



Daily Wonder
Affordable, accessible & guilt-free
Waldorf homeschool curriculum and courses.

Holy Nights Meditation





Anthroposophist, mystic, and teacher Claudia McLaren Lainson explains the Holy Nights:

"In the darkness of Winter's night, when the great breath of the Earth Mother finds its greatest point of inhalation, human beings are afforded the grace to touch into both magic and miracle. In the pause between her mighty in-breath and out-breath, there is a still-point of rest. This still-point has long been known as the Holy Nights. In these blessed Nights, the angels circle the globe as if in a great cosmic dance. They long to speak to listening human hearts. Throughout the ages, the 'listening ones' on earth have heard the angelic choir; they have received messages of Peace and Love. What is received during these sacred days and nights resounds a thousand-fold in the year that follows. In this year before us, a great light is striving to find willing human hearts. May we each be the 'listening ones' during these Holy Nights. May we work with angels."

Claudia McLaren Lainson is a teacher and Therapeutic Educator. She has been working in the field of Anthroposophy since 1982, when she founded her first Waldorf program in Boulder, Colorado. She lectures nationally on various topics related to spiritual science, human development, the evolution of consciousness and the emerging Christ and Sophia mysteries of the twenty-first century.

The time between December 24th and January 5th offers a period in the year when the veil between the earthly and spiritual world is thinned. This is the time to reflect and meditate on the year that is coming to an end and to gather wisdom for co-creating your upcoming year with your higher self and spirit guides.

Each day, you will reflect and meditate on a specific virtue and consider how this virtue plays out in your life in general and then specifically over the year that is coming to an end. Were there highlights that put this virtue into practice? Were there moments when this virtue could have been strengthened?

When you reflect over the year, begin with the most recent month of December and work backwards. Each night, you will go back one more month to review your year in rewind. This act of reflecting backwards elevates our everyday thinking and shifts our awareness to a higher level of observation and reflection.

Once you have a feeling for how this virtue is playing out in your life, you can set an intention for how you would like to deepen or strengthen your connection to this virtue and a vision of how that might look in your life and a feeling as to how this will feel for you.

The power of holding the image and feeling will take you deeper into co-creating your upcoming year.

*The Stars once spoke to Humankind
It is World Destiny that they are Silent now
To be aware of the Silence
Can become painful for Earthly Human
But in the Deepening Silence
There Grows and Ripens
What Humans Speak to the Stars
To be aware of this Speaking
Can become Strength for Spirit Human
-Rudolf Steiner - Christmas 1923*



Day 1- LOVE (December 24th)

Love is the meaning of life on earth. Take time to ponder the ways in which you express your love for yourself, your family, your romantic intimate partner(s), your community, and humanity. Be open to envision how you would like to expand this love into the next year.

Reflect on December 2024, and your experiences and soul lessons.

The candle for day 1 is deep red in colour.

**Day 2- DISCRETION (December 25th)**

We learn that there are times to hold our thoughts and feelings to ourselves, and there are times to choose to share them. Not everything, positive or negative in experience, needs to be shared. In silence, the flowering of discretion becomes an ever-deepening meditative force of contemplation. Be open to visions of how you would like to expand your ability to be STILL into the next year.

Reflect on November 2024, and your experiences and soul lessons.

The candle for day 2 is rose-coloured.

**Day 3- COURAGE (December 26th)**

It takes courage to overcome our soul resistance to change. It takes courage to create a future of goodness. Courage is the ability to take on actions and experiences that cause fear and the ability to overcome our resistance and our fears and bring more love. Be open to visions of how you would like to expand your ability to be COURAGEOUS into the next year.

Reflect on October 2024, and your experiences and soul lessons.

The candle for day 3 is peach-coloured.

**Day 4- SELF-DISCIPLINE (December 27th)**

When we practice parenting our inner Self, we find that we must bring a balance of love and acceptance for where we are at in our evolution and the healthy push to become more self-disciplined. When we practice self-discipline in our thoughts, speech, and actions, this leads to a deeper knowledge of ourselves and others. Be open to visions of how you would like to expand your ability to be SELF-DISCIPLINED into the next year.

