

Jeanne Ruland

# SECRETS OF THE YULETIDE NIGHTS

your guide to the mystical weeks of midwinter



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# YULETIDE

The earth receives in her womb  
the light of the new age.  
It is gauged and cradled,  
until it is stable enough to rise to life.

Sun child, light up the world  
with rays of the new morning.  
Bring hope, peace and new strength.  
You've already won the victory  
though the fight is still ahead.  
When we connect to you,  
we are guided safely by your solar powers.  
Redeem – liberate – beget with your light.

The forces of fate are at work now,  
pushing aside memories,  
troubled wisps of mist in our dreams,  
sticky cobwebs of the  
past that never got finished,  
dark secrets that unseen  
– deep in our soul – repose flickeringly.  
Hungry wolves roaming in the bitter cold of the night,  
thirsting for warm blood.  
Souls demanding vengeance and satisfaction,  
crying out for justice.  
Old accounts want to be settled.  
Ghosts of ancestors wait in the night in grey robes,  
sending signs – watch carefully!

Goddess Hulda, with her Wild Hunt, wanders about,  
smells the old dark tracks,  
for in our existence nothing is lost,  
rattles at windows,  
travelling across cold snowy plains.



Are you ready to slip into the new?  
Testing and gauging of your deeds is on the horizon.  
The Norns at the underground wells  
study the texture of life.  
What are you visibly and invisibly connected to?  
What have you done in your numerous rounds of life?  
What does the pattern of your life look like?

Spiritual justice is spoken  
to redefine the threads of fate.  
Wanderer between the worlds – look deep within yourself,  
see your shadow and the sanctuary of your ancestors.  
Fate is precisely measured – it is also in your own hands.  
How do you guide the thread of fate in your spiritual robe?  
Reconnect with the spiritual origin of your being.  
Chance brings you what belongs to you.  
Nothing just happens in life.  
A long time ago

the course of fate was determined.

Accept what you learn  
in these murmuring nights.

Listen, be present, hear the wind  
the heavenly child  
that brings you a new message.

May the new year bring you many blessings,  
and may you not have to struggle with old forces.



## PREFACE

*"It was Yuletide,  
that man has come to call Christmas,  
though in their hearts they know  
that it is older than Bethlehem and Babylon,  
older than Memphis and mankind itself."  
- H. P. Lovecraft (1890 - 1937)*

Preparations for the night of the rebirth of the light begin on the first day of Advent – four Sundays before the Winter Solstice. Advent means ‘arrival’. We await the arrival of the eternal light, reborn in the darkest night. We plan, bake, retreat into silence, engage in spiritual subjects, read sacred books, sing, run errands, wrap presents, write cards to thank or bless people with good wishes, and think about how we want to shape the festivities.

Yuletide is party and family time. Anyone who can, takes off from work to enjoy the time ‘between the years’. We step through the portal, from the old to the new year. We get a chance to look back, and to thank everyone who has guided us this year with a small gift. We re-establish family ties and thereby strengthen our roots. We meet friends to have fun and exchange ideas, to wish each other well and to celebrate the return of the light. We look backward and forward at the same time: what are we leaving behind and what are we taking with us into the new year? What will the new year bring us? What will we experience? What do we already plan and map out? We work with oracles and watch for signs to give us a glimpse into the future.

Yuletide is a mysterious and mystical time in which all portals to other dimensions are open. These extend from the human and physical realm, the realm of the dead, the realm of spirit creatures, the realm of the angels, up to the cosmic realms. A stream of blessings descends on the earth. Renewal and healing is possible at all levels. What makes Yuletide so special has nothing to do with religious rituals and customs, and everything to do with it being a cosmic event, a natural event that repeats itself year after year, regardless of fashion or spiritual trends.

Throughout history, this special time has had many names and has been celebrated in many ways. But the essence of these sacred nights – the eternally blessing light, the gauging and (re) negotiation, and the gate to renewal – has remained the same. We live in a time of change. Many things find their way back to their origin. Circles close. There are more opportunities than ever to shape the celebration of this sacred time. Those who consciously experience these nights can favorably influence the course of the coming year and thus lead a fulfilled life that is in accordance with their higher nature. That is why I would like to present to you a number of traditions, customs, ancient *and* new ways that will inspire you to consciously and actively celebrate this magical time.

