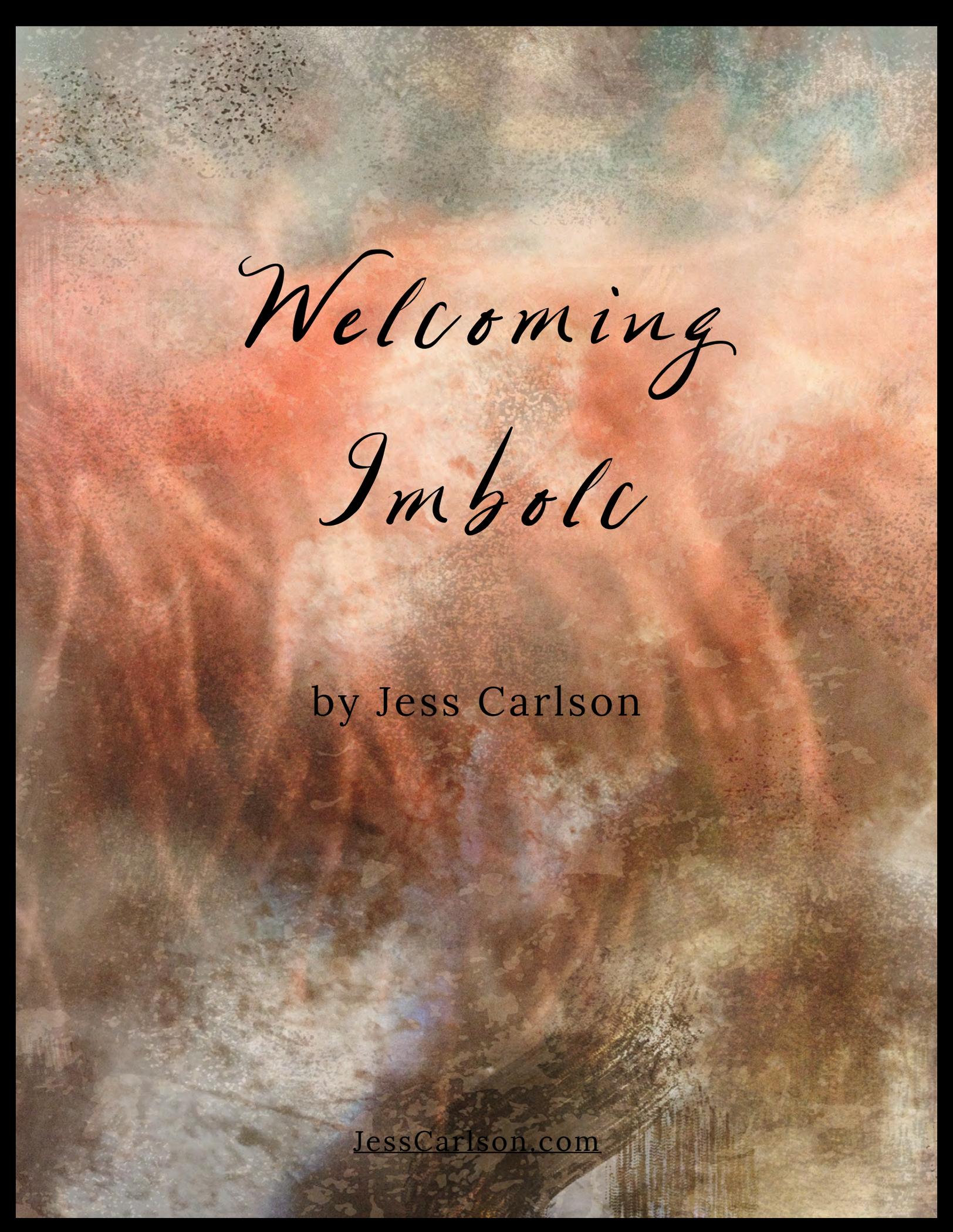


a ritual workbook

*Welcoming
Imbolc*

Jess Carlson





*Welcoming
Imbolc*

by Jess Carlson

JessCarlson.com

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Feel the stirring of life beneath the surface. . .

Imbolc marks the in-between time, the midpoint between Winter Solstice and Spring Equinox. Both slumbering and waking we can find ourselves feeling a bit adrift during this time of year. The sun is getting a little higher in the sky...we think. We look, we watch the clock, we try to notice those little changes. And maybe we do, but we still don't see anything "big" happening.

