
THE EIGHT SABBATS OF WICCA



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YULE

(CIRCA DECEMBER 21)





YULE (CIRCA DECEMBER 21st)

Yule is the shortest day with the longest night of the year. It is the time when the sun will begin its journey back to earth, bringing longer days than nights. It is the time when family and friends get together to share the spirit of giving. Sounds familiar? Yule is to Pagans what Christmas is to Christians. If you are in the Northern Hemisphere, Yule will be on December 21. If you're below the Equator, Yule will fall in June.

Yule is a time of physical and spiritual beginnings. At this point, the wheel of the year has made a complete circle. So it is the perfect time to reflect on the year that has passed. The darkest night of winter inspires self-examination and self-realization. It is then followed by the New Year which will come a little earlier than usual.

DECORATING YOUR YULE ALTAR



Winter is here so use cold colors to decorate your altar. Add candles in different cool and wintry shades like silver and gold. Yule also celebrates the return of the sun. So add solar symbols to your altar like bright and shiny objects that represents the sun. Solar images are also very appropriate for this time of year. If you want, you can add Christmas things to your altar as well. That's totally okay to do, as long as you feel good about it yourself.

Colors:

blue
silver
red
green
white

Foods:

nuts
apples
pears
cakes
cider
pork
ginger
tea
cinnamon

Herbs and flowers:

holly
mistletoe
pine cones
oak leaves
Yule log ashes
ivy, comfrey
elder
cinnamon
cloves
nutmeg
Chamomile
wintergreen
apple leaf
dried apple

Incense:

bayberry
pine
spruce
pine
spice
cedar
cinnamon

Gemstones:

clear quartz
jet
ruby
diamond
garnet
alexandrite
kunzite
citrine
green tourmaline
blue topaz
pearls

Symbols:

sun wheel
snowflakes
bells
pine cones and
needles
fruits and nuts
mistletoe

Santa Claus and
presents (if you
want)



GROUP YULE RITUAL

This ritual is a great way to celebrate winter solstice with your coven or just a group of likeminded friends.

It's easy to do and you won't need a whole lot of tools.

What you need:

Dream and sun symbols
A candle
A glass jar
A big bowl of water

What you should do:

1. Have everyone sleep in the same room on the floor.
2. Form a circle with all your heads together.
3. Place a small altar in the middle of the circle.
4. Place a big bowl of water on the altar.
5. Place dream and sun images on the altar.
6. Place a candle in a glass container.
7. Have everyone prepare a dream or question in their heads.
8. Once everyone is ready for bed, light the candle and say:

***"Today is winter solstice,
we celebrate the birth of the sun,
the divine child of the Goddess.
This is the longest night,
a time of dreams.
A time to bring forth a dream,
that can help us in the coming year."***

9. Over the bowl of water, say:

***"Sacred water, you pass the womb of the mother,
into the rain and river and back.
You who nourishes us and quenches our thirst.
Help us as we ask for a dream.
In our dreams, show us where to go in the coming year.
In our dream, show us what we need to see. "***

10. Have everyone in the circle take turns speaking into the water, asking their question and dipping their fingers into it.
11. Once everyone is done, lie down and share yule stories.
12. When everyone wakes up in the morning, give thanks to the water and say:

***"Blessed water, thank you assisting us in our journey
to the night and back again.***

Thank you for the dreams and for the light borne from the darkness.

***As we send you on your way back to the mother,
We bid you farewell."***

13. Pour the water outside to return it back to the Earth.

SOLITARY YULE RITUAL

*This ritual will make use of evergreen pines
and needles to celebrate Yule.*

*This ritual will give you a sense of peace
and it's a great way to get some extra energy for
the long winter nights that awaits.*

What you will need:

Dried herbs- pine, rosemary,
juniper, cedar, bay
Cauldron
Red candle

Preparations:

For this solitary Yule ritual, you will need to gather some pines. You don't need all of them if not possible, but try to get as many as you can. You can also use dried herbs. Both will do.

What you should do:

1. Adorn your altar with evergreens like pine, rosemary, bay, juniper, and cedar. You can also place dried leaves on the altar.
2. Place the cauldron on a heatproof surface and place a red candle within it. You are going to need to start a fire in the cauldron during the ritual.

3. Stand before the cauldron and look inside it and say:

***“Even though the world is asleep,
I will feel no sorrow.
Even though the icy winds blast,
I will feel no sorrow.
Even though the snow is falling hard,
I will feel no sorrow.
This too shall pass.”***

4. Light the candle in the cauldron. Once the fire has started, say:

***“I light this fire in honor of the Mother Goddess.
You created life from death, and sprung warmth from cold.
The time of light is waxing, and the Sun will live once again.
I welcome you, the God of the Sun!
Hail, Mother of All!”***

5. Circle the altar and cauldron in clockwise motion as you watch the flames, while saying:

“As the wheel turn, the power burns.”

6. Meditate about the sun's birth and think of how birth is not as the beginning of life but its continuance. After taking time to meditate, stand before the altar and say:

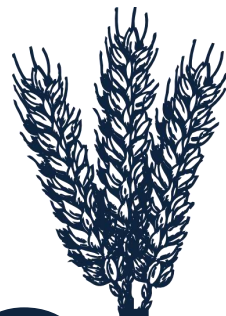
***“I welcome the return of the God of the Sun.
Shine brightly upon the Goddess and the Earth.
Scatter seeds and fertilize the land,
as you hold all blessings.
May you be reborn,
The Great God of the Sun!”***

7. You can close this ritual by performing Solar Magick. It all depends on how you want to honor the Sun God.



Note:

There are many other rituals you can choose to perform during Yule. It all depends on what is in accordance with your desires and beliefs. It is very important to be comfortable with the ritual you are performing. The common denominator of Yule rituals is honoring the Sun God, reflecting on the year that has passed, and looking forward to the next year to come.



IMBOLC

(FEBRUARY 2)





IMBOLC (FEBRUARY 2nd)

Imbolc is the season where the first signs of spring and the return of the sun happens.

This is the very end of winter and where the sun God starts to push his way back.

Imbolc is the celebration of the passing of winter and the coming of spring.

It's also a time where we celebrate the Goddess Brigid. She is the God of creativity and everything you can make with your hands, she rules.

DECORATING YOUR IMBOLC ALTAR



Use lots of Red and White colors. The white symbolizes the melting snow, while the red represents the awakening sun.

In this time of year, most plants and flowers are still bulbs and not yet blooming. Use that in your altar decoration (if your flowers start to bloom when taking them inside, it's okay).

Brighid is a Celtic Goddess, so it's appropriate to add Celtic designs to your altar (circles, spirals, triquetras etc.)

