

# The Oak King and Holly King

## Seasonal Balance

The Oak King and Holly King are ancient symbols of the natural cycle of light and dark. Each year, they engage in a seasonal battle where the Oak King rules from Winter Solstice to Summer Solstice, bringing warmth and growth, while the Holly King reigns from Summer Solstice to Winter Solstice, bringing rest and introspection. This cyclical battle reflects the balance of life's natural ebb and flow, reminding us of the duality within ourselves and nature.

### Holly King (Fall & Winter)

Element: Water

Colors: Silver, Blue

Crystals: Hematite, Obsidian

Herbs: Holly, Pine, Ivy

Animals: Bear, Owl

### Oak King (Spring & Summer)

Element: Fire

Colors: Green, Gold

Crystals: Moss Agate, Citrine

Herbs: Oak Bark, Rowan, Mistletoe

Animals: Stag, Hawk



### Seasonal Balance Spell

Preparation: Gather an oak leaf and a holly leaf, two candles (green and silver), and any crystals from the correspondences.

Invocation: Light the green candle, saying, "Oak King, I honor your light and strength." Then light the silver candle, saying, "Holly King, I honor your wisdom and resilience."

Balance: Hold both leaves and say, "As you both reign, so does balance in my life. With each turn, may I find peace and harmony."

Close: Let the candles burn for a few minutes, then extinguish them. Keep the leaves on your altar as a reminder of seasonal harmony.

### Oak King Invocation

"Mighty Oak King, bringer of light,  
In your strength, the world grows bright.  
I call upon your power to rise,  
To bless the land and open skies."

### Holly King Invocation

"Wise Holly King, guardian of rest,  
In quiet shadows, we are blessed.  
I call upon your strength in night,  
To shield, to guard, until dawn's light."

