



Blue Lotus

Y o g a & R i t u a l

*The Wheel
of the year*

Your Guide to Living in Rhythm

What is the Wheel of the year?

The Wheel of the Year celebrates eight seasonal festivals known as "quarter days, cross quarter days and Sabbats" that mark the seasons, cycles of life and the full calendar year. The wheel is a rhythmic map that brings us into cyclic wisdom with the earth and play out in our own personal lives too. Each festival reminds us of the intimate connection between the seen and the unseen through the cycle of fertility, birth, life, death and rebirth.

These 8 festivals help to establish harmony between the human world, natural world and the Divine. The origin of the wheel is from the ancient agrarian world of old Europe when the livelihood of the people was directly dependent upon the health of the land, animals and seasons. People lived closely attuned to the rhythm of the earth and prepared for these holidays in community and remembrance of the greater whole.

When we become aware of the energy of each festival, we begin to understand how the energy affects our own cycles of growth & evolution, helping us connect with our Higher Self or Divine Self. We can honour our own rhythm that helps us to feel stronger, grounded and empowered and more deeply understand our place and purpose in the world.

The Wheel of the year is divided into 8 sections:

- The 4 Quarter festivals in the cardinal directions create a cross and are called the Lesser Sabbats. They are based on the position of the Sun, 2 Equinoxes and 2 Solstices.
- The 4 Cross Quarter festivals in the inter-cardinal directions are called the Greater Sabbats, also known as the Fire Festivals.

How to use these Worksheets....

Set aside some time on or around each Festival to observe and reflect where you meet yourself at that given time. The journal questions may help you to gain insights and understanding so that you can move through each cycle with ease & grace and stay aligned, centred and grounded in your truth.

Thank you for being here and doing this work

Radiant Blessings to you

Jill xxx



The shortest day and longest night.

Solstice means to stand still, before the sun is reborn

Winter Solstice

Dec 21-22

Imbolc

Feb 1

Time of emergence after deep rest of Winter

Turning out toward the light

Spring

A time of balance, after which the days get longer and the night shorter

Beltane

May 1

A time to celebrate the fertility & abundance of the season

Summer

The longest day and shortest night of the year

Summer Solstice

Jun 20-22

The beginning and the ending of the year.

Samhain

Oct 31

A time of balance. After which the days become shorter and the nights longer

Turning in toward the shadows

Autumn

Autumn Equinox

Mabon

Sept 22-24

THEME - Gathering In, Change, Transformation, Assimilation, Harvest, Fruits of Labour, Reflection, Assessment, Blessings

Harvest, Dying & Gratitude

Growth & Integration

THEME - Abundance, Growth, Attainment, Expression, Celebration of Life

THEME - Fertility, Joy, Creativity, Expectation, Insight, Activation, Manifestation

Spring Equinox

Ostara

Mar 19-21

THEME - Balance, Regeneration, Expansion, Empowerment, Sacred Union, Wholeness

Rebirth & Planting

Resting & Dreaming

THEME - Hope, Birth, Renewal, The Light Returns, New Vision, New Chapter, Name Your Dream, Align With Your Purpose

THEME - New Life, Quickening, Inspiration, Awakening, Preparation, Reclamation, Initiation, Healing

THEME - Remembrance, Death, Rebirth, Descent, Face Fear, Courage, Inner Exploration, Inner Wisdom, Nurture

THEME - Thanksgiving, Integration, Balance, Transition, Rest & Renewal, Incubation, Inner Listening, Gratitude, Intuition, Recharge

Autumn



Autumn is the time for ...

Harvesting & Thanksgiving

During this time we gather in the fruits of our labour, assimilate all that we have learnt, reflect on what we wish to nurture and what no longer serves us.

Sacred Festivals
Mabon-Autumn Equinox
Samhain

Mabon

Mabon – The Autumn Equinox

(Celebrated around September 21st–23rd in the Northern Hemisphere)

Mabon, the Autumn Equinox, is a sacred moment of balance—a pause where day and night stand in equal measure before we begin the descent into longer nights and the deep inward pull of the darker seasons.

It is the second harvest festival of the Wheel of the Year and a time to gather, reflect, and give thanks. While Lammas celebrated the first fruits, Mabon brings in the full bounty of the year's work—physically, emotionally, and spiritually.

Named for the Welsh god *Mabon ap Modron*, a figure of rebirth and wisdom, this equinox is a liminal space: between light and dark, outer and inner, doing and being.

It invites us to:

- Celebrate what we've cultivated
- Acknowledge what we're ready to release
- And begin the sacred turning inward

We are reminded that just as nature begins to let go, so must we.

The work

It is time to...

