



THE TWELVE NIGHTS OF YULE

A HERBAL RITUAL JOURNEY
THROUGH THE DARKEST DAYS





WELCOME

to the darkest days of winter

Welcome to this sacred journey through the darkest nights, where stillness opens the door to inner light. This workbook will guide you through 12 rituals, one for every night of Yule, **starting on 20 December.**

Inside this workbook, you'll find myths and stories about the power of these magical days, guided rituals and herbal allies.

Day 1 - The Yule Candle Ritual

Day 2 - Winter Solstice Ritual

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I wish you a nourishing and empowering journey. If questions arise, I'm here to support you. So you can bloom, naturally.

With love and gratitude,



THE 12 NIGHTS OF YULE

The time outside of time

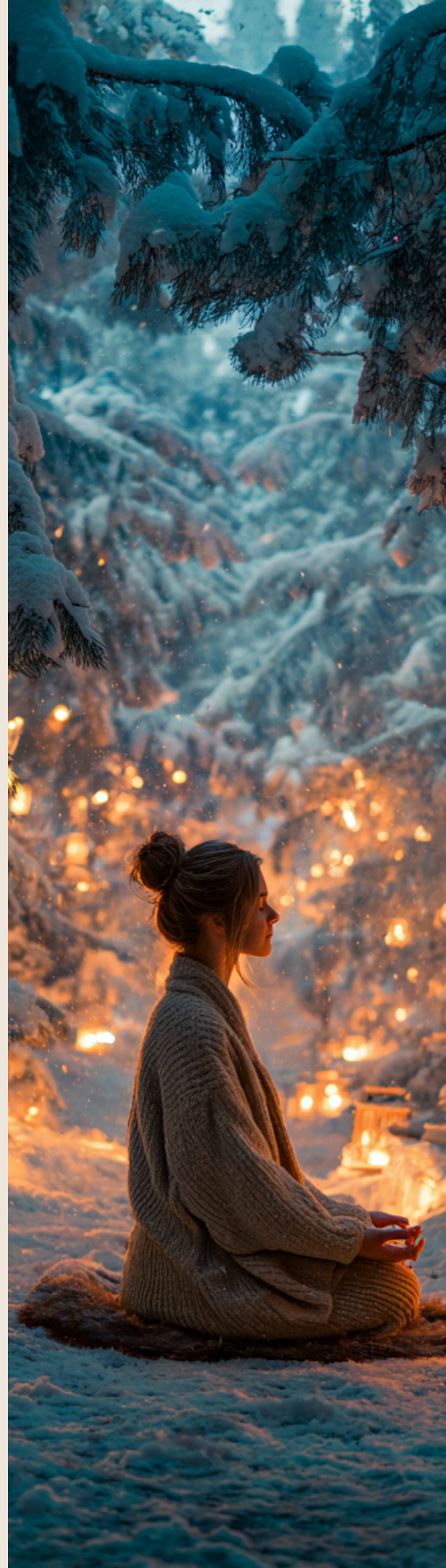
Welcome to the longest nights of the year. The 12 sacred nights of Yule hold a unique place outside ordinary time. In the old traditions, these nights bridged the gap between the solar year (365 days) and the lunar year (354 days) - days that were said to belong to neither. And so, they became a mystical pause.. **A space between what is and what will be.**

It is believed that during this “extra time,” beginning around 20 December and ending on 31 December, dreams and visions carry guidance for the year ahead. The veil between worlds is said to be thin. This is a time to lean in, attune, and listen deeply.

Winter has started and is inviting you inward.
To choose radical rest.
To soften into the stillness.

Nature teaches us that nothing blooms all year long. That rest is not a retreat, but a necessary part of renewal.

Within this sacred quiet, you are invited to trust in the **wisdom of the dark.** For from deep rest, the light always returns, bringing new growth, clarity, and limitless possibility.





WHERE MAGIC MEETS YOU

The power of ritual

Ritual has lost its place in our world, yet its power is beyond imagination. It is a sacred doorway into presence, into intention, into transformation. Every movement, every word, every gesture becomes a ripple in the universe, **a pulse of your energy flowing outward, shaping reality itself.**

Ritual grounds you in the moment. It aligns you with your highest self. It marks transitions, honors cycles, opens you to insight, and reminds you: you are more powerful than you know. You are the universe in human form, the co-creator of your world, both the dancer and the dance.

Whether lighting a candle, speaking words of intention, or simply steeping your herbal tea, ritual transforms the ordinary into the sacred. *Presence and intention are everything.*

Through ritual, you reclaim your power to shape your reality.

Through ritual, you remember the magic you've always been.

HOW TO WORK WITH THIS GUIDE

There are countless ways to honor this sacred season. This workbook offers inspiration for rituals, but I encourage you to personalise them or create your own rituals.

As a herbalist, I love weaving herbs into my rituals. They carry the wisdom of the Earth, and are powerful teachers.

Remember, rituals are not about following a rigid formula. They are about intention, consciousness, and energy. The true power lies in the purpose behind your actions.

This workbook will guide you through 12 rituals, one for every day of Yule, starting on 20 December. Each ritual is infused with seasonal herbs and their teachings, to deepen your connection with yourself and the world around you.

Wishing you a magical and transformative journey.





RITUAL PREPARATION

What you'll need:

- ❑ **Sacred space:** Choose a quiet space and clear a space to create an altar on day 1.
- ❑ **Something cozy:** A soft blanket, warm socks, your favorite mug.
- ❑ **Journaling essentials:** Your go-to notebook or journal and a pen.
- ❑ **A glimpse into the past:** Notes, journals, or planners from this past year to reflect on your journey.
- ❑ **Herbal allies:**
 - Blue Lotus flowers or Mugwort
 - Cinnamon
 - Cloves
 - Rose petals
 - Calendula, Chamomile, Rosemary and/or St John's Wort
 - Oranges or similar citrus fruits
- ❑ **Other sacred objects:**
 - A candle where you can carve a word in
 - Three long ribbons
 - A Tarot or Oracle card deck (optional)
- ❑ **Craft a smudgestick:** Bind Cedar, Sage and/or Rosemary with dried orange slices and Cinnamon or dried flowers of your choice into a bundle using natural twine. Dry your smudge stick for a few days.

