



DECEMBER 21
winter solstice



ALTAR DECORATIONS

bells, candles, elves, sun symbols, stars, lights, ornaments, Yule log, Goddess figures, holly, evergreens, mistletoe, pine cones, reindeer, wreaths, snowflakes

COLORS

red, green, white, gold, midnight blue, silver

HERBS AND FLOWERS

blessed thistle, sage, rosemary, ivy, peppermint leaf, mistletoe

TREES

apple, birch, cedar, fir, chestnut, citrus, holly, juniper, oak, pine, yew

CRYSTALS AND STONES

garnet, bloodstone, clear quartz, ruby, emerald, diamond

INCENSE AND OILS

cedar, cinnamon, clove, frankincense, myrrh, sweet orange, pine

ANIMALS

bear, deer, eagle, robin, squirrel, snow goose, boar, wren, tiger

SPELLWORK

setting intentions, purification, renewal

Yule

A celebration of new beginnings and rebirth

Yule is a time of celebrating the shortest day of the year and the return of the light. Darkness has reached its peak and from this point forward, the days will grow longer again.

Winter Solstice

Winter Solstice is an astronomical occurrence that happens between December 20 -23. It is the longest night of the year, after which the sun is waxing.

Oak and Holly Kings

At the Winter Solstice, the Oak King conquers the Holly King and then rules until the Summer Solstice.

Hope never dies

Yule reminds us that there is hope in knowing that the sun will return even in the darkness. Yule encourages introspection and spirituality. At this time, we ward off spirits, set intentions and honor the rebirth of the sun god.

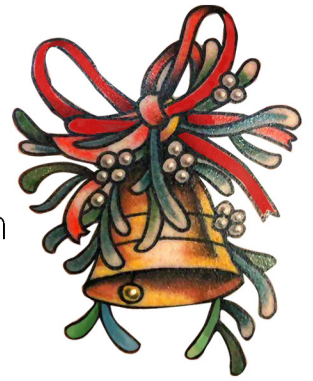
The Evergreen

Evergreens represent life, rebirth and renewal. They were thought to have power over death because their green never faded. They were used to defeat winter demons and hold back death and destruction.

Mistletoe

It represents the female element and also it was used by Druid priests in special ceremonies during the Winter Solstice. They believed that its green leaves represented the fertility of the Mother Goddess, and its white berries, the seed of the Forest God or Oak King.

The Yule Log
a continual hearth fire was kept to prevent spirits from entering the home. It was also believed that the longer the Yule log burned, the faster the sun would return.



Bells

Bells were often rung during the Winter Solstice to drive away demons that surfaced during the dark time of the year



The Yule Tree

Originally, it represented the Tree of Life or the World Tree among early pagans. In ancient times it was decorated with gifts people wanted to receive from the gods. It was adorned with natural ornaments such as pinecones and berries as well as symbols sacred to the gods.

Wreaths

They symbolized the Wheel of the Year and the completion of another cycle.



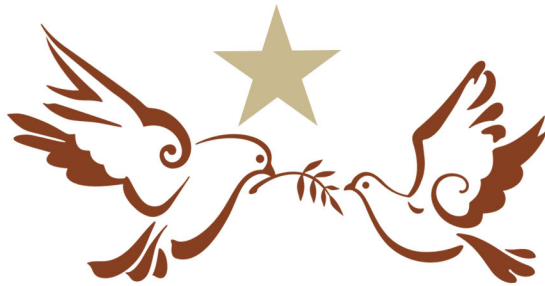
Holly

Together, mistletoe and holly represent the Sacred Marriage at this time of year.

The holly leaves, symbolic of the Holly King, represent hope, while the red berries represent potency. Holly, which represents the masculine element, was often used to ward off evil spirits.



Solstice Eve Peace Prayer



Clear and crisp comes Solstice Eve,
And the stars of the night twinkle brightly.
The light of the Moon glistens on snow,
And the logs blaze in the hearth.
The feast is cooking, it's well underway
Our hearts are filled with good will.
The Spirit of Peace fills the night,
Our hearts are open
And filled with cheer,
All is well and good.

We praise the Spirit of Peace
For all the blessings received.
May we remember for all our days
That even in times of pain and strife,
The Spirit of Peace remains.
If we remember to look within,
For help with the burdens we bear,
The Spirit of Peace will light the way,
And smooth the road ahead.

Spirit of Peace, we invoke you now,
And praise you with thanks and with prayer.



Holly Berry Spell

You will Need:

Holly Berry Oil
Dried cedar, pine or fir
Square of parchment or plain paper
Red pen or marker
Red or Green candle
Heat proof container



This spell is best done within a Cast Circle during a waxing Moon.

Gather all ingredients, place the candle in front of you and light it. As you gaze into the flame consider one quality about yourself that you would like to improve with the dawning of the Yule sun. Condense the quality into a single word and write it upon the parchment paper.

Sprinkle the dried cedar, pine or fir onto the middle of the paper and add 13 drops of the Holly Berry oil.

Twist the paper closed and hold it to your heart. Say silently or aloud: "With the dawning of the Solstice sun, my intention shall manifest. As the light grows each day, so shall my intention grow. With Harm to None and by my Will, So Mote it Be!"

Touch the paper to the candle flame and light it on fire. Drop the burning paper into the heatproof container. Envision the flames carrying your intention out into the Universe.

State firmly, "My will is done". Snuff the candle and open the Circle

Witch's Ball of Protection

Ingredients:

Cinnamon (shielding)
Pine (banishing)
Nettle (detering evil)
String (trapping)
Agate or Jasper (protection from evil)
Bergamot Oil (protection)
Empty/blank Ornament (vessel)
White Candle (seal)

Intention:

Use this ball as protection from evil spirits and thoughts.



Directions:

- Cleanse your space & ingredients however you would like
- Meditate to ground yourself and open your mind
- Remove the top of the ball to begin
- Layer your ingredients in the ball however you would like. Think of the magical properties while you do this. The string is used to trap and tangle any unwanted energies or spirits
- Melt a white candle over to seal
- Hang over an eastern facing window or in any room that you would like to protect. You can make many for mutliple rooms!



Yule Reflections

What is still dragging you down? Can you find a way to leave it behind before the New Year?

What wish will you make this Yule? What does your heart truly desire?

What are your hopes for next year? How do you see the future and yourself in it?

In what areas can you find more growth? What would you like to achieve?





Hule Tarot Spread

North



West



South



East



North - What do my ancestors want me to know?
South - What should I celebrate?
East - What is the best direction for me to take?
West - What can I let go of?

