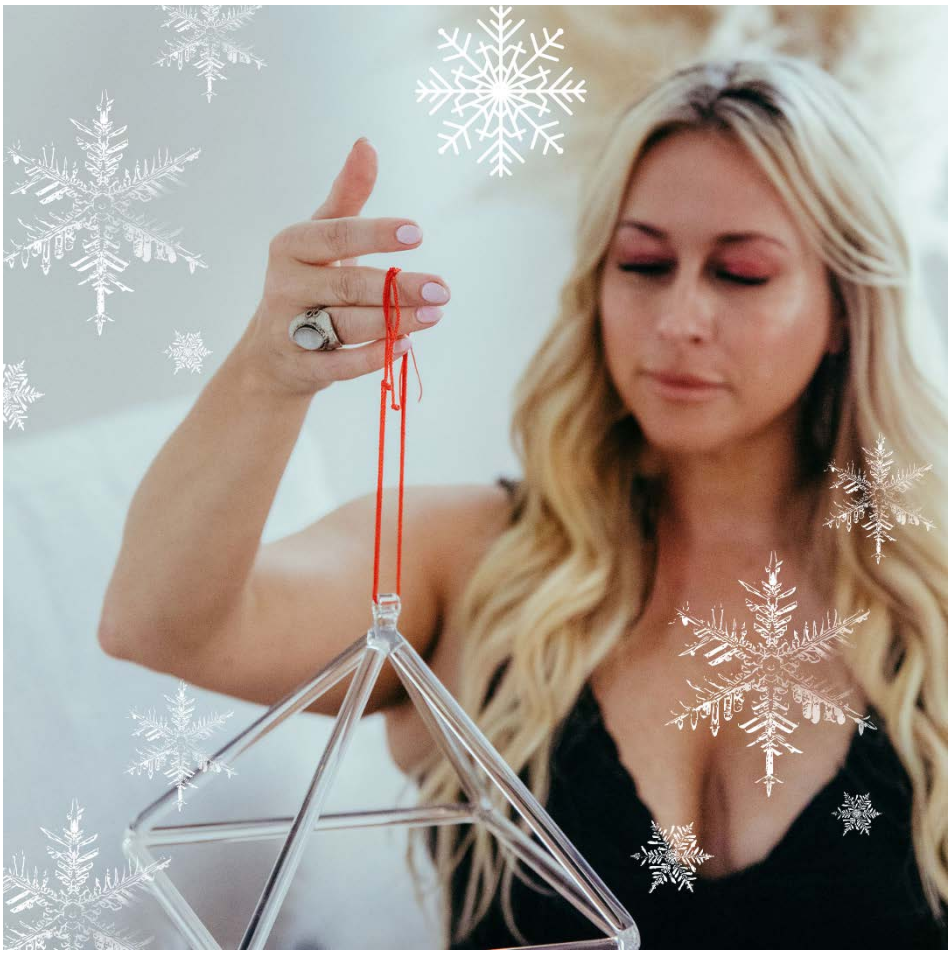
2026 EDITION

WINTER SOLSTICE
Holding Yourself in Reverence

Ritual & Healing

Divine Guide

WITH JESSICA VALOR



Winter Solstice



The longest night of the year invites us to slow down long enough to hear what our souls have been saying beneath the noise. In the stillness of the Winter Solstice, there's room to honor what this year has asked of you, celebrate who you've become, and feel into what you're ready to carry forward.

I think of the Solstice as a cosmic reset portal. As the light begins its return, you get to choose what you want to tend in yourself, what you're ready to lay down, and how you want to feel as you step into 2027.

As you move through this guide, take your time. Make something warm to drink and let your own rhythm lead. Begin with this question.

What would it look like to enter this next chapter feeling nourished, supported, and fully myself?

ALCHEMY & THE RETURN OF THE LIGHT

Let these three steps guide your Solstice ceremony.

1. Listen to what's here

Take a few slow breaths and call your energy home to yourself. Ask your Higher Self and benevolent guides to support you as you listen. What feels complete? Who are you proud of becoming? What is quietly asking for your attention now?

2. Make room for what's next

Turn to Shed the Shadows section and give a old pattern, story, or feeling a safe place on the page to be released. Notice what it may have helped you protect. Ask yourself what would feel more loving and supportive now.

3. Choose what you'll tend

Write your Sacred Vows and bring one to your Ritual Grid. Imagine an ordinary day in the season ahead. Where would you hear that vow in the way you speak to yourself? What small choice would help you live it?



Explore Sacred Season Offerings

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SHED THE Shadows

Use the space that follows to write, draw, or gather images that express what you're ready to release. One page may feel complete, or you may want a few. Let what comes forward have the space it needs.

