

# Mystery of the Sabbats

The Lore of the Season Vol. I

## Imbolc

February 1.2025



A Season of Light

## The Lore of Imbolc



This turn of the Greater Wheel moves us towards a place of newness and the quickening of what was brought to light at Yule, the Winter Solstice. We stand at the mid-mark between the act of revealing (Winter Solstice) the fertility that lay dormant from the triple harvest and the action of sowing and planting (Spring Equinox) what we hope will prove viable and grow to its fullest potential. This is the time of quickening and enlivening the hidden seeds of transition and preparation of what will wither and die and what will germinate and become viable product.

This year, our coven, Coven of the Mystic Path of the Assembly of the Sacred Wheel Tradition, uses Imbolc as a time to focus on the Celtic Goddess, Brighid. We will call to Brighid who is the Light Bringer as she stands at her forge. We will ask Brighid to help us forge armor to protect us as we journey forth. We will ask her to imbue our protection pouches with the strength of metals forged in her furnace and tempered with her blessed waters that they may offer us additional strength and protection. We call on her to transform our fears and insecurities into bravery and courage. And, As we enter sacred space we leave behind the still, cold darkness. We will emerge emblazoned with our courage that we can let it shine for everyone to see. This year we will call forth the Goddess as Warrior, healer and forger.

For most, the first encounter with this fiery Goddess is one associated with her triune nature. She is Maiden, Mother and Crone holding the keys to creativity, inspiration and deep healing. She is also the Triple Flame, acting as central catalyst of the purpose intended and initiator of those who willingly cross the threshold of transformation. As the patroness of poets, divination and prophecy she is the Fire of Inspiration. In her role of patroness of

healers and Goddess of fertility, she is the Fire of the Hearth and childbirth. And, as patroness of smiths, craftsmen and the forge, she is the Fire of the Forge, burning brightly and transforming and transmuting all that enter the heat of the flame.

But, there is also a lesser-known aspect of the Goddess Brighid. Her ancient name of The Fiery Arrow gives some indication of this aspect, although it is usually associated with the Goddess as maintainer of justice and right action; setting the course of action in a balanced way and clearing away all that would interfere or challenge that state. If we take this idea to a deeper place of understanding, Brighid's energy becomes that of the Warrior who wields the flaming sword that destroys, cauterizes and then heals. It is She, who heals with the precision of the surgeon guiding the scalpel. She, who cuts through the glamour and unyielding ignorance of ego driven will and carves the path of knowledge that becomes true gnosis. And, it is She, who plunges the un-tempered blade of inventive mind into the hellish fires that forge and manifest a blade that is pure, clear and strong in its action and intent.

I have worked with this aspect of Brighid for many years and in many ways, and the mark of its transformation has been lasting and opened the way for growth and a deeper understanding of the process of release and healing. Just as the sword's blade goes through multiple steps of heating and cooling, resting and shaping to achieve the brilliance and beauty of what will become a finely crafted sword; the process of this healing warrior Goddess tests the metal of your own making. She allows you to see the rough product that is your will and plunges you deep into the flaming desire for what you wish to achieve.

If you remain too long from inertia or misguided will, what emerges is misshapen and unusable. Its brittleness breaks your spirit and the wounds it inflicts are jagged and long to heal. If tempered with enough flexibility to change course as needed, the honing and sharpening of the skills required for successful change are exacted. All is brought to the quickening fires so that what has been reshaped and reformed may become as one and part of the finished product. A time of rest and integration occurs and finally as the blade is brought from its place of synthesis and strengthening, it is plunged once again into the heart of greater Will and the flames of Intentional Desire. The finished product is a work of beauty and a gift from the forge of Brighid.

Blessings of Imbolc...

## Intentions and Affirmations of Imbolc



I set ablaze what needs reshaping

I stand in the forge of Brighid's fires and am purified in the transmutation of my form

I am renewed and healed by the power of Light

In service, I carry the Light of Brighid to illuminate the way for those in need

I feel the chill of winter still at hand, yet know that I am the Divine spark

that quickens what will bloom

### **STATEMENT OF EMPOWERMENT FOR IMBOLC**

Laurie K., CMP

“I awaken the light within me and allow it to shine forth, illuminating the possibilities

for growth as I embrace the promise of new beginnings.”

## Brighid's Healing Sword

This poem was written in devotion to the Goddess Brighid and celebration of Her energies  
at the Turning of the Wheel- Imbolc. *rfennelly.2013*



Metal flashes and  
Is plunged deep  
Into Fires from a forge  
Of great darkness.

