



TWELVE DAYS OF YULE

BY ANNETTE ALFORD

A TWELVE DAY GUIDE TO
SIMPLICITY, SPIRITUAL GROWTH,
AND RENEWAL



YULE THE RETURNING OF THE LIGHT

A journey guide to prepare for the Yule Season.

ANNETTE.ALFORD@ICLOUD.COM

WWW.WINDOWSOFWISDOM.NET



ANNETTE ALFORD

FOUNDER OF WINDOWS OF WISDOM

Intuitive Spiritual Advisor • Tarot/Oracle Card Reader - Psychic Medium • Energy Healer •
Reiki Master-Teacher

With over three decades of experience, Annette is a compassionate and highly gifted intuitive spiritual advisor and psychic medium. Her work blends spiritual insight with grounded, practical guidance – helping clients find clarity, healing, and peace.

As a Usui Shiki Ryoho Reiki Master-Teacher, Shamballa practitioner, and Certified GEO Love Energy Healer, Annette brings deep healing energy into her sessions. She's known not only for the accuracy of her intuitive messages but also for her warm, down-to-earth approach that resonates with people of all ages.

What Annette offers:

- Energy Reiki, Shamballa and Sacred Geometry Healings
- Chakra Balancing
- Tarot & Oracle Card Guidance
- Psychic & Mediumship Readings
- Runes, Pendulum Readings & Intuitive Tools

ANNETTE.ALFORD@ICLOUD.COM

CONTENTS

1 INTRODUCTION TO YULE

2 DAY ONE – EMBRACE THE STILLNESS

3 DAY TWO – RITUAL BATH

4 DAY THREE – ACTS OF QUIET KINDNESS

5 DAY FOUR – HONOR THE ANCESTORS

6 DAY FIVE – CANDLE MEDITATION

7 DAY SIX – SACRED REST

8 DAY SEVEN – LET GO OF THE PAST

9 DAY EIGHT -- SIMPLIFY YOUR SPACE

10 DAY NINE– GRATITUDE AS A DAILY ANCHOR

11 DAY TEN– VISIONING THE NEW YEAR

12 DAY ELEVEN – HEARTH & HOME BLESSING

13 DAY TWELVE – REBIRTH & RENEWAL
(WINTER SOLSTICE)

14 CLOSING REFLECTIONS



1 CHAPTER

INTRODUCTION

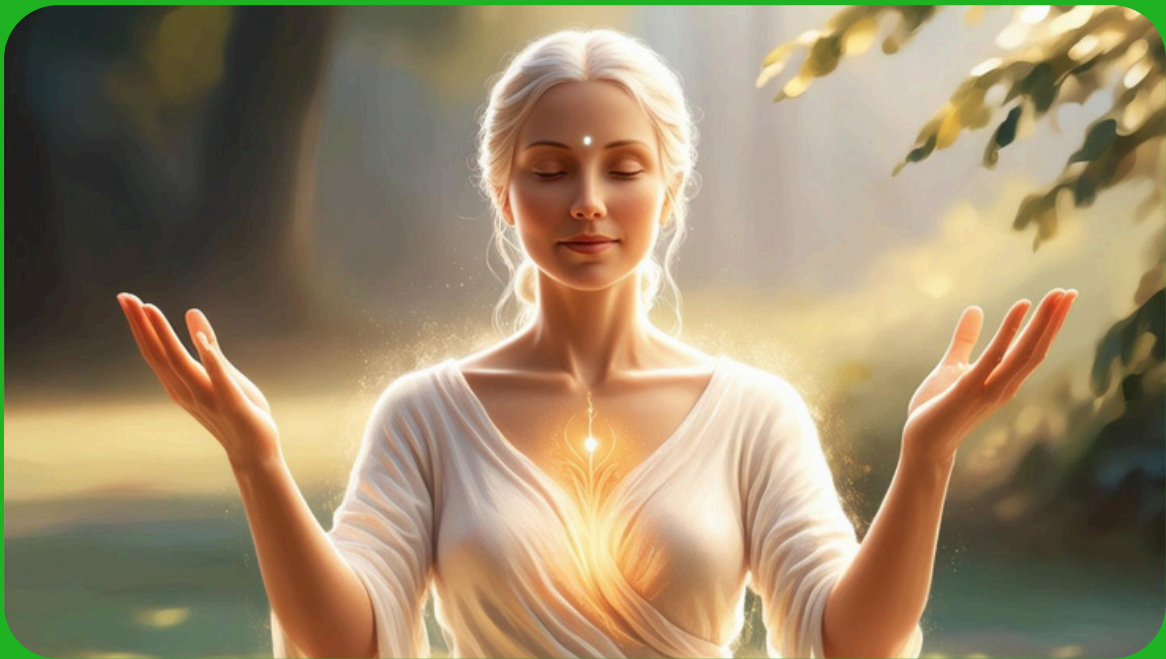
ANNETTE.ALFORD@ICLOUD.COM

YULE:

A JOURNEY INTO INNER LIGHT

Yule marks the Winter Solstice – the longest night of the year and the sacred turning point where darkness begins to give way to returning light. For centuries, spiritual practitioners have used this time as a portal for reflection, release, healing, and intention setting. This eBook is designed to guide you through the quiet magic of Yule with daily meditations, actions, rituals and affirmations that support spiritual growth and a simpler, more soulful way of living.

You may follow these steps sequentially for a 12-day practice or intuitively choose the day that calls you.



CHAPTER 2



DAY ONE

Embrace the Stillness

Meditative thought: “In stillness, I return to myself.”

Action: Practice 5 minutes of quiet observation and reflection. Sit comfortably and simply breathe, noticing your body, emotions, and thoughts without altering anything. Concentrate on each breath flowing in and out of your body. Tip to quiet your mind: concentrate on the quiet in between breaths. When you have any thoughts, please acknowledge them and again return to focus on your breath.

Affirmation: I allow stillness to soften my spirit and open my heart.

Optional Ritual: Light a single white candle to symbolize clarity and purity of thought. Stare into the flame.



CHAPTER 3

❄️ ♦️ ❄️ ♦️ ❄️ DAY TWO

Ritual Bath for Release

Meditative thought: “I cleanse my body and spirit of what I no longer need.”

Action: Prepare a warm ritual bath with salt, lavender, rosemary, or cedar. As you soak, envision old energies dissolving. If you are not a bath person, you can dissolve some scented Epsom salts in your hands and smooth over your body while envisioning the water from the shower as beautiful white purity flowing over you, sending stagnant energy down the drain.

Affirmation: I release what burdens me and step into renewal.

Optional Ritual: After the bath, moisturize slowly and intentionally—self-anointing.



CHAPTER

4



DAY THREE

Acts of Quiet Kindness

Meditative Thought: “What I give with love returns to me in abundance.”

Action: Do one small anonymous act of kindness. Your kindness is magnified because it is anonymous. You will know you sent the light out into the world. If everyone did this, our world would change. This is your silent reward; understand it is more than enough.

Affirmation: My compassion ripples outward and blesses the world.

Optional Ritual: Dedicate your act to your ancestors, guides, or someone in need of healing energy.



CHAPTER 5

❄️ ♦️ ❄️ ♦️ ❄️ DAY FOUR

Honor the Ancestors

Meditative Thought: “I come from a line of survivors, dreamers, healers, and teachers.”

Action: Place a photo, object, or candle on a small altar. Whisper gratitude to your ancestors for one thing. Focus on your most positive memories of times shared and lessons learned from them.

Affirmation: I am supported by those who walked before me.

Optional Ritual: Offer warm tea, bread, or honey on your altar and later enjoy them while remembering your legacy.



CHAPTER 6

❄️ ♦️ ❄️ ♦️ ❄️
DAY FIVE

Candle Meditation

Meditative Thought: “Light lives within me, even in the darkest seasons.”

Action: Sit with a candle for 5–10 minutes and watch the flame. Imagine it igniting your inner spark. The flame represents the passion that burns in you. Imagine 3 ways to follow your passion in your daily life more closely.

Affirmation: My inner flame grows stronger each day.

Optional Ritual: Write down one thing you want to bring more light to. Put it where you can reflect on it often.

❄️ ♦️ ❄️ ♦️ ❄️

CHAPTER 7

❄️ ♦️ ❄️ ♦️ ❄️
DAY SIX

Sacred Rest

Meditative Thought “Rest is a holy act of self-preservation and compassion.”

Action: Permit yourself to rest deeply—nap, meditate, or simply be. Do not take this for laziness. You must regenerate and rejuvenate. By caring for ourselves, we are stronger and can act with more clarity and drive. It is an act of self-love.

