

A 4-WEEK ADVENT GUIDE TO GETTING MINDFUL FOR THE HOLIDAYS

WEEK ONE - MAKE SPACE

Traditionally, the advent calendar followed a 4-week story to honour the season. You don't have to be religious or Christian to celebrate it (i'm not after all) as what we can bring to our own families in the ritual of honouring the full season. As I live in the Northern hemisphere, this is a perfect time to make space in my home for the cozy comfort i want to envelop myself in. This week honours **HOPE** with the light of a purple candle.

Week One honours the light of stones - Stones that live in crystals, seashells, and bones. So use this week to treat yourself to a new crystal, or candle and decorate your space. Have some warm blankets in abundance. Place some anchors to help be your guide as you turn inwards this season.

WEEK TWO - TAKE TIME

This week is about the light of plants - Roots, stem, leaf, flower, and fruit by whom we live and grow. This is a perfect time to get your tree if you haven't yet, treat yourself to some live plants and cut flowers. Include in your home the life and vibrancy of greenery. This week honours **LOVE**, love of nature as it reminds us of awe and rebirth.

Think of some ways to give yourself nourishment this season. Treat yourself to a new tea that soothes, or a blend for your bath to heal your aching body. The New Moon is this week too. Spend some time thinking of your seeds of intention for the upcoming year. The Tarot card fo 2024 is Strength, so try to incorporate ways to cast a vision of this into your next year.

WEEK THREE - TAKE REST

This 3rd week honours the light of beasts. - Animals of farm, field, forest, air, and seas. All await the birth in greatest and in least. You don't have to have a pet to honour the animals. Rather, you can donate some time at a local animal shelter, or have a meatless meal. You may want to cuddle with your special animal friend. Give them love, affection and support. We all benefit from loving touch and connection.

This is also the time to light a pink candle, as it is seen as a symbolism of **JOY**. Like the animals in your life, honour what you need to have a luxurious cat nap. How might your give yourself some rest - it may be a good book, a new movie, or a gentle nap. Ask yourself what you need and answer that request. The Solstice also falls in this week - honour the darkest day by lighting purple candles, bake for neighbours, or go to a community parade. It may feel hard to be in community, think of ways to still honour connection - our body needs it to be resilient and regulated! You may still want to spend time with loved ones and play a board game, or sing carols.

WEEK FOUR - MAKE CONNECTION

This is the light of humankind - The light of love, the light of thought, to give and to understand humans. So this week we honour **PEACE** for all. We all need connection with others, and it can be hard for some of us to feel safe in that space. You may want to reach out and support someone else - is there someone in your community that is a single mother who might need your help? Can you listen, walk with them, hold space for them? If that person is you, you deserve to send yourself that same self-compassion you give others! Ask for that support.

The last Full Moon of 2023 is this week - it is known as the Cold Moon. Take a moment to notice its energy and sit with your journal and warm up with a good cup of tea, a purple candle, and write down your reflections of this last moon cycle, or this full year. Reflect on what helps you warm up on cold days, be it your own inner weather or the season outside.

12 DAYS OF
GETTING MINDFUL FOR
THE HOLIDAYS

DAY 1

It's Winter Solstice - celebrate the longest night with extra candles and warm cocoa! Savour it by watching the light flicker.

DAY 2

Find a new tradition for your family to enjoy over the holidays like going for a walk in a forest or looking at neighbour's lights.

DAY 3

Take a pause on busy days - have a luxurious and long bath. Soak your worries away and linger as long as possible. Better yet, do it mid-day!

DAY 4

Pick up a new or favourite book, get under the covers of a blanket and read an excerpt from it. Don't wait for bedtime!

DAY 5

Send a greeting or better yet call a friend you haven't connected with in a while - just to say hi. Hearing their voice is very soothing.

DAY 6

Put on some fun holiday music, the cheesier the better, and dance! Let go of some of the hard feelings from this year.

DAY 7

Put on an apron and bake something - the act of using your hands and the smell can be so comforting. Take in the smell and texture in your hands.

DAY 8

Decorate a room - Using the senses of sight, sound, touch, taste and smell find things that help you get cozy and notice them.

DAY 9

Practice self-compassion today - say no to something and reward yourself with some kindness. Then tell someone about it!

DAY 10

Find a creative outlet just for fun - a colouring page, paper snowflakes, a knitting project, or make a clay bowl for yourself.

DAY 11

Get a cup of tea, a journal and think of a memory of a special day in December from your past. Write it out.

DAY 12

Happy New Year! Eat something today from a meal and savour each bite. Do a mindful exercise with it. Slow it down.

12 MAGICAL DAYS OF *Yuletide Celebrations*

DAY 1

Day of the Mother:
Self-mother by making a
pot of soup; purge your
closet or get out the
broom and sweep out
what no longer serves

DAY 2

Day of the Father:
Take some time to
acknowledge your
own family line. What
do want to inherit or
leave behind?

DAY 3

The Wild Hunt:
Protect your home
from the ancient
ghouls of years past;
honour your animal
friends and guides

DAY 4

Day of the Inner Child:
Make hot cocoa and
watch a fun festive
movie from
your childhood

DAY 5

The Light Heals:
Light candles or a
Yule log; sing songs
that reference the
sun and light

DAY 6

Supernatural Allies:
Leave out a wee gift
to say thanks to the
magical spirits who
live close by

DAY 7

Balance of Equals
Reflect on ways
you can be both
masculine and feminine;
soft and fierce; work and
rest; invoke this energy

DAY 8

Housekeeping
Time for protection
spells, bang your pots
or cleanse of your
home - use incense or
simmering pots

DAY 9

Blessings & Gratitude
Bring some local, fresh
greenery in like Holly;
donate to Indigenous
groups, show gratitude
for the land you live on

DAY 10

Beloved Dead
Honour your dearly
departed by lighting
a candle and hold
space for the love
you have for them

DAY 11

Gathering
Host a party, get
dressed up, drink Wassail,
and sing or toast in the
new year with songs, music
and dancing

DAY 12

Casting a Vision
Pull out Tarot or oracle
cards and a journal. It's
time to start dreaming
and planning for the
year to come!