



# Imbolc 2022

January 31, 2022

Three Sisters Temple



Here is hope and the promise of renewal, of hidden potential, of earth awakening and life-force stirring. We welcome the growth of the returning light and witness life's insatiable appetite for rebirth.

It is time to let go of the past and to look to the future, clearing out the old, making both outer and inner space for new beginnings.

We celebrate Brigid Goddess of healing, poetry and smithcraft. She is a Goddess of Fire, of the Sun and of the Hearth. She is a Triple Goddess; at Imbolc we welcome her as Maiden

We continue this beloved Spiral Dance.

With love ~

Ann, Barbara and Daria

- \* Opening ~ song Gabhaim Molta Brighid
- \* Opening Prayer
- \* Creating Sacred Space
- \* Learning - Invocation  
Imbolc and New Moon in Aquarius
- \* Doing ~ Spell for Clarity in Intention
- \* Meditation ~ song
- \* Imbolc Poem
- \* Releasing Sacred Space
- \* Closing ~ song The Rising by Bruce Springsteen

## What You Will Need

Salt or soil

Candle (red if possible)

Glass of water and something to ring it with or bell

Bowl, glass or chalice of water

Thread, string, yarn or ribbon



## Spellcrafting (with credit to Willow ~ Flying the Hedge ~ [www.flyingthehedge.com](http://www.flyingthehedge.com))

A spell, in its most basic form, is the intent to enact change through the use of energy. This can be change of self or change of circumstances. ...Sometimes the spells contain physical ingredients and other times they require nothing but the energy you raise....

Spells are specifically designed to change things in your life. You can cast spells to heal yourself and others and do general good works. Not all spells are cast for selfish reasons, but you should be mindful of consent when casting spells for someone else. Casting a spell helps you keep your focus on what's important to you and what you want to draw more of into your life

Despite the commonality of spells, they are not inherently religious and do not belong to one practice. Contrary to popular belief, most religions around the world use spells - think of the act of prayer. When praying, a person sets an intent, raises energy, and releases it into the Universe, often calling on a deity of some sort to aid in the manifestation of the prayer. Usually, it is expected that the deity will do most of the leg work for you, making it less active overall on your part. This sets prayer apart from other active forms of spell work, but it's a simple spell all the same which is often combined with other more active forms of spell casting. And while prayer is generally a religious act, spell work, in general, is typically secular, making it available to anyone, who holds any religious belief.

... Spells have the basic components -

- an intention or desire
- spell composition and ingredients
- a shift in consciousness and/or the preparation of sacred space
- raising, directing, and releasing energy
- creating channels and manifesting

A deity with essence related to the spell may be asked to assist with the spell

With a clear message and belief in the spell, as well as the outside work we do once the spell is cast, we can create the desired outcome.

## Clarity and Intention Spell for Imbolc

We stand on the threshold of Imbolc, a time when we honor Brigid. Imbolc, a time of home, hearth and cleansing, of inspiration and transformation. It is a time to clear and release, gaining clarity as we move into the growing time of year. It is the new moon, a time for setting intentions, stepping into new beginnings.

You are never working alone. The Universe has your back and is working with you.

Brigid is a weaver goddess. She made the first piece of cloth in Ireland into which she wove healing threads. For this spell we will consecrate a thread of her cloth and ask that we be blessed with Brigid's energy to be clear in our intentions, open to the inspiration and empowered by the elements of nature as we weave our intentions and bind them with knots.

### The Spell

Breathe, Be comfortable, Come to a quiet place inside. Know you have the power to make changes.

Connecting with the power of earth, if you have salt or dirt, rub it between your fingers. Imagine your energy reaching deep into the earth and feel grounded.

Say - My roots reach deep. I am one with Mother Earth. All that does not serve crumbles into the earth.

Connecting with the power of air, strike the glass of water so it rings like a bell (or ring a bell or singing bowl). Or sing the tone "Ahhh". Catch the notes of Brigid's song in your hands and place your hand over your ears.

Say - With Brigid's music I hear wisdom and inspiration.

Connecting with the power of fire, light the candle. Pass your hands through the smoke of the fire of transformation. Gently touch your eyes with your fingertips.

Say - By the light of Brigid's fire I see clearly.

Connecting with water touch the surface of the water in a chalice or bowl. Let feeling and emotion flow.

Say - Brigid's healing waters wash away delusion and confusion. Clear water flows as I give and receive love.

Take a few breaths. You are grounded and your energy is charged, ready to work the magic of this spell.

We come to silent meditation, where you can spend this time focusing on what you want to create, turn your thoughts to what you'd like to manifest, think of something you wish to change, contemplate what needs to be washed away, spend a few moments thinking of where you would like to be inspired.

Tie a knot in your thread (string, yarn) for each intention, weaving it into your heart and binding it in reality.

[Keep your thread on your altar, carry it with you, keep it near your bed or release it to nature tying it around the branch of a tree or bush]