THE QUIET REWIND



The Quiet Advent

Twenty-four small returns to yourself

A DAILY PRACTICE FOR DECEMBER

THEQUIETREWIND.COM

A NOTE BEFORE YOU BEGIN

December can be loud

The lights go up and the diary fills, and somewhere in the middle of it all it gets harder to hear yourself. Not because anything is wrong with you, but because you're buried beneath the noise.

This calendar is a small invitation to come back. Each day from the first of December to Christmas Eve, you'll find one gentle thing to do. Most take less than ten minutes. None of them ask you to be better at anything.

Each day pairs one simple action with a question to sit with. You can write your answers on the page, in a notebook, or simply carry the question around with you.

If you miss a day, there's nothing to catch up on. Just begin again with the next one. Quiet doesn't keep score.

With warmth,
Nix

YOUR DECEMBER

Twenty-four doors

Gently mark each one as you open it.

1 ○ Begin where you are	2 ○ Lower the volume	3 ○ The slow cup	4 ○ Put the thought down
5 ○ Feet on the floor	6 ○ A walk to nowhere	7 ○ The pause before speaking	8 ○ The long exhale
9 ○ One gentle no	10 ○ Soft light	11 ○ Remember before	12 ○ Unclench
13 ○ The window	14 ○ A kinder sentence	15 ○ Clear one small space	16 ○ Warm water
17 ○ Listen beneath	18 ○ Rest before you need it	19 ○ A message of thanks	20 ○ The Quiet Knowing
21 ○ The longest night	22 ○ Leave a gap	23 ○ Gather what mattered	24 ○ Arrive

1

DAY ONE

1 DECEMBER

Begin where you are

December often arrives with a list already attached. Before you pick it up, let today be about noticing what is already here.

TODAY

Before you reach for your phone this morning, place one hand on your chest and take five slow breaths. Notice the first thought that arrives, and let it wait its turn.

SIT WITH THIS

What does my mind reach for first?

2

DAY TWO

2 DECEMBER

Lower the volume

Most of the noise we carry isn't loud. It's constant, and it hums underneath everything.

TODAY

Choose one ordinary stretch of today, perhaps a journey or a meal, and let it happen with nothing playing in the background.

SIT WITH THIS

What did I hear when I stopped filling the silence?

3

DAY THREE
3 DECEMBER

The slow cup

A hot drink can be a small ceremony or something swallowed between tasks. The difference is only attention.

TODAY

Make your first warm drink of the day and drink it without doing anything else. Feel the heat of the cup in both hands until it's gone.

SIT WITH THIS

What happens when I give one small thing all of me?

4

DAY FOUR

4 DECEMBER

Put the thought down

A busy mind often holds on because it's afraid of forgetting. Paper can do the holding for you.

TODAY

Set a timer for five minutes and write down everything circling in your head. Don't sort it or fix it. When the timer ends, close the notebook.

SIT WITH THIS

Which thought felt lighter once it was out of my head?

5

DAY FIVE

5 DECEMBER

Feet on the floor

We spend so much of the day up in our heads that we forget we have a body carrying us around.

TODAY

Several times today, pause and feel the soles of your feet. Notice the ground holding you up without being asked.

SIT WITH THIS

Where in my body do I feel most steady?

6

DAY SIX

6 DECEMBER

A walk to nowhere

Most walks have a purpose. This one is allowed to have none.

TODAY

Walk for ten minutes with no destination. Let your eyes rest on things further away than a screen, the tops of trees or the edge of the sky.

SIT WITH THIS

What did I notice when I wasn't going anywhere?

7

DAY SEVEN

7 DECEMBER

The pause before speaking

We fill spaces with words out of habit, often before we know what we really want to say.

TODAY

In one conversation today, let a single breath sit between their words and yours before you reply.

SIT WITH THIS

What did I find in the pause?

8

DAY EIGHT
8 DECEMBER

The long exhale

A longer out-breath is one of the simplest ways to let the body know it's safe to soften.

TODAY

Breathe in gently for a count of four and out for a count of six. Stay with it for two minutes, wherever you are.

SIT WITH THIS

How does my body feel now, compared with before?

9

DAY NINE

9 DECEMBER

One gentle no

December asks a lot of us. Every yes costs something, even the kind ones.

TODAY

Find one thing you can decline or let go of today. Say no kindly, without a long explanation.

SIT WITH THIS

What did that no make room for?

10

DAY TEN

10 DECEMBER

Soft light

Evenings can feel brighter and busier than they need to be. The light we choose changes the room, and us with it.

TODAY

As it gets dark this evening, turn off the big light and keep only a lamp or a candle on. Sit with it for a few minutes before you do anything else.

SIT WITH THIS

What does my evening feel like when it's lit softly?

