



SAMHAIN WORKBOOK & GUIDE

HONORING ANCESTORS • EMBRACING
TRANSFORMATION • CELEBRATING THE
WITCHES' NEW YEAR



Samhain Workbook & Guide

You hold in your hands a guide to one of the most powerful and sacred times of the year, the turning of the Wheel when the veil grows thin, the harvest is complete, and we stand at the threshold of endings and beginnings. Samhain, often called the Witches' New Year, is a season of deep reflection, transformation, and connection with the unseen. It is a time to honor the ancestors who walked before us, to release what no longer serves, and to embrace the mystery of renewal.

This workbook was created to help you move through Samhain with intention and magick. Inside, you'll find correspondences, rituals, altar inspiration, family activities, journal prompts, and tools for shadow work and divination. Whether you are celebrating alone or with loved ones, may these practices guide you in weaving remembrance, protection, and renewal into your own sacred path. Take your time, move with the rhythm of the season, and trust your intuition as you work through these pages. Above all, may Samhain bring you wisdom, healing, and a deeper connection to the cycles of life, death, and rebirth.

Blessed be, and welcome to the magick of Samhain. 🍂🕯️



What's Included

Understanding Samhain
Samhain Correspondences
Family Rituals & Activities
Personal Rituals & Activities
Spells & Rituals
Samhain Crafts & Recipes
Journal Prompts & Affirmations
Samhain Tarot Spread

How to Use this Workbook

This workbook is designed to help individuals and families create meaningful, magical Samhain celebrations. Move through the pages at your own pace—choose one ritual for a quiet night or weave several practices into a full weekend. Everything here can be adapted to your tradition, your home, and your capacity.

If you're working solo, use this guide to:

- Craft personal rites for ancestor honoring, release, and renewal
- Explore divination (tarot, runes, scrying) as the veil thins
- Set clear intentions for the Witches' New Year and align with the dark-half cycle

If you're celebrating with family or children, you'll find:

- Kid-friendly altar ideas and a Samhain nature scavenger hunt
- Hands-on crafts (jack-o'-lantern protection lanterns, memory lights) and simple recipes
- Reflection prompts, gratitude practices, and gentle remembrance activities for all ages

Whether you gather as a group or honor the season in quiet solitude, let this guide help you release what is complete, remember who walks with you, and step into the turning of the Wheel with presence, protection, and purposeful new beginnings.



A decorative wreath made of brown twigs, autumn leaves in shades of red, orange, and yellow, and small orange flowers. Three pumpkins are integrated into the design: one at the top right and two at the bottom left. Small clusters of red berries are also visible.

SAMHAIN OVERVIEW

Understanding Samhain

Samhain (pronounced Sow-in) is one of the most sacred festivals of the Celtic Wheel of the Year, celebrated from October 31st to November 1st. Rooted in ancient Celtic tradition, it marked the end of the harvest and the beginning of winter, a threshold between seasons and cycles. This was the time when livestock were brought in, fields were cleared, and communities prepared for the long, dark months ahead. Spiritually, it was also understood as a liminal moment—a time when the veil between the worlds of the living and the dead grew thin, allowing for easier connection with ancestors, guides, and spirits. Bonfires were lit for protection, offerings were made to the departed, and rituals of remembrance honored those who had gone before.



Samhain has its roots in ancient Celtic tradition and was one of the four great fire festivals of the year, celebrated in Ireland, Scotland, and other parts of the Celtic world. It marked the end of the harvest and the beginning of winter, a threshold moment when the agricultural cycle closed and the darker half of the year began. Communities would gather livestock, finish bringing in crops, and light great bonfires to honor the turning season. These fires were seen as both protective and purifying, warding off harmful spirits while offering strength and blessings for the cold months ahead. Samhain was also a deeply spiritual celebration, believed to be a time when the veil between the worlds was thin, allowing communication with ancestors and the spirit realm. Offerings of food and drink were left outside for wandering souls, and rituals of remembrance helped keep the bond between the living and the dead alive.

Samhain, Christianity, and the Roots of Halloween

As Christianity spread across Celtic lands, many of the traditions tied to Samhain were adapted and reinterpreted within the new religious framework. In the 8th century, the Church established All Saints' Day on November 1st, followed by All Souls' Day on November 2nd, as a way to honor the saints and pray for the departed. The evening before, October 31st, became known as All Hallows' Eve, which over time evolved into Halloween. While the Church sought to replace pagan customs with Christian practices, the people continued to celebrate many of the older Samhain traditions alongside the new, blending folklore and spirituality in ways that carried forward through the centuries.

Many of today's Halloween customs are rooted in Samhain. The carving of jack-o'-lanterns began with hollowed-out turnips in Ireland, lit to ward off spirits or represent lost souls. Costumes and masks were worn to disguise oneself from wandering spirits or to embody archetypes during the thinning of the veil. Practices like leaving out food and offerings for the dead evolved into trick-or-treating, where children went door-to-door in exchange for treats. Though Halloween has become more secular and commercialized in modern times, its roots in Samhain remain clear. Both traditions reflect themes of death, remembrance, protection, and the mystery of the unseen—reminders of the ancient festival that first marked the turning of the year.