Red flame and  
Wisps of cauterized  
Flesh that are carried  
Upwards towards  
Focused release.

Emerald green eyes  
Open and healing  
Tears drain from  
A fire filled gaze that  
Cuts clean through.

The Goddess has Awakened and  
Her sword deftly And swiftly Plunges  
through its mark.

All pain and suffering  
Drain from wounds  
That have festered  
And sapped life  
From blood's purpose.

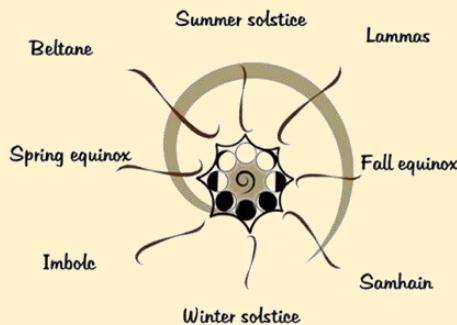
The mark of her cross etched  
Into every cell, deepening  
Into its very core.

Four points of light  
Gathered together  
As renewal begins.

Goddess' arms  
Open in flaming embrace  
And the mind touch of  
Inspiration heals and soothes  
my transmuted form.

All Hail to the precision of  
Brighid's Healing sword.

## What Has Been Spoken In Sacred Space Will Guide Your Way Through the Great Wheel



We invite you to return to these Statements of Power at the start of each turn of the Great Wheel. Use them as spaces of renewal, reminder and action for 2025, and beyond. Many Blessings from Coven of the Mystic Path, ASW..

### The Light Half of the Year



**YULE** (Robin F.)

#### STATEMENT OF EMPOWERMENT

“I reach into the darkness and claim the Spark of the Divine that shines brilliantly within me, and has but to be called and I become the Torch of Hope, Clarity and Haven for those who cannot see their brilliance.”

**IMBOLC** (Laurie K.)

#### STATEMENT OF EMPOWERMENT

“I awaken the light within me and allow it to shine forth, illuminating the possibilities for growth as I embrace the promise of new beginnings.”

**OSTARA** (Nancy P.)

#### STATEMENT OF EMPOWERMENT

“ I choose to embrace the blessing of a new beginning.”

**BELTANE** (John B.)

#### STATEMENT OF EMPOWERMENT

“I am the ecstatic dance about to reach my point, my cone of power.  
I am manifesting everything I could ever need.  
I am growing to my fullest potential.

## The Dark Half of the Year



**LITHA/MIDSUMMER** (Susan R.)

### STATEMENT OF EMPOWERMENT

“Cleanse my energy! Protect my magick! Bless my spirit! I offer to you (deity of your choosing) gratitude for a bountiful season!”

**LAMMAS** (Quinn)

### STATEMENT OF EMPOWERMENT

I am the Power of Beauty. May my eyes behold Beauty within and without.

I am the Power of Love. May the Light of my Love illuminate the darkness.

I am the Power of Honor. I move forward unwavering with vigilant integrity.

I am the Power of Courage. I am the revolution and I fight the brutal battles of service for change.

I am the Power of Truth. I move forward in and from my Highest self.

May these Powers Awaken in me.

**MABON** (Brian)

### STATEMENT OF EMPOWERMENT

“ I hold the balance of light and dark within me. My life overflows with abundance and for this I give thanks. I release what no longer serves me to make room for growth and transformation as the Wheel of the Year continues to turn. So mote it be!”

**SAMHAIN** (Sandie)

### STATEMENT OF EMPOWERMENT

A Prayer for the Dead by Byron Ballard

You have come to the end of this pathway In a journey to which we bear witness. You have come to the end of a pathway That is barred with a gate and a door. May this door open swiftly and silently. May this gate give you a moment's grace In which to rest your spirit before you venture through. We stand here with you, as your companions, As your family, for you are beloved. But, for now, we must remain here. We cannot go with you to this old land. Not yet.

For you will see the Ancestors. You will see the Beloved Dead. You will walk among the Divine Beings That guide and nurture us all. You go to dwell in the lands Of summer and of apples where we dance forever youthful, forever free. We can hear the music in the mist, The drums that echo our sad hearts. We can see your bright eyes and your smile.

And so we open the gate. We push back the door. We hold the gate open. We glance through the doorway, And with love and grief and wonder We watch you walk through. Hail the Traveler! All those remembered in love, in honor, Live on. Farewell, O best loved. O fairest, Farewell.

