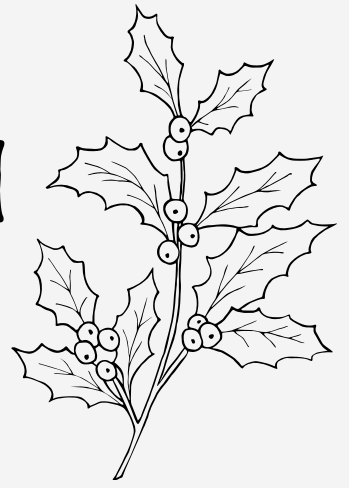
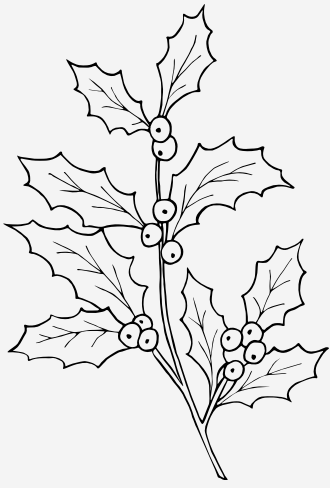


MAGICKAL WITCH COVEN

YULE MEDITATION SUNRISE RITUAL

GRATITUDE, ABUNDANCE, THANKS



Materials:

All you need is:

- A quiet space where you can greet the rising Sun

What to Do:

Yule is from December 21st until January 1st. December 21st, also known as the Winter Solstice, is the longest night of the year. The main themes of this sabbat are rebirth, the return of the Sun, increasing daylight and the rise of the Oak King. Here is a solitary purification spell that calls upon the Sun to aid in cleansing and purifying ourselves and homes to make space for new beginnings. This spell can be done on Yule's Eve or New Year's Eve.

One of the simplest ways to celebrate Yule is to greet the sun with a sunrise meditation. You can do this outside or from a window that is facing the Sun. You may call upon any deities and elements you work with or light a white or yellow candle if you feel called to do so.

First, you want to rise before dawn and find a quiet spot where you can see the Sun. As the Sun rises, reflect on gratitude, new beginnings and the return of light and warmth. Envision the rays of the Sun cleansing your being and your space. Imagine the rays filling up every part of you and your surroundings, cleansing and purifying everything.

When you are ready, snuff out your candle if you lit one and say thank you to any deities or elements you may have called. End your meditation by thanking the Sun and start your day feeling refreshed for new beginnings.