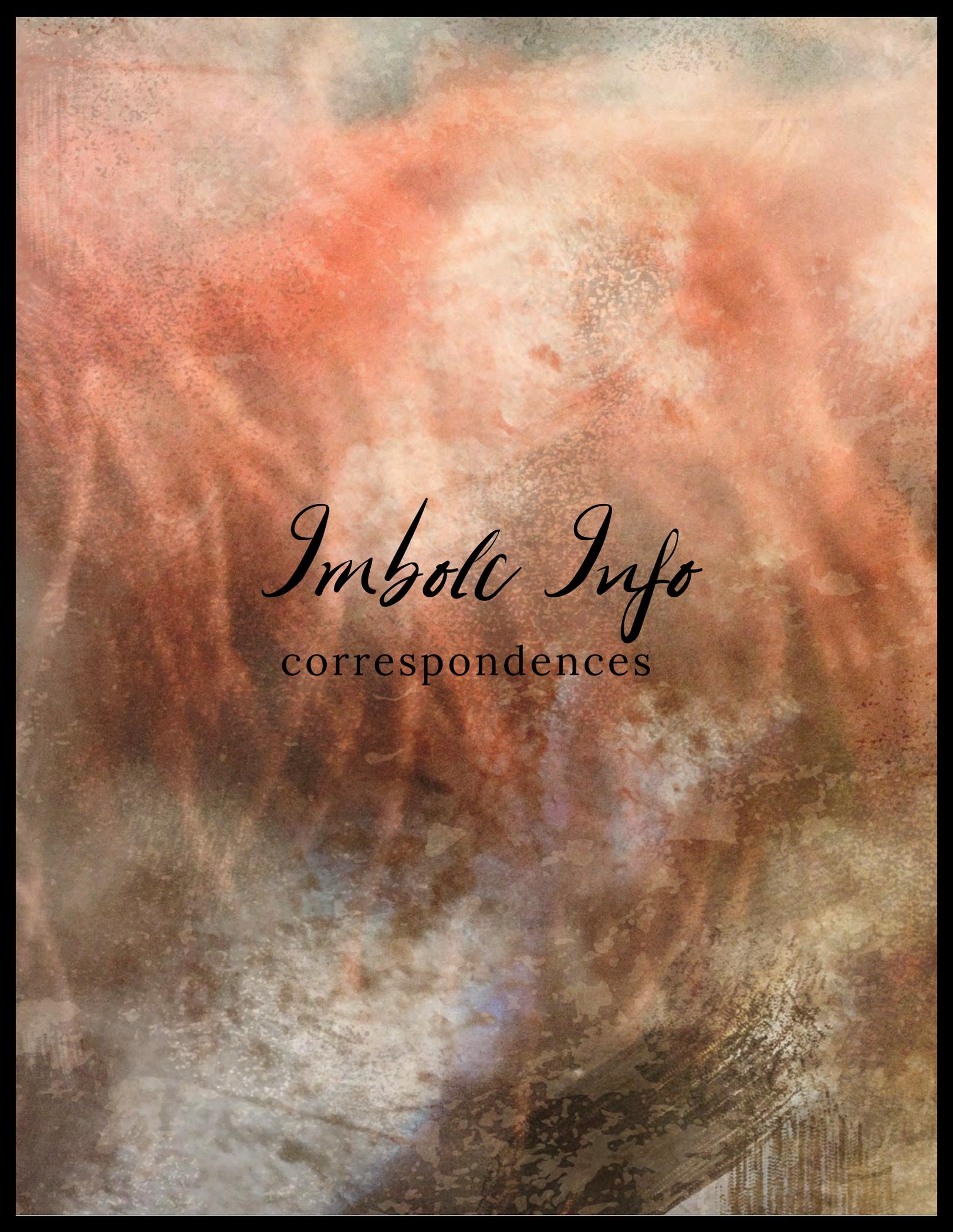
Imbolc, meaning "in the belly" or "ewe's milk," is a time when life begins to return in the sullen darkness of winter that lingers. To our ancestors it was a glimmer of hope that all wasn't lost and warm days of abundance would return soon. Today it's a glimmer of hope that the Pink Drink might be on sale at Starbucks and that soon the beaches will be open a little later in the evening.

Times have changed a lot since our ancestors marked the seasons. Today it's more appropriate to honor this time as a point for inner growth. We can take that inward vibe of winter and combine it with the stirring growth vibe of spring and merge them at this midpoint to reconnect to our passion, our purpose, and our fire.

Because that's what Imbolc is all about! It's a celebration of the Goddess Brigid who is the Celtic goddess of smithery, poetry, craftsmanship, midwifery, and creation. Her name means "bright arrow" or "fiery arrow," making her the perfect ally to point us in the right direction for manifesting those big dreams and heart's desires we've been thinking of.

In this workbook you'll find a few things to help you out including a little ritual, a reading spread, and some journaling questions to get you thinking. So light that inner flame, you witch goddess, and let's get creating!

xoxo,
jess



Imbolc Info
correspondences

Imbolc

Other Names

Imbolg, Candlemas, Brigantia, Oimelc, Festival of Light, Brigid's Day, An Fheille

Energy

Conception, initiation, insight, inspiration, creativity, mirth, renewal, dedication, breath of life, life-path, wise counsel, plan, prepare.

Food and Drink

Butter, cream, milk, yogurt, spicy foods, raisins, pumpkin, sesame & sunflower seeds, poppyseed bread/cake, honey cake, pancakes, waffles, herbal tea, garlic, lamb, leeks, onions, shallots

Animals

Firebird, dragon, groundhog, deer, burrowing animals, ewes, robin, sheep, lamb, bears, goats, wolves, snakes

Plants

Angelica, basil, bay, benzoin, celandine, clover, heather, myrrh, yellow flowers, willow, acorns, crocus, snowdrops, primrose

Incense and Oils

Jasmine, rosemary, frankincense, cinnamon, neroli, musk, olive, sweet pea, basil, myrrh, and wisteria, apricot, carnation, vanilla

Stones

Amethyst, garnet, onyx, ruby, bloodstone

Goddesses

Virgin Goddess, Venus, Diana, Maiden, Aradia, Athena, Inanna, Vesta, Gaia, Brigid, Selene, Branwen, Artemis, Freyr, Vara, Venus, Selene, Persephone, Hestia

Gods

Young Sun Gods, Pan, Eros, Frey, Lupercas, Pan, Faunus

Colors

Blue, green, lavender, pink, red, orange, white, pale yellow, silver.

