



# Winter Goddess Magick


Journal Prompts

reflect, release, renew.

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The background of the page is a dark, textured grey-blue. In the upper right corner, there is a white crescent moon. Scattered throughout the background are several white snowflakes of various sizes and designs, some appearing to glow with a soft light.

The Winter Solstice is a sacred time of stillness and transformation—a moment to honor the darkness while welcoming the light. Throughout history, Goddesses have been at the heart of these seasonal transitions, guiding us through reflection, renewal, and growth.

From **Beaivi**, the Sámi Goddess of the sun, who carries light across the frozen sky, to **Skadi**, the Norse huntress who teaches resilience, and **Saule**, the Baltic sun Goddess who spins golden threads of hope—these Goddesses offer their wisdom to navigate winter’s long nights.

These journal prompts are inspired by their stories and lessons. As you reflect, let their magick guide you into a new year of clarity and intention.



Find a quiet space, light a candle, and write freely. Let the words flow without judgment, allowing the stillness of winter to guide your reflections.

## Reflect with the Goddesses

Winter is the season of deep introspection. The long nights invite us to pause, listen, and uncover the truths hidden in the shadows. The Goddesses of winter hold a mirror to our hearts, asking us to honor what we've learned and carry their wisdom forward.

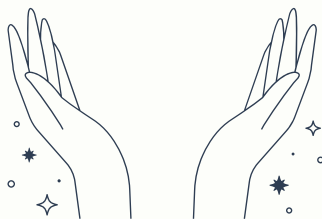
- **Beaivi:** The Sámi sun Goddess carries the promise of light across the frozen sky. What brings light to your darkest moments? How can you honor that light this season?
- **Skadi:** The Norse huntress rules the cold mountains, finding strength in solitude. What challenges have you faced this year, and how have they shaped your inner resilience?
- **Saule:** The Baltic sun Goddess weaves light and warmth into the winter sky. Where in your life do you see the cycles of darkness and light playing out? How can you trust in their balance?
- **All Goddesses:** What lessons from 2024 will you carry forward into 2025?



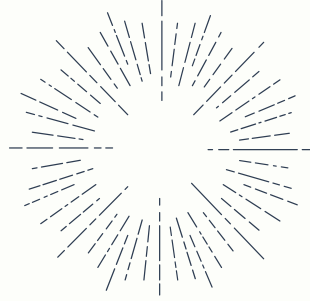
## Release with the Goddesses

Just as the winter storms clear the earth for new growth, the Goddesses of winter invite us to release what no longer serves us. This is the time to let go, forgive, and create space for renewal.

- **Beaivi:** Her journey across the sky melts the snow and awakens the frozen earth. What is weighing you down, keeping you from welcoming the light? What steps can you take to release it?
- **Skadi:** Her fierce independence reminds us to overcome fear and doubt. What fears or doubts have held you back this year? Write them down and imagine them melting like snow in the spring sun.
- **Saule:** Her golden threads weave balance and harmony into life's cycles. What old patterns or beliefs are no longer serving you? How can you weave new threads of thought into your life?
- **All Goddesses:** Who or what do you need to forgive to move forward with peace?







## Renew with the Goddesses

The return of the light at the Winter Solstice reminds us of our own capacity for renewal. The Goddesses of winter guide us to plant seeds of intention and walk forward with clarity and purpose.

- **Beaivi:** Her golden light awakens the world from its frozen slumber. As the light begins to return, what new dreams or intentions are you ready to nurture in 2025?
- **Skadi:** Her strength in the harshest conditions inspires perseverance. How can you honor your independence and resilience in the coming year?
- **Saule:** Her golden threads are a reminder of joy and hope. Imagine your life as a tapestry. What golden threads of hope and joy will you weave into your story for 2025?
- **All Goddesses:** How will you celebrate your growth and honor your inner light as the year begins?



As you complete these prompts, create a simple ritual to honor your journey and invite the wisdom of the Goddesses into your life.

Light a candle to symbolize the returning sun.

Whisper your intentions for the new year into the flame.

Place the pages of your reflections on your altar or in a safe space as a reminder of your magick.

Let Beavivi, Skadi, Saule, and all other Goddesses of Winter guide you as you step into the light of 2025.

Blessed Be!

With warmth and magick,

Marianna



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