Affirmation: I honor my body by giving it the rest it deserves.

Optional **Ritual:** Close your eyes and listen to soothing solstice music.

❄️ ♦️ ❄️ ♦️ ❄️

CHAPTER 8

❄️ ♦️ ❄️ ♦️ ❄️ DAY SEVEN

Let go of Past Traumas

Meditative Thought: “My past shaped me, but it does not define my future.”

Action: Write down three painful experiences you’re ready to loosen your grip on. You don’t have to “forgive and forget”—simply soften their hold on you. In this, the “Year of the Snake” in Chinese tradition, it is time to shed the skin of that which no longer serves you. Hold the lessons you learned from past struggles and release the painful feelings. You are stronger now because of what you have gone through.

Affirmation: I am healing, evolving, and becoming whole.

Optional Ritual: Safely burn the paper or bury it under a tree.



CHAPTER 9

❄️ ♦️ ❄️ ♦️ ❄️ DAY EIGHT

Simplify Your Space

Meditative Thought: “Simplicity makes room for magic.”

Action: Clear one small area—desk, nightstand, purse—while staying present and calm. Again, it is about releasing that which no longer serves you. Donate to charities. What you no longer need will be a treasure to someone new.

Affirmation: I create space for clarity, peace, and spiritual flow.

Optional Ritual: Place a sprig of pine or evergreen to symbolize renewal in your home. Embrace the scent.



10 CHAPTER

❄️ ♦️ ❄️ ♦️ ❄️ DAY NINE

Gratitude as a Daily Anchor

Meditative Thought: “Gratitude roots me in the present moment.”

Action: List three things that brought warmth to your life today. Remember, gratitude is a magnet for the Law of Attraction. The more we are grateful, the more the universe provides. This is also an important way to live in the moment with childlike wonder each day throughout the year.

Affirmation: I am grateful for the blessings that surround me.

Optional Ritual: To keep this alive, add your gratitude slips to a “Yule Jar” to open next year!



CHAPTER

❄️ ♦️ ❄️ ♦️ ❄️ DAY TEN

Visioning the New Spiritual Year

Meditative Thought: “I Step forward with intention, clarity, and purpose.”

Action: Journal about your spiritual desires for the coming year. What do you want to learn? Become? Welcome? Truly believe what you are manifesting is already in your life and write down how it feels to have it, not just your wish list. Picture in your mind how the future will be with these things materialized and part of your life.

Affirmation: I trust the path unfolding before me.

Optional Ritual: Pull a tarot or oracle card for your year theme. Journal the possibilities. No cards? Call me!



CHAPTER 12

❄️ ♦️ ❄️ ♦️ ❄️ DAY ELEVEN

Hearth & Home Blessing

Meditative Thought: “My home is a sanctuary of warmth and peace.”

Action: Light a candle in the center of your home. Walk room to room, blessing the space. Sage, Palo Santo, or incense can be used as well. It is the power of your intention that makes the difference. Don't forget to cleanse yourself and your energetic aura with the smoke as well—this removes stagnant energy from your own energy field.

Affirmation: My compassion ripples outward and blesses the world..

Optional Ritual: Simmer herbs such as cinnamon, orange peel, and cloves. Fill your home with the scent of the season.



CHAPTER 13

❄️ ♦️ ❄️ ♦️ ❄️ DAY TWELVE

Rebirth & Renewal (Winter Solstice)

Meditative Thought: “From darkness, I rise renewed.”

Action: At sunset or sunrise, welcome the return of the light. Breathe deeply and commit to one intention you will carry forward. Personally, I start each day by opening the shades and looking outside at the beauty of the morning, and say with a smile on my face, “I surrender to the day! Whatever the day brings, bring it On!” Trust everything that unfolds is on purpose—lessons to learn, and new things to be grateful for.

Affirmation: I rise with the light reborn, aligned, and empowered.

Optional Ritual: Light a Yule log or a cluster of candles and stare into the flame!



CHAPTER 14

Closing Reflections

As Yule ushers in the new spiritual year, may you feel grounded, illuminated, and deeply connected – to yourself, your lineage, and the cycles of nature. Return to these practices anytime you desire inner light, renewal or reconnection.

Blessed Yule. ❄️✨ May the returning light guide you.



To book an appointment, please, contact me!

Annette.Alford@icloud.com

www.windowsofwisdom.net