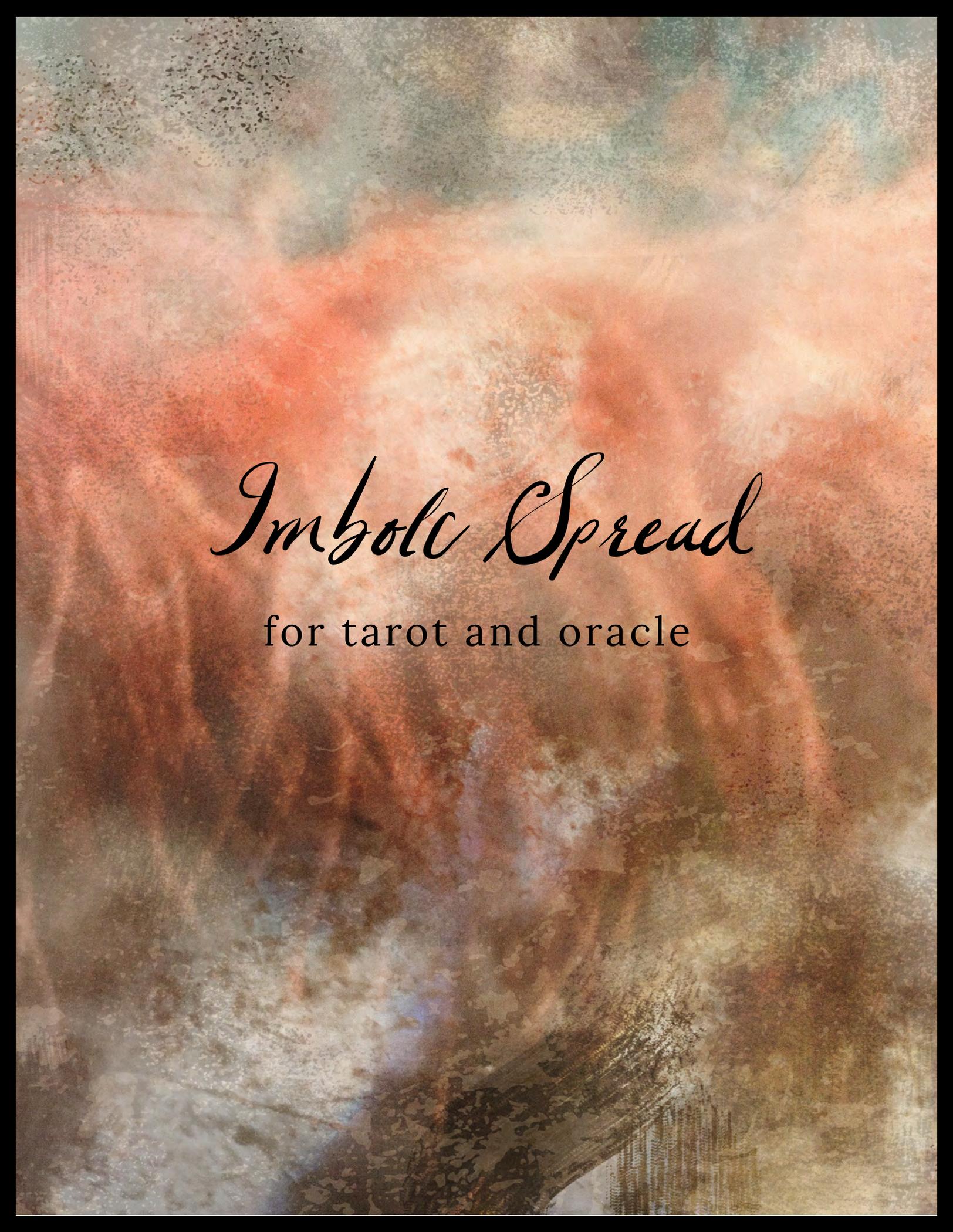
Decorations

White flowers, marigolds, plum blossoms, daffodils, Brigid wheel, Brigid's cross, Bride's Bed, candles, seeds for blessing, red candle in a cauldron full of earth, doll, the Bride, broom, milk, birchwood, snowflakes, evergreens, besom, Sun Wheel, shepherd's crook, plough

Magick

Cleansing, purification, renewal, creative inspiration, purification, initiation, candle work, house & temple blessings, divination, courtship, baby blessing, planting, pregnancy and fertility, purity, protection, hearth, new beginnings

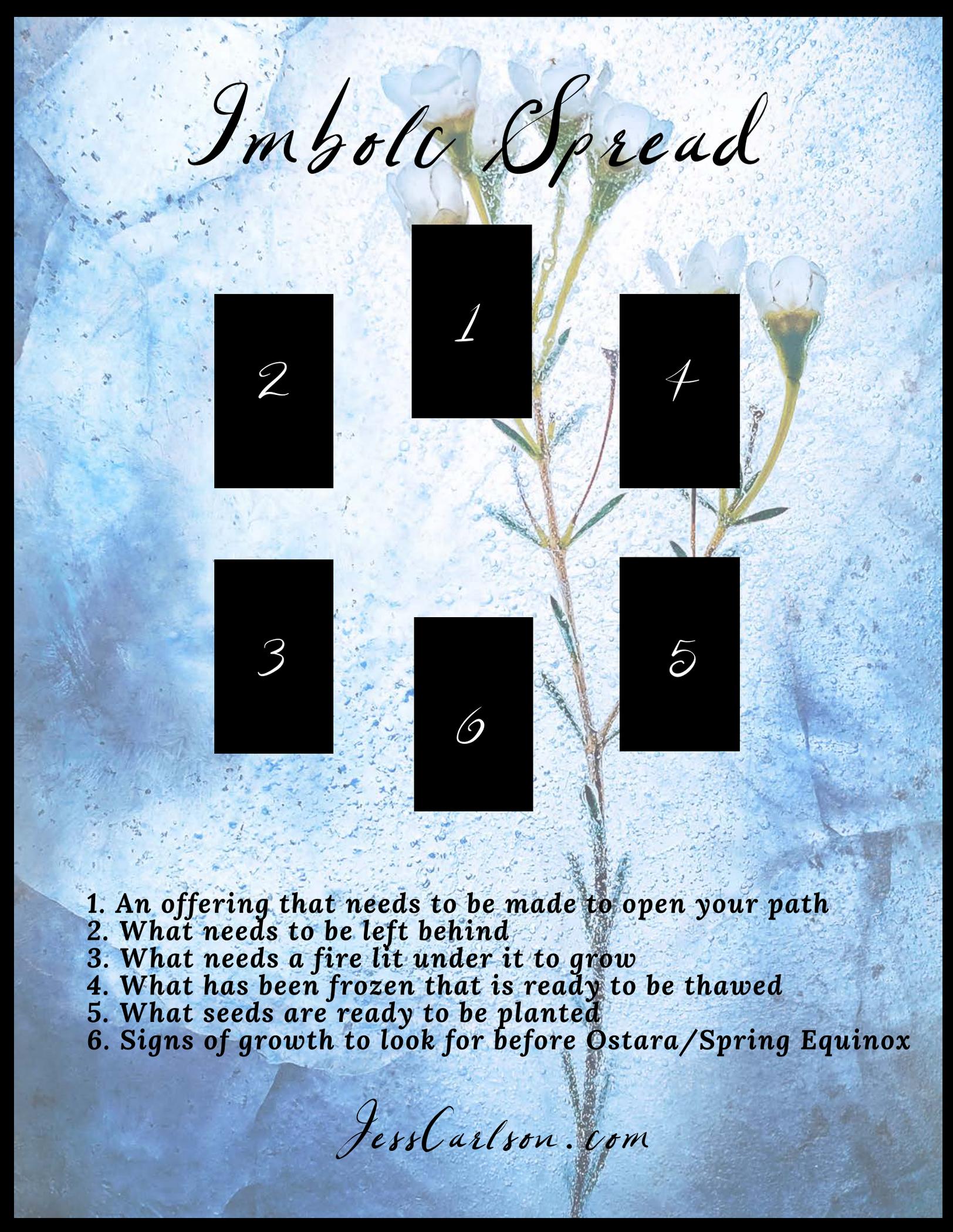




Imbolc Spread

for tarot and oracle

Imbolc Spread



2

1

4

3

6

5

1. An offering that needs to be made to open your path
2. What needs to be left behind
3. What needs a fire lit under it to grow
4. What has been frozen that is ready to be thawed
5. What seeds are ready to be planted
6. Signs of growth to look for before Ostara/Spring Equinox

