

The Days of Yule

Day 1: Mother's Night / Winter Solstice - December 21

- Honor female deities, particularly Frigg and Dísir, and protective female ancestors.
- Light candles, bring out food offerings, write poetry, and meditate.
- Decorate a tree or Yule log, and hang lights.

Day 2: After the Solstice / Restoration - December 22

- Honor the sun and its warmth.
- Engage in activities representing the sun, such as making sun symbols or baking lemon crinkle cookies.
- Perform shadow work with your grimoire or daily journaling.

Day 3: Family Day - December 23

- Celebrate family and loved ones.
- Gather for a meal or express gratitude for relationships, both physical and spiritual.

Day 4: Day of The Wild Hunt - December 24

- Honor spirits and ancestors who roam the earth during the longest nights.
- Reflect on Odin and the Wild Hunt.
- Leave offerings like bread or apples for spirits.

Day 5: Community and Giving - December 25

- Celebrate community and giving.
- Reach out to friends, neighbors, or coven members and share small gifts, food, or kind words.

Day 6: Spiritual Renewal - December 26

- Focus on spiritual renewal.
- Light candles in the morning to bring blessings into your home.
- Cleanse your space, altar, or tarot cards, and set intentions for the remainder of the Yule season.

Day 7: Wisdom - December 27

- Pursue wisdom through divination.
- Use tarot, runes, or scrying to seek guidance for the coming year.
- Reflect on past lessons and the direction you want to go in the future.

Day 8: Abundance – December 28

- Focus on abundance and the generosity of the Universe.
- Make spells for prosperity or set intentions for abundance in the coming year.
- Burn incense like cinnamon or cloves to attract success and wealth.

Day 9: Strength – December 29

- Honor personal power and strength.
- Reflect on challenges faced and overcome.
- Call on deities or spirits of strength, like Thor or warrior spirits of your ancestry.

Day 10: Protection – December 30

- Focus on protection.
- Make protective charms or talismans, smudge your home (if appropriate), or cast a circle to shield your space from negativity.
- Prepare for the New Year by setting intentions and sealing them in eggshells with corresponding herbs and spices.

Day 11: Midnight Celebration / New Year's Eve – December 31

- Celebrate with joy and festivities.
- Light fireworks or sparklers, dance, or make noise to drive away any lingering darkness and welcome a brighter year.

Day 12: New Year Beginning Ceremony – January 1

- Celebrate the beginning of the new year.
- Perform a sunrise ceremony, burying the eggshell prepared on Day 10 with your intentions and meditating over the sealed hole.