

## Samhain

Pronounced "sow-in" (rhymes with cow in) Samhain marks the end of the harvest and the turning of the wheel into winter. It is a time of reflection, remembrance, wisdom, and inner knowing.

In Celtic tradition, this night softens the veil between the worlds of the living and the departed. We honour the ancestors who walked before us and all loved ones we carry in our hearts. We welcome guidance, protection, and blessings as the darker season begins.

Samhain invites us to remember that love continues. Memory continues. Spirit endures.

### Suggested Samhain Ritual

You may do this alone, or with others you love: Create a small altar or centrepiece.

-Place: a candle, a photograph, a favourite food, and something found in nature - whatever feels right. Light your candle. Sit in stillness and breathe gently.

Speak the names of those you miss or silently hold them in your heart. Place a hand on your Chest and feel your heartbeat. Know that every beat remembers.

### If you wish, read these words aloud:

Tonight, I honour those who came before me.
I remember love that continues to live.
I walk with gratitude and courage into the winter months.

May the wisdom of the past guide my path ahead. Blessed Samhain.

Take time to listen. Perhaps a memory arrives. A feeling. A sense of peace. When you are ready, gently blow out the candle with thanks.

Carry the quiet magic of this night into tomorrow.

#### A Samhain Affirmation

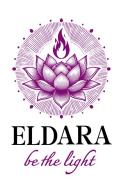
I hon<mark>our the past.</mark> I walk my path with courage. I am always held by love.

Tonight, the veil softens, and the quiet world remembers.

We gather in warmth and welcome, sharing food, lighting the fire, honouring those we miss with love and gentle gratitude.

In every candle's glow, in every story shared, in every breath of autumn air, their presence returns to us.

May their light walk beside us through winter's dark and may love be the path that always leads them home.



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**Blessed Samhain** 

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