

Winter Solstice in Review

By Samsheer Sidhu, Toronto, Ontario, Canada

An interesting thing happened on Sunday. It has been snowing regularly in Toronto for a few weeks. Due to the size of my driveway, it was a wonderful greeting full of exercise.

However, that is not the most interesting news. Sunday night post-shoveling, I made regular Indian chai and decided to pour it in my Solstice “mug.” Those who know me know that, during the nights [at Solstice], it is me, an empty camp, my walkie [talkie], and my mug full of Yogi Tea/Golden Milk(thanks to Justinder for his I.V. supply).

As I took a sip from my well-deserved cha, the essence of Yogi Tea was still felt. I thought I was dreaming. Then, with each following sip, I started to remember the camp, and each and every one of you. We each come to Solstice for various reasons. We all take a piece of Solstice back home.

Most importantly, we leave a piece of ourselves behind. An experience shared in the moment. A memory called upon for future. Stories exchanged. Healing(s) reflected. Relationships bonded. An anchor to be called upon next year.

I hope everyone has arrived [home] safe and well. As a friend has eloquently stated; “Thank you for being yourselves! I like you just the way you are.”