

# RITUALS FOR SAMHAIN

## About

Samhain is a pagan religious festival originating from an ancient Celtic spiritual tradition. In modern times, Samhain (a Gaelic word pronounced "SAH-win") is usually celebrated from October 31 to November 1 to welcome in the harvest and usher in "the dark half of the year." Celebrants believe that the barriers between the physical world and the spirit world break down during Samhain, allowing more interaction between humans and denizens of the Otherworld. Ancient Celts marked Samhain as the most significant of the four quarterly fire festivals, taking place at the midpoint between the fall equinox and the winter solstice.

## Season of Death

This is where we pause to acknowledge the importance death plays in all cycles of manifestation and of life. We are invited to honor the critical role death plays in our soul's journey. As we cannot evolve without allowing things to die that are ready for release: outdated beliefs, stories, habits, relationships that no longer serve, jobs that are not in alignment with soul's calling. These things have to die away in order to continue our path of personal growth.

Many cultures have also viewed this time as a moment when we can more easily connect with our beloved deceased, those close to us who have moved beyond their physical bodies, our ancestors, etc.

## RITUALS

This is a beautiful time to remember those we love who have passed on - put out pictures, tell stories, invite them into our lives. It's also very powerful time to connect with our ancestors. spend time and meditation and ask them what wisdom they have to share. Pay attention to what comes up for you and try not to dismiss it as your "imagination."

Release things that need to die. a primary lesson this time of year is learning to let go. Letting go of attachments we place on our physical world, as well as our mental patterns are emotions all the stories we tell ourselves. We are invited to let go and be receptive to whatever comes up in the months ahead

## Rituals and Practices

### Embrace Darkness

As we make this turn towards the dark, things can feel heavy, disorienting, intense. It can be somewhat new (and a little scary) to step into the darkness, to turn ourselves inward in a world where we were conditioned to look outward only. The antidote is to let everything flow through us. To let feelings arise from deep within, open our hearts to them, remember that they have so much wisdom to share with us. When we allow things that are hidden to come up and show themselves we are opening the gateway to let them go and transform them.

### Let Go of things that are ready for release

Our primary lesson this time of year is learning to let go. Let go of the attachments we place on things in our lives, expectations for ourselves and others, all the stories we tell ourselves. We are invited to let go so that we can be open to new things that will arrive in the months ahead.

### Honor the cycles of Death and Rebirth

This is very much a lesson from the Crone Goddess - The Crone reminds us that we cannot evolve without allowing parts of ourselves and our life to die when we have out grown them. Period. Death is a critical component of life.

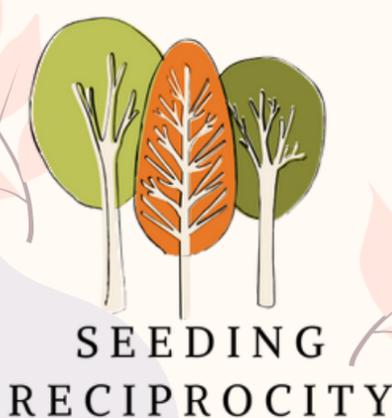
Ask yourself:

What needs to be released and die in order to allow space for new beginnings?

What patterns and practices are simply running on autopilot, preventing us from going within, connecting to our own inner silence and knowing?

How can you connect to wise Crone, the wise older magical feminine aspect within? Can you embrace her and invite her to hold more space in your life? (this is available to both men and women as we all ideally have balanced masculine and feminine energies)

As you work to release things over the coming weeks, begin to welcome the magic and mystery of what's to come in this beautiful space you're creating in your life.



Seeding Reciprocity 501c3.

Much Love!

Lisa