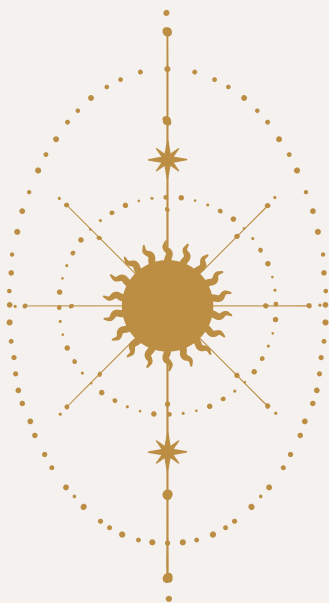


Solar Gates

CYCLE MAGIC

The Wheel of the Year



The Wheel of the Year

"The dance of light and shadow is the dance of Love"
~ Rumi



Solar consciousness - building awareness of the eight (8) fold path of the Sun (son) as it journeys through the course of the seasonal year. Before Pope Gregory XIII instituted the Gregorian Calendar system we all follow today, our ancestors connected deeply with the light of the Sun and the phases of the Moon. These luminaries were revered with ceremonies and rituals to honor the comings and goings of the seasons. Celtic in origin, these High Holy Days or Sabats are markers for ritual, ceremony and celebration.

The Quarter Days make up the **Cardinal** Cross, these are the Solstices and Equinoxes that initiate a new season. These are when Sun enters 0° of the cardinal signs - Aries, Cancer, Libra, Capricorn.

The **Cross Quarter** days are the midpoints between the seasons when Sun enters 15° of the **fixed** signs - Taurus, Leo, Scorpio, Aquarius. Modern Wiccans celebrate the cross quarter days on the 1st day of the Month (Beltane on May 1st, Samhain November 1st...) also called Calendar Beltane, so on. Solar and Lunar Beltane, Samhain, etc are celebrated when the Sun and Moon are on the 15° midpoint of the fixed signs.

World religions celebrate these days too, centered around the life journey of their respective Deities. The Sun became the Son with stories written in "holy" books about their birth, death and rebirth.

As above, so below - all of nature move in harmony with the light of the Sun. So do we as earthlings with our circadian rhythms (sleep-wake cycle). The Sun is our life force and vitality, in Astrology it represents our primary expression. The sign our Sun is in tells us how we are meant to experience the fullness of life.

The Wheel of the Year

"Once you cross the threshold, you will never be the same. That is a fact."
~ Kamal Ravikant, Live Your Truth



The Solar Gates are markers and doorways from which we can cross the threshold to another stage of our life journey. Gifting us moments in "time" to pause, celebrate, commune with ourselves and give gratitude to the Earth for all the ways She nourishes and provides for us.

Our ancestors cultivated a deep connection with these Sabats with an essential appreciation for the interconnectedness of ALL. They were able to live in sacred reciprocity with the land they were on, revered and celebrated in community.

Now more than ever, we are called to re-member, to put back together what our modern world has and seemingly continues to sever.

By building a connection with these potent gates, we are able to individually and collectively live more harmoniously with the natural world.

Connecting with the rhythms of the Sun and the cyclicity of nature through the seasons allows us to embody how we go through phases too.

