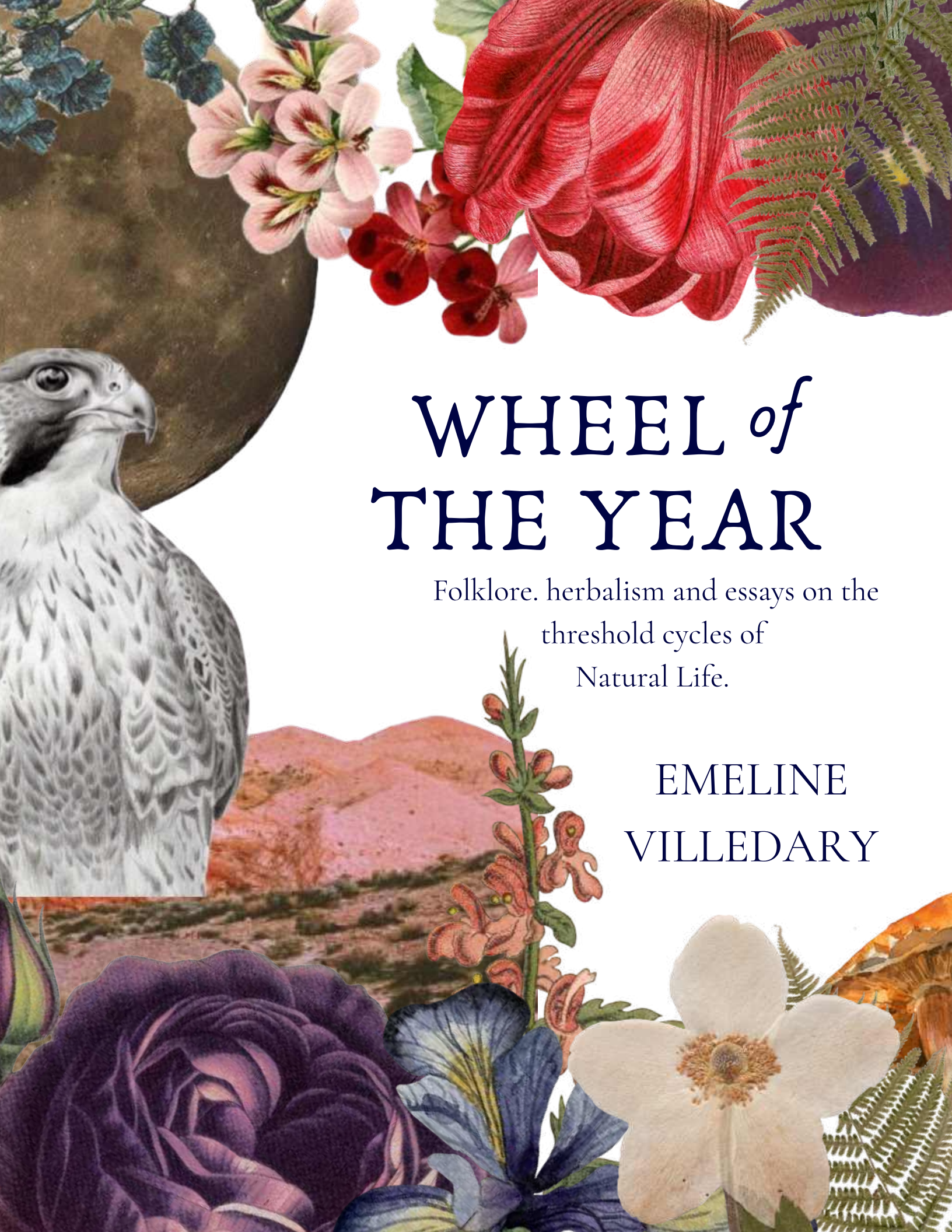
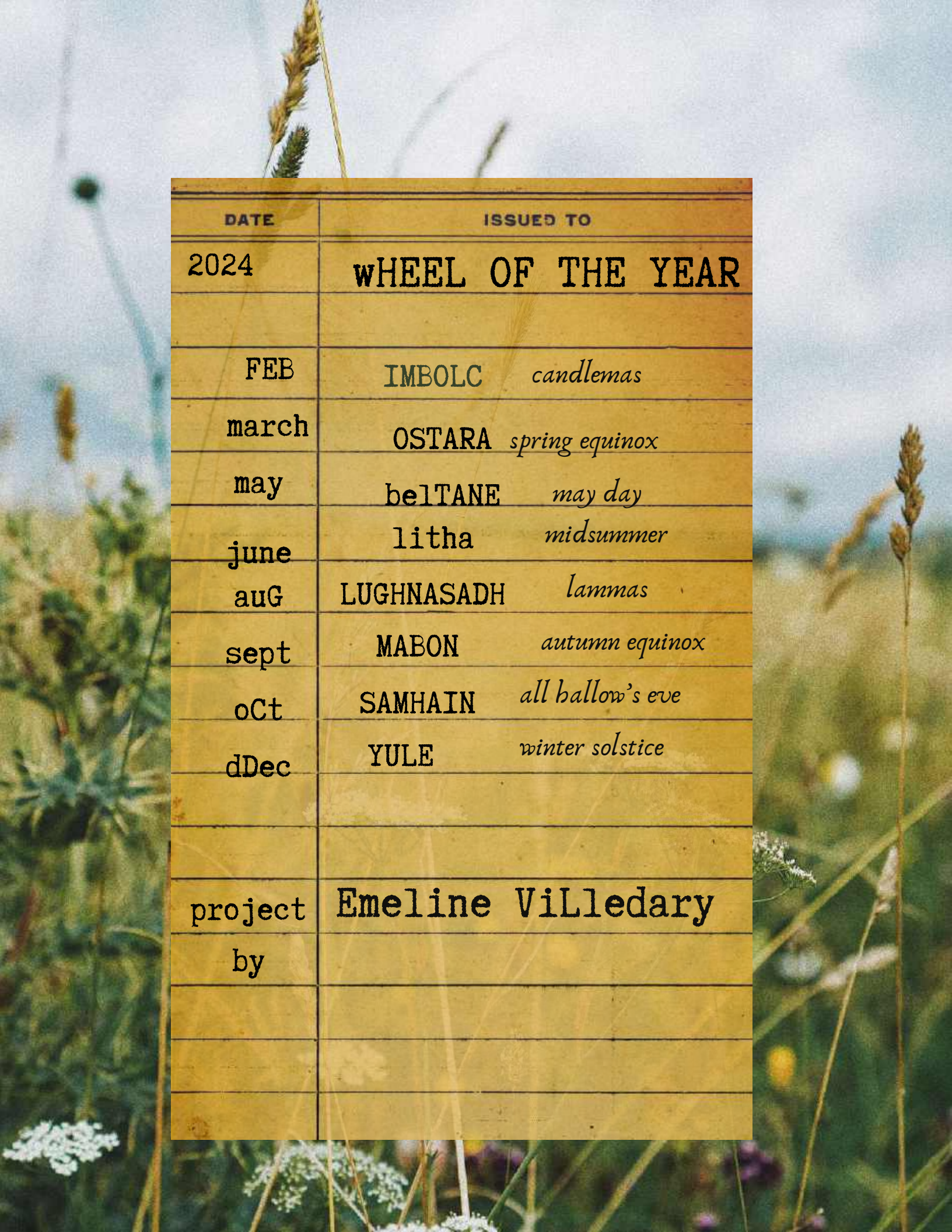


WHEEL *of* THE YEAR

Folklore. herbalism and essays on the threshold cycles of Natural Life.

EMELINE VILLEDARY


DATE
ISSUED TO
2024
wHEEL OF THE YEAR
FEB
IMBOLC
candlemas
march
OSTARA
spring equinox
may
belTANE
may day
june
litha
midsummer
auG
LUGHNASADH
lammas
sept
MABON
autumn equinox
oCt
SAMHAIN
all hallow's eve
dDec
YULE
winter solstice
project
Emeline ViLledary
by



DATE	ISSUED TO
CONTENTS	
	welcome essay
	IMBOLC
	BRIGID
	PLANTS
	REFLECTIONS
project	
by	Emeline ViLledary

dearest,

Certain seeds are kept in glass jars, on narrow wooden shelves, collecting dust. They sit dormant, requiring no-thing, and they patiently sit there doing, no-thing.

Some will stay like this.
Some will fall ill to mildew and mold.
Some will fly across the world to sprout and die before they make seeds themselves.
Some will find soil and water and just enough light to thrive and produce tens of thousands of offsprings, who may or may not end up in dusty jars on narrow shelves.

Some will grow tall, some will grow small.
Some will attach themselves to the sleeves of your chore jacket and survive the tumble cycle of your Maytag dryer.

Seeds, once upon a time, were the foretoken of brighter days, of the sun and its light.

In the deep winter months, when food, oil and comfort were scarce, seeds were the investment of future sustenance. Larders were emptied and dried cured meats long ago eaten, ewes pregnant with their young. The elderly and young fighting to hold onto spring, when life would return. The anticipated birth of the lambs promised survival, and their mothers' milk was happily brought back into the home.

Slowly, things began to thaw.

And so we find ourselves at the midpoint between winter solstice and spring equinox, what the ancient Celtic people called Imbolc, "in the stomach of the mother".
About to be birthed, but not out of the woods just yet.

This is not a festival of bonfires and feasts aplenty- for there was no feasting to be done. But it is the festival of the single candle, in the window, calling on the goddess Brigid to bless the home and guard the health of the fragile ones inside.

It's holding a candle, as a vigil for hope in dark times.
It is hoping for an outcome that is free from suffering,
Hoping for plentiful rows of vegetables and sheaths of grains,
hoping for milk spilling from buckets and cheeses resting on shelves.

It is the promise of a hunger satiated.

Welcome to Imbolc

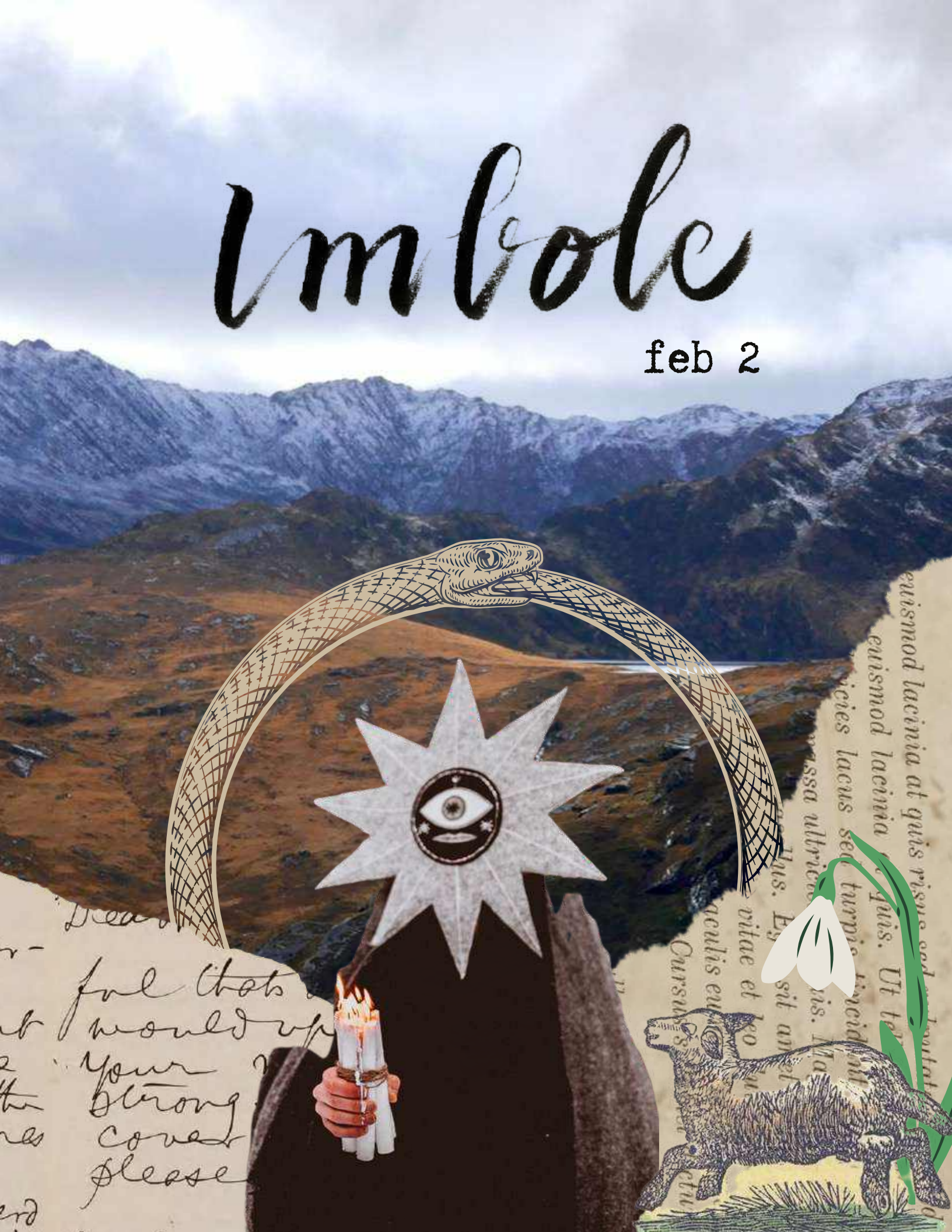


portrait by: annabelle agnew

Emeline

Imbolc

feb 2



IMBOLC

Different sources report different meanings but IMBOLC comes from the Old Irish meaning 'in the belly', and refers to the pregnancy of ewes at this time of year. It can also be traced back to the Old Irish verb folcaim, 'to wash/cleanse oneself".

Celebrated between January 3I and February 2 , this marks the halfway point between the winter solstice and spring equinox., during the period where the first seeds of the season were sown, and farmers turned to the deities of fertility and harvest in the hopes of bringing good fortune on their crops.

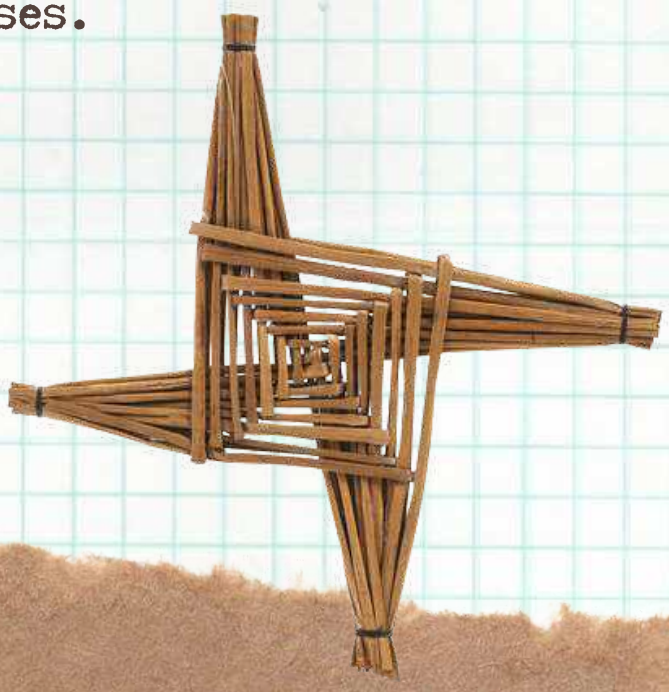
This was also the time that the lambing season began and ewes started producing milk again, marking the return of a much missed protein, heavy in fat and sustenance, when the larders were beginning to empty.

imbolc

As the areas became Christianized, Imbolc became the day of the Patron Saint Brigid.

St Brigid was believed to have travelled through the land on the eve of her feast day and gave blessings and protection to homes and farms where these crosses were hung in her honour.

The traditional meal at St Brigid's Day was a supper of potatoes and freshly churned butter. Often, Colcannon was made by adding chopped cabbage. Apple cakes or barm brack followed with tea. The family would eat this meal together and make their St Brigid's crosses.





OTHER SAME CELEBRATIONS:

The seasonal turning points in the Celtic year were immensely important communal festivals in prehistoric, pre-Christian times. Of these festivals, the dates have continued to be important down to the present time. For the ancient Europeans, these days were so crucial and so embedded in their cultural sense of time that when the Western European peoples were Christianized, the new Church, unable to root them out, “baptized” them into Christian holidays.

OTHER SAME CELEBRATIONS:

CHRISTIAN: Candlemas (Germanic Origin), also referred to as the Feast of the Presentation of Jesus Christ, a Holy Day in the Christianity, which commemorates the end of the post birth cleansing period for Mary, the mother of Jesus Chris. After this period, it was a jewish religious custom to present infants to the Temple to be officially recognized and to “purify” the mother after a “soiling” event. Candles were traditionally blessed at this festival, to signify the Light of the Christ. Preparing foods like pancakes, is a modern day way to celebrate.



OTHER SAME CELEBRATIONS:

GROUNDHOG DAY:

Ancient Germanic people developed the practice of observing the hibernation patterns and behavior of animals like badgers to forecast the weather. The best known Groundhog Day ceremony occurs each year in Punxsutawney, Pennsylvania.

This annual festival traces its origin to I887, when members of the local Elks Lodge first went to consult a nearby groundhog about the weather. The observance developed into an annual tongue-in-cheek ceremony at which the groundhog, given the name “Punxsutawney Phil” in the I960s, communicates his prediction to the “Inner Circle,” a group of men wearing formal suits and top hats.

Imbolc Altar: Correspondences & Symbols

Imbolc Colours: Green, White, Black

Elemental Work: Earth, Fire

Candles: green, plain beeswax, yellow, orange

Imbolc Flowers & Plants: Galanthus (snowdrop),

Imbolc Food: raisins, butter, bread, apples

Imbolc Drink: tea, milk, wine

Imbolc Gods & Goddesses: Saint Brigid, Aradia, Februus

Imbolc Crystals: Amethyst, Hematite, Garnet, Ruby, Onyx

Imbolc Animals: fox, bear, groundhog, lamb

Imbolc Incense & Herbs: Cinnamon, Violet, Vanilla, Galanthus, Angelica, Basil, Laurel

Other Imbolc Ritual Attributes: Brigid Cross, Milk, Lanterns, Candles, Plough

Imbolc Altar Cloth: white, yellow



Brigid



painting by BAHMAN

BRIGID



Wright, Gregory. "Brigid." Mythopedia, November 29, 2022.

Brigid, or the Exalted One, was the Irish goddess of spring, fertility, and life. Beloved by poets, she was the master of both healing and smithing. Her holiday, Imbolc, was held on February Ist and marked the midpoint of winter. Many of Ireland's wells and waterways were devoted to her.

Stemming from the Proto-Celtic word Briganti, meaning "the High One" or "the Exalted One,". The name likely refers to the goddess's connection to sunlight and fire, but may also be related to dawn goddesses across the Indo-European world. Brigid is derived from the Proto-Indo-European root for "to rise" or "high", as is the English word bright.
Brigid was also known as the Goddess of the Wells, due to her connection to wells and waterways.

Brigid's domain over fertility and motherhood included not only mortals and gods, but animals as well.

BRIGID

Wright, Gregory. “Brigid.” Mythopedia, November 29, 2022.

In an early incarnation, Brigid was called the Flame of Ireland, Fiery Arrow. She was a Goddess of the forge as well, reflecting on her fire aspect. Legend says that when she was born, a tower of flame reaching from the top of her head to the heavens. Her birth, which took place at sunrise, is rumored to have given the family house the appearance of being on fire.

For many centuries, there were I9 virgins (originally priestesses and later nuns) who tended Her eternal flame at Kildare. There they are said to have sung this song:

"Bride, excellent woman,
sudden flame,
may the fiery, bright sun
take us to the lasting kingdom."

These women were the virgin daughters of the Fire. Brigid's shrine at Kildare was active into the I8th century .



A sculpture from the Roman Fort at Birrens in Scotland. This is Brigantia, the native goddess of the Brigantes, a tribe in northern England & southern Scotland.
The inscription reads 'Sacred to Brigantia: Amandus, the engineer, fulfilled the order by command' ©TrimontiumTrust

BRIGID



Wright, Gregory. "Brigid." Mythopedia, November 29, 2022.

In an ancient Irish text, Brigid and her I9 priestesses took turns in guarding a sacred fire which burned perpetually and was surrounded by a hedge within which no male might enter.

Brigid's sacred number was nineteen, representing the nineteen-year cycle of the Celtic Great Year, the time it took from one new moon to the next to coincide with the Winter Solstice. It was believed though, that on the twentieth day of each cycle Brigid herself would tend the flame. Of this fire, it was said, that although it was fed the sacred wood of the hawthorn over a long period of time, the ashes never increased.



BRIGID

Wright, Gregory. “Brigid.” Mythopedia, November 29, 2022.

SACRED WELLS:

In a Druidic ritual, Brigid is honored with a central well containing candles. It was common in olden times to dress the well with flowers and greenery. Often coins and other silver objects were offered to the well. Many of Brigid's Holy Wells still exist, some sacred to Her for thousands of years. Her waters were said to heal all manner of disease.

PATRONESS OF THE FIRE:

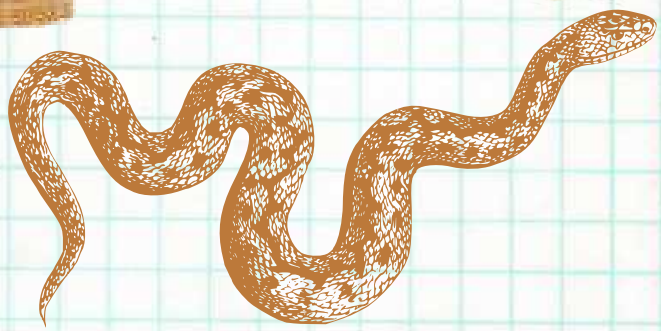
The household fire is sacred to Brigid. The fire should be kept going, and each evening the woman of the household would smoor the fire, (cover it over to keep the fire overnight), asking for the protection of Brigid on all its occupants



brigid is considerd a triple goddess, akin to the Mother Maiden Crone Archetype also found in the myths of Persephone, Demeter and Hecate as well as the Christian concept of the Holy Trinity

BRIGID

associated animals

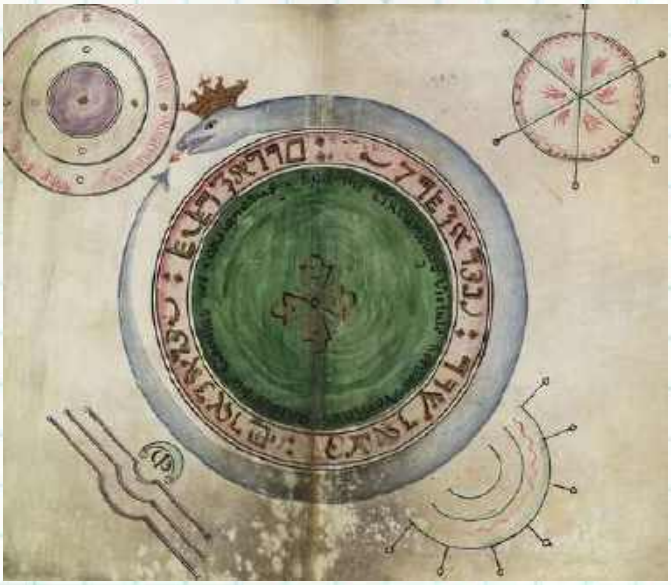


In Scottish lore, Brighid's serpent would emerge from winter hibernation on Imbolc. If the weather was auspicious, it would remain active, it's behavior and movement closely watched to determine how few days of winter remained. But if it returned to it's lair, then spring would be delayed by a month or more.

the serpent will come from the hole
On the brown Day of Bríde,
Though there should be three feet of snow
On the flat surface of the ground.

The healing, fertility, and transformational powers of serpents also connected them to Brighid. As the serpent sheds its skin and is renewed, so is the Land renewed with the coming of spring.

The cthonic serpent is Brighid's connection to the land and sovereignty. It was said to hold its tail in its mouth and its powers of regeneration and immortality were such that it could be cut into many pieces, and would then merge back into a single living serpent again.





"saint-bride"

john duncan I902

BRIGID

During Imbolc, offer coins or other gifts at sacred wells and waterways to honor Brigid. You can also keep a fire burning, light a candle in her honor, or write a poem dedicated to her.

Imbolc is a beautiful time to work with seed magick. Plant seeds inside with intentions, and care for the plants through Ostara, Beltane, and Litha.

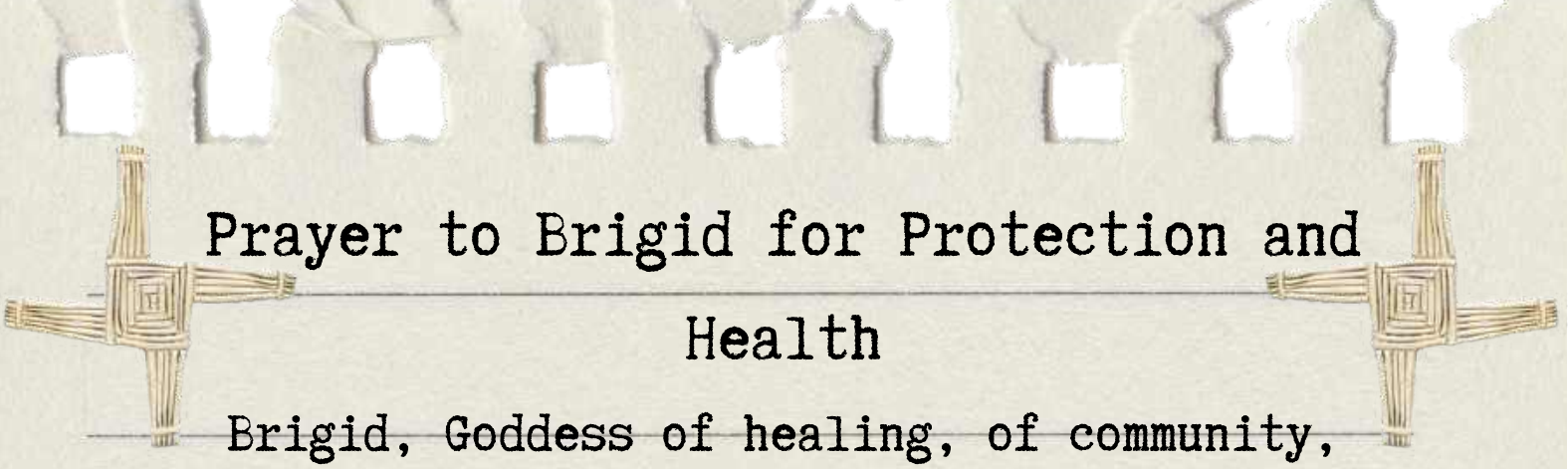
See how your intentions come to fruition with the growing cycles.

BRIGID

It is tradition to ask the great goddess for healing, protection, and inspiration during this time.

During the days of Imbolc we can expect transition and change.

Our bodies are aligned with the seasons so it's no surprise that with the seasons we begin to feel the transformation ourselves.



Prayer to Brigid for Protection and Health

Brigid, Goddess of healing, of community, of justice; protector, healer, and patroness of sovereignty, I light the candles of your shrine.

Great warrior Goddess, prepare us for the battles ahead that we all must face, alone and together.

Goddess of justice, You are She who will light our way in these dark times. I ask that you raise us up so that we may do your work.

May we be healthy, loved, and giving of our own love. May we, in the coming days, be protected from harm. May we be free of that which threatens our well-being.

Walk with us as you walk over this earth, sharing your power, wisdom and grace.

So May It Be.

ASSOCIATED PLANTS



SNOWDROPS

In the tale from the Garden of Eden, Eve was distraught after God had cast her out of the Garden of Eden amidst unending snow. At this moment of despair, the angel caught a snowflake and breathed upon it. The snowflake fluttered to the Earth and gave birth to the snowdrop. This delicate bloom came to symbolize hope and rebirth. Even in snowy conditions, the first spring flower's early emergence symbolizes its ability to overcome challenges. It's a beacon of rebirth and return of spring. As such, the snowdrop shares its symbolism with other early bloomers, embodying perseverance and resilience.

new beginning

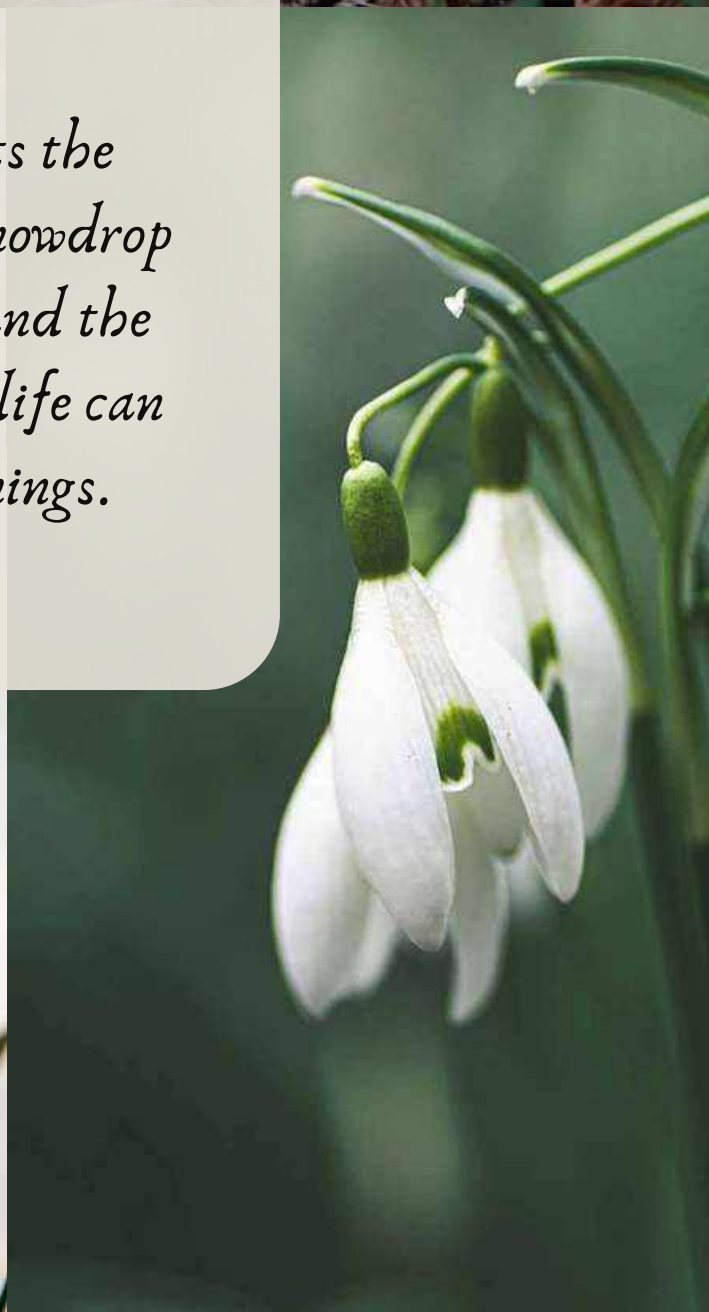


Snowdrop bloom early in the spring and signals the start of something fresh – a new beginning, like a daffodil. It announces the arrival of spring, a season synonymous with renewal.



