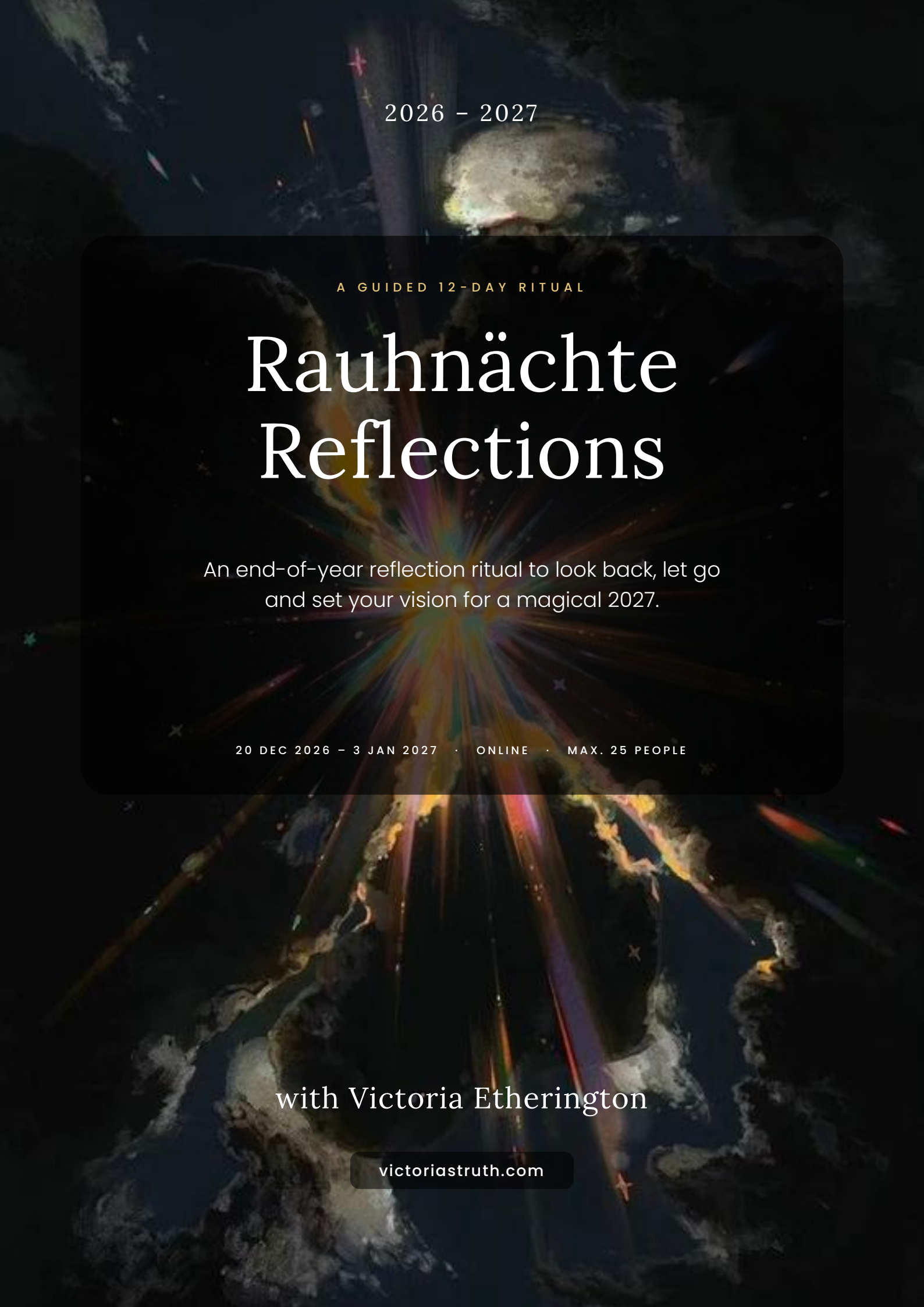


2026 – 2027

A GUIDED 12-DAY RITUAL

# Rauhnächte Reflections

An end-of-year reflection ritual to look back, let go and set your vision for a magical 2027.