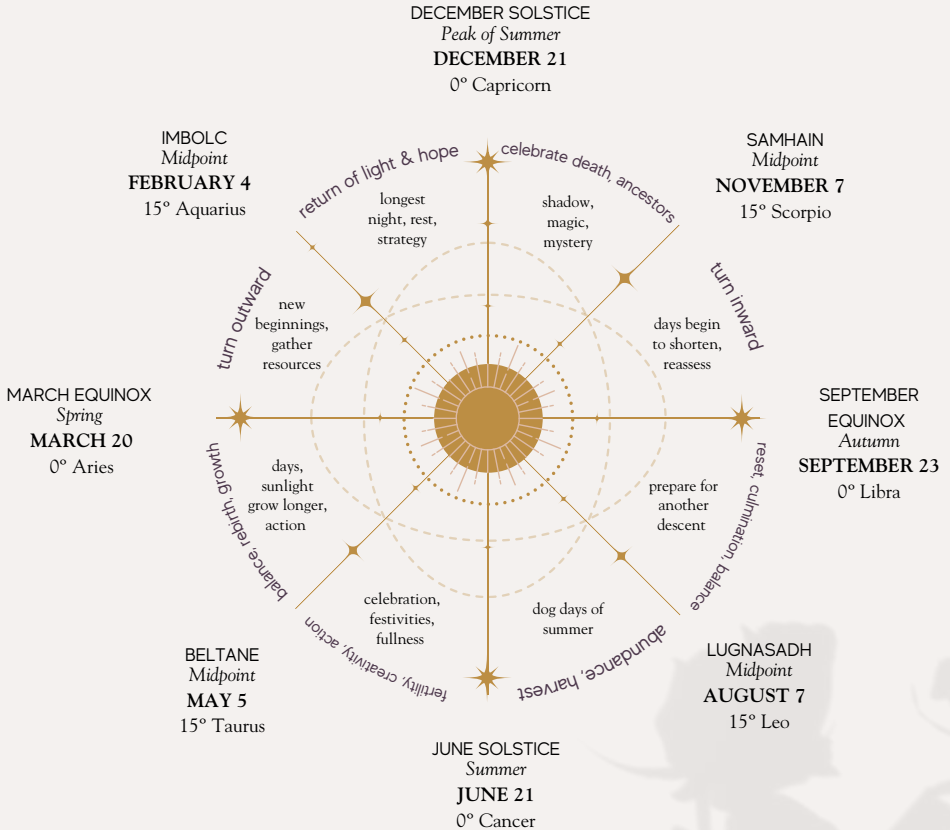
We are Nature too.

Understanding this, we are able to deepen compassion for ourselves as we become more aware of our inner timings, we may show up fully for others and increase our capacity to radiate compassion and empathy. This small ripple creates massive waves.

It all starts with "I"

The Wheel of the Year

"Nothing in nature blooms all year long, don't expect yourself to do so either"



Making Life a Ceremony

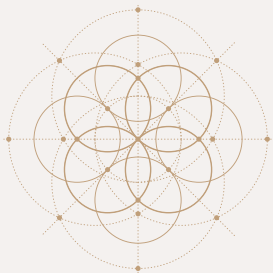
*"All of life is a ceremony, where we get to know
and explore our wholeness"*
~ Tehya Sky



The dates are based on the Northern Hemisphere, those in the Southern Hemisphere celebrate the opposite cross quarter gates.

The Philippines, is at the midpoint. Honoring that our local ancestors have their own cultural relationship with the seasons, with our diverse myths, folklore, traditions, rituals. We are always **free** to follow what Wiccan books and the many online resources, "experts" recommend, which Deities to honor, what plants and herbs to gather but what if I told you we are all powerful alchemists and capable to design our own ceremony - what would you do differently?

We are all unique as much as we are all ONE. We each have different ways we experience and relate with the world around us. There is no one size fits all, but as growth hacker in my past life we do need to find that niche to psychologically hack you to buy into the idea of a magic potion in a bottle for mass production. Let me just break that bottled notion right now.



*Honey, YOU are a crystal! Fractal of the Divine.
You are your own healer and You have the power
of the universe inside you - you've always had.
These gates are here to support you tap into that
so you may express your most embodied self. It's
when you are fully IN your power that you are
able to be of service to yourself and the world -
BEcome the change you wish to see.
So go break the box, experiment, attune to your
body's innate wisdom and follow what brings you
JOY, connection and alignment.*

Ritual Essentials

*"Rites and rituals open hearts and clear minds. They help us embody reverence and allow us to get in touch with our emotions and desires. They provide safe ways to make change."
- Ahriana Platten*

With these essentials in mind,
Inviting YOU to craft your own rituals and make your life a living ceremony!