Just as spring represents the Earth's fresh start, the snowdrop epitomizes new chances and the idea that great things in life can stem from small beginnings.





REFLECTIONS

To celebrate Imbolc, pay attention to the ways in which you are reawakening, much like the Earth is.

Ask yourself questions like:

What needs to be cleared in my life to make space?

How am I transforming?

What seeds am I planting?

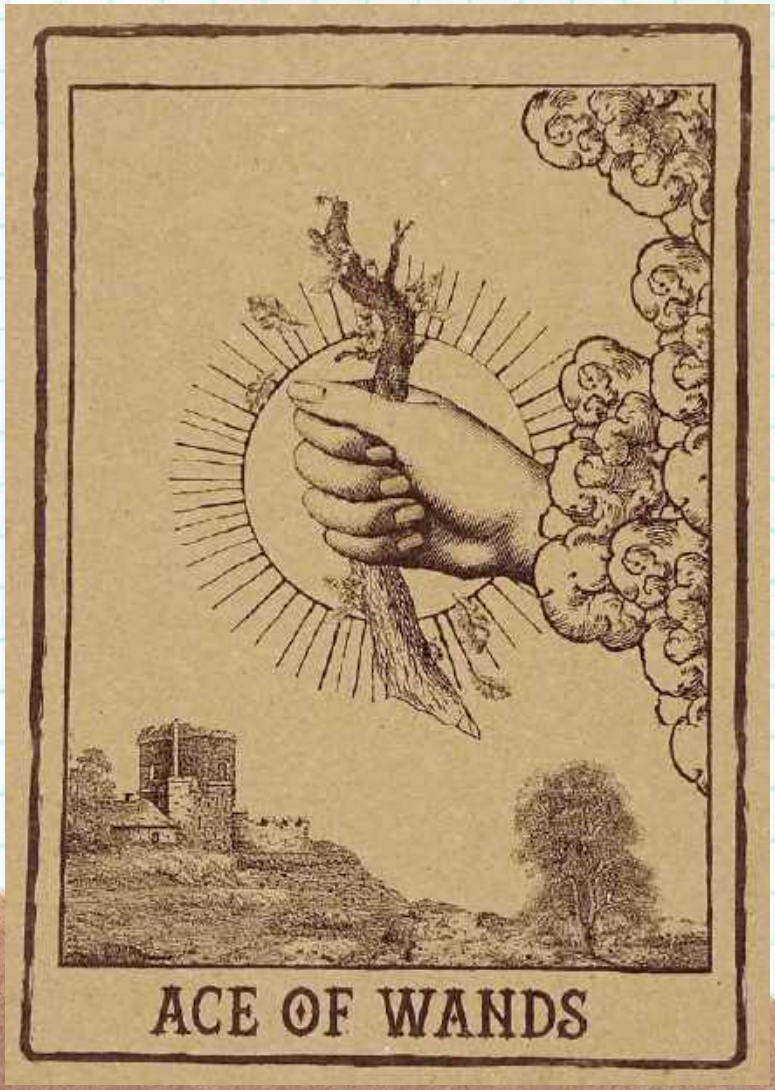
What exists on that horizon?



REFLECTIONS

Check out the Ace of Wands tarot card. This is the card of new growth and emerging to a new state of being.

Use this card as the jumping off point for your reflections .



FURTHER READING

On Brigid

Tamed Wild Article on Imbolc

Snowdrops

All about Imbolc & rituals

Podcast about Brigid & her counterparts




F. HARRISON.


ostara

dearest,

If you live in the North East, you're probably experiencing a strange weather. Scratch that, if you live ANYWHERE in the world, you are probably experiencing a strange season.

As we navigate this springtime, I am filled with awareness of just how strange this transition is: the one from slumber to awake. The socialized selves expect to bounce into blooming and production, we shed our coats and boots, almost assuredly to be put back into our place by Mother Nature. The body knows that this shit takes time. This process does not happen solely on one magical day, regardless of what your Instagram feed tells you!

Sometimes we find ourselves in a winter that is years long, and our awakening can easily mirror that timespan.

My life is in the process of waking up after a long four year winter of Pandemic, Grief of parental loss and the welcoming of Sofia, our new baby. But finally, the signs of spring are slowly showing themselves.

There has been something very tender about having another baby this far into my years and my parenting adventure. Loving and caring for this unexpected gift is teaching me lessons I was not awake for in my first round of mothering.

Over the last month, we've moved this very same toddler out of our bedroom and weaned her.

She's been breastfeeding for well over 2 years- the longest any of my children breastfed- and while I thought the transition would harder, everything fell into place very easily.

Perhaps Sofia was also ready for a new chapter.

With this herculean task under my belt, what I consider to be the most taxing period of motherhood (I2 months-30 months) is now behind me.

My body, now fully autonomous, is slowly restoring itself- and its sleep. New soil is being turned over, my own call to adventure is in the air.

As above, so below they say. I guess my life is mirroring the solar aspects of this Vernal Equinox. As the sun hits straight onto the equator and the ratio of dark to light is restored to 'balance', Spring asks us to awaken to the life stirring inside.

With this rising, it's normal to feel equal parts excitement over what IS growing, and grief over those parts that have not survived.

Winter can have many casualties. Try as we may, we can plan gardens and plan lives, but I am coming to trust that something larger than ourselves (Mother Nature perhaps?) decides who stays and who goes.

But sometimes our roles as stewards of the land is not necessarily to decide what will grow next, but to care for what is already growing.

May you find in these pages something that awakens the seeds that have been wintering inside of you.

Welcome to OSTARA

Emeline



portrait by: annabelle agnew

OSTARA



Jacques Reicht

OSTARA

Alexis Cunningfolk

Ostara, also known as the Vernal or Spring Equinox, marks the second of three spring festivals landing in-between Imbolc (Feb 2nd) and Beltane (May Ist).

An Equinox is the moment in time when the Sun stands directly above the equator and day and night are of equal length.

When light and dark are equal it is an opportunity for us to consider balance in our lives and what we might need to address to ensure that we are tending equally to all aspects of our life - physical, emotional, mental, spiritual.

Is there balance between our inner and outer worlds?



OSTARA

Alexis Cunningfolk

The Spring Equinox marks the transition of the Sun from the final sign of the zodiac (Pisces) to the first (Aries). We begin our journey around the wheel of the Zodiac once more.

We leave the dreamy waters of the fish to the fiery-headed realm of the ram. The energy of the earth is stirring after winter's slumber. From the diffusive way of Pisces, energies within and around us begin to move inward and up.

Take pleasure in the delirious scents of flowers in the air. Laugh loudly to clear out stagnation in your lungs. Swing your arms up to catch the wind. Light sacred fires and revel in the new promise of spring.





John Bingley Garland (I79I-I875)

Collage of prints and metallic foil



OSTARA

Raven Kaldera

Ostara, or Eostre or Eastre, is the Germanic Goddess of spring and dawn and her celebration symbolizes fertility, rebirth, and renewal.

The name "Eostre" is related to that of Eos, the Greek goddess of dawn, and both can be traced back to a Proto-Indo-European goddess of dawn.

It is the source word for Easter and Estrogen.

Ostara is only mentioned once in scholarly writings of the period. Her material is so scant that some scholars have speculated that she was not a goddess at all, but simply an invention of Bede, the 7th century monk who we have as a lone source.

OSTARA

Raven Kaldera

Jakob Grimm, in his Teutonic Mythology, maintained that "Ostara, Eástre, was goddess of the growing light of spring." Holy water in the form of the dew, or water collected from brooks, was gathered at this time; washing with it was said to restore youth. Beautiful maidens in sheer white were said to seen frolicking in the country side. Also according to Grimm, the white maiden of Osterrode was said to appear with a large batch of keys at her belt, and stride to the brook to collect water on Easter morning.



ÖSTERA, THE PAGAN GODDESS OF EASTER.



OSTARA

Holly Westwood

Ostara is usually experienced as a young maiden - as Ember Cooke writes, "...old enough to bear children, but not a mother." She is wreathed in flowers or new greenery, and often dances. She is often joyous, but can just as easily turn suddenly solemn, like the spring weather that can quickly turn to rain. Like Spring itself, she is capricious, innocent and knowing by turns.

Hail to the Maiden of Spring, the dawning of the year!

Bring freshness into all our lives

OSTARA

Holly Westwood

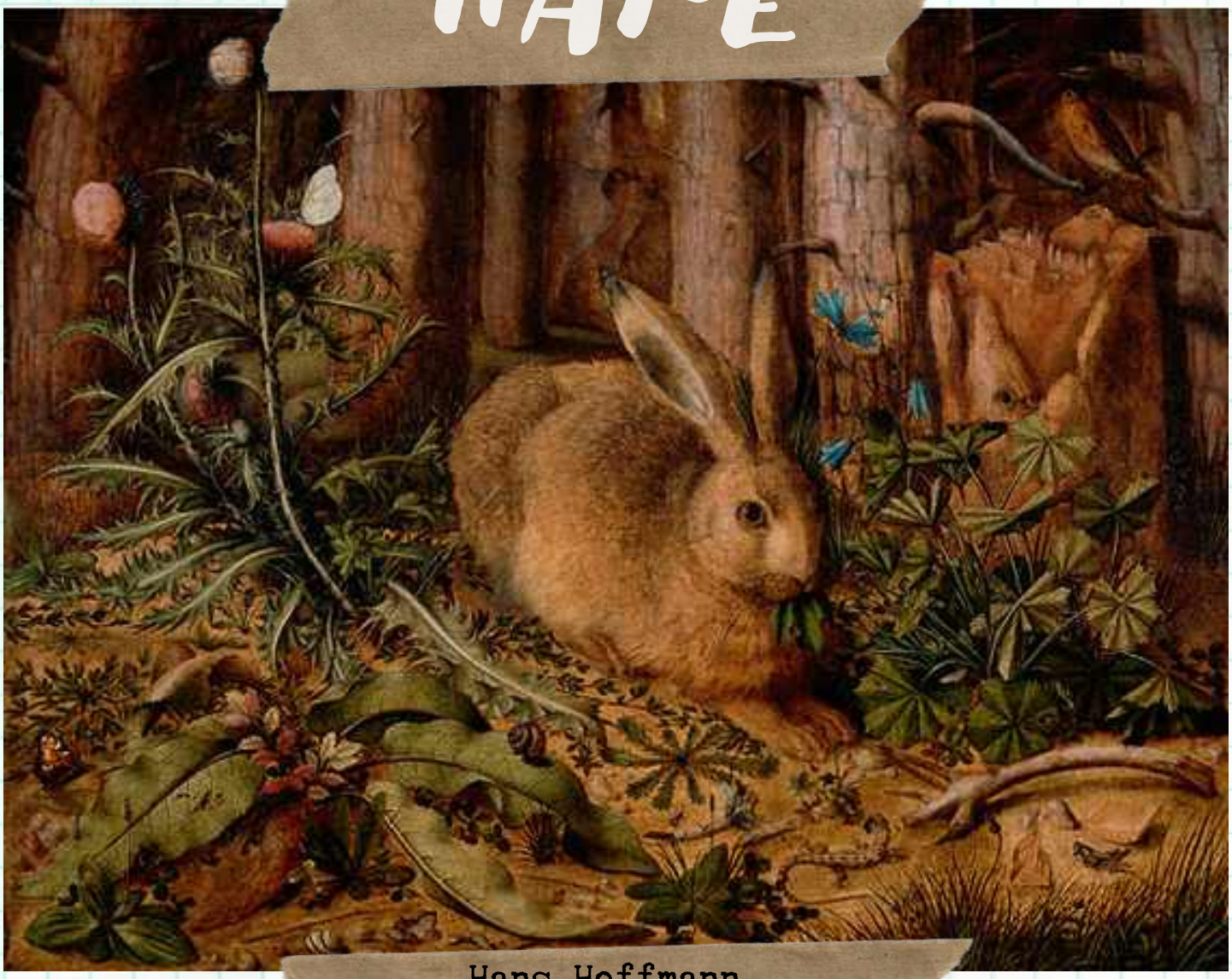
There are a few versions of her legend, but all begin late one Spring when Ostara was in a hurry across the land and stumbled upon a small bird. The bird was shivering and on the verge of death from the cold. Alarmed by the sight, Ostara could not continue on her journey. She stopped and tried to warm the bird and bring it back to life, it was too late.

The bird was frozen and so laden with frost that its wings did not open, meaning it could no longer fly and would soon perish. Ostara did not turn her back on the flightless bird instead, she transformed him into a hare so that he could hop away instead. In some versions, she bestows the ability to lay coloured eggs upon the hare. In others, the hare lays colourful eggs in gratitude towards Ostara for saving his life.



OSTERA, THE PAGAN GODDESS OF EASTER.

HARE

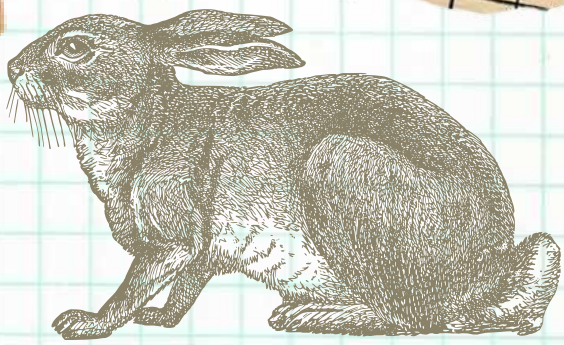


Hans Hoffmann

A Hare in the Forest

I585

THE HARE



associated animals

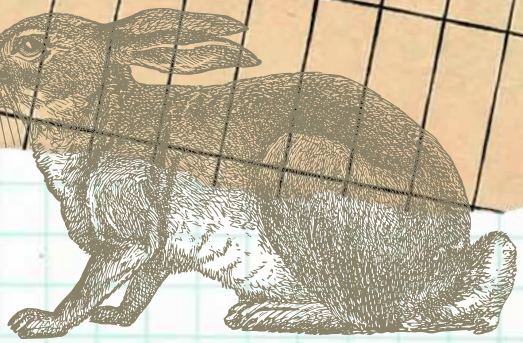
The spiritual meaning of the Hare is one of magic and mystery. The Celts associated the hare or rabbit with the full moon, night and anything supernatural. The gestation period for the hare is 28 days the same as the moon.

The hare lives in both worlds and was held in high regard by our ancient ancestors. The hare is a true earth element animal, spending it's days underground in a maze of burrows, coming out to play in the late evening sunset.

The hare will ground you instantly.

Associated with spring and Easter and the Goddess Ostara. The hare brings new beginnings, new birth, rebirth, bringing together the power of three, the past, present and future. The symbol of three hares with their ears touching can be seen at many sacred sites, symbolizing life, the circle of life and changing seasons of the year. The three ears interlocking has a similarity with the triqueta, the sign for everlasting love. The power of three represents the land, sea and sky; maiden, mother, crone; mind, body spirit; these are just a few examples.

THE HARE



In Chinese mythology, the moon rabbit legend involves the exquisitely beautiful lady Chang'e, whose husband, a warrior and archer named Hou Yi, was awarded the elixir of immortality as a reward for his courageous deeds.
Chang'e drank the elixir, thus gaining immortality and floating off to the moon, where she met a jade rabbit that was already living there.

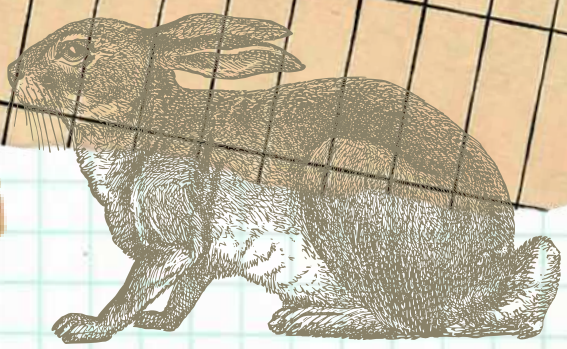
She became the goddess of the moon and the white rabbit became the pharmacist in charge of making the elixir of immortality.

Today, you can see the outline of a hare in the full moon.

The mystical three-hares symbol depicted in the Chinese cave of Mogao seems to have gained enough traction to set off on its own pilgrimage on the Silk Route. It crops up across the whole length of Asia from Turkmenistan to Syria and Egypt.

The hare or rabbit symbol in Asian cultures draws on ancient Buddhist and Taoist legends. It is attributed with supernatural, magical powers and is associated with the moon and lunar cycles and by extension with menstrual cycles.

THE HARE



In Germany the symbol of the three hares can be found in church interiors and even pops up in some town seals.

Many churches in England and France also feature reliefs of the three joined hares.

The symbol of the three hares appeared later in synagogues and on Jewish gravestones from Ukraine to Germany. In Judaism, the symbol of the hares in a ring was most likely seen as a representation of eternity.



EGGS



THE EGG SYMBOL
around the world

Krystal D'Costa

Ancient Egyptians believed in a primeval egg from which the sun god hatched. Alternatively, the sun was sometimes discussed as an egg itself, laid daily by the celestial goose, Seb, the god of the earth. The Phoenix is said to have emerged from this egg.

Hinduism makes a connection between the content of the egg and the structure of the universe: for example, the shell represents the heavens, the white the air, and the yolk the earth. The Chandogya Upanishads describes the act of creation in terms of the breaking of an egg:

The Sun is Brahma—this is the teaching. A further explanation thereof (is as follows). In the beginning this world was merely non-being. It was existent. It developed. It turned into an egg. It lay for the period of a year. It was split asunder. One of the two egg-shell parts became silver, one gold. That which was of silver is this earth. That which was of gold is the sky .



THE EGG SYMBOL

Krystal D'Costa

The cosmic egg, according to Vedic writings, has a spirit living within it which will be born, die, and be born yet again. Certain versions of the complicated Hindu mythology describe Prajapati as forming the egg and then appearing out of it himself.

The ancient legend of the Phoenix is similar. This beautiful mythical bird was said to live for hundreds of years. When its full span of life was completed it died in flames, rising again in a new form from the egg it had laid.

As with many symbols, the Easter egg has continued to shift. When the Lenten fast was adopted in the third and fourth centuries, observant Christians abstained from dairy products, including milk, cheese, butter, and eggs.

In England, on the Saturday before Lent, it was common practice for children to go from door to door to beg for eggs —a last treat before the fast began.



PYSANKA

The word pysanky (plural of pysanka) is derived from the Ukrainian verb to "write" or "inscribe." Designs are created using beeswax and the batik application methods.

The eggs are dipped repeatedly in different coloured dyes. Between each dipping, beeswax is painstakingly applied so that the dye colours only the exposed parts of the shell.

The history of pysanky eggs goes back thousands of years. In ancient times they were thought to have talismanic powers, for example, of prosperity, long life or protection.



MARY MAGDALENE



Brother Robert Lentz.

According to tradition, after Jesus' Ascension into heaven, the Magdalene—a wealthy woman of some importance—boldly presented herself to the Emperor Tiberius Caesar in Rome to proclaim the resurrection of Jesus Christ, with an egg in hand to illustrate her message.

Holding the egg out to him, she exclaimed for the first time what is now the universal Easter proclamation among Christians, "Christ is risen!"

The emperor, mocking her, said that Jesus had no more risen than the egg in her hand was red. Immediately, the egg turned red as a sign from God to illustrate the truth of her message. The Emperor then heeded her complaints about Pilate condemning an innocent man to death, and had Pilate removed from Jerusalem under imperial displeasure.

.



ПОКУТТЯ

ПОКУТТЯ

ПОКУТТЯ

ПОКУТТЯ

ПОКУТТЯ

ПОКУТТЯ

ПОКУТТЯ

ХОЛМЩИНА

ХОЛМЩИНА

ASSOCIATED PLANTS



PANPELION

DANDELION

Latin name Taraxacum officinale



Plant family Asteraceae

Folk names Lion's tooth, Piss-in-bed, blow ball, tell-time, clock flower, bitterwort, Irish daisy, puff ball, wild endive.

Etymology Taraxacum is derived from the greek "taraxos" meaning disorder and "akos" meaning remedy. In French, dandelion is 'dent de leon' or the teeth of a lion. In Chinese, the translated name reads as 'yellow-flowered-earth-nail

Temperature: Cold

Moisture: Moist

Tissue State: Hot/Excitation, Damp/Stagnation

Taste: The leaf tastes bitter, the root is bitter and sweet.

DANDELION

Tree Frog Farms

Use Dandelion when you have problems with your liver or gallbladder or experience old anger and rage that are turned outward towards others or inward towards yourself. It is useful when you have difficulty planning and organizing your life and putting what you have planned into action. Dandelion helps to clear the energetic patterns of addictive behaviors such as alcoholism and chemical sensitivities that have become embedded in the liver and gallbladder. It supports the release of emotional and physical imbalances that feed hormonal imbalances, such as menopausal hot flashes.

Dandelion attunes you to the essence of the sun to upgrade the quality of how you live. Tuning the liver and gallbladder to the sun's radiance increases the frequency of the many functions performed by the liver and gallbladder. It promotes deep cleansing of toxic imprints on the physical, emotional, and mental levels. The imprints may be genetic, present or past life experiences, or environmental toxins.

DANDELION

Patti Wigington
~~Patti Wigington~~

Many dandelion superstitions have evolved into childhood tales - ask any seven year old, and they'll tell you that if you blow on a dandelion puff, the tiny seeds will carry a wish for you. Also, hold a dandelion bloom under your chin - if your skin appears yellow, you'll be rich some day. This particular legend dates back to medieval times.

According to Maud Grieve's A Modern Herbal, the dandelion has a number of medicinal properties. The sap from the stems can be used to cure warts, and the leaves can be dried and made into a tea to aid in digestion. A tincture brewed from the bright yellow flowers is believed to help with complaints related to the liver, and the root can be dried and brewed into a tea as well.

Some people use dandelions to enhance psychic abilities. In his Encyclopedia of Magical Herbs, author Scott Cunningham recommends the use of dandelion roots in a tea to aid in divination and prophetic dreaming.

DANDELION

Patti Wigington

In some magical belief systems, the dandelion is associated with growth and transformation - after all, a few dandelion flowers soon turn into hundreds of seeds waiting to travel around the neighborhood, repopulating other yards. There's also a connection to moving on - if you've got a bad habit you want to get rid of, associate it with a dandelion puff, and then blow it out away from you.

These hardy yellow flowers will grow just about anywhere, adapting to a variety of soil conditions. Take advantage of their resilience and use dandelions to represent strength and your ability to overcome adversity. In some magical traditions, dandelions are associated with the goddess Aphrodite because of her connection to bees. In others, this plant is connected to the underworld, by way of its association to the goddess Hecate.





SPRING MAGIC!



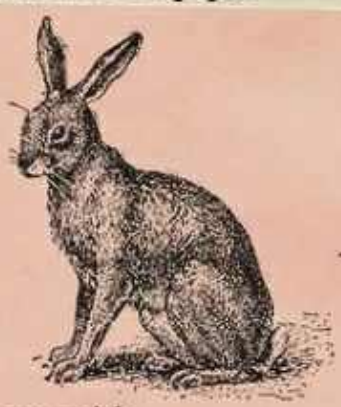
OSTARA PRACTICES AND CORRESPONDENCES

by @MadameCulpeper



Date

Northern Hemisphere:
March 20th - 21st



Practices

-Egg Magic
-Planting Seeds
-Labyrinth Meditation
-Garden Blessing
-Rebirth Ritual

Symbols and Alter Items

Eggs - The symbol of rebirth. Dying eggs with pastel colours of Spring is a long held tradition.
Rabbits and Hares - Sacred to the Lunar Goddess as a symbol of fertility.
Lambs - Sacred to the Virgin Goddesses
All Spring Flowers, Seeds and sprouting foliage
Pastel Colours of Spring

Food

Eggs
Honey Cakes
Edible Fower Cookies
Seeded Breads
Leafy Green Salads





Herbs

Dandelion - For renewed wishes, hopes and spiritual dreams.
Lemon Balm - For cleansing and healing, also used to make way for new opportunities.
Mint - For healing, vitality and wish making.

Crystals

Amythest - Balance
Rose Quartz - Love
Carnelian - Action
Tiger's Eye - Energy
Moonstone - Emotional Balance

CREATING AN ALTAR:

Set up an altar with symbols of spring such as flowers, eggs, seeds, and representations of animals associated with fertility like rabbits and lambs. Use colors such as pastels, greens, and yellows to represent the awakening earth.

PLANTING SEEDS:

Plant seeds or bulbs in your garden or in pots as a symbolic act of sowing intentions for growth and abundance in your life. As you plant each seed, visualize your goals and desires taking root and growing over the coming months.

CANDLE MAGIC:

Light green, yellow and pink candles and meditate on your goals and aspirations for the coming months. As the candles burn, visualize your intentions manifesting in your life.

OFFERINGS TO THE EARTH:

Make offerings to the earth to show gratitude for the abundance of the season. Offerings can include food, flowers, or other gifts that are biodegradable and respectful to the environment.

SPRING CLEANING:

Use the energy of the equinox to cleanse and purify your home and sacred space, specially windows! Clear out clutter, sweep away negative energy, and create a fresh, welcoming environment for the season ahead.

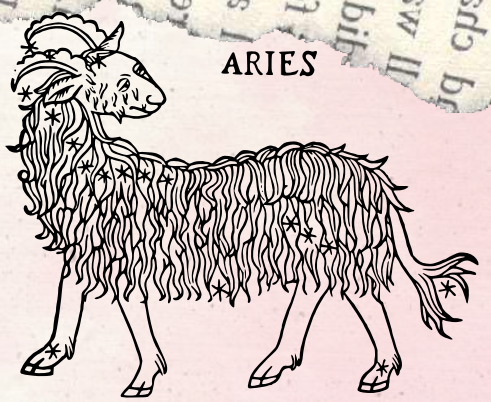
SUNRISE OR SUNSET RITUALS:

Mark the changing of the seasons by performing a ritual at sunrise or sunset. You can greet the rising sun with gratitude and set intentions for the day ahead, or bid farewell to the setting sun as you release anything that no longer serves you.

ARATEA PHAENOMENA.

ARIES.





INITIATION AND LEADERSHIP:

Aries is ruled by Mars, *the planet of action, energy, and assertiveness.* During Aries season, *there's a strong emphasis on taking the initiative, asserting oneself, and leading the way.* It's *a time to be bold, proactive, and decisive in pursuing our goals and ambitions.*

COURAGE AND CONFIDENCE:

Aries energy is characterized by courage, confidence, and a pioneering spirit. This is *a time to embrace challenges, take risks, and step out of our comfort zones. Aries season encourages us to believe in ourselves and our abilities, trusting that we have what it takes to overcome obstacles and achieve success.*

INDEPENDENCE AND SELF-EXPRESSION:

Aries is a fiercely independent sign that values autonomy and self-expression. During Aries season, *we may feel a strong urge to assert our individuality, speak our truth, and pursue our own path, even if it means going against the grain or challenging established norms.*



IMPULSIVENESS AND RESTLESSNESS:

Aries energy can sometimes be impulsive, impatient, and restless. During Aries season, we may feel a heightened sense of urgency and a desire to act quickly without necessarily considering all the consequences. It's important to balance our enthusiasm with mindfulness and thoughtful planning to avoid unnecessary conflicts or setbacks.

ENERGETIC AND DYNAMIC:

Aries season is marked by a surge of energy and vitality. This is a time to embrace physical activity, pursue our passions with gusto, and seize opportunities for growth and adventure. Aries energy is dynamic and fast-paced, encouraging us to embrace life with enthusiasm and zest.

CONFLICT AND COMPETITION:

Aries is a competitive sign that thrives on challenge and competition. During Aries season, conflicts may arise as individuals assert their needs and desires more assertively. However, these conflicts can also serve as catalysts for growth and self-discovery, helping us clarify our priorities and boundaries.



Art by Sophiequi

STORYTIME

GOLDEN FLEECE

King Athamas had two children with the cloud nymph Nephele, a boy named Phrixus and girl named Helle. One day, the king falls for another woman, Ino. Nephele leaves in anger, which causes a drought, then Ino plots to have the children sacrificed under the pretense of saving the town's crops.

Coming to her children's rescue, Nephele sends the flying, golden-fleeced ram, Khrysomallos , which takes the kids over the ocean. While on the ram, Helle falls in the sea and into the arms of Poseidon, but Phrixus makes it safely to Colchis. There, he marries the daughter of king Aeëtes (son of Helios) and in thanks, sacrifices the ram to Zeus. He then gives the Golden Fleece to the king, who hangs it on an oak tree belonging to Ares. . Khrysomallos was afterwards placed amongst the stars as the constellation Aries and his shining fleece became the goal of the quest of Iason (Jason) and the Argonauts.



REFLECTIONS

What seeds have you planted in your life, what for them to grow?

What does it mean for you to nurture, to be nurtured?

How does your growth impact the people and world around you?

Where do you feel out of balance? How can you restore equilibrium?





