

Holy Nights 2022

Eve of December 24th - Dawn of January 6th.

Within the Anthroposophical worldview (the spiritual philosophy of Rudolf Steiner), the Holy Nights are the most powerful time of year to contemplate the past and generate what we'd like to experience in the future.

These 13 Holy Nights are aligned with the descending and ascending forces of the zodiac and their correspondences to the human body.

You may be thinking:

“There are only 12 signs on the zodiac, so why are there 13 nights?”

That's because there is a hidden Holy Night that begins on New Year's Eve.

And honestly, it's the best of all the nights. Read on to find out why!

During the 13 Holy Nights, we can more easily approach and experience the influences of each sign and the Divine Beings who rule over them, and then with this awareness: look back on the events of the past year through this window of understanding. Each Holy Night is regarded as a microcosmic experience of the macrocosmic reality of astrological influences. When we make the connection between the events of our life and these astrological forces, we catch a golden thread that can reveal the reality that we are all connected together—thus deepening our connection to all sentient beings and the Universe itself (the primordial sentient Being). There are many shared experiences amongst all humans—death, birth, love, and beauty. But also: the influences of the stars, whether we know it or not.

Rudolf Steiner, through a process he referred to as Spiritual Science, considered the ascending and descending signs and their human correspondences to be as follows:

Ascending signs

Aries - Head
 Taurus - larynx
 Gemini - limbs
 Cancer - rib cage
 Leo - heart
 Virgo - inner organs
 Libra - hip

Descending signs

Scorpio - reproductive organs
 Sagittarius - thigh
 Capricorn - knee joint
 Aquarius - shin
 Pisces - feet

From Steiner's perspective, the ascending signs are **already at work** in the human experience and have been fully digested through us, and the influences of the descending signs of the zodiac are still **incomplete** in the human process and experience. We can see these processes occurring at a cultural level when we look back upon history—it's not crystal clear, but is rather gesturally evident.

Understanding gesture is integral to the anthroposophical way of knowing. Here's another way of thinking of the ascending and descending signs: Each sign has a neurotic excess that is corrected by the balancing qualities of the next sign. So, the excess neurotic aspects of Libra on a cultural & human level are being worked out in the present by the movement into Scorpio and the qualities of Scorpio that balance this out. But don't think too hard about this — it's just to give context to the exercises of each Holy Night.

Each holy night begins at sunset and ends at dawn the next day. So, the container of the ritual's efficacy is held during these hours.

Here is the list of Holy Nights with their corresponding zodiac sign:

1st HOLY NIGHT: Sunset December 24th to Dawn December 25th // **ARIES**

2nd HOLY NIGHT: Sunset December 25th to Dawn December 26th // **TAURUS**

3rd HOLY NIGHT: Sunset December 26th to Dawn December 27th // **GEMINI**

4th HOLY NIGHT: Sunset December 27th to Dawn December 28th // **CANCER**

5th HOLY NIGHT: Sunset December 28th to Dawn December 29th // **LEO**

6th HOLY NIGHT: Sunset December 29th to Dawn December 30th // **VIRGO**

7th HOLY NIGHT: Sunset December 30th to Dawn December 31st // **LIBRA**

HIDDEN HOLY NIGHT: Sunset December 31st to Dawn January 1st¹

8th HOLY NIGHT: Sunset January 1st to Dawn January 2nd // **SCORPIO**

9th HOLY NIGHT: Sunset January 2nd to Dawn January 3rd // **SAGITTARIUS**

10th HOLY NIGHT: Sunset January 3rd to Dawn January 4th // **CAPRICORN**

11th HOLY NIGHT: Sunset January 4th to Dawn January 5th // **AQUARIUS**

12th HOLY NIGHT: Sunset January 5th to Dawn January 6th // **PISCES**

¹ This hidden Holy Night is the most powerful night of the year. The magic and mystery of this hidden night was described by Rudolf Steiner in this way: "On New Year's Eve, our folk-soul briefly releases us & consequently what we then think is perceived by the highest hierarchies & has the power to be brought into reality." This is an amazing time to ask the Cosmos and these Higher Beings for protection, or otherwise for whatever you are wanting to manifest into reality in the coming year. Remember to be specific—angels will do their work to accomplish exactly what you say. So if you're vague, the thing you are desiring may come to you in an unexpected way. At the exact moment of midnight, cast your wish out to the universe with your voice out loud. You will also write down this wish in your journal.

