

Beltane Workbook

This workbook is your sacred space to slow down, tune in, and intentionally work with the energies of Beltane. It blends magickal practice with mindful living, guiding you to:

- · Reflect on your personal growth and desires · Connect deeply with nature's rhythms and seasonal energies
- Celebrate life with joy and purpose—whether through ritual journaling, crafting, or play · Invite more beauty, pleasure, and intentionality into your
- everyday life Whether you're celebrating solo, with your family, or in

community, this workbook offers practices and prompts to help you live more magickally and authentically this Beltane season.



What's Included: Understanding Beltane Beltane Correspondences Family Rituals & Activities Porsonal Rituals & Activitios Beltane Crafts & Recipes Journal Prompts & Affirmations Beltane Tarot Spread

# How to Use this Workbook

This workbook is moant to inspire connection, creativity, and joy as you colobrate the turning of the Whole of the Year. It is dosigned to be flexible and family-friendly, allowing, you to move through activities at your own pace. Take your time, follow what resonates most with you, and lot Beltano's energy quide you.



- Explore Boltane Energy- Read about the themes of Beltane to ground yourself in the season's spirit of renewal, passion, and creativity.
- 2. Engago in Rituals @ Activities Use the rituals and crafts throughout the workbook—like flower crown making, tarot spreads, or family rituals—to colobrate and manifest your intentions. Feel free to adapt them to your needs!
- Connect with Nature Take part in nature-inspired activities like the Nature Scavenger Hunt and explore the herbs and crystals that resonate with Beltane's energy.
- 4. Journal Your Journey Reflect on your experience with the journal prempts to deepen your connection to your desires and growth. Write freely and allow the magect to unfold.

  5. Colobrate & Reflect Enjoy your creations and the

abundance of Beltane. Revisit your intentions and the and of the season, celebrating what's come to fruition.

Understanding Beltane

# What is Beltane?

Boltano is one of the ought sacred Sabbats in the Whoel of the Year—an ancient seasonal festival that marks the halfway point between Spring Equinos (Ostara) and Summer Solstice (Linh). Colobrated around May list in the Northern Hemisphere. Boltano is a vibrant colobration of life, love, fortility, and the full bloom of nature's abundance.

Rooted in Coltic and Pagan traditions. Boltane was historically honored with bonfires, maypole dances, and fortility rites that honored the union of the Divine Feminina and Divine Masculine. It's a time when the earth is bursting, with life, and the veil between worlds is thin—making, it a powerful moment for magick, manifestation, and joyful connection.

At its heart. Beltane is a festival of fire and fertility—not only in a literal sense of birth and creation, but symbolically in the blossoming, of new desires, pessivers, projects, and purpose, it invites us to colobrate the sensual creative, and life-giving, forces within and encound us.



# Seasonal Energy

During Beltane, nature is alive with color, scent, and song, Flowers bloom, bees hum, and the days grow warmer and longer. This seasonal shift brings:

- Heightened Sensuality: An invitation to be present in your body, experience joy through the senses, and reconnect with pleasure in its many forms.
- Croative Spark Ideas floursh and inspiration flows. It's a potent time to start projects, fuel passions, and bring dreams to life.
   New Bogginings: Seeds planted earlier in the year new bogin to take root. This is a mement to henor growth transformation, and the fortility of your intoritories.
- Connection & Union: Beltane celebrates sacred union—not just romantic, but also the harmony of energies, the dance of masculine and feminine within us all.



### History of Beltane

Historically, Boltane was a fire festival, henoring the height of spring, and the approaching, summer, a time of abundance, fertility, and renewal. The name 'Belatine' is derived from the Gaelle word 'Bealtane', meaning, bright fire', referring, to the sacred fires lit during, the festival to protect and purify the land, animals, and people. The Celts believed that the Boltane fires had the power to heal and bless, ensuring the fortility of the earth, crops, and livestock. In rural communities, cattle would be driven between two large benifies to cleanse and bless them, ensuring, a good grazing, season ahead.