20 DEC 2026 – 3 JAN 2027 · ONLINE · MAX. 25 PEOPLE

with Victoria Etherington

victoriastruth.com

# THE YEAR ENDS IN A BLUR. GIVE YOURSELF 12 DAYS.

*A guided end-of-year reflection ritual: look back, let go, and set your vision for 2027.*

Between the deadlines, the dinners and the doing, the end of the year rarely leaves room to actually land. **Rauhnächte Reflections** is a guided online ritual that gives you that room: twelve mornings of rituals, journaling, breathwork and stillness, held by me and a small circle of fellow participants.

### LOOK BACK

Review 2026 honestly, and tap into gratitude for everything that carried you.

### LET GO

Forgive, release and say a proper farewell to what hindered and held you back.

### LOOK AHEAD

Shape a clear, aligned vision for 2027 and cast your 12 wishes.

## WHAT ARE THE RAUHNÄCHTE?



The Rauhnächte are an old Germanic midwinter tradition: a span of twelve nights believed to sit *outside of time*. The lunar year has 354 days, the solar year 365, and the 11 days and 12 nights left over were seen as a threshold between the old year and the new. A pause, marked by rituals and customs, for reflection and intention.

Traditionally they are counted from around Christmas to 6 January (some begin at the winter solstice). We run ours from the solstice on 21 December to New Year's Day, and we practise in the morning, so the ritual fits into your real life.

**No experience needed.** You don't have to know a single thing about the tradition. Your guide, your rituals and your circle are all here for you.

# HOW IT WORKS

*Simple, guided and about 20–40 minutes a day.*

SUN 20 DEC · 6PM BERLIN

### Kick-off call (live, 90 min)

Meet the circle, hear an introduction to the Rauhnächte, ask your questions and set your intention. We close with a small ritual. Recorded, so you can join later if you can't make it.

21 DEC – 1 JAN · 6AM EVERY MORNING

### Your daily practice (20–40 min)

An email lands at 6am Berlin time with the theme of the day: a ritual, journaling prompts and a guided practice (video, breathwork or meditation). Start your day with it, or save it for the evening.

SUN 3 JAN · 6PM BERLIN

### Closing call (live, 90 min)

Come back together to share, integrate and carry the magic into the new year.

## WHAT YOU RECEIVE

**Rituals**
Create sacred space for the theme of each day.

**Journaling**
Put words to what you feel, and see what has been waiting to be seen.

**Guided breathwork**
A deep, introspective journey for what words can't reach.

**Guided meditations**
Moments of stillness to come home to yourself.

**The 12 Wishes ritual**
Cast your wishes for 2027 with this special Rauhnächte tradition.

**Poetry, stories & art**
Woven through every day, to express what is hard to put into words.

**A small circle**
Max. 25 people, with an optional Telegram group to share the journey.

**Materials you keep**
Everything arrives as PDFs, yours to return to long after the 12 days.

# THE 12 DAYS

*A theme for every morning, from the winter solstice to New Year's Day.*

| | | |
|---|---|---|
| DAY 1<br>21 DEC | **Resolution & Forgiveness** | Clear the slate. Make peace with what is unfinished, within you and around you. |
| DAY 2<br>22 DEC | **Foundations & Strong Roots** | Ground yourself in what holds you and what you stand on. |
| DAY 3<br>23 DEC | **Looking Back at 2026** | Honour the year you lived: the wins, the lessons and the tender moments. |
| DAY 4<br>24 DEC | **Clear Vision & Intuition** | Tune in to your inner compass and what it's been telling you. |
| DAY 5<br>25 DEC | **Family, Friendship & Connection** | Reflect on the people and relationships that shape you. |
| DAY 6<br>26 DEC | **Inner Child** | Reconnect with the part of you that still plays, wonders and needs care. |
| DAY 7<br>27 DEC | **Self-Love** | Meet yourself with the kindness you offer so easily to others. |
| DAY 8<br>28 DEC | **Gratitude** | Fill up on what is good, and on what has supported you. |
| DAY 9<br>29 DEC | **Nature Cycles & Stillness** | Slow down with the season and rest in the dark. |
| DAY 10<br>30 DEC | **Looking Ahead: 2027** | Dream, and begin to design the year you want. |
| DAY 11<br>31 DEC | **Welcome 2027** | Step across the threshold with intention. |
| DAY 12<br>1 JAN | **Closing the Rauhnächte** | Seal the journey and carry what you have gathered into the year ahead. |

Plus: a live kick-off call on 20 December and a closing call on 3 January. The 12 Wishes ritual is part of the journey.

