

The Solstice Festival, energy of Christmas

By Dora Inés Grosso García

We welcome winter and celebrate Christmas...

Christmas is celebrated on December 25 and it is a magical time. The whole planet is energized with joy and with the force of birth. Collectively the spirit of Christmas appears. I want to present some curious facts about how today all traditions of different cultures have been united, which during centuries have been celebrating the Birth, the Nativity, the new and the transcendence on a mental, emotional and spiritual level.



This time is very important and transcendental for people, it is in our collective unconscious, in our cultural roots, in family traditions and it is part of the beliefs and imaginaries that we create from our childhood and that are projected throughout life. It is also the culmination of the cycles of life and can be the opportunity to start a new cycle, to leave, to forgive, to choose to go forward, to appreciate, to value our achievements and those of others, to rescue us and to see the beautiful, magical, joyful life, happy. We just need to connect with the energy of Christmas that is magical and has a deep psychological meaning.

Christmas is closely related to the winter solstice. I have taken some information about these phenomena to see how we are One. We all come together in the same essence and this motivates us more to believe in a better world, namely, that the planet Earth is benign and generous. The term solstice means unmoving sun, the Sun changes its declination very little from one day to the next one and seems to remain in a fixed place on the celestial equator, as if it were being born.

For humanity the winter solstice is the renewal event of Nature full of light and heat. For all ancient cultures, it meant the authentic birth of the Sun and the awakening of the nature from its winter lethargy. People see their hopes renewed of survival by the fertility of the earth.

For millennia the cultures and societies of the planet have celebrated the winter solstice that is the cosmic event par excellence. This coincides with the birth of their gods like: Osiris, Horus, Apollo, Mitra, Dionisio/Baco, among others.

In Rome, they celebrated the nativity of the Sun on December 25. It is called the celebration of the Saturnalia feasts of Saturn, father of the Olympian gods and protector god of Nature. In Egypt Horus was taken out of the sanctuary to be seen and worshiped. They were represented like a newborn child, lying in a manger, with golden hair, with a finger in his mouth and the solar disk on his head.

In Greece, the birth of Dionysus, the god of fertility and prosperity, and in India Mithra, a Hindu god, born in winter, burdened with guilt and atoned for the iniquities of humanity. Mithra is the provider of abundance, light, harmony in the world and guardian and protector of all creatures.

We observe how in the solar myths of most ancient cultures, a god is born; In the Christian and Catholic religions, Jesus Christ comes, who is born every year, dies and rises, embodying in himself the cycles of life. Between the years 354 and 360, during the pontificate of Liberio, it was established to celebrate the birth of Jesus, and in the period of 352-366, it was determined that the night of December 24 to 25 would remain as the official date of the Jesus birth; date on which the Romans celebrated the birth of the Invincible Sun. Other Christian Churches also celebrate the birth of Jesus on January 6.

The celebration of Christmas in Latin America arrived with the conquerors, and it was mimicking with culture. The story tells that the first Christmas celebrated took place on December 25, 1492, in Haiti and the Dominican Republic, and Mexican Christmas, as it is celebrated today, it was in 1526, with the Franciscan missionaries. They began to celebrate with the piñatas, the birth, the inns, the wise men, the pastorals, the Christmas dinner and the Christmas carols, customs that have remained until today.

For this small journey of the celebration of the solstices that for centuries have caused in humanity an energy of life, rites of fecundity, gratitude of the harvests, festivals of fire, burning wheels, gifts, offerings, sharing, giving, enjoying, decorating, energize and create. We observe that we are united by this magic and that all cultures are connected by the end of the solar cycle: The Nativity.

These shells of each year are essential to make a stop in everyday life and in the transcendental, in our psychic, physical, mental and emotional dimensions. Every year we need to calm down, relax, reassure ourselves so that all that internal potential flows and renews. Also, to pick up what we have sown, or to start again if necessary. Christmas is an excellent opportunity to give love and sow the seeds we need to make our lives fruitful.

The Spirit of Christmas is represented by all the Christmas arrangements, the color and beauty, Saint Nicholas, the snow, giving gifts and cards, decorating the tree, cribs, births, the Christmas dinner, Christmas music and singing of carols and songs. The beloved Saint Nicholas, Santa Claus, Santa Claus, giving his gifts of life and joy to all the peoples of the earth. What is the way you celebrate Christmas?

Merry Christmas for all and thanks for the love received during this year. Here I will be with you to continue sharing love and achievements. If there is any suggestion or theme that you wish, you can write to doraigross@hotmail.com or to ABClatino Magazine.