

Winter Solstice

Date: end of December, usually around the 21st

This is the shortest day of the year. From now on, the days will get longer as we approach spring and then summer. Also known as Yule or Yuletide.

Aromas and Ideas for Altar Decoration

As always, it is most appropriate to decorate your altar, home or sacred space with trees, plants, flowers and herbs that are prolific at this time of the year. Yule is very much associated with pine, frankincense, cypress, clove and cinnamon, so use them in your oil diffusers, baths, cooking, teas, candles, etc.

Decorate your home with evergreens to symbolise everlasting life, mistletoe for healing, pine to purify and holly for protection.

Crystals

Garnet and Yule are interlinked. It will steady your energy, which might be needed at the time of year which consists of much socialising and time with family.

Things To Do

Many Christmas traditions have the roots in pre-Christian celebrations around this time.

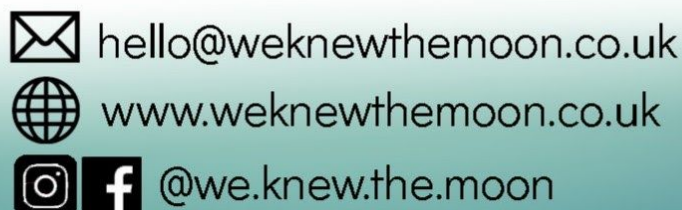
Make a wreath out of evergreens to symbolise the wheel of life.

Give gifts to loved ones.

Declutter in preparation for the new year.

Clean your windows, inside and out.

Smudge your home with sage or pine needles.



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