Litha

Sunflower

The Summer Solstice is a celebration of light and abundance. Fire is the ruling element of this Sabbat, so ceremonial fires are traditionally lit to evoke protection, fertility, and prosperity

When is Litha? Around June 21 in the Northern Hemisphere. December 21 in the Southern.

The symbolism of Litha transformation. This is a crucial moment of change in the yearly solar cycle. The Sun has reached its peak sending us its warmth, and now it must decline.

Litha Ideas

Longer days and warm temperatures make Midsummer the ideal time to go outside and enjoy nature. Hike, bike. Feel the earth, sand or grass.

Hug a tree or read a book beneath its shade. The Oak tree is worshipped during this time because of the Oak King legend, a Celtic folk myth.

Activities: Light a bonfire and burn away negativity. Jump over the fire for luck and health. Prepare an oatmeal cake. Light yellow or gold candles. Make a circle of stones. Take the ashes of the bonfire and use them in amulets, gardening, or place them in your shoes for protection.

Correspondences

Colors: Red, orange, green, yellow, gold.
Food & Drinks: Bread, cakes. salads and seasonal fruits. Fresh juice from seasonal fruits, sunflower tea, water, beer, white wine.
Crystals: Amber, Jade, Tiger's eye, Jasper, Peridot, Aventurine, Ruby.
Herbs & Flowers: Lavender, Chamomile, Roses, Daisies, Lily, Elder, Fennel, Sunflower, St. John's Wort, Verbena.