

THE MORRIGAN'S YULE



A 7-Day Devotional Challenge

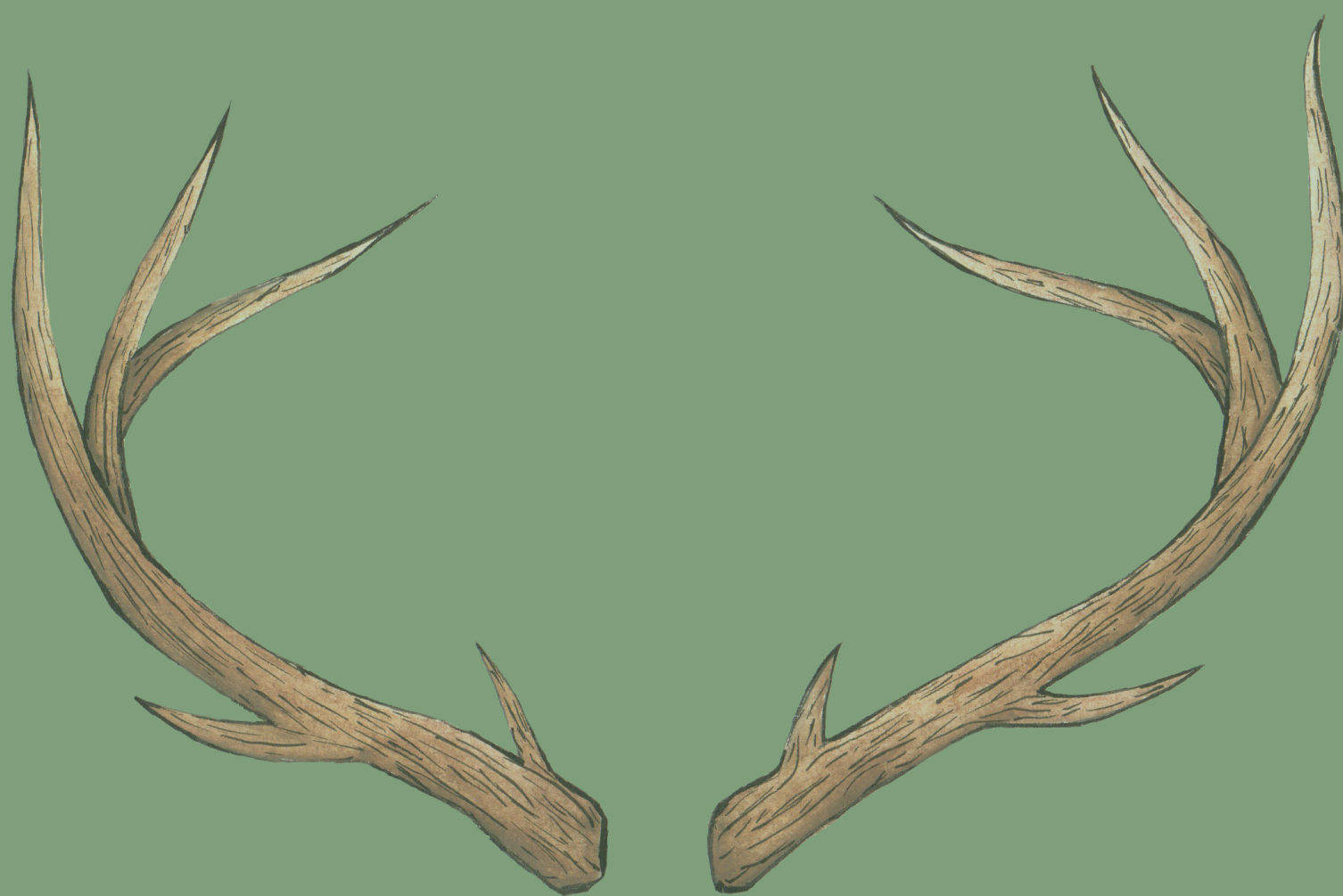
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Welcome

Hello everyone!

Welcome to The Morrigan's Yule, a 7-Day Challenge. Within this e-book you'll find all the prompts for the 7 days as well as extras such as a suggested menu for a feast, a ritual, a tarot spread, and an incense blend recipe.

I hope you enjoy!



Day 1

Welcome to Day 1.