Colors:

red
white
green

Foods:

seeds
dried foods
onions
potatoes
squash

Herbs and Flowers:

snowdrops
crocus
daffodils
yellow

forsythia
pussywillow
buds
red maple
buds

Incense:

amber
bay
bayberry
pine
frankincense
myrrh

Gemstones:

turquoise
amethyst
garnet
onyx

Symbols:

oil lamps
brooms
candles
corn
woollen yarn
sheeps



“GOODBYE TO WINTER” SOLITARY RITUAL

This ritual helps the sun God awake from winter, by melting the snow.

What you need:

- Candle
- Pot or cauldron
- Small candles for light or night lamp (optional)
- A snowflake made of paper

What You Should Do:

1. Sit in a dark room. You want the room to symbolize that darkness of winter. Use drapes or a sheet to keep as much light out as possible.
2. Place your candle in a holder and put your pot or cauldron next to it (don't light the candle yet). If it gets too dark, have a smaller candle to make some light (or a night lamp).
3. Take your snowflake outside. Stand in the cold for at least a couple of minutes. You want to experience the cold and shilling effect of winter.
4. Hold up your snowflake in front of your face and contemplate on the meaning of winter. How it affects the world and how it affects you. Think about how winter gives all life a chance to gather energy and regenerate.
5. Go back inside. Feel the warmth and safety of being inside.
6. When you are ready say the following (or similar):

***"The days grew shorter and shorter; the nights longer and longer
Winter got colder and colder and cold enveloped the earth
The sea froze over, and we watched life wither and fall
While we felt the chill, we knew the cold wouldn't last.
The spark of life from the womb of the Goddess always remains,
Spring is coming, bringing warmth, comfort and hope"***

7. Light your candle. Feel how the light fills the room with warmth and life. Envision the sun warming up the land.

8. Say the following or similar words:

***"That spark of light, like the light at the end of the tunnel,
is always there.
Even when we're plunged in the depth of darkness and despair,
we know it is there.
It is always promised to be there; and even when we can't see it,
we have only to
Remember it in our hearts... and, as promised,
the light always returns.
It grows, and melts away the winter."***

9. Take you snowflake and hold it to the flame. When it catches fire, lay it in the pot. Look at it and say:

***"It melts away the cold.
It grows and melts away the despair.
It fills the darkness, bringing the promise of hope,
and a chance to start anew.
I can feel the light growing, in me and around me,
to guide me through."***

10. As the fire burns out, close your eyes in sit in the darkness.
Mediate on the meaning of this season and what it will mean
when the sun comes back.

Note:

You can have the ashes of the snowflake reside on your altar or you can go outside and shatter the ashes in the wind.



IMBOLC SNOW AND ICE RITUAL

Celebrate the Wiccan Sabbat Imbolc with this ritual.

For this ritual, you will need some snow or ice. If you live in a place where there is snow, then use that. Else, you just use ice from your freezer.

What you need:

A Cauldron
Snow or crushed ice
White candle
Light green candle
Light yellow candle
A pentacle (on your altar)

What You Should Do:

1. Fill your cauldron with snow or crushed ice (if you don't have snow outside, take some ice from your freezer and crush it)
2. Put your white candle in the middle of the snow or ice (don't light it yet)
3. Place the green candle on the top left of your altar and the yellow candle at the top right (don't light them yet)
4. Place your three white candles around the pentacle. These represent the Triple Goddess.
5. Cast a circle. Then go up to the cauldron and light the white candle, while saying:

"We call to the Goddess of the Spring.

***The Maiden who walks with the flowers and melts the snow.
Join us tonight in our circle. Touch us with the sense of Spring.
Help us to look anew at every day and fill our hearts with joy
Help us in this journey from winter to spring.***

Blessed Be."

-
6. Now light the green and the yellow candles, with the white candle and say the following:

**"We call to the God of the Spring,
Lord of the Wood join us in our circle tonight.
Touch us with thoughts of Spring and fill us with your joy
Reveal The happiness of longer days and shorter nights.
The time has come to dance with you again.
Hail the Spring, Hail the God!
Blessed Be!"**

7. Light the three white Goddess candles with the main white candle. Feel how the light starts to fill the room. Put the white candle back in the cauldron and say:

**"I honor Thee, Maiden, most blessed Bride
As Your candle burns through this night
Melt the snow and bring forth the spring
We thank You for the renewed life
As You emerge from the dark to the light."**

8. Put the cauldron in the middle of your altar. Close the circle and let the light burn out by itself, while it melts the snow.

SOLITARY CANDLE IMBOLC RITUAL

This is a great ritual to do, if you like candle magick.

It does require a lot of candles and takes some time to prepare. However, it's a really great way to welcome the spring.

What you need:

2 altar candles
1 goddess candle
4 element candles
13 candles for the circle
2 candles for the cleansing ritual

maize or corn meal
A loaf of bread
13 stones

A small sheaf of grain
A candle for the sheaf of grain

What you should do:

1. Set up your altar to represent the season. Place two altar candles on each side of your later (left and right). Then place one candle for each of the four elements.
2. Next, place 13 stones in a circle, on your altar. Within the circle of stones, make another circle of 13 candles.
3. Within the circle of candles, spread some maize or corn as an offering.
4. In the middle of everything, place a white candle to represent the Goddess.
5. Finally, place a candle and corn or maize, to the east of the altar.
6. Your room should be as dark as possible, but light a small candle for light. Sit for a while and meditate about the meaning of this season and how the Mother Goddess awakes and melt the snow away.
7. Go to your altar and light the two altar candles. Then light the four element candles and the one to the far east (start with the east one and then move clockwise).
8. Cast a circle. Then Invoke the Goddess by saying this:

***"We call to the Goddess of the Spring.
The Maiden who walks with the flowers and melts the snow.
Join us tonight in our circle. Touch us with the sense of Spring.
Help us to look anew at every day and fill our hearts with joy
Help us in this journey from winter to spring.
Blessed Be."***

9. Next Invoke the Horned God by saying this:

***"We call to the God of the Spring, Lord of the Wood join us
in our circle tonight.
Touch us with memories of Spring-the green forest,
Pan's Charge, the warmth of the sun upon our skins.
Fill us with your joy and may your smile grace our lips as we revel
in the happiness of longer days and shorter nights.
The time has come to dance with you once more.
Hail the Spring, Hail the God! Welcome! Blessed Be!"***

10. Now slowly and carefully light the 13 candles and then the Goddess candle and say:

***"Warm and quickening Light
Awaken and bring forth beauty
for thou art my pleasure and my bounty
Lord and Lady
Aengus Og AND Brighid"***

11. Next light the candle in the sheaf of grain and then hold it up while saying:

***"As the seed becomes the grain,
so the grain becomes the food,
so the food becomes life,
Thus the everlasting value of our seasons."***

12. Break a piece of the bread and burn it as an offering in the central candle.

13. Consecrate cakes and wine as usual, then raise your chalice and say:

***"Hail to thee Brighid
Hail to thee Aengus Og
For thou art blessed"***

14. Sit and meditate on the God and Goddess, while the candles burn. Then close your circle.

Note:

Any ritual you choose should have the goddess Brighid, love, healing and protection in mind. The ritual you choose should be in accordance with your desires and belief. Don't be afraid to add your personal touches in the rituals for a personal connection with the deities. Remember, rituals are a form of communication, so make it your own.





