

WITCHES' NEW YEAR





SAMHAIN



HOW TO

Prepare for Samhain

As the sacred time of Samhain draws near, it's essential to delve deep into traditions that highlight the thinning boundary between our world and the spirit realm. In this workbook, you'll find a variety of activities and rituals tailored to guide and assist you in your preparations. From setting up an ancestral altar with cherished photographs and mementos, to introspective practices like journaling and meditation, each activity is designed to help you fully immerse in the energy and significance of this transformative season. I invite you to take a moment, truly engage, and honor this special time when the veil is so very thin, connecting us closely to the mysteries beyond.



DID YOU KNOW?

Samhain and Halloween take place on the same day and stem from the same thing, but Halloween is a secular party day, while Samhain is a spiritual festival.



Poem

TO HONOR OUR ANCESTORS

We stand on the shoulders of those before,
Whose blood and spirit live on evermore.
Though gone from this earth without a
trace, Their light shines on in each
generation's face.

Let us honor those names whom we'll never
know, Who paved the way so our own seeds
could sow. For in each cell, each bone and
vein, Ancestral whispers in our souls
remain.

Their struggles shaped the path we walk
today, So we pause now to bow and
solemnly pray in thanks for their toil, pain
and strife,
That brought meaning to our brief life.

Our time here is short, but we're linked in a
chain, To those gone before, and those yet
to remain. So this moment we spend in
mindful reflection, Of their divine gifts and
profound connection.



Sambain

CORRESPONDENCES

CRYSTALS

Amethyst, Citrine,
Spirit Quartz,
Onyx, Bloodstone,
Lapis Lazuli,
Moonstone, and
Carnelian.



HERBS

Mugwort,
Wormwood,
Cinnamon,
Rosemary, Roses,
Bay Leaf, Sage
Leaves, Thyme,
Lavender, Allspice.

OILS

Angelica, Anise,
Cedarwood,
Cinnamon, Clove,
Myrrh, Pine,
Rosemary,
Sandalwood,
Thyme, Vetiver.



COLORS

Black for death.

Orange for life
and vitality.

Purple for wisdom
and insight.

PLANTS

Marigolds, Mums,
Pumpkins, Gourds,
Leaves, Calendula,
Rosemary,
Mugwort, Heather,
Wormwood,
Cinnamon.



FOOD

Apples, Nuts,
Berries, Pan de
Muerto, Squash,
Turnips, Corn,
Pumpkin Seeds,
Mushrooms.

MAGICAL MAJORAM

Wild marjoram can be found abundantly near the edges of forests around Samhain. Dried marjoram mixed with peppermint and rosemary protects and attracts positive energy

Samhain

WAYS TO CELEBRATE

Create an Ancestral Altar

Set up a small table or altar with pictures and mementos of deceased loved ones. Light a candle on the altar and leave offerings like food, flowers, or notes to honor them. Spending time at the altar can help you feel connected to ancestors.

Make a Samhain Garland for your Altar

Crystals and herbs can be used to make your own Samhain Garland. Start by choosing one or more symbols that represent your intention for the day whether that is to communicate with lost love ones, contact your spirit guide, or to celebrate the end of the harvest season. Gather crystals and/or herbs that represent that represent your intention for the day.

Have a Dumb Supper

Eat a silent dinner by candlelight to connect with spirits. Set an extra place at the table for any loved ones you want to welcome. Eat simple, old-fashioned foods your ancestors may have enjoyed.

Host a Samhain Feast

Prepare recipes featuring apples, squash, nuts, and root vegetables. Include seasonal beverages like mulled cider. Set an extra place at the table for departed loved ones.

Connect with Nature

Take a meditative walk outside and reflect on cycles of life, death, and rebirth. Collect fallen leaves, acorns, or evergreen sprigs for decor or crafts. Light a bonfire or have a backyard picnic under the stars.



