



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.

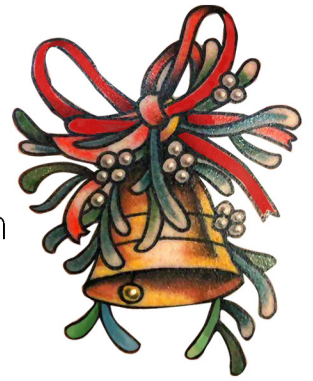
The Evergreen

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.



Yule Log Ritual

The Yule log started as a Nordic tradition where they would bring the tree into the home and light the end of it in the hearth. This ritual is a bit different, but it honors the same principals of rejoicing in the return of the sun and the lengthening of days.

Create a safe and contained pit for a fire outside. You can pour a circle of salt around the pit for protection if you like as well. Only good may enter. Make sure it is outside the pit.

Next, choose your logs. They can be taken from the base of your Yule tree, or they can be from anywhere else. Choose a wood that resonates with your goals for the coming light: pine for a year of prosperity, birch for fertility, oak for strength and wisdom, or aspen for connecting to your spirituality.

Light the fire with family or friends and circle clockwise while chanting together:

*Through flame and dance we welcome light,
we banish darkness back into the night.
Thank you earth for sleeping still,
it's time for the sun to extinguish this chill.*

Let the fire burn while you enjoy some Yule snacks and drinks. Once the fire has burned out and the earth has cooled, you can keep the ashes to use in your garden in the coming spring.



YULE WORKBOOK
Retreat
3

THIS WINTER RITUAL IS DESIGNED TO HARNESS THE INWARDS ENERGY OF THE WINTER SEASON. IT IS A TIME FOR HIBERNATION, FOR THOUGHT, FOR REFLECTION. WE DRAW INTO THE CENTER OF OUR HOUSES, CURL UP UNDER BLANKETS, AND WE DRAW INTO THE CENTER OF OURSELVES.

THE WINTER MONTHS ARE AS MUCH ABOUT THE DARKNESS AS THEY ARE ABOUT THE LIGHT. TO UNDERSTAND THE LIGHT, YOU NEED TO UNDERSTAND THE DARK. TO BE ABLE TO DISTINGUISH YOUR DEEP THOUGHTS FROM YOUR SURFACE THOUGHTS, GUIDANCE FROM ELSEWHERE FROM YOUR OWN DOUBTS, YOU NEED TO KNOW WHAT SILENCE SOUNDS LIKE.

YOU'LL NEED:

YULE INCENSE OF SOME KIND, WHITE CANDLE, EITHER A BLACK MIRROR OR A DEEP BOWL OF WATER, A DARK ROOM, AND ABOUT TEN - THIRTY MINUTES



LIGHT THE INCENSE. ALLOW THE AROMA TO FILL THE AIR.



MAKE SURE YOU'RE COMFORTABLE. THE INTENT IS TO SIT HERE FOR AS LONG AS IT TAKES. IT MAY TAKE SEVERAL ATTEMPTS OVER SEVERAL DAYS, OR YOU MIGHT GET SOMEWHERE THE FIRST TIME YOU TRY.



LIGHT THE WHITE CANDLE AND TURN OFF THE ELECTRIC LIGHTS.

STARE INTO THE BOWL OR THE BLACK MIRROR AND LET YOURSELF RELAX.



SILENTLY ASK YOURSELF ALL THE QUESTIONS YOU HAVEN'T BEEN ANSWERING. WHERE ARE YOU GOING? WHAT ARE YOUR GOALS? WHEN ARE YOU HAPPY? WHO ARE YOU? DON'T DEMAND, SIMPLY ASK, WITH A GENTLE, AMUSED DETACHMENT. STAY AS CALM AS POSSIBLE. KEEP ASKING UNTIL YOU SEE AN ANSWER.

Yule

"Witch's Stairs to 2023" Ritual

You will need:

cauldron/heat resistant plate
1 piece of paper + pen
small black or plain candle
red wool thread
*or any thick red thread

Ritual Spell:

12 knots, 12 steps, 12 wishes

one knot, one wish

__say your wish here__

by the power of the Gods and Spirits present with me
my magick is done, so mote it be.

