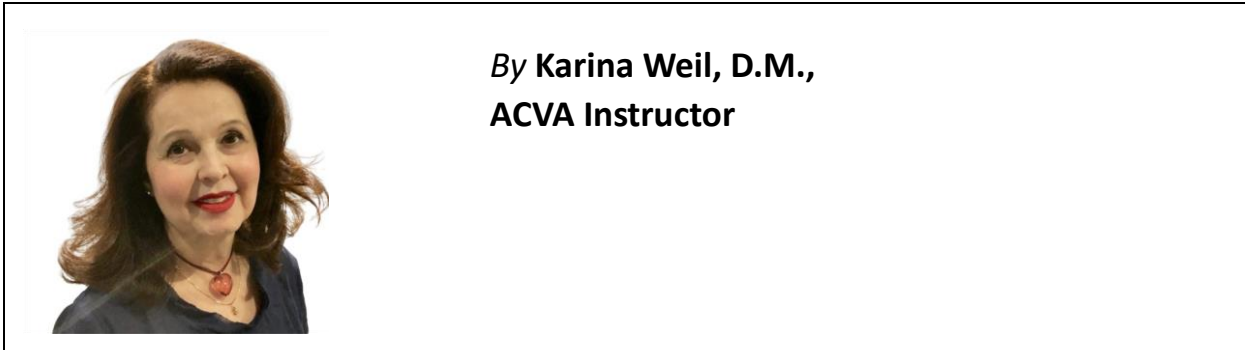


Your Inner Sun Will Brighten Your Winter Solstice

Reflections on the Winter Solstice, the Holy Season, and the Astrological Sun



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The Wheel of Samsara has turned once more, and it's Thanksgiving again. Yet, almost simultaneously, as the familiar tune hispers in my mind, "What have you done?" I find myself pondering, "What have I learned?" The Holy season, synonymous with joyous celebrations, also invites us – even in the best of circumstances – to pause and reflect on our journey. Perhaps it's the slower pace of life, the greyer skies, or the inevitable drop in serotonin, but the reality is that, as the year comes to an end, we start reflecting on our past journeys, our current situations, our future paths, and reminding ourselves of what truly counts to most to us.

If you're inclined to argue that it's merely the predictable end-of-year blues, consider this: while it's true that serotonin levels tend to drop during this time due to a lack of sunlight, leading to some moodiness, I believe this period offers us the precious opportunity to delve into deeper insights that can foster a more optimistic outlook for the future.

Let's consider the external world: Just a few days before Christmas, the northern hemisphere enters its annual period of diminished light. This phase, known as the Winter Solstice or hibernal Solstice, is recognized as the darkest day of the year because the Sun is positioned in the extreme south relative to those of us in Earth's northern hemisphere, resulting in the least exposure to sunlight. Nonetheless, this darkness is not absolute. Most importantly, it's not internal, but it holds a certain significance. This darkness is not meant to be negative; rather, it can serve a purpose. Many have observed that these celestial changes influence nature, leading to a withdrawal into peaceful stillness, into repose, and providing us with a moment to pause and listen as nature seems to stop and reflect. Embracing this time of natural quiet can inspire us to engage more deeply with our thoughts and feelings, fostering personal growth and understanding as we move forward into the new year.

To explain this in astronomical terms, during the solstice period, to the human eye, the Sun appears to "halt." This phenomenon is technically referred to as "standing still." The term originates from the Latin word "*sistere*," combined with "*sol*," which means the Sun. This is how the term "solstice" entered our vocabulary, meaning "the Sun that stands still." During this time, the Sun seems to briefly stand still before it resumes its path, signaling the coming of Spring and the renewal of nature. Even the Sun appears to pause and "breathe," capturing the beauty of stillness before continuing its vibrant mission of nourishing the rays that touch us all.

I believe that the Divine has designated the last two months of the year as an opportunity to turn our attention inward and recognize the inner light of our consciousness that fuels our spirituality. Being a part of nature, this time offers us a chance for necessary withdrawal and a renewed sense of serenity. The darkness outside encourages us to turn away from the distractions of the outer world and focus inward, even if only for a while, to reconnect with our inner spiritual light – our inner sun – and to take the time to listen.

How can Astrology help?

I have noticed an increase in the number of clients, both old and new, requesting appointments at this time of year. Whether they seek an annual reading, a Solar Return, or a comprehensive chart reading, their goal is to align their thoughts and actions with the heavenly messages reflected in the stars. During our time together, they hope to gain a better understanding of their inner selves and find answers to important questions, primarily concerning two topics: the karma from their past, and the true purpose of their lives.

You might be wondering, “Where in the chart can I uncover my true self and purpose?” The birth chart consists of three main elements: the Ascendant, which represents the ego or the personality; the Moon, which represents the emotions and the mind; and the Sun, which symbolizes the soul and what we were born to accomplish in this lifetime. While the Ascendant and the Moon are crucial to our makeup, understanding the Sun's astrological position and condition is equally important because it represents our capacity for soul-guided action.

How can I develop my capacity for soul-guided action?

Life has a remarkable way of presenting us with situations and problems when we least expect them, often catching us by surprise. As a result, if our actions are not guided by our inner selves, we may respond in ways that create new karma or worsen our existing karma. Individuals on a spiritual journey, or those studying the sacred knowledge of Vedic astrology, or *Jyotisha*, often find themselves concerned about the obstacles imposed on our actions by past, present, and future karma. To help alleviate this fear, it's important to clarify that karma is often misunderstood.

