

Litha / Midsummer: The Feast of Light

June 20 - 21 | Honouring Fullness, Vitality, and the Turning of the Sun

Litha, also known as **Midsummer** or the **Summer Solstice**, marks **the longest day and shortest night** of the year in the Northern Hemisphere. It is a festival of radiance, abundance, warmth, and aliveness. Midsummer celebrates vitality at its peak while also acknowledging the truth that **the wheel has begun to turn again**. The light reaches its height, and from this point onward, the days slowly begin to shorten.

Historical & Cultural Roots

- Rooted in ancient solstice observances across **Europe**, particularly among **Celtic, Germanic, and Nordic** cultures.
 - Bonfires were lit on hillsides, near lakes, and within villages to **honour the sun, encourage protection, and bless the land and community**.
 - **Fire** symbolised **purification, vitality, creation, and the strength** of the returning light.
 - In **Scandinavian** traditions, Midsummer became one of the most beloved seasonal celebrations, marked by flower crowns, dancing, feasting, and gatherings beneath the lingering twilight.
 - In parts of **Northern Europe**, sacred wells, lakes, and midsummer dew were also associated with healing, luck, and spiritual potency.
 - Positioned opposite **Yule** on the Wheel of the Year, Litha represents the height of solar energy before the gradual return toward **darkness and inwardness**.
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Litha Ritual Ideas

- **Sunrise or Sunset Rituals:** Watch the sunrise or sunset consciously, allowing yourself to reflect on growth, gratitude, and what has come into fullness.
 - **Bonfires & Candlelight:** Light candles or a fire to honour vitality, warmth, courage, and transformation.
 - **Flower Crowns & Herbal Gathering:** Work with seasonal herbs and flowers such as mugwort, chamomile, yarrow, lavender, St John's wort, or roses.
 - **Outdoor Celebration:** Eat outdoors, spend time barefoot in nature, swim, dance, sing, or simply allow yourself to enjoy warmth and sensory presence.
 - **Solar Offerings:** Create a small altar with sun symbols, gold fabrics, flowers, citrus, honey, or herbs gathered respectfully from nature.
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Psychological & Spiritual Significance

Litha reflects fullness, expression, and conscious presence within the cycle of life.

- **Emotionally**, it supports joy, gratitude, confidence, sensuality, and the ability to inhabit life more fully. It encourages us to recognise what is already blooming instead of endlessly striving toward what is next.
 - **Psychologically**, the season aligns with behavioural expansion, creativity, embodiment, and engagement with the external world. The increased light and warmth can support energy, movement, social connection, and emotional openness.
 - **Spiritually**, Litha represents solar consciousness, vitality, sacred balance, and the paradox of impermanence. It reminds us that all cycles contain both arrival and turning. The brightest point of the year also marks the beginning of the return inward.
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Practice

- **Set intentions:** Focus on gratitude, embodiment, celebration, and mindful presence rather than productivity or perfection.
 - **Work with the senses:** Notice warmth, scent, colour, movement, birdsong, water, and sunlight. Let sensory awareness become part of the ritual itself.
 - **Honour fullness without clinging:** Reflect on what has ripened in your life and what deserves appreciation before the season changes again.
 - **Let rituals stay simple:** A shared meal, an evening walk, a candle at dusk, fresh flowers on a windowsill, or sitting quietly beneath the evening sky can all become sacred acts.
 - **Herbs and symbols:** Sun wheels, bonfires, bees, wildflowers, oak, honey, herbs, gold colours, flowing water, ribbons, flower crowns, and long evenings filled with warmth and movement.
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“At Midsummer, the earth stands radiant beneath the sun, and we remember that fullness is not something to chase, but something we are allowed to inhabit.” 🌞🌿