# IS THIS FOR YOU?

### THIS IS FOR YOU IF…

- You want to end the year consciously, not collapse into it.
- You're ready to look back honestly and kindly.
- You want a clear, aligned vision for 2027, not another list of resolutions.
- You love ritual, journaling, breath and stillness, or you're simply curious.
- You'd like a small, warm circle to do it in.

### MAYBE NOT RIGHT NOW IF…

- You're after a quick-fix goal-setting hack.
- You can't spare 20–40 minutes a day for these 12 days.
- You'd rather skip the inner work and keep things on the surface.

## BY 1 JANUARY YOU'LL HAVE

- A heartfelt review of 2026 and the lessons you take with you
- A clear sense of what you're releasing (and how)
- A vision for 2027 that fits you, your values and your life
- Your 12 wishes, cast with intention
- A set of rituals you can return to every year

## IN THE WORDS OF PAST PARTICIPANTS

> *The journaling and the wishes. I loved the journey so much overall, it brought a huge amount of magic, clarity and self-love into the end of the year. I'd love to be there next year. Thank you so much for doing this!*
>
> NINA

> *What a fantastic way to start the year! I especially loved the stories and rituals woven in each day, they brought a little bit of magic to each day. It gave a very special meaning to the quiet days between Solstice, Christmas and New Year, and allowed me to start the new year with so much clarity.*
>
> MARTIN

# MEET YOUR GUIDE

*Victoria Etherington*

**ICF-certified (ACC) coach**
**Psychedelic facilitator & co-founder of Entheogenesis**
**Systemic coach · breathwork specialist · ritualist**



Hello beautiful soul,

I'm beyond excited that you're here and curious about this wonderful end-of-year tradition.

My work is about connection: to our deepest selves, to the people we are in relationship with, and to the bigger whole we are part of. I'm an ICF-certified (ACC) coach, and as co-founder of Entheogenesis I guide integration and breathwork on legal psilocybin retreats in the Netherlands. In my coaching I draw on systemic work and on parts work, including Internal Family Systems (IFS).

### WHAT IS PARTS WORK?

We all carry different inner voices: the inner critic, the people-pleaser, the part that longs to rest, the child who still wants to play. Parts work (IFS is its best-known model) doesn't treat them as problems to fight. It invites us to listen to them with curiosity and kindness, and to understand why we do what we do. It quietly shapes how I guide the journaling and rituals in these twelve days.

My passions and creative pursuits make their way into my work, and in this programme you will find poetry, stories and art woven into the very fabric. I love to connect the dots, and to find beautiful ways to express what is sometimes hard to capture in words. I look forward to meeting you and sharing these loved rituals and practices with you.

With love,
*Vicky*

# GOOD TO KNOW

*Your questions, answered.*

**Do I need to know anything about the Rauhnächte?**
Not at all. I'll introduce the tradition on the kick-off call, and each day's email explains what you need.

**How much time will it take?**
Around 20–40 minutes each morning. Some days are shorter, some invite you to linger.

**What if I can't make the live calls, or miss a day?**
Both calls are recorded. The daily emails and PDFs are yours to keep, so you can catch up at your own pace.

**Do I need breathwork or journaling experience?**
No. Everything is guided, step by step.

**What do I need?**
A notebook and pen, a quiet corner and, if you like, a candle. Everything else is provided.

**Why mornings, when the tradition is about the nights?**
Practising at 6am (Berlin time) lets you begin the day with intention. Prefer evenings? Save the day's email for later, the practices work just as well.

**Why a group of 25?**
So it stays intimate. You'll know who is on this journey with you, and I can give the circle real care.

**Which language?**
English.



# READY TO JOIN US?

*And rediscover your power and agency.*

ONLY 25 SPOTS · EARLY BIRD UNTIL 25 NOVEMBER

**EARLY BIRD**

€45

until 25 Nov

One spot in the circle at the best price.

**STANDARD**

€59

from 26 Nov

One spot in the circle.

**BRING A FRIEND**

€89

for two spots

€44.50 each. Do the 12 days together, or give it as a Christmas gift.

All prices include tax.

## Save your spot

Scan the QR code, or tap the button, to fill in the short sign-up form.

SIGN UP HERE

Or copy: forms.gle/PS9R8J426v6Ehx4v6

Feel free to share this with anyone who would love to take part. Questions? Write to **hello@victoriastruth.com**