



*Twelve Nights of Peace*  
*Dec 25<sup>th</sup> - Jan 6<sup>th</sup>*

A Guided Journal

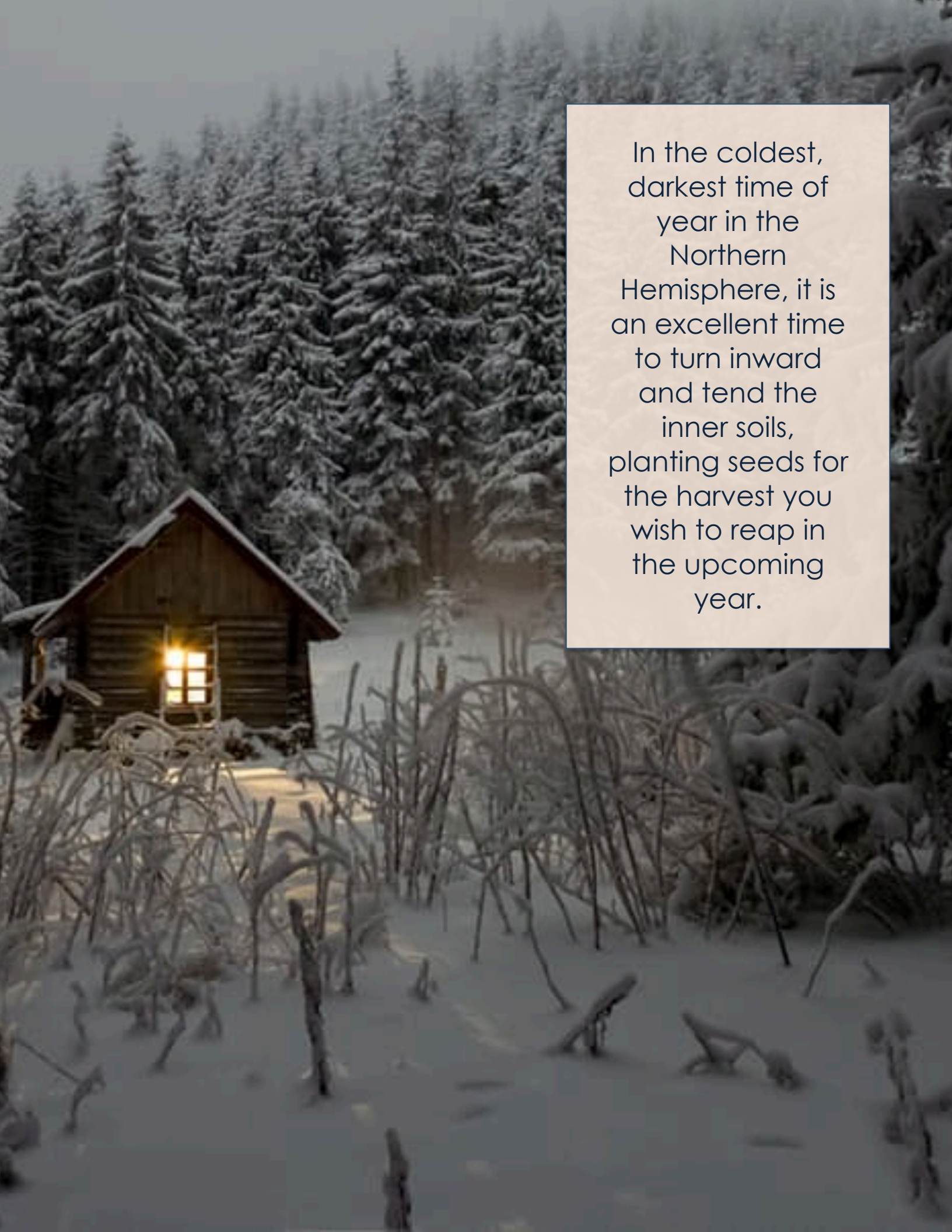
By Catherine Douglas

A Gift From  
The PeaceRipples Institute

Join us at [peaceripples.com](http://peaceripples.com)  
For more seasonal offerings for a vibrantly  
flourishing life

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A photograph of a small, rustic log cabin nestled in a dense forest of snow-covered evergreen trees. The cabin's windows are illuminated from within, casting a warm, golden glow that contrasts with the cool, dim light of the twilight. The foreground is filled with snow and the skeletal remains of bare trees, their branches reaching up like sentinels in the winter landscape. The overall mood is peaceful and inviting, suggesting a quiet retreat in nature.