- Celebrate all that you have gathered—honouring the inner and outer harvests of your efforts, growth, and personal journey.
- Restore balance in your body, mind, and energy—bringing harmony where there has been excess, depletion, or misalignment.
- Begin releasing what no longer serves—old patterns, habits, or stories that are ready to fall away like the leaves.
- Embrace the sacred stillness of the threshold—neither fully summer nor winter, but a beautiful in-between space to pause, breathe, and reflect.
- Tend your inner flame as the outer light wanes—gathering strength, clarity, and intention for the journey inward



Mabon The Ritual

Mabon Ritual: The Sacred Pause

This ritual is designed to help you honour the gifts of the year so far, realign your inner balance, and begin releasing with intention.

Preparation

- **Space:** Set up a simple altar with seasonal elements—apples, leaves, acorns, nuts, squash or pumpkins. Add a candle (red, orange, or brown), a small bowl of water, and grounding crystals like smoky quartz or black tourmaline.
- **Clothing:** Cozy, earthy, grounding tones—dress in layers or something that feels transitional and comfortable.
- **Tools:** Yoga mat, journal, a small stone or leaf for releasing, and a warm drink for post-ritual reflection.

1. Ground & Breathe (5–7 minutes)

Begin in a seated or standing position. Feel your feet on the earth.

Breathe in for 4, hold for 4, exhale for 4—repeat several rounds, letting your breath become your anchor.

Visualise golden sunlight meeting the cooling winds of autumn, swirling together in balance.

Set your intention:

“I pause in this moment of balance. I honour all I have gathered and prepare to release what no longer serves.”

2. Gentle Equinox Flow (10–15 minutes)

Move through a gentle, grounding yoga sequence to connect with your body and restore equilibrium:

- Sun Salutations (slow and steady)
- Warrior II → Reverse Warrior to honour strength and surrender
- Seated Forward Fold for introspection
- Supine Twist to wring out the old
- Savasana with hands on heart and belly

Let your movement be a celebration of balance and grace.

3. Elemental Meditation & Release (10 minutes)

Sit comfortably near your altar. Hold the stone or leaf in your hand.

Reflect on something you're ready to release—a habit, fear, or story.

Gaze into the candle flame and say:

“As the light shifts, I let this go with gratitude.”

Place the item in the bowl of water or outside on the earth as a symbolic offering.

4. Gratitude Sip & Reflection (5 minutes)

Pour a warm, nourishing drink—herbal tea, spiced cider, or hot cacao.

Hold it with both hands and speak (or whisper) what you're most thankful for in this season.

Let it warm your body as a reminder: *you are held, nourished, and supported.*



Mabon Reflections:

What have I harvested in my life this year—internally and externally?
Reflect on successes, growth, healing, and realisations that have come to fullness.



Where do I feel out of balance, and what gentle shifts can I make?
Consider areas of excess or depletion, and how you can restore harmony.



What am I ready to release as the light fades?
Honour the wisdom of the trees—what do you no longer need to carry forward?



How can I honour the transition from outward energy to inner reflection?
What rituals, boundaries, or intentions will support you through this seasonal shift?



Samhain

Samhain, pronounced 'sow-in', is both the beginning and ending of the Wheel of the Year and is often referred to as Hallows Eve, Halloween or All Souls Night.

It is a magical time, when it is said that the veils between the worlds of the seen and the unseen become thin.

In this mystical realm it the time for communication with our ancestors, a time to seek wisdom and understanding of the inner mysteries, a time for drifting, dreaming and visioning.

Autumn is now drawing to a close and the increasing darkness and decreasing temperatures encourage us to move inwards, just like animals going into hibernation. As the leaves fall from the tree's and the natural world withdraws, we are reminded that this is the season of death and decay and the time for internalising the life force. When we can accept this cycle of death we can also remember that afterwards, comes rebirth, new revelations and possibilities.

At Samahin we honour the critical role that death plays in our cycle. We learn to understand that we cannot evolve without allowing old patterns, stories, behaviours and relationships to die away.

The work

- It is a time to fully embrace the darkness. To allow our feelings to rise to the surface and to feel them fully. To face our fears and with great courage find the hidden wisdom and insights within them.
- It is time to release the things that need to die. Take deep rest, journey into the inner landscape and prepare the inner soil for something new to be reborn.
- It is time to review, reflect and assimilate what we have learnt in the solar phase of the year and then open ourselves to intuition, new visions and dreams.



Samhain The Ritual

This ritual honors the thinning of the veil between worlds during Samhain, a time when we are more deeply connected to our inner self and ancestral wisdom. It incorporates yoga, meditation, and symbolic offerings to tap into your intuition and inner knowing.

