

WINTER SOLSTICE RITUAL

ON THE WINTER SOLSTICE, THE SHORTEST DAY OF THE YEAR, WE ARE FORTUNATE ENOUGH TO HAVE MADE IT THROUGH THE INCREASING DARKNESS TO BE GREETED BY THE RETURN OF LIGHT. WE MAY ONLY BE AT THE BEGINNING OF WINTER, BUT WE CAN LOOK FORWARD TO DAYS GROWING LONGER AS THE SOLAR YEAR IS REBORN.

THROUGHOUT HISTORY, OUR ANCESTORS HAVE BROUGHT EVERGREEN PLANTS INDOORS AROUND THE WINTER SOLSTICE AS A REMINDER THAT LIGHT AND LIFE ARE PRESENT YEAR-ROUND, EVEN WHEN WE DON'T THINK WE CAN SEE THEM.

WE SEE A LOT OF THE FIRE ELEMENT IN THIS KIT- NOT ONLY TO WELCOME TO THE SUN'S RETURN, BUT TO IGNITE OUR PASSION & CREATIVITY- BALANCING OUT ANY EXCESSIVE INTROSPECTIVE OR DOWNTRODDEN ENERGY THAT COMES ALONG WITH WINTER.

WE'VE SPENT THE PAST MONTHS IN THE WANING PHASE OF THE YEAR: A TIME FOR ENDINGS, LETTING GO, & INTROSPECTION. WE'RE NOT AT THE POINT OF ACTION- BUT NOW IS THE TIME TO REPLACE LETTING GO WITH GESTATING, DREAMING, & PLANNING.

HOW DO YOU WISH TO BE REBORN COME SPRING?

WE CAN USE OUR SELF-CARE RITUALS TO HARNESS THE REGENERATIVE POWER OF THIS SOLAR PHASE & CELEBRATE THE HARD INTERNAL WORK WE'VE DONE, WHILE SIMULTANEOUSLY PREPARING TO PLAN FOR OUR SHIFT OUTWARD.

YOU CAN USE YOUR NEW TOOLS HOWEVER AND WHENEVER YOU LIKE, BUT HERE IS ONE SUGGESTION:

» EMBRACE THE DARKNESS

BEGINNING ON THE DECEMBER 21ST SOLSTICE, OR EVEN THE SOLSTICE EVE, CONSIDER INVITING A NEW TRADITION OF KEEPING YOUR LIGHTS OFF AND LIVING BY CANDLELIGHT UNTIL THE MORNING OF THE 22ND (NOT ALL ELECTRONICS, JUST REGULAR INDOOR LIGHTS).

THIS LETS US EXPERIENCE THE DARKEST DAY IN ITS ENTIRETY, ALLOWING ALL WE WISH TO LET GO OF TO DIE WITH THE YEAR.

» TAKE A DARK MOON BATH

- BREW A CUP OF AFTER DINNER TEA TO SIP ON & STIMULATE CALM CIRCULATION BOTH IN YOUR BODY & YOUR ENERGY
- ADD SOME POWER OIL TO YOUR WRISTS OR THE BATH WATER.

- CLOSE YOUR EYES, BREATHE DEEPLY, PLACE ONE HAND ON YOUR HEART & ONE ON YOUR STOMACH.

ASK YOUR HIGHER SELF WHICH QUALITIES YOU WISH TO BE REBORN WITH. TRY NOT TO THINK ABOUT WHAT YOU DON'T WANT TO BE.

THIS IS A TIME TO APPRECIATE THE GOOD IN YOURSELF & DREAM OF YOUR LIFE WITH THOSE PARTS AMPLIFIED.

(IF ITS IN YOUR PRACTICE YOU MAY OPT TO USE YOUR PENDULUM OR TAROT CARDS FOR THIS)

» YULE FIRE SPELL

- GROUND YOURSELF & BECOME PRESENT BY MISTING YOURSELF AND/OR YOUR SPACE WITH YOUR YULE MIST.

- ANOINT YOUR WRISTS AND/OR A GREEN CANDLE WITH THE POWER OIL.

