



WINTER SOLSTICE KUNDALINI DANCE

RITUAL GUIDE



Welcome & Intention

Opening Reflection

Step 1:

Step 2:

Step 3:

Step 4:

Setting Your Intention

Step 1:

Step 2:

Step 3:

Step 4:



Creating Your Personal Altar

Your altar is a sacred focal point—a place to anchor intention, presence, and energy for this journey. It does not need to be elaborate. Let it be simple, meaningful, and intuitive.

1. Choose Your Space

- Select a quiet area where you can move, sit, or reflect without interruption. A small table, shelf, floor space, or windowsill is perfect.

2. Begin with a Candle

- Place one candle at the center of your altar. This represents light returning, clarity, and intention. (White, gold, or any color that feels right to you.)

3. Add Earth Elements

- Choose 1–3 natural items such as:
 - Stones or crystals
 - Evergreen sprigs, leaves, or pine
 - A small bowl of earth or salt

4. Include Something Meaningful

- Add an object that symbolizes purpose: devotion, or personal power:
 - A piece of jewelry
 - A written intention
 - A sacred symbol or image
 - A small bottle of oil or perfume

5. Arrange with Intention

- Place each item slowly and mindfully. As you do, take a breath and silently set an intention for your practice.

6. Activate the Altar

- Once your altar is complete:
 - Light the candle
 - Place a hand on your heart
 - Take one deep breath
 - Whisper or think: “This space is sacred. I am present.”

7. Let It Evolve

- Your altar may change throughout the journey.
- Trust what wants to be added, removed, or rearranged.



There is no right or wrong—only resonance.

Spiral Gate

Winter Solstice Kundalini Dance Ritual

Affirmation:

Visualization:



Step into the Spiral of Awakening



Grounding & Heart Meditation



*Visualize roots extending into the Earth,
soft warm energy around heart center, and
a gentle glowing light.*

Grounding & Heart-Centering Meditation

Begin seated or standing. Allow the body to be supported.

1. Arrive

- Soften the shoulders and jaw
- Close the eyes or lower the gaze.
- Feel the weight of your body here

2. Clearing Breath

- Inhale through the nose for 4
- Exhale through the mouth for 6
- Repeat 3 times
- Let the body settle

3. Root Into the Earth

- Bring awareness to the soles of the feet
- Imagine roots extending downward into the Earth
- Inhale — feel support
- Exhale — release tension into the ground

4. Soften the Body

- Relax the legs and hips
- Soften the belly and ribs
- Let the shoulders melt down
- Hands loose, breath easy

5. Awaken the Heart

- Place one or both hands over the heart
- Visualize a soft golden glow in the center of the chest
- With each breath, allow the light to gently expand

6. Heart Breath

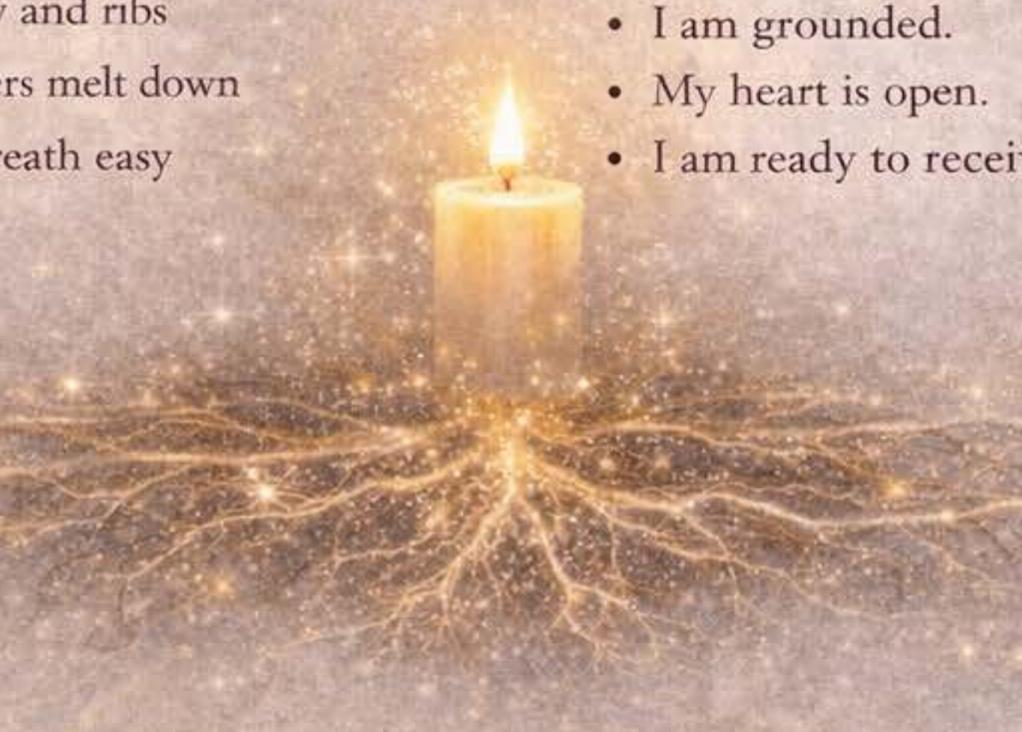
- Inhale for 4 — light fills the heart
- Hold for 2 — warmth deepens
- Exhale for 6 — light spreads through the body
- Repeat 5 rounds

