

RAUHNÄCHTE JOURNAL

BETWEEN THE YEARS

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RAUHNÄCHTE

BETWEEN THE YEARS

What are the "Rauhnächte"?

The "Rauhnächte", let's call it Between the Years, are a traditional period of reflection and manifestation between the winter solstice and Epiphany (from December 21 to January 6). The term "Rauhnächte" comes from an Old German word "rauh", which means "rough" or "wild." These nights are considered a time of transition, marking the end of the old year and the beginning of the new.

Some believe that during this time, the veil between the physical and spiritual worlds is particularly thin, leading to increased spiritual activity.

In some cultures, it is also believed that certain beings, such as the "Wild Hunt" or "Perchten," roam the night during the Rauhnächte. These figures are thought to drive away disorder while bringing luck and blessings.

We prepared some exercises for you to help you with the transition into the next year.

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BETWEEN THE YEARS

DAY 1

JANUARY

Represents the base, your roots.
Think of your loved ones.
See where you still need healing.
Meditate on your root chakra.

Who in my life am I grateful for?

DAY 1

JANUARY

How was my day? What did I experience today? What am I grateful for?

DAY 2

FEBRUARY

Connection to your higher self, your Brand New Du.

Listen to your inner voice.

Create, visualize your empowerment.

Meditate on your crown chakra.

What am I good at?



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DAY 3

MARCH

Focus on your heart.
It is about forgiveness and healing.
Think about who lights up your heart.
Who do you want to have in your life?
Meditate on your heart chakra.

What do I like to do the most? What makes my heart glow?

DAY 3

MARCH

How was my day? What did I experience today? What am I grateful for?

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DAY 4

A P R I L

The focus is transformation, along with growth and self care. Collect everything negative on a piece of paper and burn it. See how the fire transforms it into something else.

Turn my negative thoughts into positive ones:





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DAY 4

APRIL

How was my day? What did I experience today? What am I grateful for?

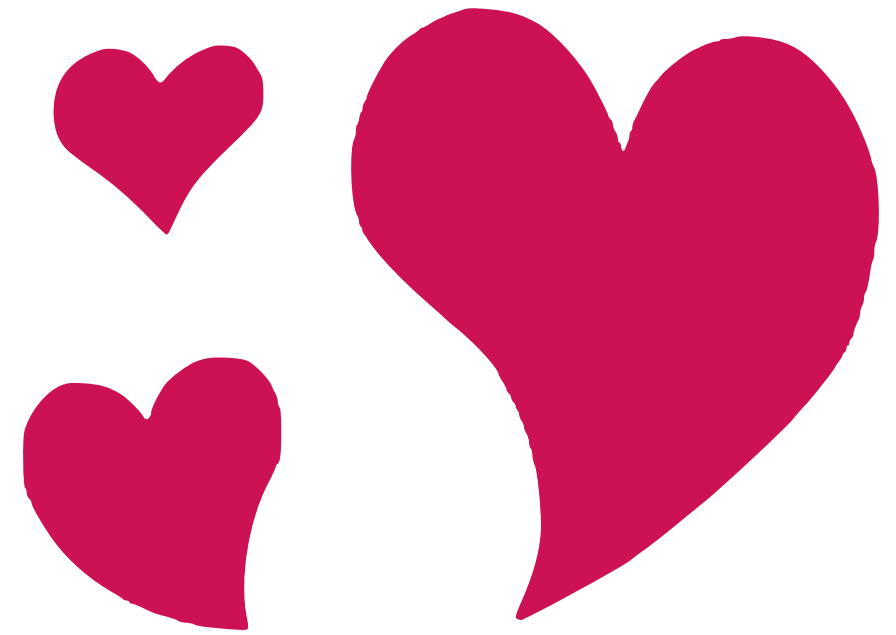
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DAY 5

MAY

Which friendships are good for you?
Which ones you are better off letting go of?
What are you contributing to your friendships?