Cultivate space
to connect with
Nature

natural bodies especially rivers,
streams & the ocean emit negative
ions that neutralize free radicals &
boost our immune system



gather leaves, twigs,
flowers in YOUR
area and make a
mandala

using our hands to make tangible
art with whats freely available to
us cultivates resourcefulness and
connects us with the vibration of
the flora in our environment



Slather yourself
with Self Love

journal, dance, use oils, have a bath,
eat, listen to music, make art - any
activity that brings you back to the
present moment with your body and
with all your emotions

gather in circle and
in community



if this feels good and you have
access to sacred safe spaces -
these gates are amazing communal
healing portals to get together,
celebrate, attune, radiate love and
share intentions for the peace of all
beings.

Remember to call in guidance and support from the elements, Spirit, your guides, ancestors whenever you open and close any ritual. Honoring both light and dark, endings and beginnings, ascent and descent and a Centering on an **intention** with a mindset and vessel ready for transformation is KEY.

How to Use this Guide



This guide is designed to be an immersive, intuitive resource that you can return to throughout the year. It offers insights into each of the eight Solar Gates, helping you align your life and work with the natural flow of the seasons.

Here's how to navigate and integrate this guide into your daily practice:

Understand the Seasonal Energies

Each section of this guide explores a different Solar Gate, detailing its themes, historical significance, and how it influences our energy, creativity, and well-being. Start by reading through the overview of each phase to familiarize yourself with the natural rhythms of the year.

Align Your Productivity with the Seasons

The guide provides productivity focuses for each phase, offering strategies to help you work with your energy levels instead of against them. Use these insights to structure your workflow, ensuring you harness periods of high energy for creation and allow space for reflection and renewal.

Engage in Somatic Practices

Each seasonal shift affects our bodies differently. The somatic exercises provided will help you stay connected to your physical self, release tension, and embody the lessons of each season. Follow the step-by-step instructions to integrate movement, breathwork, and grounding techniques into your routine.

Deepen Your Awareness with Neuroscience Insights

Understanding how seasonal transitions impact your brain chemistry allows you to work smarter, not harder. The neuroscience insights in each section explain the what, why, and how behind your mood, motivation, and cognitive function during each Solar Gate. Use this knowledge to optimize your habits and mindset.

How to Use this Guide



Incorporate Astrological Guidance

Each season also includes astrological insights to provide deeper guidance on the energetic themes and patterns emerging at the time. By understanding the cosmic invitation of each phase, you can align your efforts with the greater planetary movements rather than working against them. Use these insights to navigate personal and professional decisions with greater clarity and intention.

Practice Seasonal Rituals & Reflection

The guide includes seasonal practices that serve as rituals for transition, self-inquiry, and energetic alignment. These simple yet powerful exercises—such as journaling prompts, altar creations, or fire ceremonies—help integrate the wisdom of each phase into your daily life. Choose one or more rituals that resonate with you and make them part of your practice.

Move at Your Own Pace

This is not a rigid system but an adaptable framework. Some seasons may feel more relevant to you than others, and that's okay. Allow yourself to engage with this guide intuitively, applying the practices and insights that support your unique journey.

Journal Your Experience

Keep a notebook or digital journal to track your reflections, energy levels, and shifts throughout the year. This will help you recognize patterns, celebrate progress, and deepen your connection to cyclical living.

Reconnect & Realign as Needed

Life moves in cycles, and so will your engagement with this guide. Whenever you feel disconnected, overwhelmed, or misaligned, return to this resource to realign with nature's wisdom and your own inner rhythms.



By working with the Solar Wheel, you are cultivating a more intuitive, regenerative, and sustainable approach to life and productivity.

Let this guide be your companion as you step into greater alignment with yourself and the natural world.

Deepen Your Practice with One-on-One Support

Work with me one-on-one. Together, we let's explore your unique cosmic blueprint, understand how these cycles personally influence you, and develop tailored strategies to integrate cyclical living into your life and work.

Whether you seek guidance on productivity, self-awareness, or deep transformation, our sessions will help you apply these insights in a way that truly resonates with you.