What you will need:

- 1.) A journal of blank pages (handmade or store bought) with at least two pages for each of the 13 Holy Nights (26 pages minimum)
- 2.) The New Images of the Zodiac (see final pages of this document)
- 3.) Any medium of choice—chalk, pastel, colored pencil, paint, water color, etc.

What to do:

- 1.) Set up the following journal pages according to the order of the Holy Nights and the corresponding zodiac sign. 2 pages for 1st night/Aries, 2 pages for 2nd night/Taurus, etc etc.
- 2.) On each Holy Night, ideally at Sunset (or sometime after but before midnight) review the events of your year from the time when the Sun moved through the corresponding region of the zodiac. So, for example: on the first Holy Night, from December 24th to 25th, consider what was going on in your life when the Sun moved through Aries earlier this year. Try less to recall exact events, but more the “mood” of this period of time—how can we see the influence of Aries subtly working through these events? What is the subtle gesture at work? Examine this past period of time in a dreamy way, as if those moments in your life could be felt and seen in your minds eye as an abstract or impressionist painting.
- 4.) **The following morning**, note the dream you had in your journal (on the same page as the previous night’s Holy night). You can also note down any insight you gathered either in the dream state or otherwise, even if you didn’t dream.
- 5.) **Then**, draw/paint/sketch the New Image of the Zodiac for Aries, and jot down your expectations/intentions/dreams/imaginings for Sun in Aries next year.

6.) That evening begins the 2nd Holy Night (December 25th to 26th) and you can begin this process again, this time in Taurus. And then Gemini. And then Cancer. And so on.

7.) Extra, optional step: On each page of the Holy Nights, if you happen to study astrological transits—include major transits for the following year to pay attention to, or that may have personal significance for you. This will be helpful when we consider the next step.

8.) After all of the Holy Nights have passed, review this journal each month throughout the coming year, according to the Sun's movement into each of the 12 signs. So, on the first day of Aries next year, you will begin your review of what occurred in your journal during the Holy Nights this year.

The purpose of this activity is to strengthen our relationship to the influences of the signs on our life, and to become more sensitive to them.

You may be thinking:

“We are doing these activities for each day and reflecting on the past, but Capricorn, Aquarius, and Pisces haven't occurred yet? What's that about?”

When you get to the Capricorn page—you will reflect on the **present moment**.

When you get to the Aquarius page—you contemplate **the future**.

When you get to the Pisces page—you contemplate your full actualization, the goal of your life, humanity's purpose.

[Contemplate the source of your creative being-ness. Simmer upon big picture concepts of why you and we are here—journal about this openly and follow your thoughts in a stream of consciousness.]

Think of the word journal—it is similar to journey. We do this activity in our Holy Nights Journals year after year to check in on our own journeys—to hold ourselves accountable, to see how much we have grown, to gain some perspective around our joys and struggles on the path of our lives. This is practically speaking an activity of reflection —but above all is an invitation for us to slow down during these most Holy Nights of the year and quiet ourselves in our reflection. It is quite common to reflect on the year as it passes, but this activity allows for that within the container of ritual, which in its own mysterious way will do its work gently upon us. In the anthroposophical worldview, journaling is seen as an important extension of the meditative practice of mindfulness. And it's true: A natural sense of mindfulness arises from the practice of reflecting on our own journey—what we would like to do better next time, how we should congratulate ourselves or others, if the way we are showing up is in alignment with our moral ideals.

It can be beneficial in this practice to take a stance of looking back upon ourselves as if we are strangers to ourselves—as if we are sitting meditatively on a distant hill overlooking the town of our life, and all of the goings-on there. With discipline, this reflection can evolve into a connection with our Inner Self—the witness of our entire life; the eternal aspect of our being that follows us life after life after life. But for now, let us contemplate the influences of the stars upon our lives, and experience solace and relief in the understanding that we may gain deeper understanding into the why's and how's of our life after we develop our relationship to these subtle influences.

I hope this guideline helps you as you integrate this new ritual into your year, and I would love to hear about your reflections and experiences

— please reach out to me !