Preparation:

- **Space:** Choose a quiet, sacred space where you won't be disturbed. Set up an altar with a candle, a small bowl of water, crystals (like amethyst or moonstone for intuition), and an offering to represent gratitude to your ancestors (such as apples, herbs, or flowers).
- **Clothing:** Wear comfortable clothing that allows freedom of movement.
- **Tools:** Yoga mat, journal, and pen for reflection.

1. Grounding Breath and Intention (5 minutes)

- **Begin in a comfortable seated position** on your mat, spine tall, hands resting on your knees.
- **Close your eyes** and take deep, slow breaths, inhaling for 4 counts, holding for 4, and exhaling for 4.
- As you breathe, **focus on your root chakra** (base of the spine) to ground yourself. Imagine roots extending from your body into the earth.
- Silently set your intention for the ritual: "I connect to my inner wisdom and the wisdom of my ancestors. I am open to guidance."

2. Flow into Stillness: Yoga for Intuition (15 minutes)

A short, intuitive flow to awaken the connection between your body and inner wisdom.

- **Cat-Cow (Marjaryasana/Bitilasana):** Flow between cat and cow poses to awaken your spine and align your mind with your breath.
- **Child's Pose (Balasana):** Sink deep into child's pose, forehead on the mat, grounding your third eye (forehead) to the earth, inviting clarity and insight.
- **Seated Forward Fold (Paschimottanasana):** Gently fold forward, bringing your awareness inward, symbolically turning toward your inner self for reflection.
- **Seated Twist (Ardha Matsyendrasana):** Twist to both sides, visualizing yourself releasing old patterns that block clarity and creating space for wisdom to flow.

3. Meditation: Listening to Inner Wisdom (10 minutes)

- Return to a seated position. Light the candle on your altar, representing the inner light of wisdom.
- Place your hands over your heart, close your eyes, and silently ask, "What wisdom do I need to hear today?"
- Allow yourself to sit in stillness and listen. If any thoughts or sensations arise, simply observe them without judgment, trusting your intuition to reveal what you need.

4. Ancestral Connection and Offering (5 minutes)

- Stand and approach your altar. Hold the offering in your hands and silently thank your ancestors for their guidance and wisdom.
- Place the offering on the altar as a sign of respect, saying: "I honor the wisdom that flows through my bloodline and the inner knowing that guides me."
- As you place the offering, visualize yourself receiving wisdom passed down through the generations (prayer pose), bowing to your own inner knowing and the sacred guidance of your ancestors.



Samhain The Ritual

5. Reflection and Journaling (10 minutes)

- After the offering, sit down with your journal. Reflect on any thoughts, images, or feelings that came to you during the meditation.
- Journal on these prompts & the prompts on the following page:
 - “What inner wisdom did I connect with today?”
 - “What messages from my ancestors or intuition are guiding me at this time?”
 - “How can I embody this wisdom moving forward?”

6. Closing (5 minutes)

- Blow out the candle, giving thanks for the insights you’ve received.
- Take three deep breaths, envisioning yourself carrying this inner wisdom with you.
- Close by bringing your hands to your heart in Anjali Mudra (prayer pose), bowing to your own inner knowing and the sacred guidance of your ancestors.

Optional Integration:

Carry a symbol of this ritual with you in the coming days, such as a small crystal or talisman, to remind you of the wisdom you accessed during this sacred time.



Samhain Reflections:

What is one thing that is holding you back?

Look at the places in your life where you are not where you wish to be...What are you finally ready to let go of and die away?



Looking back over the solar cycle of the year what achievements can you celebrate?
What have you learnt or accomplished?



What fears are you resisting or avoiding? What small steps can you take to courageously face these fears?



How will you nurture yourself through the dark cycle of the year?
How can you incorporate activities which nourish you rather than deplete you?



Winter



Winter is the time for

Listening & Nurturing

During this time we draw inwards and integrate all that has been learnt in the past cycle. We hold space to consolidate, regenerate and recover.

Sacred Festivals
Winter Solstice - yule
Imbolc

yule

Yule – The Winter Solstice

(Around December 21st in the Northern Hemisphere)

Yule marks the Winter Solstice—the longest night and the shortest day of the year.

In this still, deep darkness, something profound stirs: the rebirth of the light. Though the world outside lies cold and quiet, the wheel turns, and from this moment forward, the days begin to slowly lengthen.

This ancient celebration has roots in Norse, Celtic, and Pagan traditions, where the return of the sun was honoured with firelight, feasting, and the symbolism of life renewed. The Holly King hands the crown to the Oak King, signalling the beginning of the light's return.

Yule invites us to rest, reflect, and rekindle.

It is a sacred pause—an invitation to turn inward, to embrace the fertile dark, and to plant the seeds of future visions.

This is the dreamtime, the womb of winter, where rest is not a luxury but a sacred necessity.

The work

At Yule, we honour the sacred stillness and the quiet return of light.