Boltane also colorrates the sacred union of the Goddess and God. symbolzing, the morging of formine and masculine energies, which is reflected in the forfility rituals of the time. This union was thought to bring new life to the earth and the people, often marked by joyous dances, feats, and trituals. Boltane was a time for revolvy and colobrating, the sensual creative energy of life. It was often a symbolic way, with their union representing, the union of nature itself. The festival was deeply tied to nature's cycles, with an emphasis on growth, forfility, and abundance.



# Beltane & Modern Day Influences

Over the centuries. Beltane rituals blended with Christian traditions, particularly the celebration of May Day, and the pagan roots of the holding were often hidden or suppressed. However, in modern times, Beltane has seen a revival within centemperary Paganism. Wice, and Neo-Drudism, with many celebrating, it as a sacred time to hence the Earth celebrate the powers of creation, and cenneet with the rhythms of nature.

Today, Boltane romans a colobration of life, love, and the flourishing of the oarth inviting people to honor their creative potential embrace abundance, and colobrate the union of the divine feminine and masculine energies. The Maypok dance, one of the most iconic traditions associated with Boltane, represents this union and the interconnectedness of life, with participants weaving, the properties of the community, and the pole in a colobration of forthity and community.



# A Celebration of the Green Man

The Green Man is a symbol of nature, growth, and fertility, often depicted as a face made of leaves, vines, and branches.

Representing the spirit of the forest and the life force of the Earth.

Representing, the spirit of the forest and the life force of the Earth to embodies the renewal and abundance that comes with spring, and summer. His imagery reflects the interconnectedness of all living, things and the cycles of nature, particularly the fortile energy that is colobrated during, Boltane.

Boltano. a festival of forfility and growth is the porfect time to honor the Green Man. He symbolizes the masculine energy that, when united with the feminine energy of the Goddess, brings life to the earth. During this time, the Green Man is celebrated for his role in ensuring, a fortile and abundant growing, season. His prosence in rituals, often associated with horifres, represents the vitality of the land and the fleurishing, of life, reminding, us to reconnect with nature and honor the cycles of renewal and



Beltare Correspondences

# Magickal Herbs for Beltane

During, Beltane, nature bursts into full bloom, and the magick of horbs becomes a powerful way to deepen your connection with the season. Rose is a classic herb of love and beauty, perfect for selflove rituals and sensual bath blands. Hawthorn, a sacred tree of

love rituals and sensual bath blends. Hawthern, a sacred tree of Boltane, offers protection and invites faerie energy. Lavender brings peace, calm, and gentle love, balancing, the fire of Beltane. Thyme, full of vitality and courage, awakers passion. Yarrow is a powerful herb

of vitaity and courage, awarens passion. Tarrow is a powerful norfor motional strongth and energytic boundaries. Mint, with its refreshing, energy, symbolizes presportly and joy, inviting, abundance. Dandollen is a powerful plant of transformation and wish-making blowing its seeds into the wind is a beautiful symbolic ritual. Lastly, Calendula Mangold shines with solar energy, drawing, happinoss, attraction, and warmth. Those herbs each carry the vibrant spirit of Boltane, holping, you hence the season with intention, colobration, and deep connection to nature's bloomins energy.

Protection & Strength

Acrossed & Greergy

Beltove

Degistion
Rasilesco & Growth

Love & Happiness
Peace & Balance

Plant

Hamborne

# Magickal Crystals for Beltane



Crystals are poworful allos during, Boltane, holping, you align with the vibrant, sensual, and fortile energy. Carrielian awakens passion, creativity, and vitality—perfect for igniting, your inner spark. Rose Quartz opens the heart to self-love, compassion, and emotional healing, Garnet enhances sensually and connection, supporting, the sacred union themes. Emerald invites heart-centered growth and the flourishing, of new beginnings. Citrino shines with solar energy, bringing, by, centificance, and prosportly. Green Aventurine connects you to nature and frosh opportunities, making it a beautiful stone for springing rowwal and heart-healing, Moenstone enhances intuition, honors cycles, and supports fortility—both physical and creative. Tenally, Clear Quartz, the master amplifier, brings clarity and focus to your intentions, enhancing, the energy of all other stones.

