

Winter Solstice

December 21, 2022



After completing the meditation, **PRINT OUT** these pages and write down any insights, revelations and thoughts that came to you.

For more support, **REPEAT** the Statement of Intention below until the **New Moon** on **December 23, 2022**.

Statement of Intention

“ I unbind and unwind ALL energies that no longer serve me. I release them back to source origin. I call in frequencies for the highest potential me. ”



What am I holding on to that is ready to RELEASE?

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What insights did I receive when I merged with the Orion Nebula?

A large, empty rectangular box with a golden-yellow border, intended for handwritten notes or reflections.

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**What insights did I receive when Orion Nebula's
Messier 42 activated my Third Eye?**

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How did the Ascended Being and the Seven Shining Ones present themselves to me?

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**What did I experience during my Wisdom Initiation?
What insights were revealed?**

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Describe any additional revelations, details, experiences, etc. that came to you during the meditation