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🌿 the wyrd garden
www.tlc.mata.com.co

Imbo/c

The First Breath of Emergence

*Beneath the frost, life stirs quietly.
The first tender shoots
push through the soil,
defying the weight of winter.
What once lay dormant
begins to stretch toward the light.
Fragile, yet unstoppable.
This is the season of sacred beginnings,
where hope takes root in the dark
and the promise of spring
hums softly beneath the surface.*

Theresa

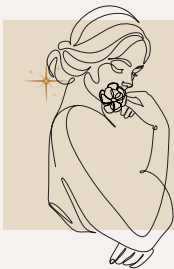
Imbolc

"When the belly is empty, the body becomes spirit; and when it is full, the spirit becomes body"
~ Saadi

The Emergence

This time of year marks the stirrings of new life beneath the surface, when life stretches from winter slowly emerging as something new arrives or is gestated.

The literal translation of "Imbolc" is "in the belly" (of the Mother) and carries the energy of the **Midwife**, who with your conscious presence will support you birth new creations into tangible form.



Reflection

"What new dream seeds and projects are stirring in my belly ready to be birthed this year?"

Like a soft exhale after winter, this cross quarter season is the midpoint between winter solstice and spring equinox, the wheel begins to turn from the dark half to the light half. This **fertile void** is the hearth that tends to the fires of inspiration where dream seeds and visions are nourished and cared for like saplings. There is a dormancy, a sense of preparation and initiation into something that is yet to be formed. Hold yourself here with gentleness, patience. The shell of the old cracks making way for new growth.

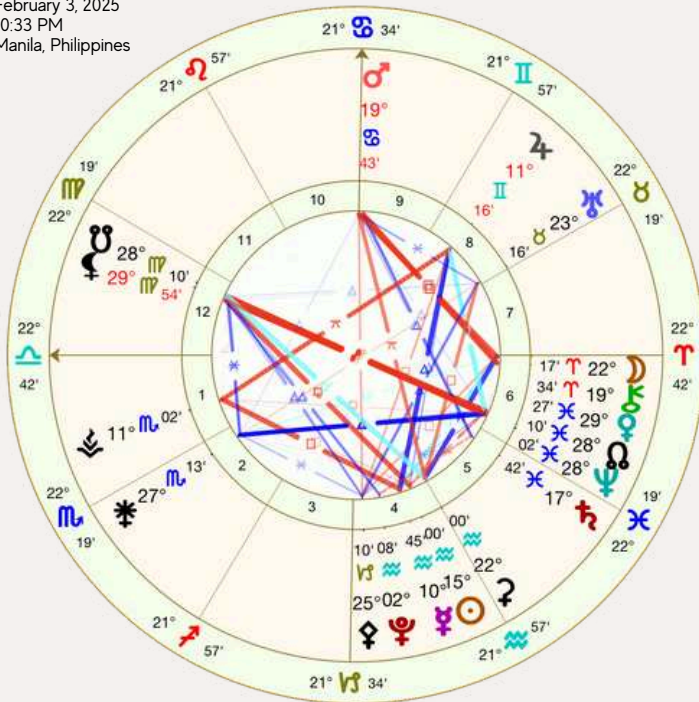
The Solar Season of Aquarius carries the Archetype of the water bearer and fixed air - She who tends to the container of consciousness.

The deity is the fire Goddess Brigid, honored by the Celts for fertility, inspiration, healing, motherhood, passion, poetry, creativity.

The season's full moon is in Leo, fixed fire of our heart's desires, charisma, creativity, artful expression and play.

Chart of the Season

February 3, 2025
10:33 PM
Manila, Philippines



Moon	22° Aries	Chiron	19° Aries
Sun	15° Aquarius	Vesta	11° Scorpio
Mercury	10° Aquarius	Pallas	25° Capricorn
Venus	29° Pisces	Juno	27° Scorpio
Mars	Rx 19° Cancer	Lilith	29° Virgo
Jupiter	Rx 11° Gemini	Ceres	22° Aquarius
Saturn	17° Pisces	North Node	28° Pisces
Uranus	23° Taurus	South Node	28° Virgo
Neptune	28° Pisces		
Pluto	2° Aquarius		

Chart of the Season

Moon Conjunct Chiron square Retrograde Mars, sextile Ceres

Themes of nurturing, emotional resilience, maturity and emotional responsibility. Presence where sensitivities trigger tender parts and attachments to ego identities strain relationships. Notice where you defend, armor up, project or engage. **Send loving breaths to your inner child when the urge to throw temper tantrums escalates.** Channel towards making plans to reparent and nurture your own needs and be your first responder. Wounds may be coming up to be felt all the way through and metabolized.

