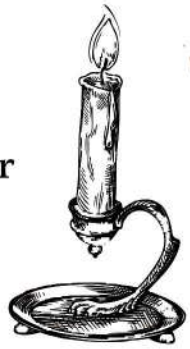
Imbolc



Imbolc means "in the belly" both representing the pregnancy of ewes and for the seeds that begin to stir in the belly of Mother Earth.

Also known as Brigid's Day, Imbolc is celebrated on February 1st, as we prepare for the beginning of spring.

- 1 white or yellow candle
- 1 glass of water (or chalice)
- Pumpkin or Sunflower seeds in a small dish
- Paper
- Marker or pen
- Lighter or matches

1. Place the candle on your altar, along with the seeds in a small dish. This ritual should be performed inside.

2. Light the white candle. Visualize your body being swept over by a bright white light beginning at the crown of your head. As it sweeps over you, the light washes away any stress and negativity you have been holding onto during the past month.

3. Place the glass of water next to the candle. This water represents the ancient Celtic practice of leaving votive offerings in wells or pits. Say:

" Brig, bountiful Maiden,
bringer of the light on this spring day.

Pour your blessings upon the earth, that life may be renewed. That all may be made sacred.

Purify this year to come, preparing us
for the light of spring. "

4. Place one seed in the kitchen and say:
"I nourish my family and myself with healthy food."

5. Place one seed in the bedroom and say:
"I am connected to the endless love and abundance of the Universe."

6. Place one seed in the living room and say:
"I am worthy of everything good in life. I deserve to be happy"

7. Place one seed outside and say:
"I am protected in all that I choose to do."

8. Leave them here until tomorrow. Then bury them or throw them away. If needed, write down the affirmation and leave it in each room to remember it.

9. Go back to your altar and say:

"Beautiful Maiden, full of the warmth of spring.
From your beginning, the renewal of life
and creation can begin.

Ancient Gods, I thank you for providing me with
self-love, and a stronger sense of self-worth.

I ask that as the light returns,
it will radiate inside of me.
As in ancient times, so it is now. So mote it be."

10. Eat some of the pumpkin or sunflower seeds while you internalize these words.
Meditate or say a prayer to Brigid.

11. When you're ready, extinguish the candle.