Reflect on September 2024, and your experiences and soul lessons.

The candle for day 4 is red-violet coloured.

**Day 5- PATIENCE (December 28th)**

Patience is wisdom paired with willpower. When patience is practiced, it leads to the gift of spiritual insight. Be open to visions of how you would like to expand your ability to be PATIENT into the next year.

Reflect on August 2024, and your experiences and soul lessons.

The candle for day 5 is blue-violet-coloured.

**Day 6- CONTENTMENT (December 29th)**

When we practice contentment, a feeling of peacefulness in any situation, it brings us the blessing of equanimity. Can I be content with the current moment, even if it is uncomfortable? Be open to visions of how you would like to expand your ability to be CONTENT into the next year.

Reflect on July 2024, and your experiences and soul lessons.

The candle for day 6 is purple-coloured.

**Day 7- REVERENCE (December 30th)**

This is the reverence that is honouring a courteous, tactful heart. This encourages the ability to communicate with kindness and love. To add to this pondering, this day also honours the spiritual nourishment and digestion that is taking place through this whole meditative process. We are digesting the year and nourishing our way forward. Be open to visions of how you would like to expand your ability to be REVERENT into the next year.

Reflect on June 2024, and your experiences and soul lessons.

The candle for day 7 is indigo-coloured.



Day 8-COMPASSION (December 31st)

Compassion asks us to hold the future of each person as positive and illuminated. Compassion leads to freedom, as we harbour no ill will within us for another. Be open to visions of how you would like to expand your ability to be COMPASSIONATE into the next year.

Reflect on May 2024, and your experiences and soul lessons.

The candle for day 8 is blue-coloured.



Day 9- EMPATHY (January 1st)

Here, we are reflecting on our capacity for empathy. When we practice selflessness, we are led to an inner awakening. We feel the connection between our Self and the Other, and we become more attuned and more sensitive. Be open to visions of how you would like to expand your ability to be EMPATHETIC into the next year.

Reflect on April 2024, and your experiences and soul lessons.

The candle for day 9 is green-coloured.



Day 10- PERSEVERANCE (January 2nd)

This is the virtue of perseverance to fulfill our soul's destiny, leading us to True Faith. When we feel an inner calling, an inner knowing that we have work to do on this earth, we have the inner will and steadfastness to work ceaselessly throughout our lives. This inner knowing that we are called to bring to life is our True Faith in the meaning and purpose of our life. In this way, we each bring our gift to the world and to the people linked to us by our destiny. Be open to visions of how you would like to expand your ability to PERSEVERE into the next year.

Reflect on March 2024, and your experiences and soul lessons.

The candle for day 10 is yellow-coloured.

Inner Balance

Day 11- INNER BALANCE (January 3rd)

This is an inner balance of soul, body, and spirit. It also refers to the balance of our outer work with our inner life. When we find balance in these realms, this leads us to our soul's progression along our spiritual path. Be open to visions of how you would like to expand your ability to be INWARDLY BALANCED into the next year.

Reflect on February 2024, and your experiences and soul lessons.

The candle for day 11 is orange-coloured.



Devotion

DAY 12- DEVOTION (January 4th)

We contemplate devotion that leads to self-sacrifice. When we devote ourselves to something greater than ourselves, we feel the power of self-sacrifice, and in this way, we serve human evolution. Be open to visions of how you would like to expand your ability to feel DEVOTED into the next year.

Reflect on January 2024, and your experiences and soul lessons.

The candle for day 12 is red-coloured.



Epiphany

DAY 13-INTEGRATION (January 5th)

This night is your Soul Epiphany that has come from pondering and meditating on the year that has passed and the year you are beginning. All the virtues are now integrated through the force of Divine Love. We can see the year as a whole and have prepared the foundation for the coming year.

May you each find the sacred place within yourself that allows you to perceive with the eyes and ears of the Divine. You gather in community with many who share your perceptions and will work with you in transcendent and holy ways. You are not alone.

Know that there is New Life Awakening within your heart that will bless each day of 2024.

The candle for day 13 is gold-coloured.

