

# *Feast of Imbolc*

**Date:** 1-2 February

This day is in honor of Brigid, the goddess of fertility. It is also a time of worship to the sun god. Also known as Candlemas or Groundhog Day.

## **Aromas and Ideas for Altar Decoration**

As always, it is best to decorate your altar, home or sacred space with flowers, fruit, herbs and plants that are seasonal.

Now is the perfect time to decorate using blackberries, ginger, basil, and frankincense. Not only can you decorate using these, but you can distill or diffuse their oils, use them in cooking, burn candles or incense with these aromas, or use them in your bathtime concoctions.

## **Crystals**

Moss agate is great for this time of the year as it stimulates growth and aids in the connection with nature. It is also linked to abundance and fertility.

## **Things To Do**

Light candles.

Take a cleansing bath. Do some visualisation during this bath where you imagine all the negative thoughts being washed away.

Make Brigid crosses by soaking straw overnight and weaving it around a frame of sticks. There are different styles and patterns. Use them to decorate your home and hang over your bed for protection, or under your mattress for fertility.



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