

COASTAL SYNERGY

SUMMER

Solstice 2024 Newsletter



In the ethereal embrace of the Summer Solstice, the enchanting Strawberry Full Moon, and the sacred National Indigenous Day, a tale unfolds. Within this sacred scroll, whispers of wisdom from treasured decks, *The Sacred Medicine* by Asha Frost and *The Herbal Astrology* by Adriana Ayales, shall dance. Behold, the rites and rituals that beckon forth the season of sun-kissed abundance, where the harvest of medicines and the quest for orcas on the shimmering waters blend in harmonious cadence.

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SUMMER SOLSTICE: DEER BY ASHA FROST

Deer Medicine

Asha Frost an Anishnawbe from my territory talks about how summer solstice is a time for nourishment and growth. Its time to plant seeds or start intentions. Deer reminds us that its time to be gentle with ourselves and use self care. Its time to soak in all that sun and reflect on what you want to align with. Move into the glow of summer and take your place where you are sacred



Sacred Ceremony

During our Summer Solstice ceremonies, we share a bowl of strawberries, which bring gentle nectar to our hearts and spirits, reminding us to soften into self acceptance. Deer spirit comes before you today and nuzzles your cheek, they have a strawberries in their mouth and they offer it to you. You place it upon your heart and grandfather sun shines brightly upon you, the warmth and light illuminating your presence.

Healing Affirmation: "I celebrate my success and the forward movement of my dreams, I care for myself deeply as I pour light into the world" (Frost, p83)

For me Summer Solstice is about having more nature time as the days are longer which allows me to get out and do some harvesting in the forests and connecting to the water. If you feel aligned to get out by the water and connect and set intentions for this coming summer. What would you like to create for yourself and bring in. I always bring in grace and ease and I am super happy that this month, I m connecting to two women whose names are Grace. Thank you Universe and Creator!! As with many ceremonies of the Ojibway we often include strawberries to feast upon and since we are also going into the strawberry full moon the day after summer solstice I will be definitely eating and feasting on them and because its also time to pick St Johns wort I will definitely creating an oil infusion with her as well.



FULL SPIRIT MOON: SHINE

Shine

Full Moon is often to many about releasing and looking at what you have created in the past moon cycle. Asha Frost, an Ojibway from my territory talks about how we should welcome everyone into our hearts, regardless of the challenges that comes with that. Its time to let go of judgment and practice our grandfather teachings of humility. The animal spirit she talks about that shares with the moon is the Canada goose. Its the medicine of community, leadership, cooperation and the sacred circle. Lean on each other and connect with family and friends. Uplift to the ones who need it. Message of the goose: We cant fly free unless we all fly free, we uplift and help those who are in need, true oneness comes from seeing the truth of another's reality.



Sacred Ceremony

“The light of the Full Spirit Moon begins to glow in your heart, and there is a blast of bright energy in the center of your body. It pours into all your cells, tissues, and organs. Powerful waves are initiated in your sacred waters to stir up all that needs to go; this will be released in your dreams tonight-Drink lots of water, infused with the light source by placing your healing hands over each cup that your drink to activate it. Walk fearlessly and with courage as you radiate your fullest potential. Healing Affirmation: “It is safe to take up space. I stand audaciously and own my luminosity.”

(Frost, p27)

www.Ashafrost.com

Many of us feel scared to play big, I continuously work with this since one of my dearest and powerful friends said I play small. She is right but I am continuously working on that. Its ok to luminate and shine! I will be putting our my water and doing ceremony with the affirmation that I own my shine! I want to spend more time with family on the water and shine together. When we role model for others that its ok to shine it lets others shine too. Grandfather teaching of humility is knowing your gifts and sharing them in a good with others. Its not about staying small. Its about bringing in others with your shine!



ST JOHNS WORT: RADIANCE

Radiance

Saint Johns Wort (*Hupericum perforatum*) is one of my favorite herbs to use all year for topical application. Its a great antiviral and works wonders on cold sores. In the card deck by Adriana Ayales she says that this herb represents prosperity, success, protection, optimism, and fulfillment. The sun is the light source of our planet. St Johns Wort is the solar herb and it blossoms in the peak of midsummer.

This herb is believed to support depression, anxiety, melancholy, viruses, wound healing, pain relief and spiritual protection (Adriana Ayales p. 19) Certainly connect with your medical provider before taking any herbal support . There are contractions with other medications.



Guidance

“St. Johns Wort celebrates the elements of life in a state of joyous abundance reminding us that the wellspring of true wealth and healing is within... cultivate practices deep within yourself to experience this enlightening truth. Avoidance and distraction from this great knowing are unconscious habits that build up and manifest as scarcity, fear, and low moods that inhibit you from walking your truth, SJW, grants us the spiritual courage of fire needed to navigate the death of the old self” (Adriana Ayales p.19)



Enveloped within the mystic energies of three arcane cards, let us be reminded of our divine essence and the sacred duty to illuminate the world with our unique talents. Amidst the whispers of those who seek their gifts, know that the mere act of seeking is a noble pursuit. Follow the radiance that ignites your soul, even in the shadows of melancholy, for therein lies the path to joy. Cherish the fleeting moments that grace our existence, for they hold the essence of true enchantment.

Venture forth to seek the wisdom of St. John's Wort, seeking permission from the earth and listening to the whispers of its purpose. Let it serve as a gentle reminder that the sun bestows upon us its luminous blessings. Embrace the spirit of the deer, embodying gentleness in all endeavors. Gratitude fills my heart as we intertwine our sacredness, a dance of shared magic that binds us in sacred unity.



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Summer Newsletter 2024

Since I shared that I want to expand upon the gifts that I have and stand in my luminosity. I want to share some updates to Coastal Synergy. I am excited to be partnering with RVN WELLNESS! She has graciously invited me to do a week long camp. I'm exciting and nervous!

Resilient Kids Summer Nature Therapy Camp with RCC Chantelle Syrette (Mundy Park) for ages 5 to 11, July 22 - 26, 2024 32 hours 30 minutes @ CA\$498.75 May be covered by benefits where counselling by an RCC is a benefit.

Led by an RCC, this camp will focus on Nature Therapy, connecting & breathing with nature. We will be focusing on imagination, creativity, building confidence & self-esteem, as well as learning about Ojibway Culture and plant medicines. Guided by the 7 grandfather teachings (Love, Respect, Wisdom, Truth, Honesty, Courage, and Humility) will make dream catchers, plant medicines, play games, & native art. To book follow the links on RVN <https://rvnwellness.com/> I believe that the seats are almost full but a waitlist will also be provided.

Other news. I have continued to proceed with work life balance being a cheer mom. I continue to work 3.5 days a week. During the summer my daughters Cheer schedule changes within each month. So please forgive me when I may need to change our evening time. Of course, I am always open to have in the moment sessions if needed. You can message me at 705.257.1668 to book a mini session for support. Also, I have provided current folks to book online on the owl portal. <https://aws-portal.owlpractice.ca/chantellesyrette/booking>

Nature Therapy is here and I will be booking for nature therapy walks on Thursdays and possibility on Mondays. These sessions will be 1.5 to 3 hours in length depending upon needs and destination. Nature is the best cofacilitator for shift, change, and connection. Not to mention grounding! This will need to be booked over the phone with me so that we can find a magical place to connect. Of course, I am always open to share my plant medicine knowledge with you all.

I am hoping that I will be able to community more with you in the near future to share updates and provide other offerings as I stand in my shining and bright ways.

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