It's a time to slow down, listen deeply, and gently reconnect with our inner world.

It is time to...

- Embrace the darkness as a place of rest, not fear—a space of deep renewal, silence, and inner wisdom.
- Honour the return of the light with hope and reverence, welcoming the subtle yet powerful shift toward expansion.
- Plant the seeds of new visions—even if they're still forming, trust the dreaming phase of your creative cycle.
- Tend your inner flame, nurturing what brings you warmth, meaning, and truth through the cold months ahead.
- Allow deep rest, knowing it is part of the cycle and essential for your growth, clarity, and vitality.

Let Yule remind you that you are not separate from the earth's rhythms.

You too are meant to pause, dream, and begin again.



Yule The Ritual

Yule Ritual: Return of the Light

This gentle, reflective ritual honours the rebirth of the sun and your own inner light. It's perfect for the evening of the Winter Solstice or any quiet night during the season.

Preparation

- **Altar:** Decorate with evergreen branches, pinecones, candles, dried orange slices, cinnamon sticks, or crystals like garnet and clear quartz.
- **Candle:** One large white or gold candle to represent the returning light.
- **Clothing:** Cozy, warm, comforting layers—wrap yourself in softness.
- **Tools:** Journal, pen, blanket, yoga mat or cushion, a nourishing drink.

1. Grounding in Stillness (5–7 minutes)

Sit comfortably. Close your eyes and bring your attention to your breath. Let it slow and deepen. Feel the support of the earth beneath you.

Repeat silently:

“I rest. I receive. I am held.”

Visualise darkness surrounding you like a cocoon, safe and nurturing. Know that even here, life stirs quietly.

2. Gentle Embodied Movement (10–15 minutes)

Move through a slow, meditative practice to awaken the inner light:

- *Cat-Cow to mobilise the spine and breath*
- *Child's Pose to surrender to the stillness*
- *Low Lunge with Heart Opening to welcome the returning light*
- *Seated Twist to release and clear space*
- *Reclining Butterfly or Savasana for integration*

Let your body soften, allowing movement to be intuitive and nurturing.

3. Candle Lighting & Intention Setting (10 minutes)

Dim the lights. Light your central candle slowly and mindfully.

As you do, say:

“From the deepest dark, the light is born. I welcome its return within and around me.”

Sit quietly in its glow. Breathe. Let your heart whisper the intention you wish to carry into the new cycle.



yule The Ritual

4. Close with Gratitude & Reflection

Sip your warm drink.

Write down anything that arose—feelings, images, words, visions.

Thank yourself for showing up in this moment of sacred pause.

Optional: Place your intention under your pillow or near your bed to dream with it.



yule Reflections:

What has this darker season taught me about myself?

Reflect on the insights that have come through stillness, challenge, or quiet observation.



Where in my life am I ready to invite more light?

Identify areas calling for growth, love, attention, or renewal.



What am I dreaming into being?

Even if it's vague, begin to describe your visions for the next cycle.



How can I honour my need for rest and restoration?

Consider what boundaries, rhythms, or practices support your winter wellbeing..



Imbolc

Imbolc, pronounced 'im-bolk' or 'im-molk', marks the midway point between the Winter Solstice and the Spring Equinox, and is often known as Brigid's Day or Candlemas.

It is a time of renewal and awakening, when the first stirrings of life begin to emerge from the depths of winter's embrace. The earth, though still resting, begins to quicken beneath the surface, and the promise of spring whispers on the cold breeze.

As the days gradually grow lighter, Imbolc invites us to nurture the spark of inspiration and creativity within. It is a time for planting seeds, both literal and metaphorical, and for kindling the flames of hope, intention, and transformation.

The festival honours Brigid, goddess of healing, poetry, and smithcraft, and celebrates the sacred fire of creation and fertility. It reminds us to tend to our inner hearths, to warm our spirits with vision and purpose, and to embrace the delicate balance between rest and action.

At Imbolc, we reflect on the lessons of winter and prepare to step into the new with clarity and courage. It is a time to let go of stagnation and to welcome the budding energy of growth, renewal, and possibility.

The work

- *Imbolc* is a time to honour the quiet stirrings of light within the darkness. It invites us to reconnect with our inner flame and nurture the spark of inspiration that emerges after the stillness of winter. This is the season to awaken gently, to feel the first signs of renewal within, and to tend to our inner world with care and patience.
- It is a time to clear away what remains stagnant, to cleanse and purify our energy, and to plant the seeds of intention for the year ahead. Just as the earth begins to thaw, we prepare the fertile ground within ourselves for growth and transformation.
- *Imbolc* encourages reflection on the lessons of the darker months while opening to the possibilities of the light ahead. With trust in our inner wisdom, we begin to shape new visions and invite the tender shoots of hope, creativity, and purpose to take root and grow.



