

# The Myth of Lugh & Lughnasadh Harvest Rite

## Lughnasadh Origins

Date: August 1st (Northern Hemisphere)

Also Called: Lammass

Focus: First harvest, gratitude, skill mastery, honoring sacrifice

Myth: Festival created by Lugh, master of all arts, to honor his foster-mother Tailtiu, who died clearing land for agriculture.

## Harvest Ritual (Solo or Group)

You'll need:

Bread (homemade or bought)

Gold/Brown Candle

Seasonal Fruits/Grain

Bowl of Milk or Wine

Paper & Pen

Fireproof Bowl

Steps:

Cleanse & Prepare: Create a sacred space with altar items.

Invoke: Light the candle, call on Lugh & Tailtiu for blessing.

Harvest Reflection: Write what you've harvested spiritually & physically this year.

Offering: Break off bread, offer gratitude for blessings, leave outside or under a tree.

Release: Write what no longer serves, burn in fireproof bowl.

Close: Extinguish candle, feast, sing, or sit in gratitude.

## Symbols & Correspondences

Elements: Fire & Earth

Colors: Gold, Orange, Green, Brown

Crystals: Citrine, Carnelian, Amber,

Tiger's Eye

Herbs & Plants: Wheat, Barley,

Sunflower, Blackberry, Heather,

Rosemary

Foods: Bread, Corn, Seasonal Berries,

Honey Cakes, Mead or Cider

Deities: Lugh (Sun, Skill, Victory), Tailtiu (Sacrifice, Fertility)

## Blessing:

"As grain ripens under the sun,  
So too has my work come to fruition.  
I give thanks for this harvest, seen  
and unseen.

Mar sin agus mar sin deante."