OSTARA

(CIRCA MARCH 21)





OSTARA (CIRCA MARCH 21st)

Ostara is the vernal equinox, meaning that on this day, the day and night are exactly equally long.

We celebrate this day with rituals that are focused on renewal and rebirth. This is the perfect time if you want to create new habits or renew areas in your life.

DECORATING YOUR OSTARA ALTAR



Ostara is the time of balance. There is just as much light as there is dark and that's something you can use when decorating your altar. Use symbols that symbolize duality or simply use dual items, like a black and a white candle or a god and a goddess statue.

If you take a look outside, you can easily see which colors you should go for. March is a very colorful month and you can use colors like yellow, purple and other colors from the flowers that represents the season.

Ostara is also the time of year where nature grow and animals gives life to their young.

You can use fresh flowers, potted plants, eggs and figures of lambs, calves, rabbits etc, to symbolize this.

Colors:

yellow
purple
green
pink
blue

Foods:

eggs
spring lamb
cream and milk
bread
spring salad
hot cross buns

Herbs and Flowers:

lily of the valley
tansy
lavender
marjoram
thyme
tarragon
lovage
lilac
violets

lemon balm
dogwood
honeysuckle
oakmoss
orris root
sunflower seeds
rose hips
oak
elder
willow
crocus
daffodil
jonquil
tulip
broom (Scotch or Iris)
meadowsweet
acorn
trefoil (purple
clover)
vervain

Incense:

patchouli
jasmine
rose
sage

Gemstones:

moonstone
aquamarine
clear quartz crystal
rose quartz
agate
lapis lazuli
amazonite
garnet

Symbols:

spring flowers
lilies
crocuses
daffodils
a basket of eggs
figurines of animals
(lambs, rabbits)



OSTARA CHARGING RITUAL

This ritual will help you cleanse and charge your jewelry. It works best with pendants that have a birthstone or other crystals.

What you need:

A piece of jewelry with a gemstone or crystal

Preparations:

The night before, you should leave your jewelry out in the moonlight to cleanse the crystal of any bad energy. And the next morning, get up as early as possible to catch the sunrise and let the crystal absorb the energy of the sun.

What you should do:

1. Light a candle. Green or white is best. Don't use a black one.
2. Lay your pendant down besides the candle. Make sure the candle doesn't cast a shadow over the pendant (you want the solar rays to hit it).
3. Say a prayer or a poem. Something like this:

***"Farewell to wintry spirits and friends;
On morrow we greet the spirits of spring.
Our blessings to thee as your way you wend;
And merry we'll meet next winter again."***

4. Now just stand or sit in the morning sunlight. Let the rays of the sun charge you and your pendant. Stay here for a few minutes, while you appreciate and think of the winter and welcome the spring.
5. The spring is the perfect time for when you want to start something new. Think about what you could begin with this spring.
6. Finally, blow out candle and say:

"Merry meet, merry part, and merry meet again!"

7. The ritual is over and you go inside again, but leave your pendant or crystal in the sun. Take a few moments and feel the cleansing and energizing energies of the spring. Smell the air and the changes in the seasons. Appreciate the winter that has just been and welcome the spring that's on it's way.



Notes:

You can easily adapt this ritual to work with gemstones or large crystals.

If you live in an apartment or somewhere else and cannot leave it outside, just lay it in your window so the sun will charge it.

If you are going to be outside, you can also wear it on you instead.

Whatever you do, it's important that it stays in the sun as much as possible for the rest of the day.

At this point, it has little or no energy (because you left it in the moonlight).

When you do this to your jewelry, you'll charge it with fresh new energy from sun, which you can use whenever you feel down or are fatigued.

It's also REALLY good if you are going to start a new habit or something like that. It'll give passion, energy and strength!



BELTANE

(MAY 1)





BELTANE (MAY 1st)

Beltane, or the Celtic May Day is one of the major Wiccan Sabbats. It officially begins at moonrise on May Day Eve and marks the return of the vitality and passion of summer.

Pagans celebrate Beltane as a time of fertility and harvest. A time for reaping the wealth from the seeds that were sown. Is it the time to celebrate the coming together of the masculine and feminine energies. It is the season of maturity and discovery of profound love. It is the time of commitment and vows. Beltane is the time to celebrate life and unity.

Mythology

Beltane marks the time of the young God's progression into manhood. The mythology of Beltane has it that it's the time when the young God has reached manhood and becomes the lover of the Goddess. They fall in love, lie among the grasses and blossoms and unite. Together, they learn all the sexual and the sensual ways. And through their union of perfect love and perfect trust, all of life is created.

Beltane Rites

In the early Celtic times, the druids would recite incantations as they kindled the Beltane fires. When the Christian church took over the Beltane observances, a service would be held in the church and then followed by a procession to the fields or hills, where the priests would kindle the fire. The rowan branch is hung over the house fire on May Day to protect the fire from bewitchment.

In the modern times, the Beltane rituals would promote fertility. The cattle would be driven between the Beltane fires to protect them from illnesses. Any contact with the fire was taken as contact with the sun.

This holiday symbolizes the union between the Goddess and the God therefore it's common for pagan marriages to be held at this time. Celebrations also included braiding of the hair, jumping the Beltane fire, and circling the Maypole. People would get up at dawn to gather

flowers and branches and use them to decorate the Maypole. The flowers and greenery would symbolize the Goddess and the Maypole would represent the God.

Another common fixture in the Beltane rituals is the cauldron, for it represents the Goddess, the May Queen, Creiddylad, the Goddess of summer flowers and love.

May Queen

The May Queen or May Bride is picked out from a group of young people and she and her friends go from door to door throughout the town singing and carrying flowers for the May tree, asking for donations and offer the "blessing of May" in return. The Blessing of May goes something like this: "those who give will get of nature's bounty through the year". This act symbolizes the giving and sharing of the new creative power that is stirring in the world.



