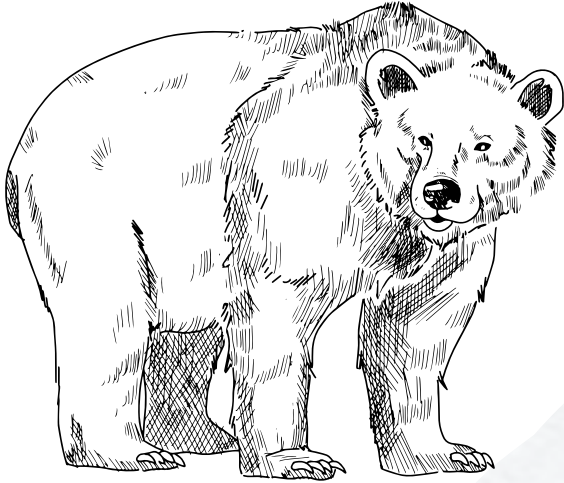


The Hag of Beara

Celtic Goddess of Sovereignty & Personal Empowerment

The Cailleach Bhéarra, or the Hag of Beara, is an ancient Celtic goddess of sovereignty. As the embodiment of the land itself, she holds the power to give and take away rulership. She symbolizes the cycles of life, death, and rebirth, and teaches that true power comes from embracing both creation and destruction. Her role as a goddess of the crone also reflects the wisdom that comes with age, the harshness of winter, and the promise of eventual renewal.



Correspondences:

Element: Earth

Season: Winter

Colors: Dark blue, grey, black, earthy tones

Crystals: Smoky quartz, obsidian, onyx

Herbs: Mugwort, yew, elder, blackthorn

Animals: Crow, raven, wolf, bear

Tools: Staff or walking stick, stones, cauldron

Invocation to the Hag of Beara

O Ancient One, Hag of Beara,
Guardian of the land and the cycle of life,
I call upon you, wise Crone of the Winter,
Lend me your strength and sovereign power.
You who shape the mountains and control the tides,
Grant me the wisdom to walk my own path,
To stand tall as the oak amidst the storms,
Unyielding, unbroken, and true to myself.
As you have seen the rise and fall of ages,
Let me see with eyes unclouded,
And embrace the power within my own bones.
In your name, I reclaim my sovereignty.
Mar sin agus mar sin deante.

Ways to Connect:

Meditation & Visualization

Visualize walking through the wild landscape of the Beara Peninsula and meeting the Hag. Ask for her guidance and strength in reclaiming your power.

Sacred Offerings

Leave offerings of stones, bones, or water from a river at an outdoor altar to honor her connection to the earth.

Spending Time in Nature

Connect with the land, particularly in wild, cold, or rugged places that resonate with her energy.

Seasonal Rituals

Honor the cycles of nature during the winter months, particularly during Samhain and the Winter Solstice, when her power is strongest.

Ritual for Personal Empowerment:

You Will Need:

A dark stone (like smoky quartz)

A candle (dark blue or grey)

Mugwort (for incense)

A cauldron or bowl

Instructions:

Light your candle and burn mugwort to create a sacred space.
Hold the stone and ground yourself, imagining roots connecting you to the earth.
Speak aloud, invoking the Hag of Beara for her strength and wisdom.
Declare your personal sovereignty, reclaiming power over your own life.
Place the stone in your cauldron, symbolizing your newfound strength.