

Samhain



Pronounced “*sah-win*”, this is considered the Witches’ New Year, a time when we celebrate death as a natural part of life.

Samhain is celebrated on October 31st which falls between the fall equinox and winter solstice.

It is a time of reflection and spiritual growth, so we will use this opportunity to focus on where we came from, our ancestors, as well as on where we have been over the last year ourselves.

- 1 black candle
- Black ribbon
- Photographs and memorabilia of your ancestors
- Your current journals, writings, and/or Book of Shadows
- Pen and paper
- Lighter or matches

1. Find a table where you can place photographs and memorabilia of your ancestors – it could be your regular altar – and make some space for your own journal or writings. Arrange everything on the altar.

2. Take a slow deep breath. As you breathe in, visualize yourself filling with light and peace. As you exhale, visualize any stress or tension flowing out of your body.

3. Light the black candle and say:

*“ Great Goddess, Mother of the Earth.
This is a time in which you will sleep.
When the earth is cold and dark.
But even as winter is upon us,
We still celebrate the last harvest in joy.*

*This is the time of mourning,
When we remember those loved ones who live.
Those crops that still give,
And all in our lives that continues to thrive ”*

4. Use the photographs and memorabilia to spark memories of your ancestors. Focus your energy on remembering and thanking them for their time on earth.
5. On a piece of paper, write the name of your ancestor and one quality or memory for which you feel grateful.
6. Look back through your own journaling and writing to honor your own accomplishments and to know that you have learned from your challenges.
7. Take another piece of paper and write a list of the things you are grateful for in the past year.
8. Roll the two pages of lists together and bind them together using the ribbon. You and your ancestors are bound together, as you will be to the future generations.

9. Say:

*“ As the veil between the worlds has thinned,
Tonight I call upon those who came before.
Ancient Gods, I celebrate with you as my ancestors did.*

*Spirits of my mothers and fathers,
Watch over me always. Guiding and protecting me,
As your blood runs through my veins
Your spirit blooms in my heart,
And your memories live forever in my soul.*

*I offer you my prayers, thoughts, words, actions.
As in ancient times, so it is now. So mote it be. ”*

10. Let the candle burn on your ancestors' altar and meditate. When you're ready, extinguish the candle and give thanks.