



Dear Justine

As the longest day of the year approaches, we're invited to pause and honor the radiance within. The Summer Solstice is a powerful time to reconnect to your inner light, shed what no longer serves, and plant new seeds of clarity and intention.

🌟 Here's what we're exploring this month:

🌟 Celebrating the Solstice with Light-Based Practices

Here are a few simple light-based practices to welcome the solstice:

- **Sunrise Gratitude Ritual:** Wake early, step outside, and greet the sun. Place your palms over your heart and speak aloud 3 things you are grateful for. Let the warmth of the sun charge your body and spirit with vitality and presence.
- **Solar Plexus Activation:** This chakra, associated with personal power and confidence, is ruled by fire and sun energy. Try a guided solar plexus meditation or simply place your hands over your stomach and affirm: "I am radiant. I trust my inner power."
- **Light Altar Creation:** Build a small altar with gold, yellow, or white elements—candles, citrine or sunstone crystals, sunflowers, or sacred objects that remind you of your inner light. Light a candle at sunrise and set intentions for the second half of the year

🌟 Feature: Energy Work & Its Benefits

Energy work is the art of attuning to the subtle bodies—clearing, balancing, and elevating your energetic field so that your physical, emotional, and spiritual systems operate in harmony. As we step into the most light-filled time of year, energy healing becomes a powerful ally for personal transformation.

Some benefits of energy work include:

- Releasing emotional and energetic blocks
- Improving sleep and stress response
- Balancing the nervous system and supporting trauma recovery
- Amplifying intuition and inner clarity
- Activating dormant creativity and soul gifts

From Reiki to sound healing, intuitive readings to quantum frequency therapy, energy work helps you shift from survival mode to soul alignment. It's not just healing—it's reawakening

🌟 Ritual Ideas for Embracing the Longest Day of the Year

Whether you're hosting a circle or practicing solo, these rituals can help you honor the solstice and recharge your spirit:

1. Fire Ceremony

Build a fire (or light a candle) and write down anything you're ready to release—limiting beliefs, patterns, or fears. Burn the paper with gratitude, then speak aloud what you're calling in: joy, love, visibility, peace. Let the flames transmute and transform.

2. Sun-Charging Your Tools

Lay out your crystals, sacred objects, oracle cards, or even your journal under the sun to absorb solar energy. Intentionally ask for them to be charged with clarity, purpose, and light.

3. Mid-Year Reflection Spread

Pull oracle or tarot cards with prompts like:

- What have I accomplished so far this year?
- What is being illuminated for me right now?
- What action will help me step fully into my purpose this summer?

4. Embodiment Practice

Dance, sweat, move, or sing—anything that honors the fire within. Let your body be the altar. This is a time to expand, to celebrate, and to feel fully alive.

🌟 Upcoming Events with Our Practitioners

🌟 Angels & Intuition: A Mini Retreat for Women

June 14 · 1–4 PM · Riverwoods, IL

Hosted by angel coach and author **Jill Kempner**, this intimate retreat will help you reconnect with your intuitive gifts through guided angel meditations, energetic healing, and practices to awaken your inner knowing. Learn about the five Clairs, release fear-based blocks, and receive personal angel messages in a safe, nurturing space.

📍 Investment: \$99 | 📍 The Sanctuary, Riverwoods
[Pay via Zelle \(773-251-5527\)](#), [Venmo @Jill-Kempner](#), or [PayPal](#)

🌟 Quantum Frequency Healing with Eve Muir-Wilson

June 28 · Des Plaines, IL

Experience multi-dimensional healing with **Eve Muir-Wilson**, whose sessions combine Healing Touch, Reiki, sound frequencies, Lemurian light language, and sacred geometry. Her deeply grounding energy helps clients release stress and align their physical, emotional, and energetic bodies for renewed clarity and flow.

🌟 Full details on our homepage: [The Collective Journey Events](#)

🌟 12th Annual Worldwide Metaphysical Tribe Experience

August 21–24 · Lost Nation, IL

Join **Deb Frueh** and **Daphne Paras** at this transformative weekend retreat featuring leading metaphysical teachers, healers, and spiritual practitioners. Connect, learn, and co-create with a powerful tribe dedicated to healing ourselves—and the world.

🌟 This is a high-vibe, high-impact event for both seasoned practitioners and the metaphysically curious.

📍 [More info + registration here](#)

🌟 Stay Connected with The Collective Journey

We're honored to walk this sacred path with you—uplifting, supporting, and inspiring one another every step of the way.

To continue growing together, we'd love for you to stay connected with us through our online spaces:

🌟 Discover new events, meet incredible local practitioners, and explore meaningful tools to support your journey.

🌟 **Follow us on social media:**

📘 **Facebook:** [facebook.com/thecollectivejourney](#)

📷 **Instagram:** [instagram.com/thecollectivejourney25](#)

📍 **Meetup:** [meetup.com/the-collective-journey](#)

🌟 **Explore more:**

Visit our homepage to browse upcoming events, discover local practitioners, and find your next step on the journey.

🌐 [www.thecollectivejourney.org](#)

Feel free to share this with your community, and keep an eye out for more events, practitioner spotlights, and spiritual tools coming your way.

Thank you for being part of *The Collective Journey*. Keep breaking through—because your light was never meant to be dimmed.

With love,

Daphne + The Collective Journey Team



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