🍁 Halloween Customs with Samhain Roots 🍁



Jack-o'-Lanterns – Originally carved from turnips in Ireland to ward off wandering spirits.



Costumes & Masks – Worn to disguise oneself from spirits during the thinning veil.



Trick-or-Treating – Inspired by the tradition of leaving food offerings for the dead and later "souling," where the poor collected treats in exchange for prayers.



Bonfires – Lit during Samhain for protection, purification, and community gatherings.



Honoring the Dead – Setting a place at the table or lighting candles for ancestors evolved into All Souls' Day customs.

The Witches' New Year

Samhain is often called the Witches' New Year; a sacred turning point on the Wheel of the Year that marks both an ending and a beginning. For the ancient Celts, this was the close of the agricultural cycle: the last of the harvest was gathered, the fields were put to rest, and communities prepared for the cold, dark months of winter. Spiritually, this moment of transition was understood as liminal—a threshold between the old year and the new. Just as the earth enters its period of stillness, we too are invited to pause, reflect, and prepare for renewal.

For modern witches, Samhain holds the same essence. It is a time to honor the endings in our lives—whether they are relationships, habits, patterns, or simply the chapter of the year now behind us. Death is not viewed as final, but as part of a sacred cycle that makes space for rebirth. By acknowledging and releasing what no longer serves us, we open the door to fresh beginnings and set the stage for the year ahead.

Like January 1st in the secular calendar, Samhain carries the energy of intention-setting and renewal, but with a deeper spiritual focus. Instead of resolutions driven by productivity or outward success, the Witches' New Year calls us inward. We are invited to examine our shadows, listen to our intuition, and ask: What do I want to carry forward? What must I leave behind? What seeds of intention am I planting in the fertile soil of the dark months?

The darkness of Samhain is not something to fear—it is the womb of creation, a place where dreams take root. By embracing this season of endings and beginnings, we align ourselves with the natural rhythm of life and death, trusting that every cycle holds wisdom and promise. The Witches' New Year is both a celebration and a sacred reminder: in every ending there is a beginning, and in every beginning, infinite possibility.



The Energy and Themes of Samhain

Samhain is a season of deep transformation, marking the close of one cycle and the quiet beginning of another. It carries the energy of endings and new beginnings, reminding us that just as the fields are cleared and the earth rests, we too must release what has run its course in order to make room for renewal. This is a powerful time to let go of the old and plant the seeds of what we wish to grow in the year ahead.

The most well-known energy of Samhain is the thinning of the veil—the boundary between the physical and spiritual realms. During this liminal time, communication with ancestors, guides, and spirits becomes easier, offering opportunities for divination, dreamwork, and deep spiritual connection.

Central to Samhain is ancestor veneration, honoring those who came before us and drawing strength from their wisdom. By lighting candles, sharing stories, or leaving offerings, we acknowledge the continuing bond with our lineage and invite their guidance into our lives.

Samhain also invites us into shadow work and introspection. The long nights and deep stillness encourage us to look within, face what has been hidden, and gently bring healing to our inner shadows. In this way, Samhain is not just about endings, but about embracing wholeness—releasing, honoring, and transforming as we step into the new year with clarity and intention.



**CORRESPONDENCES
FOR SAMHAIN**

Magickal Crystals for Samhain

For Samhain, crystals can serve as powerful allies to support protection, ancestor connection, and transformation during this sacred time. Black Obsidian offers grounding and banishes negativity, while Amethyst heightens intuition and opens channels to ancestors and guides. Smoky Quartz helps release grief and heavy emotions, transmuting them into strength, and Labradorite enhances divination and spiritual transformation. To bring warmth and courage, Carnelian fuels vitality and motivation, while Moonstone supports dream work and lunar connection. Jet, an ancient stone tied to mourning and ancestor veneration, provides protection and guidance, and Clear Quartz amplifies intentions and rituals, harmonizing with any other stone. Together, these crystals embody the essence of Samhain—protection, shadow work, remembrance, and renewal.



Magickal Herbs for Samhain

Herbs play a powerful role in connecting with the energies of Samhain, offering protection, aiding divination, and honoring the ancestors. Mugwort is often used to enhance psychic visions, dreamwork, and scrying, while sage clears away stagnant energy and provides protection. Rosemary carries the essence of remembrance and clarity, strengthening the bond with ancestors, and wormwood has long been associated with spirit communication and opening the veil between worlds. The ancient yew tree represents death, rebirth, and transformation, while cinnamon brings warmth, prosperity, and protective energy to rituals and seasonal foods. The apple, sacred fruit of Samhain, embodies life, death, and the mysteries of the Otherworld, and bay laurel offers purification and carries prayers into the spirit realm when burned. Together, these herbs embody the essence of Samhain—protection, divination, remembrance, and renewal—making them beautiful additions to your altar, rituals, and seasonal magick.



