,
though our eyes are peeled for the perfect
form of, say, a perfume bottle, or an old
coin, or a message from the dead.*

*Instead, what reveals itself as the tide pulls
back is a sea of uncertainty, cryptic shards
with the vaguest clues whose answers are
scattered in places likely too far from here.*

*We will never retrieve them, not in the way
our mind craves assembly.*

*But look how, against the late season light,
a filmy beauty descends, nearly silencing
the clamor of what pulls at our sleeves to
solve.*

*What if we could let ourselves rest for a
little while in this halo of I don't know, feel
its soft touch against our urgent skin.*

*What if the thing in our hands, and every
fractured remainder, is its own answer.
What if leaning into the wobbly shapes of
our lives is another kind of sweetness and
gold*

-Maya Stein

Reflection:

Taking in the view of your last Solstice Cycle

Winter, Spring + Summer + Summer, Autumn + Winter

For each event, write down a core sensation associated with each
eg: grief, peace, joy, etc. ([Open this link](#) for more emotional states
and the *'Map of Consciousness'*)

What are some things you've learnt to love about yourself from these life experiences? (*Remember the gratitude basket!*)

eg: ***Moving locations : my curiosity***

What are some things you've learnt to take accountability / responsibility for (or 'lessons learned') from these life experiences?

eg: ***Reactive responses to loved ones: regulating my nervous system before responding***

Optional Extension of the inquiries above:

What have you grieved and lost?

What are you willing willing to let go of?

What do you want to let into your life?

Perspective: time to sum up your gifts and lessons in a playful way!

First, some story-time context:

Over the Summer of 2025 I willingly chose to leave my community of seven years, close a partnership of three years and go all in on my solopreneur creative venture. Yup I know. Catalytic! Maybe you've been here before? I call it the 'triple threat' change (home, relationships, career).

I chose this as my way to reorient to *myself*. It was challenging, grief laden and exceptionally confronting – and most of all, *necessary*. Our overly connected world breeds surreptitious conformity that can obscure your individual essence, talents and gifts – and so it is necessary to 'take space' to generate perspective. However, you'll be happy to know that creating a 'triple threat' life bonfire is not a requirement to do so and this practice can also be done more subtly. 😊

I acknowledge that it is a privilege to have been able to make these changes through *choice*. Altering your perspective and making daily transformations within the frameworks of your *current* life environment allows you to benefit from the scaffolding of those that love and know you – you do not need to be entirely alone to find your way again.

And so, in my quest, I created the '**Non Negotiables for Life**' exercise, something that can be applied in any life context. Simply put, it is a '**Hell Yes**' and '**Nope**' list, a place to write down your triggers (nopes) and glimmers (hell yes's) throughout the seasons – a true practice in *personal discernment*. And ultimately, personal (and thereby, collective!) liberation. **See the table with an example on the next page.**

Hell Yes!

Eg: Sunsets!

Nope

Eg: Being overly agreeable

Moving Forward into the New Cycle

Now that your pens are warmed up (they should practically be inky furnaces at this point) let's go into **poetic review**. You don't need to be a 'writer' to do this exercise, the prompts are cues and there to guide you.

This is an exercise to soften the edges of your learnings and celebrations and to prepare for forward movement in your life.

I give honour to the (now popularised) Hawaiian traditional practice of the Ho'oponopono, an active practice or prayer to 'set things right'. I thank the knowledge keepers that introduced this to me personally and brought its ancient wisdom to a thirsty world.

Use the sentence prompts below and take as much time as you need to write as much as necessary. Let your heart speak, this is not for anyone else but you:

To this season of my life I am sorry for/to....

To this season of my life please forgive me for....

To this season of my life I thank you for....

To this season of my life I love you....

The Most Important Thing

Julia Fehrenbacher

*I am making a home inside myself. A shelter
of kindness where everything
is forgiven, everything allowed—a quiet patch
of sunlight to stretch out without hurry,
where all that has been banished
and buried is welcomed, spoken, listened to—
released.*

A fiercely friendly place I can claim as my very own.

*I am throwing arms open
to the whole of myself—especially the fearful,
fault-finding, falling apart, unfinished parts, knowing
every seed and weed, every drop
of rain, has made the soil richer.*

*I will light a candle, pour a hot cup of tea, gather
around the warmth of my own blazing fire. I will howl
if I want to, knowing this flame can burn through
any perceived problem, any prescribed
perfectionism,
any lying limitation, every heavy thing.*

*I am making a home inside myself
where grace blooms in grand and glorious
abundance, a shelter of kindness that grows
all the truest things.*

*I whisper hallelujah to the friendly
sky. Watch now as I burst into blossom.*

Your Personal Invitation

*Thank you for inviting yourself into a seasonal review.
One that speaks to the ancient rhythms of our planet, a
quietly revolutionary act that brings us each back into
connection with a more 'natural' way of being.*

May the road rise up to meet you



You are invited to join us in the
Medicine Poetry Community

*A collective space designed to equip you with skills to
enhance your creative writing , poetry and other forms
of expression (eg: music, dance, painting...) and to
prepare you for bringing your gifts into the world,
whether it's online, on stage or in the form of a
published book.*

Enrollment is ongoing and we follow **season-based
themes.**

**Visit www.farratheresa.com for more info on how to
enroll or DM me directly on instagram @farrahtheresa**