Together, these crystals help you celebrate the beauty of Beltane with Intention, vitality, and sacred connection.

# Symbols of Beltane

The symbols of Boltano are rich with meaning, and deeply rected in nature, fertility, and colebration. Fire is one of the most powerful symbols, representing, passion, transformation, and the life sylving, spark of creation. The Maypole, with its colorful ribbons, embodies searced union and the joyful weaving, of energy and community. Flowers and flower crowns symbolze beauty, growth, and the blooming, of desires, while bees and butterflies reflect pollmation, abundance, and transformation. Ribbons sagnify connection and intention, while the Groon Man represents wild nature, vitality, and masculine earth energy. The union of the Goddess and God honors balance, fortility, and sacred partnership. Sacred wells and flowing, water, though early a law every.

solarice, terting, and sacred partnersing, sacred wells and investigating water, though subtle, also carry importance—symbolizing, purification, life force, and emotional flow. Each of these symbols weaves together to create a tapestry of Boltano's vibrant and magickal spirit.



### Decorating for Beltane



Decorating, your altar for Beltane is a beautiful way to be here the vibrant. Fortile energy of the season Adom your space with fresh flowers like roses, dastes, or wild blooms to symbolize beauty and blossoming, Add candles in red, pink, green, or gold to represent fire, passion, and abundance. Incorporate ribbons, a main maypole, or a flower crown to celebrate joy, fortility, and sacred union.

Or a fower creat to execution by the finity, and sected union. Crystals, seasonal horts, and symbols of the divine formitime and masculine can enhance the energy, while offerings like hency, fruit, or wine connect you to the Earth and the spirit of colobration. Let your alter reflect the warmth, sensuality, and maggke of Boltane in a way that fools by pyful and secret of to you.

# Things to do for Beltane

Boltano is a pyful colobration of life, passion, and now beginnings, and there are many simple and meaningful ways to honor this sacred time. Lighting, a cardio or small fire connects you to the transformative energy of the season, while making a flower crown or decorating, your altar invites beauty and intention into your space. Dancing, moving, your body, or sponding, time in nature holps you embody the vitality and sorsuality of spring, You can write

you embody the vitality and sensuality of spring, You can write down your desires and offer them to the fire or earth as a manifestation ritual, or share a meal outdoors in a picnic or benifice gethering, Offering, gifts like honey, flowers, or milk to the earth or the Fae honors nature's abundance and invites blessings in return. Whether celebrated alone or with loved ones. Beltane is a time to awaken your senses, connect with the earth, and joyfully celebrate like in full bleve.



Rituals & Activities for Familities

### Beltane Family Activities

#### Maypole Dance

Create a mini maypole using a stick, pole, or tree branch and let each family member choose a colorful ribbon to dance around it. This joyful activity symbolizes unity, growth, and the weaving together of love and intention.





Fire Circle Storytelling or Candle Lighting, Gather around a small fire pit or a circle of candles and take turns sharing stories, hopes, or dreams. This creates a sacred space for connection laughter, and honoring, the light within each other.

Make Love Charms or Flower Bundles Craft simple love charms using, herbs, flowers, and ribbon, or bundle flowers to hang, around your home or place on your altar. These handmade creations carry bying intentions and brind the madisk of nature indoors.





Grattude Piente or Garden Blessing, Have a piente in your backyard or a local park and take a moment to share what you're gratoful for. You can also bless your garden or plants together, offering, words of love and approceition to the earth for its abundance.

### Family Ritual: The Blooming of Toy & Connection

This Family Beltane Ritual invites everyone to come together in juyful colebration, honoring, the abundance and leve of the season. Through simple yet powerful activities like lighting, candides, tying ribbons, and offering, bissengs to nature, this ritual strengthens the bond between family members what connecting everyone to the vibrant energy of Boltane. This ritual vill colebrate Beltane as a family by honoring, nature's blooming energy, setting collective intentions, and deepening, your connection to one another and the Earth.