Yule is a time of introspection. It is quiet.
It is contemplative.

The Winter Solstice marks the longest night of the year and today we are starting a challenge that celebrates this holiday.

In order to make the most of this short challenge, I am going to ask you to do some journaling today, so that you can get clear right away on what you want to focus on and grow with The Morrigan's help.

For this journaling prompt, I'm going to ask you: what is the part of you that never changes?

This might seem vague or unanswerable.

It's going to force you to go within and to see what part of you is unchanging, solid, foundational, ingrained in the fabric of your very being.

Do you want this part of you that never changes to continue to be unchanged?

Do you find comfort in this part of you or does it scare you? If you no longer want this part of you, are you ready to let it go?

Are you ready to rework your entire being, and to give up that part of you to The Morrigan? Do you trust Her with that vulnerability?

This is what this week is going to be about. Contemplation, faithful devotion to The Morrigan, and a close, honest look at who you are and how you can change yourself in time for the return of the light.

Day 2

Welcome to Day 2.

Today we are doing to do a little more work with our shadow selves.

Our shadow self is the part of us that is our subconscious, the part of us that we ignore, may not like, or otherwise push to the side because we're afraid of showing that part of to the world.

Facing that part of ourselves is a lot like working with The Morrigan. She doesn't tolerate anything less than full dedication, and in order to do that you need to be comfortable with yourself before you can invite her in.

First, we're going to create a cozy space. If you have an altar I suggest sprucing it up a bit. Clear energy, wipe away dust.

Rearrange and decorate according to the season, with symbols that are meaningful to you.

Once you've created a space for yourself get a bowl of water. If you are able, get a floating candle and set it in the water. If not, at least one candle next to the bowl of water will work, but more than one is acceptable.

Turn off the lights and sit in the darkness for a moment. Imagine that this dark space is where you hide. Take a moment to embrace all that you are hiding.

When you're ready, light the candle(s). The light that is shining may create shadows. Do some scrying. Simply look into the water and see if there are any shapes or messages.

As you are sitting, scrying, and contemplating, dig deeper and honestly think about a part of yourself that you hide or dislike.

Why do you dislike it so? Does it remind you of someone you don't like and therefore don't want to associate with?

Is it a habit that is frowned upon by society?

What makes you so fearful to accept and incorporate this part of you?

Glance around. Does the candlelight create a shadow on the walls? Can you look at that shadow and recognize it as yourself?

Can you mentally reach out, invite the darkness to sit with you? Can you go even further, and invite The Morrigan to sit in that space of discomfort?

Will you allow Her to see those "ugly" bits? The parts that break down, cry...the parts that aren't strong warriors all the time?

Once you are completed with the activity, feel free to journal about anything that you've discovered from the scrying, or any messages She has given you.

Day 3

Welcome to Day 3.

Today's activity is going to be doing some divination with The Morrigan. For the past three days we've been digging deep, looking at our shadows and parts of us that we don't like.

This is for two reasons. The Morrigan is considered to be a “dark” goddess. She is of battle, of death, of resurrection. She is known for sometimes being ruthless, for reveling in bloodshed.

In my experience, we can connect with her in a modern setting by doing the hard work of diving within and tearing ourselves up to become better people, better warriors for her.

On day 1 we journaled to get some ideas on the page. Yesterday we did some scrying after sitting in the darkness that we hide in.

Today we're going to get clear and use our divination tool of choice while calling out to Badb, the Prophetess aspect of The Morrigan, to give us clarity on what we need to do to move forward through that shadow in order to become closer with The Morrigan and to celebrate the returning of the light that Yule marks.

I like to use tarot or ogham, but you're welcome to use any divination technique that calls to you. The water bowl scrying that we did yesterday would also be a good way to connect to Badb.

You can cast a circle if your tradition calls for it, but it's not necessary.

Feel free to use the following evocation, or to rewrite it as you see fit.

"Prophetess Badb!

I call to you for insight to my deepest questions. (Insert Question Here)

I ask for your guidance and truth.

Let me dip into the river of Blood and Bone, of Life and Death, so that I may easily navigate the flow of what is to come."

(Anything else you'd like to add here.)

After this, continue with the divination. Once you've received the answers make sure to thank Badb and close up circle and as always, journal about what's come up for you.

Day 4

Welcome to Day 4.

