

LITHA WORKBOOK

**CELEBRATING THE SUMMER SOLSTICE
WITH MAGICK & INTENTION**



**WRITTEN BY:
MODERN MAGICKAL FAMILY**

Welcome the height of the sun! Litha, also known as the Summer Solstice, is a celebration of light, abundance, and peak power. It's a time to honor the sun at its fullest expression, give thanks for the blessings in your life, and channel this solar energy toward joy, vitality, and manifestation. This workbook is your guide to crafting a meaningful Litha celebration, whether you're dancing barefoot in the grass or lighting a candle on your windowsill.



What's Included

Understanding Litha
Litha Correspondences
Family Rituals & Activities
Personal Rituals & Activities
Litha Crafts & Recipes
Journal Prompts & Affirmations
Litha Tarot Spread

How to Use this Workbook

This workbook is meant to inspire connection, creativity, and joy as you celebrate the turning of the Wheel of the Year. It is designed to be flexible and family-friendly, allowing you to move through activities at your own pace. Take your time, follow what resonates most with you, and let Litha's energy guide you.



1. Explore Litha Energy - Read about the themes of Litha to ground yourself in the season's spirit of renewal, passion, and creativity.
2. Engage in Rituals & Activities - Use the rituals and crafts throughout the workbook—like flower crown making, tarot spreads, or family rituals—to celebrate and manifest your intentions. Feel free to adapt them to your needs!
3. Connect with Nature - Take part in nature-inspired activities like the Nature Scavenger Hunt and explore the herbs and crystals that resonate with Litha's energy.
4. Journal Your Journey - Reflect on your experience with the journal prompts to deepen your connection to your desires and growth. Write freely and allow the magick to unfold.
5. Celebrate & Reflect - Enjoy your creations and the abundance of Litha. Revisit your intentions at the end of the season, celebrating what's come to fruition.

Historical Roots of the Summer Solstice

Across ancient cultures, the Summer Solstice has long been celebrated as a sacred turning point — the longest day of the year when the sun reaches its peak power. For our ancestors, this moment marked a celebration of life, light, and the abundance of Earth's gifts.

In Celtic tradition, this festival was known as Alban Hefin, meaning "Light of the Shore." The Druids honored the power of the sun and gathered at sacred sites like Stonehenge, aligning rituals with the sun's rising and setting. Fires were lit on hilltops to bless the crops, and it was a time for handfastings, community feasts, and honoring the land's fertility.

Norse cultures celebrated Midsummer as a festival of fire and fertility. It was a time to invoke protection, ward off spirits, and gather herbs — especially magical ones like St. John's Wort, said to be most potent when harvested on the solstice. Bonfires and flower crowns symbolized both purification and the power of the sun.

Litha is one of the eight sabbats in the Wheel of the Year. It marks the battle between the Oak King and the Holly King — twin aspects of the year's cycle. At Litha, the Oak King, ruler of the waxing year, is defeated by the Holly King, ushering in the waning half of the cycle as the days begin to shorten.



The Symbolism of the Sun, Fire & Fertility

Litha is the high noon of the solar year. The sun stands still in the sky, radiating warmth, power, and clarity. Its energy is life-giving, and at this peak moment, we are invited to reflect on the full bloom of our own lives.

- The Sun represents illumination, vitality, personal power, and truth. At Litha, it symbolizes the full expression of who we are — radiant, whole, and seen.
- Fire, often honored through bonfires and candlelight, is a symbol of transformation, protection, and creative force. Jumping the fire was (and still is) a way to clear old energy and ignite new intentions.
- Fertility, both literal and metaphorical, is central to Litha. Crops are growing, animals are thriving, and our own ideas, goals, and relationships are reaching full ripeness. This is a time to give thanks for the abundance that has come from seeds once planted — in gardens, in hearts, and in spirit.



Litha in the Wheel of the Year

Litha stands opposite Yule, the Winter Solstice, in the Wheel of the Year — a sacred calendar of eight sabbats marking seasonal shifts and spiritual cycles.

