

# Imbolc

Imbolc Ritua



New beginnings are awakening.  
It is unique to you.  
Trust what is emerging

# Imbolc

## Imbolc Ritual Ideas for Celebration

Imbolc marks the midpoint between the winter solstice (Yule) and the spring equinox (Ostara). As such, it is considered a cross-quarter day on the Celtic wheel of the year, and it is often celebrated around **February 1st – 2nd**, or August 1st – 2nd if you're in the Southern hemisphere.

**What's the meaning of Imbolc?** Each winter, we shut ourselves up in our homes for warmth, much like the animals and insects that enter hibernation through the colder months. The home has collected dust and stagnant energy as we have shifted our focus to survival mode.

Imbolc is a word that comes from the Old Irish *i mbolc* (Modern Irish: *i mbolg*), meaning 'in the belly', and refers to the pregnancy of ewes at this time of year. Spiritually, **Imbolc is a time of banishing the winter season so that we can sow a bountiful harvest in the springtime**. During this time, we celebrate the first signs of the approaching spring: blades of grass and dandelions steadily emerge from the cold ground, the singing of birds returns to soften the cold chill of the air, and many of those hibernating creatures are beginning to awaken.

Imbolc is traditionally the great festival and honouring of Goddess Brigid, known as St. Brigid by Christianity

### How to Celebrate Imbolc

The days are becoming longer again, and we can finally open up our homes to clear out the winter blues that have been lingering within. **This time of new beginnings** presents a wonderful opportunity to cleanse and purify ourselves and our homes of that stagnant energy we've been building up in hibernation.

#### 1. Create an Altar for Imbolc

Many choose to honour Brigid on this day, so a statue of Brigid or a candle dedicated to her is great for an Imbolc altar. Here are some other colours, items, and associations with Imbolc and Brigid that you can incorporate into your altar:

- Colour associations: red, white, green, gold, lavender, pale pink, yellow, and other pastels.
- Altar Decorations: Candles, Brigid's crown, Brigid cross, or Brigid corn dolls, Celtic symbols and knotwork, depictions of animals like cows, sheep, or swans.
- Plants: potted bulbs or seeds, spring flowers like dandelions, crocuses, or daffodils.

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### 2. Candle Ritual

This ritual is performed by lighting several candles in a large firesafe bowl or cauldron, welcoming back the warmth of the solar energy as the Sun God fertilises the Mother Goddess of earth.

### 3. Hold a Fire Feast

Another way to honor Brigid is to hold a fire feast ceremony. This can be performed at any hearth or bonfire with friends or relatives, over some delicious warming food. During this ritual, each participant lights a candle, then another single candle is lit for Brigid. This is often accompanied by a song or prayer and an offering of oats, cakes, or milk.

### 4. Home Cleansing Ceremony

Imbolc is a great time to clear out that stagnant energy the house has gathered. This can be as simple or as detailed as you choose. Use a home cleansing spray, sweep out your home with a magical broom or besom, burn incense or sage, declutter your home, or reinvent organization systems that aren't working for you.

### 5. Decorate for Spring

Once you've cleansed your home, you can further welcome the energy of springtime with fresh linens and new decor. You can also take this time to reimagine your furniture layout or try something new in the home, like adding pops of colour to welcome in the fresh new energy of Spring.

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### 7. Hold a Self-Purification Ritual

Imbolc gives start to the month of February, a time generally consecrated to purification by the ancient Romans, who gave name to this month (Februare being "to purify" in Latin). To help get into the spirit, you can hold your own ritual for self-purification with a calming meditation and cleansing bath or shower. Incorporate candles to welcome the warmth of spring as you let the purifying waters wash over you.

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Questions to sit with, dance with, or walk out in nature with...

What is wanting to emerge?

What do I ache and long for in the depth of my being?

What do I want to experience?

What do I want to create?

What do I deeply desire for the planet and humanity?

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### Capture what you receive.

Write in the space below or illustrate, do what feels inspiring to you! It might be a mind map, a vision board, a tree of desires...

Let it be messy. chaotic and powerful... At Imbolc, you can choose which seeds to tend to.