#### What You'll Nood:

- · A small candle or fire-safe space (like
- a fire pit or large candle in the center)
- Fresh flowers or flower petals
- Ribbons (one for each family member)
   A bowl of water
- A small offering (fruit, honey, bread, etc.)
- Paper and nons





### Beltane Family Ritual

L Create Sacred Space (5 minutes)
Gather outdoors (or noar a window if indoors) and stand in a circle. Take a few deep breaths toggsther. Invite oversone to place their flower or potals around the candle or fire space to mark the beginning, of your colobration.





### 2.Light the Flame (Symbol of Passion & Connection)

 Light the candle or fire together and say: "We welcome the fire of Beltane—the warmth of love, the spark of joy, and the light of new beginnings."

- Ribbon Wishes (Intention Setting)
   Give each person a ribbon and a moment to think about a wish, dream, or intention they want to bloom this season
  - Each person shares their intention aloud, then ties their ribbon to a tree branch stick, or even a Maypole.



### Beltane Family Ritual

- 4. Blessing Bowl (Elemental Connection)
- Pass around the bowl of water. Each family member dips their fingers in and says one thing they're grateful for.
  - Then sprinkle a few drops of water onto the earth as a blessing and a thank-you to nature."





#### 5.Offering to the Earth & Spirits

- Place your small offering (fruit, broad, honey) on the ground or a garden space.
   Say: "With joy and love, we give thanks
  - Say: "With joy and love, we give thanks to the Earth, the spirits of nature, and the cycle of life. May our blessings flow freely."



Finish by dancing, singing, or just having, fur togother—this could be a simple circle dance, a maypole-style weave, or a sporttaneous family giggle-fost. Beltano is a colebration, so let joy and movement close your ritual.





# Beltane Scavenger Hunt

Colobrato Boltano by connecting with nature through a scavenger hunt that embodies the vibrant. transformative energy of the season. This activity is perfect for a walk in a park forest, or even your backyard. Here's how it works:

The Goal: Find as many of these Beltane-Inspired items in nature as you can while reflecting on their meanings.

Closing the Hunt: At the end of the scavenger hunt, review what you found and journal about the experience. Consider what lessons nature taught you about symbolism this Beltane



#### How to Play

- Bring a notebook or phone to document your finds (photos, sketches, or written descriptions).
  - 2. As you find each item, take a moment to reflect on its symbolism and how it connects to your intentions for the season.
  - Bonus: Gather ethically (without disturbing nature) items like a fallen feather, a small stone, or seeds to place on your Beltane altar.

# Beltane Scavenger Hunt

Item	Symbolism	Check Box
A Wildflower	Symbolizes new beginnings and free-spirited energy of Beltane	
A bird or bird's nest	Represents creation and the nurturing of new life.	
Fresh Green Leaves	Reflects renewal and vitality.	
A Smooth Stone	A grounding element for balance and stability.	
Sunbeam	Represents vitality, creativity, and life force.	
A Feather	Symbolizes hope and spiritual connection	
Vine or Ivy	Symbols of eternal life, connection, and the sacred union of opposites.	
Bug (Ladybug, Bee)	Represent transformation, fertility, and the interconnectedness of life	
Running water (stream, river, or puddle)	Represents cleansing and the flow of life.	
Flowering Tree	symbols of fertility, transformation, and renewal	



### Beltave Solitary Activities

#### Beltane Bath Ritual

Create a sacred soak by infusing, your bath with rose potals, lavender buds, and yarrow to invite love, relaxation, and inner blooming, As you sink into the water, visualize yourself being, cleansed of old energy and nourished by Boltane's radiant light.



#### Sensual Embodiment Practices

\_Take time to reconnect with your body through slow touch, mindful movement, or simply noticing your breath and sensations. This practice helps awaken your inner fire, deepen self-love, and hener the sacred pleasure of being in your own skin.

