



YULETIDE JOURNAL

workbook for the mystical weeks of midwinter

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Ædith Empress

YULETIDE JOURNAL

workbook for the mystical weeks of midwinter

This journal belongs to:

For Yuletide of the year:

YULETIDE JOURNAL

'In the midst of winter, I found there was, within me, an invincible summer.'
—Albert Camus

With this workbook you have a powerful energetic framework to close off the old, and shape the new year. You create an energetic grid or field, and every practice and every ritual adds pure, intentional energy to it. Each Yuletide night builds on the previous one and in this way you recharge your personal blueprint for the coming year.

This is a sacred process – give yourself the space and safety to immerse yourself in it. Know that the more honest you are with yourself, the better the results will be. During all practices and rituals, keep yourself in a field of warmth and appreciation, and be gentle to yourself. This is your own process, in which nothing has to be done – you are free to spend as much and as little time and space on the journal, the exercises and rituals as feels right to you.

★*★* Advent

From the Summer Solstice on June 21, the days get shorter, and from the end of November, the further north you go, less and less daylight remains. On our way to the darkest day, we already look forward to the arrival (Advent) of the new sun. We start our spiritual preparation four Sundays before the Midwinter solstice.

★*★* The Enchanted Nights

The Yuletide nights are the nights between the years, no-man's time, the time of transition and mysticism. The sun, Mother Earth, even us humans, seem enchanted. The word Yule, Jule or Joel has its origin in Germanic (jehwl), from Indo-European (jek), and means spell, incantation or enchantment. Thus, Yule nights are “enchanted nights”. With the exercises and rituals in this workbook, you have a tool to invite that enchantment into your own life and use it for the better.

A Yuletide night starts after sunset. First read the chapter about the Yuletide night in question in the book ‘Secrets of the Yuletide Nights’ by Jeanne Ruland, and carry out any assignments and exercises.



Then open the relevant Yule night chapter in this workbook. Fill in your answers to the questions from the book under the heading *Reflections and epiphanies in this Yuletide night* in this workbook. You can also write down the insights you received after any exercises or meditations.

Before you go to sleep, think about the month in the next year that corresponds to the Wicke day (in the evening of December 21, you think about February): what is your intention for that month? Perhaps you already know that you are about to give birth, or your brother is getting married, or you have an important game, or your parents have been married for 50 years, or you have an important presentation for work, or your daughter is 25 or that you have an exhibition in a gallery, or that your partner has an important deadline, or that you have an operation, or that you are going on vacation... and so on. Then connect that with the intention for that month. Also, if you don't have a special event, feel what would be a good intention for that month: working on your health or fitness, paying extra attention to friends, and so on.

★*★* Wicke Days

In addition to the rituals and customs in the Yuletide nights, the days during Yuletide have a special predictive value. These days are called Wicke days. The word ‘wicken’ is associated with the word ‘dowsing’, and means divination or prediction – the words witch and wicked stem from it. Each day represents a month – what happens that day has predictive value for that month.

In this journal you can keep track of what happens on a Wicke day, and thus gain insights about the quality of the months ahead, and even about the events that will take place that month.

A Wicke day starts at sunrise, but you will probably be awake earlier. Take 15 minutes every morning to fill in the first part of the Wicke day in this workbook, as follows:

- | | |
|-----------------------|---|
| <i>Day</i> | Enter the current day of the week. |
| <i>Cosmic quality</i> | See page 66 of Secrets of the Yuletide Nights. |
| <i>Moon phase</i> | Enter the current phase of the moon and its energy, which will tell you how the energy of the month in question will be directed: |



- crescent moon (size increases) – receiving
- full moon – strengthening; bring something to an end
- waning moon (size decreases) – releasing
- new moon – weakening; new start

Dreams Write down the dream(s) you had in the night.

Tarot or oracle card Now draw a tarot or oracle card for the day, which is also valid for the month in question. Note the number and name of the card and describe its quality and meaning.

During the day, do the exercises and assignments as written in the book. Then take up this journal again in the evening, and complete the Wicce day by filling in the following parts (the time is linked to a month in the following year, see page 68 in the book):

Weather Describe the weather conditions, which can tell the energetic quality of the month in question.

My mood Describe your state of mind and mood this day.

Coincidences What coincidences took place? At what time?

