



Reflect Release Renew

A Winter Solstice
Guide for the
Exhausted Spirit

The Winter Solstice is a time of profound stillness, the longest night of the year, when darkness invites us to rest, reflect, and honour the cycles of life. If you are new to the concept of Human Design, think of it as a system that explores your unique energy blueprint and how you are designed to thrive.

If you're curious, you can download your Free Human Design chart online to discover your energy type and begin exploring this guide to your unique design.

During this Winter Solstice, the Sun is illuminating a powerful theme: the journey of self-love and self-empowerment. This sacred moment calls you to reconnect with yourself, embrace your authenticity, and celebrate the beauty of life's ebbs and flows.

This guide is for the exhausted spirit. For the woman who feels weighed down by life's demands and disconnected from her inner light. Through the three pillars of Reflect, Release, and Renew, we'll explore practical tools to help you rest, rediscover your strength, and honour the wisdom that lives within you. Let this guide be your companion on this journey, celebrating the longest night while welcoming the returning light.

1. Reflect: Embracing the Darkness

Reflection is the first step to reconnecting with your true self. In the quiet of the Winter Solstice, pause to honour your journey and listen to your inner wisdom.

Practices for Reflection

Journaling for Self-Awareness

- Prompt: "What is my exhaustion trying to teach me?" Explore the deeper reasons behind your fatigue—whether physical, emotional, or spiritual. Let your words flow without judgment and uncover what your body, mind, and soul truly need.

Personal Cacao Ceremony with Altar

- Set up an altar with symbols of the solstice: a candle to represent the returning light, seasonal greenery for renewal, a favourite crystal for grounding, and a bowl of water for emotional cleansing.
- Brew ceremonial-grade cacao with a pinch of cinnamon and cayenne. As you sip, close your eyes and reflect on the past year. Ask yourself, "What am I ready to release, and what do I wish to call in?"
- Write your reflections and intentions, letting the ceremony ground you in self-love and connection.

Human Design Integration

- Reflect on your Energy Type:
 - Projectors: Am I honouring my need for rest and waiting for aligned invitations?
 - Generators/Manifesting Generators: Am I focusing on what truly lights me up?
 - Manifestors: Am I creating space for rest between bursts of creativity?
 - Reflectors: Am I allowing my environment to reflect my true self?

Affirmation for Reflection

- Projectors: "I honour the wisdom in my pauses and trust that the right invitations will find me."
- Generators/Manifesting Generators: "I choose to respond only to what lights me up, creating joy and vitality in my life."
- Manifestors: "I give myself permission to rest and recharge so I can create with intention."
- Reflectors: "I embrace the beauty of my sensitivity and align with environments that nourish my spirit."

2. Release: Clearing Space for Healing

To release is to make space for healing and transformation. Let go of what no longer serves you to honour your energy and reclaim your power.

Movement for Release

- Projectors: Gentle stretches and restorative yoga to open your body and release tension.
- Generators/Manifesting Generators: Dynamic movements like dance to release pent-up energy and restore balance.
- Manifestors: Short, empowering bursts of movement followed by calming stretches to ground yourself.
- Reflectors: Reflective and intuitive movement, such as swaying or circular motions with your hips or head and shoulders, to align with your natural rhythms.

Breathwork

- Practice deep diaphragmatic breathing. Inhale deeply for 4 counts, hold for 4 counts, and exhale for 6 counts. Visualise releasing tension with every exhale.

Herbal Support

- Chamomile & Lavender Tea: Soothe your nervous system and invite peace.
- Ashwagandha: Balance stress and release physical tension with this adaptogen.

Human Design Integration

- Take a moment to honour the parts of yourself that feel steady and consistent in your defined centres. These are your natural strengths and gifts, the foundation from which you navigate life. They remind you of your inherent worth and the love you hold for yourself. Equally, embrace the areas of your life where you feel open and adaptable in your open energy centres. These moments of flexibility are a profound gift, offering you wisdom through experience and the ability to see the world from multiple perspectives.

At the heart of these reflections lies the essence of self-love and self-empowerment. Honour yourself for who you are and embrace the wisdom of both your strengths and your vulnerabilities. By doing so, you create space to thrive authentically.

3. Renew: Welcoming the Light

Renewal is about stepping into alignment with joy and vitality. As the sun returns, embrace practices that nurture your spirit and empower your journey forward.

Practices for Renewal

Restorative Sleep

Restorative sleep is essential for self-love and empowerment. The way you prepare for rest can deeply impact how you feel when you wake. For those who can, sleeping in your own aura—without the energetic influence of others—can provide profound rest, especially if you are a non-sacral being. By creating rituals that honour your unique needs, you can approach sleep as a sacred act of renewal. Here's how to personalise your practice:

- **Generators/Manifesting Generators:** Release built-up energy before bed with gentle movements like light yoga or a short walk. This helps you transition into relaxation, ensuring a joyful and revitalised morning.
- **Projectors:** Wind down with calming activities such as journaling or meditative reading. These practices honour your need for stillness and create space for your inner wisdom to surface.
- **Manifestors:** Soothe your mind and body with a warm bath infused with essential oils like lavender or chamomile. Let this be your moment to pause, empowering you to recharge fully.
- **Reflectors:** Create a serene sleep environment with soft lighting, calming sounds, or white noise. This nurtures your sensitivity and aligns you with the gentle rhythms of the night.

Affirmation for Renewal

- **Projectors:** "I am open to recognising my unique wisdom and replenishing my energy through intentional restful sleep."
- **Generators/Manifesting Generators:** "I am open to finding my inner joy and vitality in the things that light me up, renewing my spirit with aligned action."
- **Manifestors:** "I am open to resting deeply, trusting that renewal strengthens my creativity and leadership."
- **Reflectors:** "I am open to embracing environments and energies that restore and nourish my soul."

As you honour the darkness of the Winter Solstice, allow it to become a space for deep rest and introspection. In the stillness of this long night, reflect on the beauty of embracing your authentic self and letting go of what no longer serves you. The solstice invites you to celebrate the returning light—a symbol of renewal, hope, and the endless cycles of growth and transformation.

This is a sacred opportunity to step into self-love and self-empowerment. Honour the strength it takes to care for yourself, to nurture your needs, and to trust that each small step forward builds a foundation of resilience and joy. As you reflect, release, and renew, you are not just aligning with the external cycles of nature, but also with the inner rhythms that guide you toward wholeness and light.

Your next step: Choose one practice from this guide and integrate it into your day. Let this solstice be a turning point for deep rest, renewal, and alignment.

✨ Share this guide with someone who needs it, and let's celebrate the light together. ✨

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