Imbolc The Ritual

Imbolc Ritual: Igniting the Inner Flame

This ritual celebrates the gentle awakening of light within during Imbolc, a time to kindle inspiration, creativity, and renewal. It combines yoga, meditation, and symbolic offerings to honor your inner spark **and prepare for growth.**

Preparation

Space: Select a quiet space where you feel safe and at peace. Set up an altar with a white or gold candle (*symbolising the growing light*), a bowl of spring water, crystals such as citrine or clear quartz for clarity and energy, and seeds or a small plant to represent new beginnings.

Clothing: Wear light, comfortable clothing that feels nurturing and free.

Tools: Yoga mat, journal, and pen for reflection.

1. Centering and Awakening the Flame (5 minutes)

Sit comfortably on your mat, spine tall, hands resting on your knees.

Close your eyes and take slow, deep breaths, inhaling for 4 counts, holding for 4, and exhaling for 4.

As you breathe, visualise a small flame flickering in your heart centre, glowing brighter with each inhale.

Set your intention for the ritual: **“I awaken the light within me and honour the new possibilities unfolding in my life.”**

2. Movement: Yoga for Renewal (15 minutes)

Engage in a gentle flow to stir energy and awaken creativity.

- Mountain Pose (Tadasana): Stand tall, feet grounded, and reach your arms upward, envisioning the rising light of Imbolc.
- Sun Breaths: Sweep your arms up overhead as you inhale and lower them as you exhale, bringing awareness to the growing light and energy. Repeat 8 times.
- Low Lunge (Anjaneyasana): Step one foot back, sinking into a lunge. Lift your arms overhead, opening your heart to new beginnings. Repeat on both sides.
- Heart-Opening Pose (Camel, Ustrasana): Kneel and gently arch back, opening your chest and heart to the energy of renewal.
- Child’s Pose (Balasana): Return to child’s pose, bringing your forehead to the earth, grounding yourself and resting in the energy of potential.



Imbolc Reflections:

What seeds of intention do you want to plant in your life during this season of renewal?
Reflect on the goals, dreams, or changes you feel ready to nurture.



Where in your life do you feel the first stirrings of inspiration or possibility?
Consider areas where new energy or opportunities are beginning to emerge, even subtly.



What steps can you take to nurture your inner flame and sustain your creativity or motivation?

Explore ways to keep your inner light strong and support your personal growth



What dormant potential within you is ready to awaken and grow?
Reflect on any talents, ideas, or aspects of yourself that are ready to come to life.



Spring



Spring is the time for

New Beginnings & Growth

This is the season of renewal & expansion.
We hold space for the awakening of new inspiration, visions
and potential

Sacred Festivals
Spring Equinox-Ostara
Beltane

Ostara

Ostara, the Spring Equinox, is a time of perfect balance—where light and dark stand in harmony before the days begin to grow longer. It marks the true arrival of spring, a season of fertility, renewal, and awakening. The earth stirs with life, blossoms emerge, and the energy of possibility fills the air.

Named after the goddess Eostre, Ostara is a celebration of new beginnings, fresh energy, and the return of warmth and abundance. Just as nature bursts into bloom, we too are invited to step into growth, creativity, and expansion.

This is a time to embrace transformation, plant the seeds of our intentions, and align with the rhythm of nature's renewal.

As we shake off the slowness of winter, we welcome the rising energy of the sun and the opportunities it brings.

The work

The Spring Equinox invites us to embrace growth, balance, and renewal. It is a time to honor both the seeds we have planted in the past and those we wish to cultivate in the future.

- Finding Balance – As the day and night stand equal, reflect on where you need more balance in your life. Where are you giving too much? Where are you holding back?
- Awakening to Growth – Just as the earth blossoms, so too can your dreams and ambitions. This is a time to nurture your passions and take action toward the things that inspire you.
- Clearing Stagnation – The fresh energy of spring invites us to shake off old limitations. What beliefs, habits, or fears are keeping you from thriving? Now is the time to release them.
- Setting Intentions – With the energy of new beginnings, set clear intentions for what you wish to manifest. Imagine these intentions as seeds—what will you nurture and grow in the coming months?



Ostara The Ritual

Ostara Ritual: Planting Seeds of Intention

This ritual aligns with the energy of Ostara by combining movement, meditation, and symbolic action to welcome growth and renewal.

Preparation

- **Space:** Choose a quiet, sacred space, preferably outdoors or near a window where you can feel the presence of nature. Set up an altar with a candle, a bowl of fresh water, crystals like green aventurine or citrine, and a small pot with soil and seeds to plant.
- **Clothing:** Wear light, comfortable clothing that makes you feel fresh and open to new energy.
- **Tools:** A yoga mat, journal, and a small plant or seeds for planting.
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1. Grounding & Breathwork (5 minutes)

Sit comfortably with your feet or hands touching the earth. Close your eyes and take slow, deep breaths, inhaling for four counts, holding for four, and exhaling for four.