Astrological date reminders for when you are doing your reflective journaling:

Aries Dates: March 21-April 19

Taurus Dates: April 20-May 20

Gemini Dates: May 21-June 20

Cancer Dates: June 21-July 22

Leo Dates: July 23-August 22

Virgo Dates: August 23-September 22

Libra Dates: September 23-October 22

Scorpio Dates: October 23-November 21

Sagittarius Dates: November 22-December 21

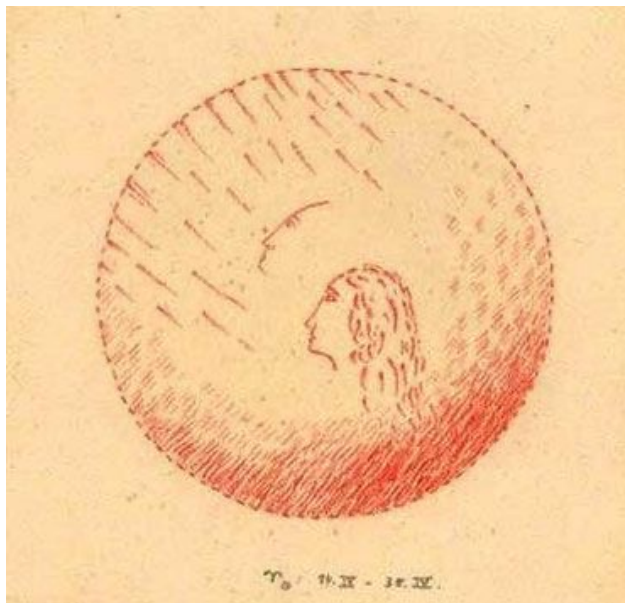
Capricorn Dates: December 21-January 20

Aquarius Dates: January 21-February 18

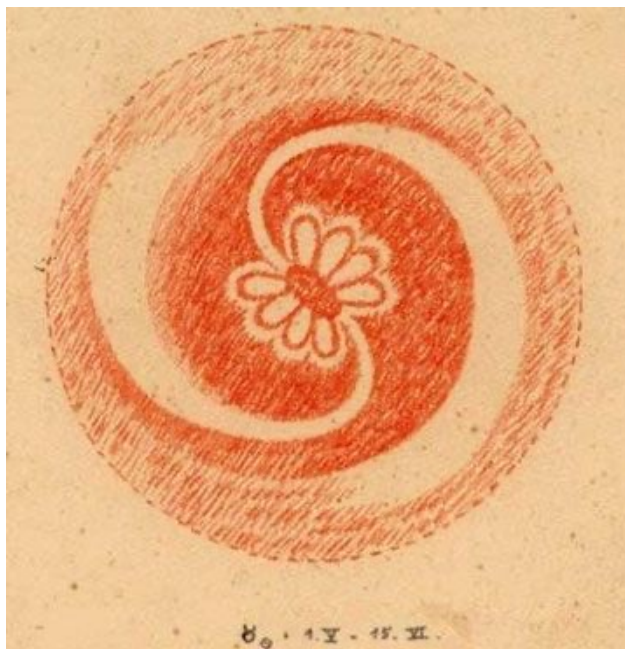
Pisces Dates: February 19-March 20

The New Images of the Zodiac

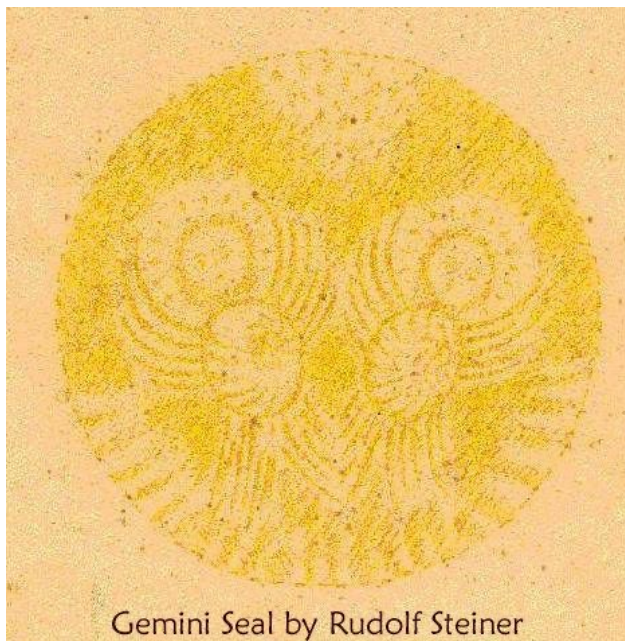
Aries



Taurus

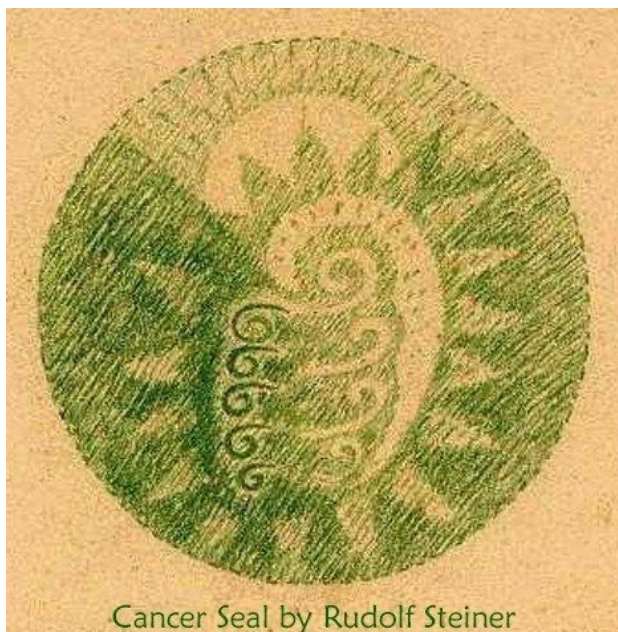


Gemini (hard to make out — sorry! these images were difficult to find)



