**

Dear Friend,

This journal is for you. Make it your own. May it deeply nourish and inspire you. And may 2014 be your most magnificent year yet!

# **About Twelve Nights of Peace**

Dec 25th – Jan 5th

In the coldest, darkest time of year in the Northern Hemisphere, it is an excellent time to turn inward and tend the inner soils, planting seeds for the harvest you wish to reap in the upcoming year. Some call the time between December 25th and January 5th the Holy Nights, a sacred time when prayers are heard.

Twelve Nights of Peace has three components:

1. Planting seeds and setting intentions for your personal 2014.
	* Suggested tool: This Guided Journal
2. Collectively envisioning a thriving, just, sustainable world.
	* Suggested tool: the synchronized peace prayer, every day at 8pm UK | 3pm EST | 12pm PST | 10am HST
3. Sharing our visions.
	* Share your prayers & visions on globalpeaceprayer.com

# **About This Journal**

Suggestions for use:

* The journal is organized for two short daily writing sessions, morning contemplations and evening explorations. For the full experience, it is recommended that you give yourself time to journal each day and also tune in at the synchronized peace prayer moment with our whole community around the world.
* This is your sacred journal. It is for you. Create time and space for this, for you. Light a candle, write in the bath, sit in silence and listen before writing. This practice is just for twelve days. With dedication and focus, think of what a magnificent year you can create!
* This is a good time for creativity and making art. Have fun with it!
* May you have a blessed journey full of magic and holiday delight!



# **General Contemplations**

What abundant garden do you want to harvest at the end of this year? Dream big! Consider different areas of your life (work, family, romance, finance, life purpose, impact, etc. focusing especially on how you want to feel). Describe the vision as if you were living it now in this moment. What does it feel like, taste like, sound like? Who are you with? What is happening? The more descriptive you can be, the better.

What seeds would you need to plant in order to have this spectacular harvest of your dreams? (Example: the seeds of romance, play, magic, wonder, delight…)



# **The Twelve Nights Contemplations**

## December 25, 2013 | Correlates with Jan of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## December 26, 2013 | Correlates with Feb of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## December 27, 2013 | Correlates with March of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork

## December 28, 2013 | Correlates with April of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork

## December 29, 2013 | Correlates with May of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## December 30, 2013 | Correlates with June of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## December 31, 2013 | Correlates with July of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## January 1, 2014 | Correlates with August of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

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Open Creative Space/ Insights / Artwork / Story from your day

## Jan 2, 2014 | Correlates with September of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## January 3, 2014 | Correlates with October of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## Jan 4, 2014 | Correlates with November of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

## Jan 5, 2014 | Correlates with December of 2014

## ~ Morning Musings ~

Intention for the month / seed you wish to plant today:

Suggestion: what if you tried living your day as if that seed had already blossomed? What if you lived your vision now?

## ~ Evening Stillness Contemplations ~

|  |  |
| --- | --- |
| Quality of the Day: |  |

If today were a month in your year, what might it hold for you?  Do you have any insights into the upcoming year?

Open Creative Space/ Insights / Artwork / Story from your day

Thank you for joining Twelve Nights of Peace!

Please remember to share your visions for a thriving world of peace on our Facebook Page (fb.com/PeaceRipples) and website (globalpeaceprayer.com).

**May your year ahead be blessed with**

**peace and joy**

 **and may your intentions**

**blossom tenfold!**