(IF YOU DON'T HAVE A GREEN CANDLE:

TIE A GREEN RIBBON/STRING/YARN AROUND A WHITE CANDLE OR DRAW A GREEN DESIGN ON IT WITH A MARKER.)

- LIGHT YOUR CANDLE AND VISUALIZE WHAT A PROSPEROUS NEW YEAR WILL LOOK LIKE TO YOU.

- ON A SMALL PIECE OF PAPER, WRITE 3 QUALITIES YOU WISH TO BE REBORN WITH IN THE NEW YEAR:

TWO THAT YOU ALREADY POSSESS AND ONE THAT YOU'D LIKE TO INVITE.

ROLL THE PAPER WITH THE ENDS TWISTED LIKE A TOOTSIE ROLL.

CAREFULLY USE THE FLAME FROM THE CANDLE TO CATCH THE PAPER ON FIRE.

QUICKLY DROP IT IN YOUR FIRE SAFE CONTAINER WHERE YOU BURN YOUR INCENSE, OR INTO YOUR FIREPLACE.

(YOU CAN ALSO THROW IT UNLIT INTO AN ALREADY BURNING FIRE,

OR PLACE IT UNLIT IN YOUR CONTAINER THEN LIGHT IT ON FIRE IF THAT FEELS SAFER TO YOU)

» SEAL YOUR RITUAL BY GIVING THANKS



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NEW MOON RITUAL

TWELVE TO THIRTEEN TIMES A YEAR, WE EXPERIENCE A NEW MOON; AN ALIGNMENT THAT CREATES A COMPLETELY DARK NIGHT, BUT ALSO OFFERS AN ENERGETIC RESET BUTTON AND OPPORTUNITY TO SET NEW INTENTIONS. THE BEGINNING OF THE SOLAR YEAR IS AN OPPORTUNITY TO DOUBLE DOWN ON THIS RESETTING ENERGY AS WELL.

"THE POWERS OF LIGHT & WARMTH SEEM THE WEAKEST AT THIS TIME, & WE ARE IMMERSSED IN THE DARK. BUT IN THE ANCIENT GODDESS TRADITIONS, DARKNESS WAS NOT SOMETHING FEARFUL. WHITE, THE COLOR OF BONE, OF SNOW, WAS THE COLOR OF DEATH. BLACK, THE COLOR OF FERTILE SOIL, WAS CONNECTED TO THE DARKNESS OF THE WOMB, TO GESTATION, FERTILITY, POSSIBILITY, AND MYSTERY.

WHICH OF THE MYRIAD POTENTIALS WILL COME TO LIGHT? WHAT KIND OF YEAR WILL IT BE?

WHAT CHILD WILL BE BORN FROM THAT WOMB?

THAT PART DEPENDS ON US. WE ARE THE MIDWIVES. WE MUST USE OUR HUMAN HANDS TO SHAPE HISTORY, OUR HUMAN MINDS TO CHOOSE WHAT QUALITIES WE NEED AND WANT TO BRING TO BIRTH, OUR HUMAN WILL TO MAKE THE CHOICE. WHAT WILL YOU CHOOSE?"

- STARHAWK

YOU CAN USE YOUR NEW TOOLS HOWEVER AND WHENEVER YOU LIKE, BUT HERE IS ONE SUGGESTION:

» TAKE A DARK MOON BATH

- BREW A CUP OF AFTER DINNER TEA TO SIP ON & STIMULATE CALM CIRCULATION BOTH IN YOUR BODY & YOUR ENERGY
- BRING ANY DRIED FLOWERS, ADORNMENTS, OR CANDLES YOU PREFER TO PLACE ON THE EDGES.
- ANOINT YOURSELF WITH YOUR POWER OIL, AND/OR ADD IT TO YOUR BATH WATER.
- CLOSE YOUR EYES, BREATHE DEEPLY, PLACE ONE HAND ON YOUR HEART & ONE ON YOUR STOMACH. ASK YOUR SELF WHICH AREA OF YOUR LIFE FEELS STUCK & NEEDS NEW INTENTIONS SET. (IF ITS IN YOUR PRACTICE YOU MAY OPT TO USE YOUR PENDULUM OR TAROT CARDS FOR THIS)

» FIND A SPACE THAT BRINGS YOU PEACE, EITHER IN YOUR HOME OR IN NATURE.

