

LAMMAS

A CELEBRATION OF THE FIRST
HARVEST



Honoring Abundance, Gratitude, and
the Magick of Growth

MODERN MAGICKAL FAMILY

Lammas Workbook

Written by Modern Magickal Family

Welcome to the Lammas Workbook, a sacred space to honor the first harvest and the abundant blessings of the Earth. Lammas, also known as Lughnasadh, marks the turning point in the Wheel of the Year when the fruits of our labor begin to ripen physically, spiritually, and emotionally.

This workbook is designed to help you and your family celebrate the season with intention, gratitude, and joy. Inside, you'll find rituals, recipes, crafts, journal prompts, and more, all grounded in ancient tradition and adapted for modern magickal living. Whether you're celebrating alone or with loved ones, may this guide help you connect to the rhythm of the land, reflect on your personal harvest, and move forward with open-hearted abundance.



What's Included

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

How to Use this Workbook

This Lammas Workbook is designed to guide you through a meaningful and magical celebration of the first harvest. You can move through the pages in order or skip around based on what resonates most with your spiritual practice or family traditions. Start by reading the Understanding Lammas section to ground yourself in the history and energy of the sabbat, then explore the rituals, activities, and crafts that call to you.

Use the journal prompts and affirmations for quiet reflection or meditation. Try the recipes and crafts as hands-on ways to connect with the energy of the Earth, especially if you're celebrating with children or loved ones. The tarot spread can be done anytime during Lammas season to gain insight into your personal harvest, while the spells and rituals can be performed individually or adapted for a group.

Feel free to print out pages, use them in your Book of Shadows, or revisit them each year as part of your seasonal practice. However you choose to use this workbook, may it help you slow down, celebrate your growth, and honor the sacred abundance all around you.



Understanding Lammas

Lammas, also known by its Gaelic name Lughnasadh (pronounced LOO-nah-sah), is celebrated on or around August 1st in the Northern Hemisphere. It marks the first of the three traditional harvest festivals, followed by Mabon and Samhain. The word Lammas comes from the Old English "hlaf-mas," meaning "loaf mass," and it was historically a time when communities baked bread from the first grain and offered it in thanks. This sabbat celebrates abundance, the rewards of hard work, and the sacred cycle of growth and renewal.



Lammas is a time to recognize and give thanks for what we've "harvested" in our lives physically, emotionally, and spiritually. It is a sacred moment to pause and honor the journey from seed to fruit, intention to manifestation. The grain, often wheat or corn, symbolizes life itself, something that must be cut down to be transformed into sustenance. The sun, having reached its peak at the Summer Solstice, now begins its gradual descent, symbolizing sacrifice and the turning wheel of time. Lammas invites us to celebrate what we've achieved while also preparing for what lies ahead, with humility, gratitude, and a renewed sense of purpose.

Historical Roots of Lammas

Lammas, also known as Lughnasadh, is one of the oldest agricultural festivals, rooted in both Celtic and Anglo-Saxon traditions. The name 'Lammas' comes from the Old English hlāfmæsse, meaning 'loaf mass,' and was traditionally celebrated on August 1st as a time to give thanks for the first grain harvest of the year. In Christianized Europe, it became customary to bake bread from the first flour of the season and bring it to church to be blessed, symbolizing the sacredness of the land's bounty. This practice reflects deep reverence for the life-giving power of grain, which was often seen as a divine gift and a foundation of survival in pre-industrial communities.

In Celtic tradition, this festival is known as Lughnasadh, named after the god Lugh, a solar deity associated with craftsmanship, skill, and leadership. According to Irish mythology, Lugh established the festival in honor of his foster mother, Tailtiu, who died after clearing land for agriculture. Lughnasadh was marked by great gatherings, athletic competitions, ritual games, fairs, feasting, and storytelling—activities that both celebrated the harvest and honored the memory of ancestral sacrifices. It was a communal time to acknowledge not only the physical rewards of hard work, but also the spiritual and social bonds that sustained communities. Lammas reminds us that gratitude, sharing, and letting go are essential parts of every cycle of creation and growth.