While Yule honors the rebirth of light, Litha celebrates its zenith.

In the wheel's rhythm, Litha is a time of culmination — the climax of light before the gentle descent into darkness. From this point on, the days begin to shorten, reminding us that even in celebration, change is constant.

This sabbat teaches balance: to savor what has grown, to honor what is fading, and to begin preparing — not out of fear, but out of respect — for the turning seasons. It is a joyful, fiery pause at the height of the year, a mirror to our own journey of expansion and return.



The Oak King: Guardian of the Waxing Year

At the heart of Litha's mythology stands the Oak King, a powerful seasonal archetype who reigns over the light half of the year. From Yule to Litha, he brings growth, vitality, and renewal, guiding the Earth from winter's sleep into spring's awakening and summer's peak. His story is a sacred dance of duality and balance—each year, the Oak King battles his twin, the Holly King, at both solstices. At Yule, the Oak King is born anew, slowly rising in strength as the days grow longer. But at Litha, when sunlight reaches its zenith, he is defeated by the Holly King, who then rules the waning year as the light begins to fade.

This symbolic cycle reflects the eternal rhythm of nature—of birth, death, and rebirth. The Oak King teaches us to celebrate the fullness of life while preparing to gracefully release it. He is the embodiment of the green, flourishing Earth, of ambition, courage, and youthful energy, but also of sacrifice for the greater balance of all things.

To honor the Oak King at Litha, decorate your altar with oak leaves, acorns, and sun motifs. Light a gold or green candle in his name and give thanks for the strength and abundance he has helped cultivate in your life. You might also plant a tree or spend time in an oak grove to connect with his spirit. If you wish, write a letter of gratitude or release, burn it in a bonfire or candle flame, and offer the ashes to the Earth.





CORRESPONDENCES FOR LITHA



Magickal Crystals for Litha

During Litha, the energy of the sun is at its peak—bright, warm, and abundant. Crystals aligned with this sabbat can help you harness that solar power for vitality, joy, and manifestation. Sunstone is the quintessential Litha crystal, radiating confidence, warmth, and leadership. Citrine attracts abundance and success while lifting your spirit with its sunny glow. Carnelian sparks creativity, passion, and motivation—perfect for reigniting your inner fire. Amber, rich with ancient energy, offers grounding and protection while holding the essence of sunlight in fossilized form. Tiger's Eye blends courage and focus, helping you stay steady as you pursue your goals. Clear Quartz amplifies all intentions and is ideal for charging in the sun or using in spellwork. Garnet connects to fertility and life force, supporting both love and physical vitality. Lastly, Sunshine Aura Quartz (also known as Citrine Aura) raises your vibration, calling in joy, optimism, and playful expansion. Carry these stones, place them on your altar, or charge them in the summer sun to soak in the solstice magick.



Magickal Herbs for Litha

The herbs of Litha brim with solar energy, offering protection, healing, and spiritual vitality at the height of summer. St. John's Wort is perhaps the most iconic Litha herb, used for protection, warding off negativity, and honoring the sun's strength. Lavender brings peace, purification, and a sense of calm to balance the season's fiery energy. Rosemary, sacred in many traditions, boosts memory, protection, and clarity—perfect for solstice rituals. Basil attracts abundance, love, and prosperity, and can be added to charm bags or summer meals with intention. Chamomile, gentle yet potent, soothes the heart and invites restful sleep, while carrying solar blessings. Mint offers refreshment, mental clarity, and protection—burn it or brew it into a cooling tea. Calendula (Marigold) radiates joy, healing, and solar power, used in spellwork for success and inner light. Finally, Thyme helps strengthen courage, attract fae energy, and support energetic cleansing. These herbs can be burned, brewed, bundled, or used in offerings to honor the fire and fertility of the season.



