



Keeper of the Yule Flame

21st December 2025



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be the light

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Yule Winter Solstice

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Yule is the ancient celebration of the Winter Solstice, the longest night of the year.

It marks the moment when the sun pauses in the sky and the turning of the year begins.

At this point of deepest darkness, the light is not gone. It is resting. From the Solstice onward, the days slowly begin to lengthen, and the return of the sun is assured. Yule reminds us that darkness is not something to fear. It is a necessary pause. A time for stillness, reflection, and quiet trust.

What is meant to grow does so gently, in its own time.

A Simple Yule Ritual

On the evening of the Winter Solstice, or in the days that follow, light a candle and place this artwork nearby. Sit quietly and reflect on the year that has passed. Notice what has ended, what has softened, and what you are ready to release.

Bring your attention to the flame and ask yourself 'What light am I carrying forward into the year ahead?' Hold this intention gently.

When you are ready, extinguish the candle, trusting that what you have named will continue to grow as the light returns.

A Yule Blessing

*May the quiet of the long night bring you rest.
May the returning light bring you hope.
May the flame you carry be steady, warm, and true
as the wheel of the year turns once more.*



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