Visualise roots growing from your body into the earth, anchoring you to the energy of renewal and balance.

Silently set your intention: *“I embrace growth, balance, and new beginnings.”*

2. Yoga for Renewal (15 minutes)

Engage in a short flow to align with the rising energy of the season.

- **Sun Salutations (Surya Namaskar)** – Flow through a few rounds to awaken the body and welcome the returning light.
- **Tree Pose (Vrksasana)** – Stand tall, one foot resting on the other leg, arms reaching up like branches. Feel your connection to both stability and expansion.
- **Seated Forward Fold (Paschimottanasana)** – Fold forward, surrendering to the wisdom within and letting go of anything that no longer serves you.
- **Goddess Pose (Utkata Konasana)** – Open your heart and arms wide, embodying strength and growth.



Ostara The Ritual

3. Meditation: Planting Seeds of Intention (10 minutes)

Hold a seed or a small plant in your hands. Close your eyes and visualize what you wish to manifest. See it as a seed, filled with potential, waiting to grow.

Whisper your intention to the seed and gently plant it in the soil, symbolizing your commitment to nurturing your dreams.

Light the candle on your altar and say:

"As the earth awakens, so do I. I plant the seeds of my intentions, knowing they will bloom in perfect time."

4. Closing and Gratitude (5 minutes)

Take a moment to thank the earth, the sun, and yourself for showing up for this ritual.

Place your hands in prayer position at your heart and bow slightly, sealing your intention with gratitude.



Ostara Reflections:

What new beginnings am I ready to embrace in my life?
Reflect on areas where you feel ready to grow, change, or take action.



Where do I need more balance in my life?
Consider where you may be giving too much or not enough, and how you can restore harmony.



What seeds (intentions) do I want to plant for the coming season?
Think about what you'd like to cultivate in the next few months—whether in your personal growth, relationships, or creative projects.



What old patterns or fears am I ready to release to make space for new possibilities?
Identify what's holding you back and how you can let it go to step into your fullest potential.



Beltane

Beltane, celebrated on May 1st, marks the height of spring and the turning of the Wheel of the Year toward summer. It is a festival of passion, fertility, creativity, and joy, a time when the earth is alive with abundance and possibility. The days grow warmer, the flowers are in full bloom, and nature hums with life.

This fire festival is named after the Celtic god Bel, meaning “bright one,” and honours the sacred union of the masculine and feminine energies—within nature, within ourselves, and within the world. It is a time of awakening, expansion, and taking bold action toward our desires.

Beltane invites us to celebrate life, embrace our passions, and step fully into our power. Just as nature bursts into full bloom, so too can our dreams, relationships, and creative visions. This is the season to follow your joy, ignite your inner fire, and say YES to the magic of possibility.

The work

Beltane is a time of ignition—the spark of inspiration turning into action, desire transforming into reality. The energy of this season asks us to embrace pleasure, creativity, and abundance while releasing any fears that hold us back from fully living.

- Igniting Passion – What excites you? What makes you feel truly alive? Beltane invites you to reconnect with what brings you joy and pursue it without hesitation.
- Manifesting Growth – Just as the earth is in full bloom, so too is your potential. This is the time to take bold steps toward your desires and trust that the universe supports your expansion.
- Embracing Sensuality & Connection – Beltane is deeply connected to love, pleasure, and the body. How can you celebrate your physical self, honour your emotions, and deepen your relationships?
- Releasing Fear & Doubt – Passion cannot thrive where fear resides. What old fears or limitations are keeping you from fully stepping into your power? Beltane asks you to burn them away and step forward boldly.



Beltane The Ritual

Beltane Ritual: Igniting the Inner Fire

This ritual harnesses the passionate energy of Beltane, combining movement, fire, and intention to awaken creativity, pleasure, and manifestation.

Preparation

- **Space:** Choose a sacred space where you feel free and uninhibited. Outdoors by a fire, under the moon, or in a candlelit room is ideal. Set up an altar with red or orange candles, fresh flowers, symbols of fertility (seeds, fruit, honey), and crystals like carnelian or garnet.
- **Clothing:** Wear something that makes you feel sensual, powerful, and free—flowing fabrics, bold colours, or nothing at all if that calls to you.
- **Tools:** A candle, a journal, and a small piece of paper for burning.

1. Grounding & Awakening Energy (5 minutes)

Stand with feet planted firmly on the earth. Close your eyes, take deep breaths, and imagine a warm, golden light rising from the ground, filling your entire body with energy and excitement.