CLEANSE THAT SPACE USING SMOKE, YULE MIST, A SIMMER POT, INCENSE, OR SOUND.

» SET YOUR NEW INTENTIONS:

TAKE A DEEP BREATH, CLOSE YOUR EYES, & JOURNAL WHAT IT IS YOU WISH TO MANIFEST THIS MONTH. WHAT NEW HABITS, TRADITIONS, & INTENTIONS ARE YOU INVITING TO SUPPORT YOUR OWN WELLBEING SO THAT YOU CAN CONTINUE TO SUPPORT THE WELLBEING OF YOUR LOVED ONES & YOUR COMMUNITY?

WHAT GOALS WILL YOU SET AND HOW WILL YOU ACHIEVE THEM?

HOW WILL YOU HOLD YOURSELF ACCOUNTABLE?

» IF YOU ENJOY MAKING MOON WATER:

WRITE ONE OF THESE INTENTIONS ON A PIECE OF PAPER EACH DAY FROM THE NEW MOON, THROUGH THE WAXING PHASE, UNTIL THE FULL MOON. PLACE A GLASS OF WATER IN THE WINDOW EACH NIGHT, AND SLIP THE PIECE OF PAPER UNDER THE GLASS OF WATER. EACH MORNING, YOU CAN USE THAT MOON WATER INFUSED WITH YOUR INTENTION FOR CLEANING, WATERING YOUR PLANTS, RINSING YOUR HAIR, SOAKING YOUR FEET, SIMMER POTS, ETC. THIS IS ESPECIALLY POWERFUL RIGHT AFTER THE WINTER SOLSTICE, BUT CAN BE DONE DURING ANY MONTH'S NEW MOON.



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IMBOLC RITUAL

BY FEBRUARY, MOST OF US ARE TIRED OF THE COLD, SNOWY SEASON. IMBOLC IS A FIRE FESTIVAL CELEBRATED ON FEB 1-2ND THAT MARKS THE MIDWAY POINT BETWEEN THE WINTER SOLSTICE AND THE SPRING EQUINOX. DAYS ARE GETTING A LITTLE LONGER, AND ON THE SOLAR CALENDAR, IMBOLC IS ACTUALLY EVEN REGARDED AS THE FIRST DAY OF SPRING. THE SUN GETS A LITTLE BRIGHTER, THE EARTH GETS A LITTLE WARMER, AND WHILE WE DON'T EXPECT TO SEE GROWTH YET- WE KNOW THAT LIFE IS QUICKENING WITHIN THE SOIL.

DEPENDING ON YOUR PARTICULAR TRADITION, THERE ARE MANY DIFFERENT WAYS YOU CAN CELEBRATE IMBOLC.

IMBOLC IS A BEAUTIFUL TIME TO CLEAR OUT ALL THAT LINGERING STRESSFUL ENERGY BY PHYSICALLY AND ENERGETICALLY CLEANSING OUR SPACES. WINTER AND THE HOLIDAYS CAN BE EXHAUSTING. MANY OF US HAVE FELT STUCK INDOORS, STUCK IN OUR OWN HEADS, AND STUCK ON BEING WHO EVERYONE ELSE EXPECTS US TO BE. BY NURTURING THE SPACES WE EXIST IN, WE GIVE OURSELVES PERMISSION TO SLOUGH OFF ALL OF THE UNHEALED VERSIONS OF OURSELVES AND FEEL SAFE IN OUR PRESENT SELF, JUST AS WE ARE.

WE CAN LOOK TOWARDS THE IMPENDING GROWING CYCLES OF NATURE THIS SEASON AS SYMBOLS OF OUR OWN POTENTIAL. WE MAY NOT BE READY TO SPROUT NEW GROWTH OR BLOOM ANY FLOWERS YET, BUT WE CAN BEGIN MENTALLY PREPARING TO DO SO WHEN THE TIME IS RIGHT.

SOME TRADITIONS CENTER THIS TIME AROUND THE CELTIC GODDESS BRIGHID, IN HER MANY ASPECTS AS A DEITY OF FIRE AND FERTILITY, AS WELL AS HER REPRESENTATION OF THE MAIDEN PHASE OF THE YEAR.

