



TWELVE HOLY DAYS/NIGHTS OF CHRISTMAS

With the popularity of the Christmas service message at Unity of Sedona, we're passing along this article that features some of the main points of that message.

As with all things in life, the Holiday Season that runs through the latter part of the year can be seen either from a shallow or deeper perspective. To view the deeper perspective, **we should begin with an overview of the significance of our Holidays that span from Halloween (in October) to Epiphany (in January)—a season when life seems to fall into a slumber and mankind's *outer* perception turns *inward*.** We then should zero-in on the three-part (trinity) Holiday of Christmas, which is as follows: 1. Christmas Eve & Day (December 24th & 25th) 2. The Twelve Holy Days & Nights of Christmas (December 25th—January 5th) 3. Epiphany (January 6th—13th).

AN OVERVIEW OF THE ENTIRE SEASON

To begin with, as we approach the end of the year, **we are asked (via the symbolism of the sequence of the Holidays) to honor, during Halloween, the people and things that have died or passed away, followed by giving thanks, during Thanksgiving, for all we've learned and received over the past year and throughout our life.**

Once we've properly brought the best closure to the past, it's time to prepare ourselves to birth our Inner Christ, during Christmas, and to receive some new gifts from God that we can use as we move into a new year. There is, however, a crucial extension of the Christmas Holiday known as the "Twelve Holy Days/Nights of Christmas" that is generally unknown to the common person of today but has always been honored by mystics. **The Christmas Holiday is obviously followed by New Year's Day,** which is perfect, considering that we've just thoroughly bid farewell to the past and given birth to a new self. We now can expect to see a new life mirrored to us through the coming new year.

Shortly into the new year, the final Holiday of the season is that of Epiphany. **The Holiday of Epiphany commemorates the major insight or "Divine Revelation" experienced by the "Three (pagan) Wise Men" or "Magi" who were able to foretell (through the use of astrology) the birth of the Christ Child.** The Holiday of Epiphany is unique in that it is traditionally referred to as an "Octave Holiday" (aka "the Octave of Epiphany"). An Octave Holiday is generally a Holiday that follows another Holiday specifically for the purpose of raising the vibrations of the earlier one to a whole new level—the way a musical *octave* takes the previous musical note to a whole new level/octave. This means that **the Holiday of Epiphany is meant to take the vibrations of Christmas to an entirely new level.**

A MORE SPECIFIC, DEEPER VIEW OF THE THREE-PART CHRISTMAS HOLIDAY

Christmas technically has three mystical phases:

- 1) Christmas itself, which commemorates the birth of Jesus—the Christ, as well as commemorating the moment God created us all.
- 2) The Twelve Days of Christmas, which takes this Presence of Christ into a microcosmic version of the next twelve months of our lives.
- 3) The Octave Festival of Epiphany, which then takes the energy built up in the first two parts of this (most sacred) Holiday to a whole new level.

Christmas begins not on Christmas Eve nor Christmas Day but rather during all of the preceding Holidays that lead up to this sacred time. **When Christmas finally arrives, with it comes a countless number of stories and ceremonies that feature symbols and metaphors designed to take the student of spirituality to a deeper level of consciousness.**

For example, the Christmas tree is meant to remind us that life goes on—even during our darkest times. Also, **the tree symbolizes us (the human being), as the embodiment of the "Tree of Life."** The trunk represents our spine and the branches represents our nerves, as they grow off and away from the spine. The Christmas lights and the electrical current running through them symbolize our energy-systems, acupuncture points, and meridians as they follow the route of our nerves/branches. The ornament on top, of course, symbolizes our crown chakra. The gifts under the tree symbolize the gifts of God that should be a part of our foundation. And **the Christmas *present* that people so often long for is really meant to be the Christmas *Presence* of God, which should be of foremost importance on this sacred day.**

Just as important as Christmas *Day*, however, are the "Twelve Holy Days & Nights of Christmas," which begin on Christmas Day (December 25th) and last through the day before the start of Epiphany (January 5th). **On these Twelve Holy Days/Nights, we are given a chance (unsurpassed by any other days of the year) to step up and create a new life.** The idea is that what we will experience for the next twelve months of the coming year will be greatly determined by how spiritually conscious and aligned we remain during the "Twelve Holy Days & Nights of Christmas."

The "magic" of these sacred twelve days and nights are rooted in the deepest mysticism. Mystics know how to combine the Holidays with cosmic or planetary symbolism and alignments to further attune themselves with zodiacal forces released upon the earth and into the consciousness of mankind. **The Mystics (past and present) knew that each of the Twelve Holy Days/Nights of Christmas are under the direct influence of one of the twelve zodiacal Hierarchies—each projecting its cosmic ray through our planet and into our heart and soul.**

The magic of this part of the Christmas Season dates back before the birth of Jesus. When mankind was using the ancient Ptolemaic calendar, which is based on a 365½ day orbit of the *Sun*, there were other early cultures who followed the *Moon* phases as their yearly calendar. But the Moon calendar does not fit into the solar year. Instead, a lunar year is made up of twelve full-moon cycles, which totals 354 days. This is twelve days shorter than our solar year—which is then a difference of twelve days between the two calendars. The Twelve Holy Days/Nights can be referred to as these "missing" days/nights.

