

All Hallow's Eve

Date: 31 October/1 November

This is thought to be the start of the new year, when the veil between this world and the next is thin. Also known as Samhain, Halloween, Day of the Dead, All Souls Day. Samhain, AKA The Lord of Darkness, rises on this night to look for lost souls.

Aromas and Ideas for Altar Decoration

Now is the time to decorate your home, altar or sacred space with photographs of loved ones who have passed on. Seasonal fruit, vegetables, flowers, herbs and spices, such as sage, sandalwood, cinnamon, allspice, cloves and harvest food such as root vegetables and gourds are also ideal to use in cooking, oils, teas and baths at this time.

Crystals

Smoky Quartz is a lovely mysterious protective version of quartz, which banishes negative thoughts and people.

Things To Do

Make a symbolic besom or broom to sweep away the last leaves and activities and thoughts of the year.

Take a nature walk to observe how your local flora and fauna change at this time of the year.

Visit a cemetery to honour the dead.

Do a reading.



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