TAROT

Check out the following tarot cards for reflections on this season:

The Empress

9 of cups

6 of pentacles

The Star

The Wheel of Fortune

FURTHER READING

OSTARA HISTORY — Stephen Winnick

OSTARA FOLKLORE — Northern Paganism

THREE HARE SYMBOL: — Allison Meir

SPRING MAGICK: — Worts + Cunning

DANDELION: — Herbalism Profile

Flower Essences

ARIES SEASON: — Jordane Maree

Jessica Davidson

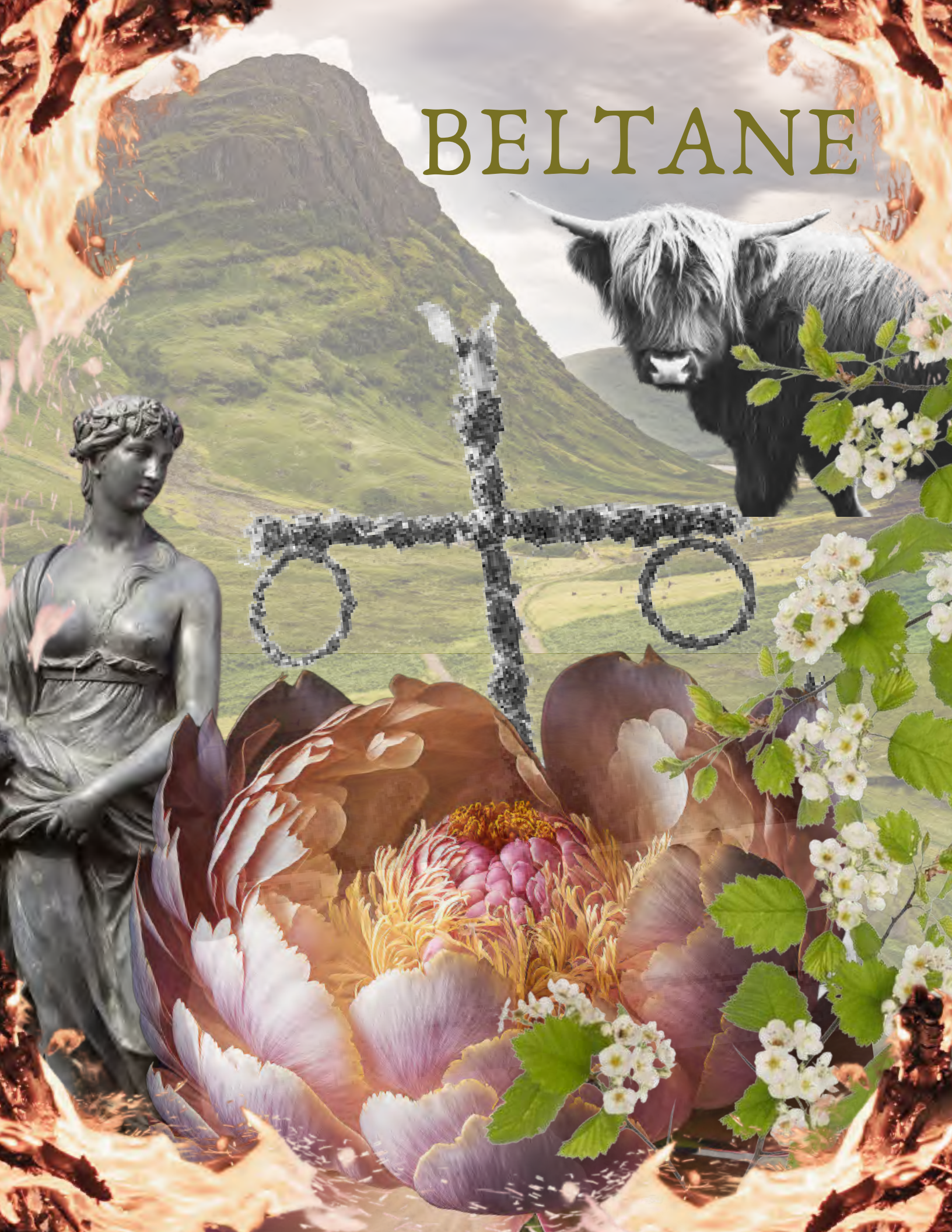
Sophie Dusfresne

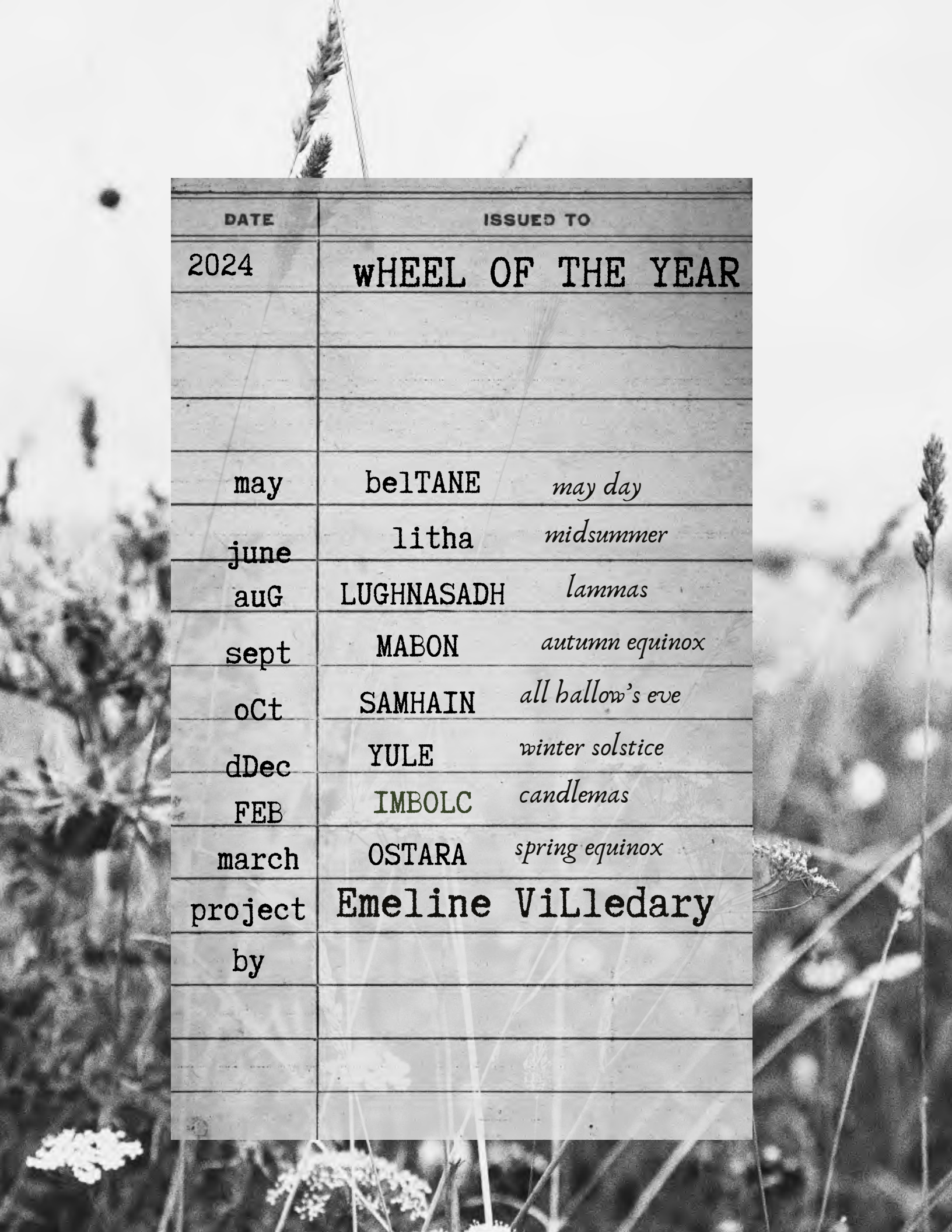


Jean-Louis Hamon

The scent of spring, 1866

BELTANE





DATE	ISSUED TO	
2024	wHEEL OF THE YEAR	
may	belTANE	*may day*
june	litha	*midsummer*
auG	LUGHNASADH	*lammas*
sept	MABON	*autumn equinox*
oCt	SAMHAIN	*all hallow's eve*
dDec	YULE	*winter solstice*
FEB	IMBOLC	*candlemas*
march	OSTARA	*spring equinox*
project	Emeline ViLledary	
by		



DATE	ISSUED TO

CONTENTS

welcome essay

BELTANE

the green man

hawthorne

correspondences

BELTANE MAGIC

ASTROLOGY

TAROT

REFLECTIONS

RABBIT HOLES

project by Emeline ViLledary

dearest,

During Beltane, as the true harvest season begins, I'm drawn to the tale of the pastoral stewards who guided their grazing herds to vast fields. Here, where the grass flourished, rich with nutrients crucial for nurturing young, they ceremoniously led their cattle through sacred fires.
Perhaps partly rooted in superstition and partly in a quest for purification—to rid the animals of pests accumulated during their winter confinement.

Reflecting on the changing environment around me—the blooms budding, the foliage greening, and the soil awakening to facilitate plant growth—I sense a parallel in my own journey. It feels as though I'm beckoned from darkness into light, urged to cleanse myself of the baggage accrued during winter's hibernation.

The fields have been ploughed, the seedlings are growing, it's time to start the arduous work of weeding and watering ourselves!
AND, as usual, I find myself resisting this transition and clinging to the comforts provided to me by winter and darkness. I find journeying from moonlit shadows to sunlit fields unsettling. The next six-month passage until Samhain/Halloween, when we welcome back the darkness, feels looooooooooong right now and I am wondering how to make the best of it.

While there is so much to celebrate during this time (hello- it's FINALLY the summer!) this masculine sun can sometimes feel like a demanding tyrant to me. There's a lot to DO and BE in the summer, lots of physical work to keep the garden producing, lots of parties and vacations and people around, lots of activity that can sometimes deplete me.

As someone who holds a lot of fire in my chart (and in my life) it can all get TOO HOT!

Over the last decade or so, finding myself in the depth of motherhood, grief and pandemic, I found a great sense of refuge in the realms of the divine femininine: domesticating introspection, exploring the dark fertile womb and finding deep, deep healing in those waters.

But as we orbit around space and cycle through time, I find that I'm being called back out in the world. I'm being asked to re-integrate the sun/masculine energies, a place that felt very much at home in my 20s, yet felt very antagonistic to me in my 30s.

Until now.

I guess what I'm circling around is the idea of how best to re-integrate the divine masculine, given the social context, in my own life. And how do I do that without betraying the wonderful divine feminine that has given me so much healing?

Beltane celebrates the sacred union of the Goddess (the May Queen) to the King (the GreenMan), it is a time of coming together and creating something bigger than oneself. And while it feels arduous and hot already, it also feels on the nose for where I'm at in my life.

May you find in these pages a little spark, that can help feed your creative flames...

Welcome to BELTANE!

Emeline



portrait by: annabelle agnew



· A · GARLAND · FOR · MAY · DAY · 1895 ·

· DEDICATED · TO · THE · WORKERS · BY · WALTER · CRANE ·

BELTANE

Beltane is a Celtic festival that marks the beginning of summer in the northern hemisphere. These days it is celebrated April 30 - May Ist, but my Celtic ancestors would've likely celebrated Bealtaine on the Full Moon closest to the midway point of the Spring Equinox and the Summer Solstice.



The ancient Celts were said to ahve celebrated the beginning of summer with bonfires and rituals to honor the sun and the earth. This festival was a time of great significance for it marked the transition from the dark, cold winter months to the warm, bright days of summer.

It was believed that on this day, the veil between the worlds of the living and the dead, this world and the Otherworld, was at its thinnest, allowing for easy communication with the spirits of the otherworld and even travel between worlds.



BELTANE

The words “Beltane”, “good fire,” or the “Bel-fire.” Bel, as in the proto-Celtic god known as Bel, or the latin version, Belenus. This name reflects the importance of the bonfires that were lit during the festival, which were believed to have protective and purifying properties.

Bealtaine was a time for rituals to promote fertility, growth, luck, and protection, as well as being when the ‘Banais Righe’ would be held in ancient Ireland. During this inauguration ceremony, the King would symbolically marry the sovereignty goddess which represented the Land and her People


BELTANE
FIRE FESTIVAL
CALTON HILL*EDINBURGH
30 APRIL 2024

SACRED UNION

The sacred union celebrated at Beltane is a symbolic and ritualistic representation of the union between the masculine and feminine energies, often depicted through various customs and rituals during Beltane celebrations. This union reflects the balance and harmony between opposing forces in nature and is integral to the fertility and abundance associated with the season.



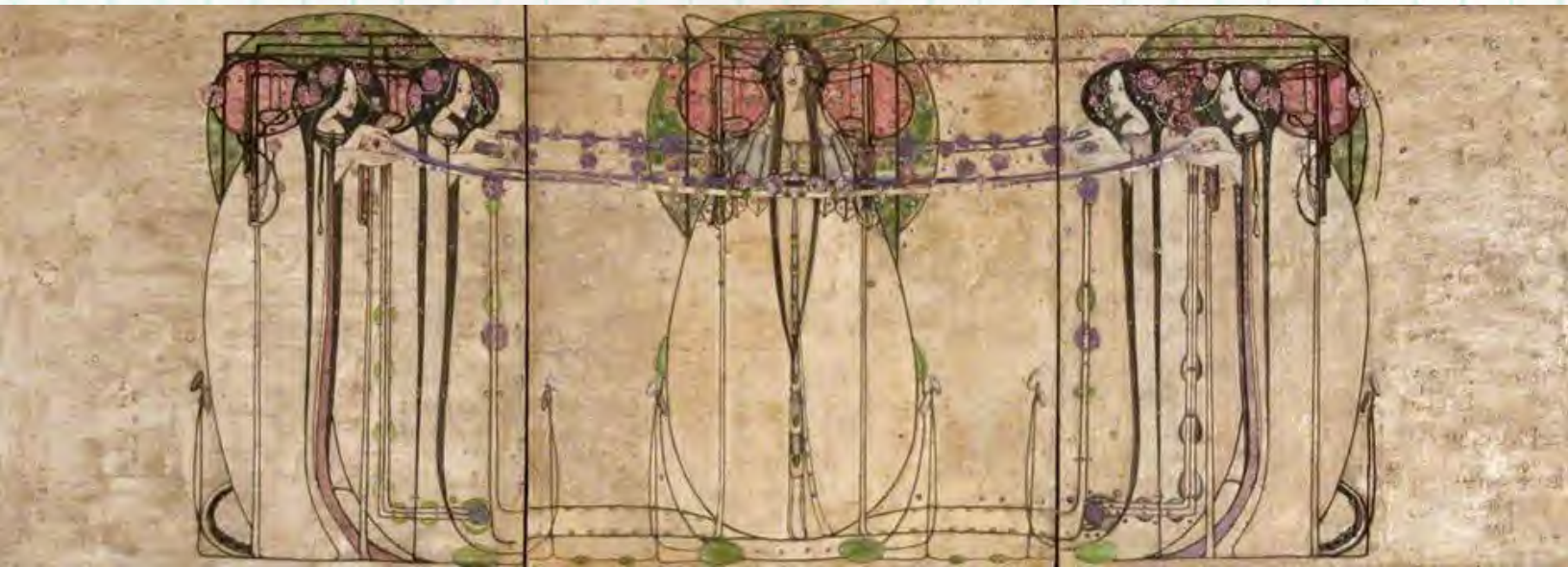
MAYPOLE DANCE

One of the most iconic Beltane rituals is the Maypole dance, where participants, typically men and women, each holding ribbons attached to the top of a tall pole, dance around it in intricate patterns, weaving the ribbons together. The intertwining of ribbons symbolizes the union of masculine and feminine energies, as well as the union between earth and sky, or heaven and earth.



MAY QUEEN & KING

In some traditions, a May Queen and King are chosen to preside over the Beltane celebrations. The May Queen represents the feminine principle, while the May King represents the masculine principle. Their union, often symbolized through ceremonial crowning or other rituals, represents the sacred marriage between the two energies and the fertility and abundance that result from their union.



HANDFASTING

Beltane is considered a particularly auspicious time for handfasting ceremonies, which are a form of pagan wedding or commitment ceremony. During a handfasting, couples make vows to each other and may exchange rings or other symbols of their union. The ceremony often includes rituals symbolizing the joining of the couple's lives and energies, as well as blessings for fertility and prosperity.



BONFIRES

Bonfires are a central feature of Beltane celebrations, and jumping over the flames is believed to bring good luck and fertility. Couples may jump over the fire together as a symbol of their commitment to each other and their desire for blessings on their union. Cattle were often driven to pasture, special bonfires were lit, and the doors of houses and livestock were decorated with yellow May flowers.



other symbols

flowers

Particularly hawthorn blossoms, but also any spring flowers, symbolize the blooming of new life and fertility. Flower crowns are often worn and lily of the valley is often offered as a gift of fertility.

cattle

In ancient times, Beltane was associated with the driving of livestock to summer pastures. Cattle are seen as symbols of wealth and prosperity, and their presence at Beltane celebrations was believed to ensure fertility and abundance for the community.

ribbons

Colorful ribbons are often wrapped around the Maypole during Beltane celebrations, representing the weaving of life forces and the interconnectedness of all things.

fairies

Beltane is a liminal time when the veil between the human world and the Otherworld is believed to be thin. Fairies and other magical beings are thought to be particularly active during this time, and offerings are often made to them for blessings and protection.

the green man



THE GREEN MAN

The Green Man symbolizes the flourishing vitality of the natural world during the spring and summer seasons. The Green Man is often depicted as a face surrounded by or made of foliage, symbolizing the lush greenery and abundance of plant life that emerges during the spring.

This association with fertility and growth aligns with the themes of Beltane, as we celebrate the blossoming of new life and the awakening of the earth from its winter slumber.



THE GREEN MAN.

THE GREEN MAN

Josh Robinson

The Green Man is also associated with cycles of renewal and rebirth, as he represents the eternal cycle of life, death, and regeneration in the natural world.

In some traditions, the Green Man is seen as a guardian or spirit of the forest, embodying the wild and untamed aspects of nature. He is often invoked in rituals and ceremonies aimed at honoring and preserving the natural world.





THE GREEN MAN

Josh Robinson



The Green Man, an archetype found in folklore and religious art from the earliest times, and especially linked with the Christian origins of modern science. Long suppressed, the archetype emerges now to challenge us to heal our relationship with nature.

It is likely that Green Man pillars were erected originally on the sites of sacred trees.
The Green Man signifies irrepressible life. He is an image from the depths of prehistory: he appears and seems to die and then comes again after long forgettings at many periods in the past two thousand years. In his origins he is much older than our Christian era. In all his appearances he is an image of renewal and rebirth.

associated plants



HAWTHORNE

HAWTHORNE

Patricia Kaminski

The Hawthorn - like so many members of the Rosaceae family - has a special affinity to the heart. Hawthorn berries have tonifying compounds that strengthen the walls of blood vessels and the vascular system in general.

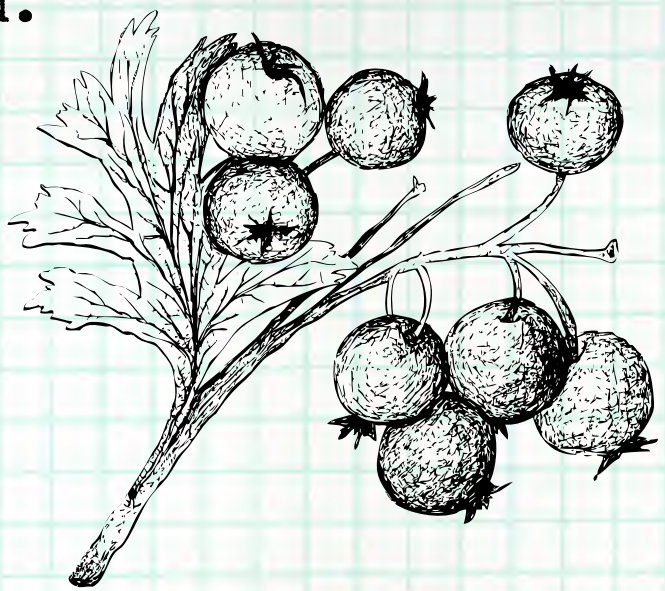
Thus, various decoctions and tinctures of these berries been used in healing programs for congestive heart failure, irregular heartbeat, chest pain, low and high blood pressure, angina, atherosclerosis, and high cholesterol.

In Celtic mythology the Hawthorn was a “threshold” plant that one must encounter in order to acquire the necessary soul forces of courage, ferocity and enduring strength on the spiritual journey.

HAWTHORNE

Patricia Kaminski

Hawthorn flower should be used for anyone with a history of heart disease, accompanied by related forms of tension. But it is also helpful in a broader manner for those who “push” intensively with their will forces, and are unable to find equilibrium between engagement and rest. Just as the physical heart expresses itself through expansion and contraction - the systole and diastole - so also does the soul need to learn to direct these forces in how daily life is approached.



HAWTHORNE

Patricia Kaminski

The flower essence of Hawthorn channels and purifies the potent will forces of the heart so they become a vehicle of every greater love, compassion and service on behalf of others. Ultimately, the personal will works at the direction of, and is illumined by the higher spiritual will.

The affirmation for Hawthorn by Patricia Kaminski speaks to this deeper healing of the heart:

My heart is harnessed to a Higher Power.
Not my will, but a Greater Will works within me.
Now I feel my blood's force flowing freely.
Now I become the Power of Love



The Goddess Flora
Ca. 1697. Giordanno Luca

beltane correspondences

symbols

maypole, flower crowns, ribbons, spring flowers, bonfires, cauldrons, baskets, eggs, broom

crystals

emerald, malachite, amber, orange carnelian, sapphire, rose quartz

food & drink

dairy, bread, honey, oatmeal, cakes, strawberries, wine, green salads, cherries, lemonade

deities

Aphrodite, artemis, Bast, Bel, Cernunos Diana, Faunus, Flora, Maia, Pan, the Horned God, Freya, The Green Man

animals

bees, cow, rabbit, frog, swallow, dove, swan, cats, lynx, leopard

plants

almond, ash, clover, cinquefoil, lily of the valley, meadowsweet, mint, mugwort, foxglove, honeysuckle, elder, ivy, lilac, rose, yarrow, bluebells, marigold, thyme, and other flowering plants

FLOWER BLESSING SPELL:

Collect an assortment of fresh flowers, herbs, and greenery.

Find a quiet outdoor space or create an altar indoors.

Arrange the flowers and herbs in a beautiful bouquet or wreath.

As you arrange the flowers, visualize them as symbols of fertility, growth, and abundance.

Hold your hands over the bouquet and visualize it being infused with positive energy.

Say aloud or silently: "May these flowers be blessed with the energy of Beltane, bringing abundance, joy, and growth into my life. So mote it be!"

Display the bouquet in your home or outdoor space as a reminder of the blessings of Beltane.

Beltane Fire Ritual:

Build a small bonfire outdoors or use candles indoors to represent the sacred fire of Beltane.

Gather around the fire with friends or loved ones.

Each person takes turns speaking their intentions for the coming season, focusing on themes of growth, abundance, and vitality.

As each person speaks, they toss a sprig of herbs or a small piece of paper with their intentions written on it into the fire, symbolizing the release of their desires to the universe.

After everyone has shared, sit quietly and meditate on the flames, feeling the warmth and energy of the fire filling you with renewed vitality and passion for life.

astrology



Sous chaque signe du Zodiaque
en toute saison

HENNESSY

Le nom qui a fait le renom du cognac

taurus season

STABILITY AND GROUNDEDNESS:

Taurus season heralds a time of stability and grounded energy. Just as the bull, the symbol of Taurus, stands firmly on the ground, this season encourages us to find our footing and establish a sense of security in our lives. It's also a time to reaffirm our commitments to our relationships, values, and goals, and to cultivate a sense of loyalty and dedication.

MATERIAL SECURITY AND COMFORT

During Taurus season, there is an emphasis on material security and comfort. People may be more inclined to focus on practical matters such as finances, possessions, and creating a comfortable and stable environment for themselves and their loved ones.

ENJOYMENT OF PLEASURE:

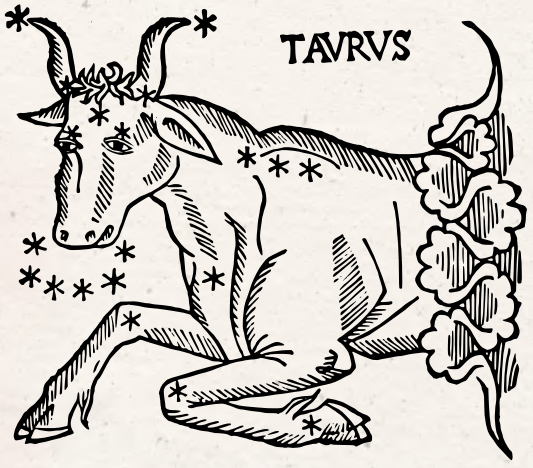
Taurus is ruled by Venus, the planet of love and beauty, which infuses this season with a sense of sensuality and appreciation for life's pleasures. It's a time to indulge in the finer things in life, whether it's enjoying delicious food, surrounding oneself with beauty, or simply luxuriating in sensory experiences.Taurus season encourages an appreciation for beauty in all its forms. It's a time to surround ourselves with art, music, and aesthetics that uplift and inspire us.

SLOW AND STEADY PROGRESS:

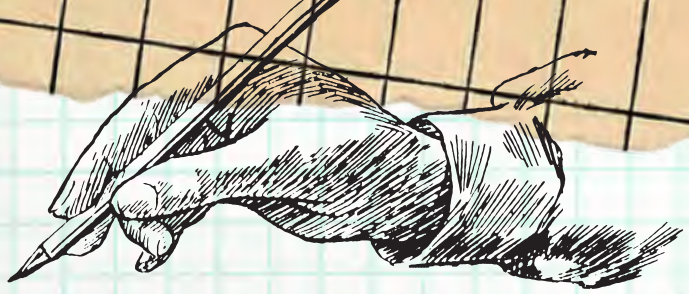
Taurus season encourages a slow and steady approach to achieving our goals. Like the deliberate plodding of the bull, this is a time to patiently work towards our objectives, taking deliberate steps forward and persevering through challenges with determination. Taurus is also known for its resistance to change, preferring the familiar and comfortable over the unknown. During Taurus season, there may be a tendency to cling to routines and habits, even if they no longer serve us.

CONNECTION TO NATURE

Taurus is an earth sign, and during Taurus season, there is often a heightened connection to the natural world. It's a favorable time for gardening, spending time outdoors, and reconnecting with the rhythms of nature.



REFLECTIONS:



1. Reflect on Renewal:
How have you nurtured and tended to your own growth over the last 5 month?

2. What seeds of creativity have you planted this year? How can you honor and nurture your creative spirit during this season of abundance?

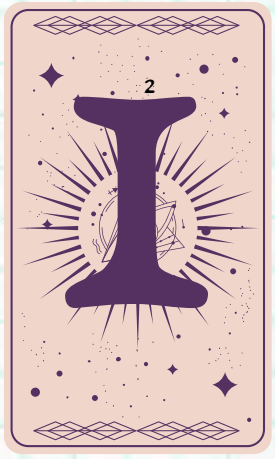
3. How do you reconcile the divine masculine and the divine feminine in your self?

TAROT













Card 1: The Maypole
WHAT IS CURRENTLY BLOOMING
or LOOKING TO BLOOM

Card 2: Fertility WHERE IS THE POTENTIAL FOR GROWTH

Card 3: Union WHAT PARTNERSHIP ENERGIES NEED TO BE RECONCILED

Card 4: Fire WHAT NEEDS TO BE IGNITED?

Card 5: Renewal WHAT NEEDS TO BE COMPOSTED?

TAROT

Card 1: The Maypole:
WHAT IS CURRENTLY BLOOMING
or LOOKING TO BLOOM:

This card represents the central energy or theme of the reading, akin to the focal point of the Maypole. It *may offer insight into the overall energy surrounding your* Beltane *celebrations and the key aspect of your life that is currently flourishing or coming into alignment.*

Card 2: Fertility WHERE IS THE POTENTIAL FOR GROWTH

This card relates to the energy of fertility and growth, mirroring the blossoming of new life during Beltane. It *may provide guidance on areas of your life where there is potential for growth, abundance, or new beginnings.*

Card 3: Union WHAT PARTNERSHIP ENERGIES NEED TO BE RECONCILED?

This card represents the energy of union and connection, akin to the sacred union celebrated at Beltane. *It may offer insight into your relationships, partnerships, or the balance between opposing forces in your life.*

Card 4: Fire WHAT NEEDS TO BE IGNITED?

This card symbolizes the element of fire, and the transformative energy of passion and creativity. It *may provide guidance on how to ignite your inner fire, embrace your desires, and pursue your passions.*

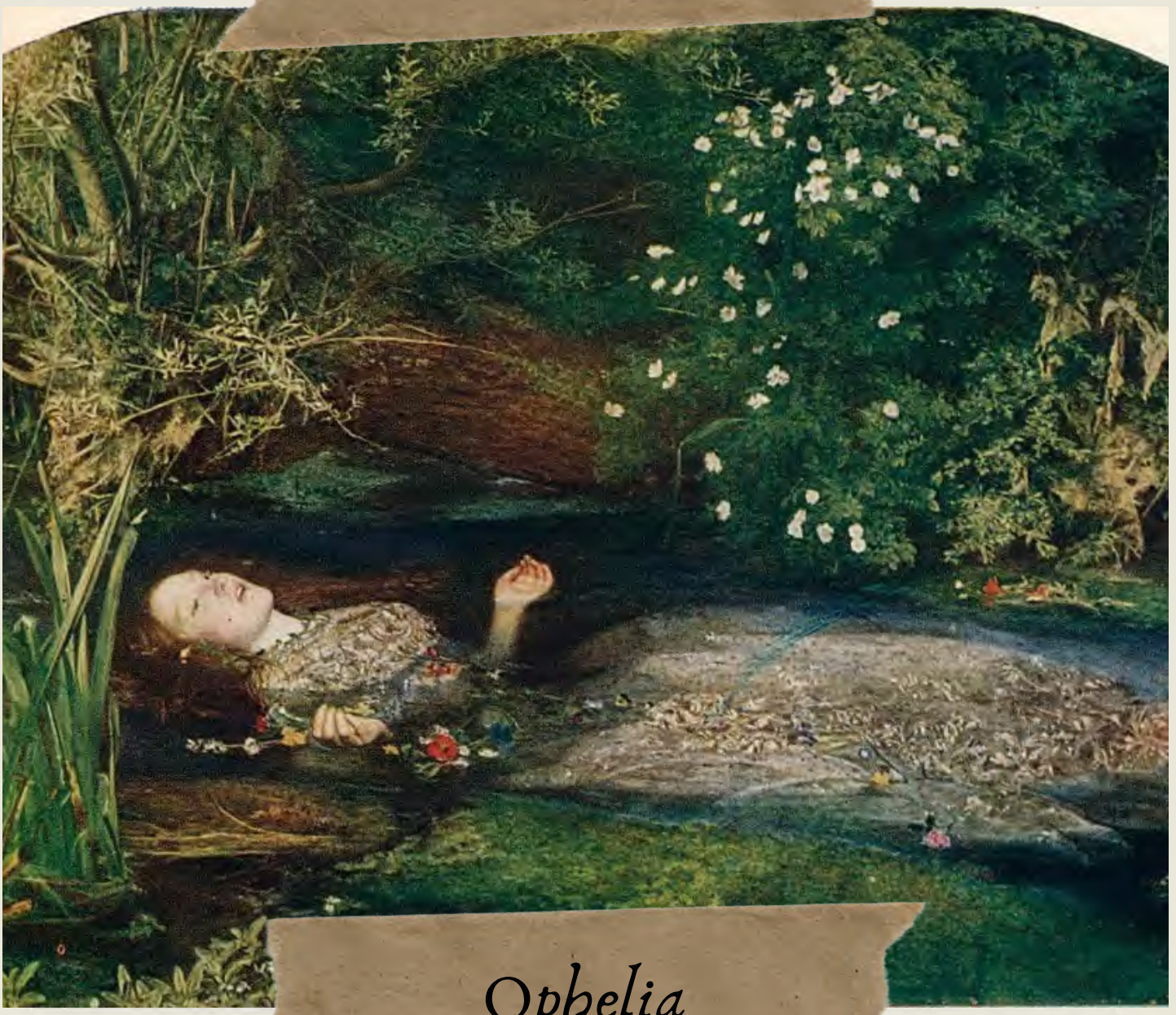
Card 5: Renewal WHAT NEEDS TO BE COMPOSTED?