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.



*Welcome Beautiful,*

I'm so happy that you are giving yourself the time to dream into your new year. Like a candle illuminating the darkness on a cold winter's night, your light, your vibrancy, your radiance is needed during these times. Please take this time to tend to your soils, plant seeds, and nourish your roots so you can flourish and blossom.

I invite you to snuggle up under the covers with a warm mug of hot cocoa and enjoy these next 12 nights. May you plant the seeds for your most flourishing year yet!

So much love, *Catherine Douglas*  
Founder, *The PeaceRipples Institute*



*Twelve Nights of Peace* is an invitation to infuse your upcoming year with your core values, the seeds you most desire to see blossom in your life.

What do you care about? What do you want to infuse into your year? Do you want to embody more love, more compassion, more resilience or more courage?

Do you want to step up as a force for radiant goodness in the world? Do you want to hold those you love close while reaching out with compassion and curiosity to those that might be different from you?

What types of seeds would you need to plant to have a flourishing abundant harvest of your dreams?

After 12 days, we will have 12 visions for our year to explore. This greatly expands our perception of what's possible and helps us see opportunities in new places.



# From *Creating True Peace*

By Thich Nhat Hanh

“ True peace is always possible. Yet it requires strength and practice, particularly in times of great difficulty...

All of us can practice nonviolence. We begin by recognizing that, in the depths of our consciousness, we have both the seeds of compassion and the seeds of violence. We become aware that our mind is like a garden that contains all kinds of seeds: seeds of understanding, seeds of forgiveness, seeds of mindfulness, and also seeds of ignorance, fear, and hatred. We realize that, at any given moment, we can behave with either violence or compassion, depending on the strength of these seeds within us.

”

“ When the seeds of anger, violence, and fear are watered in us several times a day, they will grow stronger. Then we are unable to be happy, unable to accept ourselves; we suffer and we make those around us suffer. Yet when we know how to cultivate the seeds of love, compassion, and understanding in us every day, those seeds will become stronger, and the seeds of violence and hatred will become weaker and weaker. We know that if we water the seeds of anger, violence, and fear in us, we will lose our peace and our stability. We will suffer and we will make those around us suffer. But if we cultivate the seeds of compassion, we nourish peace within us and around us. With this understanding, we are already on the path of creating peace. ”







## Seed Ideas

Here is a list of some ideas for seeds to help get you started. Remember, these are not goals, but rather qualities of life or virtues or values that you wish to cultivate and grow within you.



Awe  
Beauty  
Compassion  
Concentration  
Courage  
Creativity  
Delight  
Discipline  
Empathy  
Exuberance  
Fierce love  
Focus  
Forgiveness  
Fun  
Generosity  
Gratitude  
Honesty  
Humor  
Kindness  
Omni-consideration  
Play  
Resilience  
Strength  
Wisdom  
Wonder

Action  
Balance  
Coherence  
Connection  
Contentment  
Dependability  
Devotion  
Direction  
Drive  
Equanimity  
Humbleness  
Intuition  
Loyalty  
Love  
Motivation  
Mutual Advantage  
Peace  
Purpose  
Responsibility  
Serenity  
Service  
Trust  
Unity  
Vision  
Wholeness

Acceptance  
Altruism  
Appreciation  
Authenticity  
Awareness  
Basic Goodness  
Belonging  
Celebration  
Clarity  
Competence  
Dignity  
Ease  
Freedom  
Harmony  
Hope  
Integrity  
Joy  
Luminosity  
Morality  
Nobility  
Participation  
Transcendence  
Spontaneity  
Stability  
Understanding



# Planting Seeds

Instructions: write out your top 12 values that you circled from the last exercise, one value per seed. Each seed will then become a focus for each night of our twelve nights.