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The Imbolc Spread

1. An offering that needs to be made to open your path - what do you need to offer up to the Gods to open the way for your journey

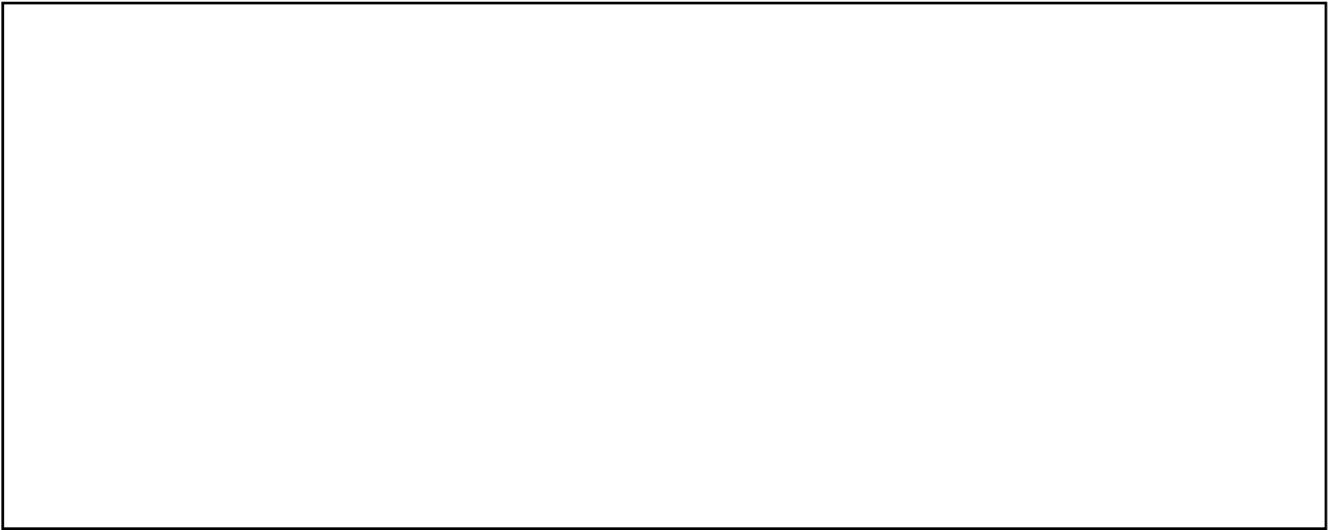
Card Pulled: _____

2. What needs to be left behind - thoughts, beliefs, dreams, plans, goals, and even people that need to be release to move forward

Card Pulled: _____

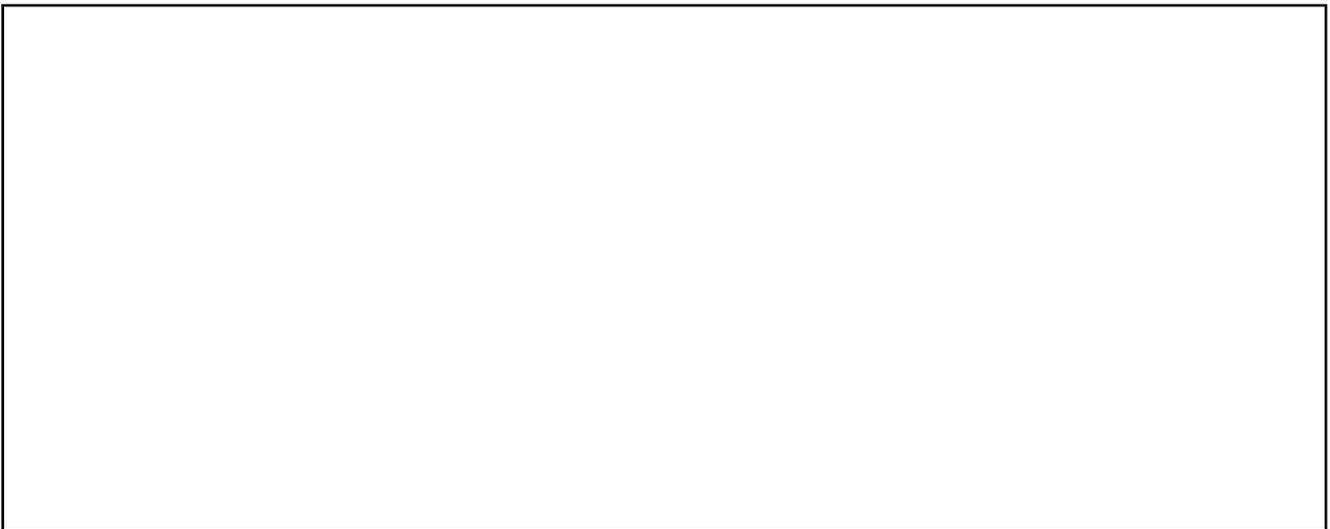
3. What needs a fire lit under it to grow - something that can be fruitful if only you had passion and drive behind it

Card Pulled: _____



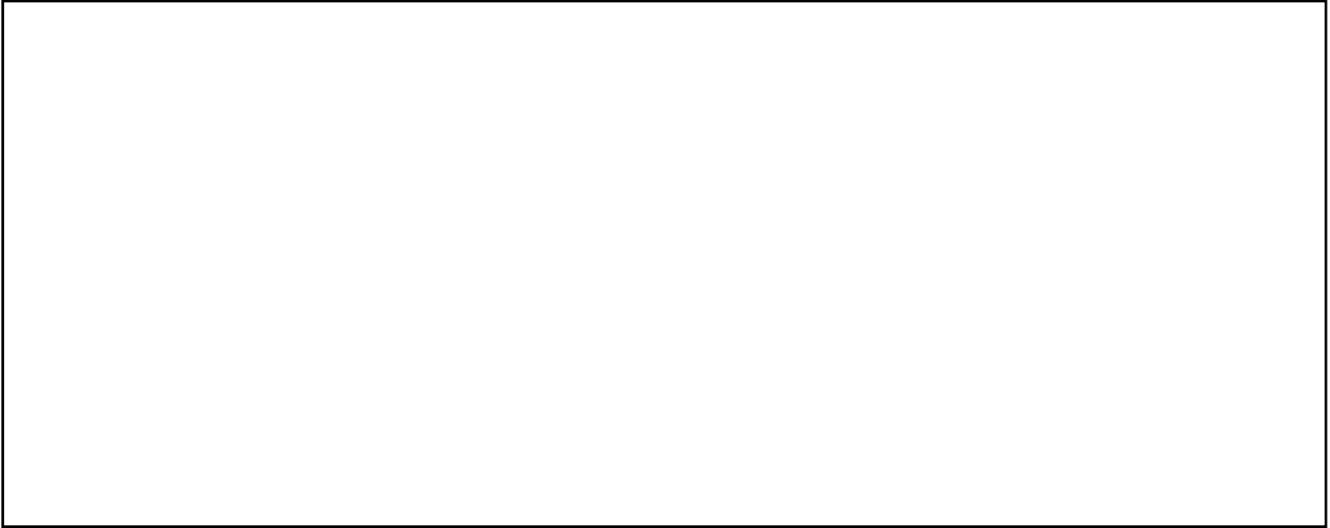
4. What has been frozen that is ready to be thawed - something you put on hold that can be taken up again