This card relates to the energy of renewal and rebirth, reflecting the cyclical nature of life and the opportunity for transformation. It *may offer insight into what needs to be released or transformed in your life in order to experience greater renewal and growth.*

GREENMAN	*Josh Robinson*
BELENUS	*Belenus Celtic God*
BELTANE MAGICK:	*Worts + Cunning*
HAWTHORNE	*Herbalism Profile*
TAURUS SEASON:	*Jessica Davidson* *Sophie Dusfresne*
BELTANE FIRE FESTIVAL	*Offical Site*

suggested rabbit holes





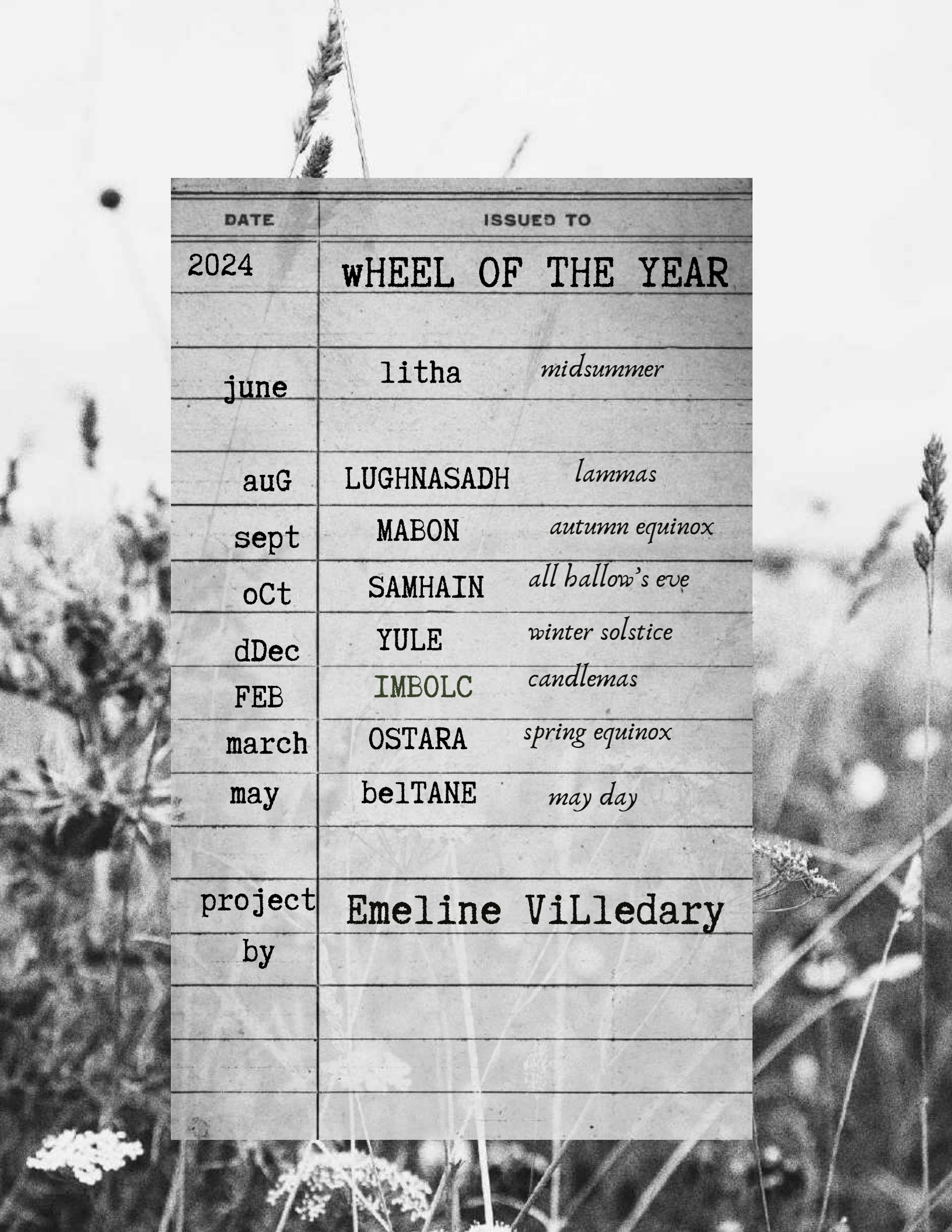
Ophelia

Sir John Everett Millais,

Ophelia, 1851-52, oil on

canvas,

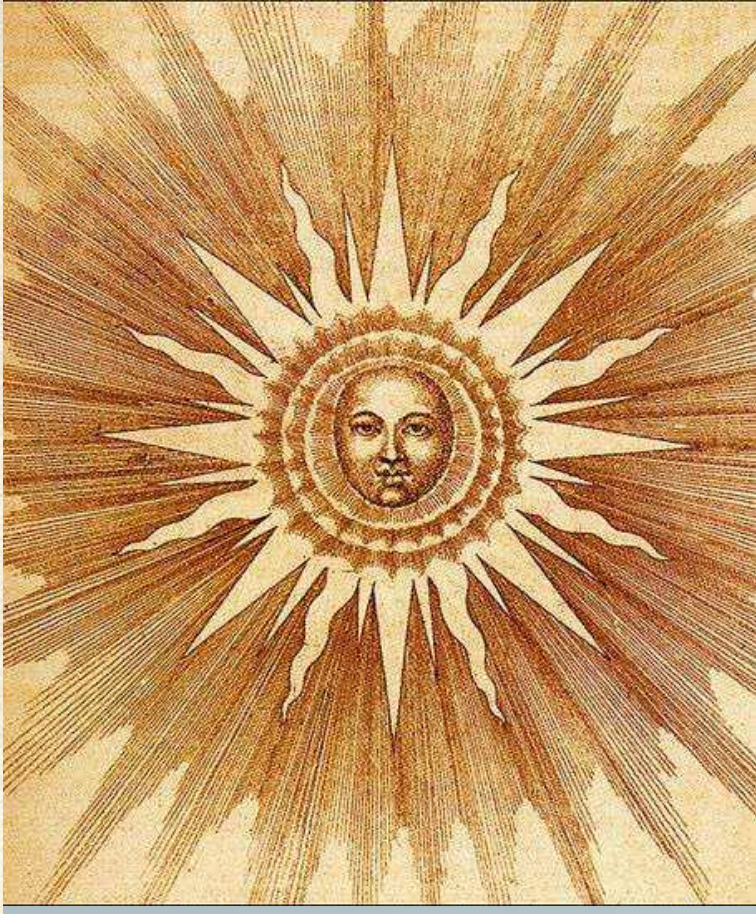

litba



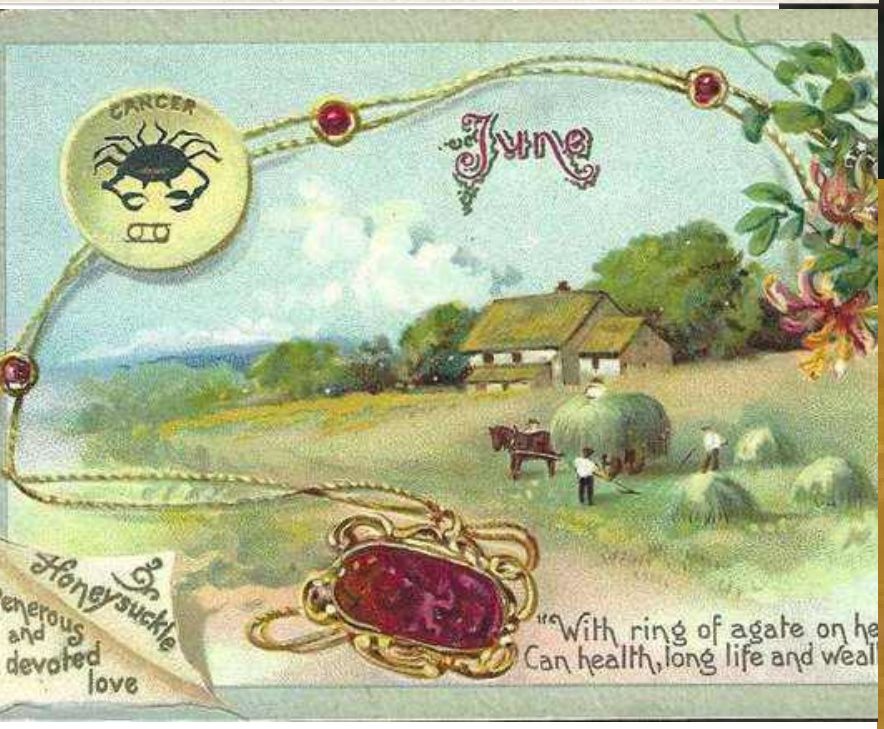
DATE	ISSUED TO	
2024	wHEEL OF THE YEAR	
june	litha	*midsummer*
auG	LUGHNASADH	*lammas*
sept	MABON	*autumn equinox*
oCt	SAMHAIN	*all hallow's eve*
dDec	YULE	*winter solstice*
FEB	IMBOLC	*candlemas*
march	OSTARA	*spring equinox*
may	belTANE	*may day*
project by	Emeline ViLledary	

DATE	ISSUED TO
CONTENTS	*welcome essay*
	LITHA
	bees
	ST-JOHN'S WORT
	LITHA MAGIC
	ASTROLOGY
	TAROT
	REFLECTIONS
	RABBIT HOLES
project by	Emeline ViLledary


MIDSUMMER
Crown of the year how fair thou shinest
How little in thy pride divinest
Inevitable fall.
HANDOP






CANCER
June
Honeysuckle
devoted love
"With ring of agate on he
Can health, long life and weal



dearest,

We bought this small lot in December of 2014.
We had visited in November, when the plant life was deeply asleep.
Our first winter was beautiful, we did all the winter things. The moon and the snowscape were magical. And when that first Spring arrived, the emergence of life was intoxicating! Our "dream life" was unfolding. And along with it came my wants, and there were many. PLANTS, GARDENS, CHICKENS, BEES! ALL THE THINGS! And I wanted everything immediately and in abundance.
Needless to say, while we did have some small wins, we lived a lot of losses.
Chickens, kittens, ducks to name a few.

With the years, my outlook has changed.
I have matured. I have slowed down (a little).
My relationship to the land has changed.
I've grown less extractive, more reciprocal, at least I like to think of myself in those terms.

As I mentioned in my Beltane essay, this spring has been a particularly difficult one. We've had very intense heat, with little rain, and our clay soil is being predictably difficult. We forewent amendments in the fall, and now have to accept the harsh labour consequences that awaits us.

I find it difficult to give myself grace in these times (and in others). Instead I spend a lot of time focusing on what should have happened. Yes, it would have been better to amend our beds with bags of leaves and trailers of compost and manure.
But we didn't, and I need to move on.

I have found, in my quest for grace, comfort noticing the multitude of plants who thrive without human input.

Sumac, wild roses, hops, thistle, motherwort, mugwort, creeping thistle, yarrow are some that grow with abandon here.

Plantlife evolved over 500 million years ago, while humans only developed 7 million years ago.
Why is it that I, a newborn in the evolutionary chart, believe to know more than the plants, our ancestors, that grew here before me? In my many lists and garden plans, am I not trying to shape the world around me?

Like a stubborn toddler, I want to impose my idea of how the land "should look" (PEONIES! FOXGLOVE! ELDERBERRY GROVE!) instead of embracing the the reality of what was here before I arrived (THISTLE, THISTLE AND MORE THISTLE).
All joking aside...

> the plants that grow here naturally
> have gifts for me, all I need to do
> is be open to learning from them.
> To yield to the wisdom of what is,
> instead of pushing my will and wants
> onto a hostile territory.

As we near the zenith of light for the northern hemisphere, I like to imagine the people who tended the land before me, rejoicing after the hard work of sowing fields and turning herds out to pasture. It IS something worth celebrating! And this moment of pause (Sol-Stice, to remain static)can let us rejoice in the labour we have exerted to ensure our survival.

In our complex new anthropocene, I believe we have lost the art of waxing and waning.
We have ignored the reality that neither time nor energy are linear ressources.
Eternal growth, no matter how resilient the yarrow or the clay are, does not exist. It blooms and sows and fades. It drinks and dries and cracks and shapeshifts according to what happens around it.

There are many lessons to be gleaned from life on with the land, but the ones that stands out is the following:

When my will and my wants are the drivers, I come up against the thorns of the thistle.
My shovel splits in the caverns of the clay.
When I yield to the harshness and let myself be inspired by what IS,
My peace is restored and grace is magically bestowed.

May you find in these pages a moment of pause and a wink within which to celebrate your labour! !

Welcome to LITHA *!*

Emeline



portrait by: annabelle agnew

LITHA: ORIGINS & CELEBRATIONS

Litha, also known as Midsummer or Summer Solstice (between June 20th and June 23rd each year)marks the longest day of the year in the northern hemisphere (for those in the southern hemisphere, it's your Winter Solstice), it also marks an important transition point in Earth's seasonal cycle. It's a time when fertile energy is at its peak, and all around us, new life is rapidly growing.

The term "Litha" was first mentioned by the 8th-century Anglo-Saxon monk Bede. He called June "Ærra Liða" (before Litha) and July "Æfterra Liða" (after Litha). "Liða" likely means "mild" or "navigable," highlighting the warm, gentle summer months that were perfect for sailing and enjoying outdoor activities.



LITHA: ORIGINS & CELEBRATIONS

On the Wheel of the Year, this marks the time when the seeds have been sown and begin to grow in abundance until Lughnasadh on August 1st(the first harvest).

From Litha, the days become gradually shorter until Yule when the days begin to grow steadily longer again. Litha is typically a bright and exciting celebration. It celebrates the growing crops, the Sun, abundance, and the first day of Summer!

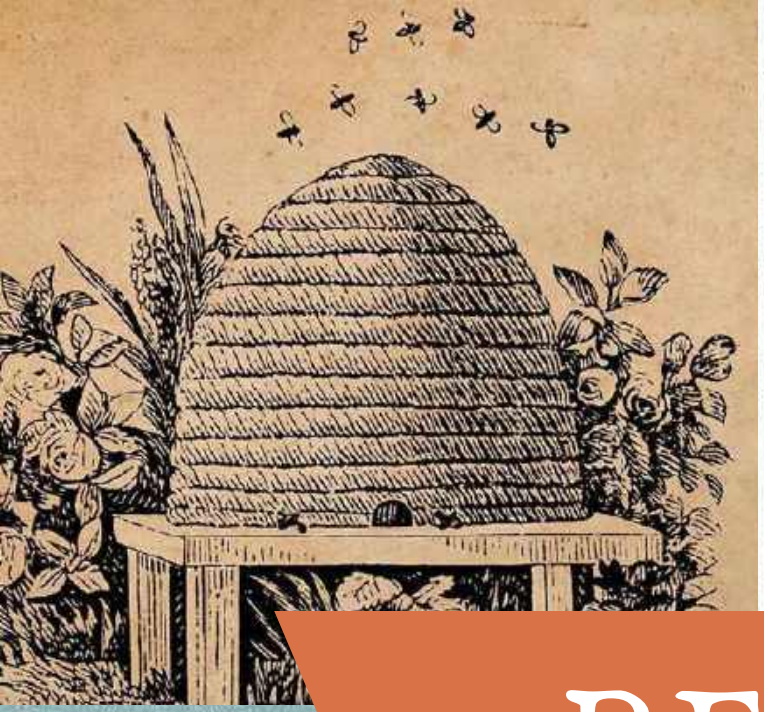
The Celts celebrated Litha with hilltop bonfires and dancing. Many people attempted to jump over or through the bonfires for good luck. Other European traditions included setting large wheels on fire, and rolling them down a hill into a body of water.

LITHA: ORIGINS & CELEBRATIONS

The summer solstice is the longest day of the year, and in some traditions, Litha is when a battle between light and dark takes place.

In this battle, the Oak King and the Holly King battle for control. During each solstice, they battle for power, and the balance shifts. The Oak King, who represents daylight, rules from the winter solstice (Yule) to Litha. During this time, the days steadily get longer. However, during Litha, the Holly King wins this battle, and the days get steadily darker until Yule.







BEES







Bees and Spirituality in Various Folklores

From Native Americans and the Mayans to the Greeks and Celts, bees have woven their way into numerous tales and legends, each culture infusing their unique interpretations into the symbolism of bees.

Cherokee Legend: According to Cherokee legend, the honeybee symbolizes the sweet rewards of patience but warns that greed comes at a cost. When people requested something sweet from their creator, they were sent bees. Initially, they respected the bees' hard work, but as they grew greedy, neglecting the bees, the creator gave the bees stingers to protect themselves, ensuring they wouldn't be exploited again.



BEES

The Mayans, renowned for their sophisticated civilization, held bees in high regard, considering them sacred. They were among the first to practice beekeeping, and the honey produced by bees was offered to the Mayan gods as a divine gift.

The Celts had a deep reverence for bees, viewing them as magical creatures capable of traversing the natural and spiritual worlds. They believed bees and butterflies were messengers, facilitating communication with the gods. Honey was considered sacred, and the ritual of "telling the bees" involved informing the bees of significant life events, such as births, engagements, and marriages, to relay these events to the supernatural realm.

The ancient Greeks, much like the Celts, regarded bees as divine messengers. In Greek mythology, bees played a pivotal role, with one tale referring to Zeus as the "bee-man." According to legend, Zeus rewarded bees with their golden color for aiding him in his infancy.

BEES

Bees and honey hold significant symbolic value in the Bible, where honey represents Jesus Christ's sweetness and virtue. Mentioned over 50 times, honey is associated with purity and abundance, mirroring contemporary views of honeybees.

In monastic traditions, bees are esteemed for their role in sustaining communities. Monks often keep hives to pollinate flowers and produce honey, which they share with their community, symbolizing cooperation and divine provision.

African folklore attributes the creation of humanity to bees. A legend tells of Mantis, a trickster god, who asked a Good Bee to carry him across a flooding river. Despite the difficulty, Bee managed to transport Mantis but perished from exhaustion. From her body, the first human emerged.

BEES

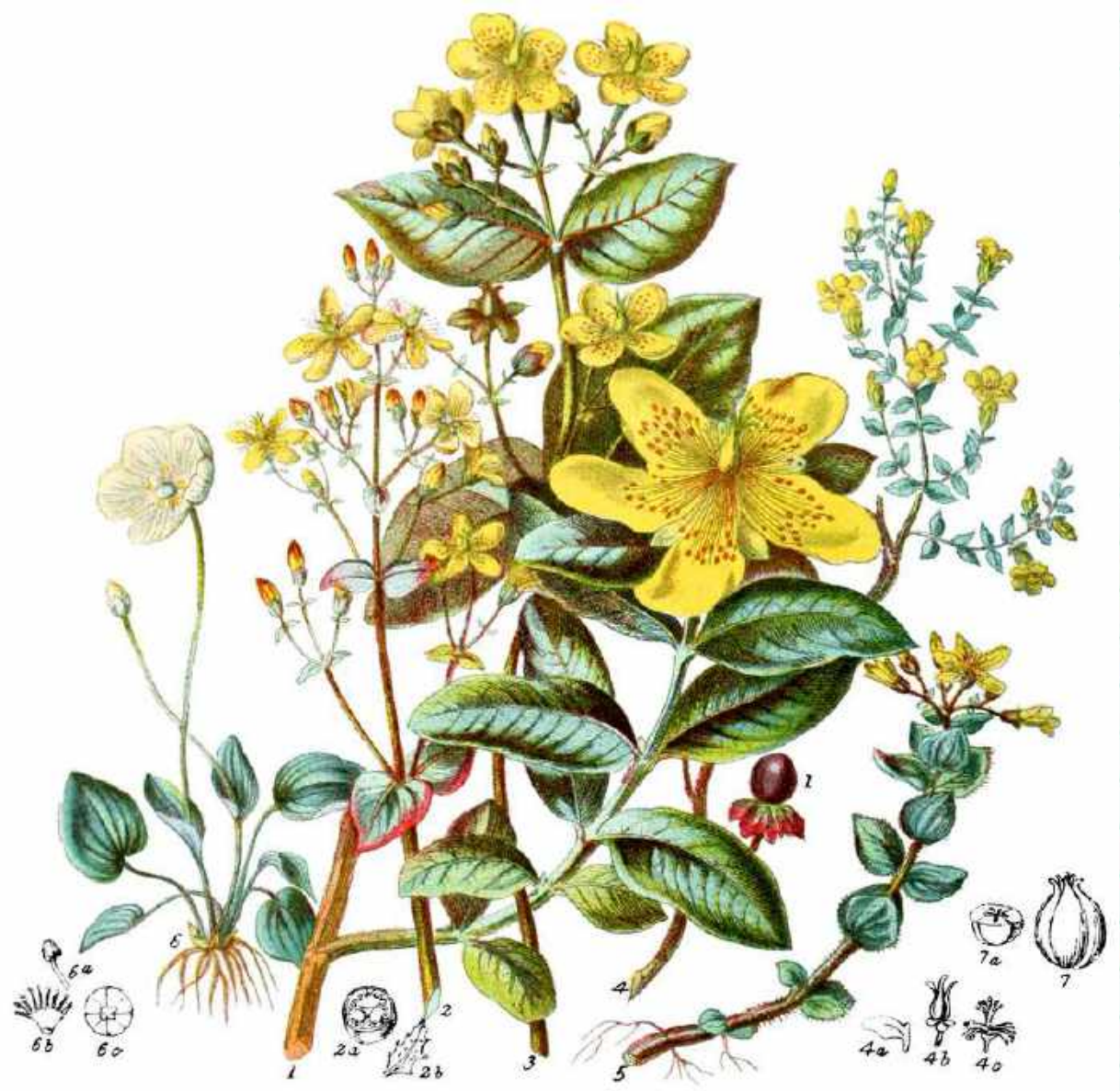
In ancient Egypt, bees symbolized life, death, and rebirth. The Egyptians revered bees, and the honeybee became a symbol of the life-giving forces, with evidence suggesting that they expressed gratitude for bees and their honey.

In ancient Egypt, the bee was the emblem of lower Egypt; a symbol of the giver of life, birth, death and resurrection. Ra was the sun God and Egypt's most important deity. It was believed the tears of Ra upon falling from the sky and touching the desert sand transformed into working bees (honey bees).

The ancient Egyptians were the first to make artificial hives to harvest honey. Many hieroglyphic artworks depict the worshipping of Ra alongside the honey bee paying tribute to the giver of this "liquid gold".



ASSOCIATED PLANTS



ST JOHN'S WORT

ST JOHN'S WORT

Historical Significance

The Festival of St. John the Baptist, celebrated mainly in Europe, is on June 24, just after the northern Summer Solstice when the sun's light is at its peak. Around this time, St. John's Wort, a plant with bright yellow flowers, is in full bloom.

"St. John's Wort" comes from the old English word "wort," meaning "herb." The plant's genus name, Hypericum, is derived from the Greek words for "above" (hyper) and "image" (eikon). Traditionally, Hypericum was placed above religious icons to ward off evil spirits. The species name, perforatum, refers to the tiny, translucent spots on the leaves that look like holes.

ST JOHN'S WORT

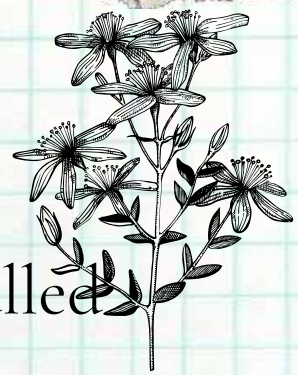
Historical Significance

St. John's Wort has been recognized since ancient Greek times for its medicinal and spiritual properties, believed to protect against evil and disease. During the Christian era, the plant became associated with St. John the Baptist, symbolizing the transition from the peak of summer to winter, similar to the relationship between Christmas and the Winter Solstice. St. John the Baptist, seen as an initiate of the sun's mysteries, identified Christ as embodying the sun's force on Earth.

Traditional Uses

In ancient Greek and Roman times, St. John's Wort was used for spiritual protection, home purification, and treating wounds, bites, digestive issues, and depression.

ST JOHN'S WORT



The 16th-century alchemist Paracelsus called it the "king" of herbs, using it for wounds, despair, and suicidal tendencies.

Modern Uses

Today, St. John's Wort is widely used to treat pain, nerve damage, insomnia, inflammation, and to promote healing of bruises, burns, and cuts. In homeopathy, it is a first-aid remedy for nerve pain and puncture wounds. Recent studies have shown it is effective for treating mild to moderate depression, including Seasonal Affective Disorder (SAD). There are contraindications with SJW that must be verified with a medical professional before use.

ST JOHN'S WORT

Spiritual Affinities

St. John's Wort is known as an herb of the sun, symbolizing light and warmth. The plant's radiating growth pattern and its photosensitizing qualities help make us more receptive to light, which is beneficial for conditions like depression and SAD. However, during the intense light of the Summer Solstice, it helps maintain our healthy boundaries, protecting against the overwhelming summer sun and related psychic disturbances.

The plant's ability to transform sunlight into healing oils and resins is significant. These substances warm our blood and metabolism, aiding our spiritual well-being.

ST JOHN'S WORT

Spiritual Affinities

The red oil, often called "the blood of Christ," connects to the healing power of the blood. Thus, St. John's Wort supports both physical and spiritual health by balancing our inner and outer light, strengthening our bodies and souls, and helping us radiate warmth and light from within.



LITHA MAGIC



Midsummer (1887)
Albert Joseph Moore

LITHA CORRESPONDENCES

symbols

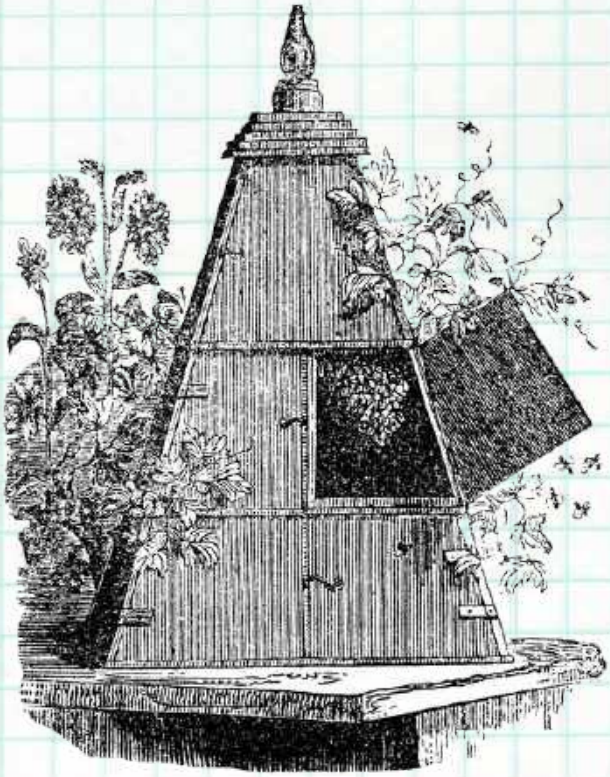
sunwheels, bees, bonfire, flower crowns, flowers

deities

Freya, Flora, Aine, Aten, Habondia, Lugh, Green Man, Bast, Brigit, Pan, Danu, Amaterasu (Shinto):

crystals

SUNSTONE, *citrine, topaz, amber, or tiger's eye.*



animals

Birds,snakes,bees and butterflies

plants

Mugwort, vervain, chamomile, lily, oak, lavender, fern, thyme, daisy, and honeysuckle.
St. Johns wort . Birch, oak, elder, laurel, and linden

CELEBRATE:

Here is a list of ideas on how to celebrate this event!

GREET THE SUNRISE

Wake early to watch the sunrise on its longest day.

LIGHT A BONFIRE

Connect with ancient traditions and honor the light.

GO FOR A SWIM

If weather permits, join in the sun's celebration with a dip in a local body of water.

HAVE A PICNIC

Enjoy the bounty of the season with a meal under the sun.

CREATE A SUN WHEEL

Make a sun wheel from straw or wood to represent the wheel of the year.

CELEBRATE:

VISIT A SUNFLOWER FIELD

Or any sunny patch of nature to bask in the vibrant life of midsummer.

MAKE SUN TEA

Let the sun's warmth steep your tea for a sun-blessed brew.

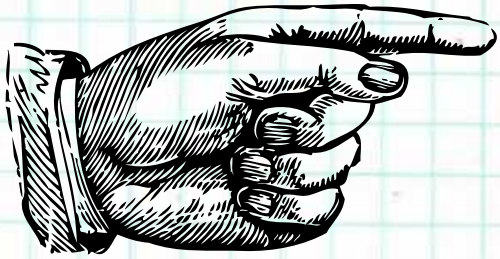
MEDITATE IN THE SUNLIGHT

Soak up the abundant energy of the sun with mindful meditation.

PLANT SUNFLOWERS

They're sun-worshippers like you, turning their heads to follow the sun's path across the sky

OR, LET YOUR WITCHINESS SHINE AND CAST SOME SPELLS...





earth loom by: Kirsten Rickert

LITHA MAGICK

SUN AND FIRE SPELL FOR ENERGY AND VITALITY

You will need:

- A yellow or gold candle
- Sunflowers or marigolds
- Sunstone or citrine crystal

1. Create a sacred space outdoors if possible, where you can be under the sun.
2. Place the yellow or gold candle in the center, surround it with sunflowers or marigolds, and place the sunstone or citrine nearby.
3. Light the candle and focus on the flame, visualizing the energy of the sun filling you with vitality and strength.

LITHA MAGICK

SUN AND FIRE SPELL FOR ENERGY AND VITALITY (CONT.)

4- Chant or repeat the following:

Sun so bright, lend me your light,
Fill me with energy, strength, and might.
On this longest day, your power is mine,
Vitality and vigor, in my life shine.

5-Sit quietly, absorbing the sun's energy, and then extinguish the candle.

LITHA MAGICK

FLOWER CROWN SPELL FOR ABUNDANCE

You will need:

- *Fresh flowers (roses, daisies, lavender, etc.)*
- *A length of green ribbon or twine*
- *A small piece of paper and a pen*

1- Create a circle with the flowers, weaving them together with the green ribbon or twine.