Seed 1:



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Seed 2:



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Seed 3:



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Seed 4:



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Seed 5:



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Seed 6:



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Seed 7:



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Seed 8:



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Seed 9:



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Seed 10:



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Seed 11:




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Seed 12:



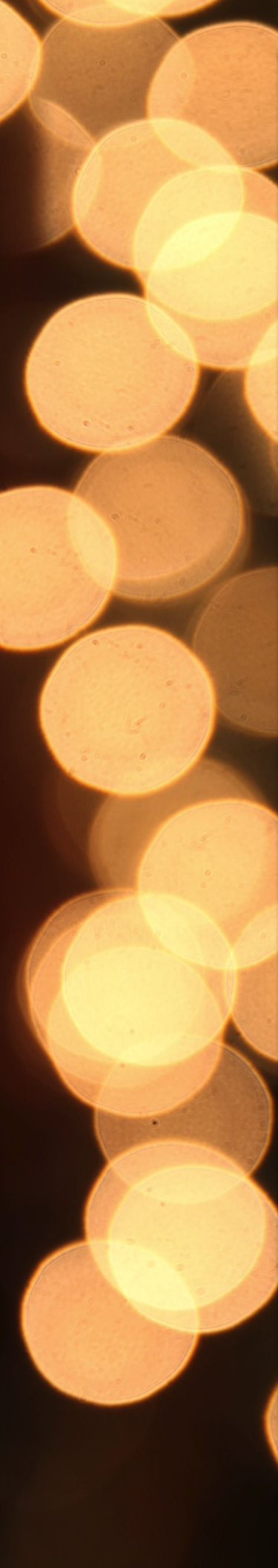
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A photograph of a winter landscape. A path or road is covered in snow and leads into the distance. On either side of the path, there are rows of trees, some of which are covered in snow. The sun is low on the horizon, creating a warm, golden glow that reflects on the snow. The sky is a pale blue. A large, semi-transparent white circle is overlaid on the right side of the image, containing text.

What we plant  
in the soil of  
contemplation,  
we shall reap in the  
harvest of action.

Meister Eckhart



## *How to Fill Out the Remainder of the Journal*

Once you've written down your 12 seeds, write out one per day on each page. Then every day from Dec 24<sup>th</sup> to Jan 6<sup>th</sup>, take a moment to pause. Light a candle or draw a warm bath. Breathe. Slow down.

Slowly tune into the seed for that day. What would it feel like to embody that value in a real way? What would your life look like, feel like, and how would it affect those around you? How would you shine brighter, if that seed blossomed within you?

Write what comes to mind. There are no right or wrong answers. Explore. I invite you to write your daily vision in the present tense, full of juicy adjectives, as if it is your life right now. You can also draw, write poetry, make collages, or paint. Enjoy the process! This is meant to be nourishing and fun!

I also invite you not to hold what you write too literally. We will harvest the insights at the end. For now, give yourself the freedom to envision many possibilities for your life and start to chew on how to embody your core values. You are invited to share any insights or visions at [fb.com/PeaceRipples](https://fb.com/PeaceRipples)

"Vision is the art of seeing what is invisible to others."

— Jonathan Swift





December 24<sup>th</sup>

Seed of the Day



\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:



December 25<sup>th</sup>

Seed of the Day



\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:



December 26<sup>th</sup>

Seed of the Day



\_\_\_\_\_

Ways I can nurture  
this seed:

What will it *feel* like when this  
seed has blossomed in my  
being and I fully embody it?





December 27<sup>th</sup>

Seed of the Day



\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:

# Whispers from the Soul

(Notes/dreams/creative space)





December 28<sup>th</sup>

Seed of the Day



\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:



December 29<sup>th</sup>

Seed of the Day



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What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:



December 30<sup>th</sup>

Seed of the Day



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What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:



December 31<sup>st</sup>

Seed of the Day



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What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:

# Whispers from the Soul

(Notes/dreams/creative space)





January 1st

Seed of the Day



\_\_\_\_\_


What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:



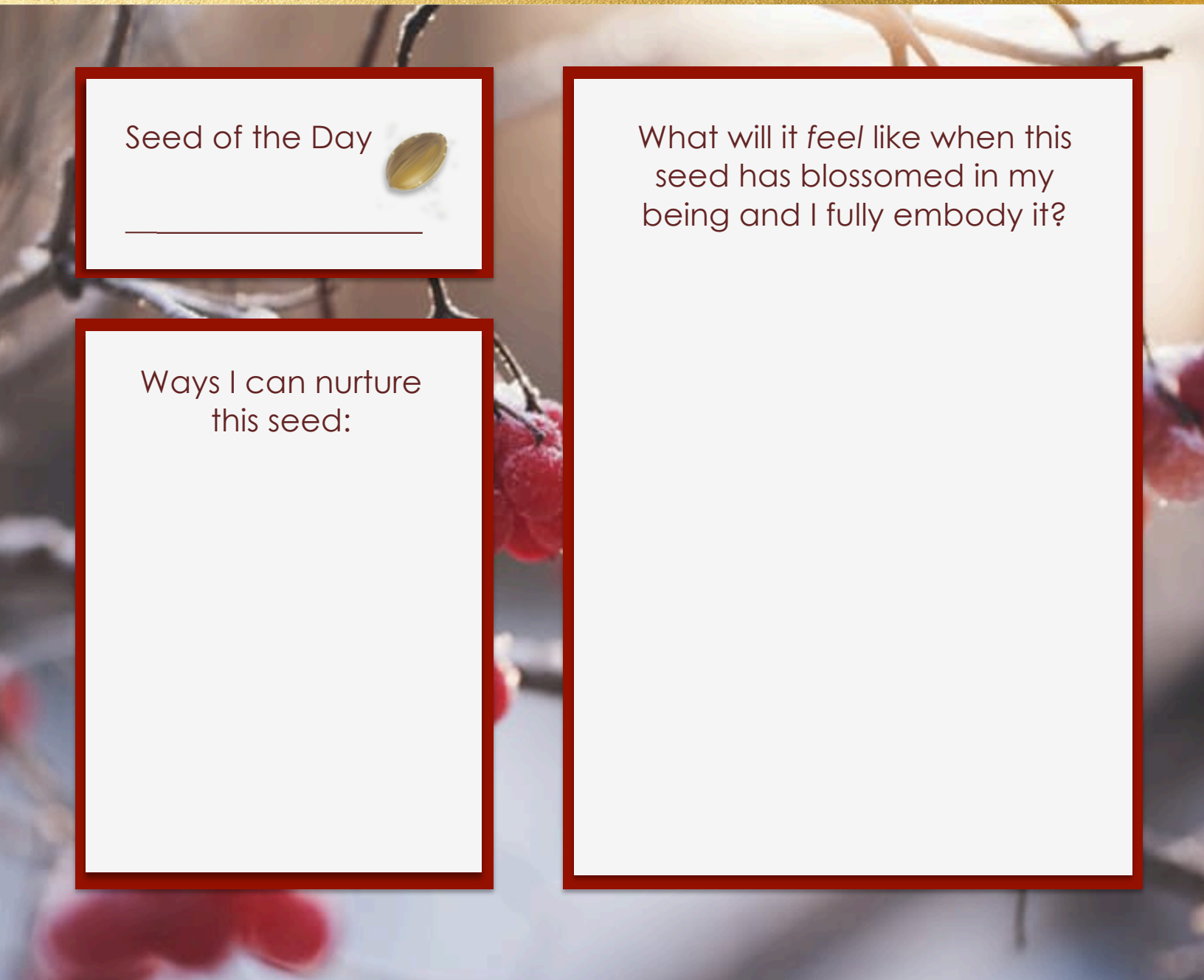


January 2nd

Seed of the Day   
\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:





January 3<sup>rd</sup>

Seed of the Day



\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:

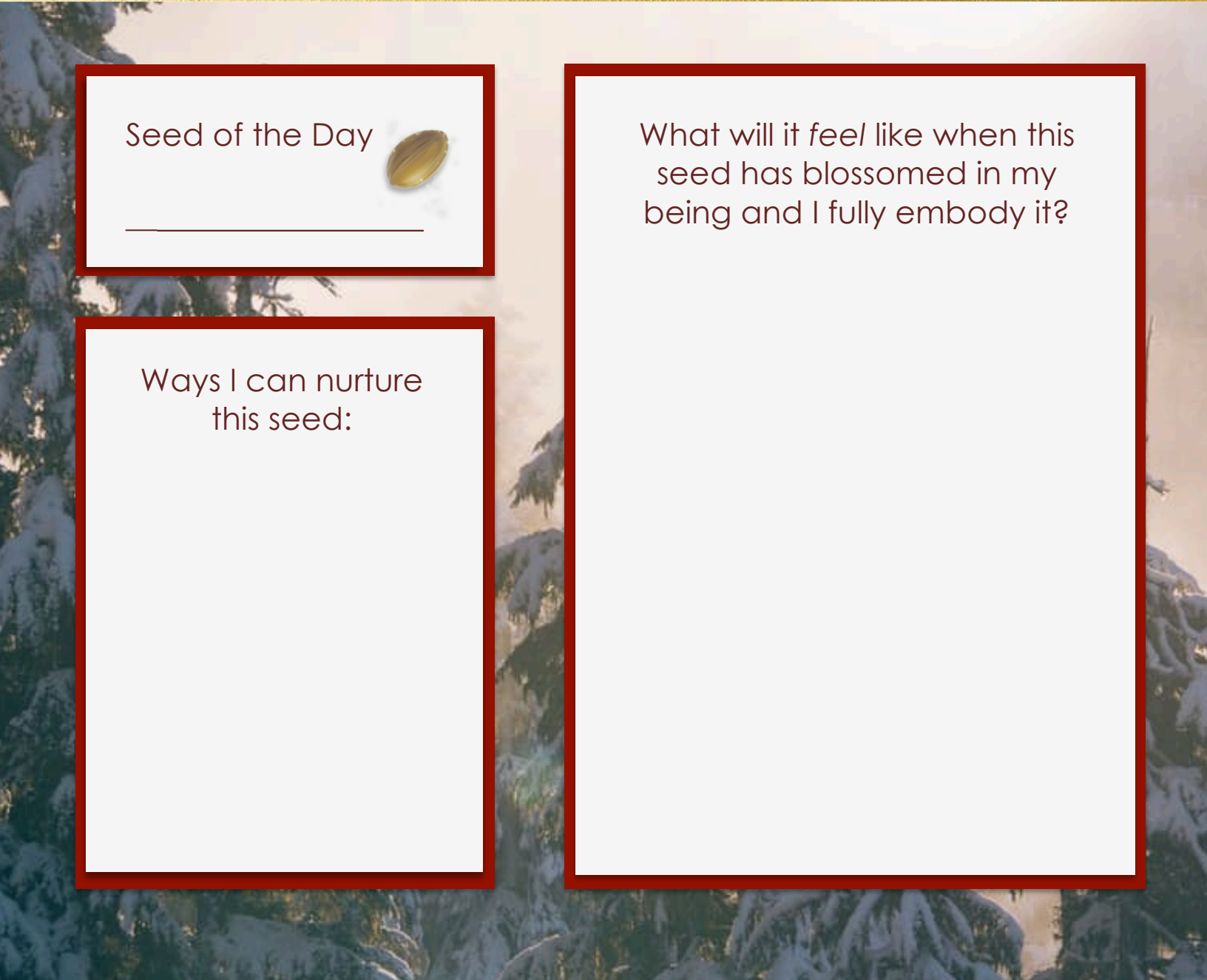


January 4<sup>th</sup>

Seed of the Day   
\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

Ways I can nurture this seed:





January 5<sup>th</sup>

Seed of the Day



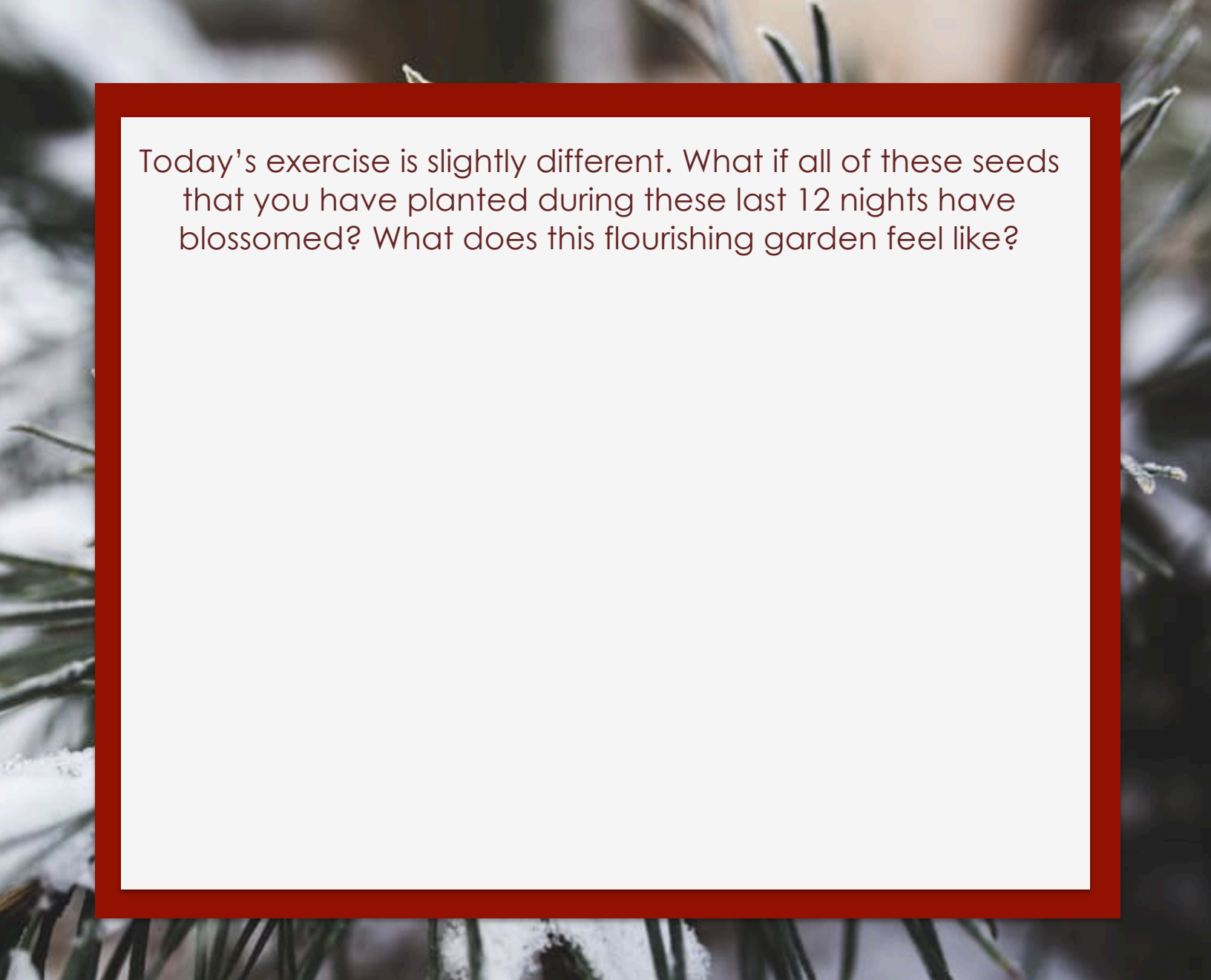
\_\_\_\_\_

What will it *feel* like when this seed has blossomed in my being and I fully embody it?