May everything we have co-created and with which we are connected in the visible and in the hidden, have a beneficial effect. With this intention, I wish you a blessed Yuletide and a happy new year, full of light, confidence and strength.



At this point, I would like to take this opportunity briefly to thank all the readers who have accompanied me over the years. This book was first published in Germany in 2009. It became wildly popular and opened the door to the magic of Yuletide for many people. I am very grateful that it can once again guide people in the English-speaking world through these wonderful weeks. I hope it will bring you, too, new impulses and inspiration to experience this time consciously. Happy New Year and many blessings in all your ways.

Holla,  
Jeanne Ruland



## WHAT HAPPENS IN NATURE

With the arrival of Advent – usually the last Sunday in November, sometimes the first in December – the Golden Gate begins to open. In the solar time of Scorpio, which lasts from the 23rd of October to the 22nd of November, we have already started to unwind. We return to the roots that are the very core of our earthly existence. Another piece of the processing of our past has been completed, and we have found new impulses of light.



Nature has now completely withdrawn beneath the earth's surface. The fog is slowly lifting and the time of the clear cool air, the cold and the first snow is nigh. Animals and mystical creatures begin their hibernation. A blanket of snow falls gently and silently over nature, so that it can recover from the traces of the old year. Lakes are frozen over. Nature has taken off her old coat – except for her basic structure. A cold wind blows around the houses and clouds full of snow and rain move over the land.

The descent into darkness ends on the 23rd of November, at the beginning of the sun sign Sagittarius. Though in the weeks that follow the days get even shorter and darker, the momentum of the fire is rising and active. The light that was found in the depths is now carried upwards to be lit as a new flame.

The birth of light is prepared simultaneously by terrestrial and cosmic forces and takes place in nature as well as in ourselves. The stars shine especially bright and beautiful in the sky during December and we look up to them with a visionary gaze.

The Norns, the weavers of destiny, at this time weave the invisible threads for the coming year. Everything is now beginning to prepare for the rebirth of the light. Magic is in the air...



## ADVENT SEASON – the 28-day process

The time in which we prepare for the new birth of the light is commonly referred to today as “Advent Season” and includes four Sundays.

### *The four Advent Sundays signify:*

- 1st Advent:** ‘I am’ (unity – all is one)  
element of air – idea, new spark
- 2nd Advent:** ‘You are’ (duality – polarity, feminine/masculine)  
element of water – feeling the idea
- 3rd Advent:** ‘We are’ (trinity – initiation)  
element of fire – active action
- 4th Advent:** ‘It they’ (the infinite possibilities of the divine which arise from the trinity)  
element of earth – materialization

These four Sundays remind us of the sacred number four, which we also find in the seasons, the elements, the directions and the four pillars, which guarantee stability and a secure base from which new things can grow.

When a paradigm shift occurs, a new pattern emerges, or a new behaviour has to be learned, it takes 28 days to be firmly established. This is related to the moon's cycle, which also lasts 28 days. During that time, energy can be broken down and rebuilt. If we want to fundamentally change something in our lives, it makes sense to work consistently on the new idea or concept for at least 28 consecutive days, to allow the change to become embedded in our lives and its positive consequences to take effect. The Advent Season comprises exactly this time span.

So on the 1st Advent we can ask ourselves what we would like to fundamentally change in our lives. What thoughts are stopping us from experiencing success, happiness or blessings, and what new thoughts, what sensation, what quality do we want to retain in the next 28 days, so that something new can manifest in our lives.

The Advent Season – as a time of silence and arrival – also gives us the opportunity to arrange spiritual practices or meditation in such a way that we use the universal law of attraction to allow new visions, thoughts and ideas into our lives.

For example, for the next 28 days, we can commit ourselves to be completely at peace and to hold the vision of our heart's desire. In this way we get centred, and become ready and open up to receive the new light.

*Actively shape the miracle that you are.  
The Advent Season is ideally suited for this.*



## YULETIDE COMMENCES

Yuletide is initiated by an eternally repeating natural event: the Winter Solstice on the 21st of December.