Decorating Your Altar for Litha

To honor the radiant energy of the Summer Solstice, create an altar that celebrates light, abundance, and the peak of life's cycle. Begin with a gold or yellow cloth as your altar base to represent the sun's powerful warmth. Add sunflowers or wildflowers in vibrant colors like orange, red, and gold to call in joy and vitality. Place a sun symbol—this could be a charm, a painted stone, or even a drawing—to anchor your altar in solar energy. Include candles in fiery tones (like gold, orange, or red) to reflect the element of fire and light your intentions. Arrange crystals such as sunstone, citrine, or carnelian to amplify your spells and offerings. Incorporate seasonal herbs like St. John's Wort, rosemary, or mint—either fresh or bundled—for their protective and energizing properties. Add a bowl of summer fruits or honey to give thanks for Earth's abundance and invite sweetness into your life. Finally, consider placing a representation of the Oak King or nature spirits, honoring the balance between human and wild, and the turning of the Wheel. Let your altar shine as a sacred space where intention and celebration meet the sun.



Things to Do for Litha

Litha invites us to celebrate life in full bloom and align with the height of solar energy. Rise early to watch the sunrise, welcoming the longest day with gratitude and intention. Make a flower crown using herbs and wildflowers to honor fertility, beauty, and your connection to nature. Host or attend a bonfire ritual, writing down what you wish to release or energize and casting it into the flames. Prepare a seasonal feast using fresh herbs, honey, berries, and summer vegetables—bless your food with abundance and joy. Create a sun-charged spell jar for confidence, passion, or growth, using ingredients like citrine, cinnamon, or basil. Go on a nature walk or solstice hike, collecting natural items for your altar and tuning in to Earth's vibrant energy. Work with solar herbs like St. John's Wort or rosemary in teas, bundles, or incense to channel protective and healing energy. Finally, take time for a mid-year reflection, journaling what has flourished in your life and what you'd like to tend or release as the days begin to shorten.



Watch the Sunrise



Seasonal Feast



Nature Walk



Mid-Year Reflection

Things to Do
Litha



Bonfire Ritual



Sun Water



Work with the Fairies

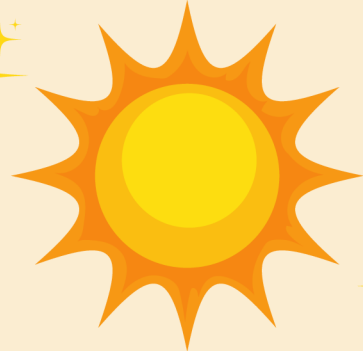


Simmer Pot

Symbols of Litha

Litha is rich with symbols that reflect the height of the sun's power and the vibrant fertility of the Earth. The sun itself is the most potent symbol, representing life, energy, and illumination. Fire—whether from bonfires, candles, or the heat of the day—symbolizes transformation, passion, and purification. Sunflowers stand tall as radiant emblems of joy, growth, and the solar cycle. Oak leaves and acorns honor the Oak King, ruler of the waxing year, and represent strength, wisdom, and the turning of the Wheel. Honey and bees symbolize abundance, hard work, and the sweetness of life. Wheels or solar crosses echo the sun's circular path and can be used as protective charms or altar decor. Fae and nature spirits are especially active at Midsummer, representing magic, mystery, and the unseen forces of the natural world. Lastly, herbs like St. John's Wort symbolize protection and the healing power of sunlight. Together, these symbols create a rich tapestry of meaning for your rituals and celebrations.





RITUALS FOR FAMILIES



Family Activities for Litha

Make Flower Crowns Together

Gather wildflowers, herbs, and greenery to craft beautiful flower crowns as a symbol of nature's abundance and joy. Kids will love choosing their blooms and weaving them into wearable art that honors the Earth.

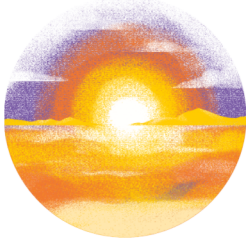


Have a Backyard Bonfire

Celebrate the element of fire by gathering around a small bonfire or fire pit. Each family member can toss in herbs or paper wishes, releasing intentions and gratitude into the flames.

