



The Winter Solstice: THE STILL POINT OF THE SUN

By Lorraine Haven

The Winter Solstice marks the Sun's annual pause, that sacred still point when light and darkness briefly balance before the slow return of the Sun's strength. In the Northern Hemisphere, this moment arrives as the Sun moves into Capricorn on 21st December, ushering in a new season and a new cycle of becoming.

Long before clocks and calendars, people gathered at this time to honour the turning of the wheel - lighting fires, telling stories, and trusting that even in the darkest night, the promise of dawn remains. Stonehenge, ancient sites and temples around the world align with this moment, reflecting the collective understanding that the Solstice is not an end, but a beginning hidden in shadow.

Astrologically, the move into Capricorn brings a grounding energy after the fiery free-spirited confidence of Sagittarius. After vision comes form as ideas begin to take shape in the realm of the real. Capricorn, ruled by Saturn, asks us to slow down, take stock, and make steady plans



for what's to come. It is a time for reflection, integrity, and quiet perseverance - qualities that grow stronger in stillness. Nature mirrors this wisdom. Trees draw their energy inward; seeds rest in the frozen earth and animals retreat to their dens. We too naturally pause as

we hunker down from the elements, perhaps spending more quiet time at home, reflecting on the year gone by, releasing what no longer serves, and planting seeds of intention for the year ahead.

The Solstice teaches that growth is not always about movement. Sometimes it is the deep silence that restores us, the quiet before the next chapter begins. As the Sun begins its climb once more, we too rise with renewed purpose. Astrologically and spiritually, this is a time to align our inner light with the returning Sun, to carry the wisdom of the dark into the promise of the new year.

**Wishing you a joyful
Christmas season,**

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