Decorating Your Altar for Samhain

A Samhain altar can be decorated with meaningful items that reflect the season's energies of ancestor connection, protection, and transformation. Placing photographs or heirlooms of ancestors honors their memory and invites their presence, while candles in black, orange, white, or purple bring light, protection, and guidance. Apples and pomegranates serve as sacred offerings symbolizing death, rebirth, and the mysteries of the Otherworld, and pumpkins or gourds represent abundance and seasonal harvest blessings. Adding herbs like mugwort, rosemary, and sage enhances cleansing, remembrance, and divination, while crystals such as obsidian, amethyst, and smoky quartz strengthen protection and spiritual work. A cauldron or offering bowl can be used to burn intentions, hold offerings, or symbolize transformation, and the inclusion of bones, skull imagery, or autumn leaves ties in the themes of death, release, and the turning of the seasons. Together, these elements create a sacred space that captures the essence of Samhain and its powerful magick.



Things to Do for Samhain

Samhain can be honored through a variety of meaningful practices that celebrate both the ancestors and the turning of the seasons. You might create an ancestor altar with photos, candles, and offerings to invite their presence, or hold a dumb supper, a silent meal with an empty seat reserved for loved ones who have passed. This is also a powerful time for divination, using tarot, runes, or scrying to seek guidance while the veil is thin. Seasonal traditions like carving pumpkins or turnips with protective symbols, or taking a nature walk to gather autumn leaves and acorns, connect you to the earth's cycles. A releasing ritual, where you burn written notes of what you wish to let go of, can help clear space for renewal, while cooking and sharing seasonal foods like apples, root vegetables, and mulled cider honors the harvest. Finally, simply lighting a candle and speaking the names of the departed sends gratitude and love to those who came before, weaving remembrance, release, and renewal into your Samhain celebration.



Create an ancestor altar



Carve Pumpkins



Host a Dumb Supper



Practice divination

Things to Do for Samhain



Nature Walk



Releasing ritual



Eat seasonal foods



Light a candle for the departed

Symbols of Samhain

The symbols of Samhain are rich with meaning, reflecting the season's connection to death, renewal, and the spirit world. Jack-o'-lanterns, once carved from turnips, were used to ward off wandering spirits and guide ancestors home, while skulls and bones remind us of mortality and the wisdom of those who came before us. The cauldron serves as a symbol of transformation and rebirth, representing the cycle of life, death, and renewal. Apples, sacred fruit of immortality and the Otherworld, are tied to divination practices and offerings to ancestors. Bonfires bring protection, purification, and light to the dark nights, while creatures like bats and owls embody mystery, intuition, and spirit communication. Masks and costumes carry the ancient tradition of disguising oneself from spirits or embodying archetypal powers, and the idea of the thinning veil represents the sacred doorway between the living and the dead. Together, these symbols capture the essence of Samhain: protection, remembrance, and deep spiritual connection.





FAMILY ACTIVITIES & RITUALS

Family Activities for Samhain

Ancestor Storytelling Night

Gather as a family to share stories, memories, and photos of loved ones who have passed. This keeps their legacy alive and helps children understand the importance of honoring ancestors.



Pumpkin Carving with Intention

Instead of just carving for fun, give each pumpkin a protective symbol or design that represents something your family wants to invite or release. Place them outside to guard your home and light the way for spirits.

Seasonal Nature Walk

Take a walk to collect autumn leaves, acorns, or pinecones, and talk about the cycles of life and change you see in nature. Bring your treasures home to decorate your altar or create a Samhain craft together.



Family Gratitude & Release Ritual

Around the dinner table, have each family member write down something they are thankful for and something they are ready to release. Burn or bury the releases together; then share the gratuities as blessings for the new year.



Samhain Family Ritual

Honoring Ancestors & Welcoming the New Year

A gentle, family-friendly Samhain rite that weaves remembrance, gratitude, release, and renewal. You'll create a small ancestor space, share memories, release what no longer serves, and set a hopeful intention for the Witches' New Year.

What You'll Need:

- Small table/altar with autumn décor (leaves, pumpkins, cloth in black/orange/purple)
- Photos or mementos of ancestors (optional)
- 1 central candle + 1 small candle or LED tea light per person
- Fireproof bowl/cauldron and lighter/matches (or a bowl of water if avoiding flame)
- Small slips of paper + pens/pencils
- An apple or pomegranate to share (or seasonal treat/cider)



Family Samhain Ritual

1. Set the Space

Set up your altar/table with seasonal items and place ancestor photos or mementos at the center. Put the central candle in front and each person's candle around it.



2. Ground & Open

Stand or sit together. Take three slow breaths. Say: "On this Samhain night, we honor our ancestors, release the old, and welcome the new."



3 Light the Ancestor Flame

An adult lights the central candle: "May this light guide our beloved dead and bless our home." Pause for a few quiet moments.



4. Invite & Remember

One by one, each person lights (or switches on) their candle and speaks a name or says, "For all who came before." Share a short memory or something you're grateful for..



5. Gratitude Circle

Go around once more: each person offers one sentence of thanks (e.g., "Thank you for your courage," "Thank you for your love."). Children can say "Thank you, ancestors."

Family Samhain Ritual

6. Release the Old

Write one habit, worry, or pattern to release on a slip of paper. Say quietly: "I release this with love."

- If using fire: Carefully burn the paper in the fireproof bowl, watching the smoke carry it away.
- Fire-free option: Tear the paper into small pieces and place them in the bowl of water.