DECORATING YOUR BELTANE ALTAR



This Sabbat is about new life, fertility, fire, passion and rebirth. Think God and Goddess symbols of fertility. Let this guide you in decorating your altar.

Colors:

green
yellow
purple
blue

Foods:

wine
bannocks
oat cakes
farles
honey cake
fried honey cakes
strawberries
cherries
hasty pudding
trifle

Herbs and Flowers:

daffodils
hyacinths
forsythia
daisies
tulips

Incense:

rose
jasmine
ylang
peach
musk
vanilla

Gemstones:

malachite
garnet
rose quartz
emerald
beryl
tourmaline

Symbols:

antlers
sticks
acorns
cauldron
cup
chalice
wreath
ring



GROUP BELTANE RITUAL

This simple ritual is to honor the feminine aspects of the universe and our female ancestors. You may change the names or attributes according to the deity you follow, or you can simply use "Goddess".

What you need:

- 1 white candle
- An offering like bread or flowers
- A bowl of water

What you should do:

1. Cast a circle.
2. Stand in the Goddess position and say:

***"I am (your name), and I stand before you,
goddesses of the sky and earth and sea,
I honor you, for your blood runs through my veins,
one woman, standing on the edge of the universe.
Tonight, I make an offering in Your names,
As my thanks for all you have given me."***

3. Light the white candle.
4. Place your offering on the altar.
5. Call upon the Goddesses by name. Say:

***"I am (your name), and I stand before you,
Isis, Ishtar, Tiamat, Inanna, Shakti, Cybele.
Mothers of the ancient people,
guardians of those who walked the earth thousands of years ago,
I offer you this as a way of showing my gratitude.
Your strength has flowed within me,
your wisdom has given me knowledge,
your inspiration has given birth to harmony in my soul."***

-
6. Honor the women who have impacted your life in a positive way. For each woman, place a pebble into the bowl of water. As you do this, say the woman's name and how she has impacted you. Here's an example:

***"I am (your name), and I stand before you,
to honor the sacred feminine that has touched my heart.
I honor (.....), who gave birth to me and raised me to be strong;
I honor(...), my grandmother, whose strength took her to the hospitals of
war-torn France;
I honor (.....), my aunt, who lost her courageous battle with cancer;
I honor (.....), my sister, who has raised three children alone..."***

7. Once you have named all the women who have touched you, take one pebble for yourself and say:

***"I am (your name), and I honor myself,
for my strength, my creativity, my knowledge, my inspiration,
and for all the other remarkable things that make me a woman."***

8. Take a few minutes to reflect on the feminine energy and the feminine aspect of things. What is it about being a woman that gives you so much meaning? If you're a man, what is it about women that makes you love them?
9. Close the circle and end the ritual.

SOLITARY BELTANE RITUAL

This ritual is to be performed outside in a yard or just over a pot of soil. It is for the solitary practitioner, to celebrate the fertility of the planting season.

What you need:

- Packs of seeds
- Water
- Pots of dirt (if you don't have a garden)
- A shovel

What you should do:

1. Prepare the soil for planting. Use your shovel to loosen the soil.
2. As you're digging into the earth, connect with the elements.
3. Feel the earth, soft and moist beneath your feet or touching your hands.
4. Take in the breeze, exhaling and inhaling deeply.
5. Feel the the sun on your face and listen to the sounds of nature around you.
6. Call upon your deity. For example, for the God Cernunnos, say the following:

***"Hail, Cernunnos! God of the forest and master of fertility.
Today, I honor you by planting.
I plant the seeds of life deep within the womb of earth.
Hail, Cernunnos! I ask you to bless this garden and watch over it,
May you give it abundance.
I ask that you help these plants grow strong,
and keep them under your watchful eye.
Hail, Cernunnos! God of the greenwood!"***

7. Once you're done preparing the soil, plant the seeds. If you can, get down on your hands and knees and really connect with the earth.
8. As you place the seeds into the ground, say:

***"May this soil be as blessed as the womb of the land
May it become full and fruitful to bring forth the garden anew.
May Cernunnos bless this seed and allow it to bloom fruitfully."***

9. Cover all the seeds in the ground with soil to finish the ritual.



Notes:

For any Beltane ritual, there are really lots to choose from. In any ritual you wish to perform, you should always have the God and Goddess in mind, for without them and their union, there would be no universe and no earth. That is why we honor their fertility, from which sprung all of creation.



LITHA

(CIRCA JUNE 21)





LITHA (CIRCA JUNE 1st)

Midsummer, or the Summer Solstice honors the longest day of the year. It is the day of the Sun God. The crops are in full growth at this time and wild herbs are fully mature by now. Harvest time is just around the corner.

On this Sabbat, the Sun is glorified. That's why Fire element plays a starring role in this festival. It is an element of transformation. It has the power to destroy and the power to create.

Litha Festivities

Those who celebrate Midsummer always mark it in some manner. There are rituals reserved especially for Midsummer. During the ancient times, the Summer Solstice was a very important festival of fire. People burned balefires to strengthen the sun. They had torchlight processions and they set tar barrels and straw wheels on fire and rolled them down steep hills.

The Norse would have lengthy processions that paraded through the countryside. Together with their animals and families, they would light torches as they made their way to the celebration site.



The Celts would light balefires and leave them burning from the night before Midsummer until sunset the next day. And as these fires burned, their festivities would take place.

The Element of Fire

The element of fire has the power to drive out evil and illness. The people back then would carry blazing fires around their cattle to drive away misfortune. The people would leap

through flames and dance around the balefires to purify and strengthen themselves.

Depending on your individual spiritual path, there are many different ways you can celebrate Litha, but the focus is nearly always on celebrating the power of the sun. It's the time of year when the crops are growing heartily and the earth has warmed up. we can spend long sunny afternoons enjoying the outdoors, and getting back to nature under the long daylight hours.

DECORATING YOUR LITHA ALTAR

Since Litha is the time to celebrate the sun and the crops, it is best to set up your Midsummer altar outside. If you can't, pick a spot near a window where the sun's rays will reach it.

Colors:

yellow
orange
red
gold

Foods:

vegetables of
the season
sun dried foods
(sun dried to-
matoes, tea,
sunflower
seeds)
milk
cheese
fruit salads
fruit breads
smoked fish

Herbs and Flowers:

midsummer
flowers,
fruits and
vegetables
from your
garden
sunflowers, roses
oak trees and
acorns

Incense:

sandalwood
saffron
frankincense
laurel

Gemstones:

lapis Lazuli
diamond
emerald
jade

Symbols

pinwheels
round-shaped
objects
discs
equal-armed
crosses
midsommarstang

SOLITARY LITHA RITUAL

Litha is the peak of the Sun's power and the start of its decline. It is when the Oak King and the Goddess as Mother preside over the seasons.