Who do I like to spend time with

DAY 5

M A Y

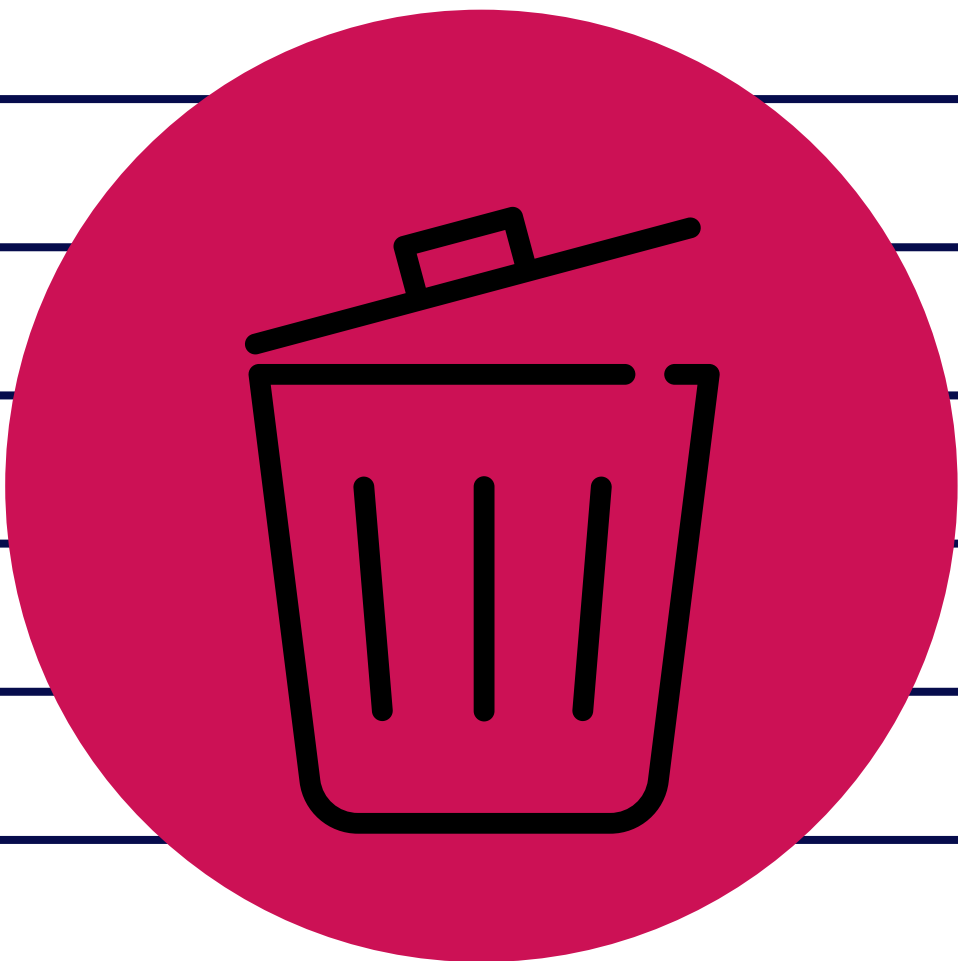
How was my day? What did I experience today? What am I grateful for?

DAY 6

JUNE

Focus on cleansing, on health.
Write down things you want to let go.
Cleanser yourself and your surroundings.

What do I want to leave behind in the new year?