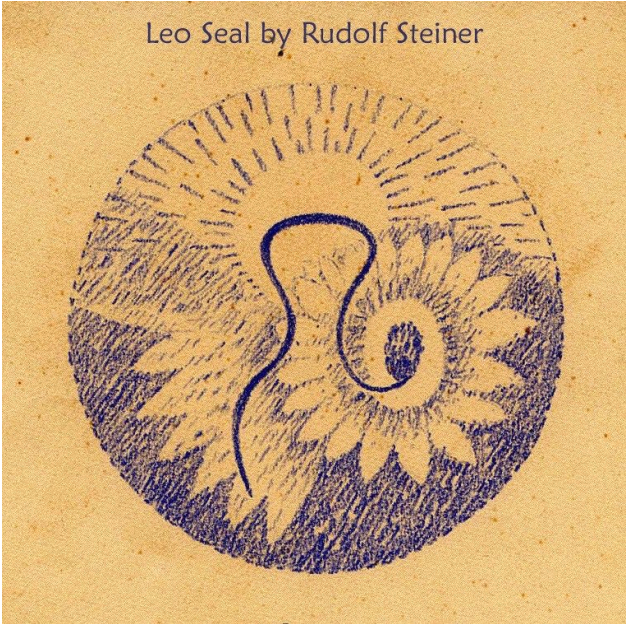
Gemini Seal by Rudolf Steiner

Cancer

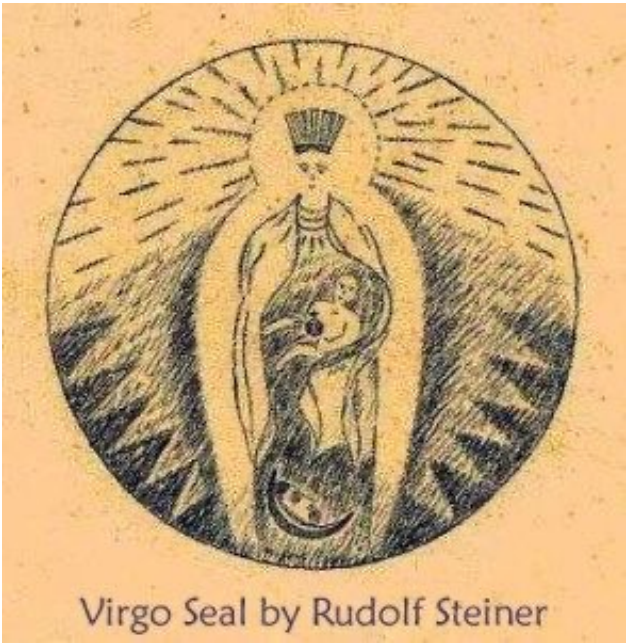


Cancer Seal by Rudolf Steiner

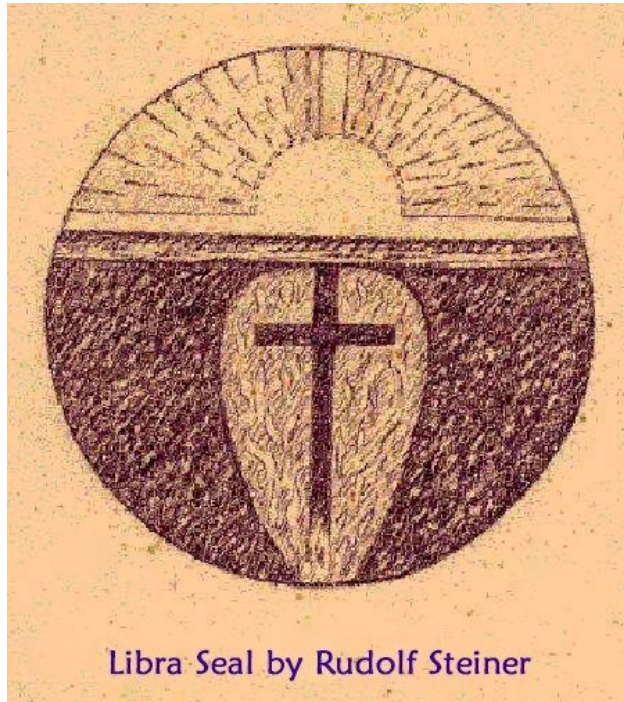
Leo