What you need:

- A clear quartz crystal with a hole in the center
(lead crystal or cut glass will do)
- A 24 inch string to pass through the hole and knot
- An athamé

What you should do:

1. Cleanse the crystal.
2. Take up the athamé. Facing the East, take a moment to center yourself.
3. Cast a Circle. Visualize a white light coming from the tip of the athamé.
4. Holding your arms straight out, point the blade outwards.
5. Slowly turn clockwise and let the light follow you.
6. When you get back in your original position, hold the athamé close to you and say:

"As above, so below."

7. Visualize the light surrounding you forming a sphere.
8. Take the crystal and hold it in the light of the Sun.
9. Let the crystal absorb the sun's rays. Visualize it absorbing the sun's energy.
10. When you feel the crystal getting warm, that means it's charged.
11. Hang the crystal by the window, to let it catch more of the sun's rays.
12. Give thanks to the God and Goddess in your own personal way.
13. Close the Circle and ground the excess energy back into the Earth.



Note:

If there comes a time when you are in need of energy, take your crystal and carry it with you or wear it around your neck.

GROUP LITHA RITUAL

You can do this ritual as a group or as a solitary practitioner. It is also best to perform this outside, basking in the sun's rays.

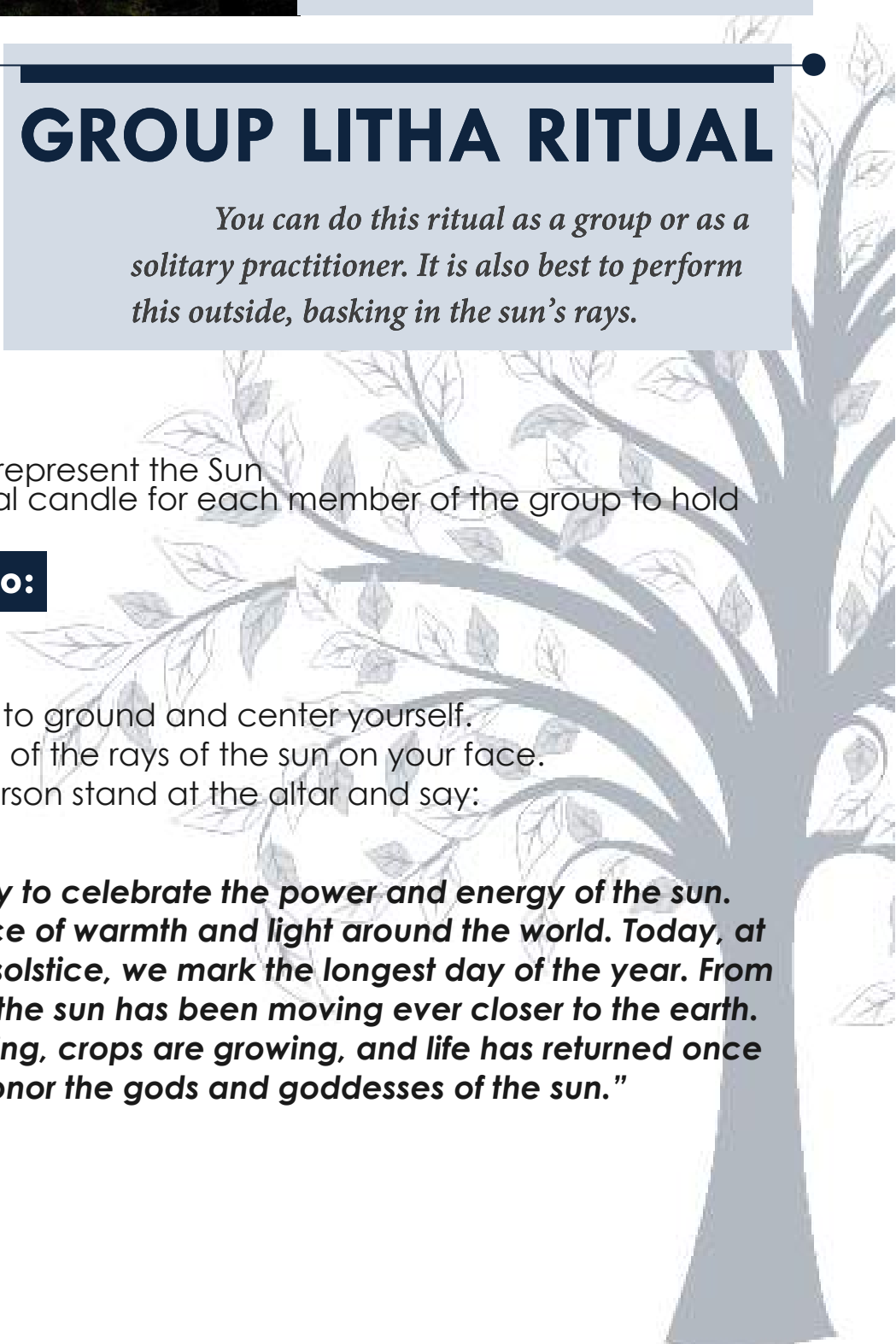
What you need:

A larger candle to represent the Sun
An smaller individual candle for each member of the group to hold

What you should do:

1. Cast a circle.
2. Take a moment to ground and center yourself.
3. Feel the warmth of the rays of the sun on your face.
4. Let the head person stand at the altar and say:

“We are here today to celebrate the power and energy of the sun. The sun is the source of warmth and light around the world. Today, at Litha, the summer solstice, we mark the longest day of the year. From Yule until this day, the sun has been moving ever closer to the earth. Flowers are blooming, crops are growing, and life has returned once more. Today we honor the gods and goddesses of the sun.”



5. Let the head person light the sun candle on the altar and say:

“The sun is the ultimate source of fire and light. Like all sources of light, the sun shines brightly and spreads around the world. Even as it gives its light and power to each of us, it is never diminished by the sharing of that energy. The sun passes over us each day, in the never-ending circle of light. Today, we share that light with each other, passing it around the circle, forming a ring of light.”

6. With the sun candle, let the head person light his or her own candle.
7. Then he or she should turn to the next person in the circle to light that person’s candle, while saying:

“May you be warmed and rejuvenated by the light of the sun.”

8. The second person turns to the third person to light their candle, and says the same thing.

9. Continue doing this until all candles have been lit.

10. Once done, it is time to celebrate. Dance, clap, and play music.
Whatever you do, just enjoy the power of the sun.

11. As each person in the group holds their lit candle, the leader calls upon the Gods and Goddesses of the sun while saying:

“Gods who bring us light, we honor you!”