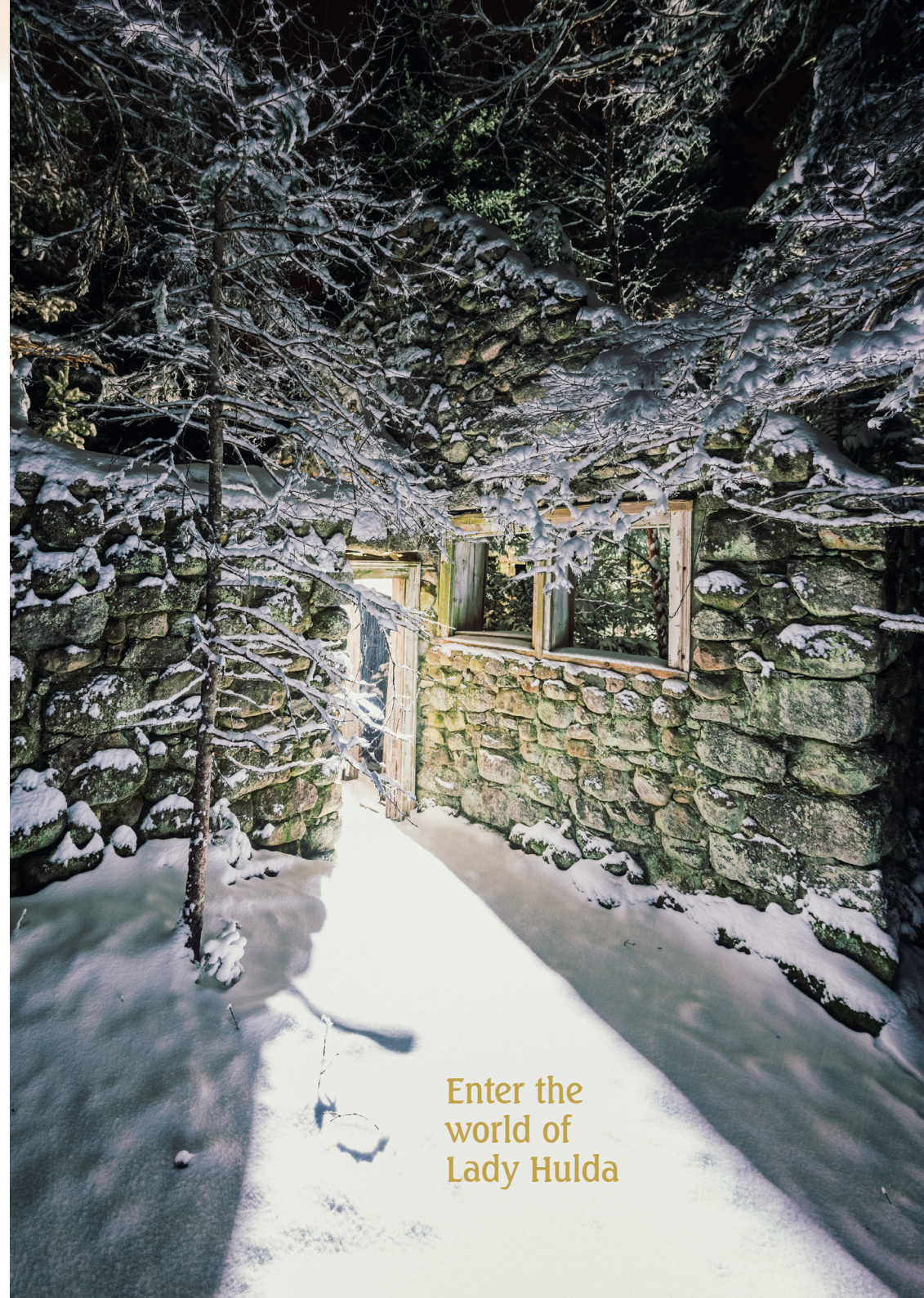
Encounters With whom (people and animals) did you have expected and unexpected encounters?
At what time?

Messages Which (unexpected or other than ordinary) mail, phone call, texts or other messages did you receive?
At what time?

Happened or noticed What other things happened to you, or did you notice? At what time?

Signs, messages or hunches
What signs or hunches did you get? At what time?

Important tip to make full use of this journal: In the new year, pick up this workbook at the beginning of each month to see how that month's energy will focus and to reinforce your intentions for the month. Also reflect on how the past month has gone.



Enter the
world of
Lady Hulda

Coincidences

Encounters

Messages

★☆☆ This happened to me, or I noticed this

★☆☆ I received these signs, messages and hunches

MIDWINTER SOLSTICE