Create a Sun Tea Spell

Let the kids help gather herbs like mint or lemon balm and place them in a jar with water to steep under the midday sun. As it brews, set intentions for joy, health, and summertime magic, then sip together in sacred celebration.



Watch the Sunrise or Sunset as a Family
Choose to rise early or stay up late and watch the sun rise or set together on the longest day of the year. Take a moment to share what each family member is thankful for and what they're excited to grow this season

Family Litha Ritual: Honoring the Light Together

A simple and meaningful ceremony to celebrate the sun, nature, and each other.

Litha is a time of radiant joy, celebration, and connection—with the Earth, with spirit, and with one another. As the sun reaches its highest point in the sky, we gather to honor the light within and around us. This family ritual is a simple yet powerful way to mark the Summer Solstice together, blending intention, gratitude, and seasonal magick. Whether performed in a sunlit backyard or by a windowsill altar, this practice helps plant the seeds of joy, unity, and abundance for the season ahead. Let your hearts shine as brightly as the midsummer sun.

What You'll Need:

- A small yellow or gold cloth for your altar
- A candle (gold, yellow, or orange) - LED is fine for little ones
- A bowl of fresh summer fruits or herbs (like strawberries, mint, or basil)
- A sun symbol (drawing, stone, or decoration)
- A jar or bowl of water charged in sunlight
- Small slips of paper and pens or crayons
- Optional: flower crowns, bells, music, and bubbles for fun!



Family Litha Ritual: Honoring the Light Together

1. Set the Space

Lay out your altar cloth outdoors or near a sunny window. Let everyone help place items—fruits, herbs, the candle, and your sun symbol—on the altar. Invite each person to add something that reminds them of summer.



2. Open the Circle

Hold hands or sit in a circle. Say together: "We gather in love and light to honor Litha, the longest day of the year. May the sun bless our home, our hearts, and the Earth beneath our feet."

3. Light the Candle

Light the candle (adults only) and explain: "This flame is the light of the sun, shining strong and bright. It reminds us of our own inner light and all the love we share."

Take a moment of silence to feel the warmth and presence of the sun.



Family Litha Ritual: Honoring the Light Together

4. Gratitude Sharing

Go around the circle and let each family member share one thing they are grateful for this summer. For younger kids, they can draw it or describe it in their own words.



5. Wish into the Light

Have everyone write or draw a wish, goal, or intention on a small slip of paper. Fold the papers and place them under the sun-charged water or on the altar. Say together: "With the sun's energy, may our dreams grow strong and bright."



6. Blessing with Water

Dip your fingers into the sun-charged water and gently anoint each other's foreheads or hands, saying: "May you shine with light, love, and summer joy."



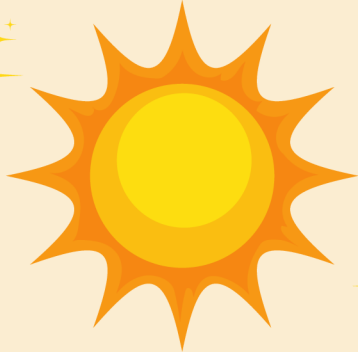
7. Close the Ritual

Blow out the candle. End with a joyful song, ringing of bells, dancing, or blowing bubbles. Say: "Though the light begins to wane, its warmth lives on in us. Blessed be!"

Litha Scavenger Hunt

Let's go on a solstice adventure! Find the treasures of summer and celebrate the light, nature, and joy of the season.

Item	Symbolism	Check Box
Yellow Flower	Symbolizes the bright sun and happiness.	
Something round like the sun	Represents vitality, creativity, and life force.	
Fresh Green Leaves	For growth, life, and the Oak King's strength.	
A Smooth Stone	For grounding and Earth's quiet power.	
A stick	For casting little summer spells.	
A Feather	A gift from the sky, symbolizing air and freedom.	
Something that smells good	Learn about the scents and what they mean	
Something that Sparkles	A nod to the fae and solar sparkle.	
Something sweet	To honor the bees	
A symbol of Joy	Anything that makes you smile or laugh!	