Card Pulled: _____



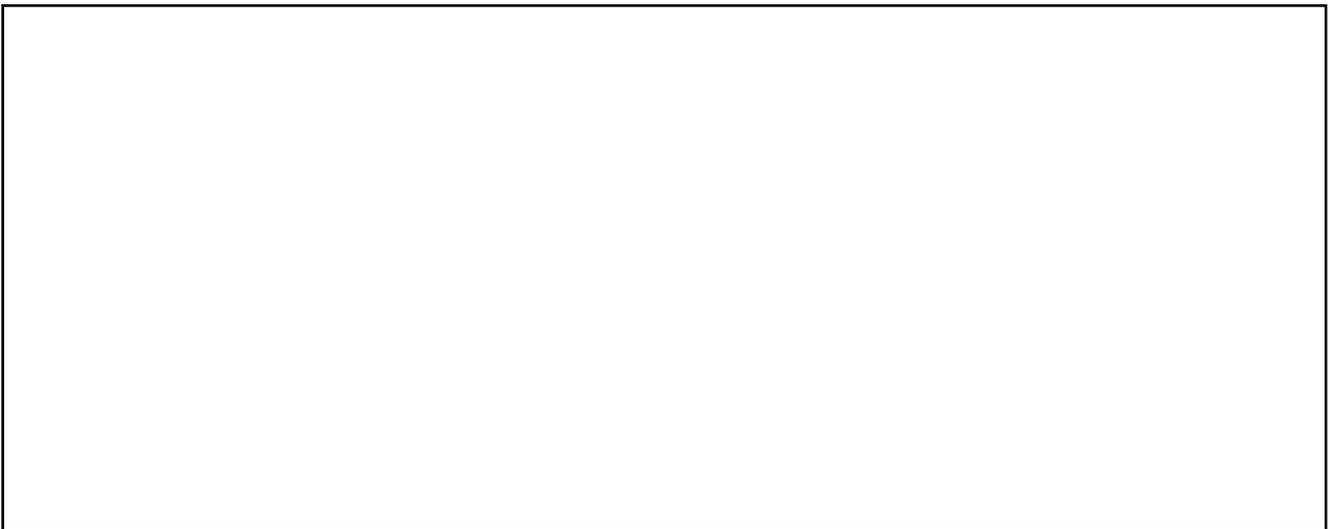
5. What seeds are ready to be planted - a new project, goal, dream or relationship that is primed for beginning now

