

Summer Solstice



By Prof. Juliana Swanson
Provost and Dean of Academics, ACVA

This year the solstice occurs throughout the world on Wednesday, June 21, 2023. It will be summer solstice in the northern hemisphere, and winter solstice in the southern. (My focus here is on summer solstice since I live in the northern hemisphere).

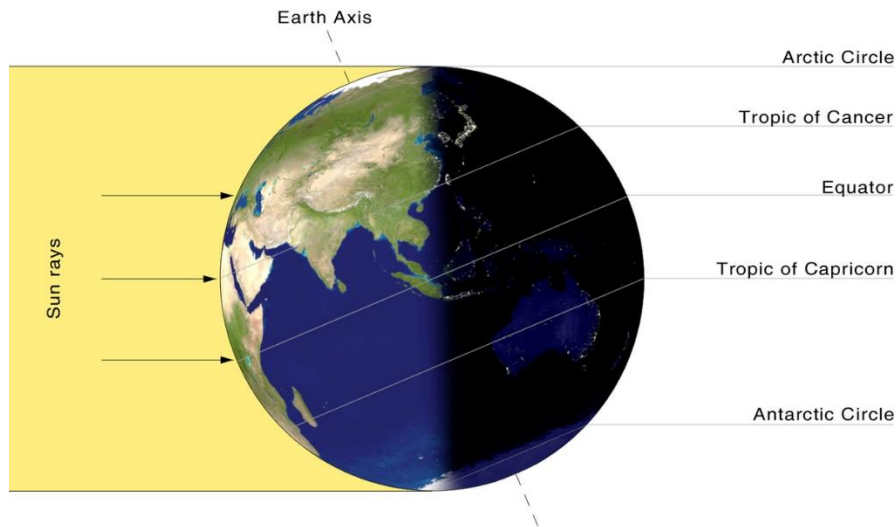


"Summer Solstice Auvers" (Ode to Van Gogh) by Pamela JoAnn Willis

The solstice will occur at 10:58 AM Eastern Daylight Time (2:48 PM UTC). You can convert these times to your own time zone on [World Time Buddy](#).

Also known as Midsummer's Eve, summer solstice marks the first day of the summer season in the northern hemisphere. During the summer solstice, the Earth is tilted toward the Sun so that the vertical solar rays strike the Tropic of Cancer. At this moment, according to the geocentric (earth-

centered) view, the Sun reaches its northernmost point at +23.5 declination, meaning that it is 23 and 1/2 degrees north of the celestial equator.



During the solstices, the Sun appears to stand still for three days before it slowly begins moving in the opposite direction from whence it came. Our health may be more sensitive than usual during the three days before, the day of, and the three days after a solstice. One could say this is because the electromagnetic energetic changes created in the standstill are slightly "wobbly."



Solstices, equinoxes, and the passage of the Sun into a new sidereal sign every month are known as sankrantis in Vedic astrology. The term sankranti in Sanskrit means "course, passage, or entry into." According to classical

Muhurta (elective astrology), we should avoid sankrantis for any new undertaking, like beginning a job or new program of study, making a significant purchase, setting out on a journey, establishing a business venture, or getting engaged or married, and so on.

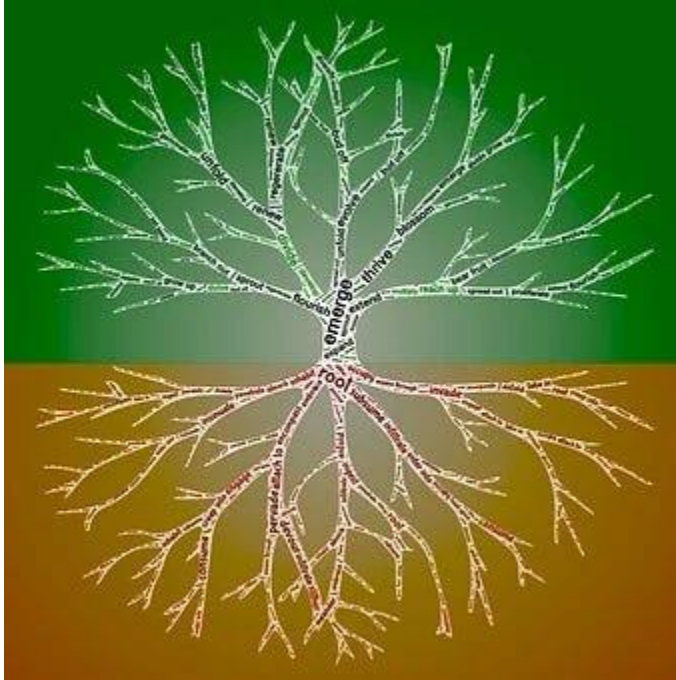
It is best not to initiate new endeavors during these times because the Sun symbolizes the soul of the world and the vitality of everything in life. If we want a new venture to have positive, valuable, and lasting results, the Sun needs to be strong when we set it in motion. The sankrantis are turning points when the Sun's energy is transitional and "on the edge of change." Often what we set into motion on sankrantis will not have the expected outcome. At the same time, these days are priceless for inner reflection.