A hand is shown placing a small pine branch onto a glass jar filled with star dust. The jar is surrounded by more pine branches and a bowl of star dust. The background is dark with warm, out-of-focus lights, creating a magical atmosphere.

"THE DARKEST NIGHTS
PRODUCE
THE BRIGHTEST STARS."

— JOHN GREEN



Day 1

THE YULE CANDLE RITUAL

Lighting your path through the dark

Create your altar

Creating an altar is more than arranging beautiful objects. It is a declaration to the Universe. A grounding of your energy. A signal that **you are stepping into sacred time.**

In ancient traditions, altars were portals: places where the seen and unseen met, where intention became form, and where humans remembered their place in the great web of Nature. When you create an altar, you are anchoring yourself.

Begin by choosing a quiet corner, a place where you can return each day during these 12 nights.

Let this be your sanctuary.

Gather seasonal symbols to place upon it: Pinecones, evergreen branches, dried orange slices, Cinnamon sticks. These are not merely decorations; they are reminders of the Earth's wisdom. Evergreen teaches endurance. Pinecone holds the promise of new life. Cinnamon carries warmth into the cold months. Each object is a teacher, an ally, a thread in your ritual.

Create your Yule candle

This candle will become the heart of your practice: a flame you return to each night, a light to guide you through Winter's depths.

1. Choose your candle

Select a sturdy candle in a color that reflects your intention for this journey. Green for growth. Red for passion and vitality. White for clarity, peace, or purification.

2. Infuse it with intention

Sit with the unlit candle in your hands. Close your eyes. Breathe deeply. Ask your heart:

“What is my focus for these 12 sacred nights?”

Trust the first whisper, the first sensation, the first word that arises. This is your inner wisdom speaking.

Anoint your candle with a little oil - olive, jojoba, or any simple oil you have. As you rub the oil into the wax, imagine your intention entering the candle, imprinting itself into its core.

Sprinkle a touch of Cinnamon on the candle for warmth and protection.

Then, carve your chosen word into the candle using a toothpick or small knife. A single word is enough: rest, transformation, clarity, abundance, healing, return.

You are engraving your focus into matter, giving your intention a physical form. This is magic in its simplest and most ancient sense.

Light your candle each day

Throughout Yule, begin each ritual by lighting your candle.

Let the flame be your guide.
Your reminder.
Your witness.

Spend a few quiet moments gazing into the light. Breathe with it. Allow your intention to rise within you again and again, like a tide returning to shore.

Let this ritual open your journey. The first spark.
The first step into the sacred nights.



Herb Highlight

Cinnamon is symbol of warmth and abundance, Cinnamon amplifies energy and focus, making it a perfect herb for manifesting. Its fiery energy connects with the sun's return, igniting transformation and passion.

If you wish to connect deeper to herbs and learn the fundamentals of herbalism, living with the seasons and more powerful rituals, join [Everyday Herbalism: Autumn Alchemy](#).

With so much happening in our personal lives and the collective field, it's essential to find moments of care and calm. The [7-Day Stress Reset](#) helps you to relieve stress and nourish your nervous system.





Day2

WINTER SOLSTICE RITUAL

Standing at the threshold of light

The Winter Solstice (21 December) is one of the most sacred turning points in the Wheel of the Year. It is the longest night -the deep exhale of the Earth- and the moment when the Sun is reborn.

Even in darkness, the promise of light lives on.

Many ancient traditions believed that on this night, the Moon gave birth to the Sun, symbolizing renewal, hope, and the eternal cycle of death and rebirth.

For thousands of years, communities around the world have honored this moment with fire, story, and ritual.

The Solstice is the threshold between what has fallen away and what is waiting to rise. Tonight, you step into that threshold with intention.

Your Solstice Ritual

1. Brew your herbal ally

Choose a plant that supports inner vision and heart-led wisdom: Blue Lotus, Mugwort, or Rose.

Steep your chosen herb for at least 10 minutes. As it infuses, hold a simple intention: "I open to my inner wisdom."

Let the scent, the steam, the warmth be part of the ritual.

Plants are ancient teachers. Allow them to guide you inward.

Continue with a guided meditation >

2. Guided Solstice Meditation

Sit comfortably with your tea. Feel the weight of your body supported by the Earth beneath you.

Take slow, deep breaths. With each exhale, let tension melt away.

Take a few mindful sips of your tea. Imagine the herb moving through your body, softening your heart, awakening your intuition, opening your inner sight.

When you feel settled, bring your attention to your heart.

The Inner Sun

Imagine a golden light glowing within your chest. Warm. Alive.

With each inhale, this light expands.

With each exhale, it brightens.

Let it fill your entire being.

Whisper to yourself: "In the stillness of the longest night, I am the light."