### ★☆☆ Winter Solstice – Yulefest

On the 21st of December, in the darkest and longest night of the year, the sun reaches its lowest point – the light dies symbolically. An interesting phenomenon now occurs: the sun seems to stay at this lowest point for three days (this is due to the proximity of the earth to the sun, and the speed and rotation of the earth). In the sky the sun resides in the constellation Crux (Cross), however, in the Northern Hemisphere this is only visible south of the Tropic of Cancer. It is not until the 25th of December that the sun rises again and moves visibly northwards – on its way to its highest point. This is when the child of light is born.



Midwinter, which is also called 'Yulefest', is a festival of the sun and the earth. It is a time of reflection, of silence, of the consecration and blessing of that which will reveal itself during the new cycle of the year. It is a time of purification and preparation, of looking ahead to what is to come. After the night of the Winter Solstice, the newborn light must be nurtured in the mother's womb to become strong enough to rise.

In ancient times the winter solstice was a mothernight because the light was thought to be produced in the womb of the Earth or by the great goddess. In the 'Edda', a collection of Nordic poetry from the 12th and 13th centuries, we find in the sacred night (from 24 to 25 December): 'a daughter is borne by the radiant goddess, before the wolf strangles her.'

The period directly after the solstice was also called 'wolf moon' because legend has it that the 'wolf' had tried to devour the sun. For example, it was assumed that the sun – symbol of the new light, which can easily be covered up and devoured by past events – should be cherished. The rebirth of light has already taken place, but the coldest and hardest time of winter is still ahead of us.

The winter solstice is celebrated to remind us that the darkness that lies ahead has already lost the battle. This gives us courage, strength, and hope to face the time ahead with confidence. On the 21st of December the sun will arrive in the sign of Capricorn, giving us steadfastness and perseverance in our own ascent upwards.

In ancient times, Yule nights were used to celebrate, share ancient wisdom and stories, listen, concentrate, and plan the new year. What's going to happen in the new year? What lies ahead?

## ★☆☆ Alban Arthuan

Another old name for the winter solstice is 'Alban Arthuan', which means 'the light of Arthur'. This feast was often celebrated for three to four days. The Druids used rituals to portray their grief for the apparent death of the light. On the 25th of December the miracle took place: the light was reborn. The child of light lies in the arms of the primal mother. The nights that followed were sacred mothernights and served to look ahead to the coming year. Medicines, ritual objects, water, and other objects were purified and consecrated in sacred ceremonies during these nights.

## ★☆☆ December 24 – Modraniht

As mentioned, on the night of December 24th to 25th, the sun is still at the lowest point in the annual cycle, under the constellation Cross. At exactly midnight, the zodiac sign Virgo (the virgin) rises in the east. The moment the virgin puts her feet on the horizon, one knows that the sun will rise again and with it give new life to the world. The sun is, after three dead days, (re-)born in the dark womb of the earth and (re-)rises as the ruler of the world.

The parallels with the Christian celebration are no coincidence – the 'pagan' rituals were used in service of the church and modified to patriarchal requirements. The light child is born on the 25th of December. Mother Mary symbolizes the feminine principle (Virgo/virgin), Joseph the masculine, the shepherds the open heart, and the angels the light of Source. The Three Magi, whose adoration in the stable at Bethlehem is commemorated on January 6, symbolize insight, and the departure to a



new time. During Yuletide they have followed a star to be able to hand the child of light gold, frankincense and myrrh. These gifts symbolize the different stages in the wheel of life. The wolf that devours the sun can be found in the Gospel in the guise of King Herod. He ordered – as soon as he learned of the birth of a child who would rule the world – to kill all the infants and small children in the land. Jesus dying on the cross symbolizes the sun dying on the Cross constellation, his resurrection from the dead symbolizes the sun's resurrection and rebirth after the three days she lay in her earthly grave.





## EXTRAORDINARY PHENOMENA DURING YULETIDE

*Do you hear the murmur in the night,  
Yuletide has commenced.  
The day is short, the night is long,  
everything is cold and hard and quiet here.  
Become aware of the invisible.  
Shivering, trembling,  
huddled silently,  
in the silence germinates softly  
the seed for the continuation of your journey.  
Moon and starlight will guide you,  
opening doors for you that are hidden still.*

A lunar year, so twelve lunar cycles of about 28 days, consists of 354 days. To arrive at the 365 days of the solar year, we still miss eleven to twelve nights. These nights are the nights of our Yule-

## 9<sup>TH</sup> YULE NIGHT December 28/29

Wicce day: December 29

Month: September

Theme: Incense, visions and inspirations, connection

*Every true friendship holds a sweet secret  
of deep, silent connection.*

The goddess Ambet symbolizes the young mother. She is full of love, light and goodness. To her belongs the spiral of life and the cornucopia.