SAMHAIN RITUALS

Samhain, celebrated from October 31st to November 1st, stands as one of the most spiritually significant festivals in the pagan calendar. Rooted deeply in ancient Celtic traditions, it signifies the end of the harvest season and the commencement of the colder, darker days of winter. Historically, the Celts believed that during Samhain, the veil between the physical world and the spirit realm was at its thinnest, making it an opportune time for enhanced communication with deceased loved ones and ancestors. This belief forms the cornerstone of many Samhain rituals, which span from lighting candles to guide spirits home, to setting up altars with offerings.

As the centuries passed, Samhain traditions and rituals absorbed elements from other cultures and belief systems, morphing and growing richer in their practices. Yet, at their core, they've always emphasized honoring and connecting with the spirit world. The potency of these rituals lies not just in historical significance, but also in their ability to tether participants to the cyclical nature of life, death, and rebirth. Embracing these rituals offers a profound space for introspection, allowing individuals to reflect, remember, and deeply appreciate the interconnectedness of all phases of existence.



*Family of old,
of blood, and
family of spirit
and magic, I
welcome you to
this rite.*





MIRROR RITUAL

A SAMHAIN SCRYING RITUAL

This ritual is intended to both honor one's ancestors and ask for their assistance in gaining some insight of what's to come in the coming year. However, be prepared, as not all visions will be of good tidings. Remember, though, that the future is not fixed and this may be an opportunity for you to make some changes to your life.

For this ritual, you will need the following supplies:

- Black Mirror
- Candle
- Bread & Wine
- Incense of Vervain, Wormwood, and Frankincense

Begin the ritual by setting the space however you see fit (i.e. laying a compass). Position the mirror upon your altar with the lit candle in front of it. Next, hold the bread in one hand the wine in the other. Close your eyes, envision that you are a beacon of light, drawing your ancestors to your side. Once you feel their presence, greet them accordingly. Commune with them for a while and explain the intentions of the spell which you are about to cast.

*I call upon my ancestors
passed,
Return to me this Hallow's
Mass.*

*I offer up both wine and
bread,
Come back to me, beloved
dead.*

*I seek your help, please be my
guide,
Cross over now from the
other side.*

Mirror

RITUAL

When you're ready, light the incense and let the smoke waft over the mirror's surface and recite the following:

*Inky black magic mirror,
Upon your surface now appear,
Visions of the coming year,
For me to see, both true and clear.*



Take a deep breath and sink deeper into the mirror, swimming further into its depths. You are no longer outside of the mirror, but within it. Take another deep breath and take note of all your senses: what do you see, hear, feel, smell, or taste? Don't force the visions to come, trust the process and let them unfold organically.

Write down what you can remember so that you can return to it later throughout the year. Consult with your ancestors about any concerns you may have and take in whatever wisdom they may grant you.

As the ritual comes to an end, thank your ancestors for their assistance in your ritual and close the space however you see fit.

HONORING YOUR ANCESTRY WITH A

Samhain Dumb Supper

How to Host a Sacred Ancestral Dinner for Samhain



A dumb supper creates the right environment to connect with ancestral spirits. Cast a sacred circle in a private space with a simple table, including chairs, place settings, favorite foods, photos and mementos for each beloved dead you'll invite. Light candles to set the mood. Call in your ancestors with an open, clear mindset. Explain your intention to commune and receive any messages. Remain completely silent throughout to let your energetic connection speak. Slowly savor each bite, focusing on fond memories and feelings. Make eye contact with their place settings as though they're there with you.

Once the experience feels complete, offer thanks and farewells. Release the circle. Take time to journal any impressions you received. A dumb supper provides a moving way to be with your ancestors again.

Personal Reflections

What have I harvested this year that I'd like to celebrate?

What do I value about the dark time of year?

What do I dread about it?

What am I looking forward to in this next year?