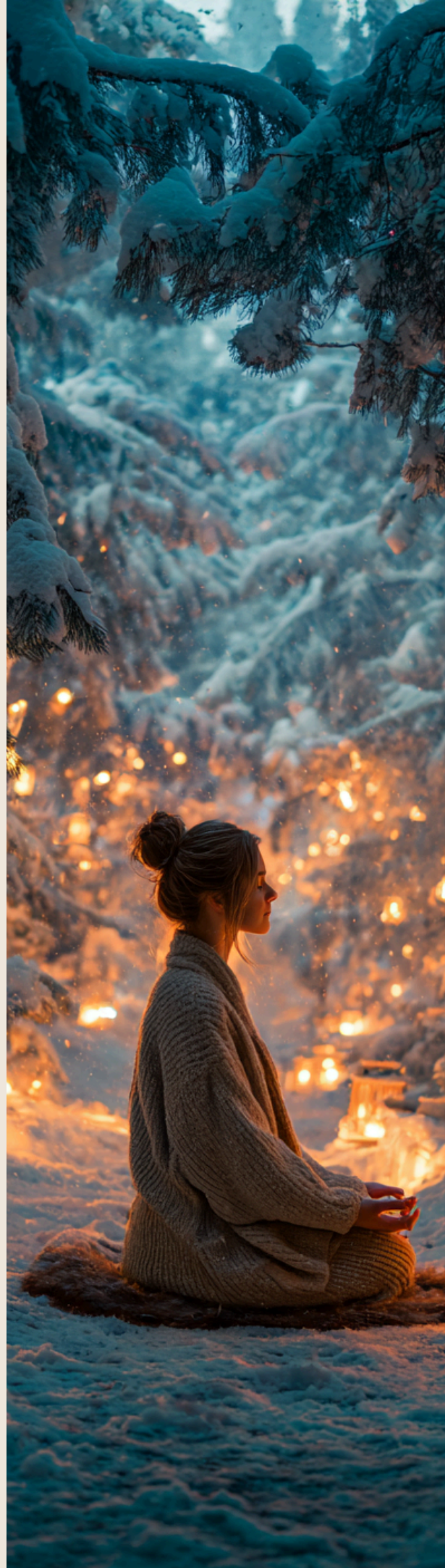
Now reflect on the year that has passed:
What has this year taught you?
What challenges reshaped you?
What blessings supported your growth?
What truths revealed themselves only in hindsight?

You do not need to force answers.
Simply listen.

Offer gratitude: for the lessons, for the blessings, for the wisdom gained along the way. Honor all the versions of yourself that carried you here.

Now return once more to the golden light in your chest. Feel it expand again, filling your entire body: your inner Sun rising. This light within you is your guide through the darkest days. And like the Solstice Sun, it will only grow brighter from here. Offer gratitude to yourself.

Continue with journal integration >



3. Journal integration

After your meditation, take a moment to anchor what has surfaced. The Winter Solstice is not only a cosmic turning. It is an inner rite of passage. Your words become a mirror, reflecting your growth and the path ahead.

Let your journal hold your insights, the whispers you heard, the truths you felt rising.

If you want guidance, explore these questions:

- What lessons has this year placed on my path?
- Which challenges stretched me into a new version of myself?
- What blessings — subtle or bold — illuminated my journey?
- What part of me is ready to be reborn with the returning light?

Write freely.

Let the ink carry what the heart already knows.

Herb Highlights

Blue Lotus: Known as a Flower of Intuition, Blue Lotus is said to open the gates to deeper consciousness. It calms the mind, heightens inner sight.

Mugwort: A Herb of Dreams, initiation, and transformation.

Rose: A heart-expanding ally that offers emotional healing, love, and compassion.

If you wish to explore these herbs in a potent way, consider making your own tincture. Learn how to do this with [this step-by-step guide](#) or in [Everyday Herbalism: Autumn Alchemy](#).





Day 3

PURIFICATION RITUAL

Clearing the old, making space for the new

Purification is the alchemy of letting go, of clearing the dense energies that might weigh on your spirit and your space.

In Northern Europe, Yule fires and smoke rituals were used to purify homes, fields, and bodies. The smoke of burning Herbs and evergreens was believed to carry prayers to the Gods, sweep away lingering spirits, and create a protective barrier against darkness.

Purification is a ritual of intention and ceremony. It is an act of alchemy: transforming old, dense, stagnant energy into clarity and light. In the magic of Winter, when the veil between worlds is thin, **purification clears the path**. Not only in your space, but within your own energetic body. It allows you to enter the sacred nights fully ready to receive the gifts that the returning Sun brings.

Tonight, you are invited to let go of what no longer serves you, to honor the wisdom of the plants, and to prepare both your space and your spirit for renewal.

Smudge your space & yourself

Smudge sticks carry the cleansing and purifying energies of plants, helping you release what no longer serves your growth. Tonight, you invite their magic to sweep through your life.

Read the instructions >

1. **Light your smudge stick**

Hold it with reverence, imagining the smoke as a river of purification. If you don't have a smudge stick: burn a few twigs of dried Rosemary, Juniper, Cedar or Sage.

2. **Set your intention**

Speak aloud: "I release all energy that is no longer serving me." Repeat your words three times, fully embodying the release.

3. **Move through your space and self**

Walk anti-clockwise, allowing the smoke to drift through each corner of your sacred space and around your body, visualizing old, stagnant energies dissolving.

4. **Complete the ritual**

When finished, take a deep cleansing breath (out through your mouth), feeling the lightness and clarity that now surrounds you.

Journal & release through fire

After completing your purification ritual, pause and tune into your heart and energetic body.

- Close your eyes.
- Place your hands on your heart and breathe deeply.
- Feel if there is still any heaviness, tension, or energy you wish to release. Notice it as a sensation, a color, or a weight within you.
- Let your awareness move through your body, imagining the smoke of your smudge stick clearing and lifting this energy.

Only when you feel this energy in your heart and body ready to be released, open your journal and write from that place - not from your mind, but from the feeling and knowing of your body and heart.

Read the journal prompts >



Prompts for reflection:

- What energy, habit, or pattern is ready to leave me?
- Which beliefs or burdens am I ready to release this Winter?
- How does my body, mind, and Spirit feel lighter as I let this go?

Once you've written it down, you can take your practice further through sacred fire:

1. Fold the paper with your words or intentions.
2. Hold it near your Yule candle, and speak your release aloud three times: "I release [name what you are letting go of]... now."
3. Close with: "And so it is."
4. Carefully burn the paper in the flame of your Yule candle.

Fire is the ultimate alchemist. In shamanic traditions, it does not destroy... it transforms. It lifts stagnant energy from the physical into the energetic, purifying and elevating it into clarity, insight, and renewal. This act is a tangible alchemy: what you release in Fire becomes light, making space for growth, clarity, and the gifts of the returning Sun.