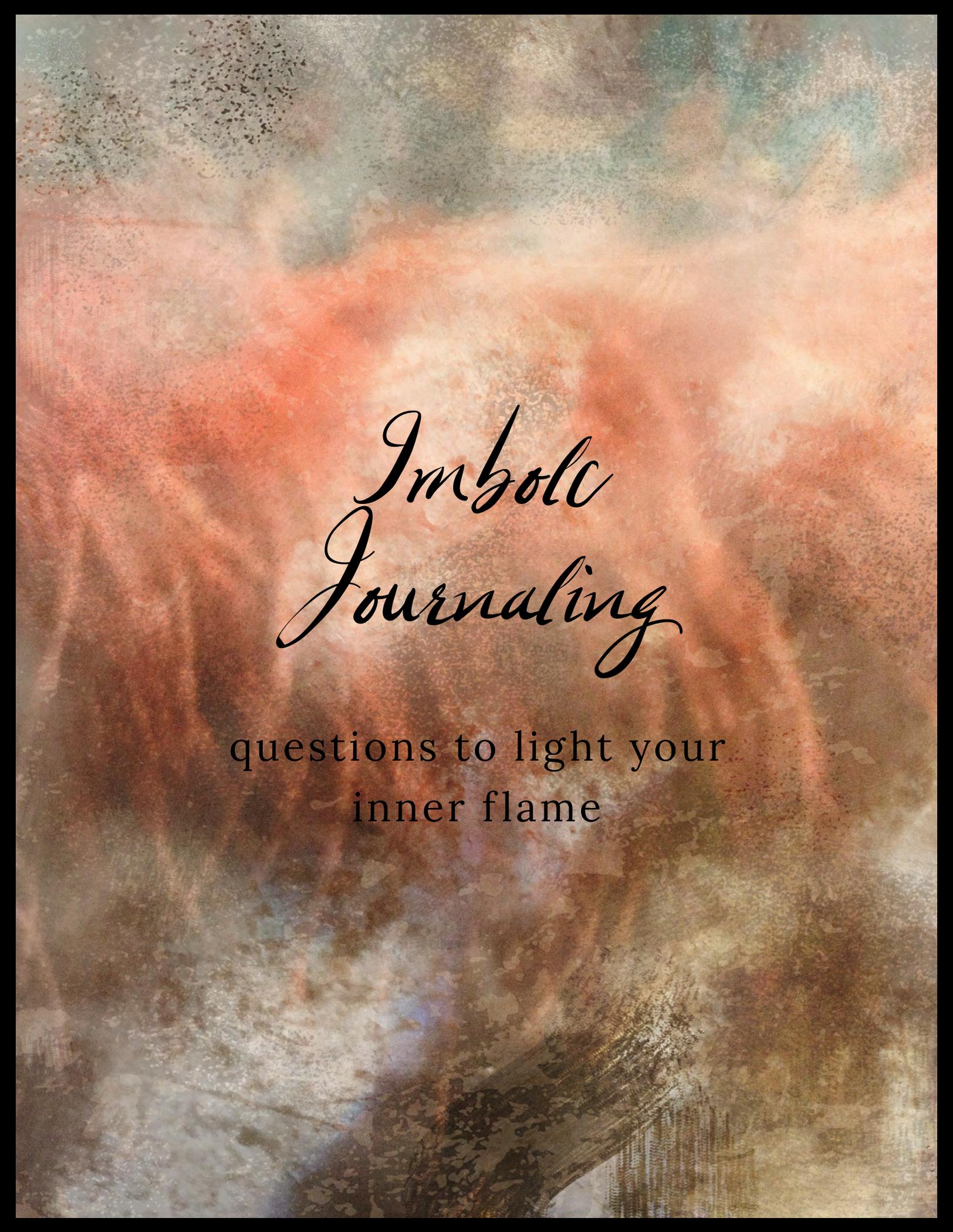
Card Pulled: _____



6. Signs of growth to look for before Ostara/Spring Equinox - look for this as a sign that you are on the right path before spring

Card Pulled: _____





*Imbolc
Journaling*

questions to light your
inner flame

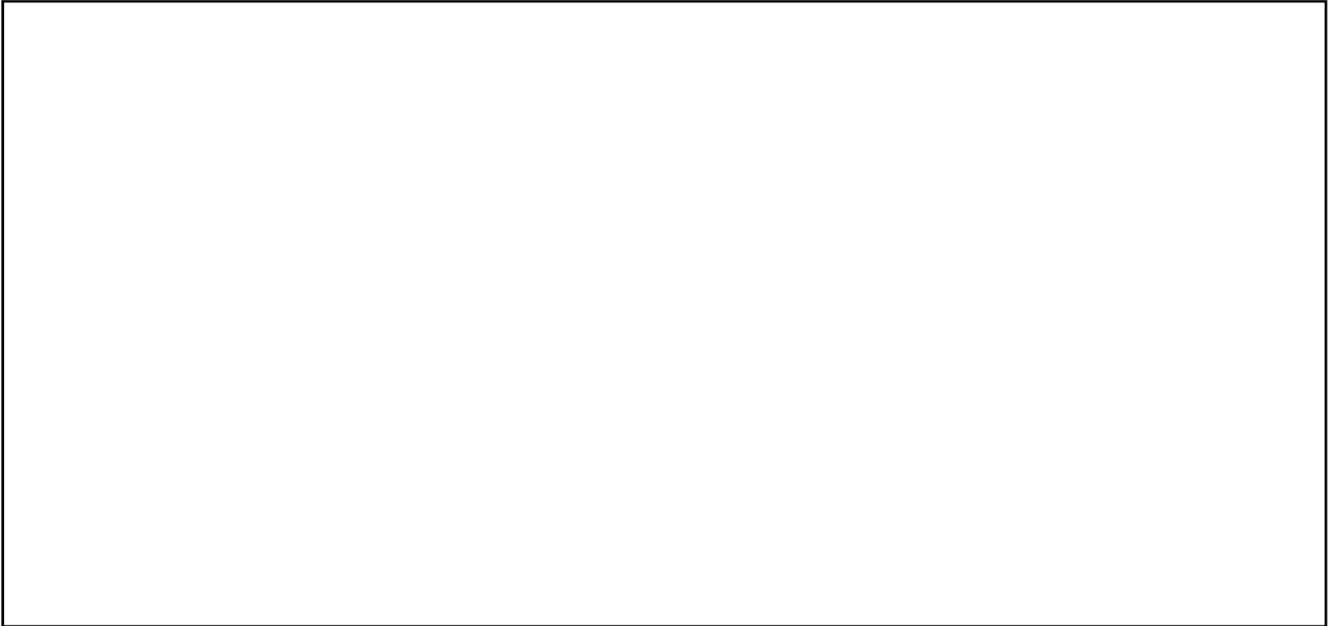
1. What dreams have been stirring within during the winter season? What are you really inspired to want to do?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the first question.

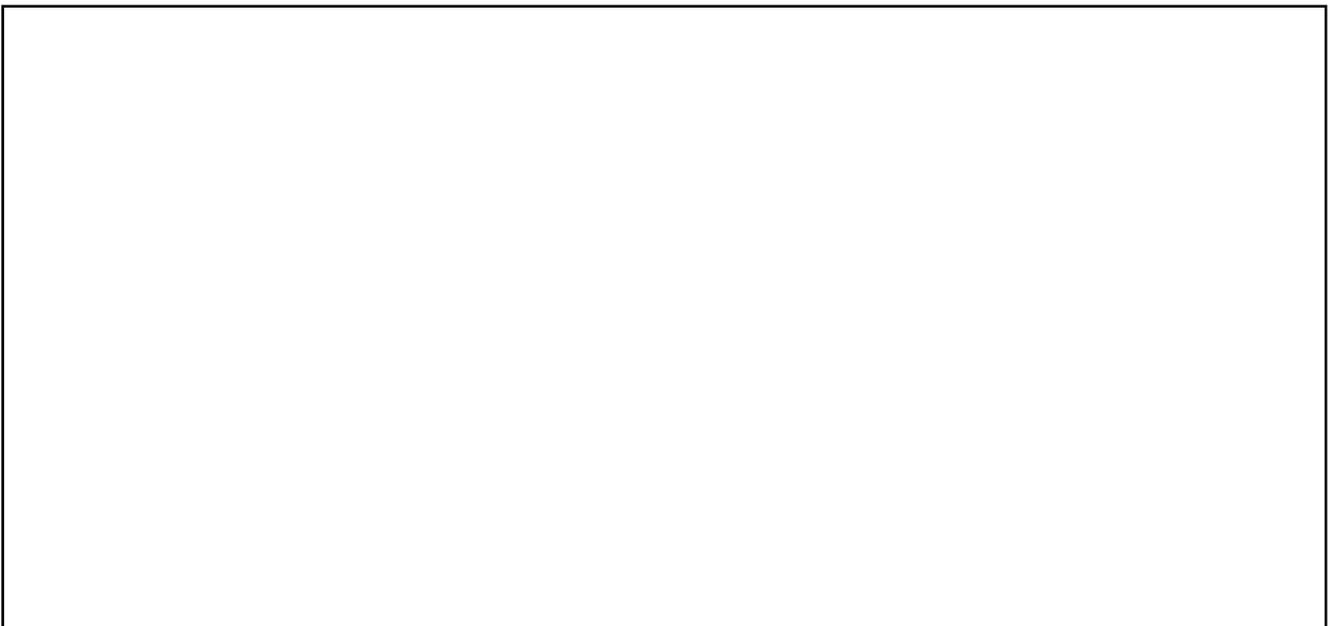
2. What signs have you seen, no matter how small, that are pointing you toward your path for the year ahead?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the second question.