Firstly, there are both positive and negative forms of karma. These different types of karma are depicted in a person's birth chart, which includes the twelve houses, the planets, and the signs. Essentially, everything represented in the birth chart reflects karma; it is either the result of past actions or has been created by ourselves at some point in the distant or recent past.

In Sanskrit, the term "karma" comes from the root word "*kri*," which means action. Therefore, karma should not be equated with punishment, as many people often believe. Instead, it signifies that action is essential – indeed, it is imperative – in various aspects of life. Lord Krishna states in *The Bhagavad Gita* that one cannot avoid action altogether. Thus, we must engage in some form of action in every situation if we wish to grow and evolve.

The major karmic indicators in a birth chart are Saturn, with the lunar nodes Rahu and Ketu serving as secondary indicators. Karmic debt, represented by Saturn, highlights the areas of our lives where we are encouraged to pay these debts due to previous shortcomings, omissions, or wrongdoings. As a result, karma is created when we either fail to act, or act in a way that is not aligned with the laws of love inherent to our higher self, affecting ourselves or others.

Swami Sri Yukteswar, the great avatar, articulates this wisdom clearly: “The message boldly blazoned across the heavens at the moment of birth is not meant to emphasize fate – the result of past good and evil – but to arouse man’s will to escape from his universal thralldom. What he has done, he can undo. None other than himself was the instigator of the causes of whatever effects are now prevalent in his life.”

We also have a type of karma that we owe to ourselves. We are all interconnected, and what we do to or for others, we also do to ourselves through our thoughts, words, and actions. Our actions inevitably return to us. Ultimately, our karma is related to our true self, or soul. In astrology, the soul is represented by the Sun, which serves as the *atmakaraka*, or the indicator of the soul’s purpose in this lifetime and our ability and willingness to act rightly. The position of your birth Sun in the natal chart reveals the area of life where you need to allow your soul to visibly express its powerful qualities: clarity, wisdom, generosity, courage, love, and joy. Love is the most significant of these qualities, as it encompasses all the others. It is up to us to choose the right actions, as we have the power and responsibility to do so.

The sacred scriptures teach that the force that sustains the universe is love, which manifests as joy, wisdom, peace, generosity, and respect. Therefore, it is logical to conclude that bad karma arises when love is lacking in some area of our lives, whether in relation to ourselves or others. We may act mechanically, driven by duty, obligation, pride, or compulsion, or we might be motivated by a sense of righteousness. However, if our actions lack love, we forfeit the opportunity to learn the most important life lesson: how to love – love for one another, love for nature, love for creation, and love for ourselves. It is within our power to give and embody this love. Love is the force that transforms us and our external circumstances.

Some astrology sources suggest that love emanates from the heart chakra, or *Anahata*, which is spiritually associated with the Sun due to its ability to radiate warmth, love, and the true self.

While Saturn highlights our karmic duties, the Sun illuminates where we need to shine the light of love through our actions. The beautiful thing is that we are given a fresh chance every year to achieve this realization and apply it in our lives.

This is the timeless message of the holy season, and it’s a reminder we encounter during this joyous and sacred time. But what about us? We often find ourselves running around frantically, buying gifts and hosting parties. While that’s fine, it’s just the tip of the iceberg. As nature grows quiet and still, we must practice silence and listen to the inner voice that speaks to us constantly.

During this time of year, the spiritual realm is said to be closer to Earth, resulting in high-frequency vibrations from the celestial spheres reaching our planet and all living beings. This is why many of us feel uplifted, more hopeful, and inspired to give and share. Those who are open, receptive, and in tune with their surroundings often experience a stronger connection to their inner light of joy and generosity during this period.

When my clients recognize that it’s a good time for a chart reading, I always suggest that they don’t just focus on reviewing the past. Instead, they should take a moment to pause and tune into the higher frequency of their core center, their inner light, or their inner sun. This reflection can help illuminate their intentions for a brighter future.

As always, when clients reflect on their personal cycles and journeys, both the client and this astrologer are reminded that we’re all connected to a universal creative force that is the source of all life, which is indicated in the chart by the sign and house position of the natal Sun.

This sacred time of year is ideal for awakening our inner light, immersing ourselves in it, and consciously – but, most of all intentionally – directing this light toward our future goals, wishes, and aspirations and to

those around us. As celestial messengers, the planets signal important lessons at every point in our lives. When the Sun moves from Scorpio to Sagittarius in November, we are reminded to release our intense emotions, let go of anything that has served its purpose, and embrace the faith in the tangible support and inner joy that are always available to us if we take the time to tune in.

I always suggest that my clients practice the following affirmation technique, which I find very effective for harnessing the power of their inner Sun. It can also provide you with a wonderful and comforting sense of joy. I wish to share it with you and pray that this small soul-guided action be the first step toward a new, more conscious and fulfilling chapter in your life. I hope you will reap its highest benefits as you follow the instructions below.

Namaste!

Karina

Affirmation for the inner Sun

Visualize in your mind's eye a bright Sun shining at the center of your heart. Visualize its warm, white and golden rays spreading through every cell in your body and extending beyond the limits of your physical being. Imagine this light growing wider and forming an ever-expanding sphere around your body. Now, feel the light as it fills the room you are in. Now, repeat the affirmation several times: first out loud, then more softly, next in a whisper, and finally in your mind.

I am filled with divine light.

I am nurtured, so I nurture.

I am respected, so I respect.

I receive love, so I give love.

I am protected, so I protect.

I am accepted, so I accept.

I acknowledge and empower my inner light.

I acknowledge and empower your inner light.

Sources:

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