Herb Highlights

Sage: A sacred herb for purification and protection, sweeping away heaviness and creating a clean energetic field.

Cedar: Symbolizes strength and resilience, supporting you to stand grounded and unwavering as you release what no longer serves.

Rosemary: A herb that invites clarity, fresh beginnings, and heightened focus.

Cinnamon: Amplifies your intention, infusing your purification with warmth and purpose.

Juniper: A powerful herb of cleansing and protection, Juniper clears negative energy while opening the path for clarity, courage, and renewal.





Day 4

EARTH HONORING RITUAL

Rooting in gratitude

Since the dawn of time, humans have understood that the Earth is not just a backdrop for life. She is Life itself. Across cultures and continents, shamans and wise elders have taught that one of the most sacred acts we can perform is to **acknowledge the living being beneath our feet**.

Mother Earth gives without hesitation: air to breathe, water to drink, food to nourish, shelter to protect, and the invisible threads of energy that hold all life in balance. Yet so often, we forget to pause, to bow, to thank her.

Winter, the season of stillness and reflection, invites us to remember this **sacred reciprocity**. By honoring the Earth, we open a channel for gratitude, abundance, and the wisdom that flows from her being.

Your Earth Honoring Ritual

1. Connect with Mother Earth

Step outside if possible. Feel the soil, the frost, or the grass beneath your hands. Close your eyes and breathe deeply.

Imagine your roots extending from your body into the ground, connecting with the deep currents of Earth energy.

Feel her holding you in her embrace. You are held. You are safe. Feel her strength, her enduring patience. Let her stability anchor your spirit.

Continue the ritual >

2. **Express gratitude**

Offer thanks to the Earth for all she provides. This can take many forms:

- Speak a heartfelt prayer aloud.
- Write a poem or journal entry.
- Sing a song or chant.
- Create a small offering: birdseed, a crystal, a few rose petals, a splash of water, or another biodegradable token.

As you give, know that your gratitude is a living energy, returning to her in a sacred cycle of reciprocity. Even the simplest offering carries weight when given from the heart.

3. **Close with presence**

Sit or stand quietly for a few moments, feeling the energy exchange: the Earth supporting you, and you honoring her in return. Feel gratitude not just as a thought, but as a vibration moving through your body.

This simple yet profound ritual reminds you that **you are a part of Nature**, not separate from it.





Day 5

HERBAL (FOOT)BATH

A ceremony of self-love

Winter is the season of Yin, of slowing down, turning inward, and honoring your body, mind, and spirit.

This is a time to **choose radical rest**, to nurture yourself as Nature nurtures all life in silence and stillness.

Self-care in Winter is not indulgence; it is essential. By creating a simple ritual, you invite your nervous system to **shift into the parasympathetic state** -the place where healing, restoration, and balance naturally arise. The ritual of a (foot)bath is both practical and sacred: it softens tension, eases cramps, and reminds you that your body deserves care and reverence.

Your Bath Ritual

Ingredients:

- Chamomile (dried or fresh). Chamomile's inflammation modulating, anti-microbial, anti fungal, nervine and anti-spasmodic properties all help you relax and relieve cramping. *You can choose other herbs, like Rosemary for stimulation, or Calendula.*
- Lavender essential oil (optional)
- Rose (dried or fresh) (optional)
- Epsom salt (optional)

Read the instructions >

Steps:

- Brew a herbal tea: steep the Chamomile in hot water for 20 minutes with the lid on, allowing the healing properties to infuse.
- Run a warm bath (not too hot to avoid stimulating the body) and add a handful of Epsom salt to the water
- Strain the tea and pour it into your bath.
- Relax in the bath for 20-30 minutes, letting the herbs work their magic. As you soak, allow yourself to feel gratitude for your body. Place your hands over your heart and breathe into any areas of tension, imagining the herbs and water carrying healing energy into every cell. You are honoring your Yin, and remembering that care for yourself is a sacred act
- End your bath with slightly cooler water (just a bit below body temperature) to close the pores.

Continue your Self-Care: 7-Day Stress Reset

This (foot)bath ritual is a beautiful way to honor your body and nervous system, but what if you could extend this deep restoration even further?

The 7-Day Stress Reset is a herbal-guided journey designed to help your body truly rest, lower cortisol levels, and support your nervous system on every level.

Through simple daily practices, herbal allies, and mindful rituals, you will:

- Soothe tension and calm the mind
- Nourish and restore your nervous system
- Support emotional balance and resilience
- Invite deep relaxation and rejuvenation

If you loved this self-care bath, this reset will guide you to anchor these benefits in your daily life.

[JOIN THE 7-DAY STRESS RESET](#)





Day 6

HONOR THE LIGHT RITUAL

Inviting the Sun's energy

Across ancient cultures, Yule was a time of lighting fires, candles, and lanterns to celebrate the Sun's rebirth. In Norse tradition, Yule fires and candles honored Sol, the Sun goddess, who rides her chariot across the sky to bring light and warmth to the world. She is the daughter of Mundilfari and sister of Máni, the moon god.

Long ago, in the dark midwinter skies of the North, the Sun goddess Sol traveled across the cold heavens. The nights were longest, and the world seemed to sleep in shadow. But the people of the North knew that her journey was temporary, but important.

To honor Sol and guide her path, families kept fires burning through the Yule season. They placed a great Yule log in the hearth, its flames symbolizing the promise that light always conquers darkness. Each night, the log was tended with care, sometimes sprinkled with herbs, or accompanied by songs, prayers, or offerings.

Its burning was both practical -for warmth- and sacred, a reminder that the smallest spark of light carries enormous power.

The Yule log was more than fire: it was a living symbol of transformation. As it burned, darkness was transmuted into light, old energy into new beginnings. In its glow, families reflected on the past year, expressed gratitude, and set intentions for the months ahead. *Sol, watching from the sky, was said to draw strength from these fires, returning brighter each day until the Sun would reign again.*

Your Light-Welcoming Ritual

1. Light up your space

- Light your Yule candle and allow its warmth to fill the room.
- Decorate with symbols of light: gold accents, fairy lights, or reflective crystals such as Citrine.
- Craft dried orange slice garlands to hang in your home, symbolizing the glowing energy of the Sun and the cycle of returning warmth.