3. What beliefs from the old year are you still clinging to in the new year? What needs to be released?

A large, empty rectangular box with a thin black border, intended for the user to write their response to question 3.

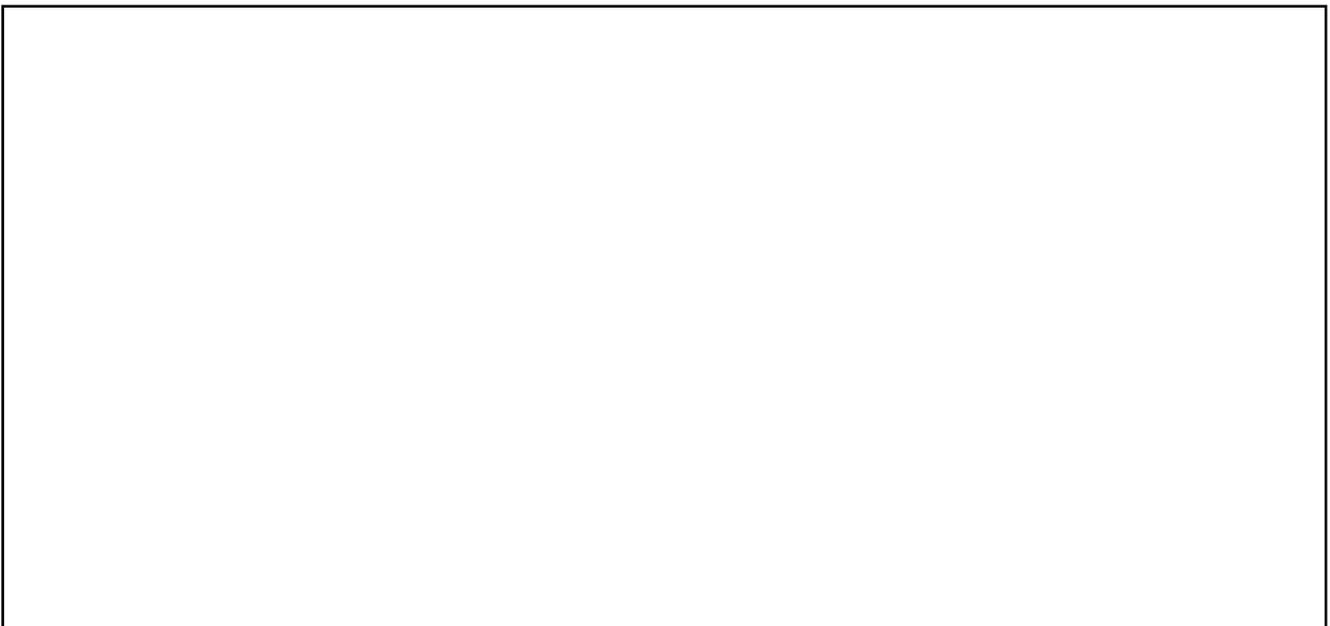
4. What one forgiveness do you need to offer in order feel free to bloom?

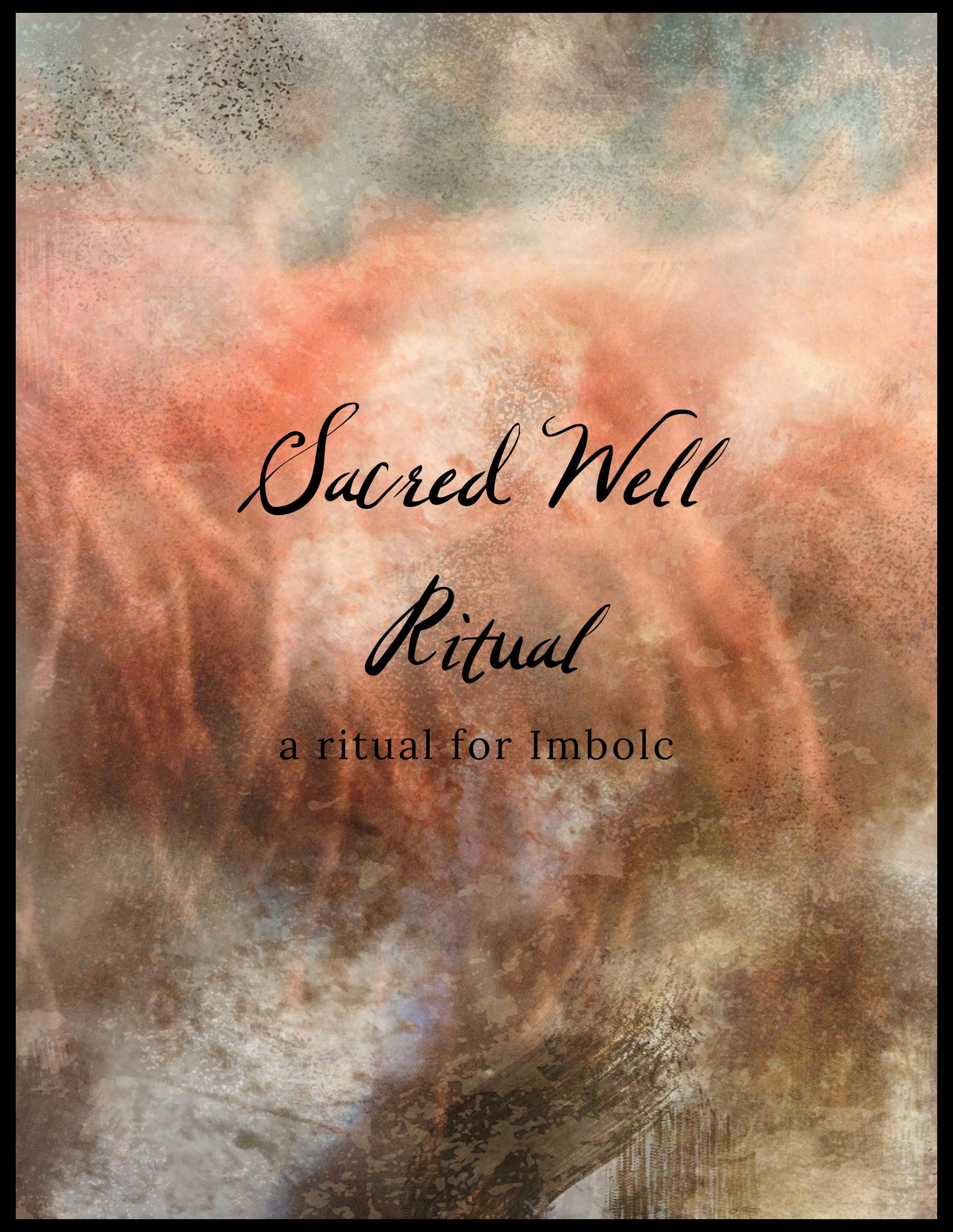
A large, empty rectangular box with a thin black border, intended for the user to write their response to question 4.

