

Winter Solstice Meditation

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Things to Consider:

Just a few things to remember when practicing meditation. First, meditation is a skill which will improve with practice. Second, distractions are normal and will probably occur. If your mind begins to wander, just redirect it back to your breath. This will become easier with practice. Meditation is still beneficial. Another thing to consider, meditation is not something we “do”. We “drop-into” meditation. Try to release the mind from problem solving and details.

Settling In/Establishing the Breath:

Find yourself a comfortable, seated position. Allow your body to settle and surrender into your space. Maybe closing down the eyes or softening your gaze. Soften into your body while resting the mind. Resting in the seat of the observer. No need for judgment or labeling just residing in this moment. This moment of coming home to yourself. (Brief pause).

Begin to notice the qualities of your breath. The soft inhales through the nose and the soft exhales out of the nose. The breath which is in a rhythm perfectly suited for nourishing your body with prana, life giving force. Prana, your breath, holds the power to settle your nervous system, to calm the many layers of your mind, to release stress and tension. Become heavy inside the temple of your body. The physical body which protects you, transports you, and sustains you. Breathing with a natural ebb and flow of inhales and exhales as you rest in calmness. (Brief pause).

Brief Body Scan:

Notice the parts of your body that are touching the support beneath you. The feet, rooted down in safety of the earth beneath you. The pelvis resting heavy and sinking into the floor or chair. The shoulders plugged in and away from the ears. Relax through your head, your neck, your facial muscles. Softening your tongue, your jaw, your eyebrows and eyebrow center. Allow your ears to soften into the sensations of hearing. (Long pause).

Visualization:

Visualize yourself as a seed, nestled deep underground in a warm, dark chamber lined with rich, dark earth. Around you, the soil is soft and nurturing, maintaining a constant, comfortable temperature that feels like a gentle, protective embrace. The darkness is not empty or frightening, but full of potential—a quiet, restful space where transformation happens slowly, intentionally, without rush or pressure. (Brief pause)

You can sense the subtle vibrations of life around you—the slow pulse of roots, the quiet movement of microscopic organisms, the patient waiting of dormant life. (Brief pause) This underground sanctuary represents your own inner landscape during the winter solstice: a time of deep rest, of gathering energy, of silent preparation for eventual growth. The earth around you is warm, supportive, holding you in a state of complete safety and potential. Here, in this moment, you are exactly where you need to be—resting, regenerating, pausing without guilt or expectation. (Long pause)

Transitioning Back:

Allow your senses to return to your physical body. Notice the sounds within you. Your breath, your heartbeat. Notice the sounds within your space. Notice the sounds outside of the room. The sounds inside your room. Make any movements in your physical body which feel natural and intuitive for you. If you would like, you can bring the palms of the hands together, resting them at your heart center, thumbs resting on your heart space. Anjali Mudra. Take an in and out breath to give gratitude to yourself for making time for self care and self love. Take an in and out breath to give gratitude for your powerful and resilient physical, mental, and spiritual body. And finally an in and out breath to give gratitude for the ancient practice of meditation and the continued importance it has in our lives today and onward. Thank you for allowing me to lead you in this meditation. Happy Winter Solstice! Namaste.