# Movement Magick Lot your body move freely—whether it's dancing, under the sun, flowing, through gentle yogh, or standing, barefoot on the earth. These simple acts help you channel Boltane's energy into joy, presence, and recoted vitality.





#### Sacred Beauty Ritual

Adorn yourself with intention whether it's anointing your skin with oil, braiding flowers into your hair, or wearing, clothes that make you feel radiant. Let this be an act of honoring, your divine essence and colobrating, your inner and outer beauty.

# Beltane Manifestation Magick Ritual

This Soltrary Boltrare Manifestation Magick Rtual is designed to holy out connote with the wharm energy of the soason and manifest you deepest desires. Through the power of fire, intention, and sacred offerings, this ritual allows you to call in love, abundance, creativity, and new beginnings, inviting transformation into your life during, this fortile and magickal time of year. This ritual will harness the potent energy of Boltrane for personal manifestation, creativity, and new beginnings, calling, in love, abundance, and the birth of fresh ideas or projects.

#### What You'll Need

- · A candle (red. green, or pink for love, abundance, or creativity)
- A fireproof bowl or cauldron
- Paper and pen
   A small offering (like
   A lighter or matches
- A small offering (like herbs, flowers, or crystals)



# Solitary Ostara Ritual

- Set Your Sacred Space
   Bedin by clearing and preparing your
  - space. You may wish to light incense, dim the lights or place a protective circle around yourself. You're creating a sacred environment to focus your energy and intentions.





- Choose a candle that resonates.
- with your intention. A red candle for love, green candle for abundance, or yellow candle for rearrity. As you hold the candle, broathe deeply and concentrate on what you wish to manifest this Boltane—whether it's love, a new project, or an abundance of joy.
- Manifestation Spell or Candle Ritual
   Light the candle and say: 'With this
  - flame. I ignite my desires, welcoming love, abundance, and new boginnings. As the flame grows, so too does the fire of creation within me."

    Focus on the flame as you feel it
  - Focus on the flame as you feel it amplifying your intention. Allow yourself to fully embrace the energy of Beltane
     –feel your desires blosseming as if they are already coming true.





Write down what you wish to bring into fruition—whother it's a literal desire (such as a new relationship or project) or symbolic (a new creative idea or inner growth). Let this be a declaration of what you are ready to birth into the world.

### Solitary Beltane Ritual

#### 5. The Beltane Wish Scroll

- Take your written desire and roll it up like a scroll Carefully hold the scroll in your hands and whisper your wish aloud:
- With this scroll. I send my desire into the universe, trusting that it will bloom under Boltane's madick'



Burn the Scrol Manifestation Activation
 Gontly burn the scrol in the flame of your cardle for place it in a florproof howling the land of the universe. Watch it burn feeling the heat activate your intention. As the paper turns to ask, let go of any attachment to the outcome and trust in the universe.

timing,

#### 7. Offering to Nature (Closing the Ritual)

. Othering to Nature Classing, the Rittary

To honor the Earth and Beltano's
energy, place a small offering—such
as flowers, fruit, or crystals—on your
altar or outside in nature. This is a
gift to the spirits of nature for their
holp in manifesting your destres





8. Cless the Rtual with Gratitude Sit in quiet gratitude for the manifestation process, knowing that your desires are already on their way. Cless the ritual by thanking the fire, the earth, and your higher self. You may choose to meditate briefly or simply bask in the peaceful energy.



# Craft: Tabletop Maypole

To create a small, decorative Maypole that can be displayed on your altar or used as part of your Boltane celebration. This craft honors the sacred union, fortility, and growth of the season while incorporating, joyful ribbons and vibrant colors.