The Symbolism and Energy of Lammas

Lammas is a festival steeped in golden light, ripe fields, and the sacred pulse of gratitude. As the first of the three harvest festivals, it marks a time of reaping what we have sown—physically, emotionally, and spiritually. The energy of Lammas is both celebratory and sobering; while we honor the fruits of our labor and the abundance around us, we are also reminded that all things move toward transformation. It is the moment on the Wheel of the Year where the high energy of summer begins to wane, and we slowly turn toward introspection and release.

The symbols of Lammas—grain, bread, the sickle, the sun, and fire—carry deep meaning. Grain is life, a gift from the Earth that requires planting, tending, and harvesting. Bread, made from that grain, becomes a sacred offering—both a celebration of survival and a reminder of sacrifice. The sickle symbolizes the necessary endings that make way for new beginnings. The sun, still powerful but beginning to descend, represents illumination, vitality, and the ever-turning cycle of light and shadow. Fire, whether from a bonfire or a single candle flame, holds the spark of transformation, honoring the efforts that brought us to this moment and the inner light we carry into the darker months ahead.

Lammas invites us to slow down and take stock. What have we created, completed, or brought to life since the beginning of the year? What are we proud of? What must we now release to make space for deeper growth? It is a time of gratitude, acknowledgment, and intention—a powerful seasonal threshold where the spirit of the land meets the spirit within us, and together, they whisper: You have done well. Now, rest, reflect, and begin again.



Lugh: The Shining One of the First Harvest

Lugh, the namesake of Lughnasadh, is a revered Celtic deity known as the "Shining One" or "Master of All Arts." A solar god of light, skill, and craftsmanship, Lugh embodies excellence, leadership, and the power of creative expression. He was not limited to one domain, he was a warrior, poet,

blacksmith, harpist, and healer, making him a symbol of human potential and divine inspiration. In mythology, Lugh established the first Lughnasadh festival to honor his foster mother, Tailtiu, who sacrificed her life to prepare the land for cultivation, linking him to themes of service, gratitude, and the sacredness of the harvest. To honor Lugh during Lammas, you can light a gold or orange candle in his name, offer your own talents or handmade items, recite poetry, or engage in a creative task with focus and intention. Leave offerings such as bread, honey, or grain on your altar, and speak words of thanks for the light, labor, and wisdom that brought you to this point in the year.



CORRESPONDENCES FOR LAMMAS



Magickal Crystals for Lammas

Crystals that resonate with Lammas carry the energy of abundance, vitality, gratitude, and transformation. Citrine radiates joy and prosperity, making it perfect for celebrating your personal harvest. Sunstone embodies the energy of the sun and boosts confidence, encouraging you to shine brightly as you reflect on your achievements. Carnelian fuels motivation and creativity, aligning beautifully with the active energy of this sabbat. Amber, fossilized tree resin, holds ancient sunlight and promotes healing and protection. Golden Tiger's Eye offers grounded confidence and helps you stay focused on long-term goals. Moss Agate connects you to the Earth's cycles, supporting growth and stability. Peridot, the stone of compassion, invites heart-centered gratitude and releases burdens. Lastly, Red Jasper is deeply nurturing, helping you stay rooted in your strength as you transition into the darker half of the year. These crystals can be placed on your Lammas altar, carried throughout the season, or incorporated into gratitude and harvest rituals.



Magickal Herbs for Lammas

Lammas herbs are rich with the energy of abundance, healing, and gratitude, making them perfect allies for celebrating the first harvest. Basil is a powerful herb for prosperity and protection, ideal for cooking Lammas meals or dressing candles. Rosemary enhances memory and clarity, helping you reflect on the journey from seed to harvest. Sage, often used for cleansing, is perfect for releasing what no longer serves you as you prepare for the waning light of the year. Chamomile brings peace, relaxation, and blessings—wonderful in teas or spell sachets. Mint invigorates the spirit and supports abundance rituals, while Thyme offers courage and protection. Calendula (marigold) carries the sun's golden energy and is used in healing and joy-filled magick. Cornsilk, often overlooked, holds the essence of the harvest and can be added to spells for fertility, prosperity, or honoring the Earth's generosity. These herbs can be burned, brewed, cooked with, or added to Lammas rituals and altars to amplify the season's magick.