During these twelve days/nights), while the lunar forces seem to be absent (because the 12-cycle lunar year has ended), the forces of the sun seem to be unopposed by the lunar forces and are thus, at their highest power. During the other days of the year, the sun simply shines down upon the earth and upon us to give us life—in the form of light and warmth. But **during the unimpeded Twelve Holy Days/Nights,**

the spiritual energy of the sun shines, not merely upon the earth and our skin, but instead, *into* the heart of the Earth and *into* our heart and soul—calling the earth and mankind to arise and awaken from our spiritual (and Winter) slumber. It's as though it's granting us twelve wishes—each related to one of the Holy Days/Nights and to one of the 12 zodiacal signs. And since each of these Twelve Days/Nights are a microcosm of the coming twelve months, **whatever we focus on for these twelve days will determine the general theme of the next twelve months.** Again, whatever we give birth to during the Twelve Holy Days/Nights will live on for the next twelve months.

During these Twelve Holy Days/Nights, it's as though instead of the rays of the planets beaming their energy out *towards* our planet, it's more accurate to say that **there are rays beaming forth from our hearts and souls towards each star, planet and constellation—“placing an order” (as it were) as to what we are choosing to experience for the next twelve months.**

PROPERLY INTEGRATING THE TWELVE HOLY NIGHTS

If we choose to use the Twelve Holy Days & Nights of Christmas as a means of activating the highest level of initiation and awareness, then we have to move through each of the days with as much consciousness as possible. This means being consistent with our spiritual practices (prayer and meditation) and seeing to it that our internal and external environment is kept as clear and loving and balanced as possible. In other words, it means creating sacred space inside and out. Remember, these Twelve Holy Days & Nights are a microcosm of the macrocosmic twelve months that will follow. So **whatever we experience in any of the Twelve Holy Days & Nights can expect to be met again in a larger form in the corresponding next twelve months.** And if you happen to start (or discover) this process later than on these days specified, you can still do your best to follow the guidelines and put your intention into the process, thus creating the best results possible.

Everyone is welcome to add their own study or knowledge of the signs into their practice of this process, but **the following is a historic and metaphysical perspective of each of the coming twelve days/months:**

HOLY DAY/NIGHT 1

December 25th - Virgo: The Virgin constellation. This night is the first night in our series of twelve and although Virgo is not actually the first sign of the zodiac, it fits perfectly into our first day/night of Christmas because it commemorates the virgin birth of Jesus. **On the Virgo day/night, we should contemplate whether or not we are ready to accept our original innocence, rather than all the opinions of guilt and shame we've accumulated over the years (usually causing us anxiety and low self-worth). On this Virgo day/night, we also must authentically discover that for us to birth the inner god/goddess, it's essential that we never lose our sense of humility (e.g. Jesus—the Prince of Peace—being born in a stable/cave).**

HOLY DAY/NIGHT 2

December 26th - Libra: This is known by some as St. Stephen's Day. St. Stephen is believed to be the first Christian martyr who demonstrated great depths of faith and conviction. **This Libran day/night is for learning to improve our ability to discern and make decisions with clarity and in alignment with our higher good—followed by practicing a greater conviction in our choices despite persecution from our lower self or from others.**

HOLY DAY/NIGHT 3

December 27th - Scorpio: This higher aspect of this sign is commonly represented by the eagle or

phoenix. This day is also known as the Day of St. John, author of the *Gospel of St. John* and the *Book of Revelation*. And of all the Apostles, he is known to have been the “mystic Apostle.” Scorpio can see the deepest mysteries, partly because of its ability to soar higher than others and see everything with a “bird’s eye view” (or spiritual vision). **The Scorpio day/night is one of soul-searching to release any and all issues and grievances—knowing that the spiritual heights cannot be reached while still holding the weight of unhealed wounds.**

HOLY DAY/NIGHT 4

December 28th - Sagittarius: This is the day when Herod is thought to have murdered the innocent newborns in the region. The message of Sagittarius teaches us that the main thing we should learn about setbacks in the form of loss and “sacrifice” is as follows: There really is no such thing as loss or sacrifice if we understand that we never truly lose anything—considering that if the thing could serve us better while still *in* our lives, it would be there. **The Sagittarian day/night, therefore, asks us to focus our arrow (mind) on the grand plan, rather than on the temporary setbacks.**