Sun-Mercury (Cazimi) square Vesta, trine Retrograde Jupiter

Genius, innovation and breakthroughs expand inner fires towards collaboration, social justice, camaraderie and hope for the future. Use this time to **align with communities that inspire you to turn your weird all the way ON, show up authentic and lit up.** Leverage the creative charge towards your future plans. Cosmic boost when you make space for both/and, your personal growth and collective growth, individual and relational, ascent and descent, light work and shadow work.

Saturn trine Retrograde Mars

Stamina for discipline may flow easily, harness this productivity boost by getting your ducks in row. With laser focus, organize and strategize your big hairy fat goals for the year and break down into monthly milestones, identify your success metrics and use your imagination to vision quest you achieving them. Use the extra will power to declutter and organize your space for efficiency. **Resist the urge to "strike" until you have all the information, hold any major decisions if possible until late February when Mars is direct.** Remain fluid and adaptable with enough wiggle room for the unexpected.

Venus, Neptune, North Node triple conjunct

Magic. Cosmic Magic. Engage in artistry, spirituality, experiment on a daily ritual that works for you and **commit to devote to something bigger than yourself this year.** Ground this in reality by allowing your grandest visions to inspire and inform you where to direct your energies this year. Dream and then follow through, one step at a time.

Inbofe

How are you nurturing your unique genius - the gifts you bear for the world?

Productivity *Focus*

Clearing & Purifying

Declutter physical, mental, emotional space for Inspiration and the burst of energy Spring will bring.

Set Intentions

Begin shaping the visions and plans emerging, gently meet the resistance stirring as you effort to align.

Ignite Creativity

Identify what truly lights you up and brings you joy, make slow, small shifts that will allow more space for them

Somatic Exercises

Recommended in the morning or at noon.

Listen to your body and practice discernment when doing these exercises



Hand Warming

Symbolizing the return of warmth and inner fire.

- Rub your palms together vigorously until heat builds.
- Hold them over your heart or solar plexus, breathing in warmth and vitality.
- Visualize your energy reigniting and moving through your body.

Breath of Fire Kapalabhati

Energizing breathwork to awaken motivation

- Sit in a comfortable position with a straight spine.
- Inhale deeply, then exhale forcefully through the nose while pulling your belly in.
- Continue rapid exhales in short bursts for 30 seconds, then pause and breathe naturally

Inbofe

How are you nurturing your unique genius - the gifts you bear for the world?

Neuro Insights



Dopamine & Small Wins

The brain thrives on **progress and reward**.

As we emerge from the slower rhythms of the solstice, taking small steps towards a goal **triggers dopamine release**, reinforcing motivation and forward momentum. By setting achievable goals and celebrating even minor progress, we train our brains to sustain long-term motivation.

Light Exposure & Mood

Even without a harsh winter, darker days and reduced activity can lead to lower serotonin and energy levels. Engaging in **physical movement, morning sunlight exposure, and breathwork** supports serotonin production, helping to shake off sluggishness and restore enthusiasm.

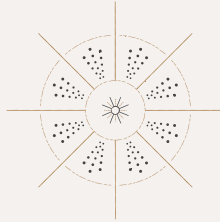
The Power of Ritual in Habit Formation

Repeated symbolic actions—such as lighting candles, setting intentions, or doing cleansing rituals—help establish new neural pathways. Rituals provide **predictability and a sense of control**, reducing mental fatigue and improving emotional regulation.

Inbofe

How are you nurturing your unique genius - the gifts you bear for the world?

Seasonal Practice



Candle Blessing Ceremony Set intentions for what you are birthing

- Best time: Evening, at dusk
- Light a white or yellow candle and sit in quiet contemplation.
- Speak aloud or write down one intention for the coming season.
- Let the candle burn while you meditate on your intention.

