



Dear Justine,

As the year turns inward and the longest night arrives, we are invited to pause, soften, and remember the light that never leaves us.

The Winter Solstice marks a sacred threshold, a moment to honor what has been released, tend to what is stirring within, and consciously call in what is ready to grow. This season asks us not to rush forward, but to listen, feel, and gather in intentional community.

We invite you to celebrate the Light Within through these upcoming gatherings, each offering a unique doorway into reflection, embodiment, and renewal.

#### Solstice Practices to Support You

You may wish to weave one or more of these simple practices into your days surrounding the Solstice:

##### ✦ Candle Reflection Ritual

Light a candle and reflect on one thing you are releasing from the past year, and one quality you are nurturing as the light slowly returns.

##### ✦ Body-Based Gratitude

Place a hand on your heart and one on your womb or belly. Breathe deeply and thank your body for carrying you through this year, exactly as it is.

##### ✦ Sound & Stillness

Spend 5–10 minutes in silence or with gentle music, allowing your nervous system to settle and your intuition to speak.

#### 🟡 Upcoming Events

##### Winter Solstice Sound Healing Ceremony

**Sunday, December 21**  
**6:00 – 7:00 PM** (*Please arrive 10 minutes early to set up*)  
📍 **UniverSOUL Power**  
Chicago, IL

Join us for a deeply restorative Winter Solstice Sound Healing Ceremony, designed to help you release the weight of the year and gently realign with your inner light. Through sound, vibration, and stillness, you'll be guided into a space of deep relaxation and renewal.

##### What to Bring:

- Yoga mat
- Hydration
- Small pillow (optional)
- Small blanket (optional)

**Energy Exchange:** \$30

##### Payment Options:

Venmo: @DocBach  
PayPal: @HEROJB  
Cash accepted

✦ *Space is limited*

📧 **RSVP:** [JB@UniverSOULPower.com](mailto:JB@UniverSOULPower.com)  
🔗 [Event Details & Registration](#)

##### Virtual Sacred Sexuality Fireside Chat

**Monday, December 29**  
**7:00 PM**  
Virtual

Join Jen Bugajsky for an intimate, virtual fireside-style conversation — a sacred space for women to gather, connect, and explore the deeper layers of our sensuality, truth, and embodied wisdom.

This is an invitation to soften the armor, speak honestly, and remember the sacred intelligence of your body as we prepare to step into the new year.

##### What to Expect:

- Heart-centered conversation
- Gentle inquiry around sacred sexuality
- Community connection in a safe, supportive container

📧 **RSVP here:**

[Virtual Sacred Sexuality Fireside Chat](#)  
(*Zoom link will be provided after registration*)

##### ✦ The Fantasy Crystal Ball: A New Year's Enchantment

**Wednesday, December 31**  
**6:00pm-12:30am**  
📍 **Riverside Receptions**  
Geneva, IL

At the Fantasy Crystal Ball, you are not a spectator, you are a character in the story.

Slip into Regency elegance or whimsical wizardry and waltz into the New Year surrounded by beauty, creativity, and pure enchantment. This is a night to celebrate, play, and illuminate the path ahead together.

##### What Awaits You:

- A magical evening of elegance and imagination
- "Spirit of the Ball" costume contest
- A luminous Closing Ceremony to welcome the New Year
- An unforgettable community experience

🎟️ **Only 70 tickets available**

- ✦ Come dressed to dazzle
- ✦ Secure your place in the Crystal Court

🔗 [Enter the Crystal Ball](#)

As the light returns, may you remember that you are not waiting for illumination, you are the source of it.

We hope you'll join us in one (or more) of these offerings as we honor the season, the community, and the quiet power of becoming.

With warmth and intention,

#### The Collective Journey

##### ♥️ 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](https://facebook.com/thecollectivejourney)  
📷 **Instagram:** [instagram.com/thecollectivejourney25](https://instagram.com/thecollectivejourney25)  
📍 **Meetup:** [meetup.com/the-collective-journey](https://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](http://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.



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##### Our e-mail address is:

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