DAY 6

JUNE

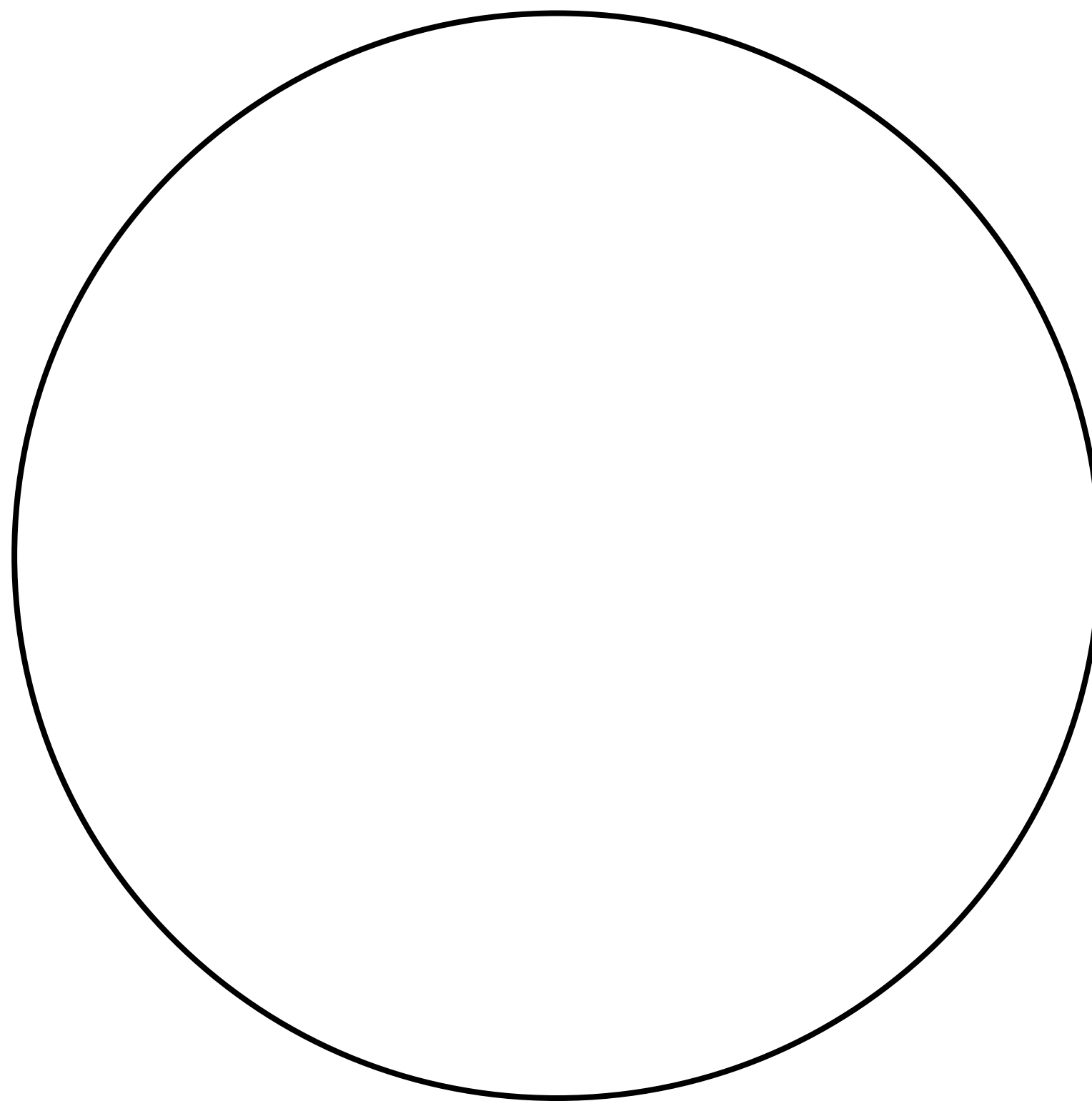
How was my day? What did I experience today? What am I grateful for?

DAY 7

JULY

Open yourself to let in the new,
including love and sensuality.

Get creative and draw my main goal for 2023 into the circle!