2. Optional oil candle creation

- Use a small glass jar or container.
- Fill it halfway with a carrier oil, such as Olive or Sunflower oil.
- Add small sprigs of Herbs -like Rosemary or Cinnamon sticks- and dried Orange peels for symbolic energy.
- Place a floating wick in the oil, ensuring it is stable.
- Light the wick, focusing your intention on welcoming the light, vitality, and optimism into your space and life..

Herb Highlight

Orange: Symbolizing the Sun, Orange carries vitality, warmth, and optimism. Its uplifting scent and radiant color mirror the energy of the returning light, reminding you that even in the coldest season, life, energy, and abundance are coming back to you.

Rosemary: Connected to the element of Fire, because it brings warmth and stimulates the fire within.

Cinnamon: The spice of abundance, warming the body and igniting your inner spark.





Day 7

THE INNER SUN RITUAL

Awakening your light

The Sun has begun its return, and with it comes a call to step fully into your own light. Winter's darkness may linger, but within you burns a spark that can grow brighter than ever. Today is an invitation to celebrate the returning energy while turning inward to cultivate your inner fire.

If you're not feeling light, or you feel it's dimmed, these herbs can help lift your mood and awaken your energy.

Brew a cup of tea with Calendula, Chamomile, Rosemary, and/or Cinnamon. These herbs are connected to the Sun, helping you reconnect with warmth and joy.

A suggested blend: a warming cup of Cinnamon tea with a slice of Orange.

As you sip your tea, close your eyes and imagine a golden light expanding from your heart, filling every part of you with warmth, courage, and inspiration. Let this light remind you that you are not just a witness to the Sun's return. **You are the Sun within yourself.** Let it fill you with boldness to dream wildly, think expansively, and claim the life you know you are capable of creating.

Explore these journalling prompts >

Your Journaling Prompts

Before your mind takes the lead, tune into your heart and your energetic body. Feel the warmth of the golden light you have awakened within, let it pulse through your chest, your hands, your entire being. Allow your pen to move freely, guided by this inner radiance, without judgment or expectation.

Explore these prompts with **courage and curiosity**:

- **What areas of my life feel illuminated with new energy?** Notice where inspiration, joy, or momentum is already flowing. Where does your inner Sun shine brightest?
- **How can I nurture the light within me?** Consider what practices, people, or habits fuel your energy and bring clarity, warmth, and vitality into your daily life.
- **What does my soul want to grow and manifest as the days lengthen?** Be bold, audacious, and unapologetic — let yourself dream beyond limits, imagine wildly, and write freely. What desires, creations, or transformations does your soul long to bring into reality? *There is no need to make your intentions super SMART right now. Winter is a time for dreaming, envisioning, and imagining your fullest potential. Spring is when the seeds you have dreamed and nurtured are ready to be planted and brought into the world.*

When you are ready, sit with your words. Take a moment to breathe in the light you have written into being, letting it anchor your visions and illuminate your path forward.

Let this Solar energy remind you that **you are a being of infinite possibility**. There are no limits to what you can dream, create, and become.





Day 8

THE ORACLE WITHIN

Tuning into your inner wisdom

Winter is the season of wintering. An invitation to soften into stillness and return to the inner cave of your being. This is **the time of the hermit, the wise one, the inner oracle who sees clearly in the dark.**

In this season, you are not meant to push or produce. You are meant to listen. To attune. To receive.

Today, you turn inward to explore the deeper guidance that wants to reveal itself. You give yourself permission to dream without boundaries, to sense without logic, and to trust the quiet whisper that leads you into your next becoming.

Oracle Ritual

1. Prepare your herbal tea

Brew Mugwort, Blue Lotus, and/or Rose petals in warm water for 10–15 minutes. These herbs are said to open your consciousness, deepen reflection, and connect you with the subtle realms of guidance that winter invites you into.

2. Set your sacred space

Choose a quiet space where you won't be disturbed. Light your Yule candle again to open the sacred space. Keep your journal nearby, but don't open it yet. Let your body lead before your mind begins to interpret.

Continue the ritual >

3. **Meditate and breathe**

Hold your tea between your hands. Feel its warmth, its softness, its invitation. Close your eyes and breathe deeply, drawing your awareness inward.

Envision a golden light expanding from your heart, flowing through your body, grounding you into the deep stillness of winter.

Let your inner senses awaken: your intuition, imagination, subtle knowing. This is the season of visions whispered rather than spoken.

4. **Open the third eye**

Focus on the space between your eyebrows - the third eye, the intuitive gateway.

Breathe into this point. See an indigo light pulsing there, soft but alive.

When you feel ready, silently ask:

“What wisdom does my inner guidance wish to share with me?”

Allow impressions to rise - sensations, feelings, images, fragments of knowing. Receive them without analyzing. This is your inner oracle awakening.

5. **Optional: Access your Tarot or Oracle Cards**

If you wish, pull one or more cards now. Hold the deck to your heart and ask once more: *“What wisdom does my inner guidance wish to share for the year ahead?”*

Trust the card that appears.

Let the image, symbols, and feelings speak first. Let intuition lead, mind follow.

If you want a guided spread, you can work with the Winter Oracle Spread:

Continue reading >



If you want a guided spread, you can work with the **Winter Oracle Spread**:

Card 1: *The Whisper*: Message my intuition is offering now.

Card 2: *The Shadow*: What dims or clouds my inner wisdom.

Card 3: *The Lantern*: What will help me see clearly.

Card 4: *The Seed beneath the snow*: What inner truth is quietly growing within me.

Card 5: *The Path of Becoming*: How this wisdom wants to guide me in the coming months.

