

Imbolc 2013

(Ritual written and led by Beau and Kara in Sydney and led by Wayne in Nowra on 19/7/2013.)



Imbolc is the arrival of Spring and the banishment of Winter. This is a time of new growth and purification, both of the lands and of self.

Imbolc is known as Brigid's Day, or the Feast of Brigid. Imbolc means 'In Milk', thus it is also known as a milking festival, with the birth of lambs and mother ewes lactating.

Brigid is a fierce protector of women, children and newborn animals, and is the goddess of healing, poetry, blacksmithing and metalwork. She is the goddess of fire and is an expert in creativity.

Imbolc is a time of renewal, and to celebrate change within and around us. We honour creativity and raise healing energies.

Cast the Circle

'By the Power of the Dragons, may this circle be blessed, cleansed and sanctified'

Calling the Quarters

East

Guardians of the East, Element of Air, Bless us with your presence here tonight. Bring forth the cool breezes of change and purification, to help uplift us to our full potential. Hail and Welcome.

North

Guardians of the North, Element of Fire, Bless us with your presence here tonight. Shine your cleansing rays upon us and help burn away the negative energies that hold us back. Hail and Welcome.

West

Guardians of the West, Element of Water, Bless us with your presence here tonight. Bring forth the refreshing powers of rain, healing and invigorating us, to carry us forward along the flow of our path. Hail and Welcome.

South

Guardians of the South, Element of Earth, Bless us with your presence here tonight. Empower us to grow and change, helping us to manifest our new goals and power through our challenges. Hail, and Welcome.

Invoke the Goddess

Brigid, Goddess of Fire, Guardian of women, children and animals. We ask us that you join us in our ritual to help us celebrate and renew our lives. Help us to develop our creativity, progress through changes and inspire our purification of self. May your light guide us along our paths. Hail and Welcome.

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Creating Corn Dollies

While making your corn dolly, imagine the changes you wish to embark upon, focus on the pure and positive energies you wish to bring into your life. Imbue your dolly with your personal energy as you work on it.

Meditation (see following page)

Discussion

Closing the Circle

Farewelling the Goddess

Brigid, we thank you for your presence here tonight. Thank you for guiding us through our creative transformations and for easing us through the process of change and purification. Hail and Farewell.

South

Guardians of the South, Element of Earth, we thank you for your presence here this tonight. We thank you for helping us to grow, change and manifest all of our goals. Hail and Farewell.

West

Guardians of the West, Element of Water, we thank you for your presence here tonight. We thank you for your guidance along our paths, helping us to learn to heal and love. Hail and Farewell.

North

Guardians of the North, Element of Fire, we thank you for your presence here tonight. Thank you for helping illuminate our paths and helping us to release negative energies. Hail and Farewell.

East

Guardians of the East, Element of Air, we thank you for your presence here tonight. Thank you for helping us to raise our potential, and helping us to emerge through all stages of change and purification. Hail and Farewell.

‘May the Circle be open, but unbroken; May the peace of the Goddess be ever in our hearts. Merry Meet, and Merry Part, and Merry Meet Again.’

Bibliography

Information

- ‘The Ultimate Book of Shadows for the New Generation Solitary Witch’ – Silver Ravenwolf
- ‘The Wicca Bible’ – Ann-Marie Gallagher

Image

- www.orderwhitemoon.org

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Imbolc Meditation 2013

Find yourself a comfortable position and slowly close your eyes. Feel the power of the Earth moving up through your feet, connecting you to the Earth. Feel the flow of the energy rising up your body, and as it does feel the tensions of your body beginning to fade away. Feel your muscles relaxing, and your mind releasing any negative thoughts and energies. Just let all of the tensions slip away, leaving your mind clear. Slowly open your mind's eye and feel yourself stepping out of your body, opening yourself to the information the universe prepares to give you.

As you walk away from your body, you find yourself walking along a path. Take note of what the path looks like, how it feels beneath your feet. This path takes you through many open fields, where you see crops beginning to grow, and many animals grazing. Take a moment to absorb your surroundings – feel the sun's rays on your face, a cool, soft breeze drifting around your body, the smells present, and the sounds of the grazing animals. Observe the new life that surrounds you.

As you continue along the path, you come to a field clear of crops and animals. In the centre is a tall bonfire. You approach the bonfire, and as you get closer, you see a woman beckoning you toward her. You realise she is Brigid, Goddess of fire. As you stand before her, she tells you it is time for change. Brigid asks you to approach the fire and release any negative aspects of self – anything that needs to be changed or purified - and feed these to the fire. You now approach the fire and begin to let go. Let all of the negative energies build the fire higher.

-----5 mins-----

Once you have finished stoking the flames, use the light it provides to illuminate your thoughts as you sit with Brigid. Discuss with her the changes you wish to bring into your life, and ask any questions you may have. Take a few moments to do this, and I will call you when it is time to come back.

-----5 mins-----

It is now time to leave the bonfire. Thank Brigid for any advice and ideas she has imparted with you. Make your way back down the path, walking through the fields and embracing the sun's warmth once more. Continue along the path until you find yourself re-entering the circle room. Re-enter your body and slowly wiggle your fingers and toes, feeling your body reanimate, and when you are ready, open your eyes.