7. Welcome the New

Hold the apple/pomegranate. Each person speaks a wish or intention for the coming year and takes a bite/seed. Say together: "We make space for blessings and new beginnings."



8. Bless & Close

Place hands over hearts: "Ancestors, thank you for your guidance. May our home be protected, our hearts be brave, and our path be clear." Gently extinguish candles (or switch off LEDs).



9. Share & Celebrate

Enjoy a small treat or warm cider together. Save a tiny portion outdoors as an offering of thanks to the land and the wandering spirits..



Samhain Nature Walk Scavenger Hunt

Step outside and let the season guide you. This Samhain scavenger hunt is a gentle way to honor the thinning veil by noticing nature's signs of change, fallen leaves, seeds, stones, feathers, and other liminal treasures.

Item to Find	Symbolism	Check Box
A red, orange, or golden leaf	Change, release, and seasonal transformation	☐
A leaf skeleton or very lacy dried leaf	Impermanence, beauty in decay, wisdom of endings	☐
An acorn, pinecone, or seed pod	Seeds of potential, protection, and future growth	☐
A smooth dark stone	Grounding, protection, and shadow work	☐
A naturally found feather	Messages from spirit, guidance across the veil	☐
A spiderweb (photo only—do not disturb)	Fate, connection, and the unseen threads	☐
Animal tracks or a trail sign (photo)	Presence of the wild, liminal crossings	☐
Mushrooms or bracket fungi (photo only)	Decomposition, renewal, and life-death cycles	☐
A berry cluster (rowan/holly/hawthorn or local—photo only, do not eat)	Warding, heart protection, ancestral lore	☐
An evergreen sprig or thorny fallen branch	Endurance through winter, protection at the threshold	☐

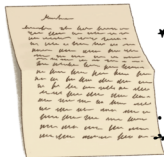
A decorative autumn wreath made of brown twigs, adorned with orange pumpkins, red berries, and various autumn leaves in shades of red, orange, and yellow. The wreath is set against a light cream background.

SOLITARY ACTIVITIES

Solitary Activities for Samhain

Ancestor Letter & Candle Vigil

Write a short letter to a beloved ancestor, read it aloud, then safely burn or bury it as an offering while a candle glows. Leave a small portion of seasonal food (apple, bread, cider) in thanks.



Scrying Night (Mirror or Water)

Dim the lights, gaze into a black mirror or a bowl of still water, and ask three clear questions about the year ahead. Note any images, words, or feelings, then close with a simple blessing of protection.

Release & Banishing Rite

List habits, fears, or stale energies you're ready to let go of and burn or tear the paper, visualizing the weight leaving your body. Scatter the ashes or scraps to the wind or earth and wash your hands to seal the release



Threshold Warding & Pumpkin Sigil

Carve a discreet protective sigil into a small pumpkin/turnip (or draw one on paper) and dress it with a pinch of salt and cinnamon. Place it by your door and sweep rosemary or salt across the threshold, inviting only what is for your highest good

Samhain Ritual for the Solitary Witch

Solitary Samhain Rite: Crossing the Threshold

A quiet, powerful rite to honor your ancestors, release what's complete, and invite clear guidance for the Witches' New Year. Perform after sunset between Oct 31-Nov 1, or any night you feel the veil thinning. Silence phones: dim lights.

What You'll Need:

- 1 candle (white for guidance or black for protection: LED is fine)
- Fireproof bowl/cauldron and lighter or a bowl of water for a flame-free option
- Small dish of salt (protection) + optional rosemary or mugwort (remembrance/intuition)
- Paper + pen (for release and intention)
- A photo or token of an ancestor (optional)
- An apple or a piece of bread for offering/communion
- Divination tool: tarot/runes/scrying bowl



Solitary Samhain Ritual

1. Prepare the Threshold

Tidy your space. Sprinkle a thin line of salt at the doorway or around your working area and say: "Only what serves my highest good may enter."



2. Build the Altar

Place the candle at center with your ancestor photo/token beside it. Add the salt, herbs, fireproof bowl (or water bowl), paper, and apple/bread.



3. Ground & Open

Take three deep breaths. Touch the floor (or your heart) and say: "I am steady. I am present. I am safe." Light the candle: "I welcome the wise and loving dead."



4. Call & Remember

Speak the names of any ancestors or simply say, "Beloved ancestors known and unknown, be near." Share one sentence of gratitude or a memory. Sit in quiet for a minute and notice any feelings or impressions.



5. Release & Banishing

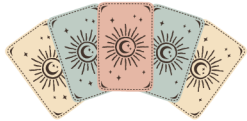
Write 1-3 habits, fears, or ties you're ready to release. With flame: Fold the paper, burn it safely in the bowl, and watch the smoke carry it away. Flame-free: Tear it into small pieces and submerge in the water. Say: "I release what is complete. Compost the old; make way for the new."



Solitary Samhain Ritual

6. Seek a Sign (Optional Divination)

Pull one card/rune or gaze softly into water/mirror and ask: "What guides me through the dark half of the year?" Note the first image, word, or feeling that arises.



7. Communion & Offering

Hold the apple/bread: "From seed to harvest, the wheel turns." Take a mindful bite for nourishment; set a small portion aside as an offering. If possible, place it outside later with a few grains of salt.