Today we're going to write either a hymn, a prayer, or a carol for The Morrigan.

I think it's fun to try different ways of sharing your praise and devotion to the Gods and what better way during Yule than to make a carol?

You can either take a well known Christmas carol and rewrite it, or look up "Pagan carols" in your favorite search engine.

Christmas carols are songs that are deeply spiritual if you look closely. Some are fun, some are serious, but either way, they are symbols of the season.

If you're anything like me, then hearing your favorite carol immediately puts you in a good mood.

Imagine how much more fun the season would be if we connected this song, or hymn, or prayer with The Morrigan so that whenever we encounter it during the holiday season we're instantly connected to Her?

It's a way to have some daily witchcraft in an inconspicuous, but meaningful way.

Day 5

Welcome to Day 5.

Today we're going to be creating some artwork for The Morrigan.

This is an act of devotion in two ways.

Firstly, you can dedicate the time, energy, and effort that you put into creating this art to Her. Secondly, you can use this art to decorate your altar space.

Now, for the "difficult" part - the art has to somehow portray your inner shadows.

Personify it somehow. Give it shape. Give it texture. Give it a name, if you want. Get comfortable with it, handle it. I'm not going to tell you what type of medium or type of craft to create.

Choose a craft or medium that you love, or that you're good at. It'll be a good way to use your gifts and talents, to give honor to The Morrigan to create something that represents the part of you that you hide with the beauty of the art form that you love.

If you're really stuck, here's an easy air-dry clay recipe that you can use:

2 Cups baking soda

1 Cup cornstarch

1.5 Cups cold water

Whisk all ingredients over medium heat until thickened, stirring constantly.

Once it is difficult to whisk, remove from heat, transfer to a bowl to let cool.

Keep a damp towel over it, so that it doesn't dry out.

Once it is cool enough to handle, knead until it's smooth. If it's too thick, add more cornstarch until it doesn't stick to your hands.

Shape and let air dry for 24-48 hours.

Shapes may then be painted with acrylic paint.

Source: <https://www.wikihow.com/Make-Air-Dry-Clay>

Once you are done with your artwork, display it on your altar. Feel free to journal about the process and if any messages or insights came up for you.

Day 6

Welcome to Day 6.

Today we're going to have a Yule Ritual!

This is a ritual that I've been doing every year for over a decade - if it ain't broke, don't fix it!

For this you'll need the following:

Candles - I have a minimum of three, but the amount is up to you. One year I did mismatched candles and it was gorgeous. Go with what fits your needs and what you have around the house.

Candle holders -whatever works best for your candles, or a cauldron filled with sand (works nicely for birthday candles!)

Any other decorations that you want for your altar space (evergreen branches, holly branches and berries, pinecones - or whatever is around your area that makes you feel good and reminds you of the season!)

Some years I add small round mirrors that I got at my local craft store in the candle making session - these help reflect the light around the room.

If you can't have an open flame, or don't want candles, feel free to use either electric candles, or Christmas lights/fairy lights

First, prepare your area physically. Be aware of any hanging draperies or fire hazards. Make sure the floors are clear - you don't want to trip into 24 candles! (Trust me on this one...)

Once the physical cleaning is done, do some energetic cleansing. Feel free to use your favorite smoke cleansing method, or water and salt, a besom or broom, or any other method that you really like.

Get all your candles or lights all set up in a way that is pleasing to you. Don't light them yet. Turn the room lights off, and keep the room as dark as you can stand to be in for a few moments.

If your tradition calls for it, cast your circle.

At this time you may ask The Morrigan, Goddess of the Dark Half, to be present and to state that you are here to bring back the light, to shine a light upon your shadow self.

Take a few moments of contemplation. We've been doing work with our shadow selves this week but if you haven't thought about it very seriously until now, I invite you to really dig deep.

Choose that one thing, the one deep, dark secret, the aspect that you possibly hate about yourself. If you're able, speak it aloud to The Morrigan. It doesn't have to be fancy. There's nothing to be ashamed of here - The Morrigan is there to help you.

After you have taken a moment in darkness, when the energy is right, light your first candle.

Feel free to be in silence, or to say something to The Morrigan. Perhaps something like: "Great Queen. Stand by my side as I shine a light through the darkness."