Ask your Higher Self and benevolent guides to surround you with love and compassion. If you feel called, invite Archangel Michael to stand with you as you release what you're ready to lay down.

Ask yourself: What has this pattern helped me protect? What am I ready to do differently now?

When you feel complete, you can tear up your pages or close with your own fire ritual if you have a safe place for it. Take a breath and notice how you want to care for yourself in the space that opens.

DECLARATION

I honor the part of me that learned to carry this. Thank you for showing me what needed my love and attention. I release what I'm ready to lay down, and I call my energy and power back home to myself. I choose to meet this next season with compassion, clarity, and devotion to what is true for me.

RESET · REPEAT THREE TIMES

I release this shadow with unconditional love. I embody my Divine power. I am the light, I am the love, I am the way.



Musings From Your Soul

Follow the question that stirs something in you.

What is calling to be forgiven, surrendered, or laid down?

What brings me pleasure in everyday life? How can I make room for it?

How will I hold myself in reverence on the days I need it most?

What am I ready to reclaim? How do I want it to feel in the season ahead?

SACRED VOWS TO MYSELF

What am I ready to go all in on in this next chapter?

What boundary, practice, or support would help me live that vow?

When life gets full, how will I return to what I've promised myself?

Begin with "I vow to…" or "In this season, I choose…"

HOW TO USE YOUR WINTER SOLSTICE RITUAL GRID

Let your grid hold the vow you want to live this season.

1. Choose a place for your grid

Set it on your altar, tuck it into your journal, or put it on your fridge where you'll see it often.

2. Begin at the center

Write your name. Take a breath with the words "I embody my Divine power." Choose a Sacred Vow for your grid to hold.

3. Work with the directions

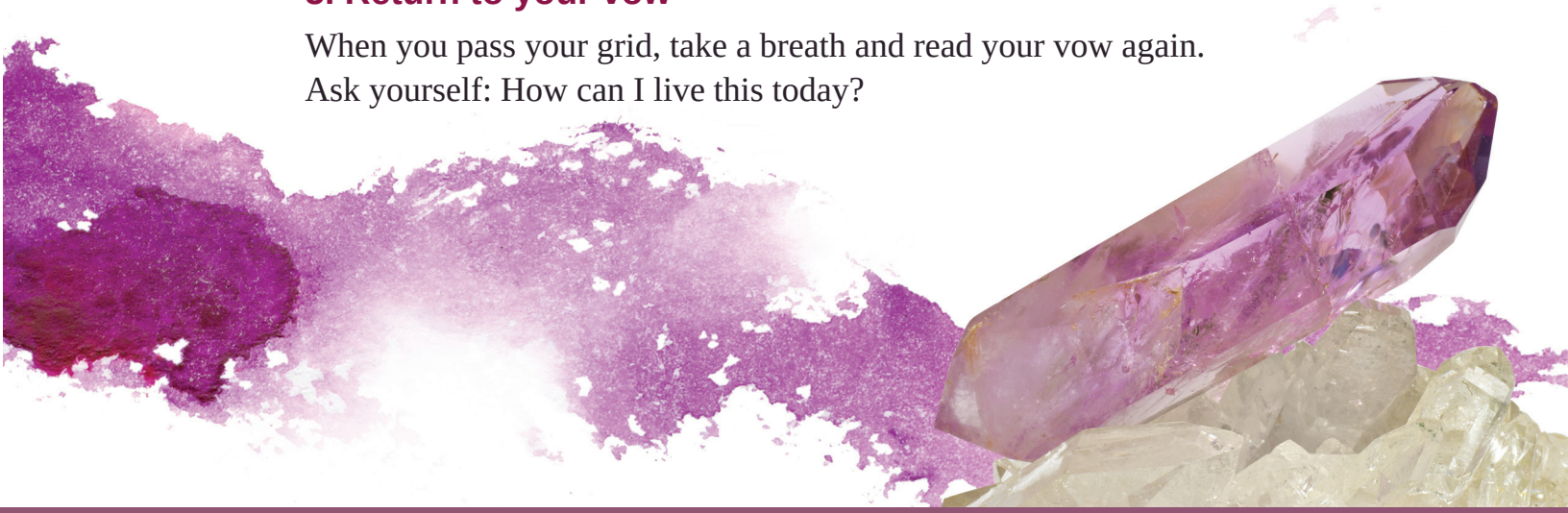
Begin wherever you feel drawn. Call on Uriel in the North for Earth and illumination, Raphael in the East for Air and healing, Michael in the South for Fire, protection, and strength, and Gabriel in the West for Water, creation, and flow.