WE CAN USE OUR SELF-CARE RITUAL THIS MONTH TO INDULGE IN THIS FIREY CELEBRATION OF THE POTENTIAL FOR THE YEAR. WE ARE PROCLAIMING OUR GRATITUDE AND SELF-LOVE BY NURTURING BOTH OURSELVES AND THE SPACES WE HOLD DEAR. THIS MONTH'S KIT WILL INTRODUCE A FEW TOOLS TO HELP SUPPORT YOU ON THIS JOURNEY.

YOU CAN USE YOUR NEW TOOLS HOWEVER AND WHENEVER YOU LIKE, BUT HERE IS ONE SUGGESTION:

» TAKE A DARK MOON RITUAL BATH

BRING AND CRYSTALS OR CANDLES YOU PREFER TO PLACE ON THE EDGES.

SIP YOUR FAVORITE BEVERAGE OR ADD SOME FIRE CIDER TO AFTER DINNER TEA, SELTZER, OR SPARKLING WINE.

CLOSE YOUR EYES, BREATHE DEEPLY, PLACE ONE HAND ON YOUR HEART & ONE ON YOUR STOMACH.

ASK YOUR SELF WHICH AREA OF YOUR LIVING SPACE HOLDS THE MOST STAGNANT ENERGY .

(IF ITS IN YOUR PRACTICE YOU MAY OPT TO USE YOUR PENDULUM OR TAROT CARDS FOR THIS)

» PERFORM A HOME CLEANSING RITUAL (SEE BELOW)

~SEAL YOUR RITUAL BY GIVING THANKS~



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HOME CLEANSING RITUAL

No one really likes to clean, but we all know we feel better when our physical space is tidy. It's one of life's necessary chores. Start your spring off with a good thorough cleaning, and then follow that up with an energetic cleansing.

This is a great ritual to perform at Imbolc—remember that for many of our ancestors, washing came only a few times a year, so by February, a house was probably smelling pretty ripe. If you can, pick a bright sunny day to do a clean sweep then, if you like, invite those in your immediate circle join you in a blessing of your home.

First, do a complete physical cleaning of your house. Put on some music and thoroughly clean every room, top to bottom. Strip curtains off windows, sheets off beds, turn the mattresses, dust every surface, wipe baseboards, and vacuum every floor. Sort through those piles of paper on your desk, and get rid of things you don't need to keep; file everything else. If you need to get rid of things, do it now—set aside a box for charity and put gently used items in it. Set aside another box for trash, and see if you can fill them up.

This may take more than one day— that's ok! Dedicate the week or month to it if you need.

Once your house is clean it's time to have some fun. Cook up some Imbolc-themed comfort foods, such as Braided Bread or Beer Battered Fish & Chips, and have a small potluck celebration. Ask anyone joining you to bring a small token to bless the house – pebbles, shells, interesting bits of wood, beads, etc. If you are performing this alone, mindfully collect items such as this on a walk or hike! You'll also need the following:

- A bowl of water
- Some Sea salt or Fire Cider salt
- Incense or a smolder stick/herb bundle to burn.
- A white or black candle,
- Fire Cider, Power oil, Cailleach extract, or other herb infused extract

Begin at the front door and go through the house in a clockwise direction. If you have helpers, have them cleanse the perimeter of each room with the salt, smoke, candle flame, and herb infusion.

You may wish to say some sort of incantation as they do this, something like:

With the purifying power of water,
with the clean breath of air,
with the passionate heat of fire,
with the grounding energy of earth
we cleanse this space.

As you pass from room to room, anoint each door and windowsill with Fire Cider, Cailleach, or Power oil by tracing any symbols of your tradition. This prevents anything negative from crossing.

If you like, you can offer a small incantation as you do this, something like:

Please bestow your gifts on this home,
making it grounded and protected,
so that nothing but love and joy
shall enter through this passage.

Finally, once you've gone through the house, open up all the windows to release what has been cleansed.

Collect the gathered tokens from nature in a bowl or bag.

Keep it in a place of honor in your home -- on the mantel or in your kitchen is a good idea.

