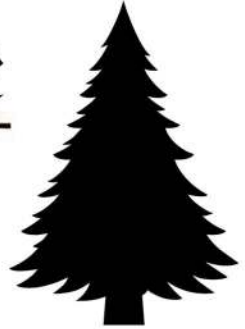


# THE SYMBOLS OF YULE

Yule, a celebration of the winter solstice, is steeped in rich symbolism. Each element, from the evergreens to the Yule log, carries a unique meaning tied to this mystical celebration. Here are a few of the key symbols of Yule, a time of renewal and hope in the darkest part of the year:



## The Winter's Solstice



A Yule log is both a log burned during Yuletide to symbolize warmth and light, and a rolled sponge cake enjoyed as a holiday dessert.



*Holly*

Holly and mistletoe symbolize life and fertility. They bring hope and blessings into the home at Yule.



*Mistletoe*



*Reindeer*

The reindeer is an animal that carries strength, endurance, and the connection to the natural world as it is presented to us during Yule.

The December solstice marks the shortest day in the Northern Hemisphere, symbolizing the return of light.



*Snowflake*

In ancient times they were decorated with candles, apples, and ornaments reflecting hopes for warmth and abundance.



*Wreath*

Pine, fir and cedar wreaths symbolize the enduring life, hope, and the eternal cycle of seasons, especially in winter's darkest days.



*Wassail*



*Spiced incense*



*Candle*



*Saint Nicholas*

Originally a 4th-century Christian bishop known for his generosity, he was merged with pagan traditions and other gift-giving customs that fit with Yule's themes of warmth and renewal during the winter season.



*Yule cat*

A figure in Icelandic folklore, it is a giant feline who roams during the holidays, and punishes those without new clothes, thus inspiring the tradition of gifting.

Offering drinks such as wassail and spiced wine creates a welcoming circle of well-being and cheer, alongside the soothing fragrance of spiced incense that is comforting, purifying, and brings fortune.



*Wolf*



*Gifts*



*Bells*



*Bonfire*



*Yule goat*



*Ornaments*



*Solar symbols*



*Boar*

Ringling bells helps dispel darkness and negative energy, while bonfires bring warmth, encourage the community to gather, and symbolize renewal and hope of the season.

The goat echoes the Wild Hunt, an ancient pagan custom linked to fertility and of untamed revelry.



*Sweet bread*

Solar imagery is used during the solstice to celebrate the sun's revival, infusing hope and vitality into the darkest time of year.