



## online Holy Nights Journal

### 2nd Holy Night



## **2nd Holy Night / Threefold Review**

December 25: at sunset begins the 2nd Holy Night and ends at dawn on the next day (December 26). Our threefold review turns towards events during May of the past year.

### **2nd Holy Night / Threefold Review / Body/Physical World**

Threefold Review / Body/Physical World ——— continued

## **2nd Holy Night / Threefold Review**

December 25: at sunset begins the 2nd Holy Night and ends at dawn on the next day (December 26). Our threefold review turns towards events during May of the past year.

## **2nd Holy Night / Threefold Review / Soul**

## **2nd Holy Night / Threefold Review**

December 25: at sunset begins the 2nd Holy Night and ends at dawn on the next day (December 26). Our threefold review turns towards events during May of the past year.

## **2nd Holy Night / Threefold Review / Spirit**

## 2nd Holy Night / Artwork

We turn towards an artistic activity, drawing, painting, writing poetry, or another artistic medium of choice. We attempt to complete artwork inspired by the previous contemplation and review.

## 2nd Holy Night / The Realm of the Night

December 26: In the morning we note and write down what came to us from the realm of sleep, our dreams or messages received upon waking up, and the like.