8. Set the Seed

On a fresh slip of paper, write one clear intention for the new year. Warm it briefly over the candle (or hold to your heart) and say: "I plant this in the fertile dark." Keep it on your altar for the next lunar cycle.



9. Seal & Close

Thank the ancestors: "Go if you must, stay if you will, in blessings only." Extinguish the candle (or switch off). Sweep the salt line inward and dispose of ashes or wet paper respectfully (earth/compost/trash, as appropriate).

10. Integrate

Journal a few lines: What did I release? What sign did I receive? What is my next right step? Drink water or tea.



A decorative wreath made of brown twigs, adorned with orange pumpkins, autumn leaves in shades of red, orange, and yellow, and small clusters of red berries and light pink flowers. The wreath is set against a light cream background.

SPELLS & RITUALS

Ancestor Altar Setup

Creating an ancestor altar is a powerful way to honor those who came before you and invite their presence during Samhain, when the veil between worlds is at its thinnest. An altar doesn't need to be large or elaborate—what matters most is intention. Begin by choosing a quiet, sacred space where you can set aside a small table, shelf, or even a windowsill. Cover the surface with a cloth in seasonal colors such as black, orange, purple, or deep red to align with the energy of the season.

Place photographs, heirlooms, or mementos of your ancestors on the altar to serve as focal points of remembrance. Add candles (white for guidance, black for protection, or orange for warmth) to light the way for their spirits. Seasonal offerings such as apples, pomegranates, bread, or nuts connect the altar to the harvest, while herbs like rosemary or mugwort can be burned or placed in small bowls to enhance remembrance and spiritual connection. You may also include crystals such as amethyst, obsidian, or smoky quartz for protection and intuition.

Once your altar is complete, take a moment to sit before it, light the candles, and speak aloud the names of your ancestors. Offer them gratitude, share a memory, or simply sit in silence, feeling their presence. This sacred space becomes a bridge between you and your lineage, allowing love, wisdom, and guidance to flow across the veil.



Host a Dumb Supper

One of the most sacred traditions of Samhain is the Dumb Supper, a ritual meal held in silence to honor and commune with ancestors and loved ones who have passed. The word "dumb" here means "silent," symbolizing reverence, stillness, and openness to spirit. This practice creates a liminal space where the living and the dead may come together, united in remembrance and love.

To begin, prepare a meal with seasonal foods such as apples, bread, root vegetables, or mulled cider. Set a table with care, leaving one or more empty seats for the ancestors you wish to honor. Place a candle at each of these settings and light it to guide their spirits to the table. As you eat, remain in silence, allowing the stillness to open your heart to subtle messages, impressions, or simply the comfort of their presence.

At the end of the meal, take a moment to thank your ancestors for joining you, either aloud or in your heart. Extinguish the candles with gratitude, and consider leaving a portion of the food outside as an offering to the spirits of the land or those who wander during Samhain. The Dumb Supper is not only an act of remembrance but also a way of weaving stronger bonds with your lineage, creating a ritual of love, respect, and spiritual connection.



Candle Ceremony for Honoring the Dead

A candle ceremony is a simple yet deeply meaningful way to honor and connect with loved ones who have passed during Samhain, when the veil between worlds is thin. The light of a flame is seen as a guiding beacon for spirits, symbolizing remembrance, love, and the eternal cycle of life and death.

To begin, gather candles in colors that resonate with you—white for purity and guidance, black for protection and release, or orange for warmth and remembrance. Prepare a quiet space, either at your altar or in a central part of your home. Place the candles safely in holders, and if you wish, add photographs, heirlooms, or small offerings of food and drink around them.

When you are ready, light each candle with intention. As you do, speak aloud the name of an ancestor, loved one, or group of souls you wish to honor. Share a memory, a message of gratitude, or simply invite their presence. You may choose to sit in silence, meditate, or journal as the candles burn, opening yourself to subtle impressions and the comfort of their energy.

At the close of the ceremony, thank your ancestors for their guidance and love. Allow the candles to burn out naturally if safe to do so or gently extinguish them while holding the intention that their light continues to shine in your heart. This ritual creates a sacred moment of connection, weaving together remembrance, love, and spiritual presence.



Releasing & Banishing for the Year Ahead

Samhain is the perfect time to let go of what no longer serves you, creating space for new intentions in the year ahead. A releasing and banishing ritual allows you to consciously release old habits, patterns, or energies and step forward with clarity and empowerment.

To begin, gather a piece of paper and something to write with. Sit quietly and reflect on the past year, asking yourself: What am I ready to release? What no longer supports my growth? Write down anything you wish to let go of—whether it's fear, self-doubt, unhealthy habits, or lingering attachments. When you feel ready, light a black candle for protection and transformation, and hold the paper in your hands.

Speak your release aloud, such as: "I thank these lessons for what they have taught me. I now release what no longer serves my highest good. With gratitude, I let go and make space for new beginnings."

Carefully burn the paper in a fireproof bowl or cauldron, visualizing the smoke carrying away your burdens. As the paper turns to ash, imagine yourself lighter, freer, and open to renewal. Scatter the cooled ashes into the earth or wind, returning them to nature.