6. Record your reflections

When you feel the moment shift, gently open your journal. Write freely, without judgment or structure. Capture whatever surfaced: visions, intuitive nudges, images, bodily sensations, symbols, emotions - even if they make no sense yet.

Winter is not a time for planning outcomes. It is a time for sensing, imagining, receiving, and listening. Let your words be intuitive, and unfiltered.

Optional reflection prompts

- What messages does my inner wisdom have for me?
- What inner guidance have I been neglecting that wants acknowledgment?
- How can I cultivate a deeper connection with my body as a vessel for intuition?
- How can I honor my intuition in the coming year?
- What is the theme for me in the upcoming year?
- What would Love do in the upcoming weeks, months, or year?





Day 9

SOLAR DREAM POMANDER RITUAL

A ritual of protection & envisioning

In the heart of winter, people across medieval Europe crafted clove-studded fruits to invite protection, warmth, and vitality into their homes. These pomanders -oranges pierced with fragrant Cloves- were believed to guard against illness, heavy energies, and unseen forces that wandered during the darkest time of the year.

But beneath the folklore lies a deeper truth:

A clove pomander is a tiny sun you create with your own hands. A reminder that warmth lives within you even in the coldest season.

Each Clove you press into the Orange is a marker of your inner vision - a dream, a hope, a spark of clarity. It is not about manifesting or planning yet. That's an activity for spring, not for winter. It is about **claiming the possibilities that are stirring inside you** and giving them a tangible form. Every Clove anchors a seed of insight, a reminder of your own inner guidance, and a commitment to listen to it as it grows.

Winter asks you not to act, but to receive.
Not to push, but to pay attention.
Not to force outcomes, but to honor your capacity to envision boldly.

This ritual gives you a concrete way to hold your visions in your hands, to see them, feel them, and acknowledge them as real, even before they take shape. Each Clove is a step in claiming your power to create, and to do so with awareness and intention.

Read the instructions >

Craft your solar dream pomander

You'll need:

- One orange
- Whole Cloves
- Optional: ribbon if you want to hang it

1. Hold the sun

Take the Orange in your hands. Imagine you're holding a miniature sun - a symbol of hope, renewal, and inner fire.

2. Infuse it with winter visions

Before placing the Cloves, pause. Close your eyes and ask softly: **"What wants to grow within me as the light returns?"**

Not necessarily a goal. Not a plan. Just an impression, a direction, a feeling. Let the answer be quiet, intuitive, simple.

To deepen the process, you can reflect on questions such as:

- What is calling to me in the stillness of winter?
- What seeds of inspiration, creativity, or renewal are forming inside me?
- Which parts of myself want to be acknowledged, nurtured, or awakened?
- What small inner truths or desires have I been overlooking?

3. Place each Clove with presence

Pierce the skin of the Orange with a Clove. With each one, speak or think: *"I honor what is quietly forming within me."*
or *"I welcome warmth, clarity, and protection."*

If you wish, let a single word accompany each Clove.

4. Let it radiate

Place your finished pomander on your altar, bedside table, or hang it by a window. Let it perfume your space gradually, subtly - the same way winter visions grow.





Day 10

ECHOES OF THE YEAR PAST

Winter's mirroring ritual

A new calendar year is approaching. It is a marker on the clock of our human life, even though Nature herself does not follow it. Winter still reigns, inviting stillness, reflection, and inward attention. This is not the time for rigid new years resolutions or planning, but it is **a closing of a chapter**. The year behind you holds lessons, growth, challenges, and quiet victories. Today, we pause to **look back, honor, integrate, and celebrate the experiences that have shaped you**.

In many ancient traditions, the longest nights were seen as a threshold between endings and beginnings.

Take this moment to **mirror yourself in the stillness of winter**. Observe the patterns, the triumphs, and the lessons of the past year. Honor both shadow and light. With this reflection, you are preparing to step into the coming year with clarity, strength, and empowered presence.

Reflection Ritual

1. **Step into your sacred space and center yourself**

Light your Yule candle. Sit comfortably. Close your eyes and take a few deep breaths, imagining your energy settling into your body and into the Earth. You are rooted.

Continue the ritual >

2. Reflect on who you were

Before you examine the year itself, take a moment to **connect with the person you were one year ago**. Close your eyes, place your hands over your heart, and breathe deeply. Feel into the energy, habits, and patterns that defined you then. Ask yourself:

- Who was I one year ago?
- What did I believe, feel, and dream?
- How did I move through the world, and how did it move through me?

Let your body, heart, and intuition speak before your mind does.

3. Examine the year

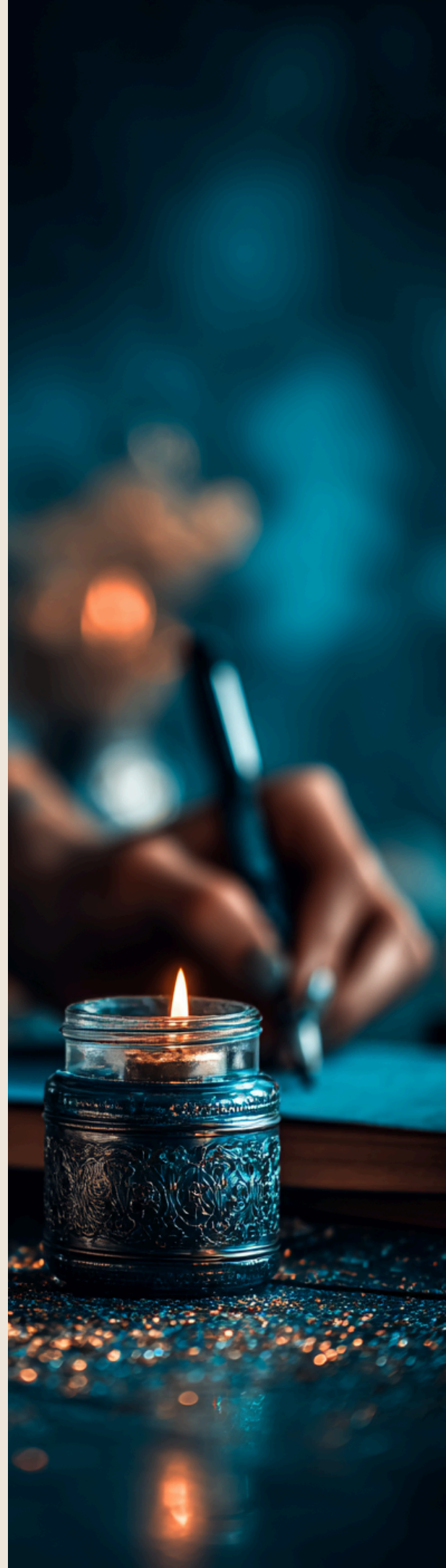
With your journal open, explore these prompts:

- Positive influences: What people, experiences, or commitments created joy, energy, and meaningful memories this year?
- Challenges and growth: What experiences, patterns, or relationships created tension, difficulty, or negative feelings? How did they shape me?
- Self-discovery: What did I learn about myself this year? About my boundaries, my desires, my resilience, or my strengths?
- What do I want to take with me into the next year and what do I want to leave behind?

Write without censoring yourself. Don't rush. Let your heart guide your pen. Notice not only events but the subtle shifts, the inner victories, and the quiet wisdom you've gained.

4. Close the reflection

When you feel complete, close your journal and place your hands over your heart. Offer gratitude to yourself for navigating the past year, honoring both the joys and the lessons. **Sense your growth, your strength, and your resilience**. Let the stillness of winter hold you, honoring the sacred process of integration.





Day 11

DREAM YOUR YEAR AHEAD

The seed of possibility

The ancients believed that the veil between what is and what could be grows thin during Yule. It is a time for dreaming, and for imagining.

Long ago, a story tells of a young woman who wandered the snow-dusted forest on the longest night of the year. She felt lost, unsure of the path ahead. But as she rested in the stillness, the spirit of her future self appeared -radiant, confident, and full of light.

*The future version of her spoke not in words, but in energy, warmth, and presence. She felt it in her heart, her belly, her fingertips: **the life she longed for was already alive, waiting to be felt in this very moment.***

Winter invites us to do the same. The future is not somewhere “out there” - it exists in the now, as a living possibility within you. When you step into that energy, feel it in your body, and sense it in your heart, the seeds of your dreams take root.

This is why imagination is a sacred act: it is how the future begins, through **your presence, your attention, and your felt experience of it today.**

Herbs, light, and ritual can guide you. Blue Lotus, Mugwort, and Rose open intuition and vision. A Yule candle, the glow of fire, and the scent of seasonal herbs can help you step fully into your inner story.

Today, you are invited to **dream boldly, without limits, without hesitation**, and to feel your vision as if it is already here. Let it settle into your body, your energy, your heart.

Because the future, after all, lives in the now.

Your Dream Year Ritual

1. Step into your sacred space and center yourself

Brew a warming cup of herbal tea using Blue Lotus, Mugwort, and/or Rose to open intuition. Light your Yule candle. Sit comfortably. Close your eyes and take a few deep breaths, imagining your energy settling into your body and into the Earth. You are rooted. You are held.

2. Connect with your body and heart

- Close your eyes and take several deep breaths.
- Place a hand on your heart and one on your belly. Feel into your body as a vessel for your future self.

3. Meet your future self

- Imagine a doorway of golden light appear in front of you. Step through and meet the version of yourself one year from now.
- Observe how they carry themselves: their energy, their posture, their presence.
- Ask: "What guidance, strength, or insight do you wish to share with me today?"
- Receive the messages as images, feelings, words, or bodily sensations.

4. Anchor the vision

- Imagine your future self gives you a symbol: a crystal, a small token, or even a sip of tea.
- Place this symbol into your body, wherever you feel called to. Let it settle there.
- When you are ready, slowly come out of meditation.

5. Write your story

- Open your journal and write as if your dream year is already unfolding. Use present tense:
 - "I feel..."
 - I experience...
 - I celebrate..."
- Include sensations, emotions, and vivid details. Be bold, unapologetic, and imagine beyond limits.

If you need some journal prompts >



Optional Journal Prompts

1. What does my ideal year feel like, physically, emotionally, spiritually?
2. What energy or qualities do I want to carry throughout the year?
3. Which areas of my life are ready for bold expansion or transformation?
4. What would I dare to imagine if there were no limits?
5. How does it feel in my body to live this dream? Where do I notice that energy most strongly?