Decorating Your Altar for Lammass

Decorating your altar for Lammass is a beautiful way to honor the abundance of the first harvest and the golden energy of the season. Start with bundles of wheat, corn, or grain to symbolize prosperity and the fruits of your labor. Add sunflowers or marigolds for vibrant solar energy and to reflect the waning strength of the summer sun. Place freshly baked bread or corn muffins as offerings of gratitude to the Earth and the spirits of the harvest. Incorporate golden and orange candles to represent fire, transformation, and the light still present. Use crystals like citrine, carnelian, or amber to amplify your altar's energy of joy and manifestation. Add a small sickle or knife to symbolize the cutting of the grain and the turning of the Wheel of the Year. Display images or symbols of Lugh, such as tools or sun motifs, to honor the god of skill and light. Finally, include a gratitude jar or handwritten list of things you've harvested or are thankful for this year to ground your altar in heartfelt reflection and intention.



Things to Do for Lammass

Celebrating Lammass can be simple and meaningful with just a few thoughtful actions that honor the spirit of the season. Bake a loaf of bread, even from a mix, and bless it with gratitude before eating. Light a gold or orange candle to honor the sun and give thanks for your personal harvests. Take a nature walk and gather fallen leaves, flowers, or grain heads as symbols of the season. Write a gratitude list reflecting on what you've achieved or received this year. Make a corn doll or small figure from dried herbs or corn husks for protection and abundance. Share a seasonal meal with loved ones using fresh summer produce like berries, squash, or corn. Decorate a small altar with sunflowers, crystals, and harvest items. And finally, offer a bit of bread or herbs back to the earth as a symbolic thank-you for its gifts. Each of these acts, though simple, helps you align with the energy of Lammass in a personal and powerful way.



Bake Bread



Share a Meal



Nature Walk



Light Orange/Red Candles

Things to Do *Lammass*

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Decorate an Altar



Write a Gratitude List



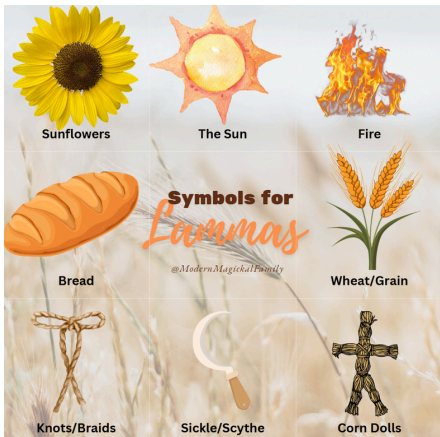
Make a Corn Doll



Offer Bread to the Earth

Symbols of Lammas

The symbols of Lammas are rich with meaning, drawing from the themes of harvest, sacrifice, and abundance. Wheat and grain represent the core of the first harvest—nourishment, prosperity, and the fruits of hard work. Bread, especially homemade loaves, is a sacred symbol of transformation, turning raw ingredients into sustenance and magic. Corn dolls crafted from husks honor the spirit of the grain and are used for protection, fertility, and seasonal blessings. The sickle or scythe is a powerful emblem of the harvest, representing both the reaping of rewards and the necessary letting go. The sun, still strong but waning, symbolizes light, growth, and the energy that fuels all life. Sunflowers mirror the sun's energy and are often used in altars and rituals to invoke joy and gratitude. Knots and braids, whether in bread, hair, or ribbon, symbolize weaving intentions, community, and the interconnectedness of all things. Finally, fire—through bonfires or candles—represents both the heat of the season and the transformational energy of Lammas, burning away the old and making space for what's next.



RITUALS FOR FAMILIES



Family Activities for Lammas

Family Bread-Baking Day

Gather in the kitchen to bake a loaf of bread together, letting each family member stir the dough and add a blessing or intention. Once it's baked, share it as a sacred meal of gratitude and togetherness.



Harvest Nature Walk

Take a walk outside and let everyone collect signs of the season—leaves, acorns, wildflowers, or grain. Back at home, arrange the treasures on your altar or turn them into a seasonal centerpiece.

