Litha

Litha, also known as the summer solstice, is celebrated on June 21st. On this date, the sun is at its highest point producing the longest day and shortest night of the year.

Litha represents balance and the beginning of darkness.

- **1 white candle**
- **1 yellow candle**
- **Metal cauldron**
(or fire proof container)
- **Newspaper**
- **1 tbsp of thyme**
- **1 tsp of ginger**
- **1 sprig of rosemary**
- **Lighter or matches**

1. Organize the herbs and candles on the altar. This ritual should be performed outside to minimize any fire risk. Place the metal cauldron on the ground in a safe location.

2. Light the white candle and say a prayer to the Goddess:

"Mother of our mothers, guide our hands in yours
Remind us how to rekindle the hearth, to keep it bright.
Your hands upon ours, our hands upon yours,
To kindle the light both day and night."

3. Light the yellow candle and say a prayer to the God:

"Great Sun God, bringer of light, source of comfort,
We gather to celebrate your strength
at the height of your power.
Shine your rays upon our lives today
and all days that come after."

4. Place the dried herbs in the cauldron along with some newspaper. Choose herbs that are representative of your own personal focus for the ritual.

5. Light the piece of newspaper and use it to catch the herbs on fire. If needed, place the rest of the newspaper in the cauldron to create a small ritual fire. Take a moment to honor the fire you have created.

6. As you stare into the flames, think of an area in your life in which you need more strength, more power or intuition. Visualize yourself gaining that strength through the power of this fire and flames.

7. If you can do this safely, carefully jump or step over the fire. Once on the other side, visualize yourself strong, powerful, and ready to increase your energy in that area of your life.

8. Say a prayer for both the Wiccan Goddess and God:

"Mother Goddess, Bright Sun. I celebrate with you.
I ask for your blessings and energy.
I ask for strength. I ask for stability.
I ask that as the dark begins,
light will still shine bright inside of me.
As in ancient times, so it is now. So mote it be."

9. Meditate by your ritual fire. When you're ready, extinguish the candles and fire.