#### Materials Needed

- A small wooden dowel or a sturdy stick (about 6-8 inches tall)
- Ribbons (4-6 different colors, ideally representing various aspects of Beltane: red for love, green for growth, gold for abundance, pink for creativity, etc.)
- Small flower pot, bowl, or base for the Maypole to stand in
   Floral foam or clay (to hold the stick in place)
- Artificial flowers or greenery (optional, for decoration)
- Scissors
- · Glue (optional)

LPrepare Your Base

Start by securing your small wooden dowel or stick into the flower pot or small bowl. If it's wobbly, fill the base with floral foam or clay to stabilize the stick. You can also glue the bottem of the dowel to the conter of the pot for extra security.



2.Decorate the Pole:

Wrap the pole with twine, ribbon, or colorful paper to give it some texture and color. You can also glue on small artificial flowers or greenery along the base of the pole for added charm.

# Craft: Tabletop Maypole

#### 3. Attach Your Ribbons

Cut the ribbons to about 12-15 inches long. The each ribbon securely to the top of the dowel. You can choose ribbons in Boltane colors such as red (love), green (growth), gold (abundance), and pink (creativity). Allow the ribbons to hand, down freely around the pole.



4. Create the Maypole Effect: Once your ribbors are attached gather them in a bundle at the top of the pole and to them off with a knot. Make sure they are evenly spaced around the pole. If you want to create a braided offect, you can carofully twist the ribbors toggether, but this is option.

#### 5. Add Final Decorations (Optional):

To finish your Maypole craft, add artificial flowers or a flower crown at the top of the pole for a beautiful finishing, touch. You can also place fresh flowers or herbs around the base or in the pot to represent the earthis "fortility and Boltane's blosseoming, energy."



Place Your Maypols:
 Sort your tablotop Maypole on your altar
 or display it as a central place during,
 your Boltano colobration. It will sorve as a
 looely visual reminder of the season's
 onergy of union. fortility, and joy.



### Craft: Flower Crown

Create a beautiful flower crown that connects you with the vibrant energy of Beltane. This crown symbolizes the blooming of nature, the Divine Feminine, and the celebration of life and love.

#### Materials Needed

- Fresh flowers (roses, datstes, lavender, wildflowers, or any seasonal blooms)
- · Green floral wire (for the base)
- Floral tape or thin floral wire (to attach flowers)
- Scissors
- Ribbon (optional for tying)
- Leaves, greenery, or vines (optional for added texture)
- Leaves, greenery, or vines (optional if Floral glue (optional, for added hold)



### Craft: Flower Crown

#### L Prepare Your Base:

- Measure the floral wire around your head to determine the size of your flower crown base. Leave an extra inch on each end to secure the wire
- Cut the wire to size, and shape it into a circle that comfortably fits around your head. Twist the ends together to secure the circle, and cover the twisted part with floral tape for comfort.



- Prepare the Flowers:
   Choose a mix of flowers and
- groonery for your crown You can solect flowers that correspond with Boltane energips—like roses for love, lawender for peace, daistes for insocence, or thy for growth.

  Cut the stems of the flowers to about 2-3 mehas long, if you're using, small blooms or delicate flowers, corsider grouping, them together in small clusters.



#### 3 Attach the Flowers:

- Start by placing the first flower at the top of the floral wro circle and attach it securely with floral tape or thin wire.
   Continue adding flowers one at a time, making sure each flower overlaps the one before it slightly. This creates a layered full effect.
- If you're adding leaves or greenery, weave them in between the flowers as you go, using the floral wire or tape to hold them in place.



### Craft: Flower Crown





the way around the wire, ensuring they are evenly spaced. You can alternate colors or create patterns. depending on the look you want. Make sure the flowers are tightly attached, so they stay in place.

#### 5. Finish the Crown:

· Once you've added enough flowers to cover the entire crown, use floral tape or wire to secure the ends of the wire circle, and trim any excess stems from the flowers.

· Optionally, you can tie a piece of ribbon to the back of the crown to give it a more secure fit, or you can add extra ribbons for a flowing, decorative touch. You can also decorate the crown with small charms or crystals if desired.



6. Wear Your Flower Crown

 Gently place your crown on your head and adjust it to sit comfortals You can wear it as part of your Beltane ritual, or simply enjoy it as heautiful reminder of the season's abundance and maøick.