Recipe

DECADENT PAGAN FOOD

PUMPKIN BREAD

YOU WILL NEED:

- 1 can (15 ounces) pumpkin
- 1 2/3 cups sugar
- 2/3 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs
- 3 cups all-purpose or whole wheat flour
- 1/2 cup coarsely chopped nuts
- 1/2 cup raisins, if desired
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cloves

DIRECTIONS

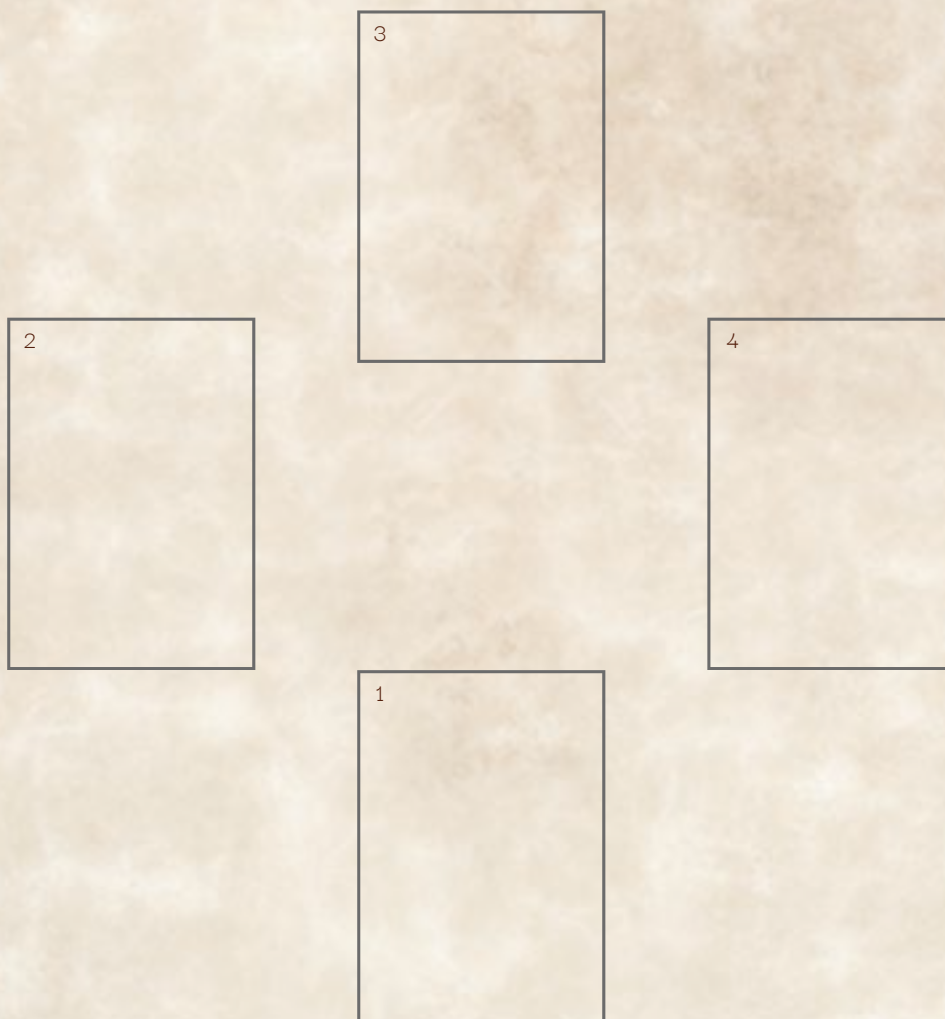
1. Heat oven to 350°F. Grease bottoms only of loaf pan(s) with shortening.
2. Stir together pumpkin, sugar, oil, vanilla and eggs in large bowl. Stir in remaining ingredients. Pour into pans.
3. Bake loaves 50 to 60 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans and place top side up on wire rack. Cool completely, about 2 hours, before slicing.



*Friendly spirits come to see,
this house where happy for a
while you'll be!*

Tarot Spread

FOR ANCESTRAL CONNECTION



1. A message from your ancestors.
2. A person, memory or past event to guide you.
3. An action you can take to commemorate your ancestors.
4. An action you can take to follow their guidance.



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As we mark the turning of the wheel at Samhain, may the rituals and reflections in this workbook help guide you through this sacred and liminal time. Honor the spirits, welcome the darkness, and know that the light will return again. Move through this season with reverence, and emerge renewed in spirit.

*Blessed Samhain,
Laurie Barraco*

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