7. Earth & Heart Connected

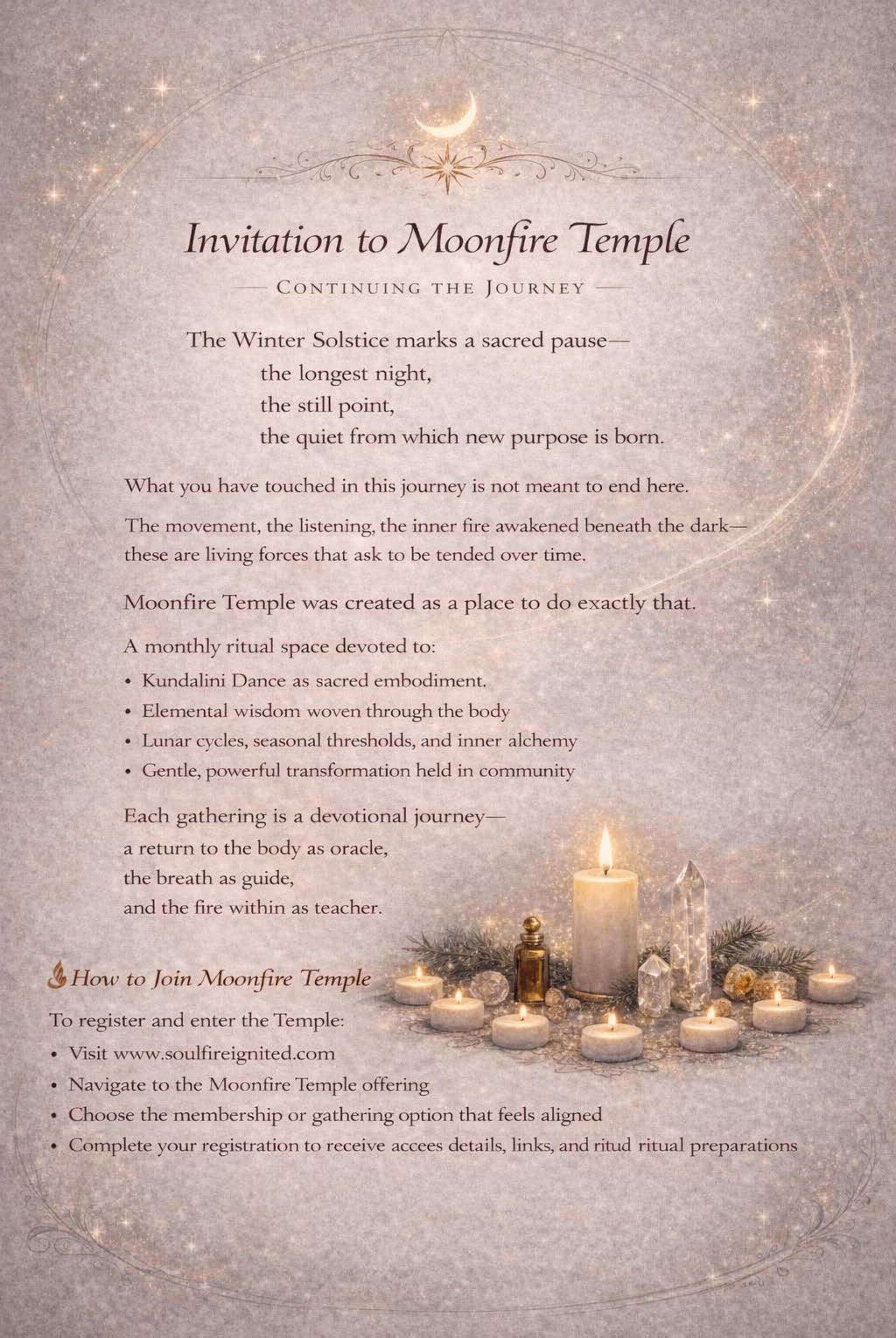
- Feel Earth energy rising through your roots
- Feel heart light radiating outward
- You are grounded
- You are open

8. Seal the Practice

- Silently or softly repeat:
 - I am grounded.
 - My heart is open.
 - I am ready to receive the returning light



Carry this steady, open presence into the dance.



Invitation to Moonfire Temple

— CONTINUING THE JOURNEY —

The Winter Solstice marks a sacred pause—
the longest night,
the still point,
the quiet from which new purpose is born.

What you have touched in this journey is not meant to end here.

The movement, the listening, the inner fire awakened beneath the dark—
these are living forces that ask to be tended over time.

Moonfire Temple was created as a place to do exactly that.

A monthly ritual space devoted to:

- Kundalini Dance as sacred embodiment.
- Elemental wisdom woven through the body
- Lunar cycles, seasonal thresholds, and inner alchemy
- Gentle, powerful transformation held in community

Each gathering is a devotional journey—
a return to the body as oracle,
the breath as guide,
and the fire within as teacher.

How to Join Moonfire Temple

To register and enter the Temple:

- Visit www.soulfireignited.com
- Navigate to the Moonfire Temple offering
- Choose the membership or gathering option that feels aligned
- Complete your registration to receive access details, links, and ritual preparations