11

DAY ELEVEN

11 DECEMBER

Remember before

Beneath every role you hold, there's a version of you who knew what they loved, long before anyone told you whether you were good at it.

TODAY

Think of something you loved doing as a child. Spend ten minutes today on a small version of it, just for the pleasure.

SIT WITH THIS

Who was I before the world told me who to be?

12

DAY TWELVE

12 DECEMBER

Unclench

Tension has a way of settling in quietly, until it starts to feel like the way we're made.

TODAY

Every time you stand up today, check your jaw and your shoulders. Let them drop a little further than feels usual.

SIT WITH THIS

Where am I holding on without realising?

13

DAY THIRTEEN

13 DECEMBER

The window

Looking out is a way of looking in that asks nothing of you.

TODAY

Spend five minutes at a window. Watch the sky and whatever moves through it. There's no need to make meaning of anything you see.

SIT WITH THIS

What did my mind do when I gave it nothing to solve?

14

DAY FOURTEEN

14 DECEMBER

A kinder sentence

The voice in our head is rarely as gentle as the one we use with people we love.

TODAY

Notice one critical thing you say to yourself today. Write it down, then rewrite it as you would say it to a dear friend.

SIT WITH THIS

How does the kinder version feel to read?

15

DAY FIFTEEN

15 DECEMBER

Clear one small space

A little clearing on the outside can create a little clearing on the inside.

TODAY

Choose one small space, a drawer or a corner of a surface, and clear it slowly. Keep only what you want to see there.

SIT WITH THIS

What else in my life could do with a little more space?

16

DAY SIXTEEN

16 DECEMBER

Warm water

Water has a way of bringing us back into the body when the mind has run off ahead.

TODAY

Whether you're washing up or running a bath, let the warmth of the water be the only thing you notice for a minute.

SIT WITH THIS

When did I last feel fully present today?

17

DAY SEVENTEEN

17 DECEMBER

Listen beneath

Underneath the obvious sounds of the day, there's always something quieter waiting to be heard.

TODAY

Sit for three minutes and listen for the quietest sound you can find. Then see if there's one even quieter beneath it.

SIT WITH THIS

What is here when I listen beneath the noise?

18

DAY EIGHTEEN

18 DECEMBER

Rest before you need it

Many of us only let ourselves rest once we feel we've earned it. Rest doesn't need to be earned.

TODAY

Take fifteen minutes today to lie down and close your eyes before you feel tired. Let the day carry on without you for a little while.

SIT WITH THIS

What came up when I stopped before I had to?

19

DAY NINETEEN

19 DECEMBER

A message of thanks

Gratitude lands differently when it's given away rather than kept in a list.

TODAY

Send a short message of thanks to someone who has made your year a little better. Expect nothing back.

SIT WITH THIS

Who has quietly made a difference to me this year?

20

DAY TWENTY

20 DECEMBER

The Quiet Knowing

Beneath the thinking mind there's a quieter kind of knowing. It doesn't shout, so it's easy to miss.

TODAY

Place a hand on your belly, breathe slowly, and bring to mind a question you've been circling. Don't look for an answer. Simply notice what you feel.

SIT WITH THIS

What do I already know, if I'm honest with myself?

21

DAY TWENTY-ONE

21 DECEMBER

The longest night

Today is the winter solstice, the shortest day of the year. From tomorrow, the light begins its slow return.

TODAY

This evening, sit for a few minutes in the dark before you switch on a lamp. Let the darkness be restful rather than something to fix.

SIT WITH THIS

What would I like to carry into the returning light?

22

DAY TWENTY-TWO

22 DECEMBER

Leave a gap

Days often run edge to edge, one thing straight into the next, with no room to breathe between them.

TODAY

Between two things today, leave a five-minute gap with nothing in it. Resist the urge to fill it.

SIT WITH THIS

What did the gap feel like?

23

DAY TWENTY-THREE

23 DECEMBER

Gather what mattered

Before the year closes, it can help to notice what has stayed with you.

TODAY

Read back through what you've written this month. Underline the one line that feels most true.

SIT WITH THIS

What is this line asking of me?

24

DAY TWENTY-FOUR
24 DECEMBER

Arrive

Whatever tomorrow holds, a full house or a quiet one, you can bring a little of this stillness with you.

TODAY

Before sleep tonight, lie down and take ten slow breaths. Thank your body for carrying you through the year.

SIT WITH THIS

What will I keep from these twenty-four days?

You came back to yourself, again and again

That's the whole practice. Not getting it right, just returning. The quiet you found this month hasn't gone anywhere. It's always there, beneath the noise, whenever you want it.

If you'd like somewhere to keep going, The Pause is a free ten-minute meditation you can listen to any time, with no sign-up needed.

LISTEN TO THE PAUSE

Or book A Quiet Conversation, a complimentary thirty-minute call

THEQUIETREWIND.COM

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