

# IMBOLC



[ im-bohlk ]

Imbolc, also called Candlemas or St. Brigid's Day, marks the midway point between the winter solstice and spring equinox, which means it falls at a time when day lengths are increasing again after being shortest around Christmas.




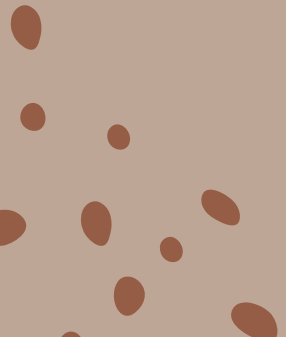
# — what is imbolc? —

Imbolc is a time of celebrating the spark of new life. We see light returning, and nature begins growing again.



Imbolc is about purification, cleansing, and clearing away stagnation that built up over the winter months.

Our inner fires grow brighter too as we feel the coming warmth and light of the spring and summer.



# ways to celebrate

## ~ Cleanse your home

Imbolc is a great time to spring clean your home. Declutter, clean in nooks and crannies, and open the windows to let in some fresh air.

## ~ Start your garden

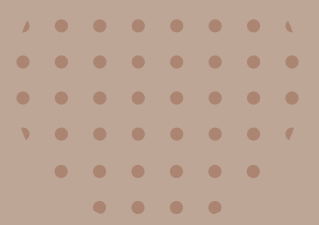
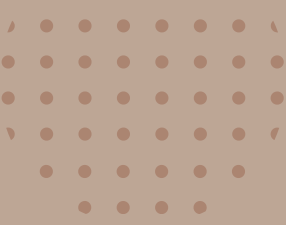
It may still be too cold outside, but you can begin planning your summer garden, order seeds and even sow some seeds indoors.

## ~ Welcome the sun

Light some candles to fill your house with warmth and light. I often walk around the house with one candle burning, blessing the house as I go.

## ~ Take some time to cleanse yourself

Imbolc is a time to cleanse and purify the body, to make a blank slate for Imbolc blessings of spring. A soak in a bath full of epsom salts and essential oils is a wonderful treat



\* Have a fire – a fire is always a good way to celebrate any festival. For Imbolc, a fire celebrates the Fire Goddess Brigid as well as the returning sun. If it is dry, we'll light the fire pit and prepare food we can cook on the fire – often just some sausages we can grill over the flames, with marshmallows to toast afterwards.

\* Let go of the old ~ we always tie in letting go of things that we want to let go of. Writing things down on a piece of paper, and burning them in the fire is a great way to release old habits, hurts, problems, or worries.

\* Making a Brigid's Cross – this is a great craft that we love to do! Traditionally made with straw, I've made it in the past with pipe cleaners with my little ones.

\* Create a family vision board – Imbolc is a great time to set some goals or intentions for the year. We often use this time to come together as a family, figure out what we want to achieve this year and create a new vision board.