5. What changes are happening within and around you right now that have you feeling uncomfortable? Where do you see opportunity here?

A large, empty rectangular box with a thin black border, intended for the user to write their response to question 5.

6. What creative intentions are you setting this Imbolc?

A large, empty rectangular box with a thin black border, intended for the user to write their response to question 6.



Sacred Well

Ritual

a ritual for Imbolc

The Sacred Well Ritual for Imbolc

This can be done alone or as part of a larger celebration. For this you'll need the following:

- A large glass bowl
- Red and White ribbons
- Greenery, daffodils, snowdrops, or other white or yellow flowers
- Blessed water to fill the bowl
- Pennies
- White pillar or taper candle
- Brigid oil {see down below}

Charge and bless the candle, dressing with Brigid ritual oil. Place the bowl in the center of the altar or gathering space. Place the candle in the center of the bowl.

Bless your water ahead of time and have it in a container at your altar. You might want to use full moon water, or something I've done when it was snowy out, was have the kids go outside and bring in snow balls. I'd allow them to melt on the altar and then bless the water for the ritual. I like to add a few drops of the oil to the water as well. Pour the water gently into the bowl. You don't have to fill the bowl but you should have around 3-4" of water in the bowl, and obviously not covering the candle. Light the candle and ask Brigid to be present at the well.

#19

Give everyone some ribbons, greenery, and flowers and have everyone participate in decorating the "well". (Be careful working around the lit candle.) Do this with the intention of honoring Brigid. Place everything with intent and reverence to honor her. Call on her while you do this through chanting or singing, asking for her presence to bless this sacred well. There is a chant that you might like to use, it's one that I enjoy that is perfect for this work. (To hear a version of this chant performed by the Assembly of The Sacred Wheel [click here](#).)

Holy Well & Sacred Flame

Holy Well and Sacred Flame

Maiden, Mother, and Crone

Bright One be here,

Bright One be here.

When you're finish with the decorating have everyone take a penny or two. Hold them and fill them with desires, wishes, and intentions. Ask for new life to be brought into areas of the life that need it. Take turns going around the circle placing your pennies into the well. You can do this silently while the rest of the circle chants (you can use the same one listed above or use another that you find fitting) or each person can speak their wishes aloud when they toss their penny into the well. If you do it this way everyone would lend energy to it by lending a powerful "SO MOTE IT BE!" when the penny is tossed into the well.

When everyone has dropped their pennies in the well whoever is taking the lead or standing in as the priest or priestess stands over the bowl directing energy through their hands into the blow and says:

#20

*Blessed Brigid
Bright and Shining One,
Bless these offerings
And light the inner flames
Of each soul here
So they may manifest their desires.
May we all be filled
With renewed life this Imbolc.
In your name
And in your honor,
So more it be!*

When you are done leave the bowl and pennies and let the flame keep burning and let it go out on it's own by reaching the water. At the end of your ritual, as part of clean up and completion, pour the water out on the earth in offering to the Goddess.

There are different things you can do with the pennies. If you're doing this with your family or a spiritual group you work with regularly, like a coven, the pennies can be kept in a spell bag on the altar or in another sacred place to honor everyone's wishes for the year. You can then use them in your fall spells and rituals once you have reaped all that you have planted during the year.

In the past people have asked if they could take their pennies with them at the end, especially in a public ritual. If you want to do that you'll need to have people mark their pennies before the ritual or otherwise make them distinguishable so people get their own penny. Honestly, I don't feel it matters if you get the same penny you threw in. All the pennies are blessed together in the holy well and contain the collective energy. So in truth no matter what penny you get they hold all the energy and intentions together.

Here's a recipe for Brigid Oil

{you determine what a "part" represents; i.e. 1 part = 1 teaspoon}

- 4 parts Dragons Blood oil
- 2 parts Sage oil
- 2 parts Bay oil
- 2 parts Benzoin oil
- 1 part Rosemary oil
- 13 parts base oil

For a base oil you might want to try Sweet Almond or Jojoba Oil. You can substitute the Bay and Rosemary oil with 1 Bay leaf and a sprig of fresh Rosemary if you'd like. When I do this I like to warm the oil before using.



About Me

HI, I'M JESS...

I BELIEVE IN MAGICK, SPIRITS,
THAT POWER OF YOUR INNER
WITCH,



I'm a Witch, Heathen, intuitive tarot and oracle reader, and magickal teacher. I hate seeing people struggle to make their life fit into a spiritual practice when what they really need is a spiritual practice that fits their life as it is.

Magick, meditation, journaling, ritual, spells, reflection...it is all possible no matter what your job is like, whether you have kids or not or even if you love going to the club three nights a week. Your practice is your practice. Make it your own because the magick is all around you!

Through blogging, social media, and private intuitive sessions I help women figure out what they need spiritually, discover how to activate their inner Witch, and help them learn to set their intentions and cast real magick in the world.

**THE GREATEST SPELL YOU'LL EVER WORK IS THE
LIFE YOU LIVE DAY TO DAY. SO MAKE IT COUNT!**



bright and fiery arrow,
blaze kindly into my life.
sainted bringing of spring,
grow ever more verdant and lush.
mistress of poetry and craft,
dance on my tongue and in my hands.
guardian of the wells and waters and herbs,
warm my hearth and open the doors of compassion.
thank you, exhaled one, for the nourishment of
milk and words.
For the protection of your threadbare cloak,
for the peace that abides in your care.
bless you for the four fires
and the thawing earth.
Brigid, I promise my best effort
and lightest laugh in your name.

- travis bowman