

Beltane

Beltane occurs halfway between the spring equinox and the summer solstice. It represents the mating of the Sun God and the fertile Earth Goddess.

Beltane is celebrated on the eve of May 1st, or May Day, it's a time to embrace love and fertility.

- 3 candles (green or white)
- Fresh colorful flowers (red, white, orange and yellow)
- A chalice with red wine or water.
- Incense (Sandalwood, Jasmin, Roses)
- Paper and pen
- Lighter or matches



1. When the sun begins to set, start decorating your altar with flowers.

The blessings of the Earth will come around if we call upon them.

2. Stand up and take 3 deep breaths. Say:

*"You are blessed, beautiful Earth,
you secure and nourish me.*

*Thank you for the trees, the roots, and the spring.
Thank you for the wisdom that I hear in the wind*

*I welcome your Goddess' gifts and
accept your authority. "*

3. Light the 3 candles being careful not to burn the flowers.

4. Take 3 deep breaths and say:

*"Hail to you, Great Sun.
You coordinate the flow of Nature through your
powerful will.*

*When you rise you give me life, when you hide you
teach me hope.*

I pray for your light to reach me".

5. Light the incense and relax. Breathe slowly through your nose. Close your eyes and let your body and mind fill with inspiration.

6. Beltane is a celebration of fertility and growth, so we will use this opportunity to focus on the things in life that we want more of. Sit by your altar and write down any of your personal wishes on the piece of paper, or simply meditate for a minute.

7. Take your chalice with both hands and say:

*"Earth Goddess, Gentle Sun.
From your renewed union, a host of
fruitful beings will rise.*

*Ancient Gods, I celebrate with you.
I ask for your blessings and protection.
I ask for the protection of my pets.
I ask for the protection of my loved ones.*

*Protect my job and make my love grow.
I offer you my prayers, thoughts, words, actions.
As in ancient times, so it is now. So mote it be."*

8. Take a sip of your chalice and place it back on the altar as an offering. Use this time to dance, sing, write or paint.

9. Let the candles burn until you leave the room. Then simply blow them out. Leave the offerings and your request on your altar until tomorrow.