# Recipe: Floral Honey Lemonade

Celebrate the biossoming of spring with a refreshing, floral beverage that honors the thomes of love abundance and transformation Ingredients:

- · 1 cup honey (local or wildflower honey for added energy)
- · 6 cups filtered water · 1/2 cup fresh lemon juice
- (about 3-4 lomons)
- · 1/4 cup dried edible flowers (such as lavondor chamomile or rose petals) · Frosh horbs (such as mint or
- thyme) for garnish Lemon slices and edible
- flowers for øarnish (optional)
- LMake the Floral Infusion: In a small pot, heat 2 cups of water over
- medium heat. Once it's warm (but not boiling), add the dried edible flowers (lavender, chamomile, or rose petals). Let them steep for about 5 minutes, creating a fragrant floral infusion. Remove from heat and strain out the flowers using a fine mesh strainer, setting the infused water aside to cool
- 2. Combine Honey and Water: In a large pitcher, mix the honey with 4 cups of cold filtered water. Stir well until the honey is fully dissolved into the water. This forms your sweet base.
- 3. Add the Lemon Juice: Squeeze the Juice from fresh lemons and add it to the honey-water mixture. Stir to combine.
- 4.Mix in the Floral Infusion: Pour the cooled floral infusion into the pitcher with the honey-lemon mixture, stirring to combine all the flavors
- 5. Chill and Serve: Refrigerate the lemonade for at least 2 hours to allow the flavors to meld together. If destred, serve over ice cubes for a refreshing chill. Garnish with fresh herbs like mint or thyme. and add lemon slices or edible flowers for an extra touch of Beltane magick.

### Recipe: Fairy Cakes

These light and fluffy fairy cakes are a whimsical treat, bursting with sweetness and perfect for celebrating the beauty of spring. They symbolize the light, joy, and playful spirit of the fae, bringing a touch of magick to any gathering.

#### Ingredients:

- 1 cup (225g) unsalted butter. softened
- l cup (225g) caster sugar 2 large eggs
- 11/2 cups (190g) self-raising flour
- I tsp vanilla extract
- 1/4 cup (60ml) milk Pinch of salt
- lcing sugar (for dusting)
- Edible flowers (like violets. pansies, or rose petals) for decoration





### Recipe: Fairy Cakes

- I. Preheat the Oven: Preheat your oven to 350°F (175°C) and line a cupcake tray with paper cases.
- 2.Mix Butter and Sugar: In a large bowl cream together the softened butter and caster sugar until light and fluffy. You can use a hand
- mixer or whisk to make this process easier.

  3. Add the Eggs: Beat the eggs in one at a time, ensuring each is fully incorporated before adding the next. Add the vanilla extract and
- continue mixing.

  4.Add Dry Ingredients: Sift the self-raising flour and pinch of salt into
  the mixture, then gently fold it in. Add the milk and continue folding,
  until the mixture is smooth and well combined.
- 5. Fill the Cases: Spoon the mixture evenly into the cupcake paper cases, filling each about two-thirds full. This will allow space for the cakes to rise evenly.
- 6. Bake: Place the tray in the oven and bake for 12-15 minutes, or until the fairly cakes are golden and a toothpick insorted comes out clean. Allow them to cool for a few minutes in the tray, then transfor to a wire rack to cool completely.
- 7. Decorate: Once the cakes are completely cooled, dust them lightly with king sugar. For an added touch of magic, top each fairy cake with an edible flower or a few petals, creating a fairy-tale inspired decoration.
- Serve and Enjoy: These fairy cakes are light, fluffy, and perfect for sharing with friends or enjoying as part of your Beltane festivities. Serve with a cup of herbal tea or your favorite sparkling beverage.