12. And all members respond with:

***“Hail, Ra, whose mighty chariot brings us light each morning!
Hail, Ra!***

***Hail, Apollo, who brings us the healing energies of the sun!
Hail, Apollo!***

***Hail, Saule, whose fertility blooms as the sun gains in strength!
Hail, Saule!***

***Hail, Helios, whose great steeds race the flames across the sky!
Hail, Helios!***

***Hail, Hestia, whose sacred flame lights our way in the darkness!
Hail, Hestia!***

***Hail, Sunna, who is sister of the moon, and bringer of light!
Hail, Sunna!***

13. Everyone say:

“We call upon you today, thanking you for your blessings, accepting your gifts. We draw upon your strength, your energy, your healing light, and your life giving power! We call upon you today, thanking you for your blessings, accepting your gifts. We draw upon your strength, your energy, your healing light, and your life giving power! Hail to you, mighty gods and goddesses of the sun!”

14. Each member should place their candle on the altar, forming a circle around the sun candle. The head of the group says:

“The sun radiates out, never dying, never fading. The light and warmth of today will stay with us, even as the days begin to grow shorter, and the nights grow cold once more. Hail, gods of the sun!”

15. This marks the end of the ritual. You may now close the circle.

16. Bask in the warmth of the sun and continue with your celebration.



Notes:

Whatever ritual you perform on Litha, just remember to keep the Sun Gods and Goddess in mind. However you may wish to honor and give thanks to them for what they have brought to you is up to you. The Sun Gods and Goddesses will appreciate your efforts all the same.

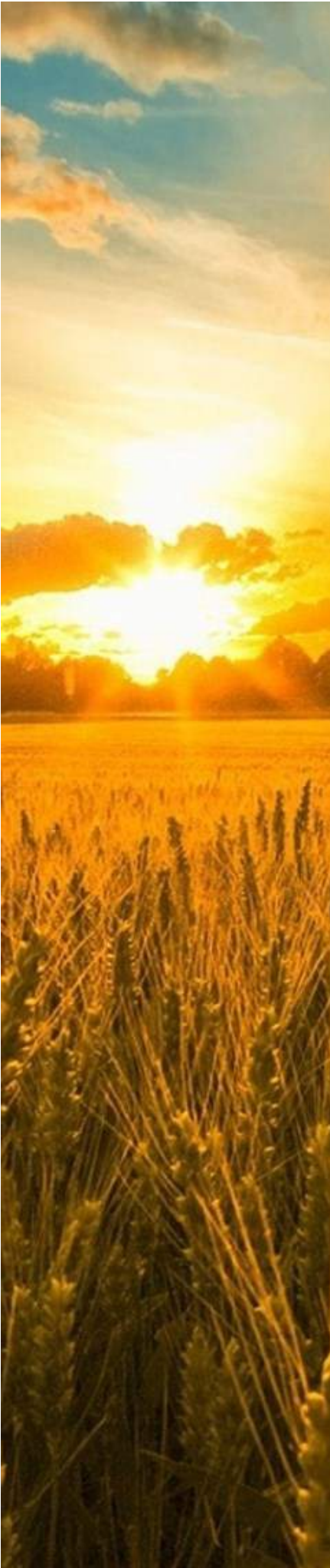




LAMMAS

(AUGUST 1)





LAMMAS (AUGUST 1st)

Lammas, also called *Lughnasadh*, is the Sabbat for the first harvest of the year. This is the time to give thanks for the abundance of food. It is the time when people celebrate the first harvest of the year. Grains and fruits are ripe for harvesting and picking. Summer is nearing its end and the plants are almost starting to wither and drop seeds on the ground for future crops.

Lammas Mythology

Lammas is about the cycle of birth, life, death and rebirth. The grain god dies, but he will be reborn again in the spring. This was also the time when the funeral games of Lugh, the Sun God were held. Lugh would host funeral games in honor of his mother, Tailte. Tailtean craft fairs and marriages are also celebrated at this time.

At the start of autumn, the Celtic Sun God enters his old age. He is beginning to lose his strength. From this time, the Sun begins to rise farther in the South each day. You will notice the nights growing longer.

Lammas in Christianity

Christians adopted Lughnasadh and called it Lammas, which means 'loaf-mass'. Because it was a time when newly baked loaves of bread are placed on the altar.

DECORATING YOUR LAMMAS ALTAR



Your Lammas altar should include summer and fall colors and symbols. Also include symbols of fields on your altar.

Colors:

yellows
oranges
reds
browns
greens
burgundy

Foods:

apples
grains
breads
berries
a jar of honey
corn dolls
ears of corn

Herbs and Flowers:

grapes
heather
blackberries
crab apples
pears
onion garlands

Incense:

aloes
rose
sandalwood

Gemstones:

carnelian

Symbols:

sickles
scythes
baskets
iron tools of
 weaponry
straw braids



SOLITARY LAMMAS RITUAL

What you need:

Bread
Wine
A candle
Matches
Summer flowers or anything harvested from your garden

What you should do:

1. Find a quiet place to sit.
2. Cast a circle.
3. Place the bread, wine and candle in front of you.
4. Reflect about what this Sabbat means to you.
5. Light the candle.
6. Take a bite of the bread and a sip of the wine and say:

“On this first day of August, I light a candle to celebrate the harvest. As the wheel of the year turns and the days start to grow shorter, I honor the Lord and Lady (or the seasons, or your specific deity) and thank them for the blessings and prosperity they have brought to me this year. I honor those who came before me, and all things living on this earth.”

7. Have more bread and wine to drink. Make sure to save the crumbs as a sacrifice to the earth.
8. Take the time to remember all the wonderful things that have come into your life this year.
You may give thanks in your own way.
9. End the ritual and close the circle.
10. Pour the bread crumbs outside as an offering to the Earth.

GROUP LAMMAS RITUAL

This ritual is better done with a bonfire depending on the number of people participating. The key is for the fire to be able to accommodate all straw dolls thrown in.

What you need:

Enough wine and lammas bread for everyone
Straws and other plant material
Yarn
Cauldron
Candle

What you should do:

1. Cast a circle.
2. Light the candle in the cauldron and place it in the center of the group.
3. Let the leader say:

**“It is the time of the harvest once again.
Life, growth, death and rebirth,
all have come full circle.
The god of the harvest has died once more,
That we may eat and consume him,
Giving us strength in the months to come.”**

4. The leader will hand each member of the group pieces of straw, saying:

**“We now create dolls in our image.
These dolls symbolize our selves, in our many aspects,
and all the things we give up each year,
so that we may thrive and flourish later on.”**

5. Let each member of the group construct a doll to represent them selves out of the straw.
6. As they create their doll, they should let the doll figure absorb their qualities.

