

IMBOLC MAGICKAL
JOURNAL

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WHAT IS IMBOLC?

1st - 2nd February

Imbolc (also known as Candlemas, Brigid's Day, Imbolg) is a celebration of LIFE FORCE. Here, we welcome the Maiden Goddess who is awaiting the return of the Sun God, She is Her Virgin self again, the bride to be who represents the spark of life. Her life giving waters are the Sacred Springs and Holy Wells of our lands. We honour the transition from dark to light, and begin to water the seeds we planted throughout the Winter months, as new growth slowly and gently begins to show.

There is a potency of rising energy throughout nature at this time, the subtle signs of life brings us hope and excitement! With all cross-quarter festivals this is the point where the manifestation energy begins to change.

Can you feel it within your body?

What areas of your life are you welcoming this shift of energy?

Our celtic ancestors would have dressed their corn dollie, made from the previous years harvest as brides and place them in little cradles called Bride's beds. Surrounding them with nuts as symbols of fertility and to call in a strong harvest for the coming year.

Magickal Ideas for Imbolc:

- *Gather at new moon to share your dreams & future visions with your sisters*
- *Walk in nature amongst the snow drops and gather some to place upon your altar*
- *Light a candle and use the flame to transmute anything you want to release from the darker months to open up space for new beginnings*
- *Drum, sing and chant as an offering to Goddess Brigid*
- *Plant some crystals or seeds back into the earth to symbolically plant your intentions for the coming Spring season*
- *Banish Winter by making & burning paper snowflakes*
- *Make a seasonal incense blend with the following ingredients: 3 parts frankincense resin, 1 part myrrh, 1 part cinnamon, 1/2 part sandalwood, 1/2 part jasmine flower,*

IMBOLC JOURNAL PROMPTS

While you've been deep rest over the winter, what has been stirring within you?

Where can you currently invite more gentleness into your life?

Where are you experiencing growth in your life right now?

What areas of the physical realms do you want to start tending to?

IMBOLC RITUAL

During Imbolc take some time to perform this ritual, ensuring you will not be disturbed.

What you will need:

White squared piece of paper

Scissors

Pen

Start by visualising roots growing out from the base of your spine into the soil below as you ground into the earth to anchor you. Next imagine a beautiful golden dome of protection around you and the space you are in.

Once grounded and protected you can begin this ritual.

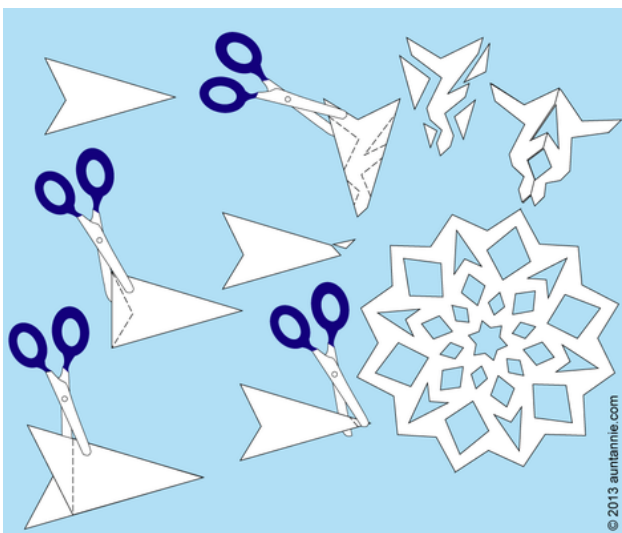
This ritual is to release anything which has come up for you during the darker months, which you don't want to carry through into the pending spring time.

When you feel ready, take you squared piece of paper and fold it into half diagonally to create a triangle. Do this twice more so it is now folded into 8ths.

On the edges of your triangles begin to cut out snow flake shapes (you can pencil this first if you want to have a guide). Once you have finished your cutting open up your paper to reveal your snowflake.

Next begin to write on your snowflake all of the things you are wishing to release and transmute as we say farewell to winter months....

Once you have written this down, get a candle and burn your snowflake in a heat proof dish saying the below incantation out loud:



***"As I burn this snowflake I release the old
I now let go of false stories I've told***

***We banish winter and welcome the spring
Fresh new beginnings and growth it will
bring***

***Goddess please shower your blessing
upon me
So the light in my future I am able to see"***

IMBOLC SPELL

What you need for this spell:

*A white candle,
White cord or Ribbon
A charm*

Before doing this spell, make sure you have a clear space and take some time to ground and call upon protective energy for yourself. Visualising your roots and a golden bubble forming around you. The intention for this spell is to connect to Goddess Brigid to receive her blessings and messages.



Take your candle and light it in silence. Gently close down your eyes and begin to visualise walking through a forest filled with snow drops. In the distance you see Goddess Brigid dressed in white. She walks towards you and as she approaches she offers you a gift.

Take time in meditation to receive any messages she has to share with you. Once this feels complete see Brigid showering you in golden light as you soak up her blessings. Thank her with gratitude in your heart, before walking back through the snowdrop forest and when you feel ready begin to bring your awareness back to the room you are in and gently open your eyes.

You can get your white ribbon and begin plaiting any blessings and intentions you wish to take through into Spring. Seal the magick in by placing a charm at the end of the plait. Keep this on your altar to remind you of what you are calling in for the next season ahead.

We will be hosting a LIVE Imbolc Ceremony Online on 01.02.24 - If you wish to join us for a more in depth experience with other sisters please book via:
www.templeofthefeminineflame.com/upcomingevents

BLESSINGS TO YOU ON THIS POWERFUL DAY,
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