Close the ritual by extinguishing the candle and saying a blessing for the year ahead, affirming that you move forward cleansed, empowered, and ready to embrace transformation.



Divination Practices (tarot, runes, scrying)

Samhain has long been regarded as one of the most powerful times for divination, as the thinning veil between worlds makes it easier to receive messages, guidance, and insight from the spiritual realm. For centuries, people have turned to oracles, symbols, and sacred tools during this season to peer into the mysteries of the year ahead and to connect with their ancestors.

Tarot is one of the most popular forms of Samhain divination, offering a mirror for self-reflection as well as guidance for the path forward. A Samhain tarot spread might focus on endings, lessons learned, what shadows need to be acknowledged, and what new beginnings are ready to emerge.

Runes, the ancient symbols of Norse tradition, can also be cast or drawn to provide wisdom about cycles of change, protection, and personal growth. Their stark imagery and direct messages align beautifully with the honest, transformative energy of Samhain.

Scrying, often done with a dark mirror, bowl of water, or crystal ball, is a traditional Samhain practice used to see visions, symbols, or messages from the spirit world. The stillness of the dark surface becomes a gateway for intuition, allowing images to rise from the subconscious or be whispered across the veil.

Whether through tarot, runes, or scrying, divination at Samhain provides not only glimpses into what lies ahead but also a sacred opportunity to commune with the unseen, bringing clarity, wisdom, and guidance for the new year.



A decorative autumn wreath made of brown twigs, adorned with orange pumpkins, red berries, and various autumn leaves in shades of red, orange, and yellow. The wreath is set against a light cream background.

CRAFTS & RECIPES

Carving a Jack-o'-Lantern (Protection Pumpkin)

Turn a simple pumpkin into a glowing ward for Samhain. This craft blends classic carving with intention-setting so your lantern both looks festive and quietly protects your threshold.

What You'll Need:

- 1 pumpkin (or traditional turnip/beet for an old-world vibe)
- Pumpkin carving kit or small serrated knife (adults only), large spoon/ice-cream scoop
- Cutting board, towel/newspaper, bowl for seeds & pulp
- Washable marker or pencil; optional stencil & tape
- LED tea light (preferred) or real candle + long lighter/matches
- Optional magical add-ons: pinch of salt, cinnamon, rosemary, protective sigil/rune (e.g., Aigiz), diluted cinnamon or rosemary oil for anointing
- Paper towels, compost/green-waste bag, food-safe container for seeds (if roasting)



Carving a Jack-o'-Lantern (Protection Pumpkin)

Instructions:

1. **Cleanse & Intend** - Wipe the pumpkin clean. Sprinkle a tiny pinch of salt (protection) and cinnamon (warmth) on the stem, then state your intention: "This light guards my home and welcomes only blessings."
2. **Cut the Opening** - Cut a lid around the stem at a 45° angle so it won't fall in (or cut a base for a steadier candle platform). Make a small notch so the lid lines up easily.
3. **Scoop & Save** - Scoop out seeds and strings. Separate seeds if you'll roast them; compost the rest.
4. **Design the Ward** - Sketch your face or protective symbol/sign with a marker, or tape on a stencil and poke small guide holes along the lines. **Magickal tip:** Add a discreet sigil under the lid or on the back panel for extra protection.
5. **Carve Slowly** - Start with the smallest details and work outward. Use gentle, short strokes; for breaks or cracks, "stitch" pieces back with toothpicks or skewers.
6. **Light & Vent** - Place an LED tea light inside (or candle). If using real flame, carve a small "chimney" hole in the lid for ventilation and test the glow in the dark.
7. **Bless & Charge** - Light your lantern and say: "By flame and harvest's glow, this guardian stands. May only love and good enter this home." Optionally, lightly anoint the inner rim with diluted cinnamon or rosemary oil.
8. **Display with Care** - Set your jack-o'-lantern at the threshold or window. Snuff candles safely (or switch off LEDs) each night.



Ancestor Memory Lanterns

Create soft-glowing lanterns to honor ancestors and light the path on Samhain. This kid-friendly craft invites storytelling and remembrance while adding cozy, protective light to your altar or windows.

What You'll Need:

- Option A: Brown or white paper lunch bags or vellum parchment
- Option B: Clean glass jars (mason, pasta, baby-food)
- LED tea lights or fairy lights (no open flame for bags)
- Tissue paper in autumn colors, pressed leaves (optional)
- Glue stick or Mod Podge + brush; scissors/craft knife (adults only)
- Washable markers/paint pens; hole punch and twine (optional)
- Optional magical add-ons: rosemary/cinnamon (for blessing), protective sigils/runes, ancestor photos (copied/printed)



Ancestor Memory Lanterns

Instructions:

1. **Set Intention & Prep** - Sit together and name the loved ones you're honoring. Say: "May these lights guide our beloved dead and bless our home." Cover your table and gather supplies.
2. **Design the Lanterns** - Paper bag style: Lightly sketch a symbol (heart, star, pentacle, leaf). Adults can cut small shapes or a window: line the inside with colored tissue using a glue stick. Jar style: Brush a thin coat of Mod Podge on the outside of the jar, press tissue pieces or flat leaves, and seal with another thin coat. Let dry.
3. **Add Names & Blessings** - Write ancestor names, dates, or a simple message like "With gratitude" around the design. Kids can draw memories, favorite foods, or little icons (a fisherman's hat, a sewing needle, a musical note).
4. **Charge & Assemble** - Sprinkle a tiny pinch of rosemary/cinnamon into each bag/jar (optional). Place an LED tea light inside (paper bags must be LED only). For bags, fold the top edge down slightly for sturdiness.
5. **Create a Path or Altar Glow** - Line your porch/steps or place the lanterns around your ancestor altar or windowsill. As a family, take a quiet minute to share one memory per lantern.