4. Make it personal

Add a flower, crystal, drawing, photograph, or a love note from your Future Self. Give each piece a meaning as you place it.

5. Return to your vow

When you pass your grid, take a breath and read your vow again. Ask yourself: How can I live this today?



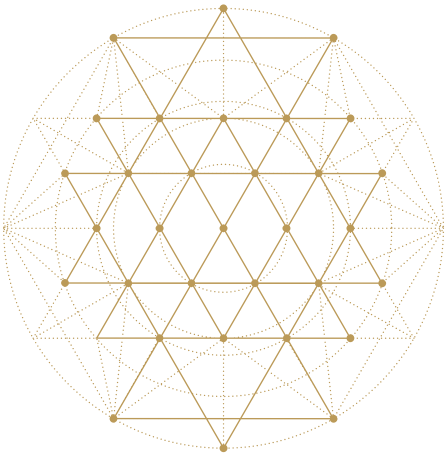
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Winter Solstice Ritual Grid



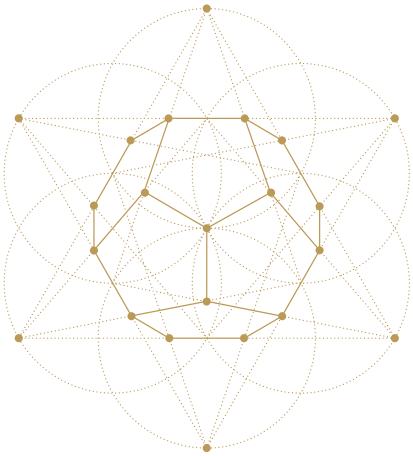
EMBODY YOUR DIVINE POWER



N-EARTH

Uriel

LIGHT OF GOD



Name

I EMBODY MY
DIVINE POWER

W-WATER

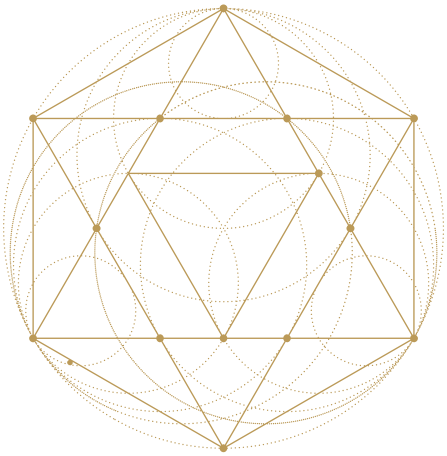
Gabriel

CREATION & FLOW

E-AIR

Raphael

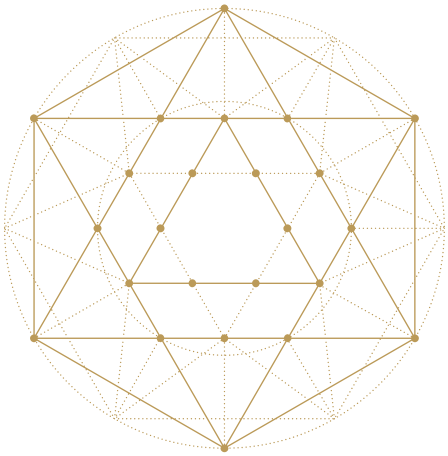
HEALING



S-FIRE

Michael

PROTECTION,
GROUNDING
& STRENGTH



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Card Reading

CARD 1

What is being illuminated for me at this Solstice?

CARD 2

What am I ready to release & reclaim?

CARD 3

What will help me embody my Sacred Vows in the season ahead?

THANK YOU FOR

Saying Yes to You

ABOUT YOUR GUIDE



Jessica Valor is a Visionary Healer, Mentor, Author, Astrologer, and Sound Alchemist. She is the founder of The Healers Academy™, the author of Essence Oracle: The Healer's Guidebook and Oracle Cards, and the author of the forthcoming Healing is Hot: The Honey Era.

For over two decades, Jessica has guided women, leaders, and organizations in intuitive development, conscious leadership, sound medicine, and personal transformation. Her work helps people awaken their gifts, trust their inner knowing, and live with greater purpose, pleasure, and devotion.

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Step into your Honey Era with support for your healing, your becoming, and the life you're ready to fully live.

Honey Era Mentorship

High-touch transformational coaching to heal old patterns and live more fully expressed.

Year-Ahead AstroMap

A personalized astrology map and an integration session for the year ahead (your next 12 months.)

Thrive Mentorship

A year-long container of astrology, coaching, healing, guidance + accountability to support the life you're here to create.