If you have more than one candle, continue to light them now. Each time, ask The Morrigan to be there next to you, holding your hand as you light the candles. When all the candles are lit, or all the lights are turned on, stand or sit in front of them for a few moments.

Close your eyes and imagine The Morrigan is in front of you, with a torch lifted high. She reaches out to you, you take her hand, and together you are illuminated by the glow of the flame.

The shadow is a part of you - has colored your life experiences, has made you the person that you are today.

Absorb the message that without darkness, without our shadows we would not know light. We need both, we need balance.

Yule marks the longest night of the year in the Northern Hemisphere and we are on our way to longer days and more sun.

We can make it through, if we are willing to have an open heart.

Complete the circle with any other tasks you'd like (divination, offerings, singing, offering your artwork etc.) and when you're ready, close circle if you cast and clean up.

If you can, leave the candles burning as a reminder of the work we've done, or extinguish them and utilize them in other spellwork to call forth light and healing.

Day 7

Welcome to Day 7.

Today is going to be a feasting day!
Feasting is something that I like to do,
when I am able, in order to feel like it's
truly a holiday.

Like many Pagans, I grew up in a
household that mainly celebrated
Christmas, and one of the most important
aspects of those holiday celebrations was
the food.

There were certain dishes that we had
every year, and only at that time of the
year. My uncle's baked chicken teriyaki,
another aunt's fudge, my own mother's
chocolate crinkle cookies.

These were some of the things that made the season special and today I invite you to either pull out your family recipes for this time of year.

One of our favorite traditions in my home is to bake a lot of cookies. We also make sure to leave some out for Santa, even though there are no small children in the house - just me and my wife!

Even though Santa is usually aligned with Christmas, we never celebrated Christmas with a religious theme - it was always family, presents, and food for us, so I like to keep the tradition alive by doing that and keeping the childlike wonder alive as well.

Down below is a suggested menu that links to some recipes if you'd like to give the feasting a try!

Menu Ideas

[Click here to be taken to my blog post with all the recipes!](#)

Hot Cider
Winter Solstice Tea

Deviled Eggs
Herbed Dinner Rolls
Winter Solstice Soup

Slow Cooker Pot Roast with Carrots and Potato

Yule Log Cake

Yule Incense Blend

This is an incense blend to burn on a charcoal disc in a cauldron or other heat proof vessel. Remember to be safe when burning things, and use tongs to handle charcoal discs - they get SUPER hot!

- 2 parts Frankincense
- 2 parts Pine needles or resin
- 1 part Cedar
- 1 part Juniper berries

Yule Tarot Spread

This is a spread that was created specifically
for this challenge!

Enjoy!

The Cauldron of Truth

3

5

6

4

1

2

Yule Tarot Spread

Cards 1 and 2 are the base of the cauldron. They represent the deepest part of yourself — your shadow self. Interpret these two cards together, but consider the questions each card asks.

1.) Where do you hide yourself? What do you fall back on when faced with conflict?

2.) What is my foundation? What is my inner nature?

Yule Tarot Spread

Cards 3 and 4 are the walls of the cauldron, what holds the contents in the cauldron.

They represent how you present your shadow self, or how your shadow self can appear when certain situations call for it.

Interpret these two cards together, but consider the questions each card asks.

3.) How am I influenced by my inner nature? How much of myself is affected by my shadow self?

4.) How do I act when showing my shadow self? How do I present my shadow self to others?

Yule Tarot Spread

Cards 5 and 6 are the contents inside the cauldron. They represent the ebb and flow your shadow self has with the universe and yourself.

Consider the reading as a whole when interpreting these cards.

Cards 1-4 show the make-up of your shadow self, while cards 5-6 help clarify how to work with your shadow self.

Card 5: What parts of my shadow self can I manipulate? What parts, if any, can I let go of? If I can't change it, how can I be more harmonized with my shadow self?

Yule Tarot Spread

Card 6: What can I gain from my shadow self? How does being aware of my shadow self it benefit me? How can I use my shadow self in a more productive way?

As you are reading with this spread it might be a good idea to call on Badb, using the call that we used during the challenge.

Make sure to journal the questions as well.

And that is our challenge! Thank you so much for going through this mini course with me. I hope that it's provided some insights and some comfort this Yuletide season!

Feel free to find me over at untamedpriestess.com or on social media @UntamedPriestess

Love you, be well!

Autumn