



Dear Justine,

As we enter the Summer Solstice—the longest day of the year—we stand at the height of light.

The sun stretches across the sky, generous and golden.
And yet, even in this fullness, we begin the slow return to shadow.
Not as a loss, but as a rhythm.

A sacred reminder: *Even the brightest days eventually soften.*
And so must we.

This week, I received that reminder in an unexpected way.

Bruno—our sweet and spirited pup—accidentally sent me tumbling. I landed hard on my weaker ankle (the one that was once crushed under a snowmobile), and the injury forced me to pause.

At first, I was frustrated. But in that stillness...
I softened.
I listened.
I remembered.

That **presence is a gift**, not a luxury.
And that slowing down doesn't mean we're falling behind—it means we're attuning to what's real.

In the space between light and shadow, I found myself again.

So this Solstice, I offer you this sacred invitation:

Let the light **illuminate** what's ready to be seen.
And let the coming shadows **invite** you back inward.

- ✦ Adjust what needs adjusting.
- ✦ Release what you've outgrown.
- ✦ Speak your truth.
- ✦ Rest in what is still becoming.

Create a simple Solstice ritual to honor this turning point:

- Light a candle and breathe with the sun.
- Speak your prayers aloud, even if your voice trembles.
- Stand barefoot on the earth—let her steady you.
- Write a list of what you're ready to release. Burn it.
- Then write a vision. Keep it close.

You don't need to be anything more than you already are.
But you *can* let this moment be sacred.

If this letter speaks to something within you, I'd love to hear from you.
Hit reply, or connect with us on Instagram or Facebook.
We are not meant to walk this path alone.

With light, stillness, and love,

Daphne
Co-Founder, The Collective Journey

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