SOLITARY ACTIVITIES



Solitary Activities for Litha

Sunrise Ritual and Meditation

Begin the day by greeting the sun at dawn with a quiet moment of stillness and breath. As the light touches your skin, visualize it filling you with strength, clarity and purpose.



Make a Solar Spell Jar

Craft a spell jar using herbs, crystals, and written intentions that align with vitality, joy, or abundance. Seal it under the sun's rays to charge it with Litha's radiant energy.



Create a Personal Bonfire Ceremony

Write down what you wish to release or call in, then safely burn it in a candle flame or small fireproof dish. Let the smoke carry your intentions to the universe as you honor your own transformation.



Solo Nature Walk and Offering

Take a mindful walk in nature, noticing the colors, scents, and warmth of midsummer all around you. Leave a simple offering—like a flower or a song—as a thank-you to the land and spirits



Litha Ritual for the Solitary Witch

A soulful celebration of light, growth, and personal power at the height of the sun's reign.

This Litha ritual is designed for the solitary witch seeking to honor the sun's peak with presence and purpose. Through candlelight, reflection, and intention-setting, you'll align with the energy of abundance, confidence, and inner radiance. It's a simple yet potent way to celebrate your personal growth and connect with the light within. Let this ritual be a moment of sacred pause in the heat of the year—an offering to both yourself and the sun.

What You'll Need:

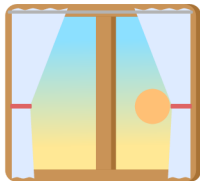
- A gold, yellow, or orange candle
- A small bowl of sun-charged water or fresh herbs like mint or basil
- A piece of paper and pen
- A sunstone, citrine, or any solar-aligned crystal (optional)
- A representation of the sun (art, charm, or a simple circle drawn by hand)
- Optional: flower crown, music, incense, or a mirror for solar reflection



Litha Ritual for the Solitary Witch

1. Create Sacred Space

Choose a place where sunlight can reach you, or light a candle to call in the warmth of the sun. Arrange your items on a cloth or altar and take a few deep breaths, grounding yourself in the present moment.



2. Call in the Light

Light your candle and say:

"I honor the light within me and around me. On this longest day, I welcome the sun's blessing and stand fully in my power."

Visualize golden light filling your body—cleansing, energizing, and activating your inner radiance.

3. Write and Reflect

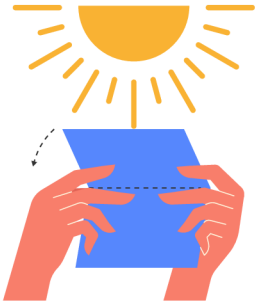
On your paper, write down what has bloomed in your life this year—dreams manifested, growth achieved, lessons learned. Then write an intention or desire you'd like to energize with the sun's strength.



Litha Ritual for the Solitary Witch

4. Sun Water or Herb Blessing

Dip your fingers into the sun water or gently rub the herbs between your palms. Anoint your forehead, heart, and hands, saying: "I am nourished by the light. I am aligned with abundance, joy, and purpose."



5. Offer and Release

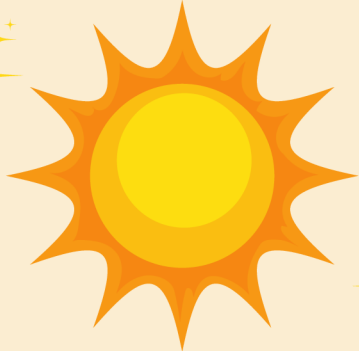
Fold the paper and hold it to your heart. Say: "With gratitude, I offer this wish to the light. May it grow strong, true, and bright."