Tournaling, Affirmations & Tarot Cards

#### JOURNALING PROMPTS

#### FOR BELTANE

What new beginnings are you ready to welcome this Beltane season? Reflect on any areas of your life where you're ready to bloom, grow, or start fresh What passions or desires have been igniting within you? Explore the things that make you feel alive and how you can bring more of that energy into your daily life. How can you honor the balance of both your feminine and masculine energies? Dive into how you can create harmony between the nurturing and the action-oriented parts of yourself. What dreams or projects are you ready to plant this Beltane? Think about what you want to manifest in the coming months, and consider how you can take small steps to nurture these seeds of intention.

### JOURNALING PROMPTS

How can you cultivate more joy and sensuality in your life? Write about what brings you pleasure and how you can create space for more of these experiences What old patterns or beliefs are you ready to release to make space for growth? Reflect on any limiting thoughts or habits you're ready to let go of. allowing room for new possibilities to unfold What is your connection to nature and how can you deepen it this season? Explore your relationship with the Earth, and write about ways you can align more with the cycles of nature. What does abundance look and feel like to you? Imagine what abundance would feel like in your life, whether it's love, prosperity, creativity, or something else-and how you can attract more of it.





I am open to love, abundance, and new beginnings, and I welcome them with open arms.

My creativity flows freely, and I am ready to manifest my desires into reality.

I honor the sacred union of my inner masculine and feminine energies. allowing them to create balance and harmony.

I trust in the fertility of the earth and in my ability to grow. transform, and blossom.

I celebrate my body, my passions, and my inner light, embracing sonsuality and joy in all forms.

I am aligned with the abundant energy of nature, and I attract prosperity, love, and vitality into my life.

My dreams are alive, and I am planting the seeds of intention that will

bloom throughout the season.

I am a radiant being, filled with the powerful fire of Beltane, creating

and nurturing the life I desire.

With each breath, I release old patterns and embrace the vibrant.

transformative energy of spring.

I am connected to the magic of nature, and I trust the universe to guide me to my highest good.

#### BELTANE TAROT SPREAD

Hero's a Boltane Tarot Spread dosigned to align with the vibrant energy of the season focusing on growth. transformation and the manifestation of desires. This spread helps to connect with the abundance of Boltane and the blossoming of both the physical and spiritual self.



#### PERFORMING THE SPREAD

- Find a quiet, sacred space where you can focus.
- 2 Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.
- 3 Lay out the cards in the pattern above.
- 4 Reflect on the meaning of each card and how it applies to your journey.

#### TAROT SPREAD QUESTIONS

The Seed (What to Plant). This card represents what you need to plant or nurture at this moment, whether it's an intention, a new project, or a personal goal. What is ready to bloom in your life this The Roots (What Needs Healing or Releasing). This card reflects

any old patterns, beliefs, or energy that you need to release or heal in order to grow. What is holding you back from fully embracing the

energy of Beltane and stepping into new possibilities?

3 The Flower (What is Ready to Blossom). This card represents what is coming to fruition or what is ready to be recognized and celebrated. It's a reflection of the growth, creativity, and abundance that are blossoming in your life

The Fire (What is lighting Within You). This card signifies the passions, desires, and creative energy being ignited within you. What is sparking your soul at this moment? What are you feeling

passionate about during this season? The Earth (How to Ground and Nurture Your Growth). This card

offers guidance on how to stay grounded and nurture your blossoming intentions. How can you remain connected to the Earth

and maintain balance as you pursue your desires? The Abundance (What to Manifest or Welcome Into Your Life). This card reveals the blessings and abundance that are ready to flow into your life. What is being offered to you, and how can you best welcome it in this season of growth?

### 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 dealy life with meaning, and enchantment. If you're looking, to dive deeper into magical practices, explore seasons,

colbrations, 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.

#### Visit www.modernmagickalfamily.com and let the magic unfold!

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# About the Sabbat Workbook Series



These Sabbat workbooks are part of a series created to holp families celebrate the Wheel of the Year with intention and magic. Each workbook focuses on a specific Sabbat, offering, ritusls, 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 colebration.

Learn more at: https://modernmagickalfamily.com/wheel-of-the-year