The truth is that "For everything there is a season. A time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest." (Ecclesiastes 3:1-8) Learning to live in harmony with the natural seasons and in alignment with the most appropriate astrological timing helps us to flow more purposefully with grace and ease in our lives.



The summer solstice is associated with the first harvest, and thus represents a time to pause, enjoy, and appreciate what has been created in the past six months. In the process, it is a good time to evaluate one's progress and make any necessary changes. The three days on either side of the solstice are supercharged with subtle, spiritual energy, but these days can also reflect some shakiness, so it is important to stay grounded and focused. It is imperative that we are extra mindful now to protect our life force and good health.

The first waxing half of the solar year from winter to summer solstice in the northern hemisphere is known as uttarayana, according to Vedic astrology. It represents the expansive cycle of conscious energy projecting upward and outward into the material realm. It is the most auspicious half of the year in which to act and establish new enterprises. For residents of the United States and others who live in the northern hemisphere, this part of the yearly cycle will end after the solstice on June 21, and will begin again at the winter solstice on December 21, 2023.



Dakshinayana is the second half of the solar year extending from summer to winter solstice in the northern hemisphere. This is when the Sun's power gradually wanes as it moves southward in its declination cycle. For residents of the northern hemisphere, this part of the year will commence after the upcoming solstice.



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In dakshinayana, we may reap what was sown during uttarayana. That is to say, dakshinayana is generally the time for winding down and finishing what was set into motion in the first half of the year. (And of course, all of this is reversed in the southern hemisphere). As the natural flow slowly moves back to Source during dakshinayana, this is the hemicycle in which to focus more deeply on health, healing, and spiritual practices and rituals (vratas or pious observances).



The days of and around the summer solstice tend to elicit a greater surge of vital energy than usual. At the same time, this is also a sensitive time when mental activity is amplified; psychological imbalances may escalate; and relationship conflicts can erupt. It may be helpful to be aware of this.



On a positive note, at the summer solstice, the divine light of consciousness, symbolized by the Sun, becomes more completely reflected in the world for us to enjoy. So, it's a time when we should "stop and smell the roses"! Being out in nature and performing sacred ceremonies and practices around the summer solstice can help to maximize the wonderful benefits.



Lord Vishnu, the Sustainer of the world, will begin His rest at the end of uttarayana, and Lord Shiva will awaken at the start of dakshinayana.



Happy Solstice – May all be blessed!



Juliana Swanson is a Vedic astrologer, RN (registered nurse), and holistic health consultant who runs her full-time international practice as a Vedic astrology consultant, wellness coach, and astrology blogger from her home office in Santa Fe, New Mexico. She additionally works remotely with clients all over the world as a Rebirthing/Sacred Breath practitioner.

Juliana is certified by the American College of Vedic Astrology (ACVA) as a Vedic Astrology Coach (Level III), and an ACVA/CVA Level II certified Vedic Astrologer, having received multiple titles of excellence: the 'Jyotish Visharada', ACVA/CVA (2004) and the 'Jyotish Kovid', ACVA/CVA (2007); as well as the 'Jyotish Navaratna', ACVA (2022). Additionally, in 2012 she was awarded the 'Jyotish Kovid' from the ICAS, Bangalore, India, and received the 'Jyotish Vachaspati' in 2017 (Celestial Resource and Academy for Vedic Studies).

Juliana is additionally certified as a Registered Polarity Practitioner and Rebirther; MahaBote Burmese Astrologer; and practitioner of 'Hast Jyotish' (Vedic Palmistry). Juliana was previously a faculty member at the International Academy of Astrology. She also served for over a decade on the faculty at the American College of Vedic Astrology, where she is now a member of the Leadership Team and serves as Professor, Provost, and Dean of Academics. You may reach out to Juliana through her website: <https://www.astralharmony.com/>; email: Juliana@astralharmony.com; and her blog: <https://astralharmony.substack.com/>