Gratitude Circle

Sit in a circle and take turns sharing one thing each person is thankful for this year. You can write the blessings on strips of paper and place them in a decorated gratitude jar.



Lammas Craft Time

Make simple corn dolls, braided sun symbols, or paint rocks with harvest symbols like wheat, suns, or hearts. These can be added to your altar or placed around the house as festive decorations.

Family Lammass Ritual

Circle of Gratitude and Bread Blessing

To celebrate the first harvest together as a family, give thanks for abundance, and set collective intentions for the rest of the year.

What You'll Need:

- A loaf of bread (homemade or store-bought)
- A gold or orange candle
- A small bowl of water or juice
- A bundle of herbs (rosemary, sage, or mint) or a corn husk doll
- Paper and pens for each family member
- A bowl or basket for offerings
- Seasonal altar setup (optional)



Family Lammas Ritual

1. Setup and Centering

Gather in a circle around your altar or a table. Light the candle and say together: 'We gather in the light of the harvest sun, with hearts full of thanks for all we've become.'



2. Calling the Elements

Invite the family to turn in each direction and say: East, bring us clarity and vision for what's to come. South, ignite our passion and energy to create. West, help us release and flow with change. North, keep us grounded in abundance and support.



3. Gratitude Sharing

Each person takes a moment to write (or speak) one thing they are grateful for this year. Place the notes into the basket as offerings or tuck them under the bread.



4. Blessing the Bread

Have each person place a hand on or near the bread. One person can say (or repeat as a group): 'From seed to sprout, from sun to sheaf, we honor the work, the joy, and the grief. As we share this bread, may we be nourished in love, hope, and harvest.'

Family Lammas Ritual

5. Sharing the Bread and Drink

Tear pieces of bread and pass them around, followed by a sip of water or juice. Eat and drink mindfully in silence or with soft music.



6. Family Intention Setting

As a group, decide on one shared intention for the next season (e.g., spending more time outdoors, working on a creative project together, helping in the community). Write it down and place it on the altar.

7. Closing the Circle

Snuff the candle and say:
"With open hearts and full bellies, we thank the Earth for her gifts. May we carry this light into the darker days ahead."



8. Optional: Bury the gratitude notes or bread crumbs in your garden as an offering back to the Earth.

Lammas Scavenger Hunt

Let's go on a Lammas adventure! Find the treasures of the harvest and celebrate the abundance, nature, and joy of the season.

Item to Find	Symbolism	Check Box
An acorn or seed	New beginnings, potential, and the cycle of life	
A yellow or orange flower	Harvest, sunlight, and seasonal abundance	
A feather	Messages from the spirit world, freedom	
A piece of grain or grass	The harvest and life-giving energy of the Earth	
A smooth stone	Grounding, stability, and connection to nature	
A fallen leaf	Change, release, and the turning of the seasons	
A symbol of the sun	Solar energy, vitality, and illumination	
Something heart-shaped	Love, gratitude, and emotional abundance	
A dried herb or aromatic plant	Healing, home protection, and seasonal magick	
A piece of fruit or vegetable	Nourishment, local abundance, and Earth's gifts	

SOLITARY ACTIVITIES



Solitary Activities for Lammas

Bake a Ritual Loaf

Prepare a small loaf of bread or muffin, infusing it with intentions of gratitude and abundance as you mix and knead. Once baked, bless it with a candle and offer a piece back to the Earth in thanks.



Create a Harvest Gratitude Jar

Write down things you've accomplished or are grateful for on small slips of paper and place them in a decorated jar. Keep it on your altar to remind you of your personal harvest throughout the season.



Perform a Lammas Candle Ritual

Light a golden or orange candle and meditate on what you've grown in your life this year. As the candle burns, speak aloud or journal your thanks and release what no longer serves you.



Make an Abundance Spell Jar

Fill a small jar with grains, a cinnamon stick, citrine, and basil to draw in prosperity and celebrate the energy of the harvest. Seal it with wax and place it on your altar as a symbol of ongoing abundance.



Lammas Ritual for the Solitary Witch

'The Flame of Gratitude and Harvest'

To honor your personal growth and achievements, give thanks for what has come to fruition, and plant seeds of intention for the rest of the year.