Then place the paper under the sun symbol or crystal, or safely burn it if you feel called to release it.

6. Close and Give Thanks

Blow out the candle and thank the sun, the Earth, and yourself. Spend a few minutes basking in silence, humming a tune, or journaling what you felt during the ritual.





CRAFTS & RECIPES



Sun Catcher Craft

A radiant, creative way to honor the light of Litha and bring the sun's sparkle into your home.

What You'll Need:

- A clear plastic lid (like from a yogurt or takeout container) or a CD/DVD
- Tissue paper, dried flower petals, or colored cellophane
- White glue or mod podge
- A small paintbrush or sponge
- Ribbon, twine, or fishing line for hanging
- Hole punch or something sharp to make a hole
- Optional: glitter, pressed herbs, sequins, sun charms, or gold foil



How to Create It

1. Prepare the Base - If using a plastic lid, wash and dry it. If using a CD, decorate the shiny side. Punch a hole near the top for hanging later.
2. Create Your Design - Brush a layer of glue onto the surface. Gently place tissue paper pieces, dried petals, or sparkly bits onto the glue to make a vibrant collage of solar colors like yellow, orange, red, and gold.
3. Seal and Dry - Add another thin layer of glue or mod podge over your design to seal everything in place. Let it dry completely.
4. Add the Hanging String - Once dry, thread your ribbon or twine through the hole and tie it securely. You can also add beads, sun charms, or feathers to the string for extra magic.
5. Bless and Hang - Before hanging your sun catcher, hold it up to the light and say: "With joy and light, I welcome the sun. Shine on my home, my heart, and all I've begun." Hang it in a sunny window or outside to catch and reflect the light of Litha.

Solar-Powered Intention Lanterns

A radiant, creative way to honor the light of Litha and bring the sun's sparkle into your home.

What You'll Need:

- Small solar-powered garden lights or solar jar lids (available at craft or garden stores)
- Clear mason jars, recycled glass jars, or plastic containers
- Tissue paper, dried flowers, or pressed herbs
- White glue or Mod Podge
- Paintbrush or sponge
- Permanent markers or paint pens
- Optional: glitter, crystal chips, affirmations, ribbon, charms, or sun stickers

How to Create It

1. **Set Your Intention** - Before you begin, take a moment to center yourself and think about what energy or intention you want your lantern to hold—joy, growth, love, abundance, clarity, etc. You may choose a single word, a symbol, or a short affirmation.

2. **Decorate Your Jar** - Brush glue onto the outside of the jar and gently press on pieces of tissue paper, dried petals, or herbs. Layer and seal with more glue. Write your intention or affirmation directly on the jar using a permanent marker or paint pen (e.g., "I radiate joy" or a sun symbol).

3. **Add Solar Light** - Once dry, insert your solar light into the jar opening or use a solar-powered jar lid. Make sure the solar panel is exposed to sunlight during the day.

4. **Charge and Activate** - Place your lantern in direct sunlight for several hours. As it absorbs the sun's rays, speak your intention aloud: "With the light of the sun, I empower this wish. May it shine bright and guide my path."

5. **Display with Purpose** - Use your lantern as a centerpiece for your Litha altar, place it on your porch, or line a garden path for your solstice celebration. Let it glow each night as a reminder that your dreams are illuminated, nurtured by the light within and without.



Summer Sun Tea with Magical Intentions

A refreshing herbal infusion brewed beneath the midsummer sun, charged with joy, clarity, and abundance.