2- Write your intentions for abundance and prosperity on the piece of paper.

LITHA MAGICK

FLOWER CROWN SPELL FOR ABUNDANCE

3- Place the paper in the center of the flower crown and focus your energy on it:

"Flowers of summer,
bring abundance to me,
Prosperity and wealth, as far as I see.
By the power of the sun,
and earth so green,
Let my life be full, rich, and serene"

Wear the flower crown for the rest of the day or place it on your altar as a symbol of your intentions.

LITHA MAGICK

WATER BLESSING SPELL FOR EMOTIONAL BALANCING

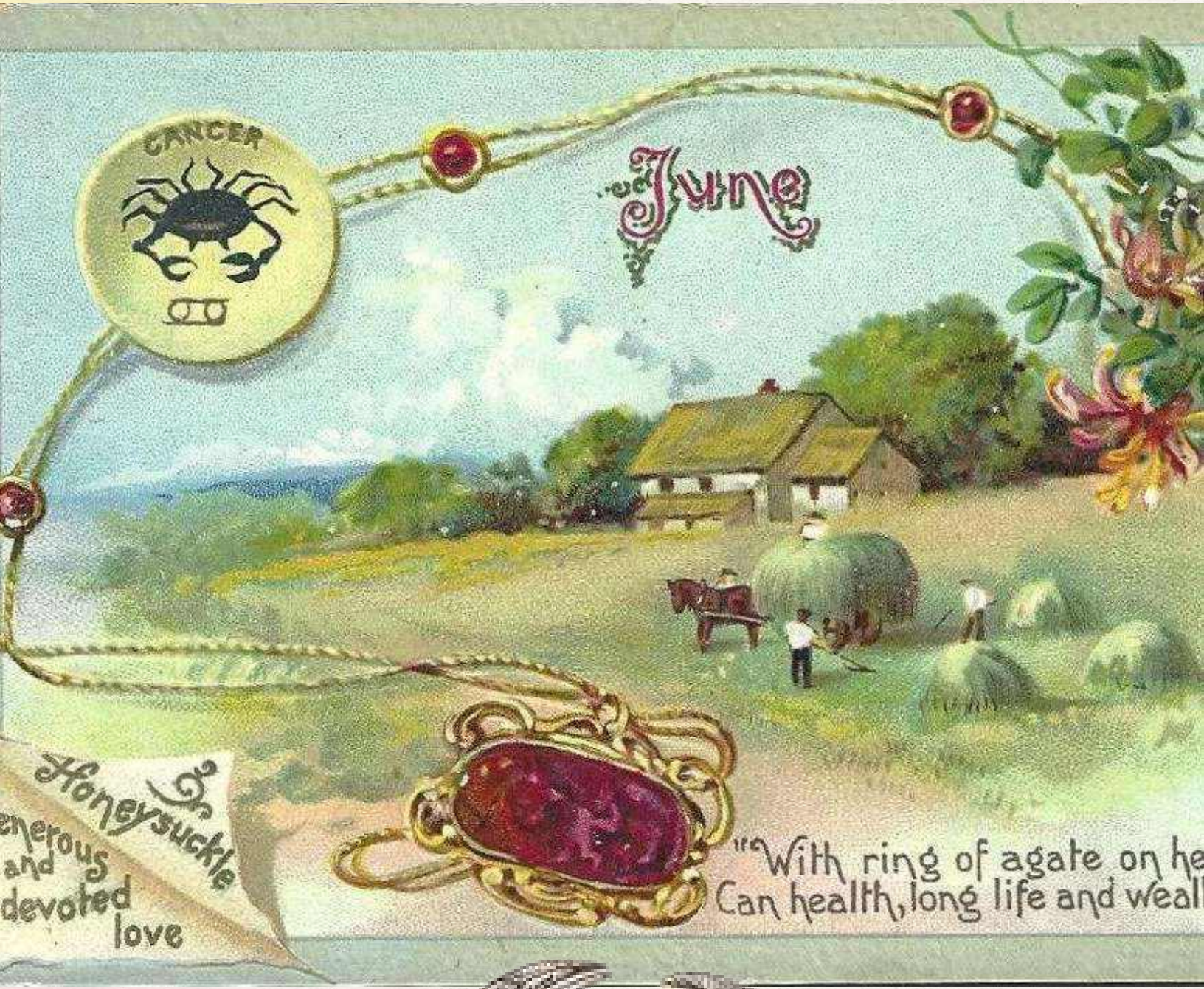
You will need:

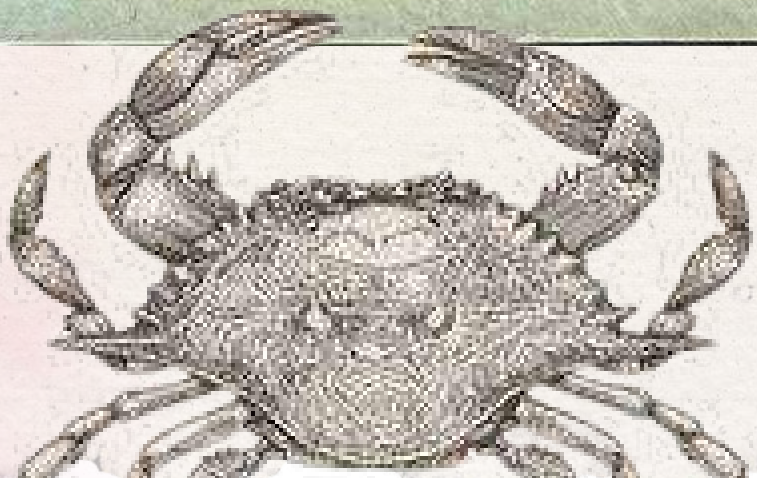
- A bowl of water
- Rose petals or any other flower petals
- Moonstone or amethyst

1. Fill a bowl with water and sprinkle the rose petals on top.
2. Place the moonstone or amethyst in the water.
3. Hold your hands over the bowl and visualize calm and balanced energy infusing the water.
4. Repeat: Waters of Litha, clear and bright, Balance my emotions, bring peace this night. Calm as the ocean, steady as the sea, Let tranquility and balance come to me.

Use the water to wash your hands, face, or sprinkle it around your home for emotional balance

ASTROLOGY CANCER SEASON





CANCER SEASON

Cancer season invites a focus on the inner world of emotions, the comforts of home, and the importance of family and nurturing relationships. By embracing the energies of this time, one can foster a sense of security, deepen emotional connections, and create a harmonious living environment. Whether through introspection or caring for others, Cancer season is a time to honor the softer, more empathetic aspects of ourselves and those we love.

The Moon's influence during Cancer season brings cycles of emotions and fluctuating moods. It emphasizes the importance of understanding and honoring one's emotional tides.
This season is about flowing with feelings, embracing empathy, and understanding emotional undercurrents. As a cardinal sign, it signifies initiation and leadership.

Despite its gentle and nurturing nature, Cancer season is a time for starting new projects related to home and family, and for taking the lead in emotional and domestic matters.

EMOTIONAL DEPTH

Cancer is a water sign ruled by the Moon, making this season one of heightened emotions and sensitivity. People may find themselves more in touch with their feelings, seeking emotional security and comfort.

NURTURE + CARE

Cancer energy is nurturing and protective. This season encourages taking care of oneself and others, focusing on self-care, and supporting loved ones. It's a good time to engage in activities that promote well-being and emotional health.

INTUITION + INNER LIFE

As a sign ruled by the Moon, Cancer enhances intuition and inner wisdom. This is a favorable period for introspection, reflecting on one's emotional needs, and tuning into gut feelings. People might find themselves more connected to their subconscious and dreams.

HOME + FAMILY

Cancer governs the fourth house of home and family. During this season, there is a strong focus on domestic life, family bonds, and creating a nurturing environment. It's a time when people may feel a stronger pull towards their roots, heritage, and family traditions

LITHA MAGIC



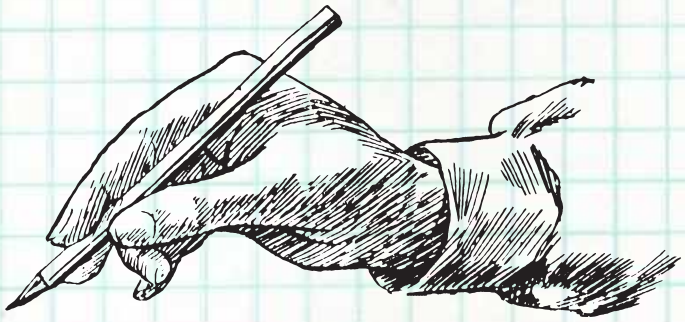
Splendor Solis, 1582
German alchemical work

REFLECTIONS:

1. What truths have come to light in my life recently? How can I embrace and integrate these revelations to align more closely with my true self?"

2. I celebrate the areas of my life where I have grown and thrived. What am I most proud of? Alternately, what needs to be tended to?

3. How do I feel most connected to nature and the divine during this vibrant season? What practices or rituals can I incorporate into my life to strengthen this connection ?"

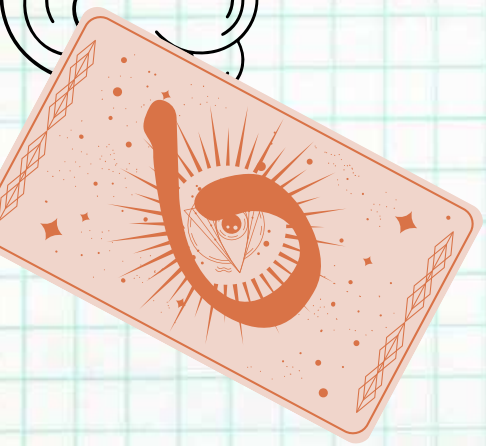



XIX



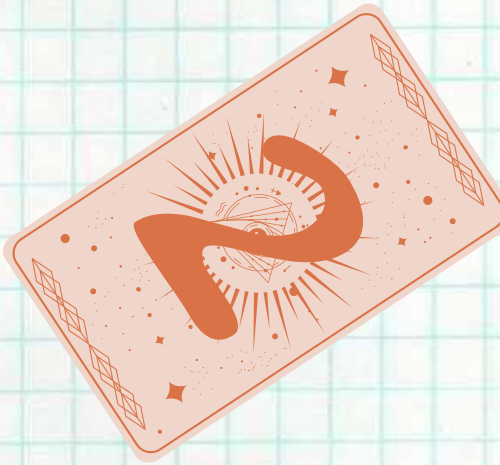


TAROT



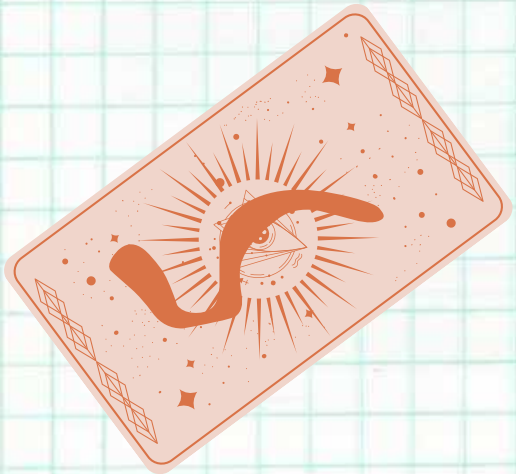
Card 1: Illumination

Card 2: Abundance

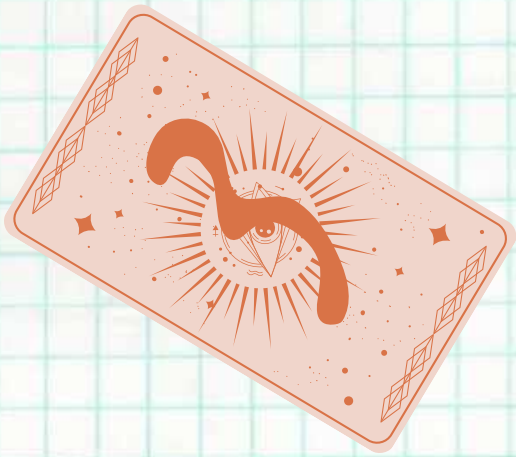


Card 3: Growth

Card 4: Harvest



Card 5: Balance



Card 6: Future Growth



TAROT

This Litha tarot spread celebrates the longest day of the year, asking us to regflect on the last 6 months leading up to this full illumination!

Card 1: ILLUMINATION

What is being illuminated in your life. What truths are coming to light? What is being revealed?

Card 2: ABUNDANCE

What areas of your life are experiencing abundance and prosperity? What gifts are you receiving? What gifts are you offering?

CARD 3: GROWTH

Reflects your personal growth and development. What aspects of yourself are flourishing?

TAROT

Card 4: HARVEST

Represents the fruits of your labor and achievements. What have you successfully manifested or accomplished?

Card 5: BALANCE

Suggests areas where you may need to seek balance, indicating aspects of your life that require more harmony.

Card 6: FUTURE GROWTH

Provides insight into future opportunities for growth and what lies ahead. What should you focus on for continued development?

OTHER CARDS TO WORK WITH:

the SUN, *Four of* Wands, Nine *of* Cups, The World

SUGGESTED RABBIT HOLES

BEE PRACTICES	*Atlas obscura*
LITHA MAGICK	*Worts + Cunning*
ST-JOHN'S WORT	*Herbalism Profile*
CANCER SEASON:	*Jessica Davidson*
SACRED ARCHITECTURE	*Wild Frontiers*




lughnasadh

DATE	ISSUED TO
CONTENTS	*welcome essay*
	LUGHNASADH
	DEMETER
	DEER
	MAGICK
	ASTROLOGY
	REFLECTIONS
	TAROT
	RABBIT HOLES
project	Emeline ViLledary
by	

dearest,

August reminds me of the stillness of deep morning lakes, of roadside goldenrod, and of country fair donut stands.
It reminds me of bonfires, horse trailers, corn roasts and shooting stars.
It reminds me of nightly swims in the river and getting my first period.

As I turn the corner away from Motherhood and head slowly towards Cronehood, I am experiencing time differently. I can feel it both stretch, and slip away. It is the beginning of harvest season, a slow beginning of an ending.

I can't help but think that this land practice - for it's not gardening nor farming, is a game of time and an gamble of control.



You study the past to foresee the future.
You do so assuming your plans will unfold accordingly.
You do so knowing you cannot fathom the cruelty of the losses,
Nor anticipate the successes,
For there are too many variables.
Your heart quickens when you discover a secret bloom,
And it depresses when you find a loss.
Yet you embark on each season with the brazen idealism of The Fool.
All while knowing that you are at the mercy of the Wild.

This year I am regretting not sowing zinnias.
I am grieving the loss of garlic,
I am noticing the tomatoes drop their fruits and rust their leaves, despite my best mothering.
I am surprised by tiny plum jewels growing, a first in over 5 years.



I am grateful for the abundance of Rosa Rustica and her generous flushes, crafting garlands out of her young buds.
I am delighted by the circle of ink caps that flush after the rains.

Each morning I slowly pluck chamomile blooms and plump my stash for the winter.
I am a newlywed with the hyssop bed, nervous to make the first harvest move.

I have lusted after the hollyhocks, greedily wanting more and more.
I have inebriated myself with the sweetpeas and rued not planting a thousand more.

As I look around me,
I can see Past, Present and Future all at once.
I see my Maiden, my Mother and My Crone.

Such is the gift of the land practice.
To quote Eliot:

> "Time present and time past
> Are both perhaps present in time future,
> And time future contained in time past.
> If all time is eternally present
> All time is unredeemable.
> What might have been is an abstraction
> Remaining a perpetual possibility
> Only in a world of speculation.
> What might have been and what has been
> Point to one end, which is always present.'

May you find in these pages a PAUSE, A BREATH,
A STRETCH and a well of gratitude for
the YOU who is RIGHT NOW.
Not the you of tomorrow,
nor the you of yesterday.



portrait by: annabelle agnew

Welcome to LUGHNASADH

Emeline









PLANT × ¼ EARS × ½ GRAIN AND FLOWER DETAILS × 1

1 MAIZE or CORN plant 1a Male flowers detail 1b Female flowers detail

2 DENT TYPE MAIZE ear 2a Grains 3 FLINT TYPE MAIZE grains



LUGHNASADH: ORIGINS & CELEBRATIONS

Lughnasa, also known as the August Feast, is the third festival in the Celtic calendar, falling between the summer solstice and the autumn equinox. It is also noted as the first of the harvest festivals, being followed by Mabon on September 21, and Samhain on October 31.

On Lughnasadh, the first harvests of wheat, oats, barley, and new potatoes are celebrated with joy and gratitude, . This festival was established by the Celtic god Lugh to honor his foster-mother Tailtiu, who died on August 1 from exhaustion after clearing the fields for farming.

Her dying wish was for festival games to be held every year in her memory, promising that Ireland would always have songs as long as these games continued.

Lughnasadh traditions encompass a variety of cultural practices, such as offerings, ritualized dance performances, hill and mountain climbing, horseracing, communal feasting, and participation in various physical contests including archery, boxing, and fencing. These activities collectively formed what was historically referred to as the Tailteann Games. The celebration of these games has persisted as a longstanding ritual observance during the Lughnasadh period over several centuries. We know them in modern times as Highland Games.

The Christian Church in Ireland later adopted Lughnasadh, renaming it Lammas (Loaf Mass), where a loaf made from the first ripe grain was blessed at church. After the loaf was blessed, the farmers broke it into four pieces and placed each piece in the corners of their barn to protect the newly harvested grain.

Lammas bread was often made in shapes including wheat, owls, and corn dolls.



Lughnasadh holds a distinctive place within the annual cycle known as the Wheel of the Year, serving as a pivotal period of transition.

Positioned between the peak of summer's vitality and the onset of autumn's waning daylight, it prompts introspection and personal contemplation. This seasonal juncture encourages us to revisit our initial objectives set earlier in the year and to evaluate their progress. It provides a moment to reassess personal intentions, ongoing projects, and overarching aspirations. By reflecting on both literal and metaphorical seeds sown, we can gauge accomplishments and identify areas warranting continued focus.
In commemorating the harvest's abundance, we are encouraged to recognize our own milestones and small wins. This contemplative practice fosters appreciation for our capabilities and contributions, affirming their role within the broader fabric of our ecosystems.



deer











DEERS AND SPIRITUALITY IN VARIOUS FOLKLORES

In Celtic mythology, deer are revered as sacred animals. and often associated with the forest and woodland gods, such as Cernunnos, the horned god of the forest. Deer symbolize grace, gentleness, and the ability to move between the physical and spiritual worlds. The stag, in particular, is seen as a symbol of leadership and regeneration and is often seen as an animal connected to Lughnasadh.

Among Native American tribes, deer are seen as messengers and symbols of spiritual authority. They represent gentleness, peace, and an ability to listen and move with grace. Some tribes view deer as guides and protectors, embodying qualities of compassion, awareness, and sensitivity. The deer dance is a significant ceremonial dance among certain tribes, reflecting the importance of the deer spirit.

DEER

In Japan, deer are considered messengers of the gods and are often found in Shinto shrines, particularly in Nara, where they roam freely and are protected. The deer is a sacred animal that symbolizes longevity, good fortune, and the spiritual connection between the gods and humans.

In Chinese symbolism, the deer is a symbol of longevity and wealth. The Chinese word for deer, "lu," is a homophone for the word that means "abundance" or "prosperity." Deer often appear in Chinese art as a sign of a long, prosperous life and are associated with the god of longevity, Shou Xing.

In ancient Greek and Roman mythology, deer are sacred to Artemis (Diana in Roman mythology), the goddess of the hunt, wild animals, and the wilderness. The deer symbolizes purity, independence, and a close connection to nature. Artemis is often depicted with a stag or a doe by her side, highlighting her role as a protector of wildlife and the forest.

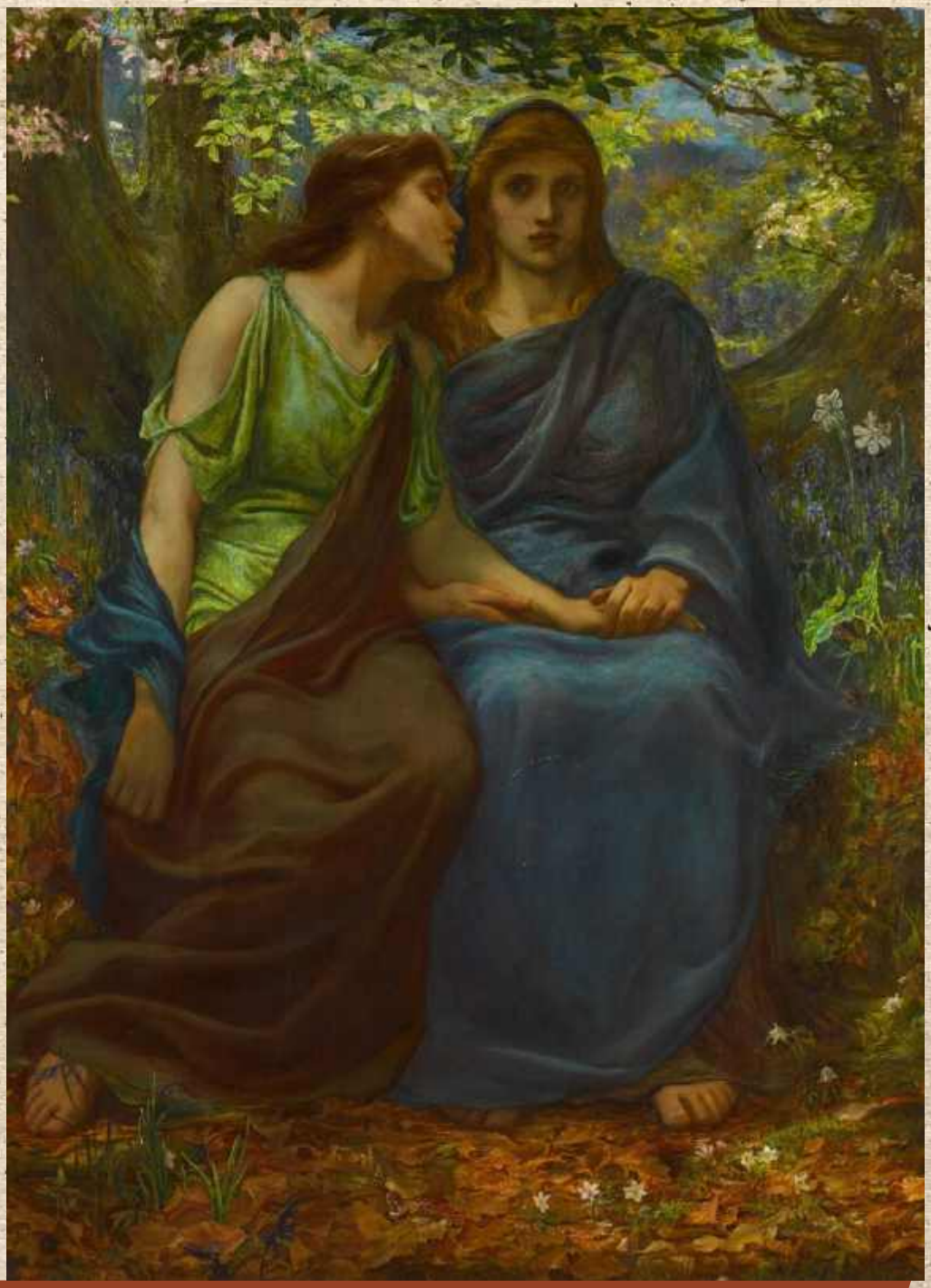
DEER

In Buddhism, the deer represents harmony, peace, and longevity. The Deer Park in Sarnath, where Buddha gave his first sermon, is a significant site in Buddhist tradition. Deer are seen as peaceful creatures that embody the qualities of mindfulness and serenity, important aspects of the Buddhist path.

In Norse mythology, deer are linked to the Yggdrasil, the World Tree. Four stags, Dáinn, Dvalinn, Duneyrr, and Duraþrór, graze on the leaves of this tree, symbolizing the cyclical nature of life and the interconnectedness of all beings. Deer in Norse myth symbolize the harmony between nature and the cosmos.



DEMETER



demeter & persephone

John Dickson Batten

(1865-1932)

DEMETER

DEMETER:

Demeter, the Grain Mother, is a prominent figure in Greek mythology known as the goddess of agriculture, grain, and fertility. And is often revered at Lughnasadh. Here are some key aspects of her mythology and significance:

Goddess of Agriculture:

Demeter is primarily associated with the growth and harvest of crops, particularly grain. She is credited with teaching humans how to cultivate the land and is revered for ensuring the fertility of the earth.

Mother Earth:

As the Grain Mother, Demeter symbolizes the nurturing and sustaining power of the earth. She embodies the cycle of life, death, and rebirth through the agricultural seasons.

DEMETER

Myth of Demeter and Persephone

One of the most famous myths of greek mythology is the story of Demeter and her daughter Persephone:

Hades, the god of the underworld, abducts Persephone to make her his queen. Distraught, Demeter searches for her daughter and neglects her duties, causing the earth to become barren.

Eventually, a compromise is reached where Persephone spends part of the year with Hades in the underworld (autumn and winter) and part with Demeter on earth (spring and summer). This myth explains the seasonal cycle of growth and dormancy in agriculture.



DEMETER

Eleusinian Mysteries:

Demeter was the central figure in the Eleusinian Mysteries, one of the most important religious rites in ancient Greece. These secretive rituals, held in Eleusis, were believed to offer initiates knowledge and blessings related to the afterlife. Part of Plato's Republic is said to be based on these Mysteries. (see RABBIT HOLE)

Symbols and Iconography

- Sheaves of Wheat: Demeter is often depicted holding sheaves of wheat, symbolizing her role as the Grain Mother and goddess of the harvest.
- Cornucopia: A horn of plenty, filled with the earth's bounty, represents abundance and nourishment.
- Torch: Sometimes shown with a torch, symbolizing her search for Persephone and the light she brings to the world.

ASSOCIATED PLANTS



MOTHERWORT

MOTHERWORT *spiritual uses*

Motherwort (Leonurus cardiaca) is a perennial herb that has been used for centuries in various cultures for its medicinal and spiritual properties. Its spiritual aspects highlight its role as a supportive and protective herb, offering emotional healing, grounding, and transformation. Motherwort's rich history and traditional uses continue to make it a valuable ally in both medicinal and spiritual practices.

PROTECTION + HEALING

Motherwort is often associated with protection, especially for women and mothers. It is believed to have a calming effect on the heart and mind, providing emotional support and reducing anxiety. In spiritual practices, it is used to create a protective aura and to ward off negative energies.

MOTHERWORT *spiritual uses*

HEART + LOVE

The botanical name "Leonurus cardiaca" translates to "lion-hearted," reflecting its traditional use to support heart health both physically and emotionally. Spiritually, Motherwort is seen as a herb of the heart, promoting love, compassion, and emotional healing. It is used in rituals to open the heart chakra and to foster self-love and forgiveness.

MOTHERHOOD + FERTILITY

True to its name, Motherwort is closely associated with motherhood and childbirth. It has been used traditionally to support women during labor and postpartum recovery. Spiritually, it is believed to connect women to the divine feminine energy, providing strength, comfort, and support during pregnancy and motherhood

MOTHERWORT *spiritual uses*

TRANSFORMATION + GROWTH

Motherwort is considered a herb of transformation, helping individuals navigate life changes and personal growth. It is used in spiritual practices to support transitions, whether they are physical, emotional, or spiritual. Its energy is thought to help release old patterns and embrace new beginnings with courage and resilience.

CALMING + GROUNDING

Motherwort has calming and sedative properties that make it a popular choice for stress relief and relaxation. Spiritually, it is used to ground and center oneself, promoting a sense of peace and tranquility. It is often included in rituals and meditations to help individuals connect with their inner selves and find emotional balance

LUGHNASADH CORRESPONDENCES

symbols

corn, corn dolls, sunflowers, wheat stalks, sickle and scythe, barley, oats, candles, cornucopias, gourds, sun wheels, bread, cauldrons

animals

roosters, calves, griffins, phoenix, centaurs, pigs

plants

heather, goldenrod, clover, yarrow, vervain, myrtle, rose, sunflower, mushrooms, garlic, onion, basil, hops, marigold, grape vine,, rosemary, rose hips, blackthorn

crystals

yellow aventurine, peridot, citrine, tiger's eye, lodestone, golden topaz, moss agate, obsidian, marble, lodestone



deities

Lugh, Corn Grandmother, Vulcan, Dagon, Ceres, Isis, Dana, Tammuz, Seelu, Tailltiu

CELEBRATE LUGHNASADH

Here is a list of ideas on how to celebrate this event!



BAKE A LOAF OF BREAD

HOST A MEAL WITH FRIENDS

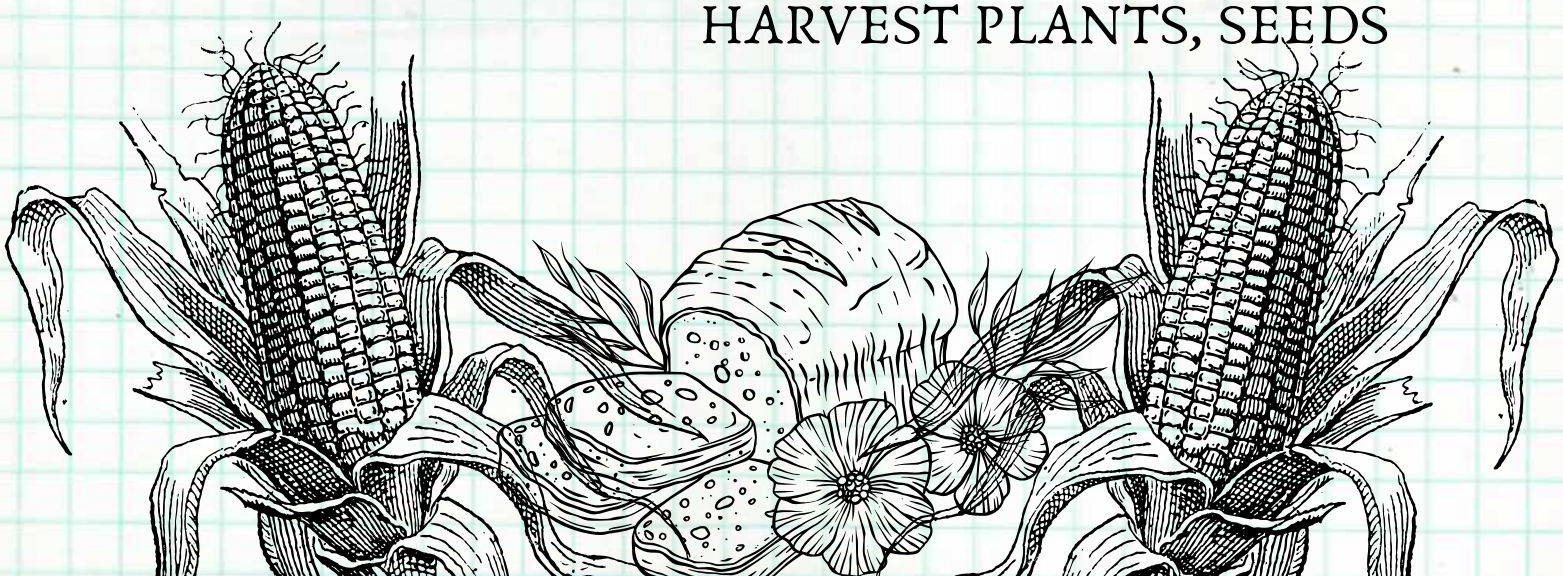
CREATE A HARVEST ALTAR

VISIT A U-PICK FARM

GO TO AN AGRICULTURAL FAIR

PLAY OUTDOOR GAMES

HARVEST PLANTS, SEEDS





Woman feeding chickens,
Tacuinum Sanitatis,
Vienna, 1490

LUGHNASADH MAGICK

PROTECTION + PROSPERITY SPELL

Intent: To protect your home and invite prosperity during the harvest season.