Spring Cleaning as an Energetic Reset

- Best time: Morning or early afternoon
- Sweep, dust, and declutter your space while setting an intention to welcome fresh energy.
- Use smoke cleansing (palo santo, sage, or local herbs) or sound (singing bowls, bells) to clear stagnant energy.

Writing Letters to Future Self

- Best time: Just after waking
- Stretch gently, roll out the shoulders, and take deep breaths to awaken circulation.
- Step outside for natural light exposure, boosting serotonin and aligning your circadian rhythm.
- Presence the resistance in your body when you call in your dreams and write to your future self how you are bravely meeting these resistance with love and compassion
- Close this with a thank you to your Self for showing up in the truth that these resistance are just stories that you are rewriting now.

Ostava

Renewal

*The Earth shakes off its slumber,
exhaling winter's final breath
into warming winds.
Roots split stone,
buds break open,
and life spills eagerly from the dark.
This is no gentle spring,
through retrogrades and eclipses,
raw, reformed, rewilded.
A renewal,
a fiery initiation
where what was buried rises,
raw and radiant,
untamed, unrepentant
burning like the sun.*

Theresa



May this guide serve you attune with
the cyclical rhythm of nature, your
nature, connect deeper with yourself,
others and the world around you, bridge
sky and below, live heaven on earth
Aho Ashe Aho

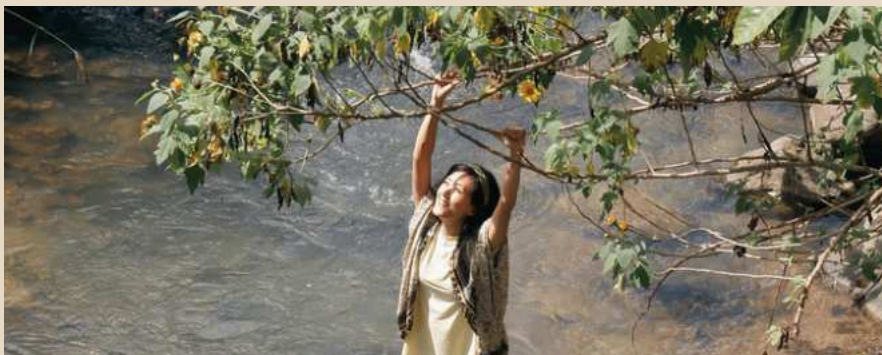
*you are the
universe!*

It is my deepest intention to create radical and systemic shifts in the way we relate, work and live in the world. I believe that sustainable **change starts *within***, that our environmental, socio-political challenges stems from our dissociation from the natural rhythms of nature. I am dedicated to equip you with the knowledge of your unique cosmic blueprint, assist you be in compassionate awareness of your triggers, adapt to the cycles - flow of life, cultivate presence while gracefully navigating the tides of the human experience, that we may contribute in more meaningful ways to the future our generation is responsible for creating. Seeding **love** and **compassion** with every breath, becoming the change we wish to see.

The collective starts with "I"

Rooting your flourishing,





DISCLAIMER

This guide is intended for educational and informational purposes only.

The practices, insights, and recommendations contained within are based on ancient wisdom, astrology, neuroscience, and integrative wellness principles that the author gained certifications, devoted study, practiced, trained for and embodied. They are not a substitute for professional medical, psychological, financial, or legal advice. While every effort has been made to ensure the accuracy and effectiveness of the information provided, individual experiences may vary. You assume full responsibility for your choices, actions, and outcomes when applying the insights from this guide.

If you have any existing medical conditions, mental health concerns, or other disease, please consult a qualified healthcare professional before engaging in any suggested somatic practices, breathwork, or lifestyle changes. Always listen to your body and honor your personal limits.

The astrological insights in this guide are meant to serve as tools for self-reflection and empowerment. They do not predict the future or guarantee specific results. Your journey with the Solar Wheel is unique, and how you engage with these practices should be intuitive and adaptable to your personal needs.

By using this guide, you acknowledge that the author is not liable for any consequences resulting from the application of the content provided.

Your path to alignment is yours to navigate—may this guide be a supportive companion along the way.

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