

Winter Solstice

Winter Solstice in the Northern Hemisphere marks the longest night of the year and the beginning of Winter. As the year 2018 draws to a close, it is a good time to focus on all that you have reaped and harvested this year, as well as the seeds you wish to plant for 2019 to manifest joy and fulfillment.

As we are now fast approaching the pivotal year 2020, this next year of 2019 is a gateway to Ascension and to manifesting your 2020 vision for yourself, for humanity, and for this planet. This is an ideal to focus on raising your consciousness and vibration, letting go of all that has been keeping you down so you may be lighter and brighter, and allowing your crystal skulls to support you in raising your frequency.

It is time to prepare the fertile garden of your mind to grow all that you desire, and weed out all that no longer serves you. Diligently clear all the weeds of the past and let go of any disappointments or negative feelings, focusing on all that you learned from your experiences, turning the "old crap" into fertilizer to enrich your garden with the wisdom you have gained. Moods can be like weather that come and go, but you can consciously channel your thoughts and feelings to positively nurture and feed the new seeds you wish to plant, remembering to weed out any negative thoughts as soon as they appear.

Your mind is your most powerful tool, and your crystal skulls amplify your thoughts and intentions. What you focus on the most is what you will attract and create, so Gratitude is key for attraction and manifestation. Be grateful for all that you have and for all the seeds you have planted, rather than being sad or frustrated about what is lacking. Fill any holes or depressions with self-love and self-nurturing, asking yourself what you need in order to fill the holes in your heart so you may become whole, then do your best to give these things to yourself.

Hold your crystal skull so it is facing you and visualize the Light of Love coming directly from the Great Central Sun into your crystal skull, and beaming into you, filling you with Divine Love, Light and healing. You can also send healing love and light to all those you worry about, rather than take on the stress or worry about their well-being. Hold your crystal skull facing away from you and visualize the Light of Love coming directly from the Great Central Sun into your crystal skull, and send it to those whom you are concerned about, filling them with Divine Love, Light and healing.

*"We are more powerful than anything negative
~ it only shows up to remind us to rise above the forces that limit,
so that we can develop our highest abilities and have mind over matter, Spirit over form
~ shaping the World around us into Heaven on Earth...
- Laura Magdalena*