What You'll Need:

- A gold, orange, or red candle (representing the harvest sun)
- A small loaf of bread or a piece of seasonal fruit
- A bowl of water or wine
- Pen and paper
- A fire-safe bowl or cauldron (optional)
- A quiet space indoors or outside



Lammas Ritual for the Solitary Witch

1. Prepare Your Space

Set up your altar or sacred space with the candle at the center. Place the bread, water, and a slip of paper nearby. Take a few deep breaths to ground yourself and call in your spirit guides, ancestors, or deities if you work with any.



2. Light the Candle and Call the Energy

Light the candle and say: "As the sun begins to wane, I give thanks for all that has grown. I honor the cycle, the light, the harvest, and the lessons shown."

3. Gratitude Reflection

Take the paper and write down three things you are truly grateful for—things you have "harvested" or received since the beginning of the year. Fold the paper and place it next to the bread as a sacred offering.

GRATITUDE LIST

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

4. Bread Blessing and Offering

Hold the bread in your hands and say: "This bread is the fruit of my labor, the gift of the Earth, and the blessing of the Divine. I receive its nourishment with gratitude and joy."

Break off a small piece, eat it slowly with intention, and bury or leave another piece outside as an offering to the land.



Lammas Ritual for the Solitary Witch

5. Release and Intention Setting

On the back of your paper, write one thing you are ready to release and one seed you wish to plant for the rest of the year. If safe, burn the paper in your bowl or cauldron and say: "What is no longer needed is released. What I desire shall take root and grow."



6. Closing the Ritual

Raise your bowl of water or wine and toast the harvest, saying: "To the turning of the Wheel, to the gifts I hold, and to the magic yet to come. Blessed be."

Drink mindfully and snuff the candle, giving thanks to all energies present.

7. After the Ritual

Take a few moments to journal any insights or feelings that arose. You may wish to keep the candle on your altar to burn during the week as a reminder of your harvest energy.



CRAFTS & RECIPES



How to Make a Corn Dolly

A Lammas Craft for Honoring the Spirit of the Grain

What You'll Need:

- Dried corn husks (available at craft stores or in the Latin foods section)
- A bowl of warm water
- Twine, string, or ribbon (gold, orange, or brown work beautifully)
- Scissors
- Optional: dried herbs or flowers for decoration



How to Make a Corn Dolly

Instructions:

1. Soften the Corn Husks - Place the corn husks in a bowl of warm water for 5-10 minutes to make them pliable. Once softened, gently pat them dry with a towel.
2. Create the Head - Take 3-4 husks and stack them together. Tie a string about an inch from the top to form the doll's head. Trim the top edges if you'd like a more rounded look.
3. Form the Body - Divide the husks below the head into two sections and fold them downward over the tied head. Secure them at the 'waist' with string. This forms the body of the dolly.
4. Make Arms (Optional) - Take a separate husk, roll it tightly, and tie each end with string to create arms. Slide this rolled piece between the two sections of the body under the head and tie the body again beneath the arms to secure it.
5. Shape the Skirt or Legs - You can either leave the bottom husks as a flowing skirt, or divide and tie them into two sections to form legs. Trim the ends for evenness.
6. Decorate and Bless - Add ribbons, herbs, dried flowers, or symbols for protection and abundance. As you dress or decorate the dolly, speak your intention aloud (e.g., "May this dolly guard our home and honor the harvest spirit").



What to Do with Your Corn Dolly

- Place it on your Llammas altar as a symbol of the harvest spirit.
- Hang it in your kitchen or doorway for protection and abundance.
- Bury it at Samhain to return the spirit to the Earth, or burn it in a sacred fire to release your intentions.

