

White Light Retreat – Worksheet 1

Solstice to 12th Night is an opportunity for

Rest

Treating ourselves / _____

Reflection

_____ contact

Some of the benefits winter gave to ancient man:

_____ on all levels

_____ + _____

New _____ for year ahead

_____ + focus

_____ to self, spirit + others

Four _____ and totems of the Pagan festival of _____ that were incorporated into the Victorian Christmas:

_____ (burnt for the Sun God)

_____ berries – food of the Gods

_____ – sacred plant representing fertility

_____ were brought into the house.

Christmas Day became _____ in the US in 1870.

In 19th Century Britain, **the book** _____ (1843) – newly **popularised the idea of exchanging gifts.**

The results of all the pressures of our modern commercial Christmas include:

- _____ (physical / emotional)

- _____
- _____
- _____
- _____

The antidote to the modern _____ Christmas is:

Don't get stressed about _____

Be selective about _____

_____ + _____

Be in _____ – make the effort

_____ + take a break

We should aim for _____ – not _____.

You still get to keep all of the _____ and all of the _____.

Create your own _____ and _____ – to suit your personality and beliefs.

Three _____ dates for your calendar: _____, _____ + _____.

Summary:

A _____ is important

You NEED to _____ at this time

Take the opportunity to _____ + _____

Emotional, physical + spiritual _____

Escape into _____ or _____ – _____ yourself