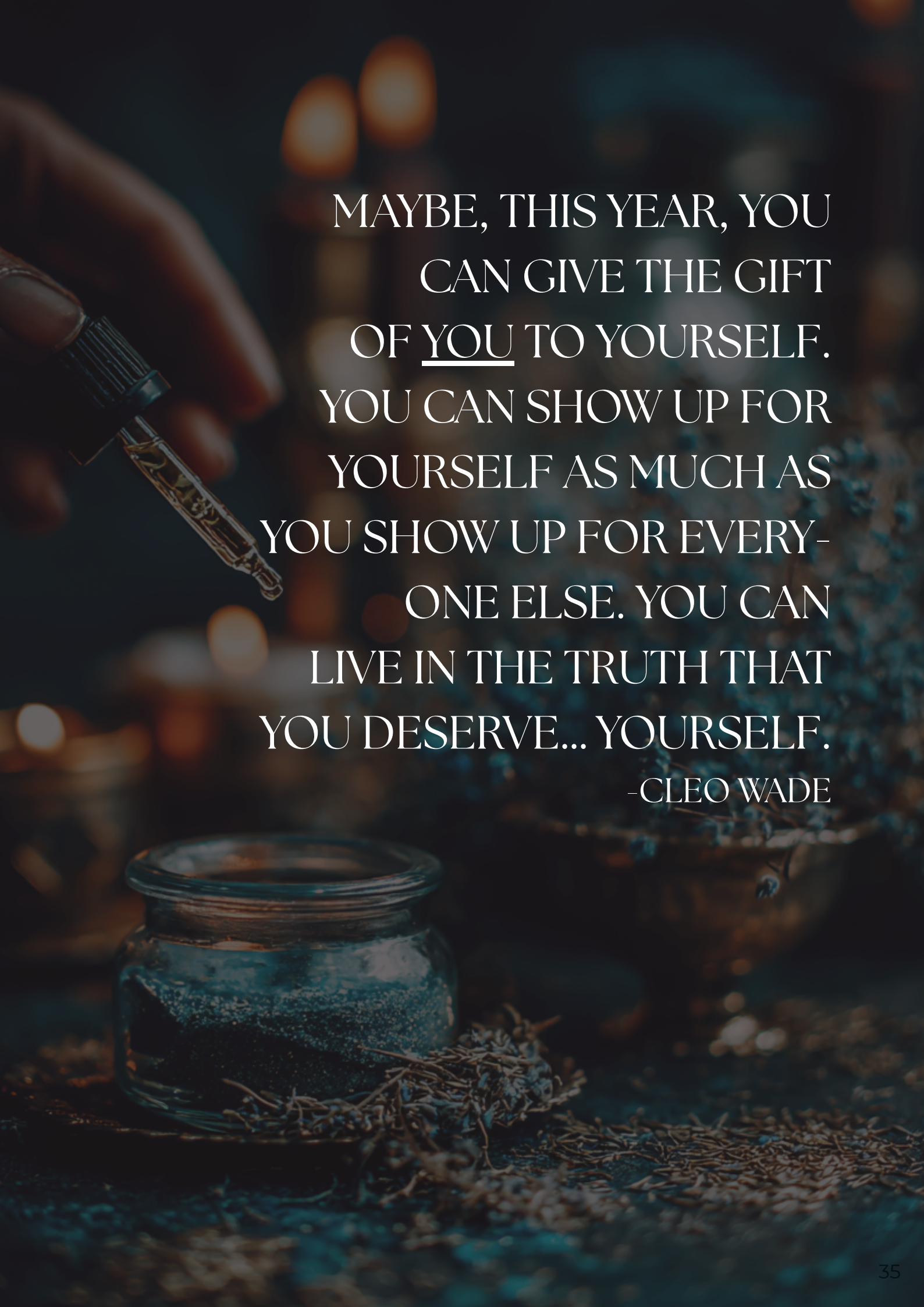
Herb Highlights

- Blue Lotus: Expands consciousness, bridges your heart and higher guidance, and supports visionary clarity.
- Mugwort: A Herb of dreams, reflection, and subtle messages from within.
- Rose: Opens the heart, fosters emotional clarity, and deepens connection to inner wisdom.

If you want to start working with herbs:

Herbs can support your vision, your energy, and your nervous system as you move through the seasons. I offer personalized herbal guidance, helping you discover which Herbs work best for your unique constitution and how they can support your journey, from enhancing clarity and intuition to grounding, energizing, or soothing your body and mind.





MAYBE, THIS YEAR, YOU
CAN GIVE THE GIFT
OF YOU TO YOURSELF.
YOU CAN SHOW UP FOR
YOURSELF AS MUCH AS
YOU SHOW UP FOR EVERY-
ONE ELSE. YOU CAN
LIVE IN THE TRUTH THAT
YOU DESERVE... YOURSELF.

-CLEO WADE



Day 12

COMPLETION RITUAL

Ignite your year ahead

As the longest nights give way to the returning light, you stand at the threshold of a cycle. Over these twelve sacred nights, you've traveled inward, honored the darkness, awakened your intuition, and felt the pulse of Nature flowing through you.

Tonight, you close the circle. Picture yourself as a traveler returning from a mystical forest: each ritual a stepping stone, each herb a companion, each moment of reflection a lantern lighting your path. You carry with you the lessons, the visions, and the seeds of possibility that have emerged from your Winter journey. Your heart is open, your senses attuned, and your spirit ready to co-create.

This is the moment to anchor all you have gathered, to honor yourself, and to offer your intentions to the Earth and the sky. From this space of deep presence, anything is possible. The circle is complete, and the year ahead is a field of infinite potential.

Your Ritual of Integration

1. Step into your sacred space one last time

- Brew a cup of Rose, Lavender, and Chamomile tea.
- Sit quietly with your tea, feeling its warmth flow through your body. Let your heart and solar plexus open to the fullness of your Yule journey.
- Light your Yule candle, allow its flame to anchor your intentions.

Continue the ritual >

2. **Reflect and integrate**

Open your journal and revisit the insights, dreams, and lessons from the past twelve days.

Ask yourself:

- What wisdom, vision, or guidance have I received?
- How can I carry the light, lessons, and energy forward into the new year?
- Which patterns, habits, or relationships do I release, and which do I nurture?

Write a final affirmation or intention — not as a plan, but as a living seed of possibility.

3. **The ribbon ritual**

Take three ribbons and write your wishes or intentions: one for the world, one for family/friends, and one for yourself.

Tie each ribbon loosely around a tree branch or another natural anchor. As you tie each ribbon, speak aloud: *"I plant this seed of possibility. May it grow in harmony with Nature and the rhythms of my life."*

Visualize your wishes rooting into the Earth and reaching toward the sky.

4. **Close with gratitude**

Place your hands over your heart and speak or write your thanks for:

- The guidance you've received
- The growth, blessings, and insights of the past twelve days
- The sacred journey of Winter and Yule

Allow your Yule candle to burn completely, honoring the end of this sacred space and the limitless potential that lies ahead.



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This year,
carry your aliveness
around like flowers
bursting from
open ribs
and scatter those
seeds across so many
miles and roads
that others
pick them up
along the way
so they too
can remember
how to bloom
as though our
wild earth
depended on it.
Because it does.

-Victoria Erickson

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