Sun Tea with Mint and Lemon Balm

A cooling, heart-opening herbal tea brewed with the energy of the sun

Ingredients

- 4-6 cups fresh, cold water
- 1 small handful of fresh mint leaves (or 1 tablespoon dried)
- 1 small handful of fresh lemon balm leaves (or 1 tablespoon dried)
- Optional: 1-2 lemon slices or a bit of honey for sweetness
- A large glass jar or pitcher with a lid
- Sunshine ☀



Directions

1. Cleanse & Intend - Before you begin, rinse your herbs and hold them in your hands. Set an intention for vitality, peace, or joy—whatever you want this tea to bring.
2. Fill the Jar - Place the mint and lemon balm into your jar or pitcher. Add lemon slices if using. Pour in cold water, filling the container.
3. Infuse in the Sun - Cover the jar and place it in direct sunlight for 3-4 hours. As it steeps, the sun charges the herbs with warmth, energy, and brightness.
4. Strain & Sweeten - Strain out the herbs and add honey if desired. Chill in the fridge or serve over ice.
5. Enjoy Mindfully - Drink with gratitude and awareness, giving thanks for the sun, the herbs, and the blessings of the season.

Magickal Tip: You can draw a sun or harvest sigil on the lid or jar with chalk or marker to infuse your tea with extra intention. This tea is great to serve during Lammas rituals, family gatherings, or quiet moments in the garden.

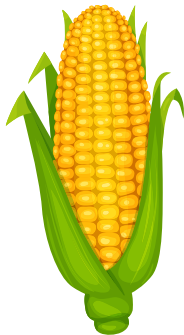


Roasted Corn and Herb Salad

A bright, flavorful dish honoring the abundance of the grain harvest

Ingredients

- 4 ears of fresh corn (or 3 cups frozen corn, thawed)
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh mint (optional but refreshing)
- Juice of 1 lemon
- Zest of 1 lemon
- 1/4 cup crumbled feta or goat cheese (optional)
- Optional: a pinch of chili flakes for a little heat



Directions

1. Roast the Corn - Preheat your oven to 400°F (200°C). Remove the corn kernels from the cobs and spread them on a baking sheet. Toss with olive oil, salt, and pepper. Roast for 20-25 minutes, stirring once, until lightly browned and caramelized.
2. Mix the Salad - Let the roasted corn cool slightly. In a large bowl, combine the corn with chopped herbs, lemon juice, and zest. Add cheese and chili flakes if using.
3. Serve & Celebrate - Toss everything gently and taste for seasoning. Serve warm or chilled, and enjoy as a side dish for your Lammas feast.

✨ **Magickal Note:** Corn carries the energy of abundance and nourishment. Basil and parsley attract prosperity, while mint adds clarity and freshness—making this salad a tasty spell of gratitude for the season's gifts.

Decorate a Gratitude Jar

A Gratitude Jar is a simple yet powerful magical tool that helps you anchor into the abundance already present in your life. Especially at Lammas—the first harvest—it's a beautiful reminder to celebrate your wins, blessings, and the quiet moments of joy that nourish your spirit. Writing down what you're thankful for and placing it in the jar is a ritual of acknowledgment and alignment, helping you stay rooted in appreciation as the wheel of the year turns. Over time, the jar becomes a collection of light, love, and perspective—a physical manifestation of your blessings.

What You'll Need:

- A clean glass jar (mason jar, recycled food jar, or small vase)
- Strips of paper or small note cards
- Markers or pens
- Stickers, washi tape, ribbons, or seasonal decor
- Crystals, herbs, or charms (optional for added magic)



How to Create It

1. Clean and Cleanse - Wash your jar and (if desired) energetically cleanse it with smoke, sound, or moonlight. Set an intention for it to hold loving, grateful energy.
2. Decorate the Jar - Wrap the rim with ribbon or twine, glue on pressed flowers or harvest stickers, or paint symbols of abundance (wheat, suns, hearts). You can label it "Gratitude," "Blessings," or give it a custom name like "Harvest of Thanks."
3. Prepare Your Notes - Cut paper into small strips or squares. Keep them nearby, along with a pen or pencil, to make it easy to write a gratitude note each day or week.
4. Start Filling It - Write down something you're thankful for and place it in the jar. You can do this daily, during a ritual, or whenever your heart feels full.
5. Display and Use - Place your Gratitude Jar on your altar, dining table, or nightstand as a visual reminder of your abundance. At Samhain or the end of the year, read through the notes and reflect on how much you've received and grown.