7. Once everyone is done making a doll figure, the leader will say:

***“The god of grain is dying,
vegetation returns to the earth.
We call upon the gods of the harvest,
asking them for their blessings.
Tammuz and Lugh,
Adonis, Dumuzi,
Cernunnos and Attis,
Mercury, Osiris.
You are born each year,
and live in our fields
and are sacrificed as part of the cycle.”***

8. Let the leader circle the group in counter clockwise motion to energize the ritual while saying:

***“Hoof and horn, hoof and horn,
all that dies shall be reborn.
Corn and grain, corn and grain,
all that falls shall rise again.”***

9. Let the group repeat the words:

***“Hoof and horn, hoof and horn,
all that dies shall be reborn.
Corn and grain, corn and grain,
all that falls shall rise again.”***

10. Let each person approach the fire and cast their doll into the fire. As each person does this, he or she should say what their sacrifice will be this year.

11. Once everyone has thrown their dolls into the fire, the leader holds up the loaf of Lammás bread and say:

***“Months ago, we planted seeds,
and through the summer watched them grow.
We have tended the fields in our lives,
and now we are blessed with abundance.
The harvest has arrived!
Thank you, lord of the harvest,
For the gifts yet to come.
We eat this bread, grain transformed by fire, in your name,
and honor you for your sacrifice.”***

12.The leader will break off a piece of bread for herself or himself and then pass it around the members. Everyone should take a piece of the bread.

13.The leader will then pass around the cup of wine while saying:

“May you reap the blessings of the harvest.”

14.Everyone should take a moment to reflect on what each one has harvested for himself or herself this season.

15.End the ritual and close the circle.



Notes:

Any ritual performed to celebrate Lammas should have gratitude at the forefront of it all. Everyone should realize that there is so much abundance in this world and everything is provided for. That is why everyone should practice gratitude even if it's not the season of Lammas.



MABON

(CIRCA SEPTEMBER 21)





MABON (CIRCA SEPTEMBER 21st)

The harvest is over. The fields are more or less empty. The crops has been picked and put into storage, ready for winter.

Mabon is the mid-harvest celebration. At this time, we take a some time aside to honor the notice the change in seasons and to celebrate our second harvest.

For Wiccans and Pagans in our day and age, this time is about being grateful for what we have and what it is abundant.

Mabon Mythology

The focus of Mabon is often on the balance between night and day and light and dark. The days and nights are equally long, but winter is coming.

We celebrate the summer (and the harvest) that has just been and the circle of life. The soil is getting cold and hard, but we celebrate that we have harvested and have food to eat.

DECORATING YOUR MABON ALTAR



Your Mabon altar should include fall colors and symbols. Also include symbols of harvest on your altar. Fallen leaves are also always good at this time.

Colors:

yellows
oranges
reds
browns
greens
burgundy

Foods:

corn
sheaves of wheat
squash
root vegetables

Herbs and Flowers:

rue
yarrow
rosemary
marigold
sage
walnut
leaves and husks
mistletoe
saffron
chamomile,
almond leaves
passionflower
frankincense
rose hips
bittersweet
sunflower
wheat
oak
leaves
dried apple
or apple seeds

Incense

pine
sage
sweetgrass
myrrh

Gemstone:

clear quartz
amber
peridot
diamond
yellow topaz

Symbols:

harvest symbols
scythes
sickles
baskets



SOLITARY MABON RITUAL

This ritual is about gratitude and being thankful for what you got.

What you need:

Gold or Green Candle (to symbolize abundance)
Things that symbolize abundance

What you should do:

1. Start by setting up your altar with the symbols of the season.
2. Take a cleansing bath and think about what you are thankful for. If possible, start gathering symbols that represents gratitude (for you) a couple of days prior to Mabon.
3. Find a quiet place to sit.
4. Cast a circle.
5. Light your abundance candle
6. Look into the flame and meditate about abundance
7. Invite your deity into your circle by saying something like:

***"Mother goddess, please join me in this holy circle,
as I am showing my gratitude and giving my thanks
Blessed Be!"***

8. Now, start saying your thanks. You could say something like this:

***"Mother Goddess, I thank you for bringing me good health
and thank you for letting me feel well"***

***"Mother Goddess, I thank you for giving me a house to live
and for keeping me warm at night"***

***"Mother Goddess, I thank you for keeping my family near
and for keeping them healthy and happy."***

9. Look into to candle and let the warmth and compassion from your Deity fill you with joy and say the following:

***" I am grateful for that which I have.
I am not sorrowful for that which I do not.
I have more than others, less than some,
but regardless, I am blessed with
what is mine."***

-
10. Allow yourself to be engulfed in gratitude for everyday things.
 11. Say your thanks to your Deity and bid her (or him) farewell.
 12. Close the circle again. You are done.



Note:

Being thankful is important. Not only on this day, but everyday. Make it a habit to appreciate the small things and notice abundance in your everyday life. Your future self will thank you for it.

You can easily adopt this ritual to work with a group as well. What you can do, is to have each person say one thing they are thankful for at the time.





SAMHAIN

(OCTOBER 31)





SAMHAIN (AUGUST 31st)

Halloween is to non-pagans what Samhain is to Pagans. The Samhain is a Wiccan Sabbat celebrated to honor our ancestors. This is considered a dark time of the year. The sunset that comes after this day marks the start of a New Year.

Samhain marks the end of the harvest season. It's the time when the earth around us begins to die. Where we once saw lush green plants and blossoming flowers, has now died off. There is nothing left but dry and wilting greenery. Whatever it is that you have not picked before Samhain, you will for sure not have the chance to eat it.

It is high time for a séance. And why is that? Because it is the time when when the veil between this world and the next world is very thin. Samhain means to be out with the old and in with the new.

Think about your experiences the past year. Is there anything you left unresolved? If so, then now is the time to deal with them, iron out the kinks, and wrap things up. You will see that once you've gotten all the clutter cleared, only then can you can begin looking forward to the next year.

DECORATING YOUR SAMHAIN ALTAR



Your altar for the Samhain Sabbat should include God and Goddess symbols like candles, plus harvest food like wine, apple cider, dark bread.

The symbols for this time of the year is pumpkins, nuts, acorns, squash, skulls, skeletons, and bones.

Many choose to use spiders as well. Spiders around Samhain symbolize our ancestors.