Spiced Mulled Cider

Warm, comforting, and rich with seasonal spice, this recipe fills your home with the scent of autumn and makes a wonderful offering or addition to your harvest feast.

Ingredients

- 8 cups (2 quarts) fresh apple cider (unfiltered if possible)
- 1 orange, sliced into rounds (plus more for garnish)
- 1 small apple, sliced (optional)
- 3 cinnamon sticks
- 6 whole cloves
- 4 whole allspice berries
- 2 star anise (optional, lovely licorice note)
- 1-2 thin slices fresh ginger (or ½ tsp dried)
- 1-2 tbsp brown sugar or maple syrup, to taste
- Pinch of salt (brightens flavor)

Directions

1. Load the pot: Add cider, orange (and apple slices if using), spices, sweetener, and salt to a nonreactive pot. If you prefer no floating spices, bundle them in cheesecloth or use a large tea infuser.
2. Gently mull: Bring just to a steam over medium heat, then reduce to low. Cover and simmer 30-45 minutes (do not boil—boiling can mute the fruit). Taste and adjust sweetness/spice.
3. Serve: Ladle into heatproof mugs. Garnish with an orange slice and a cinnamon stick. For an adult version, add spirit to the mug, then top with hot cider.
4. Hold & store: Keep warm on the lowest burner or in a slow cooker on Warm. Refrigerate leftovers up to 4 days; reheat gently.



Skillet-Fried Pumpkin Seeds

Turn the seeds from your jack-o'-lantern into a crunchy, skillet-fried snack in minutes. Season them sweet or savory and enjoy a warm, salty bite of the harvest while your lantern glows.

Ingredients

- 2 cups fresh pumpkin seeds (from 1 large pumpkin), strands removed
- 2-3 tbsp neutral oil or 2 tbsp oil + 1 tbsp butter
- $\frac{3}{4}$ -1 tsp fine salt, to taste

Optional (choose 1-2):

- $\frac{1}{2}$ tsp smoked paprika • $\frac{1}{2}$ tsp garlic powder • $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp chili powder + squeeze of lime
- 1 tsp everything-bagel seasoning
- Sweet version: 1 tbsp sugar or maple sugar + $\frac{1}{2}$ tsp cinnamon (add off heat)

Quick Prep

1. Clean: Rinse seeds in a colander, rubbing off strings.
2. Dry well: Pat very dry with towels (water causes oil to spit). For ultra-crisp, air-dry 30-60 minutes.
3. Optional tenderizing: Simmer seeds 8-10 min in salted water, drain, and dry thoroughly before frying.

Fry

1. Heat a large skillet over medium. Add oil (and butter if using) until shimmering.
2. Add seeds in an even layer: sprinkle with $\frac{1}{2}$ tsp salt. Fry, stirring every 30-45 seconds, until golden, puffed, and noisy—about 10-15 minutes.
3. In the last minute, stir in dry spices (garlic powder, paprika, chili, etc.). For sweet coatings, remove from heat first, then toss with sugar + cinnamon.
4. Taste and add more salt. Spread on parchment to cool and crisp.

Flavor Ideas

1. Smoky Chili-Lime: $\frac{1}{2}$ tsp chili powder, $\frac{1}{4}$ tsp cumin, lime zest: finish with lime juice.
2. Herby Garlic: $\frac{1}{2}$ tsp garlic powder, $\frac{1}{2}$ tsp Italian herb blend: finish with grated Parmesan.
3. Maple Cinnamon (sweet): Toss off heat with 1 tbsp maple syrup + $\frac{1}{2}$ tsp cinnamon: sprinkle flaky salt.

A decorative wreath made of brown twigs, autumn leaves in shades of red, orange, and yellow, and small orange flowers. Three pumpkins are integrated into the design: one at the top right, one at the bottom left, and one at the bottom center. Small clusters of red berries are also visible.

JOURNAL PROMPTS, AFFIRMATIONS & TAROT

Journaling Prompts for Mabon

What is ready to end in my life, and what new beginning does that ending make room for?

Which ancestor (known or unknown) do I feel called to honor this year, and what wisdom might they offer me now?

What fears, habits, or stories am I willing to release to the dark for composting? How will I know they're truly gone?

Where am I being invited to slow down and listen more deeply—what does the quiet of the season want to tell me?

Journaling Prompts for Mabon

If I pull back the veil on my shadow, what part of me needs compassion, integration, or boundaries?

What signs, dreams, or synchronicities have appeared lately—how might they be guidance for the year ahead?

In what ways can I make my home and rituals more protective, grounding, and welcoming to benevolent spirits and memories?