Craft: Make Harvest Crowns

Harvest crowns are a beautiful and symbolic way to celebrate Lammas, representing the bounty of the Earth, the cycle of life, and the solar energy still glowing as summer begins to wane. Wearing a crown made of herbs, flowers, or grain connects you to the land and your personal 'harvest'—what you've grown, created, and become. Whether made alone or as a family, this crown becomes both a festive adornment and a living altar piece honoring the season's abundance.

What You'll Need:

- A flexible base: floral wire, a grapevine wreath, or a braided strip of raffia
- Twine, floral tape, or hot glue
- Scissors or wire cutters
- Natural decorations:
 - Dried wheat, grasses, or corn husks
 - Fresh or dried herbs (rosemary, thyme, sage, mint)
 - Flowers (sunflowers, marigolds, daisies, calendula)
 - Leaves, berries, or acorns
- Optional: ribbons in gold, orange, or brown for extra flair



Craft: Make Harvest Crowns

How to Create It

1. Shape the Base - Measure around your head and form a circle using floral wire, grapevine, or braided raffia to fit snugly but comfortably. Twist or tie the ends to secure.
2. Prepare Your Plant Materials - Lay out your herbs, grains, and flowers. Trim stems to 2-3 inches and group smaller pieces into mini bundles for easier attachment.
3. Attach the Greenery - Use floral tape or twine to attach your bundles to the crown base, overlapping each one slightly so the stems are hidden. Work clockwise, layering in texture and color as you go.
4. Add Details and Decorations - Tuck in berries, feathers, small charms, or crystals. If desired, tie long ribbons to the back of the crown for a flowing, festive touch.
5. Charge and Wear - Once your crown is complete, hold it to your heart and speak a blessing or intention aloud. Wear it during your Lammass ritual, nature walks, or mealtime celebration to embody the spirit of the harvest.



★ **Magickal Tip:** Include herbs with specific intentions—rosemary for protection, basil for abundance, mint for clarity—and wear your crown during a Lammass meditation or gratitude practice for an extra dose of enchantment. You can also place it on your altar after the celebration as a seasonal offering.

JOURNAL PROMPTS, AFFIRMATIONS & TAROT



Journaling Prompts for Lammass

🌱 What have I harvested this year—physically, emotionally, or spiritually—that I am most proud of?

Where in my life have I shown courage, effort, or perseverance that deserves to be celebrated?

What blessings have shown up unexpectedly, and how have they changed me?

What seeds (goals or intentions) did I plant earlier this year, and how are they growing?

Journaling Prompts for Lammass

What am I most grateful for right now? How can I express that gratitude in action?

What is something I need to release or sacrifice in order to grow into the next season of my life?

What do I want to continue nurturing and tending as the year begins to wane?

How can I share my abundance—my talents, time, love, or wisdom—with others in meaningful ways?

Lammas Affirmations

I honor the work I've done and celebrate the abundance I have created.

Like the sun at its peak, I shine with confidence and purpose.

I am nourished by the fruits of my labor, and I share my blessings with joy.

I release what no longer serves me and make space for new growth.

Gratitude roots me in the present and opens my heart to receive more.

I am in rhythm with the Earth's cycles, grounded and ever-growing.

I welcome abundance into my life with open arms and a grateful spirit.

My past efforts blossom into gifts that support my journey forward.

I trust the unfolding of the seasons and the wisdom within me.

As the Wheel turns, I carry the light of my harvest into the dark with courage and hope.

Lammas Tarot Spread

A 5-card spread to reflect on your growth, honor your harvest, and prepare for the waning half of the year. This spread helps you evaluate what you've cultivated, what is ready to be celebrated, what needs to be let go, and what intentions to carry forward as the Wheel of the Year turns.



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.

Lammas Tarot Spread Questions

🌾 What Have I Harvested?

- What fruits of my labor are ready to be acknowledged or celebrated?

🔥 What Fueled My Growth?

- What energy, habit, or support helped me reach this point?

🍂 What Must Be Released?

- What has served its purpose and needs to be let go to make room for new growth?

🌻 What Do I Still Need to Nurture?

- What goal, relationship, or part of myself needs continued care and attention?

✨ What Blessing is Emerging?

- What unseen gift or opportunity is coming into my life as I step into the next season?

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>



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!

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