

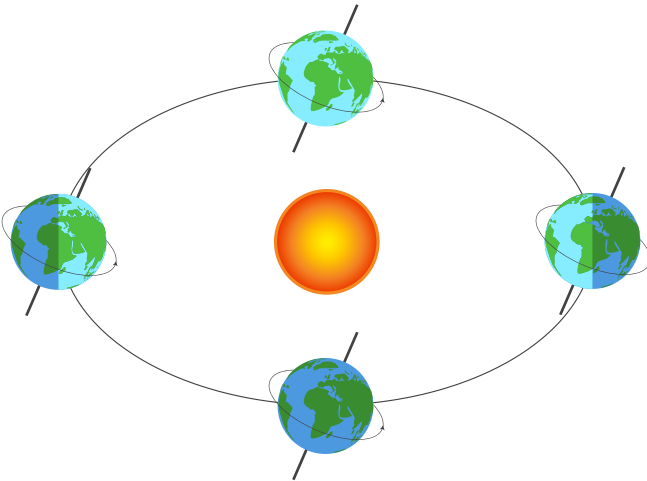
STANDING STILL IN THE LIGHT

A Reflection for the Summer Solstice



Welcome to the Summer / Soulstice !

Each year around June 20 or 21, the Earth reaches a powerful pause in its orbit—the **Summer Solstice**. It's the moment when the Northern Hemisphere tilts closest to the Sun, resulting in the longest day and shortest night of the year. The word solstice comes from the Latin solstitium, meaning “sun standing still.” For several days, the Sun’s arc across the sky appears to stall at its peak, bathing the Earth in extended daylight.



From ancient stone circles to modern sunrise rituals, humans have long honored this time as sacred—a seasonal threshold where outer light reaches its peak and invites us to do the same within.

*As the Sun stands still, so too may we pause and notice
what is illuminated within us.*

YOUR INNER SOULSTICE

The Summer Solstice is a natural moment to reflect on where light is showing up in your life. Just as the Sun pauses high in the sky, you too are invited to pause, honor your growth, and gather insight before the cycle subtly shifts again.

Use the prompts below as a way to realign with your soul's center—just like the Earth does with the Sun.

✨ *What is coming to full bloom in my life right now?*

✨ *Where in my life do I feel most alive, bright, or energized?*

✨ *What truth or insight is being illuminated that I can no longer ignore?*

✨ *Where do I need to pause, realign, or simply breathe?*

✨ *What do I want to carry forward into the second half of the year.*

WAYS TO MARK THE MOMENT

Honoring the solstice doesn't have to be elaborate—only intentional. Here are a few simple ways to celebrate this luminous turning point:

✨ ***Sunrise or Sunset Walk***

Greet the Sun or offer it gratitude as it dips below the horizon. Let light meet stillness.

✨ ***Candlelight Gratitude Practice***

Light a candle and write down what you're grateful for—especially the things that are “in full bloom” right now.

✨ ***Create a Nature Mandala***

Gather flowers, leaves, stones, or shells and arrange them into a circle or spiral to reflect the season's energy.

✨ ***Meditate on Balance***

The solstice is both an ending and a beginning. What dualities are present in your life—light/dark, action/rest, clarity/mystery?

📷 ***Share Your Moment:***

If you feel inspired, snap a photo of your ritual or reflection and tag me on Instagram @theinterestedreader.

I'd love to see your light!

LET THE LIGHT GUIDE YOU

Thank you for pausing with the Sun, with nature, and with your own inner rhythm. The solstice is a fleeting moment, but the awareness it brings can ripple through the rest of your year.

If you enjoyed this reflection, I'd love to stay connected.

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Until next time,
Stay curious and stay luminous.

Sarah

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