Ingredients

- 1 tbsp dried hibiscus (for joy, love, and solar energy)
- 1 tbsp dried lemon balm (for peace, clarity, and protection)
- 1 tbsp dried mint (for vitality, cleansing, and abundance)
- 1 tsp dried calendula or chamomile (for happiness and healing)
- 1-2 slices of fresh orange or lemon (for solar energy and manifestation)
- Optional: honey or agave (for sweetness and attraction magic)



Directions

1. Assemble Your Ingredients - Add all herbs and citrus slices to your clean glass jar. Pour in the water and take a deep breath, setting your intention (joy, love, energy, abundance—whatever you desire to call in).
2. Infuse Under the Sun - Place the jar in direct sunlight for 2-4 hours. As it steeps, visualize golden light charging your tea with solar blessings.
3. Strain and Sweeten - Once brewed, strain the herbs and pour into cups or a serving pitcher. Add honey or agave to taste, stirring clockwise while speaking your intention aloud.
4. Sip with Gratitude - Drink mindfully, feeling the sun's energy flow through you with each sip. Share with loved ones or enjoy during your Litha ritual, picnic, or solo meditation.

Honey Cakes for the Solstice

Sweet, golden cakes to honor the sun, celebrate abundance, and share joy during Litha.

Ingredients

- 1½ cups all-purpose flour
- ½ tsp baking soda
- ½ tsp ground cinnamon (for warmth and solar energy)
- Pinch of salt
- ½ cup unsalted butter, softened (or plant-based alternative)
- ½ cup raw honey (for sweetness, love, and abundance)
- 1 egg (or flax egg for a vegan version)
- ½ tsp vanilla extract (for comfort and joy)
- ¼ cup milk or plant milk (for nourishment and flow)
- Optional: dried calendula petals or a sprinkle of lavender for floral magic



Directions

1. Preheat and Prepare - Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or grease a mini muffin pan for bite-sized cakes.
2. Mix Dry Ingredients - In a medium bowl, whisk together the flour, baking soda, cinnamon, and salt. If using dried calendula or lavender, gently fold it in now for a floral touch.
3. Cream the Butter and Honey - In a separate bowl, cream the butter and honey together until smooth and fluffy. Add in the egg (or flax egg) and vanilla, mixing well to combine.
4. Combine and Stir - Gradually mix the dry ingredients into the wet, adding the milk a little at a time until a soft dough or thick batter forms.
5. Shape and Bake - Drop spoonfuls onto the baking sheet or fill mini muffin cups ¾ full. Bake for 10-12 minutes, or until lightly golden and fragrant.
6. Bless and Enjoy - Let cool slightly, then offer the first cake to the sun, your altar, or nature spirits in gratitude. Enjoy the rest with intention—each bite a taste of joy, light, and Litha's golden blessings.

Cooling Lavender-Lemon Balm Elixir

A soothing potion to calm the mind, refresh the spirit, and invite peace during the heat of summer:

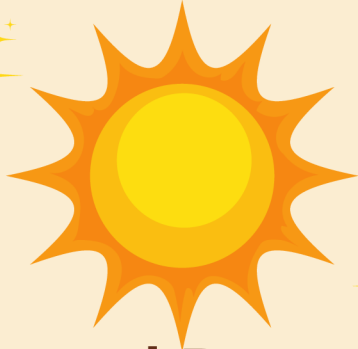
Ingredients

- 1 tbsp dried lemon balm (for peace, clarity, and heart healing)
- 1 tsp dried lavender buds (for relaxation, protection, and spiritual connection)
- 1 tsp dried spearmint or peppermint (for cooling energy and uplift)
- 1 tsp local honey or maple syrup (for sweetness, attraction, and harmony)
- Juice of half a lemon (for purification and solar vitality)
- 1½ cups filtered or spring water
- A few drops of flower essence (like lavender or lemon balm, if you work with them)



Directions

1. Brew the Herbal Base - Bring the water to a light simmer (not boiling), then pour it over the dried herbs in a heat-safe jar or teapot. Cover and let steep for 10-15 minutes while setting your intention for calm, clarity, and renewal.
2. Strain and Cool - Strain out the herbs and allow the infusion to cool to room temperature. Stir in honey (or maple syrup) and lemon juice while focusing on your desired energy—peace, ease, and joy flowing into your life.
3. Bless and Bottle - Whisper your affirmation or prayer over the elixir as you pour it into a chilled glass. Example: "I drink in calm, I radiate light."
4. Serve with Intention - Serve over ice or dilute with sparkling water for a fizzy potion. Garnish with mint or edible flowers and sip slowly, letting the coolness calm both body and spirit.