When we go our own way, we can draw from a well of endless possibilities. We have the choice to act one way or the other, we can choose one road or the other, and speak these words or other. Frankincense symbolizes the sacred within every human being. The “gold of life” that we have at our disposal for a certain period of time, is transformed from a fixed consistency into smoke by means of fire. The smoke then rises to the sky, just as every deed in life passes and its memory is written in light.

### ★☆☆ Questions for this Yule night

- How do I use my thoughts, my imagination, my expressiveness in word and deed?
- What do I use my life energy for?
- How do I treat my life energy, which is available to me for this time on earth, and how do I plan its use?

- What do I spend the most time on?
- What circumstances would I like to change and improve?

The past is behind us, the present moment is now and the future has not yet begun. Every day offers a new opportunity to redefine your course and to gain new and enriching experiences. Look to your future. You can now, in your mind, begin to improve your living conditions. Imagine what you would like to change in your life in the coming year. Think about what you yourself can contribute to the change or improvement. Every change starts in you. Meditate on the phrase, “the only thing that always lasts is change”.

### ★☆☆ • On Wicke day December 29th

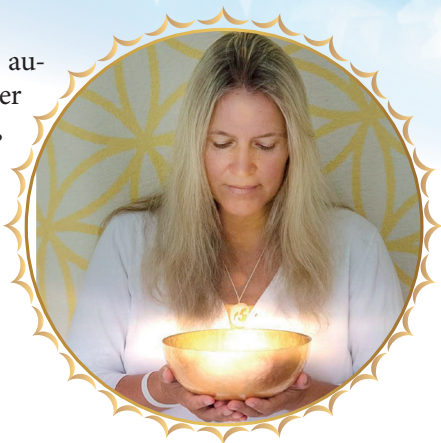
Today, meditate on *connection* and *friendship*. Take some time to appreciate and honour the friendships you’ve built throughout life. Perhaps friendships have been broken. See what it takes to find solutions, healing and peace in your soul. Clear the vibrational field, so that in the new year new friendships and deep, new experiences of love become possible for you.

*The commandment of charity is:  
“Love your neighbour as yourself”.*



## ABOUT THE AUTHOR

Jeanne Ruland is a bestselling author from Germany. She is mother of three children, angel medium, huna teacher, workshop leader and tour guide for international spiritual journeys with various themes. She teaches the subjects of angels, masters, nature, and sacred geometry.



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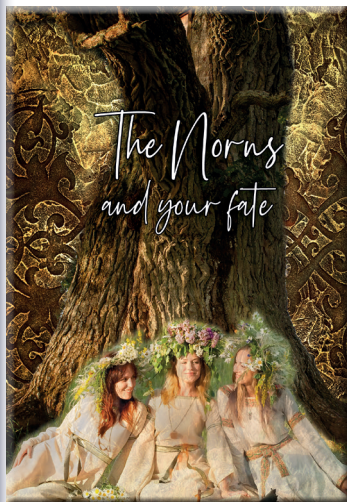
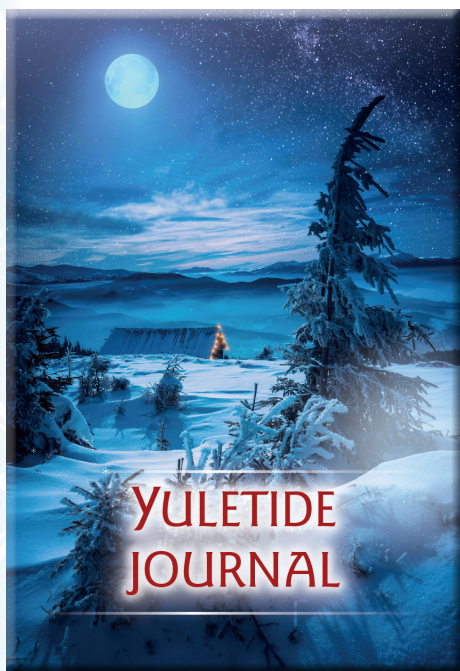
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