Virgo



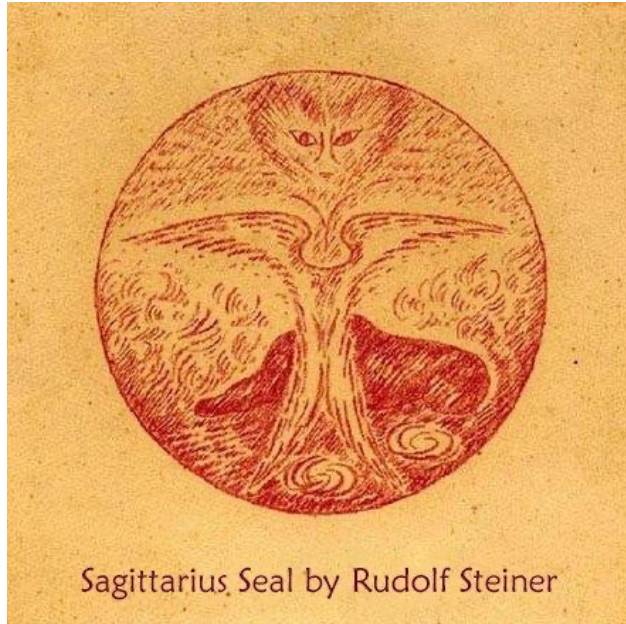
Libra



Scorpio

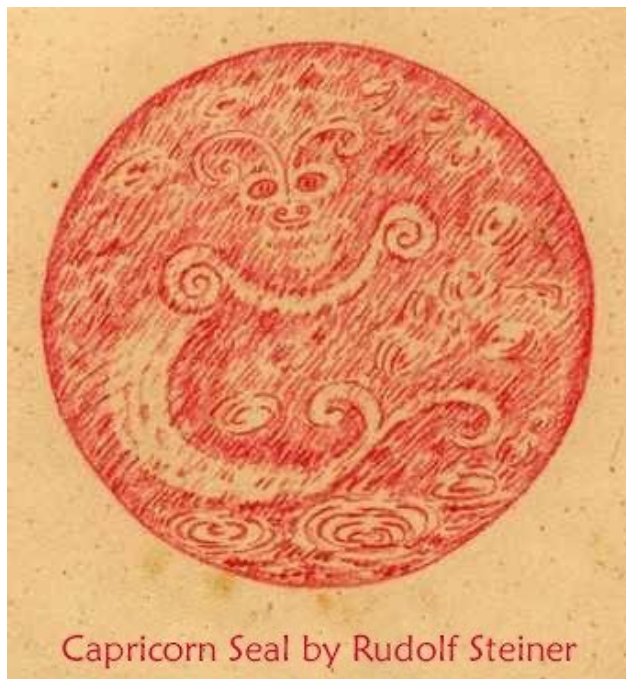


Sagittarius



Sagittarius Seal by Rudolf Steiner

Capricorn



Capricorn Seal by Rudolf Steiner

