



Time Out of Time

In Babylon, the 12 intercalary days between the Winter Solstice and the New Year were seen as the time of a struggle between chaos and order, with chaos trying to take back over the world. Other cultures (Hindu, Chinese, Celtic) also viewed this as a time for reversing order and rules.

In medieval England, all work was suspended during the Christmas holidays. In Wales, the Twelve Days of Christmas were considered 'omen' days, with each day foretelling the weather of the corresponding month of the year ahead.

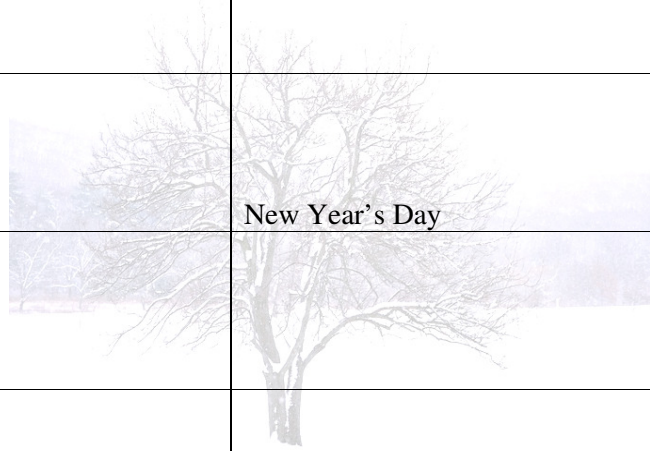
I love this magical liminal time period between the end of the old year and the start of the new one. I like to spend it

reflecting on the year past by reviewing my journals and capturing memories of the year through making scrap books or writing poems. Then I'm free to set sail into the New Year. I ceremonially fill out my new calendar and make plans and wishes for the year ahead.

This week take time off for reflection and renewal. Toss out anything from the old year that is tying you down or holding you back (Italians throw old furniture out of windows on New Year's Eve). Return books you've borrowed. Pay all of your bills. Head into the new year with a clean slate and a fresh start.

Photo by Judy Millyard-Maselli

	December/January
notes	Focus:
	Monday 28
	Tuesday 29
	Wednesday 30
	Thursday 31
	Friday 1
	Saturday 2
	Sunday 3



New Year's Day