

DECEMBER 2020

## QUICK GUIDE FOR THE WHEEL OF THE YEAR

The Wheel of the Year is made up of 8 Sabbats or “sun rites”, that mark the suns travel across the sky (or in heliocentric view points, as we travel around the sun).

- 2 Equinoxes: Sept 21 Mabon, and March 21 Ostara
- 2 Solstices: December 21 Yule, June 21 Litha
- 4 in between markers of change in season

Practicing and celebrating these change in season mentally, physically, and spiritually connect us closer to mother earth. If earth has its own energy as a whole moving living system, then in order to align with your environment and it’s living creatures.... It helps to tune into the changes and cycles that are happening.

The wheel represents the marking of time but also the continuous cycle, turning like a wheel in nature - birth, life, maturity, death, and everything in between. We can also think of this cycle of the seasons as the cycles within our day-to-day-lives.

**So let’s travel through the wheel quickly noting the changes we will see within and without of ourselves, as well as how we can connect with action steps.**

**October 31:** Samhain (SOW WIN) means Summer’s end. It marks the Witch’s New Year, day of the dead, and the time of year when sunlight lessens and darkness grows. We honor the dead during this time because the veil between the realms is thinnest. *Ways to celebrate: We can practice things like divination, rituals for ancestors, remembering our history and past. It’s a great time to start the family tree healing processes as well.*

**December 21:** Yule is the winter solstice the peak of darkness before it starts to lessen, allowing for more sunlight to return. *Ways to celebrate: Sun god celebrations, yule logs to gather warmth fire, creating a yule tree, treats to keep you and spirits warm and nourished, gifts which was considered a blessing in ye old days when winter was full swing and resources may be running low.*

January 1st (NOT PART OF THE WHEEL OF THE YEAR) The “New Year” in non-witchy terms.

At this point in winter in the northern hemisphere, we find that the earth sleeping and hibernating. We notice the cold temperatures freezing everything in motion around us. So while everything around us is slowing down, we get to take the chance to get going on the inner work. Winter is a time to reflect, let go, and start to DREAM. Our dreams are the invisible seeds in our minds when we daydream or have night dreams, we are communicating through our dreams to learn more about ourselves on so many levels. So don’t dismiss this time of rest and the need to dream!

**February. 2nd:** Imbolc means “in the belly”, and represents the womb of mother earth becoming fertile. Sunlight is growing, and the ground and earth are beginning to awaken and shake off slumber from the winter. It is the time of the MAIDEN, innocence. This is a time of starting to warm up and put the de-frost setting on. *How to celebrate: Take notes during February and march what plants you*

*see growing outside. Take note on what Seeds YOU want to plant this spring. Warm up YOUR environment/body, with the practice of self-love, warm blankets, tea, and hot baths or showers. We will dive into self-love spells and rituals in February to warm us all up!*

**March 21:** Ostara, the goddess of the dawn is celebrated as well as fertility with representations such as eggs, seeds, flowers, sunrise, budding plants. It is now time for all your plans, hopes, dreams to really transform into action. With greater energy from the sun, life returning around us, we can sense this new growth energy within ourselves. *How to celebrate: Plant literal and metaphorical seeds. Decorate eggs. Make hot cross buns to mark the four solstices, directions of the Celtic cross.*

April 30. Beltane is celebrated with Celtic god "BEL", meaning "bright one" and "teine" meaning "fire". Combined, Beltane means bright fire and fertility is at its peak. We will often see spring babies of the earth popping up during this time, such as rabbits and birds.

*How to celebrate: Fire and candle magick to honor sun gods and goddesses. Singing, dancing, putting physical energy all you do creates happy loving energy for all your seeds to grow! Start a new project. Decorate the home with flowers and bright colors.*

**June 21:** Litha marks the longest day or sunlight of the year. Since we are at the PEAK of sunlight, it is often celebrated with a roaring bonfire. The earth is heavy with ripening crops. This is the part of the year's cycle when all that we have planted, all those seeds... are now ripe and fruitful! We see our successes bloom and flourish! *How to celebrate: Attend a bonfire, watch the sunrise and/or sunset. Spend time in nature, meditate with the trees, take a hike, draw plants you see. Use honey in recipes to sweeten the solstice celebration.*

**Aug 1:** Lammas, start of autumn and fall harvest. the great festival of Lugh, the great Celtic Sun King and God of Light. The harvest goddess has provided much for us to gather and enjoy. A mindset of humble celebration, giving thanks while appreciating all that you have been given. For what you have not been given, was not meant to be. *How to celebrate: Enjoy the fruits of your labor, practice expressing gratitude, go apple picking, or to another farm to enjoy the harvest.*

**Sept. 21:** Mabon. Autumn equinox. Storing crops that were harvested. This represents the deep breath we take at the end of the season or the end of a day or the end of a busy period of time. Time to relax and enjoy. *How to Celebrate: Have a great feast like Thanksgiving, enjoy the outdoors before it gets too cold.*

## SELF-INITIATION INTO THE NEW YEAR

You are dedicating yourself to your personal path of growth. This looks different to everyone and we are not here to define what that means for you. But a dedication is a commitment of time and energy to work on yourself. Write a Self-dedication including your intentions for the new year.

1. This year, 2021, I dedicate myself to a path filled with \_\_\_\_\_.
2. I am excited to explore areas of practice including \_\_\_\_\_.
3. My intention for this path this year is \_\_\_\_\_.
4. A quick note for my past self \_\_\_\_\_.
5. A quick note for my future self \_\_\_\_\_.

Other fun ways to add: choose a word of the year, create a sigil to empower your path, choose a tarot archetype to represent your energy.

# Wheel of the Year

