

# LOVE & LIGHT

## CLEARING WINTER BLUES

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While we witches may be in tune with nature and her cycles, sometimes we find ourselves facing the shadows of winter depression. Come Winter Solstice, when we perform rituals to welcome back the Sun, I wonder if we remember to summon our own love and light, our Divine Sun energy? Here is a healing spell to uplift the Spirit, boost the mood, invigorate oneself and clear the mind of muck and debris.

(This is not meant to replace medical care given by a naturopathic doctor or other health care practitioner.)

### GATHER ITEMS FOR YOUR SPELL

We have all heard about the positive effects of sunlight on our brains. Vitamin D, known as the Sunshine Vitamin, is created by the Sun on our skin, so for at least 15 minutes each day, work on collecting your supplies outside, whether Sun is showing or not. Allow three days to gather your items.



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### DAY ONE

Put a crystal (such as quartz), outside in the morning light to charge. Quartz will stoke the fires of self-love. Hum, sing quietly, sway, dance gently, spending at least 15 minutes out of doors, longer if you are so called, charging not only your crystal, but yourself as well. Send warming, loving thoughts into the sky to thank the Sun and Moon for energising your crystal, and leave it where it is placed.

### DAY TWO

Outside, find an amulet for healing and protection. Look for natural items, like an acorn, rock, fallen twig or anything found on the ground. Do not break stems or pluck flowers. Leave a thank you gift for the Earth, such as a song or seeds. Again, spend at least 15 minutes out of doors, holding and examining your amulet. Take it inside with you.

### DAY THREE

Find a fallen object out of doors to represent the element of Earth: an acorn, a rock, some dirt, a leaf or a pinecone. Leave another offering of gratitude for the Earth, thanking her for allowing you this elemental gift. Take at least 15 minutes to sit quietly with this item, infusing it with gratitude and joy, and accepting its healing properties. Take your charged crystal indoors to prepare for the ceremony.

### PREPARING YOUR SPACE

On your altar or working space, draw a pentacle, covering most of your area. This can be drawn with your finger, dribbles of water, salt, string, twigs or any item you wish. Place an item on each corner of the pentacle to represent the four elements:

**EARTH:** Twig, acorn, stone, leaf, even a snowball or icicle (in a bowl).

**FIRE:** Light a candle or candles. Choose red to stimulate energy; orange to radiate joy and call forth creativity; silver to aid in self-reflection; white for cleansing; pink for emotional healing and/or yellow to empower oneself.

**WATER:** Shells, aloe plant, representation of a sea creature or plant, chalice, rainwater or driftwood.

**AIR:** A feather or incense.

Place your charged crystal in the centre of the pentacle. Place items to represent the sun (Sun drawings, Sun pendants, shiny items and candles) in various places within your sacred space.

Using an essential oil diffuser or burner, allow an uplifting scent to permeate your nostrils. Suggested oils are lemon, orange, grapefruit, bergamot or spearmint to lift mood, clear head and energise.

Place a small journal, notebook or piece of paper and writing instrument within your space.

Pour salt on the ground in a circle (clockwise) around yourself and your working space, or gently wave burning sage in a circle in the air around you to keep positive energy in and hold negative energy out, protecting you and your magic work. As you create your circle, face each element and say aloud:

"EARTH, FIRE, WATER AND AIR,  
I AM PROTECTED IN YOUR CARE,  
COME TOGETHER FOR MY HIGHEST GOOD,  
AND MY HEART WILL MEET YOU THERE."

Now imagine your heart opening, and allow it to fill with pure light and unconditional love, and let it spread to every cell within your body. See this light and love radiate out of your toes, fingertips, heart and crown, and back into the Universe. See this loving kindness caress every part of your body, heart, mind and soul, then burst forth to be shared with all.

Pick up the crystal you have placed in the centre of your pentacle, and say:

"LOVE FOR SELF COME  
STRONG AND SWEET,  
WINTER MELANCHOLY  
BURNED AWAY,  
REPLACE SADNESS WITH  
A SUNNY HEART,  
STAY WITH ME EVERY  
DAY."

Pick up your notebook, journal or piece of paper and write down five things for which you are truly grateful. Be specific. Rather than, "I am thankful for my family," choose something like, "I am grateful for the smell of fresh air in my son's hair because it means he has been joyfully playing outside." Try to include at least one thing about yourself.

Take the time to feel each sentiment until joy is bubbling up within you. If you have been depressed and are having trouble, think of how each statement relates to the senses, so you can truly appreciate the thought. When you are finished, allow yourself to bask in these positive feelings of gratitude until you feel you are ready to close. Complete your ceremony by saying: "So mote it be."



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