Blessed Be.

You will start this ritual after performing the entry part of your Yule ceremony.

Start by lighting your black candle. Take a piece of paper and write down everything that is still dragging you down and that you need to let go of. Include your full name, sign and date. Once you are done, set the paper on fire from the black candle and burn it down. Spend a few minutes in meditation, and feel the purge taking place within you.

The second part of the ritual is knot magic. You will be making 12 knots that will represent your 12 wishes/goals for 2023. You may want to prepare them ahead of the ritual. Start by making a loop with a tight knot at the 2 ends of the string. After this is done you will be making your 12 knots. For every knot, you make, say the spell that will contain your wish. Then tie your knot. Keep going until you make 12. The space between the knots does not matter. You can make a very short string or a very long one. When you are done take the string in your hands, close your eyes and go over your wishes. Envision how they will manifest and how happy you will be every time.

You can decorate the string with elements that are related to your wishes (e.g. hearts, crystals in a pouch, sea shells for pregnancy, etc). Hang it somewhere where you will always look at it and be reminded of the work you need to do.



Hule Tarot Spread

North



West



South



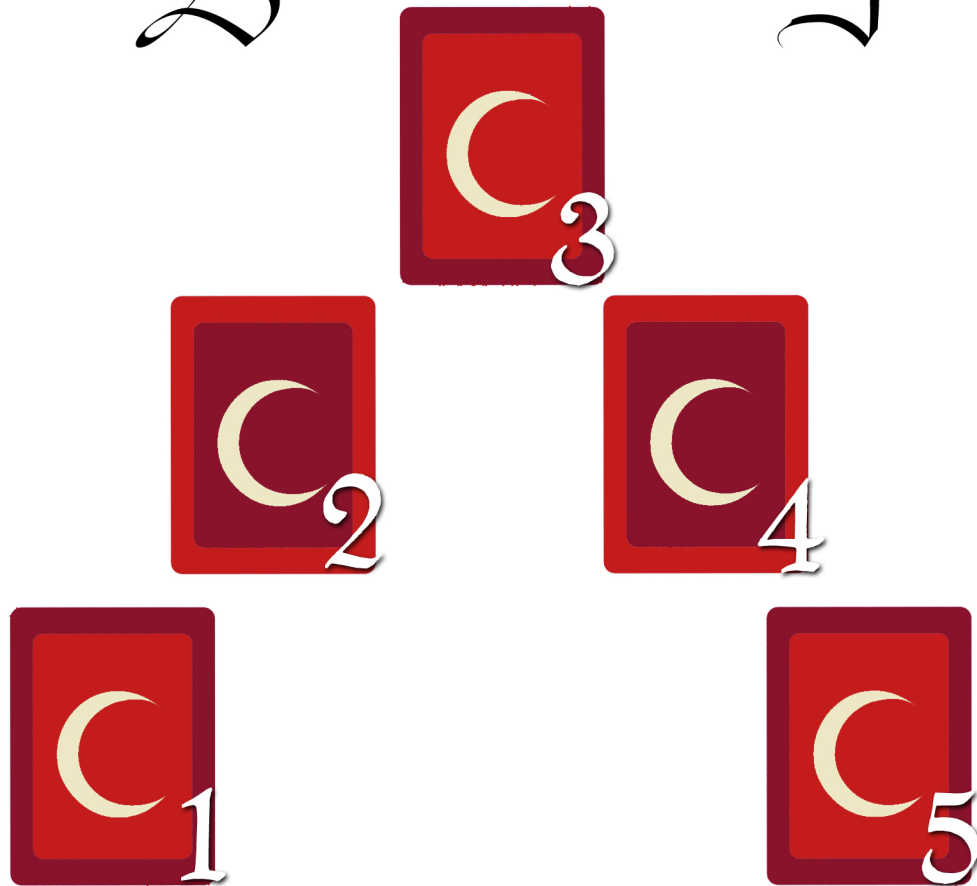
East



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?