Colors:

purples
burgundy
black
gold
orange

Foods:

small pumpkins
Indian corn, and
gourds
almond
hazelnut
garlic

Herbs and Flowers:

rosemary
mullein seeds
mugwort
rue
calendula
sunflower petals
and seeds
pumpkin seeds
turnip seeds
apple leaf
sage
mushrooms
wild ginseng
wormwood
tarragon
bay leaf
passionflower
pine needles
nettle
hemlock cones
mandrake root

Incense:

myrrh
patchouli
gum mastic
copa
heather
clove

Gemstones:

black obsidian
smoky quartz
jet
amber
pyrite
garnet
granite
clear quartz
marble
sandstone
gold
diamond
iron
steel
ruby
hematite
brass

Symbols:

mulled wine
dried leaves, acorns
and nuts
dark breads
ears of corn
a straw man
tools of divination or
spirit communication
offerings to the
ancestors
statuary of deities
symbolizing death



SOLITARY SAMHAIN RITUAL

This is a ritual for the solitary practitioner. This is to honor your ancestors. If you don't have an altar for this ritual, you can make do with a placemat placed in the eastern side of your circle.

What you need:

God and Goddess
candles of any color
A white candle for the altar
Sandalwood or
patchouli incense
Sea Salt
A bowl of water
Rye bread

Wine or Apple Cider
Paper
Pencil
A cauldron for burning
Matches
The "Witch's rune"
A space to perform the ritual

Preparations:

Before doing this ritual, take a cleansing bath. Mediate about the meaning of this Sabbat. Samhain is the end of the natural year and the perfect time to get a new beginning. Is there anything you would like to change?

What you should do:

1. Have a ritual cleansing bath.
2. Set up the items on an altar in the eastern of the circle.
3. Place anything that symbolizes this time of year on your altar or placemat.
4. Enter the ritual area and say:

"Hail Samhain, start of the Celtic year, day of the dead. Time of honouring our ancestors who brought us into this world. At this turn of the wheel the veil between us and the spirit realm is thinnest, easing communications between the world of the living and the world of the dead."

-
5. Then light the white altar candle and the Goddess candle and say:

“Mother Goddess, be here with me.”

6. Light the God candle and say:

“Father God, be here with me.”

7. Mix some salt and water in a bowl while saying:

“I purify this area with the power of earth and water”

8. Walk clockwise around the ritual area, and sprinkle the salt and water mix on the floor. Then sprinkle some inside of the area ritual area.
9. Light the incense with the white altar candle and walk clockwise outside the ritual area while holding it and say:

“I purify this ritual area with the element of air”.

10. Then return the incense to the altar.
11. Light another candle using the white altar candle and walk clockwise outside the ritual area while saying:

“I purify this ritual area with the element of fire”.

12. Stand facing the East in the Eastern side of the circle and say:

***Hail, Guardian of the Watchtower of the East, Powers of Air!
I invoke you and call you, to witness this rite and to guard this circle.”***

13. Stand in the Southern part of the circle, facing the South and say:

***“Hail, Guardian of the Watchtower of the South, Powers of fire!
I invoke you and call you, to witness this rite and to guard this circle.”***

14. Stand in the Western side of the circle, facing the West and say:

***“Hail, Guardian of the Watchtower of the West, Powers of Water!
I invoke you and call you, to witness this rite and to guard this circle.”***

15. Stand in the North of the circle, facing the West and say:

***"Hail, Guardians of the Watchtower of the North, Power of Earth!
I invoke you and call you, to witness this rite and to guard this circle. "***

16. Recite the "Witch's Rune" out loud.

17. Give thanks to your ancestors for your life here on Earth. Show them gratitude for what they endured. Pray that you inherit their best qualities and learn from their achievements and their mistakes. Commit yourself to honoring them by living your life in the best way you can. Wish them well in their afterlife.

18. Now is the time to write any message that you wish to send them. Write it down on a piece of paper and fold it. Light it up and throw it in the burning dish and watch it engulf in flames, while saying:

"May my ancestors receive my respects. May they rest in piece."

19. Begin closing the circle and say:

"Fair-well God and Fair-well Goddess, I thank you for attending my ritual, Hail and Fair well".

20. Put out the flame on the God and Goddess candles while saying:

"To all spirits raised in this ritual, we bid farewell to thee. Merry meet, merry part and merry meet again. All unused raised energies are released. This ritual has come to an end, the circle is open, but unbroken. Blessed Be."

21. Drink some wine and eat some bread. Giving some to the earth as you say:

"Blessed be"

22. Now that the ritual is over. It is time to scry, sing, and read stories.

23. Dispose of saltwater on the earth where it won't hurt any plants or grass.

GROUP SAMHAIN RITUAL

This ritual is good for the whole family or a few friends. If you don't have an altar for this ritual, just set up a table and leave it as is for three days leading to Samhain.

What you need:

Skeletons and skulls

Pumpkins

Squash

Nuts

Acorns

Berries

Rye Bread

Dried leaves

Apple Cider

Preparations:

You should prepare a meal for your friends and family. Set the nice dinner table with candles and place all the harvest food on the table.

What you should do:

1. Everyone gather everyone around the table and say:

“Tonight is the first of three nights, on which we celebrate Samhain. It is the end of the harvest, the last days of summer, and the cold nights wait on the other side for us. The bounty of our labor, the abundance of the harvest, the success of the hunt, all lies before us. We thank the earth for all it has given us this season, and yet we look forward to winter, a time of sacred darkness.”

2. Take the cup of cider and go to your garden. Each person in the family or group should take turns holding the cup and sprinkle cider onto the grounds while saying:

“Summer is gone, winter is coming. We have planted and we have watched the garden grow, we have weeded, and we have gathered the harvest. Now it is at its end.”

3. Pick up yard trimmings and use them to make a straw figure of your deity. When you're done making it, bring your straw deity inside your home. Give the deity a place on your table. Give the deity a plate of his or her own. Start with breaking the rye bread. Serve the deity first before anyone else.
4. Keep your straw deity in a sacred place all season. You can try placing him or her in your garden to watch over the seedlings. This straw deity of yours is what you will eventually burn at your Beltane celebration.
5. Once you're all done eating, place leftovers in your garden as a form of offering for the dead. You can even sprinkle the crumbs of bread outside for the birds to eat.



Note:

Your Samhain ritual should be something that you are comfortable with and something that is in accordance with your desires. You should not be pressured to perform a ritual with a group if you are a solitary practitioner, and you shouldn't have to do it all by yourself if you are part of a coven. Your ritual can be focused on honoring animals, honoring the ancestors, honoring the dead, honoring the God and Goddess, or simply marking the end of the harvest season.

The three days surrounding Samhain are the best times of the year for divination and scrying. Since the veil between worlds is thinnest, its' easier to see into the realms of spirit and faerie.