HOLY DAY/NIGHT 5

December 29th - Capricorn: The ancients often referred to Capricorn as the "Gate of the Gods" because it was believed that if we were evolved enough to walk through this gate (leaving the useless things behind us), we could achieve anything. This is symbolized by this sign being the one that ends the calendar year and starts the next year. **The Capricorn day/night is related to the need to cleanse ourselves and our addictions and lower nature on as many levels as possible. In so doing, we might then reach the heights of a new life.**

HOLY DAY/NIGHT 6

December 30th - Aquarius: This sign is connected with King David, who was every bit the physical king that Jesus was—spiritually. He was a great king and well symbolizes the "Aquarian man." **The Aquarian day/night calls us to discover how to be the perfect and balanced god/goddess—a blend of Jesus and David (or Mother Mary and Magdalene). We also are called to move beyond thinking we know everything and instead, practice thinking as a “we.” This means making choices that considers the needs and opinions of others and serving the greater good of love for all.**

HOLY DAY/NIGHT 7

December 31st - Pisces: The sign of Pisces uses a symbol of two fish swimming in opposite directions: One swims towards the development of its intuition and higher nature, while the other swims towards self-gratification. Also, this day is literally the end of December in our calendar year, as well being the end of the 12 signs of the zodiac—making this sign clearly about endings and the preparation for new beginnings. **The Piscean day/night calls us to go with the flow of life but also to move through the early, clumsy stages of our beliefs (like learning to walk) and into spiritual adulthood. It also urges us to make a choice to swim in the direction of Spirit.**

HOLY DAY/NIGHT 8

January 1st - Aries: This literally falls on New Year's Day and is therefore a day of new beginnings—especially with Aries being the first of the 12 signs of the zodiac. This is also the day when Jesus was baptized and circumcised, as well as the day when his name was announced. **The Aries day/night calls us to new beginnings but to do so in a form that is Guided by God—rather than using the will of our ego and jumping in “head first.”**

HOLY DAY/NIGHT 9

January 2nd - Taurus: The next three nights commemorate the "Three Wise Men." Taurus represents Melchior, the king who brought a gift of gold—honoring Jesus as a king. **The Taurian day/night calls us**

to release our attachments to material things but also reminds us that we can manifest gold out of thin air. This means letting go of our limiting beliefs that abundance comes from material means, rather than from God. We now must learn to trust God to supply our daily bread and all needed miracles.

HOLY DAY/NIGHT 10

January 3rd - Gemini: The next of the three wise men is Caspar, who brought the baby Jesus a gift of Frankincense—honoring him as a priest. But Frankincense also symbolizes duality, in that it liquefies into a molten—like resin and yet its essence rises to the heavens as smoke. The gift of Frankincense was acknowledging Jesus' ability to transform the material world, while also opening the doorway to the highest Heaven. **Gemini is often referred to as “the warring twins.” Therefore, the Gemini day/night calls us to heal and release all forms of duality and inner warring between our head and heart and our ego and our soul, which can be assisted by making healthy commitments.**

HOLY DAY/NIGHT 11

January 4th - Cancer: The last of the three wise men is Balthazar, who brought myrrh, which is an oil that is both valuable and yet bitter. And since myrrh was used to anoint dead bodies (which is why Mary Magdalene anointed Jesus feet with myrrh) this gift at the birth of Jesus was also foretelling the bitter experience of his crucifixion/death. And since Cancerians are also known often to be family oriented, **the Cancerian day/night asks us to get our priorities straight by recognizing the bitter truth that God (and our spiritual life) must be of primary importance—even more so than our families. We must face the bitter truth that some people will not appreciate our commitment to Spirit and that “Those who do the will of God are my family.”**

HOLY DAY/NIGHT 12

January 5th - Leo: This day is also known traditionally as Simeon's Day. He is the man who, when Jesus was brought to the Temple, cried out, “All is fulfilled. Now I behold the One Who is the Bearer of the Sun.” This day symbolizes the constellation of Leo, the lion, and the king/queen of the universe. **The Leo day/night calls us to recognize that the “last shall be first and the first shall be last”—meaning that we are only a great king/queen as much as we are able to surrender to God as our crown or glory. Remember . . . we can only lead (reign as king/queen) as successfully as we are willing to follow.**

CONCLUSION

To align ourselves with the Twelve Holy Days and Nights of Christmas is to align ourselves with the vibrations of the highest Holiday, as well as aligning with the planetary and cosmic forces of the universe. And again, to gain the most form **the Twelve Holy Days/Nights of Christmas, it's wise to live these Days/Nights with as much conscious intention as possible**, as well as maintaining as much internal and external equilibrium as possible. Also, **it's advisable to keep a journal to note the ups and downs so you can prepare for their manifestation in the coming twelve months and to make necessary corrections.**