Letting Go Tarot Spread

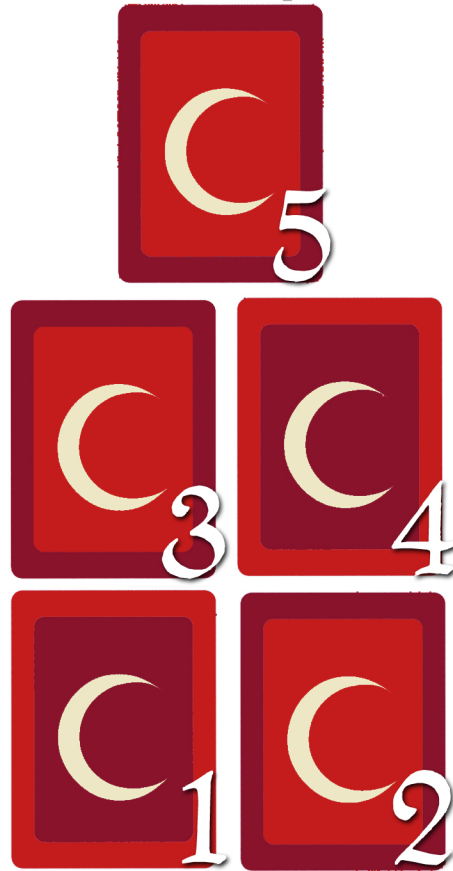


These cards will help you with your shadow and letting go:

1. What does the darkness reveal within my shadow self?
2. What do I need to let go of?
3. How does my shadow keep me from letting this go?
4. Who can I turn to for support?
5. What light can come from this darkness? What can I learn?

Meditate and visualize your shadow self sitting with you. Your shadow is your darkness, your inner qualities that are not so great. However, this shadow is a part of you. You cannot learn from it by ignoring it. Dig deep for this letting go spread and allow yourself to connect on a subconscious level.

Growth & Adventure Tarot Spread



This spread will help you look toward the lighter days:

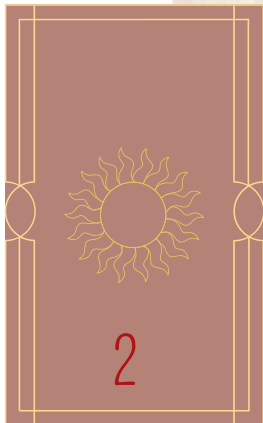
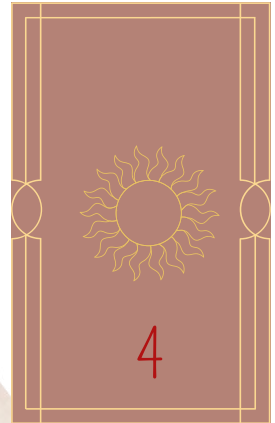
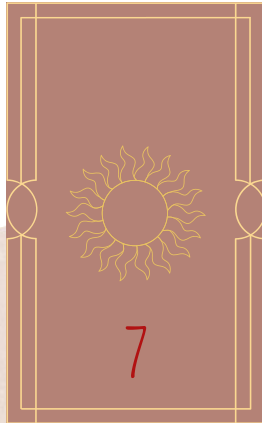
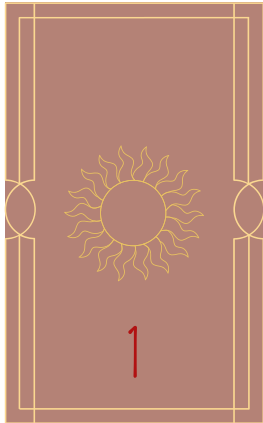
1. What area of my life should I nurture?
2. What new adventures await me after the dark of winter?
3. How can I act daily to bring about these new adventures?
4. What risks should I take to bring positive change?
5. What obstacles will I find in my way?

Find a quiet space where you can journal your answers. Clear your mind of any negative thoughts or limiting beliefs before you begin.

You want to be fully ready to receive positive messages about your future!

Yule

Tarot Spread "The Rebirth of the Sun"



1. Significator
2. Dark Night. What you need to let go of.
3. First Light. What will be a spark, reason for change.
4. Birth of Light. What should you invite into your life.
5. Rebirth of the Sun. How will the future unfold.
6. Advice from the Universe.
7. Transformation. What can you expect to change.
8. Outcome. Something new that is coming your way.