Set your intention: *“I awaken to my passion, creativity, and desires.”*

2. Movement: Dance of Fire (15 minutes)

Beltane is a festival of passion, and movement is a powerful way to activate this energy.

- Play music that stirs something deep within you—wild, rhythmic, sensual beats.
- Begin swaying, letting your body move freely. Feel the energy rising within, moving as if you are dancing with fire.
- Imagine shedding limitations with every movement, stepping into joy and confidence.



Beltane The Ritual

3. Fire Meditation: Releasing & Manifesting (10 minutes)

Light a candle, focusing on the flame as a symbol of your inner fire.

On a small piece of paper, write down a fear, doubt, or limitation you wish to release.

Hold it in your hands and say:

"I release all that dims my light. I step boldly into my passion and joy."

Burn the paper in the flame (safely), visualising the fear dissolving into smoke.

Now, close your eyes and visualise your deepest desire coming to life. See yourself thriving, fully embodied in your passion and purpose. Feel the excitement, confidence, and joy.

4. Offering & Gratitude (5 minutes)

Approach your altar and offer honey, fruit, or flowers as a symbol of gratitude for the earth's abundance.

Say aloud:

"I honor the fire within me. I embrace my passion, my joy, and my fullest potential."

Blow out the candle, knowing that the flame now burns within you.

This ritual concludes with quiet reflection, journaling any insights, intentions, or inspirations that arose during the practice.

Please use the following journal questions.



Beltane Reflections:

What brings me the most joy and passion in life, and how can I embrace it more fully? Reflect on what makes you feel truly alive and how you can bring more of that into your daily life.



Where am I holding myself back from fully expressing my desires? Explore any fears, doubts, or limitations that prevent you from embracing what you truly want.



What bold action can I take to bring my dreams and desires into reality? Beltane is about manifestation—what step can you take today to move toward your goals?



How can I celebrate my body, my sensuality, and my connection to pleasure? Consider ways to honour yourself physically, emotionally, and spiritually—whether through movement, self-care, or connection with others.



Summer



Summer is the time for ...

Creativity & Manifestation

This is the season of fullness and power.
We hold space for celebration, transformation, action and
strength

Sacred Festivals

Litha - Summer Solstice

Lammas

Litha

Litha marks the Summer Solstice, the longest day and shortest night of the year. It is a celebration of light, abundance, vitality, and fulfillment—a moment when the sun is at the height of its power, casting full illumination over the world.

This is the zenith of the solar year, when we bask in the energy of the sun, honor the fullness of life, and acknowledge all we've grown since the darker months of winter. It's a time of gratitude, celebration, and wild-hearted joy—but also a sacred pause. Because just as the light reaches its peak, the wheel begins to turn again toward the dark.

Litha invites us to:

- Celebrate the fruits of our labor
- Shine our inner light outward
- Honor both the power and the fragility of life
- And to stand in our strength, purpose, and clarity

Let your life bloom. Let your soul shine. This is the light before the turning.

The work

Litha is a moment of both radiance and reflection.

It is a solar pause—a luminous checkpoint in the year where we acknowledge how far we've come and reconnect with what still needs tending before the harvest season arrives.

- Celebrate – Give thanks for what has blossomed in your life.
What intentions from earlier in the year have taken root or come into form?
- Shine – Step into your confidence. Let yourself be seen.
What are you no longer willing to dim or shrink?
- Refine – With clarity and full light, what do you now see clearly?
What's thriving? What needs pruning?
- Balance – Even at the height of light, shadows exist.

Where are you being called to embrace duality—action and rest, joy and grief, growth and stillness?

Litha is your reminder that you are the light.

Now is the time to celebrate, expand, and shine without apology—and to trust that even as the light begins to wane, you've gathered enough warmth to carry you forward.



Litha The Ritual

This ritual is designed to harness the power of the sun to celebrate abundance, renew energy, and invite clarity. It blends yoga, solar meditation, and symbolic offering.

Preparation:

- **Space:** Outdoors if possible, or by a sunny window. Create a summer altar with sunflowers, gold candles, citrus fruits, solar symbols, and citrine or sunstone crystals.
- **Clothing:** Wear something bright, golden, or fiery—something that feels radiant and expansive.
- **Tools:** Yoga mat, journal, one candle, and a flower or herb bundle for offering (e.g., rosemary, calendula, lavender).

1. Sun Salutation Flow (10–15 minutes)

Begin with a gentle but energising Surya Namaskar (Sun Salutation) series to connect physically with solar energy. With each movement, imagine soaking in the sun's vitality. Breathe in brightness, breathe out stagnation.

Set your intention:

"I stand in my light. I honour the energy of the sun within me."