What single intention seed will I plant for the Witches' New Year, and what small daily action will water it?

Samhain Affirmations

I honor my ancestors and welcome their wisdom with
gratitude.

I release what is complete and make space for blessed new
beginnings.

I walk through the dark with courage, clarity, and protection.

My shadows are teachers: I meet them with compassion and
integrate their lessons.

I am rooted, grounded, and guided by the unseen.

The veil is thin, and I listen carefully to the messages meant
for me.

I bless my home and guard my threshold with light.

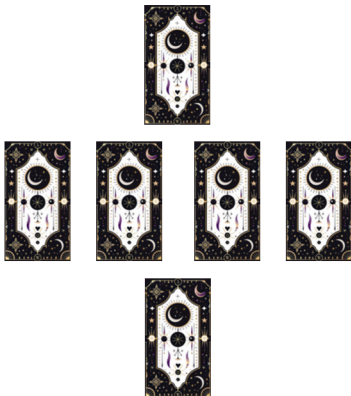
I trust the sacred cycle of death and rebirth unfolding in my
life.

I carry forward only what nourishes my spirit and purpose.

I step into the Witches' New Year clear-eyed, empowered, and
renewed.

Crossing the Veil: A Samhain 6-Card Spread

Use this spread at Samhain (or anytime the veil feels thin) to mark the year's turning. It guides you through what is ending, the lesson it brought, the shadow to integrate, a message from your ancestors, how to honor the dead, and what is being reborn. Shuffle with intention, breathe, and let the cards reveal what to release and what to welcome next.



PERFORMING THE SPREAD

Find a quiet, sacred space where you can focus.

Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.

Lay out the cards in the pattern above.

Reflect on the meaning of each card and how it applies to your journey.

Samhain Tarot Spread Questions

What is dying / ending — The cycle, pattern, or role ready to be laid to rest.



Why it's ending (the lesson) — What you were meant to learn from it.



The shadow to face — Fear, habit, or story to integrate with compassion.



Ancestor message — Guidance from your lineage/spirit allies at the veil.



How to honor the dead — A concrete way to remember, repair, or give thanks.



What is being born — Seed of the new year: the gift emerging from release.



About the Sabbat Workbook Series



These Sabbat workbooks are part of a series created to help families celebrate the Wheel of the Year with intention and magic. Each workbook focuses on a specific Sabbat, offering rituals, crafts, recipes, and reflections tailored to the season. Use them to deepen your connection to nature, honor the cycles of the year, and create meaningful traditions with your loved ones. Whether you are exploring these practices for the first time or continuing a long-standing journey, these workbooks are designed to inspire and guide you through each celebration.

Learn more at:
<https://modernmagickfamily.com/wheel-of-the-year>

MODERN MAGICKAL SERIES

The Modern Magickal Series is a collection of workbooks, guides, and rituals designed to bring the wisdom of magick into your everyday life. Whether you're just beginning your path or deepening your existing practice, these resources are here to help you connect with magick in a way that feels clear, practical, and empowering.

LIVING WITH INTENTION

Bring your whole self into alignment by weaving magick into your everyday life—as a parent, a professional, and a spiritual being. This series helps you live with clarity, balance, and purpose by turning the ordinary into the sacred.

FAMILY



PROFESSIONAL



SPIRITUALITY



ALIGNMENT WITH NATURE & THE UNIVERSE

Discover how to flow with lunar energy, celebrate the seasons, and harness astrological wisdom. This series connects you to the rhythms of nature and the cosmos, guiding your practice with celestial alignment.

FAMILY



SEASONAL



ASTROLOGY



ROOTED IN THE CRAFT

Build a strong, ethical, and empowered foundation for your magickal path—from beginner basics to spells of resistance and transformation. This series grounds you in the essential tools, practices, and principles of modern witchcraft.

WITCHCRAFT



ACTIVISM



MAGICK



Magick thrives in community—and we'd love for you to be part of ours! 🌙☀️

Stay inspired, share your journey, and connect with other modern witches and seekers by joining us online. On our social channels, you'll find daily magickal tips, seasonal rituals, behind-the-scenes moments, and a supportive circle to remind you that you're never walking this path alone.

Follow Modern Magickal Family on Instagram, TikTok, and Facebook to grow your practice, celebrate the cycles of nature, and bring more intention into your everyday life. ☀️

FOLLOW US ON SOCIAL MEDIA

Linktree		https://linktr.ee/modernmagickalfamily
Patreon		https://www.patreon.com/cw/ModernMagickalFamily
Instagram		https://www.instagram.com/modernmagickalfamily
Facebook		http://facebook.com/modernmagickalfamily
TikTok		https://www.tiktok.com/@modernmagickalfamily
Youtube		https://www.youtube.com/@modernmagickalfamily
Pinterest		https://www.pinterest.com/modernmagickalfamily



For More Magick



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at www.modernmagickalfamily.com and let the magic unfold!

© 2025 Modern Magickal Family. All rights reserved.

This workbook and all included content, graphics, text, and illustrations are the intellectual property of Modern Magickal Family and may not be reproduced, distributed, or used for commercial purposes without explicit written permission. This guide is intended for personal use only. Thank you for honoring and respecting this creative work.