Materials:

- *A small bowl of salt*
- *A handful of dried herbs (such as sage, thyme, or rosemary)*
- *A white candle*
- *A piece of citrine or clear quartz*
- *A small pouch or container*

Instructions:

- *Begin by cleansing your space with the dried herbs, either by smudging or sprinkling them around your home.*
- *Light the white candle and place it on your altar or sacred space.*
- *Mix the salt and dried herbs together in the small bowl.*
- *Hold the citrine or clear quartz in your hands and visualize a protective shield surrounding your home.*

LUGHNASADH MAGICK

say aloud:

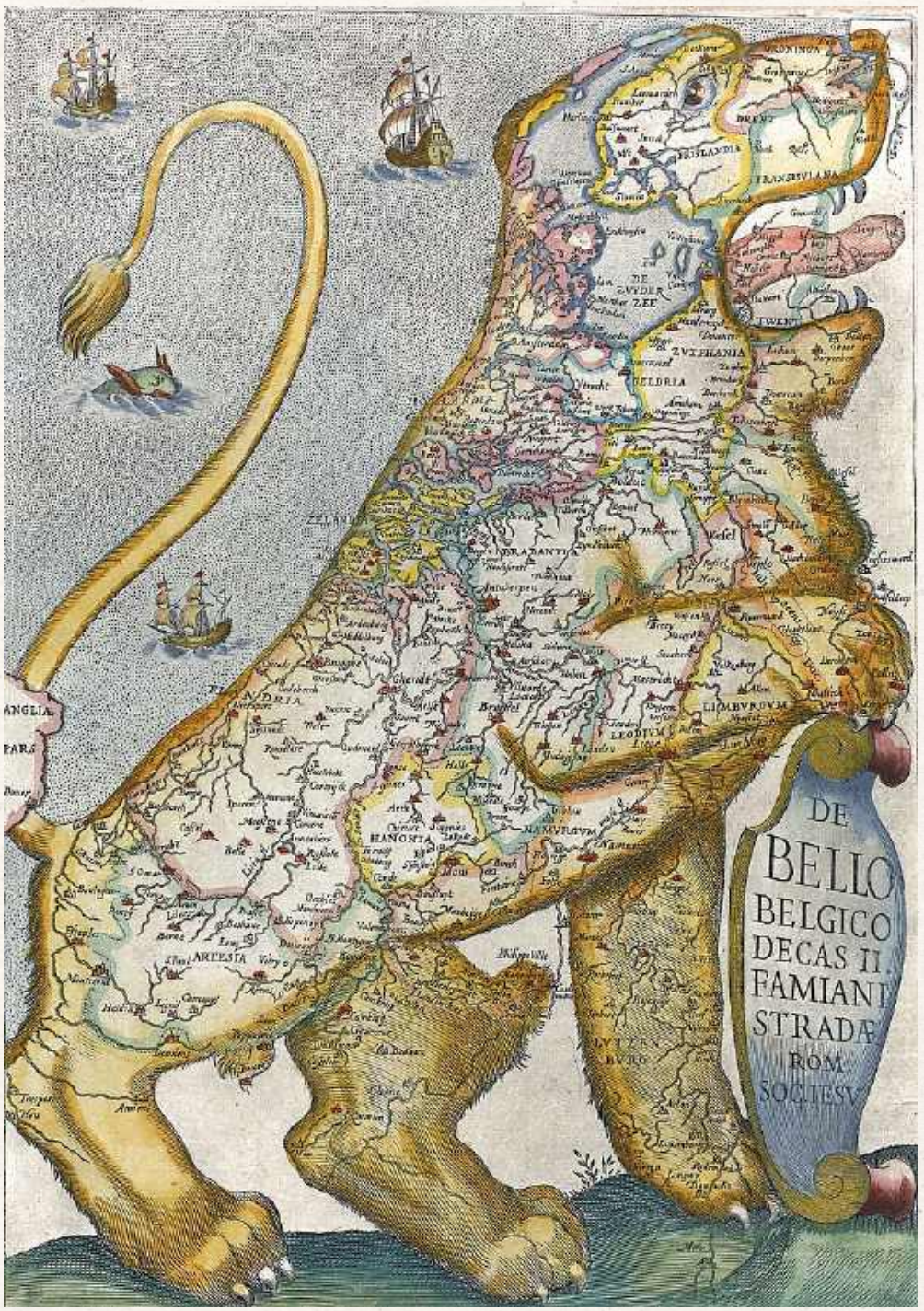
"By Lughnasadh's guiding light,
I ward off harm, so pure and bright. Prosperity flows and protection surrounds. In this place, harmony abounds."

Instructions

- *Place the citrine or clear quartz into the pouch or container with the salt and herbs.*
- *Keep this pouch in a central location in your home to attract prosperity and protect your household throughout the harvest season.*
- *Remember, the key to any spell or ritual is your intention and focus. Make sure to adapt these spells to suit your personal beliefs and practices, and always ensure that your actions are in harmony with the natural world around you*



ASTROLOGY *leo season*



Johan Willem Bau(e)r (1607-1640) or Jan Miele (1599-1664)
"De Bello Belgico Decas Prima Famiani Stradae Rom. Soc. Jesu"

ASTROLOGY *leo season*

Leo season, which typically runs from July 23 to August 22, brings a distinct set of influences shaped by the characteristics of the Leo zodiac sign and its ruling celestial body, the Sun. Here are some key influences available during this time:

Self-Expression and Creativity

Leo's energy is vibrant and artistic, making this a great time to engage in creative pursuits like art, music, writing, or any form of self-expression.

It's an excellent period for starting new projects that showcase your talents and passions.

Confidence and Leadership

The Sun's influence boosts self-assurance, encouraging you to take bold steps and assert yourself more freely. Leo season supports stepping into leadership roles, taking initiative, and inspiring others.

ASTROLOGY *leo season*

Social Connections and Celebrations:

Leo's outgoing nature makes this a prime time for social activities, gatherings, and parties. It's a great time to connect with friends and family.
With its association with joy and entertainment, Leo season is perfect for celebrating milestones and achievements.

Romance and Passion

Leo's fiery passion enhances romantic relationships, making it a great time for love and romance. This period encourages playful and adventurous experiences with loved ones.



Recognition and Appreciation

Leo season highlights the desire for acknowledgment and praise. It's a time to celebrate your achievements and seek appreciation for your efforts.

ASTROLOGY *leo season*

PRACTICAL TIPS:

Embrace Creativity:

Engage in activities that allow you to express your creativity and talents.

Be Social:

Take advantage of the social energy by spending time with loved ones and attending social events.

Celebrate Yourself:

Acknowledge and celebrate your achievements and strengths.

Show Appreciation:

Recognize and appreciate the efforts of those around you.



LUNATIONS:

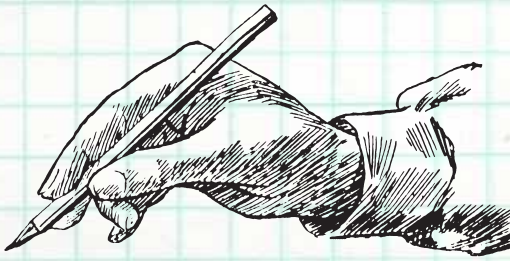
New Moon IN *Leo*

August 4th, 2024, at 4:13 am PT

Full Moon IN *Aquarius*

August 19th, 2024, at 11:26 am PT

REFLECTIONS:



1.How have my personal goals and intentions evolved since the beginning of the year? What achievements or milestones have I reached that I can celebrate during this harvest season?

2. How does the changing of seasons from summer to autumn resonate with my own life transitions and cycles? What lessons can I learn from observing the cycles of nature during this time of harvest?

3. What am I grateful for as I reflect on the abundance in my life, both materially and spiritually? How can I express gratitude for the people, experiences, and resources that have supported me on my journey?

TAROT

Card 1: THE EMPRESS



This card symbolizes fertility, abundance, and nurturing energy.

It reflects the fruitful harvest and the abundance of the earth's bounty during Lughnasadh.

Card 2: STRENGTH



Strength in relation to Lughnasadh encourages us to recognize and celebrate both our personal inner strength and the strength found in the natural world and community around us. It invites us to reflect on how we can use our strength positively as we move forward into the next phase of the year.

SUGGESTED RABBIT HOLES

DEER MEDECINE	*Shamanic Connections*
LUGHNASADH MAGICK	*Worts + Cunning*
MOTHERWORT	*Evolutionary Herbalism*
LEO SEASON	*Jessica Davidson*
LUGH + CELTIC WISDOM	*Mythopedia*
THE ELEUSINIAN MYSTERIES	*World History*



BIBLIOGRAPHY

Brown, Lorri Shields, "*Lughnasadh: A Time for Reflection and Celebration*", Mabon House, https://www.mabonhouse.co/new-blog/lughnasadh-a-time-for-reflection-and-celebration

Cunningfolk, Alexis. "*A might do list for lughnasadh*" July 30, 2019 http://www.wortsandcunning.com/blog/a-might-do-list-for-lughnasadh

Hutton, Ronald. " Pagan Britain" Yale University Press, 2014

Mankey, Jason . *8 Ways to Celebrate Lughnassa/Lammas*, Patheos, July 30, 2017.

Wigington, Patti. "*Lugh, Master of Skills.*" Learn Religions, Sep. 4, 2021, learnreligions.com/lugh-master-of-skills-2561970.

Willow, Autumn. "*Lammas Correspondences*", July 14, 2015. https://www.flyingthehedge.com/2015/07/lammas-correspondences.html

Wright, Gregory. "*Lugh.*" Mythopedia, November 29, 2022. https://mythopedia.com/topics/lugh.

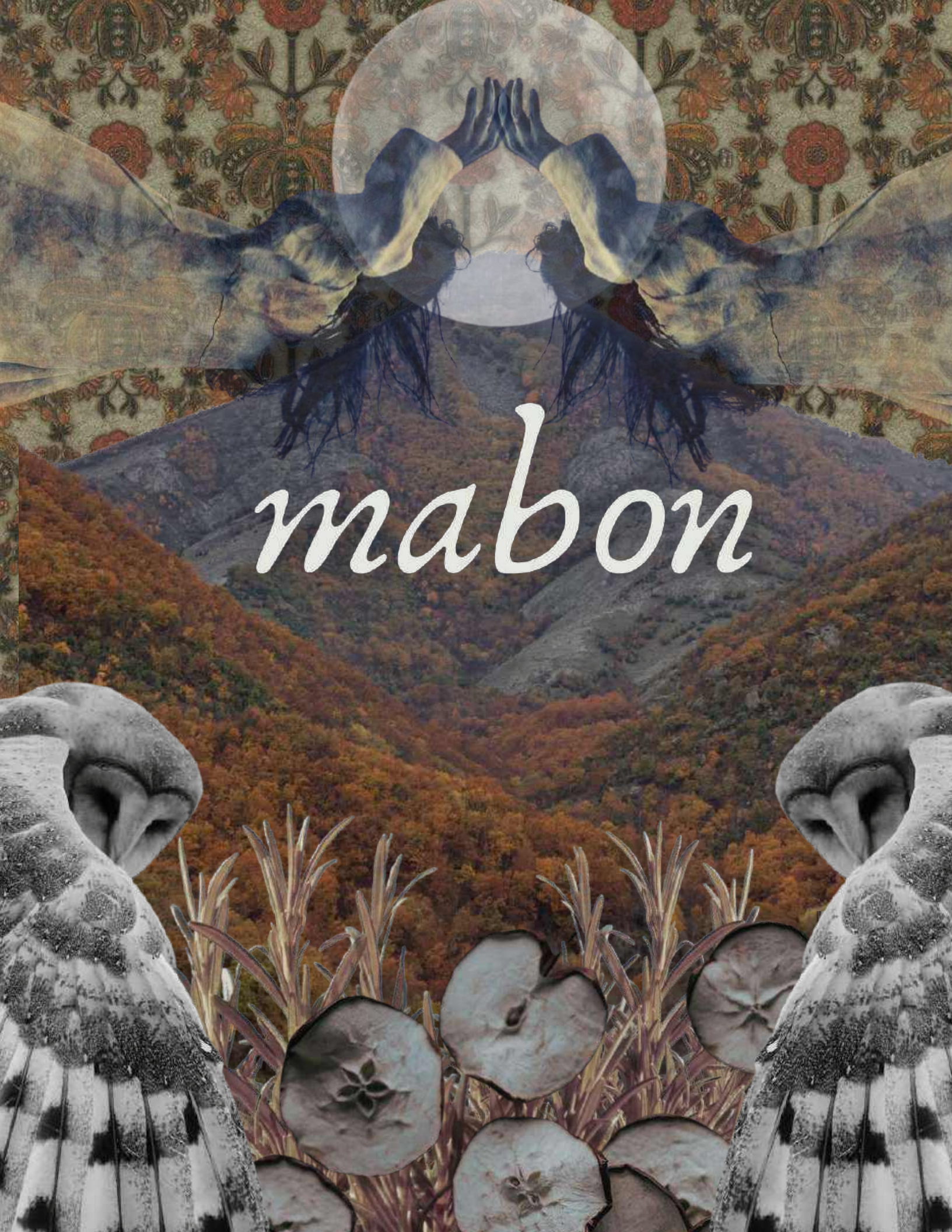


DATE	ISSUED TO
2024	wHEEL OF THE YEAR
auG	LUGHNASADH *lammas*
sept	MABON *autumn equinox*
oCt	SAMHAIN *all hallow's eve*
dDec	YULE *winter solstice*
	past issues
FEB	IMBOLC *candlemas*
march	OSTARA *midsummer*
may	belTANE *may day*
june	litha *spring equinox*
designed	Emeline ViLledary
by	



The Seed Guardian

Otik, Holland , 2021


mabon



DATE	ISSUED TO
CONTENTS	*welcome essay*
	MABON
	MYTH TIME
	OWL
	THE DARK MOTHER
	ROSEMARY
	CORRESPONDENCES
	MAGICK
	ASTROLOGY
	REFLECTIONS
	TAROT
	RABBIT HOLES
project by	Emeline ViLledary

dearest,

It's very easy to fall in love with this Fall season. The plants outside are getting crispy, the corn fields golden, even my three year old is asking what is happening, spotting the organized rows of geese in the sky. The nights are cool and the wetness of the morning dew takes forever to dry. We are on the cusp of the dark season, yet the sun is still shining brightly.

Soon, this will all be barren.

My tendency at this time is to head outside and forage. Having harvested the most of what succeeded this year, my tasks are minimal, and so I head out to read the land and see what it is offering. I like to think it's my innate calendar that drives me to do so, one that was handed down from womb to egg, but who knows...

The apple trees are resting from last year's heavy offering, so there will be no vinegar making this winter. Hawthorne berries are looking tempting to gather as a material for garlands.

dearest,

Acorns are being collected by my toddler, and stored away for snowy day crafts. The hops need to be harvested for brewing and tincture making. The sunflowers are shedding their golden petals to help dry their seeds, which will be harvested for dye projects and future planting. That is, if the birds leave us any seeds at all!

Inside the house, I am casting out whatever plant matter hasn't been used over the last year. New batches of tinctures are peculating, in hopes of sustaining some clarity during the winter.

These practices keep me tethered, and sharpen my observation skills, I am the owl, I am the hawk. I am the one who can see the moles in the thickets of the asters.
I see the patterned trails of snails, slugs and other creeping critters. Dragging themselves over the geotextile's black surfaces.

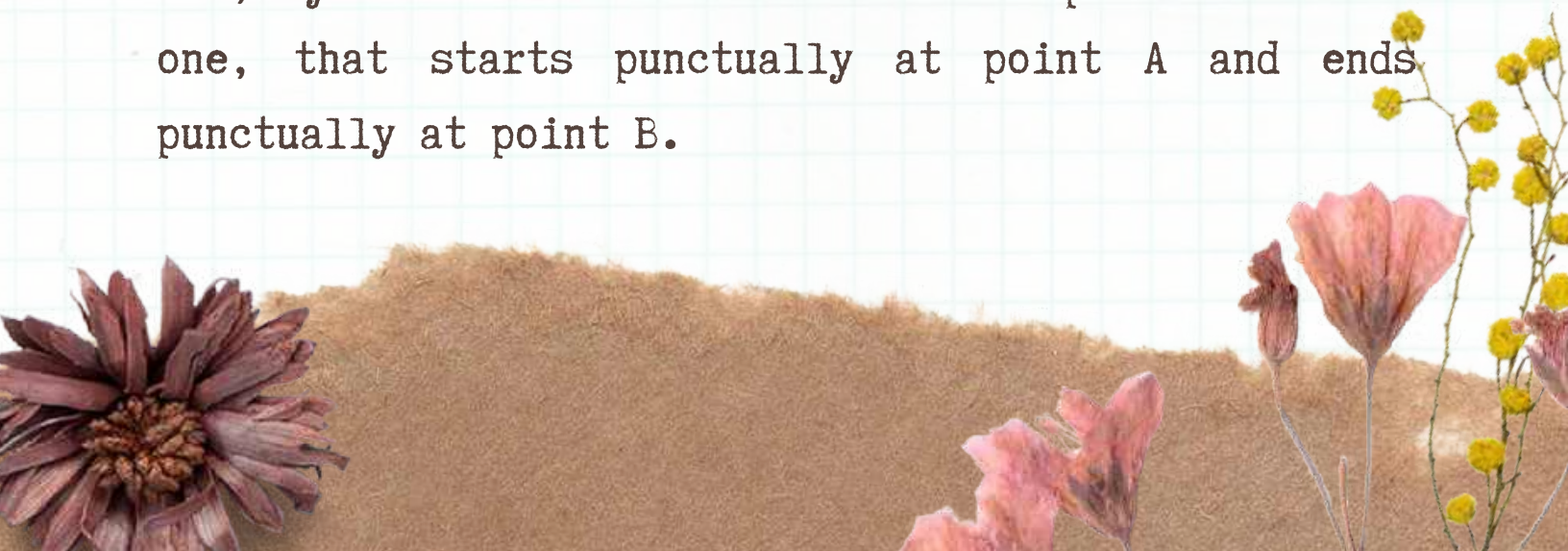


These are the kinds of lines that are found on stones. Stones that were melted by the fires of our earth, cooled by the tide pools of our oceans. Delivered by the push of tides.

These are the lines that show themselves in root systems, in algae patterns, in blood vessels.
These are the lines of my aging hands.

These snails and slugs, do they know they are betraying their wanderings?
Leaving to the Owl the traces of their unfolding, microcosmic journey.

Mythic cosmology reminds me that time is cyclical, that time is repetitive.
Yet, my brain likes to think of the path as a lone one, that starts punctually at point A and ends punctually at point B.



Each year, I face these same time markers, the falling acorns, the browning dock seeds, and each year I get to befriend them instead of hurrying myself along.

I feel at home in the Dark Mother and so I am eagerly awaiting the reprieve from the light and the hot. Yet the lessons from this season of lightness are close to me. The more I dive into the Wheel of the Year, the more connected I become.

The more my Owl sight sharpens.

Spring and Beltane are the Maiden,

Summer and Lammas are the Mother,

Fall and Winter are the Crone.

I cycle through them in my day,

as I cycle through them in my year,

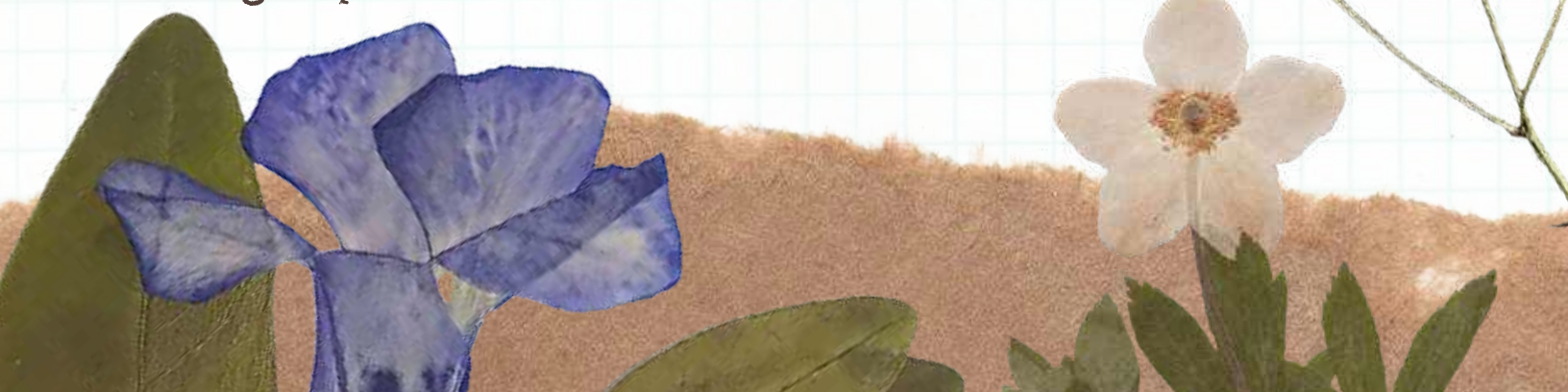
and throughout my life.

Never one without the other.

Three faces of the same being.

Eight petals of the same bloom.





My wish for you this season is that you attune to what is ending. May you glean the lessons and tend to the gathering of supplies to keep you sustained in the coming months.

May you grieve your light and rejoice in your dark,

I will leave you with the following verse from Octivia Butler's Parable of the Talents:

Welcome to
MABON

"Darkness
Gives shape to the light
As light
Shapes the darkness.
Death
Gives shape to life
As life
Shapes death.
god
And the universe
Share this wholeness
Each
Defining the other:
god
Gives shape to the universe
As the universe
Shapes god'



portrait by: annabelle agnew

Emeline

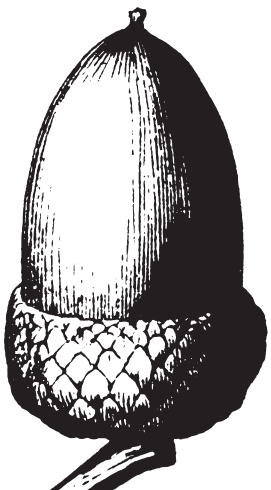

mabon

MABON ORIGINS & CELEBRATIONS

Mabon, celebrated at the autumnal equinox, marks the moment of equal Day and Night: The term “equinox” comes from Latin and means “equal night.”

During the autumn equinox, the sun is positioned directly above the equator, making the length of day and night approximately equal. This happens because the Earth's axis is tilted neither toward nor away from the sun, resulting in nearly equal amounts of daylight and darkness for most parts of the world. It is also considered the 2nd of the Harvest Festivals.

This is a time to embrace the balance between light and dark and give thanks for the harvest and rejoice after grueling weeks of work to secure food for the coming winter.



MABON ORIGINS & CELEBRATIONS

Mabon as the name of a specific holiday did not take hold until the rise of paganism in the 1970s. But the celebration of the autumn equinox is as old as humanity. So while ancient Celts may not have celebrated Mabon, per se, they most certainly celebrated the autumn equinox, rejoicing in the near end of the busy harvest season.

The name "Mabon" comes from Welsh mythology, specifically Mabon ap Modron, a divine youth and son of the goddess Modron. Although Mabon ap Modron isn't directly linked to the equinox, modern pagans adopted his name to represent this festival due to his connection with balance and renewal.



Mabon ap Modron
illustrated by
MARGARET JONES

Mabon Myth:

In the enchanting world of Welsh mythology, the tale of Mabon ap Modron is a captivating story of heroism and renewal. Mabon, the son of the goddess Modron, is a divine youth with immense strength and potential.

However, his life takes a dark turn when he is captured and taken away from the world while still just a baby. His absence casts a shadow of imbalance and longing over the land.
The story begins with a heroic prince named Culhwch, who sets out on a brave quest to find and rescue Mabon.

Guided by determination and a sense of duty, Culhwch is joined by a band of loyal companions and magical allies, including the legendary hero Arthur and his noble knights. Together, they embark on an adventure filled with mystery and challenges.

Mabon Myth:

Their journey takes them through mystical landscapes and introduces them to wise beings who help them uncover the truth about Mabon's whereabouts. They discover that Mabon is held captive in a hidden, otherworldly place. Undeterred by the obstacles they face, Culhwch and his friends press on, driven by their hope to restore balance to the world.

After a series of daring feats and with the aid of powerful artifacts, the heroes finally locate Mabon and free him from his confinement. His return brings a wave of renewal and harmony, healing the land and restoring the natural order.

The story of Mabon ap Modron celebrates the triumph of courage and the joy of bringing light back into a world that had been shadowed by his absence.

In this tale, the rescue of Mabon symbolizes the power of bravery, the importance of balance, and the beauty of new beginnings.

It's a reminder that even in the darkest times, hope and determination can lead to the restoration of harmony and the celebration of life's enduring potential.

OWL



beneath the moon

tuesday riddell



Owl in Spirituality+ Various Folklores

Owls are rich in symbolic meaning across cultures, often representing wisdom, mystery, protection, and transition. Their nocturnal habits and keen senses contribute to their associations with hidden knowledge and spiritual insight.

Owls have long been seen as powerful symbols across cultures, often representing wisdom and knowledge. Their ability to navigate the night and see what others cannot gives them an air of mystery and insight.

This connection to learning and deeper understanding makes them symbols of wisdom in many traditions, including Greek mythology, where they are linked with the goddess Athena.

Owl in Spirituality+ Various Folklores



Beyond their association with wisdom, owls also symbolize transition and transformation. Their connection to the night and the unknown makes them guides through difficult phases of change, both in life and in spiritual journeys. In some cultures, they are even seen as messengers of death, representing a passage to the afterlife rather than something ominous.

Their nocturnal habits also tie them to intuition and inner vision, symbolizing the ability to perceive hidden truths and deeper insights.

Owls hold special meaning in various mythologies. In addition to Athena, the Roman goddess Minerva and Hindu goddess Lakshmi are both associated with owls, representing wisdom, protection, and prosperity.

Owl in Spirituality+ Various Folklores

Even in cultures that view them as omens of misfortune, like in some North American Indigenous ribes, African and Chinese traditions, owls are often also seen as protectors with the ability to reveal hidden truths.

In modern times, owls continue to symbolize intuition, transformation, and the ability to navigate through darkness—whether it's personal challenges or the mysteries of life. Their rich symbolism and widespread cultural significance have cemented their place as mystical creatures that guide us toward greater wisdom and insight.



DARK MOTHER

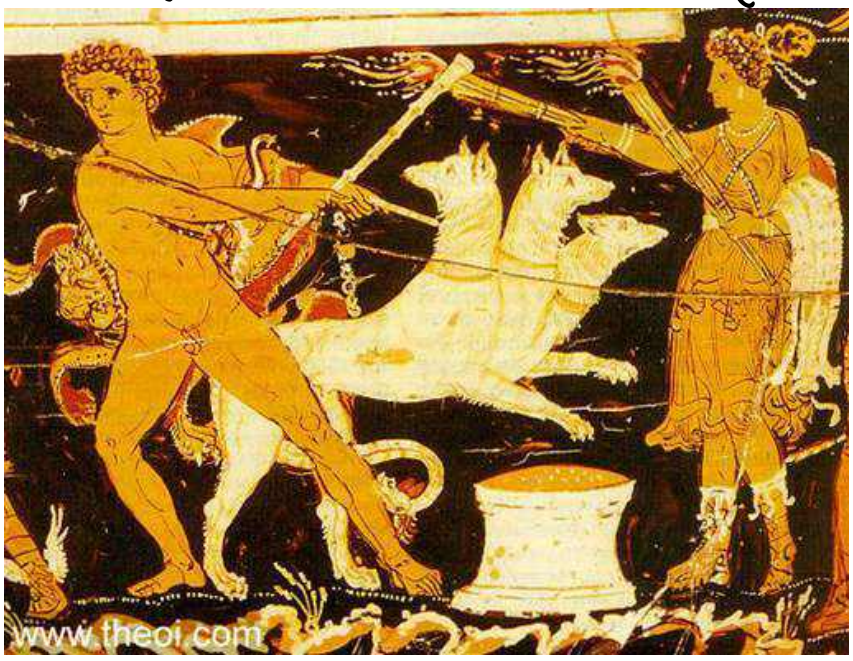


OUZOKIM

HECATE

THE GUARDIAN OF THE THRESHOLD

Hecate, often portrayed as a Triple Goddess in her own right, also embodies the Dark Goddess energy during Mabon. She is a goddess of magic, crossroads, and the thresholds between worlds. At Mabon, we stand at a threshold between the light half of the year and the dark, much like Hecate stands at the crossroads between life and death, guiding souls through transitions. She is a psychopomp—a guide to the underworld—making her a fitting deity to invoke during Mabon for those seeking guidance through personal transformation or shadow work.



Heracles, Cerberus and Hecate, Apulian red-figure volute krater C4th B.C

TURNING POINT TO DARKNESS

At Mabon, the sun's power begins to wane, and darkness starts to grow as the days become shorter and the nights longer. This period is associated with the waning of the year, symbolizing the end of the life-giving energy of the summer and the beginning of the descent into the darker months. In many pagan traditions, this is a time for reflecting on the harvest of the year, both physically (the literal crops) and symbolically (what we have achieved, learned, and gained). It is also a time to prepare for the symbolic death that comes with winter.