Journal Prompts, Affirmations & Tarot



Journaling Prompts for Litha

What in my life is currently in full bloom? Reflect on what you've nurtured this year that is now thriving—goals, relationships, mindset, or spiritual growth.

Where in my life do I feel most radiant and confident?

Explore the areas where you shine brightly and feel most aligned with your authentic self.

What abundance have I received in the first half of the year?

List the blessings—big and small—that you are grateful for as the sun reaches its peak.

What does "personal power" mean to me, and how do I embody it? Think about your inner fire and how you express strength, confidence, and leadership.

Journaling Prompts for Litha

What am I ready to release as the days begin to shorten? Honor what has served its purpose and what you're ready to let go of with love and intention.

How can I stay connected to joy and playfulness this summer? Write about ways to bring more lighthearted energy, spontaneity, or creativity into your life.

What seeds do I want to tend during the second half of the year? Set intentions for continued growth, focus, or healing as the Wheel begins to turn again.

What does the sun teach me about balance, energy, and renewal? Meditate on the symbolism of the sun and how its rhythm mirrors your own cycles of giving and resting.

Litha Affirmations

I radiate joy, confidence, and warmth like the midsummer sun.

I am in full bloom, embracing the beauty of who I am becoming.

I welcome abundance into my life with gratitude and open arms.

My inner fire burns bright with purpose, passion, and power.

I honor the light within me and let it guide my path.

I am rooted in love, flourishing in my truth, and aligned with the Earth's rhythms.

I trust the timing of my growth and celebrate how far I've come.

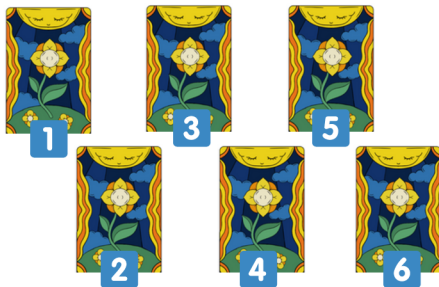
As the sun stands still, I pause to reflect, rejoice, and realign.

I am a vessel of light, peace, and creative energy.

With each breath, I absorb the sun's blessings and share my light with the world.

Litha Tarot Spread

This Summer Solstice spread helps you reflect on what's thriving in your life, what needs nurturing, and how to align with your highest joy as the Wheel turns.



PERFORMING THE SPREAD

- 1** Find a quiet, sacred space where you can focus.
- 2** Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.
- 3** Lay out the cards in the pattern above.
- 4** Reflect on the meaning of each card and how it applies to your journey.

Litha Tarot Spread Questions

- 1** The Sun Within - What part of me is shining brightest right now?
- 2** What's in Full Bloom - What has grown or manifested since the start of the year?
- 3** What Needs Tending - What area of my life still needs care, healing, or focus?
- 4** What to Release - What belief, habit, or pattern is ready to be let go as the days begin to shorten?
- 5** Source of Joy - What brings me true joy and energizes my spirit?
- 6** Hidden Light - What strength or gift within me am I not fully seeing or using?



About the Sabbath Workbook Series



These Sabbath workbooks are part of a series created to help families celebrate the Wheel of the Year with intention and magic. Each workbook focuses on a specific Sabbath, offering rituals, crafts, recipes, and reflections tailored to the season.

Use them to deepen your connection to nature, honor the cycles of the year, and create meaningful traditions with your loved ones. Whether you are exploring these practices for the first time or continuing a long-standing journey, these workbooks are designed to inspire and guide you through each celebration.

Learn more at:

<https://modernmagickfamily.com/wheel-of-the-year>



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at www.modernmagickalfamily.com and let the magic unfold!

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