



Midsummer / Litha Journal Page

For fullness, light, devotion, and the turning of the sun

Date: _____

Time / Moment: _____

I arrive at the height of light. I pause beneath the longest day and notice what has ripened within me. I allow myself to stand in fullness without needing to rush forward or hold anything back.

Intention

I begin with a single sentence to orient this seasonal reflection.

My Midsummer / Litha Intention:

Reflections

Midsummer holds both radiance and impermanence. The sun stands at its highest point even as the wheel quietly begins to turn toward dusk again. I reflect honestly on what feels bright, abundant, and meaningful in my life.

What feels most illuminated in me right now?

What has become clearer, warmer, or more alive over the past season?

What in my life feels abundant or fulfilled?

What have I grown, nurtured, survived, or brought into being?

Where am I being invited to fully inhabit joy, confidence, or visibility?

What would it mean to let myself be seen without shrinking?

What am I learning about balance between energy and rest?

Where do I feel overextended, and where do I feel nourished?

Queer Litha Journal Prompts: Make it Gay 🌈

Radiance & Visibility

- What part of myself shines more brightly today than it did a year ago?

- Where do I feel most free to be fully seen?

Joy & Embodiment

- What experiences make me feel vibrantly alive?

- How can I invite more pleasure, play, and delight into my life?

Community

- Who helps me grow toward the light?

- How do I nourish the people and communities that nourish me?

Abundance

- What forms of abundance exist in my life beyond money or achievement?

- What deserves celebration right now?

Authenticity

- What expectations am I ready to release?

- What truth about myself feels ready to stand in the sun?

Invitation

Litha invites celebration, gratitude, embodiment, and conscious presence. The light is generous, but it does not ask for perfection.

How can I honour what is already enough? What would it feel like to enjoy this season instead of constantly preparing for what comes next?

If my inner world were a midsummer landscape, what would it look like?

What is one simple way I can celebrate being alive this season?

I allow this page to hold warmth, clarity, and gentle honesty. I let the light reveal without forcing anything open.

Elements in Focus

▽ **Earth** (*embodiment, nourishment, pleasure, rootedness*):

△ **Air** (*clarity, inspiration, expression, thought*):

△ **Fire** (*passion, vitality, courage, joy*):

▽ **Water** (*emotion, intuition, tenderness, flow*):

⊗ **Spirit / Aether** (*meaning, wholeness, connection to life*):

Symbols and Images

Midsummer speaks through brightness, warmth, movement, and ripening.

- Bonfires and candlelight
- Wildflowers and flower crowns
- Bees, herbs, golden fields
- Sunlight on skin and long evenings
- Lakes, dawn dew, warm winds
- Dancing, singing, feasting, open windows

What colours feel like midsummer to me right now?

What image or symbol represents fullness or joy in my life this season?

Space for symbols:

Closing and Sealing the Session

A closing line to honour this season of light and fullness.

Example:

“May I honour both the brightness I carry and the quiet turning of the wheel.”

My Closing Line:

“The light reaches me, and I allow myself to stand within it.” 🌞🌿