

Feast of Lamma

Date: Usually 1st August

This holiday celebrates the first harvest.

Aromas and Ideas for Altar Decoration

At this time of the year, you may choose to decorate your home, altar or sacred space with the following items or aroma: wheats and grains, bread, sunflowers, mints.

These are all very much of this time of year, and mint in particular holds both healing and protective properties. They also signify drawing abundance to yourself, which is perfect for harvest time. .

Other aromas you may want to incorporate in your oil or reed diffusers, cooking, candles or bath concoctions are lavender, lemongrass and patchouli.

Crystals

Moonstone is a great one for rebirth. It has a soothing energy that is great for any kind of growth, and is associated with intuition and fertility, as is harvest time. It can also help us with releasing and letting go of unhealthy habits, thought patterns and people.

Things To Do

Decorate your home with sprigs of fresh mint or pouches of dried mint associated with abundance and prosperity.

Decorate your altar or sacred space as per the instructions above.

Make a grain mother or corn dolly. Go for a walk and find stalks of wheat, rye, barley, or any other grasses or reeds you can find. Weave them into the shape of your Grain Mother. Place her on your altar or in your sacred space. At Samhain, return her to the earth.



✉ hello@weknewthemoon.co.uk
🌐 www.weknewthemoon.co.uk
📷 [@we.knew.the.moon](https://www.instagram.com/we.knew.the.moon) [f](https://www.facebook.com/we.knew.the.moon)