



Summer Solstice 2025



Themes:

Fire - igniting our inner fire - what lights us up; expansion; personal power; passion; purpose.

Ritual:

Prepare your altar with items that reflect the seasonal colours. Light a candle. Yellow is associated with your Solar Plexus, site of your personal power and sovereignty. Watch a sunrise & spend time in nature.

Music:

Summer Solstice Playlist [here](#).



Summer Solstice - 21st June ~ Midsummers Day - 24th June

Herbs: Rosemary, Marigold, Calendula, St. John's Wort

Flowers: Roses, Sunflowers

Colours: Gold, Red, Orange, Yellow

Journal prompt: Use this sun to write all that you wish for the second half of the year; how are you being called to step into your full power and shine brightly?

Affirmation: "I say yes to the opportunities coming my way"



Aine - Celtic Sun Goddess (Canva)

Prayer to Áine

Áine, radiant one,
I call upon you, goddess of
the sun.
Your golden light fills the
sky,
Bathes the land, and bids
us rise.
I seek your warmth and
your embrace,
To find strength in your
golden grace.
Bless me with your
sovereignty,
And grant me abundance,
for all to see.
May your light guide my
path,
And protect me from harm
and wrath.
Áine, I thank you for your
presence,
May your light shine on,
forever, my essence.