

A Healing Insight from Reiki-EssenceHealing

Winter Solstice

LIGHT AMID DARKNESS

Dec 24, 2025



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Dear Friends and Clients... I know it has been a long while since I posted. My intention is to share more this coming 2026 as we Shift into Higher vibrational resonance with all that is!

In this present moment, I am wishing you an abundance of joy and gentle grace this holiday season.

This year has carried profound shifts—sacred endings alongside deeply meaningful and new beginnings for me. Perhaps you have felt your own version of this unfolding as well.

The holiday season can hold both deep joy and quiet struggle. There is love, connection, and light — and sometimes there is overwhelm, old emotions rising to the surface, and the pressure to do or be more than feels true.

As we arrived at the Winter Solstice on December 21, we were invited into a sacred pause. This darkest point of the year offers a powerful reminder that rest, reflection, and stillness are not luxuries —they are essential. . From the deep quiet of this moment the Light is reborn , and begins its gentle return.



If you find yourself riding emotional or energetic waves right now, know that nothing is wrong with you. This season gently invites us to soften, to breathe, and to meet ourselves with compassion. Small pauses, grounding your energy, and returning to your breath can help you move through this time with greater ease, grace, and presence.

May you give yourself permission to slow down, to receive support, and to honor what your body and spirit are asking for. You are held, you are enough, and you do not have to navigate this season alone.

I am energetically beside you—present in gratitude and honoring you exactly as you are as we ride the natural rhythms and energies of this season.

I am here to hold space in support and offer guidance whenever your Soul calls for it,



With Love, Warmth and Sacred Presence

May you experience a Blessed and Holy Christmas.

From my Heart to Yours

Wendy 