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DAY 7

JULY

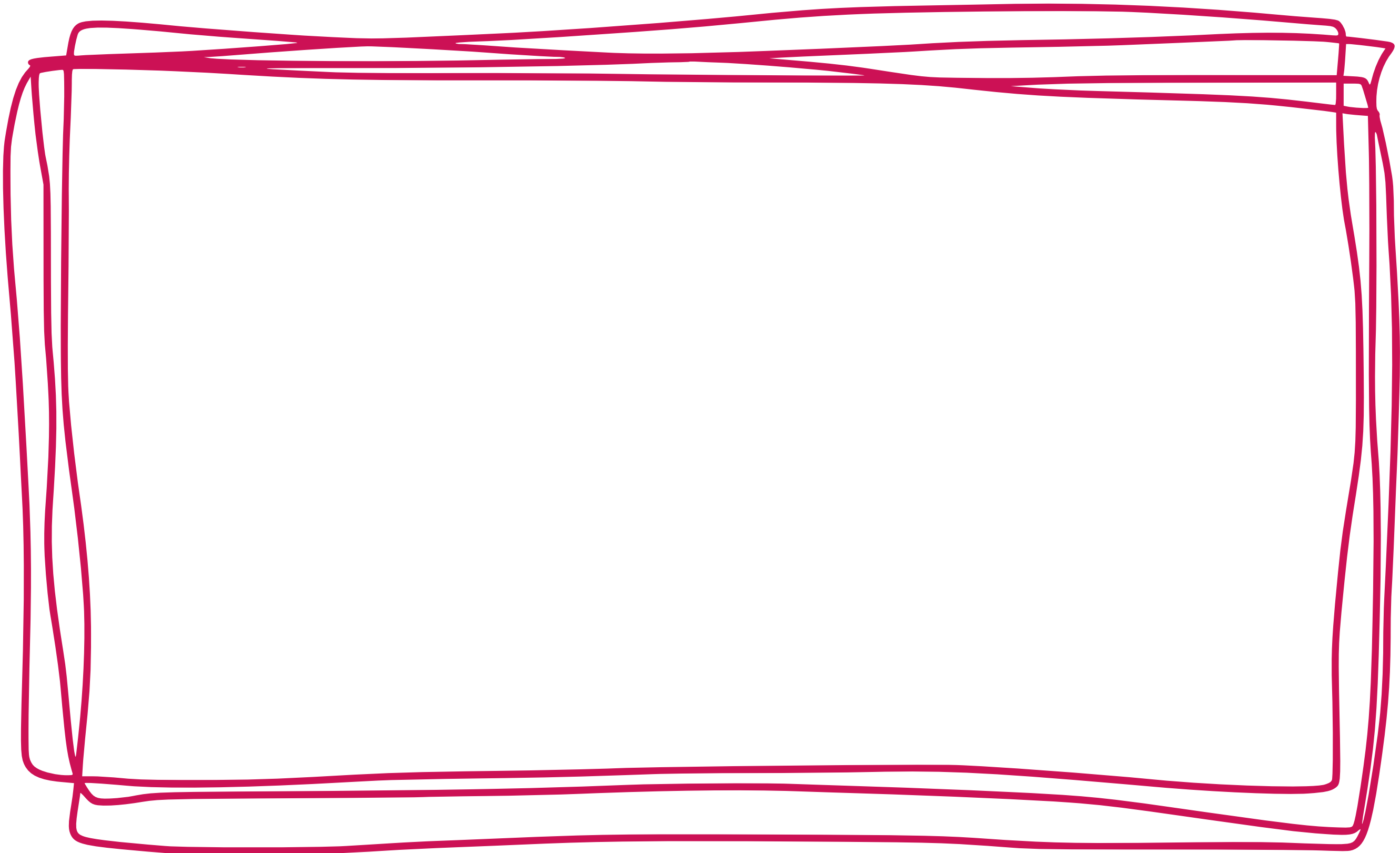
How was my day? What did I experience today? What am I grateful for?

DAY 8

AUGUST

What do you need to come into your creative power?
What will be YOUR story this year?

**Imagine meeting my future Self in one year.
Draw myself, the room and the situation.**



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DAY 8

AUGUST

How was my day? What did I experience today? What am I grateful for?

DAY 9

SEPTEMBER

Focus on renewal, beauty,
flow in freedom, growth and lightness.
Invite gold into your life.
Meditate on your power flow.

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DAY 9

SEPTEMBER

How was my day? What did I experience today? What am I grateful for?

DAY 10

OCTOBER

It is all about looking ahead,
using your intuition and
deepening your inner knowledge.

Where are you heading?

How exactly does it look like?

I want to widen my knowledge. Write down courses I want to do, books I want to read and people I want to meet.

DAY 10

OCTOBER

How was my day? What did I experience today? What am I grateful for?

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DAY 11

NOVEMBER

Learn to say goodbye, to let go.
What am I freeing myself from?
What transformation am I going through?
Buckle up for upheaval, transformation, liberation.

I will read again all I have written in the last days and summarize what is most important for me in my upcoming journey.

DAY 11

NOVEMBER

How was my day? What did I experience today? What am I grateful for?

DAY 12

DECEMBER

Am I open to the wonder of life?

Can I accept that I am special?

Focus on confidence, dignity and willpower.

Are you fully taking up space, filling your place in this world?

I will write down everything that makes me ME! What makes me special?



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DAY 12

DECEMBER

How was my day? What did I experience today? What am I grateful for?

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