MARIA DE NAGLOWSKA
the Sophiale of Montparnasse

TURNING POINT TO DARKNESS

This turning of the year mirrors the Dark Goddess archetype, who represents the descent into the underworld, the shadow aspects of the self, and the necessary processes of letting go and release. As the earth prepares for winter, so too do we prepare to face the darker, introspective part of the year, where inner growth and transformation occur.

THE DARK GODDESS : THEMES OF DESCENT + REBIRTH

The Dark Goddess archetype embodies aspects of the feminine that are often associated with death, transformation, and the underworld. She is seen in figures like Hecate, Persephone, and Kali—goddesses who preside over death and rebirth, transitions, and the shadow aspects of the psyche.

TURNING POINT TO DARKNESS

During Mabon, as the natural world shifts toward death and dormancy, the Dark Goddess becomes more present as a symbol of these themes.

Mabon represents the time when the world begins to descend into darkness, much like the myth of Persephone, who descends into the underworld for part of the year. This mirrors the Dark Goddess's role as a guide through the underworld, symbolizing the personal journey inward, the confrontation with the shadow, and the acceptance of loss and death.

Just as the trees shed their leaves during autumn, Mabon is a time for releasing what no longer serves us. This release is a key part of the Dark Goddess's energy—she often represents the necessary endings that precede new beginnings. Mabon invites us to let go of the things we've outgrown, much like the Dark Goddess presides over endings and transitions.

TRIPLE GODDESS



Hieroglyphica, sive, Commentary on the sacred Egyptian letters, published 1575.)

MABON + THE DARK MOTHER

The Dark Mother, like the Crone, challenges the idealized, nurturing aspect of femininity by introducing the destructive, chaotic, and terrifying forces that are part of the feminine psyche. This archetype teaches that the feminine is not just passive and nurturing but also wild, fierce, and capable of dismantling what no longer serves. The connection to the Triple Goddess highlights that the feminine journey is cyclical—embracing both creation and destruction, life and death.

The Dark Mother as the Crone represents the culmination of feminine power in its most profound and terrifying form, guiding individuals through death, transformation, and rebirth. Through her connection with the Triple Goddess, she reveals the darker, essential truths about life and the cyclical nature of existence.

ASSOCIATED PLANTS



ROSEMARY

ROSEMARY *history*

Rosemary (Salvia rosmarinus) has a long and fascinating history, both as a culinary herb and a symbol in many cultures.

Native to the Mediterranean region, this hardy, evergreen herb has been cultivated for thousands of years. Its name comes from the Latin words ros (dew) and marinus (sea), meaning "dew of the sea," likely because it thrives in the salty coastal areas. Botanically, rosemary is part of the mint family (Lamiaceae), with its signature needle-like leaves and small, delicate blue flowers. It’s a plant that's tough yet aromatic, known for its resilience and ability to flourish in dry, rocky soils.

Historically, it was used by ancient Egyptians in burial rites, by Greeks and Romans for memory enhancement, and in medieval Europe as a symbol of love, loyalty, and protection. Today, it’s a staple in gardens and kitchens around the world, valued just as much for its robust flavor as for its rich history

ROSEMARY *spiritual uses*



MEMORY + REMEMBRANCE

Rosemary has long been linked to memory and remembrance. In ancient Greece, students would wear rosemary sprigs or tuck them into their hair while studying, believing the herb would improve memory and mental clarity. This association with memory carried over to funerals, where rosemary was placed on graves to honor the dead and symbolize that they would not be forgotten.

LOVE + FIDELITY

Rosemary has a romantic side in folklore, symbolizing love and fidelity. In weddings, it was often included in bouquets or given to guests as a token of remembrance and commitment. A sprig of rosemary in a bride's wreath or bouquet was said to ensure that love would endure. It also symbolized loyalty between friends and loved ones.

ROSEMARY *spiritual uses*

HEALING

Healing and Well-Being: Rosemary was commonly used in folk medicine for its healing properties. People believed it could ward off illness, especially during times of plague or sickness. It was burned or carried as a protective charm, and rosemary-infused oils or teas were used to ease headaches, boost circulation, and soothe aching muscles.

PROTECTION + HEALING

In various traditions, rosemary is used to ward off evil spirits and protect homes. People would hang bundles of rosemary above doorways or burn it to cleanse spaces of negative energies. Its strong, purifying scent was thought to drive away harmful influences and create a safe, sacred environment.

MABON CORRESPONDENCES

symbols

the scales,
acorns, apples,
cornucopia,
autumn leaves,
pomegranates

animals

owls, deer, squirrels



Pomegranates in the atelier

plants

sage, _mugwort,
chamomille, ,
yarrow, rosemary,
rose hips,
blackthorn

crystals

citrine,
smoky quartz,
carnelian
amethyst
red jasper
tiger's eye

deities

Pomono, Demeter,
Persephone,Hecate,
Mabon ap Modron
,Inari, The Dagda,
Oshun, Tlaloc



Apples and Calycanthus

Zaira Zarotti, 2020

MABON MAGICK

GRATITUDE AND ABUNDANCE JAR SPELL

To give thanks for the harvest and attract more abundance into your life.

Materials:

- A small jar or container
- Paper and pen
- Cinnamon or nutmeg (spices often associated with abundance)
- A few coins or small tokens
- A small piece of green or gold ribbon (optional)

Instructions

Prepare Your Space:

Find a quiet, comfortable place where you won't be disturbed. You may wish to light a candle or play soothing music to set a peaceful atmosphere.

Write Your Gratitude:

On a piece of paper, write down things you are grateful for or areas in your life where you have experienced abundance. You can also write specific goals or desires for more abundance.

MABON MAGICK

Instructions (cont)

Add the Paper to the Jar: Fold the paper and place it into the jar.

Add Spices and Tokens: Sprinkle a pinch of cinnamon or nutmeg into the jar to symbolize abundance and prosperity. Add a few coins or small tokens to represent financial and material wealth.

Seal and Decorate: Close the jar tightly. If you like, you can tie the jar with a piece of green or gold ribbon to enhance its connection to prosperity and abundance.

Set Your Intentions: Hold the jar in your hands and focus on your gratitude and intentions. Visualize the abundance flowing into your life and thank the universe for the blessings you've received and will receive.

Place the Jar: Keep the jar in a special place, such as your home altar or a prominent spot in your home, as a reminder of your gratitude and intentions.

ASTROLOGY LIBRA *season*



Juan de la Abadía: Saint Michael Weighing Souls (c. 1480-1495)

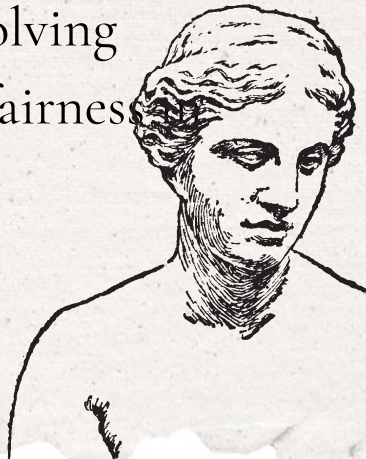
ASTROLOGY *LIBRA season*

Libra, symbolized by the Scales, is all about finding equilibrium and maintaining harmony. During Libra season, there's a heightened focus on creating balance in various aspects of life—be it personal, professional, or social.

Libra is ruled by Venus, the planet of love, beauty, and relationships. This season emphasizes the importance of partnerships, both romantic and platonic. It's a time for fostering connections, improving communication, and seeking fairness and understanding in interactions.

With Venus as its ruling planet, Libra season also brings an appreciation for beauty and aesthetics. This can manifest as a heightened interest in art, fashion, design, and creating a harmonious environment.

Librans are known for their diplomatic approach and desire for justice. During this time, there may be a focus on resolving conflicts, negotiating compromises, and striving for fairness in situations where balance is needed.



LIBRA SEASON *might dos*

Reflection and Journaling:
Spend time reflecting on your relationships and personal goals. Journaling about your experiences and desires for balance can help clarify your intentions and guide your actions.

Art and Beauty:
Engage in activities that bring you joy and aesthetic pleasure. This could be visiting an art gallery, redecorating your space, or exploring creative hobbies.

Socializing and Networking:
Libra season is ideal for social activities and networking. It's a good time to strengthen existing relationships and form new connections, whether in personal or professional contexts.

Conflict Resolution: Use the diplomatic energy of Libra to address any unresolved conflicts. Approach discussions with a mindset of understanding and compromise to achieve harmonious outcomes.

LUNATIONS

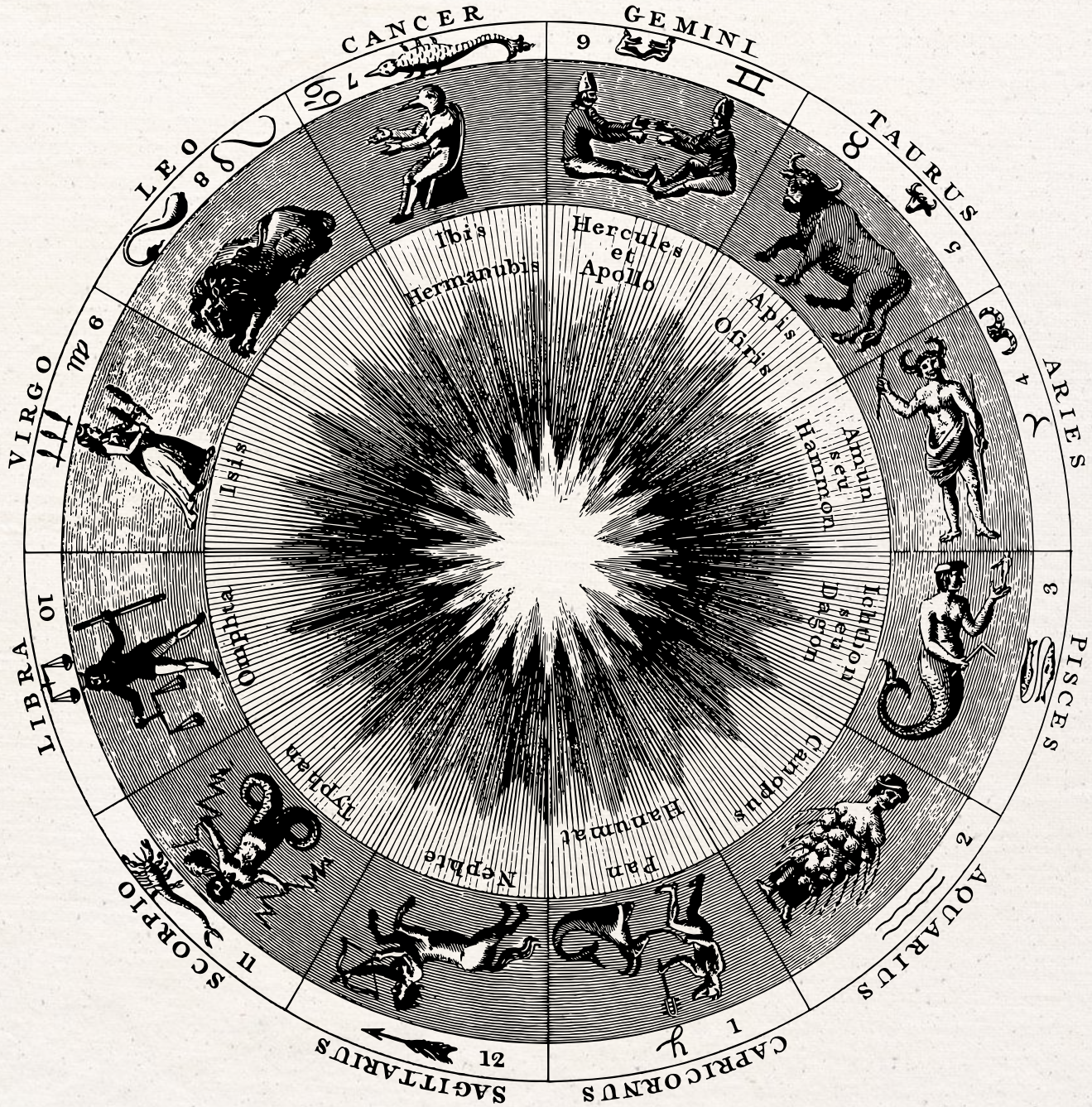
NEW MOON in Libra ♎

Oct 2nd

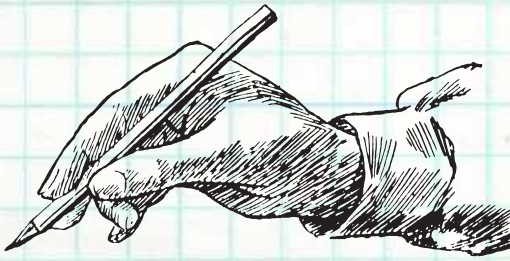
(also solar eclipse)

FULL MOON in ARIES ♈

Oct 17 th



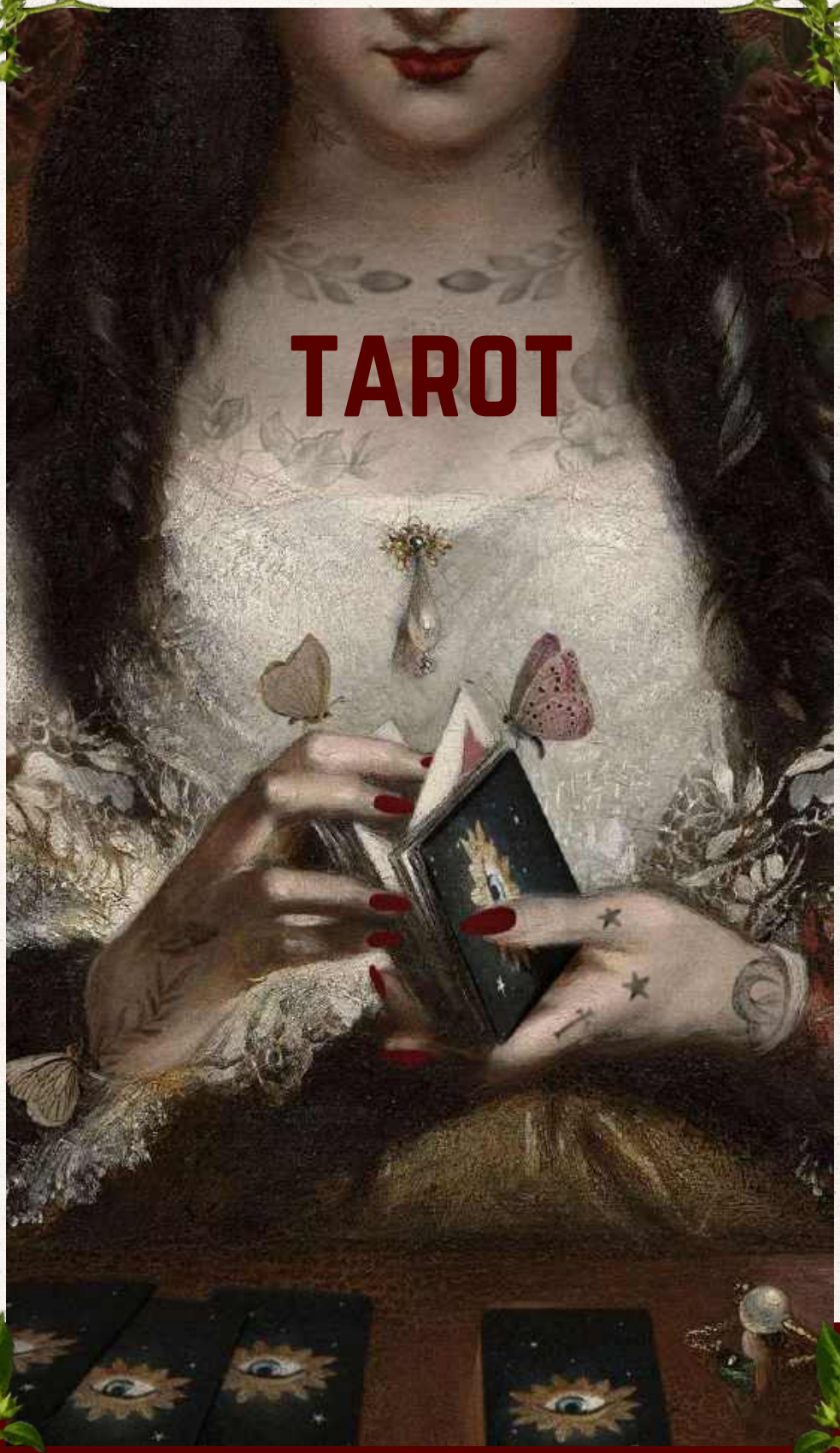
REFLECTIONS:



1. What personal projects or endeavours do I need to wrap up before the winter comes? What have I "harvested" over the light period of the year. How do I need to preserve it?

2. What parts of my shadow (fears, insecurities, hidden desires) are ready to be acknowledged and integrated into my conscious awareness?

3. What do I need to "store" or nurture within myself to get through the darker months of winter? How can I prepare myself mentally, emotionally, or spiritually for the quieter time ahead?

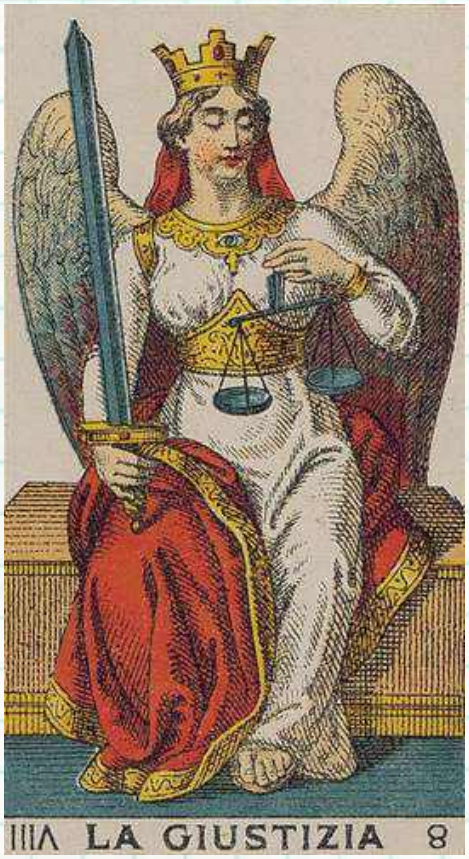


LA LISEUSE

VOGLIO BENE

TAROT

Card 1: JUSTICE



the Justice card suggests a time for introspection, to assess where we stand in relation to the truth, and to ensure that our actions align with our values. Justice urges us to seek equilibrium in our choices, relationships, and ethical responsibilities as we move into the next phase of the year

Card 2: TWO OF PENTACLES



Carnival At The End of the World Deck

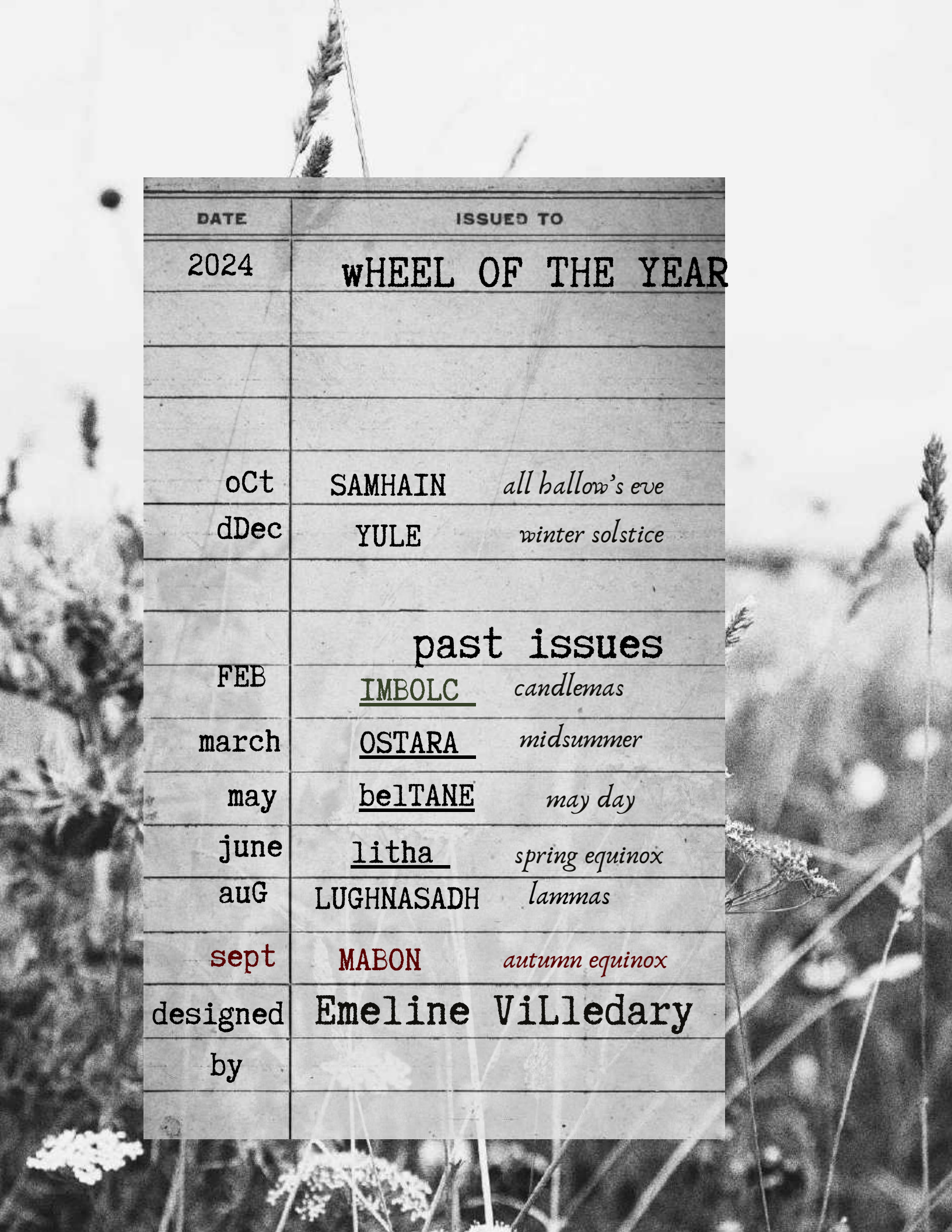
As we move into autumn, we are being asked to embrace the natural ebb and flow of life and find balance in the face of change. The Two of Pentacles asks us to maintain a flexible, grounded approach, harmonizing our various commitments while honoring the deeper shifts happening within us and in the world around us.

SUGGESTED RABBIT HOLES

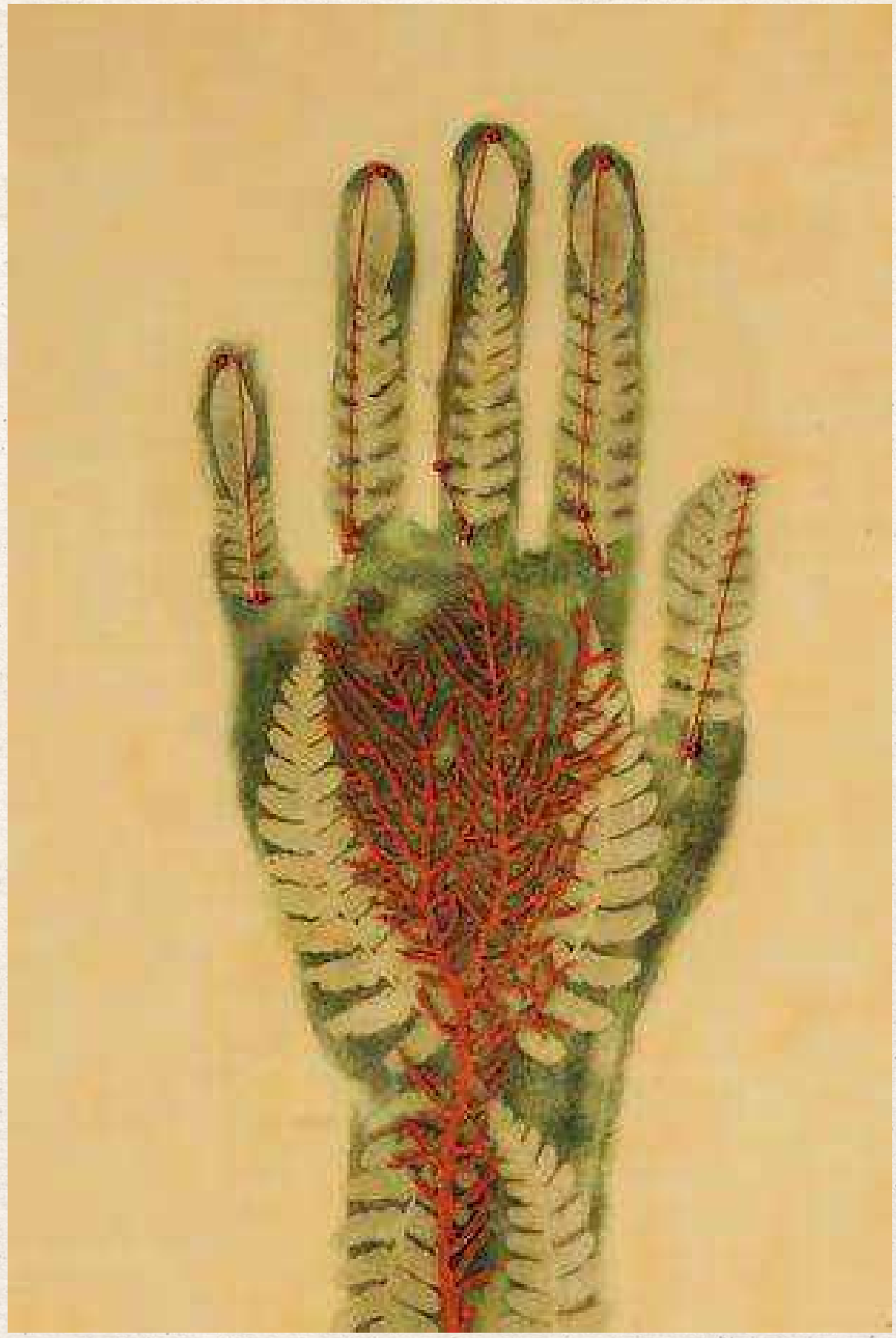
OWL MEDECINE	Shamanic Connections
ROSEMARY	Worts + Cunning
LIBRA SEASON	Jessica Davidson
CULHWCH AND OLWEN	Earth Wisdom Science
APPLE ARCHAEOLOGY	Physics Org
THE DARK PHASE	Catherine Urban

BIBLIOGRAPHY

- Brown, Lorri Shields, "*Embracing Mabon: Celebrating the Autumn Equinox*", Mabon House.
- OpenAI. (2024). ChatGPT (Sept 14 version) [Large language model]. Open AI (for correspondences, owl, spellwork sections)
- Cunningfolk, Alexis. "*Libra, Astroherbology*". Worts + Cunning, Oct 2015
- Luna, *Mabon 2024: A Witches Guide to Embracing and Celebrating the Harvest Season,* MoonFall Metaphysical, November 18th 2023.

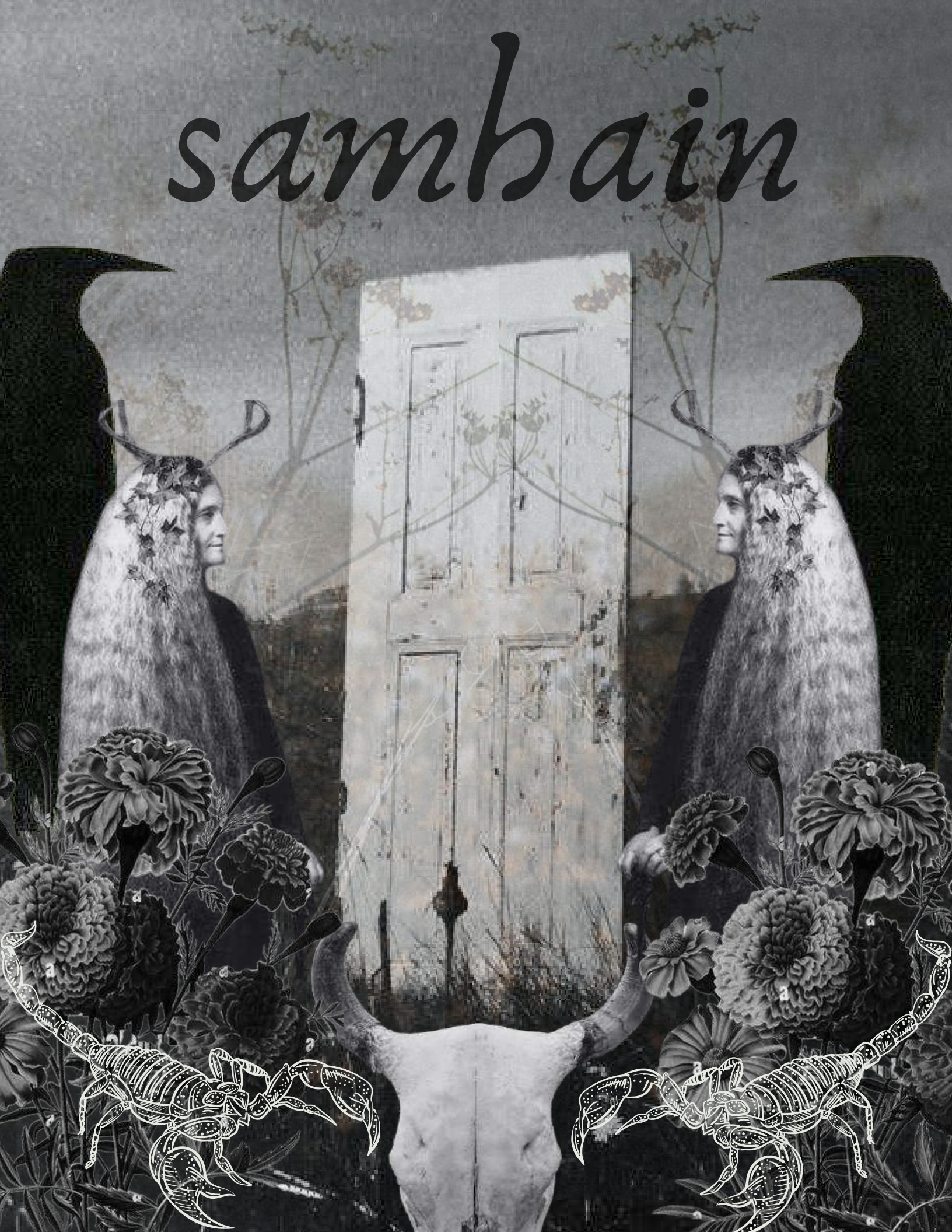


DATE	ISSUED TO	
2024	wHEEL OF THE YEAR	
oCt	SAMHAIN	*all hallow's eve*
dDec	YULE	*winter solstice*
	past issues	
FEB	IMBOLC	*candlemas*
march	OSTARA	*midsummer*
may	belTANE	*may day*
june	litha	*spring equinox*
auG	LUGHNASADH	*lammas*
sept	MABON	*autumn equinox*
designed by	Emeline ViLledary	



TRACES

VALERIE HAMMOND


sambain



DATE	ISSUED TO
CONTENTS	*welcome essay*
	SAMHAIN
	CROW
	TULSI
	CORRESPONDENCES
	ASTROLOGY
	MAGICK
	REFLECTIONS
	TAROT
	RABBIT HOLES
project by	Emeline ViLledary

dearest,

This month, we celebrate a decade of rural living. Over the weekend, we slaughtered meat chickens with our friends, finished stacking the last of our wood and planned the digging up of the dahlias, puzzled over where to plant the garlic.

