



EMBRACE THE
MAGIC OF
THE SUMMER
SOLSTICE

WITH TWO SACRED
HERBAL-INFUSED
RITUALS



THE SUMMER SOLSTICE

The Summer Solstice marks the longest day of the year, the peak of the sun's journey. It is a sacred turning point, when the northern hemisphere is bathed in light, warmth, and wild, abundant growth.

Traditionally celebrated with fire, flowers, and feasting, the solstice reminds us to celebrate how far we've come, and to ask: *what am I ready to release, so I can rise even more fully into who I'm becoming?*

This is a potent moment to work with herbs. They help us attune to the rhythms of Nature, invite clarity, awaken joy, and support us in expanding into our fullest expression.

Because **herbs are so much more than remedies**. They truly are multidimensional allies. They don't just support the body's natural healing processes; they act as bridges between the physical and the subtle, guiding us back to our essence and reminding us that we are already whole.

So as we stand at this sunlit threshold, I invite you to step onto the herbal path.

Let this guide be a companion as you move through this solstice portal with intention, with presence, and with the support of the plants.

Inside, you'll find:

- **A ritual to release what no longer serves**
- **A sun tea recipe to welcome in light and expansion**

If you have any questions, know that I'm here and happy to help.

With love and warmth,

Karen Roos
WILD WAYA





SOLSTICE RELEASE RITUAL

This ritual is an invitation to let go of what no longer serves you, so you can step fully into the version of yourself that is already waiting.

What you'll need:

- A quiet space
- A round tray or platter that is fire-proof
- A small candle
- A glass of water
- A few sprigs of rosemary or dried bay leaves (herbs of release and protection)
- Salt
- Paper and pen

Instructions:

- *Create your altar.* On a table, floor, or outside in nature, place your tray and create your altar on it. Draw a counterclockwise circle (the direction of release) of salt around, add your herbs, add a glass of water and place your candle in the middle. This is your sacred space.
- *Center yourself.* Take 3 deep breaths and feel the support of the Earth beneath you.

- *Reflect.* Close your eyes. Bring your awareness inward. Ask yourself: “*What is blocking me from stepping into my highest timeline?*” Let the answers rise naturally. It can be sensations, thoughts, memories. Witness whatever comes up without judgment, just presence.
- *Write it down.* Put pen to paper. Name what you’re ready to release: old beliefs, patterns, fears, energies that no longer align with who you are becoming.
- *Release.* Read your words aloud to your altar three times. Then say, with intention: “*And so it is.*”
- *Burn.* Light your candle and carefully burn the paper in its flame. Watch the fire transform what was heavy into smoke and ash. Let the candle burn all the way down, no need to blow it out. Let it complete the work.

When you feel complete, clear your altar. Offer the salt, herbs, and water back to the Earth, away from your immediate surroundings, such as at the edge of your garden or a nearby natural place. Give thanks as you release them.





SOLSTICE SUN TEA FOR JOY & EXPANSION

After your ritual of release, it's time to invite in what you do want to grow. This Hibiscus Heart blend is a simple, beautiful way to work with herbs that support the heart, uplift the spirit, and help you align with the expansive energy of the solstice.

Brewed slowly in sunlight, *this tea is literally infused with the energy of the sun itself* -capturing its warmth, brightness, and life-giving power in every sip. It's a solar elixir to remind you of your inner light.

Ingredients (for 1 liter)

- 2 tbsp dried or fresh Hibiscus petals
- 0,5 tbsp dried or fresh Calendula flowers
- 1 tbsp dried or fresh Rose petals
- Optional: 1–2 slices of fresh ginger or orange peel
- Optional: honey or maple syrup, to taste

Instructions

1. Place herbs in a glass jar.
2. Fill with room-temperature water and cover.
3. Let sit in full sun for 2–4 hours.
4. Strain, sweeten if desired, and enjoy.

Herbal qualities

- *Hibiscus* is cooling, vibrant, and full of antioxidants. It supports heart health, and brings a refreshing brightness that stirs the soul and uplifts the mood. It's often associated with joy, passion, and radiant beauty.
- *Calendula* is ruled by the sun and known for its sunny disposition. It's a powerful ally for emotional warmth, and joy. It also helps your skin glow and nourishes the gut.
- *Rose* opens the heart, cools you down and connects you to the divine feminine.



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THANK YOU!

KAREN ROOS | WILD WAYA
HERBALIST, EARTH KEEPER
MISSION: TO EMPOWER YOU TO SHINE

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