

# Happy Winter Solstice

Friday, December 21, 2018 at 5:22 PM



## *A Message and Sacred Ceremony*

From Dr. Nataleah Rose Schotte

*Dear Friends,*

With Winter Solstice we enter the second phase of The Year of New Horizons. This year we have an amazing opportunity to move our lives in new, more expanded and fulfilling directions!

My Winter Solstice message is both personal and transpersonal. I actually feel some vulnerability issuing this message because of what I have shared on various levels. And yet, I feel that taking this leap into greater intimacy with you is how I can best serve you at this time. I encourage you to listen to this message because it will truly support you as you move forward this year. It will enlighten you as to some of the hidden challenges underway and it offers some very powerful support you can utilize over the winter and in preparation for spring...and beyond. Of course, Spirit always provides the perfect spiritual activation to create the momentum you require for your ascending consciousness.

This is Session 3 in my Accelerated Spiritual Growth® Program for Women. Visit [our site](#) to learn more about the program and find links to Sessions 1 and 2 for The Year of New Horizons, which began at the Autumnal Equinox on September 22, 2018.



# *Winter Solstice*

## MESSAGE AND MEDITATION

Please note that the spiritual activation in this message becomes available immediately after the moment of Winter Solstice.







# *A Sacred Ceremony* FOR WINTER SOLSTICE

At the precise moment of Winter Solstice or as soon as possible thereafter, in the presence of your own company or with like-minded others, light a candle and say:

*I Fully Align My Consciousness  
With the Energy, Impulses, Patterns and Purpose  
Of the Winter Solstice  
And Consciously Choose To Do  
All that is Required at All Levels  
To Support Perfected Manifestation of this Cycle  
Of the Year of New Horizons*

Winter Solstice offers us a respite from the outer world, even though our outer lives might continue to be active. It draws us into our Souls where we are nourished and sustained spiritually. Our Souls (metaphorically) provide the light and warmth to sustain us through the cold and dark of winter. The lantern of the Soul burns bright now and always. Let us turn up the inner flame by withdrawing our senses, even temporarily, from our external experience.





# Emergence

The key word for this season is Emergence. As the Sun begins its annual return to the Northern Hemisphere, we are being called to turn up the Light within and to create more Light-infused lives by changing our relational environment. We are being supported to emerge in the Light of our Souls and utilize this Light to create the expanded new life that represents the potential of the Nature year.



# Urgency

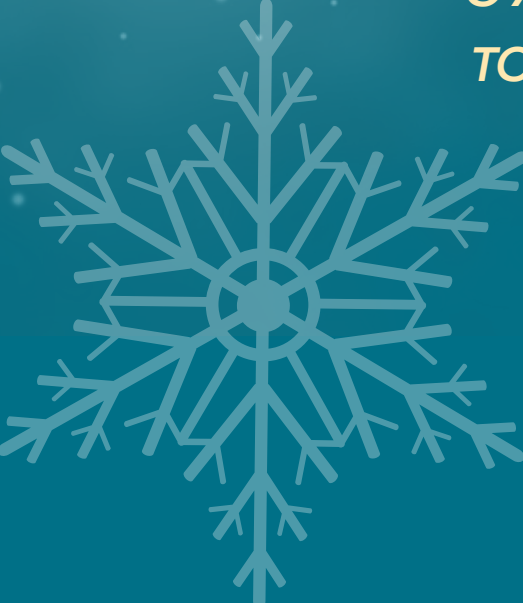
With the changes we are called to make this winter, we will become more powerful agents of the Light. The potency we are accessing through our individual and collective endeavors is required for us to balance the scales of Light and dark in favor of the Light. Spirit is clear: this is a fragile moment for humanity, not unlike World War II. The war on Earth between the forces of Light and dark is at a critical juncture. As a warrior of Light, your participation in the battle of spiritual liberation is very important. You participate through your personal healing, the empowered choices you make, and your service on behalf of the whole.



# *Metatron Prayer*

## TO INCREASE LIGHT QUOTIENT

Metatron is the head of the angel kingdom and first emanation of Source. He is a being of Supreme Light. When I was given this prayer from Spirit, I was guided to say it seven times a day to accelerate my ascension. It is a powerful activator and support for spiritual aspirants!



**O ANGELS OF METATRON  
TORCHBEARERS OF GOD  
SET ME AFLAME  
WITH LIGHT  
OF THE HOLY SPIRIT  
SO ALL WITHIN ME  
NOT OF GOD  
BURN AWAY  
EXPOSING  
MY TRUE ESSENCE  
PULSATING WAVES  
OF PURE CONSCIOUSNESS**



Have a beautiful holiday season and I will be in touch soon with the 2018 Message.

All Love All Ways,



*Dr. Nataleah*

Dr. Nataleah Rose Schotte  
Founder and President  
La Vie de la Rose Flower Essences

Photos taken in the Garden of Love  
at La Vie de la Rose Flower Essences



LA VIE DE LA *Rose* FLOWER  
ESSENCES  
*The Accelerated Spiritual Growth® Solutions*

**[www.laviedelarose.com](http://www.laviedelarose.com)**

Toll-Free: (866) 511-5535 (U.S./Can)

Tel: (616) 233-2535

[contact@laviedelarose.com](mailto:contact@laviedelarose.com)