2. Solar Meditation & Heart Illumination (10 minutes)

Sit comfortably. Close your eyes and visualise a glowing golden sun at your heart centre. Let its warmth radiate through your body. Ask:

- *What am I ready to share with the world?*
- *Where can I stand taller, shine brighter?*
- *Breathe into this warmth. Let it expand beyond your body, connecting you to the wider world.*

3. Gratitude Offering & Illumination (5 minutes)

Hold your flower or herb bundle. Speak aloud or silently:

"I give thanks for the light in my life. I honour the abundance I have cultivated."

Place the offering on your altar, or scatter it in nature. Light your candle and say:

"As the sun shines above, so I shine within. I am ready to walk in clarity, joy, and power."

This ritual concludes with quiet reflection, journaling any insights, intentions, or inspirations that arose during the practice. Please use the following journal questions.



Litha Reflections:

What am I most grateful for at this point in the year?
Reflect on what has come into bloom in your life—internally or externally.



Where am I ready to be more visible and bold?
In what ways are you dimming your light? What would it feel like to step into your full radiance?



What truth has become fully illuminated for me lately?
Now that you're standing in the full light of the year, what do you see clearly for the first time?



What do I need to tend to now to prepare for the harvest ahead?
What projects, relationships, or inner work still need your attention before the shift toward autumn?



Lammas / Lughnasadh

Lammas (or Lughnasadh, pronounced LOO-na-sa) marks the first harvest—a sacred threshold where summer begins its gentle descent toward autumn. Named after the Celtic sun god Lugh, this festival honors the fruits of our labor, both physical and spiritual.

It is a time to pause and give thanks for what has ripened in your life. From seeds sown in the spring (*intentions, efforts, relationships, or personal growth*), what now stands ready to be gathered and appreciated?

This festival reminds us that the light is subtly shifting. The days are still long, the sun still warm, but we are beginning the slow turn toward inward reflection. Lammas teaches us to reap with gratitude, reflect with humility, and release with trust.

The work

Lammas is a celebration of maturity, gratitude, and discernment.

It's time to recognise what you've created, gather the lessons, and begin preparing your inner ground for the darker months ahead.

- Reap What You've Sown – What has come into bloom in your life since the beginning of the year? Take time to honour and celebrate these victories—big or small.
- Offer Gratitude – At the heart of Lammas is thanksgiving. What are you truly grateful for right now? How can you express that gratitude in embodied ways?
- Discern and Release – Not all crops are meant to be harvested. What hasn't flourished as expected? What can now be let go of with grace and wisdom?
- Honour the Cycles – Like the shifting light, change is natural. How can you soften into the truth that not everything can be held onto? What's ready to be laid down?



Lammas The Ritual

This ritual blends movement, meditation, and symbolic offering to help you pause, reflect, and give thanks for the harvests—seen and unseen.

Preparation

- **Space:** Create an altar with wheat, sunflowers, corn, apples, or baked bread. Include a gold or orange candle, a grounding stone (*like hematite or jasper*), and any symbols of what you've been working toward.
- **Clothing:** Earthy, grounding tones—whatever feels solid, abundant, and connected.
- **Tools:** Yoga mat, journal, candle, and a piece of bread, fruit, or cake for offering.

1. Grounding Flow (10–15 minutes)

Begin with slow, grounding movement:

- Seated Cat-Cow to awaken the spine gently
- Forward Fold to surrender and reflect
- Goddess Pose to embody strength and ripeness
- Tree Pose to feel your rootedness and balance

Set your intention:

“I honour the work I have done. I receive the fruits of my effort with gratitude.”

2. Meditation: Inner Harvest (10 minutes)

Come to a seated position. Place one hand on your belly, one on your heart. Close your eyes.

Visualise yourself standing in a golden field at sunset. Around you are the manifestations of your growth—*what are they? What do you feel proud of? What feels unfinished or ready to let go?*

Breathe deeply. Let your body soften into reflection.

3. Offering & Affirmation (5 minutes)

Light your candle and hold your piece of bread or fruit. Offer it symbolically back to the Earth or place it on your altar.

Say aloud or silently:

“I give thanks for all that I've received and release what no longer serves. May I continue to grow with wisdom, gratitude, and grace.”

Eat a small bite of the offering as an act of embodied nourishment and celebration.



Lammass Reflections:

What successes or growth am I most proud of at this point in the year?
Reflect on what has come to fruition and the journey it took to get here.



Where am I being called to pause, reflect, or even change direction?
Consider what's shifting in your energy, relationships, or purpose.



What can I now release with gratitude, knowing it served a purpose but no longer
needs to be carried forward?

Honour the letting go as part of the harvest cycle.



How can I celebrate and give thanks for my inner and outer abundance?
Explore ways to offer your gratitude—through ritual, sharing, creativity, or service.