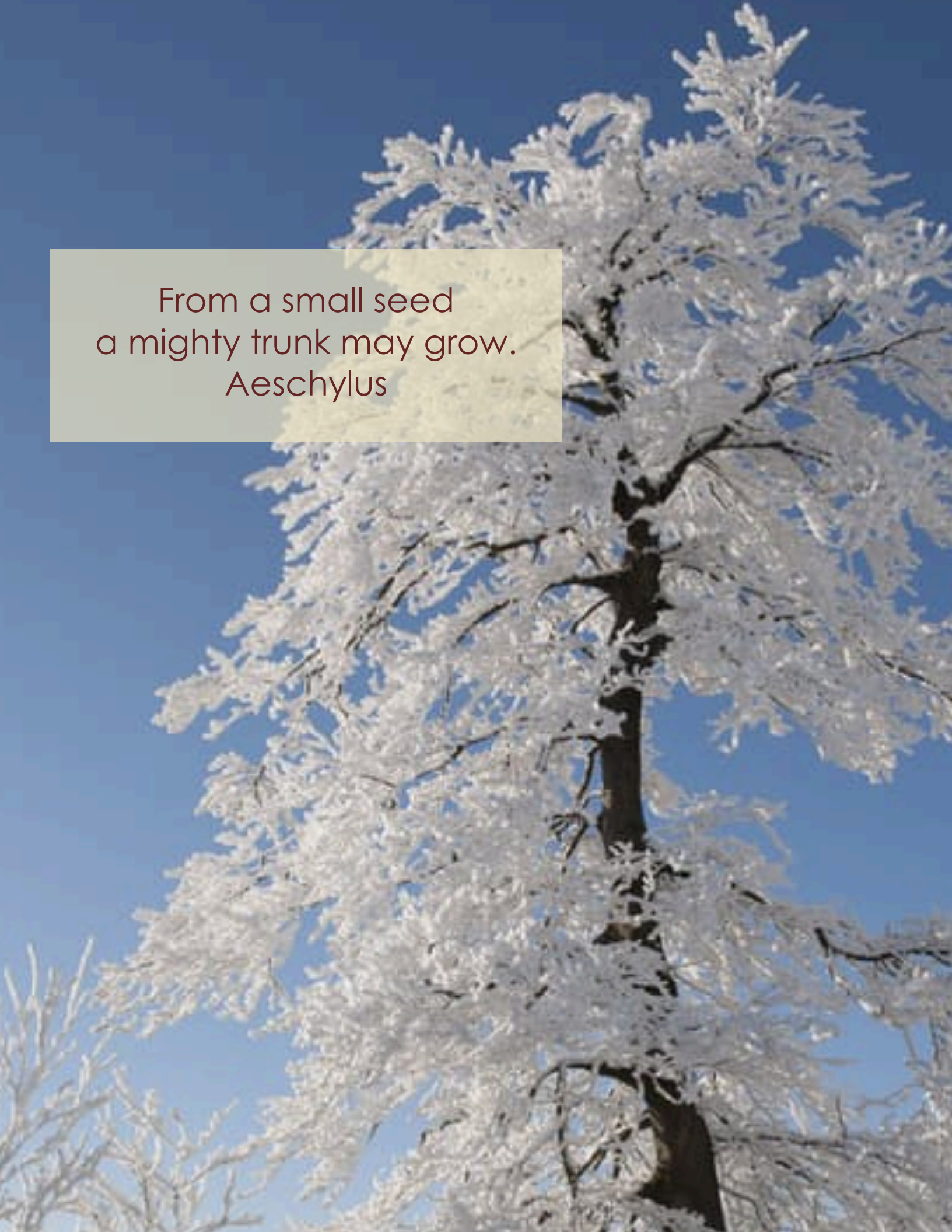
Ways I can nurture this seed:



*January 6<sup>th</sup>*



Today's exercise is slightly different. What if all of these seeds that you have planted during these last 12 nights have blossomed? What does this flourishing garden feel like?

A photograph of a large tree with dense white blossoms, likely cherry blossoms, set against a clear blue sky. The tree's trunk is dark and thick, and its branches are heavily laden with small, delicate white flowers. The overall scene is bright and vibrant.

From a small seed  
a mighty trunk may grow.  
Aeschylus

# Insights from Your Twelve Nights



What did you learn about yourself?  
What do you want to carry into your  
year with you? What seed feels the most  
exciting to continue to explore? Who have you  
become through this daily practice?

# Harvesting Your Twelve Nights



Consciously harvesting the fruits of this practice is a helpful way to move forward feeling empowered.

**Instructions:** Re-read what you wrote in this Guided Journal and contemplate the questions below.

The 3 seeds that feel the most alive & alluring are:

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Looking at the ways I can nurture these seeds, here are 5 great next action steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

A daily practice I will implement:

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# Twelve Nights of Peace

Dec 25<sup>th</sup> - Jan 6<sup>th</sup>

Thank you, dear friend!

You are now a member of *The PeaceRipples Institute* family! I look forward to sharing more exciting offerings with you in the new year!

If you want to go deeper into planting, watering, and harvesting your dream year, "Your Flourishing Year Blueprint" will be a great next step. Go to [peaceripples.com/flourish](http://peaceripples.com/flourish) to learn more. Here's to living your most vibrantly flourishing year yet!



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