We are busy putting things to sleep.

As the trees complete their magic trick of losing their leaves and becoming mirrors of their roots, the plants too are falling asleep. Our task, as stewards, is to tuck them in as best we can. To help the soil regenerate from all her generous bounty. We will make up duvet covers of leaves, pillows of straw and sheets of manure and hope that turndown service will work it's magic.

The list is long. We will do some of it.

We will also neglect some it.

We will see, in the Spring, what will have survived.

This is the way of the Wheel of the Year.

We bought this house in November of 2014.
The fields had been freshly cut, and the land was washed with the dun color of corn stalks.
The mountain naked, except for the few rust colored oak leaves, still rattling in the wind, reflected her long shape in the sinews of the river. I call her the Sleeping Mother.
The crows and the blue jays crawed in the mist of the morning freeze.
It all felt like a dream.
And now, 10 years later, we are slowly settling into the rhythm that surrounds us.
And soon, in a few weeks, the garter snake that lives near our bee hives will settle in its nest.
And she will fall asleep.
The tools will be put away, the frozen soil will be washed off the work boots. And the dahlia tubers will be stored in the cellar.
Our hands will no longer be wet cold and sore, but rather dry (cracked even?) and warmed by the fire.
And then Dreamtime will come.

But for now, we are still in the transition. We are in that limbo state as the weather fluctuates and the birds are still journeying.

As the plants and the animals get called back to the other world at Samhain/Halloween, the veil is thus lifted and if we can get quiet enough, we too, can hear the call from the other side.

Samhain is the beginning of this slumber season.

Animals are slaughtered, fires are lit to ward off evil spirits (and parasites!) and the last of the harvests are set in straw, to keep for the next few months.

Settling in for the winter in agrarian societies must have felt terrifying. I can easily understand why rituals would be performed to call about a shroud of protection.

We all know that not everything survives a deep wintering.

This month we turn to Crow as the liminal teacher, the one who lives in both worlds.
We turn to Holy Basil as a spiritual anchor, a cord to keep us uplifted..
We embody the Scorpion, the Cailleagh and Hecate as we see our own darkness revealed.

I invite you to lay down your work tools, and be inspired by the nakedness of the trees.

What messages does the other side hold for you?

What dreams or hopes do you need to survive the death that is upon us?



"During threshold times, boundaries dissolve.
Liminal holidays are times of chaos.
But chaos times are also times when problems
we once thought unsolveable can move and
shift in surprising directions.
Boundaries between the sexes, between the
living and the dead, between the past, the
present and the future become thin and
porous.
Thresholds times are when anything is
possible and everything is connected.'

amanda yates garcia

Welcome to

SAMHAIN

samhain



SAMHAIN ORIGINS & CELEBRATIONS

'Samhain is a call that asks us, for a time, to abandon our interpretation of the Earth, of stars of the psyche and attend to them in their naked presence.
In Samhain what we find is ultimately not an initiation into an Otherworld but an initiation into a deeper perception of this world, in which we are not merely beings fractured from the universe which birthed us but a living and participatory dimension of that cosmos. We might at this psychic depth find ourselves initiated into a deeper way of being human'

Jason Kirkey
The Salmon in the Spring:
The Ecology of Celtic
Spirituality



SAMHAIN ORIGINS & CELEBRATIONS

Samhain is a Gaelic word pronounced “sow-win”, meaning the end of summer.

It is a pagan religious festival originating from an ancient Celtic spiritual tradition. It is usually celebrated from October 3I to November I to welcome in the last of the harvest and usher in “the dark half of the year.”

It was believed that the barriers between the physical world and the spirit world break down during Samhain, allowing more interaction between humans and denizens of the Otherworld. The veil is lifted.

Ancient Celts marked Samhain as the most significant of the four quarterly fire festivals, taking place at the midpoint between the fall equinox and the winter solstice.

SAMHAIN ORIGINS & CELEBRATIONS

During this time of year, hearth fires in family homes were left to burn out while the harvest was gathered.

After the harvest work was complete, celebrants joined with Druid priests to light a community fire using a wheel that would cause friction and spark flames. The wheel was considered a representation of the sun and used along with prayers. Cattle were sacrificed, and participants took a flame from the communal bonfire back to their home to relight the hearth.

Early texts present Samhain as a mandatory celebration lasting three days and three nights. Failure to participate was believed to result in punishment from the gods, usually illness or death.

SAMHAIN ORIGINS & CELEBRATIONS

Because the Celts believed that the barrier between worlds was breachable during Samhain, they prepared offerings that were left outside villages and fields for fairies, or Sidhs.
It was expected that ancestors might cross over during this time as well, and Celts would dress as animals and monsters so that fairies were not tempted to kidnap them.
Some specific monsters were associated with the mythology surrounding Samhain, including a shape-shifting creature called a Pukah that receives harvest offerings from the field.

The Lady Gwyn is a headless woman dressed in white who chases night wanderers and was accompanied by a black pig.

SAMHAIN ORIGINS & CELEBRATIONS

The Dullahan sometimes appeared as headless men on horses who carried their heads. Riding flame-eyed horses, their appearance was a death omen to anyone who encountered them.

As the Middle Ages progressed, so did the celebrations of the fire festivals. Bonfires known as Samghnagans, which were more personal Samhain fires nearer the farms, became a tradition, purportedly to protect families from fairies and evil spirits.

Carved turnips called Jack-o-lanterns began to appear, attached by strings to sticks and embedded with coal. Later Irish tradition switched to pumpkins.

In Wales, men tossed burning wood at each other in violent games and set off fireworks.

In Northern England, men paraded with noisemakers.

SAMHAIN + CHRISTIANITY

As Christianity gained a foothold in pagan communities, church leaders attempted to reframe Samhain as a Christian celebration.

The first attempt was by Pope Boniface in the 5th century. He moved the celebration to May I3 and specified it as a day celebrating saints and martyrs. The fire festivals of October and November, however, did not end with this decree.

In the 9th century, Pope Gregory moved the celebration back to the time of the fire festivals, but declared it All Saints' Day, on November I. All Souls' Day would follow on November 2.



SAMHAIN + CHRISTIANITY

October 3I became known as All Hallows Eve, or Halloween, and contained much of the traditional pagan practices before being adopted in I9th-century America through Irish immigrants bringing their traditions across the ocean.

Trick-or-treating is said to have been derived from ancient Irish and Scottish practices in the nights leading up to Samhain. In Ireland, mumming was the practice of putting on costumes, going door-to-door and singing songs to the dead. Cakes were given as payment.
Halloween pranks also have a tradition in Samhain, though in the ancient celebration, tricks were typically blamed on fairies.



DIA DE LOS MUERTOS

The Day of the Dead, celebrated in modern Mexico and by those of Mexican heritage in the United States and beyond, has roots that stretch back approximately 3,000 years to the rituals honoring the deceased in pre-Columbian Mesoamerica.

The Aztecs and other Nahua peoples of central Mexico embraced a cyclical worldview, viewing death as an essential and omnipresent aspect of life.



A Day of the Dead altar (Mexico Tourist Board)

DIA DE LOS MUERTOS

Dia de Los Muertos is deeply rooted in pre-Hispanic rituals tied to the Aztec goddess Mictecacihuatl, or the Lady of the Dead, who allowed spirits to travel back to earth to commune with family members. That tradition was blended with the Roman Catholic observance of All Saints Day by the Spaniards when they conquered Mexico.

The celebration involves the creation of an altar with offerings that include photos of the dead, candles, bottles of mezcal and tequila, and food, sugar skulls, and the cempasúchil – the Aztec name of the marigold flower native to Mexico.



MARIGOLDS

Flowers, symbolizing the fleeting nature of life, play a crucial role in the Day of the Dead ofrenda. While various flowers are used in the celebrations, the marigold has emerged as the festival's national symbol.



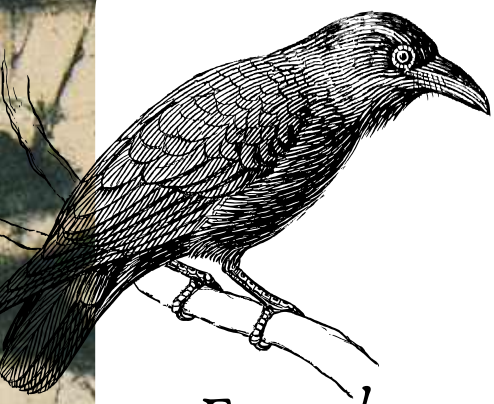
Known as cempasúchil (the flower of 400 lives), k'etsikarhani, or cempoaxotchil, the marigold holds a significant place in pre-Columbian religious traditions.

According to legend,this flower was said to have been miraculously bestowed upon the Nahua by Tonatiuh, their sun god, to help them honor their deceased.

CROW



Kelly Louise Judd

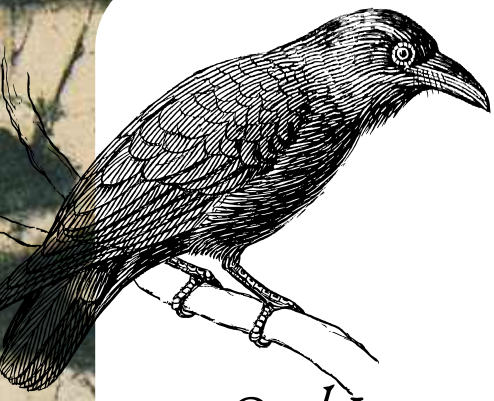


CROW SPIRITUALITY+ VARIOUS FOLKLORES

From the moment humans started sharing stories and recording them, they have included tales about crows and other corvids. This isn't surprising, as these birds inhabit nearly every part of the globe and remain as intertwined with our lives today as they were centuries ago.

Crows can recognize individual human faces, associate them with friendliness or danger, and pass that knowledge along to their pals. Their social system is very similar to Western human civilization, according to researchers. Their role in human culture has been very apparent for thousands of years.

Crows are often seen as symbols of transformation and change. SAMHAIN marks THE END of the agricultural year. Crows, being highly adaptable and intelligent birds, represent this period of transition and adaptation

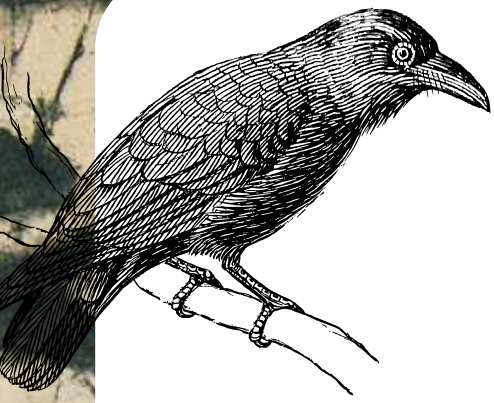


CROW SPIRITUALITY+ VARIOUS FOLKLORES

Carl Jung associated the CROW *with the archetype of the Shadow, the "dark side" of our psyche. It is representative of the unconscious, its depths, darkness, and power. Our Shadow, our* CROW, *must be integrated to fully allow ourselves to be in touch with our most inner self. In this regard, the* CROW *is very much a symbol of the inner truth.*

In many cultures, crows serve as intermediaries between the physical and spiritual realms, often associated with wisdom, prophecy, and guidance.
They also often embody dual aspects such as life and death, creation and destruction, wisdom and trickery, as they are embodiers of transformation. Being able to use their intelligence to adapt to nature and their place in the order of things.

- *Duality: Crows often embody dual aspects such as*

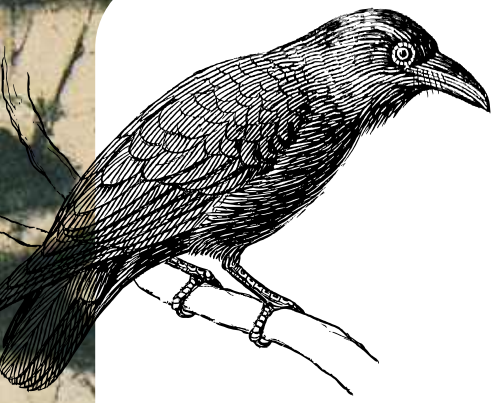


Crow Spirituality+ Various Folklores

In Norse mythology, the god Odin had two ravens, Huginn (thought) and Muninn (memory). These ravens flew around the world, gathering information and whispering it back to Odin, symbolizing wisdom, knowledge, and the ability to see the unseen.

The Celtic goddess Morrigan, often associated with war and fate, could transform into a crow. The crow was seen as a symbol of death and battle but also of transformation and change.

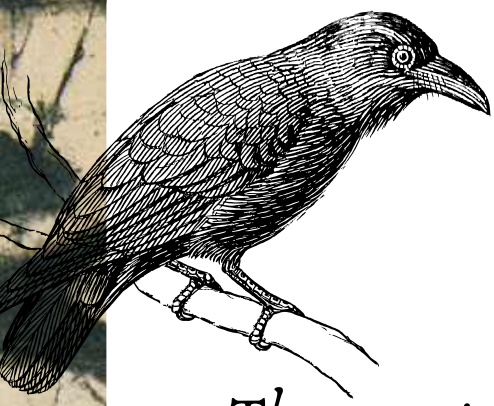
Crows and ravens are considered trickster figures, embodying cunning, intelligence, and adaptability. They often play roles in creation myths of North American Indigenous Groups and are seen as both creators and destroyers.



Crow Spirituality+ Various Folklores

For some tribes, crows are symbols of wisdom and prophecy. Their ability to navigate both the earth and the sky made them powerful intermediaries between the physical and spiritual worlds.

In the Haida tradition, Greater Raven was the creator that first called earth into being on the endless sea. He then made humans out of both rock and leaf. The people of rock were more difficult to shape and were never finished.
The people of leaf, on the other hand, were quickly completed and ready to roam the land. The raven instructed them that, like the leaf, they must eventually fall and rot back into the earth and thus death entered the world.



CROW AS DIVINATION

ANCIENT ROME:

The practice of interpreting the will of the gods by studying the flight patterns, behavior, and sounds of birds was called augury. Augurs, or priests, would observe crows and other birds to predict future events, make decisions, or gain insight into divine will. The direction from which a crow called or flew was particularly significant.

CELTIC DIVINATION:

In Celtic traditions, the appearance and behavior of crows were often seen as omens. A crow flying from the left was considered a bad omen, while one flying from the right was seen as favorable. The number of crows seen together could also hold specific meanings.

intelligence + imagination

loyalty + companion ship



magick + alchemy

deception + mischief

transformation shape shifter

connection to the spirit realm

associated plants



HOLY BASIL * TULSI

TULSI *general*

Tulsi, also known as Holy Basil (Ocimum sanctum), is a revered herb in traditional Western herbalism, valued for its adaptogenic properties.

This aromatic plant is believed to help the body adapt to stress and promote overall well-being. Its leaves are often used in teas and tinctures, offering a calming yet invigorating effect that helps balance the nervous system.

Rich in antioxidants, Tulsi is also recognized for its potential anti-inflammatory and antimicrobial benefits, making it a staple in herbal remedies aimed at enhancing immune function and promoting vitality.

Herbalists may recommend this restorative herb for its ability to soothe anxiety and enhance mental clarity, reflecting its long-standing use in Ayurvedic practices. As more people seek natural alternatives to modern pharmaceuticals, Tulsi's popularity continues to grow, with its versatility making it a cherished addition to herbal apothecaries and wellness routines.

TULSI *general*

Tulsi, is deeply revered in spiritual traditions, particularly within Hinduism, where it is considered a sacred plant. Often referred to as "the Queen of Herbs," Tulsi is believed to embody divine qualities, representing purity and devotion.
It is commonly associated with the goddess Lakshmi and is thought to attract positive energy, enhance spiritual growth, and purify the mind and spirit. Many devotees grow Tulsi in their homes, offering prayers and rituals to honor the plant, which is seen as a bridge between the earthly and divine realms.

On a spiritual level, Holy Basil is celebrated for its calming and centering properties. Its aroma is thought to uplift the spirit, promote mindfulness, and facilitate meditation by creating a serene atmosphere.

Practitioners often use Tulsi in smudging rituals or as an offering in altars, believing that its presence can dispel negativity and foster a deeper connection to the divine.

TULSI

By incorporating Holy Basil into daily spiritual practices, individuals seek to cultivate harmony within themselves and their environment, allowing for a greater sense of peace and connection to the sacred.



Holy Basil (Ocimum sanctum), Evolutionary Herbarlism

SAMHAIN
correspondences

symbols

jack-o-lanterns, acorns, apples, bones, divination tools, ghosts,

crystals

Black obsidian, jasper, carnelian, onyx, smoky quartz, jet, bloodstone

deities

The Crone, Hecate(Greek), Cerridwen(Welsh-Scottish), Arianrhod(Welsh), Caillech (Irish-Scottish), Baba Yaga (Russian), Al-Ilat(persian), Bast (Egyptian), Persephone (Greek), Hel(Norse), Kali(Hindu),

animals

crows, spiders, owls, cats, bats, jackals

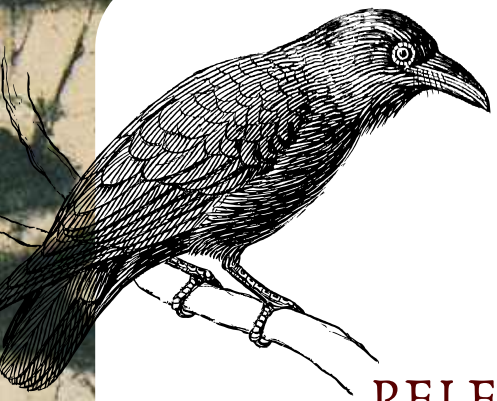
plants

Cinnamon, Cloves , garlic, ginger , mandrake root, marigold, mugwort (to aid in divination), mullein seeds, nettle, pumpkin seeds, rosemary (for remembrance of our ancestors), rue, sage,



TRACES

fiona pardington



SAMHAIN
MAGICK SPELLS

RELEASE SPELL + NEW BEGINNING

To help release what no longer serves you, and welcome new beginnings: by Sylene Oakshadow:

Materials:

- 1 Black Candle (for protection and banishing negativity) (Use white with a black ribbon as alternative)
- 1 Orange Candle (for creativity and new beginnings)(Use white with an orange ribbon as alternative)
- A fire-safe surface (like a cauldron or heatproof dish)
- A lighter or matches
- Optional: A SIGIL (see next section) to draw at the end of the spell

SAMHAIN MAGICK SPELL

Instructions

Cleanse Your Space:

Before starting the spell, cleanse your ritual space to remove any stagnant or negative energy. You can do this by burning sage, rosemary, or simply visualising white light filling the room. This ensures that the energy you are working with is clear and focused.

Light the Black Candle:

Begin by lighting the black candle. As the flame ignites, focus on banishing negativity from your life. Close your eyes and visualise any negative influences, fears, or blocks being drawn into the candle's flame, where they are transformed and burned away.

Affirmation:

You can speak an affirmation as you light the black candle, such as:

"I release all negativity, harm, and fear. I banish all that no longer serves me. May I be protected and shielded from harm."

3. Light the Orange Candle:

Once you feel that you've banished the negative energy, light the orange candle. As the warm glow spreads, focus on drawing in positive energy—imagine yourself

SAMHAIN MAGICK SPELL

Instructions (cont)

Light the Orange Candle:

Once you feel that you've banished the negative energy, light the orange candle. As the warm glow spreads, focus on drawing in positive energy—imagine yourself filled with creativity, joy, and new opportunities. Visualise the orange candle's flame as a beacon of hope and fresh beginnings, lighting your path forward.

Affirmation:

As you light the orange candle, say:

"I welcome positivity, creativity, and joy into my life. May new opportunities and fresh energy flow to me with ease."

Visualise Protective Light:

With both candles burning, take a moment to visualise yourself surrounded by a protective light. You can imagine a circle of white or golden light around you, strengthening your energy and keeping harmful influences at bay.

SAMHAIN MAGICK SPELL

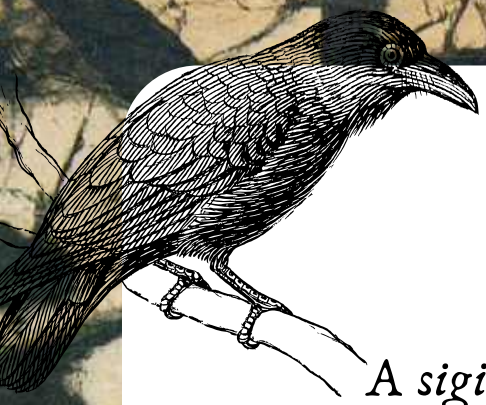
Instructions (cont)

5. Draw a Protective Symbol: (see p. 36)

To seal the spell, draw a protective symbol like a pentacle, sigil, or another symbol that resonates with you. You can trace this symbol in the air above your candles or draw it on a piece of paper to keep with you for extra protection throughout the season.

6. Close the Spell:

Once you feel ready, extinguish the candles with gratitude. You can snuff them out or allow them to burn down completely, depending on your practice.



SAMHAIN

sigil making

A sigil is a symbol with a mystical or magical meaning. The term sigil derives from the Latin sigillum, meaning "seal" and it is the root of many other English words such as “signature,” “sign,” and “signal.”

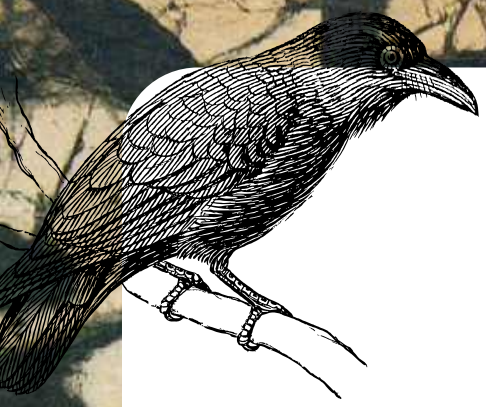
Define Your Intention: Write down a clear, specific statement of what you want to manifest. Use positive language (e.g., “I am confident” instead of “I am not anxious”).

Remove Vowels and Repeated Letters: Take your statement and eliminate all the vowels (A, E, I, O, U) and any repeating consonants.

Create the Sigil: Use the remaining letters to create a unique symbol. You can combine, overlap, and stylize the letters however you like. Let your creativity flow!

Refine Your Design: Simplify your sigil into a more abstract form if you want. It should be something visually appealing to you.

Charge the Sigil: Focus your energy and intention on the sigil. You can do this through meditation, visualization, or any ritual that feels right to you.



SAMHAIN

sigil making

A sigil is a symbol with a mystical or magical meaning. The term sigil derives from the Latin sigillum, meaning "seal" and it is the root of many other English words such as “signature,” “sign,” and “signal.”

Define Your Intention: Write down a clear, specific statement of what you want to manifest. Use positive language (e.g., “I am confident” instead of “I am not anxious”).

Remove Vowels and Repeated Letters: Take your statement and eliminate all the vowels (A, E, I, O, U) and any repeating consonants.



SAMHAIN

sigil making

Create the Sigil:

Use the remaining letters to create a unique symbol. You can combine, overlap, and stylize the letters however you like. Let your creativity flow!

Refine Your Design:

Simplify your sigil into a more abstract form if you want. It should be something visually appealing to you.

Charge the Sigil:

Focus your energy and intention on the sigil. You can do this through meditation, visualization, or any ritual that feels right to you.

Release and Forget:

Once you've charged the sigil, let go of your intention. Some people like to burn or hide the sigil as a way to release it.

ASTROLOGY

scorpio season



SCORPIO SEASON

ARTEMIS + ORION

According to Greek mythology, Orion was a formidable hunter who boasted about his skills, claiming he could hunt and kill any creature on Earth. As the goddess of the hunt, wildlife, and the moon, Artemis held a deep reverence for nature and its creatures.

Orion's claims that he could hunt down any animal threatened the delicate balance she sought to protect. His excessive pride and disregard for the natural order signaled a potential disruption that Artemis could not ignore. Thus, she decided to send a scorpion to put an end to Orion's life. The scorpion and Orion were then placed among the stars as constellations that opposed each other where one rises as the other sets—the Scorpio and Orion constellation.

SCORPIO SEASON

ARTEMIS + ORION

There are many other versions of the myth, some claiming that Artemis's brother Apollo tricked her into slaying the man she had come to love.
Other myths describe that Orion defamed one of Artemis's maidens and she killed him in revenge.

The Scorpion in this myth functions to reflect the duality inherent in Scorpio energy—representing transformation, intensity, and the darker aspects of existence. It serves as a reminder of the power that lies within the shadows and the importance of acknowledging both our strengths and vulnerabilities. The interplay between Orion and the Scorpion illustrates how balance is maintained in the universe, emphasizing that every action has consequences and that even the mightiest must remain humble in the face of nature's forces. This myth resonates deeply with the Scorpio archetype, inviting introspection and a deeper understanding of the cycles of life.

LUNATIONS

scorpio season

NEW MOON in
SCORPIO
NOV IST

FULL MOON in
TAURUS
NOV I6TH





reflections



1. Connect with your Ancestors, ask them what they wish you to know, or how they see you in the world. They often have a perspective that we cannot access, direct writing to them in question form is a good place to access unseen wisdom. Choose to connect to a specific person, or someone else from your lineage

2. What things in others am I unable to tolerate? How might these things reflect parts of me I cannot accept? Where can I compost or re-think of these unliked character traits?

TAROT



LA LISEUSE

VOGLIO BENE

SAMHAIN

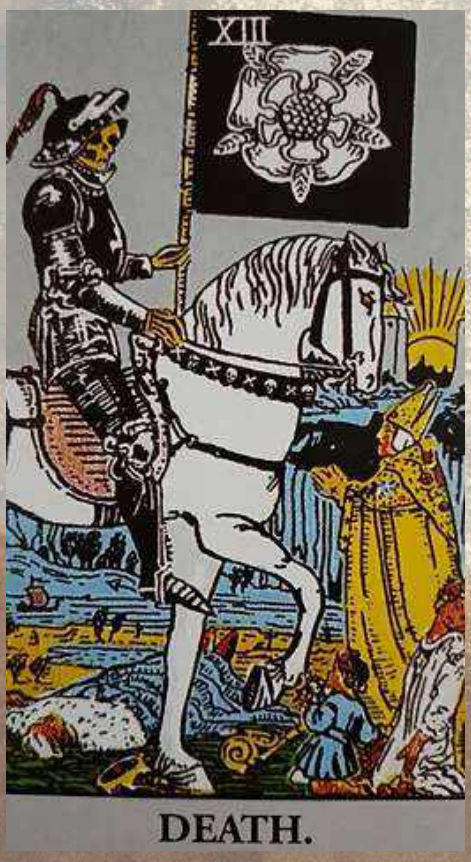
TAROT

Card 1: MAGICIAN



With the power of the elements and the suits, he takes the potential innate in the fool and molds it into being with the power of desire. He is the connecting force between heaven and earth, for he understands the meaning behind the words "as above so below" - that mind and world are only reflections of one another.

Card 2: DEATH



Times of major change, transition, or transformation. The old version of us needs to 'die' to allow the new us to be created. Welcome the change because we are opening the door to new life This addressed the need to let go of any unhealthy attachments that we have in ours lives.

suggested rabbit holes

CROWS + RAVENS — *The Old Craft*

TULSI — *Sajah Popham*

SCORPIO SEASON — *Jessica Davidson*

CAILLEAGH — *Owlcation*

DUMB SUPPER — *Learn Religion*

HALLOWEEN HISTORY — *History*

SIGIL MAKING — *Archane Alchemy*

SOURCE MATERIAL

CANDLE MAGICK by Selene Oakshadow: (p. 32-35)
https://www.lancsgreenwitch.co.uk/2024/10/14/samhain-candle-magic-simple-protection-spell-for-beginners

DIA DE LOS MUERTOS:
https://www.history.com/topics/halloween/day-of-the-dead symbols

SAMHAIN CORRESPONCES p. 30
https://paganpages.org/emagazine/2008/10/01/samhain-correspondences

CROWS: (p 21-25)
https://corvidresearch.blog/2015/11/15/why-the-crow-is-black-and-other-mythology.

'The Crow and Raven as Spirit Animals – The Keeper of Mysteries' April 17th, 2018,https://www.theoldcraft.com/2018/04/17/the-crow-and-raven-as-spirit-animals-the-keeper-of-mysteries/

Tea & Rosemary, Crow Symbolism: Spiritual Meaning Of The Crow, https://teaandrosemary.com/crow-symbolism-meaning/

SOURCE MATERIAL

CAILLEAGH
Carolyn Emerick, 'The Cailleach: Gaelic Goddess of Winter' , Owlcation.Com, Oct 26 2023,

Scott Richardson Reed: 'Samhuinn – Halloween, Winters Start, Guising, Divination and Fires'Scott Richardson-Read, Cailleachs Herbarium.com, Oct 2016.

TULSI: (p. 27)
Popham, Sajah, https://www.evolutionaryherbalism.com/2023/07/18/holy-basil/

ARTEMIS + ORION: (p. 40-41)
Ancient Literature : The Heartbreaking Tale of a Mortal and a Goddess, October 5, 2024

SIGIL MAKING: (p. 36-38)
Scarlet Ravensworth, 'HOW TO MAKE A SIGIL || Witchcraft 101' , Arcane Alchemy, March 25th 2020.

DATE	ISSUED TO
2024	wHEEL OF THE YEAR
dDec	YULE *winter solstice*
	past issues
FEB	IMBOLC *candlemas*
march	OSTARA *spring equinox*
may	belTANE *may day*
june	litha *midsummer*
auG	LUGHNASADH *lammas*
sept	MABON *autumn equinox*
oCt	SAMHAIN *all hallow's eve*
designed	Emeline ViLledary
by	

CAILLEAGH



Romany Soup