




Closing the Year: Winter Solstice 2025

From Tamara

Time & Space Integrative Counselling

A little Seasonal Reflection from Tamara with updates, offerings, and a collective oracle card to carry us into 2026

As we come to prepare for the longest night of the year, let's try (key word, *try*) and honour rest, stillness and our inner light. As the seasons turn and this year comes to an end, so do many cycles in our lives...



Updates

As announced earlier in the month, Vanessa and I have shifted into two unique operating names! We had always been two sole proprietors, but shared the operating entity: The Little Way Wellness & Counselling. Over this past month, this shared operating name has come to a close. Each of us continue to offer our existing services in our current location (267 Market Ave & Virtual), we are just doing so independently under our own brands and identities!

This transition allows us to focus on our specialised offerings and develop clearer service information.

Moving into 2026, I will be expanding my services by offering Vedic Counselling (birth chart readings-counselling blend), Past Life Regression Therapy and more frequent Past Life Regression groups and other group Hypnotherapy offerings.

As we close one chapter and step toward another, let's pause, honouring the stillness of this Solstice with a Card Pull for the Collective - a moment of guidance for the season and for the new paths ahead...



“Your higher self holds the key...and by connecting to it, it will reveal that you are eternally connected to Source energy and all of creation and are *never* alone.”

Higher Self Oracle



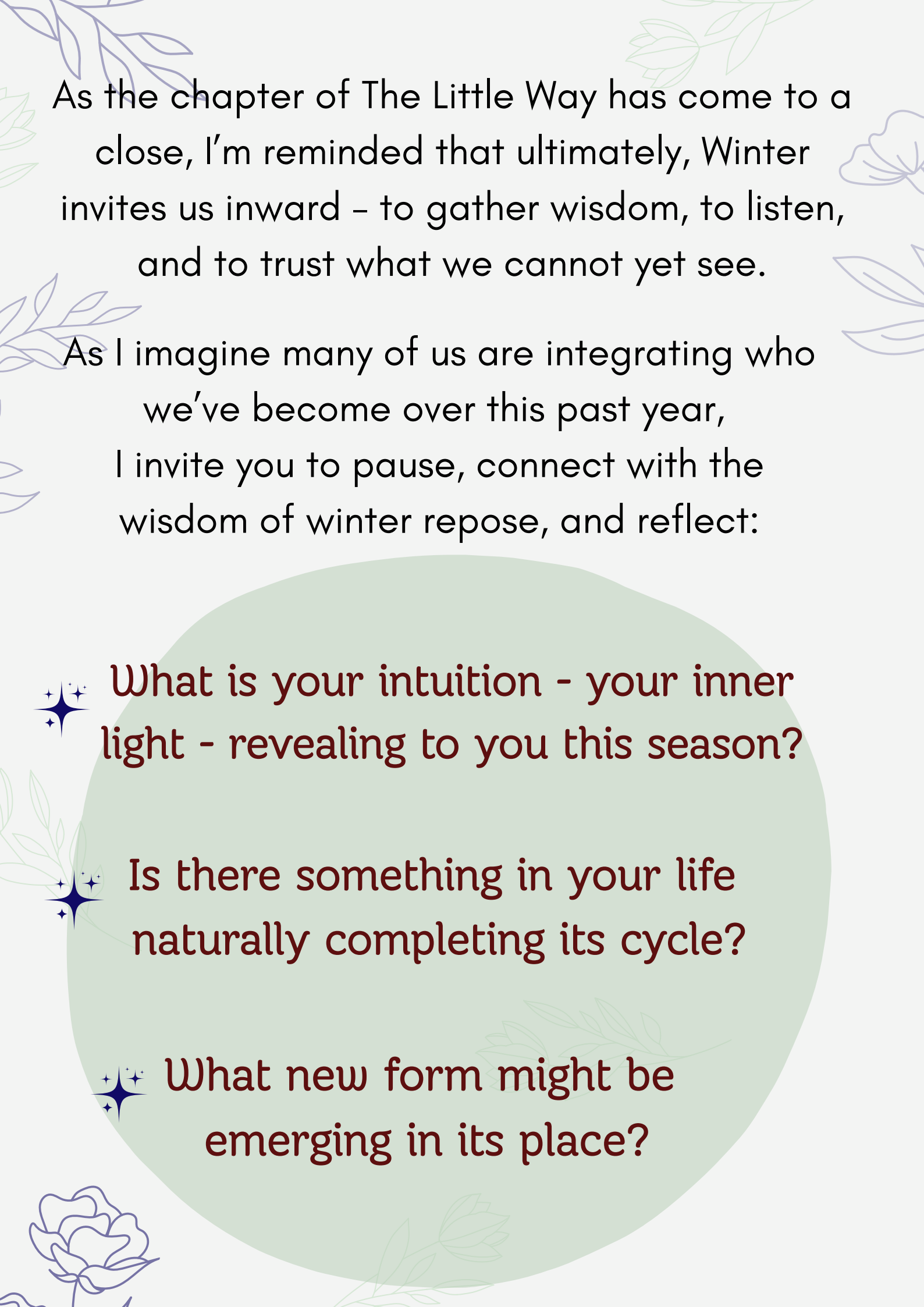
A Message for the “Longest Night”

For this Winter Solstice, I pulled a card from the *Higher Self Oracle* by Deanna Marie Riddick - and it spoke loud and clear:

“You Are Not Alone”

Even in the quietest, darkest moments of the year, connection surrounds us - seen and unseen. This card reminds us that support, love, and presence are always available, whether through friends, family, community, or from our Guides, Angels and Ancestors.

It is a reminder that even during the darkest days of the year when our source of external light is limited, we are still held by an inner light - one that ultimately cannot be taken from us and continues to shine from within - to me, this is at the heart of the Winter Solstice.



As the chapter of The Little Way has come to a close, I'm reminded that ultimately, Winter invites us inward - to gather wisdom, to listen, and to trust what we cannot yet see.

As I imagine many of us are integrating who we've become over this past year, I invite you to pause, connect with the wisdom of winter repose, and reflect:

✦ What is your intuition - your inner light - revealing to you this season?

✦ Is there something in your life naturally completing its cycle?

✦ What new form might be emerging in its place?

I thank everyone for holding space with us as we have moved through various endings and beginnings - it's been a year!

If you'd like to book a session, ask about our services, or have questions about any of the changes, my new contact information is here:

tamara@tsicounselling.com
www.timeandspacecounselling.com

I am currently booking into February for counselling services and taking a small waitlist - PLRs and Chart readings available upon request. Please visit my website for details on my services.

Wishing you all
light and love
during this
Sacred Solstice
Season