## A Simple Ritual to Celebrate Imbolc



### What You Will Need

3/White Candles

1/Black Candle

Lighter or Matches

**Intention:** This simple working is one of pulling from the shadows something you have clung to and allowed to remain hidden away. This may be an aspect of your personality-an action – a desire/wish, etc... You will then hold the intention of pulling its energy from the darkness (Blk Candle) and moving it forward through the Light of the past (White Candle) – Present ( White Candle) and Future (White Candle). Each time, the light illuminating that “thing” becoming brighter and allowing for deeper discernment and scrutiny as well as option to transform if wished.

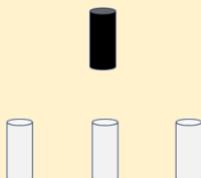
*Establish a safe/sacred and quiet space in whatever manner calls to you.*

Light the Black candle and make a statement speaking about what you have clung to in the dark that will not face the scrutiny of burgeoning Light

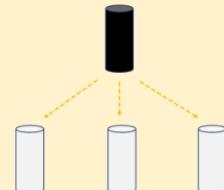
Light the first White candle and place it directly in front of the black. Envision its Light reaching back to infuse the darkness. Envision it beginning the quickening of what has been held in the darkness.

Light the second White Candle and place it directly in front of the first white candle. Envision this as the Light that is growing now. Envision its Light flowing back to strengthen that of the first and to illuminate more fully what has been held in the dark.

Then, light the final White Candle and place it directly in front o the other 3 candles. Envision this light as that of the future days/months ahead. Envision the magnitude of its Light, capable of bringing to fruition anything that stands in its grace. Envision the entirety of this line of candles as ablaze now with the Light of Brighid's gifts. Now take each candle and arrange it in this manner:



soften your gaze and envision the energetic connection moving from the black



candle to each of the white and in cycle back again in reciprocity.

Simply sit in the glow of the candles and allow the your intention to flow into the center of the growing Light.

\*\*\* I encourage you to repeat use of these candles as we move towards the next Sabbat of Ostara. Each time pouring more energy into their meaning for you. You will also want to use the same intention throughout, changing it, if you wish, at each new Sabbat, but allowing the potency of the original to complete a cycle of the time from Sabbat to Sabbat.

## Recipes for the Season

More recipes... <https://www.outdoorapotheccary.com/recipes-for-imbolc/>



February is the month of Imbolc, a time of celebration associated with dairy products. Our ancestors had to face hard times during this season, as the winter stores were running low and there were no fresh crops available. However, the livestock were preparing to give birth and the lambing season was beginning, providing them with a new source of food.

### Imbolc Tea

- ☆ 1 tsp chamomile flowers per person
- ☆ 1 tsp finely sliced fresh ginger per person
- ☆ 1 tsp honey per person, to taste
- ☆ 1 cup boiling water per person



Pour water over the chamomile and ginger, steep for five minutes then serve hot with honey, or allow to cool and serve over ice.

## Baked Custard



### INGREDIENTS

4 eggs

3 C. milk

1/2 C. sugar

1/2 tsp. ground nutmeg

1/2 tsp. ground cinnamon

1/2 tsp. vanilla extract

A pinch of salt

### INSTRUCTIONS

Preheat your oven to 350 °F and get ready to enjoy some delicious, creamy custards.

Add all the ingredients to a blender and blend them for about 15 seconds until the mixture is totally combined.

Pour the custard mix into individual ramekins or custard cups, and place those inside a baking dish.

Fill the dish with hot water up to  $\frac{3}{4}$ " of the top of the ramekins.

Bake the custards in the oven for one hour. Voilà! You have your creamy custards ready to enjoy. Happy Imbolc!

## Onion Biscuits



Onions are an incredibly versatile ingredient that can be used to make a variety of delicious dishes. On this Imbolc, why not make some magical onion biscuits to commemorate the changing of the season? This recipe uses winter's stored vegetables, such as onions, as well as dairy products like buttermilk and cheese, to create a hearty, comforting biscuit that is perfect for celebrating the home and hearth. With just a few simple ingredients and some kitchen magic, you can create your own delicious seasonal dishes that are sure to please!

### INGREDIENTS

2 Cups All Purpose Baking Mix

1/2 Cup Chopped Wild Onion or any kind of onion

1/3 Cup Buttermilk

1/2 Cup Shredded Cheddar Cheese

### INSTRUCTIONS

Mix together the all-purpose baking mix, chopped wild onion, buttermilk, and cheddar cheese.

Pat out onto a floured surface to 1/2 inch thick.

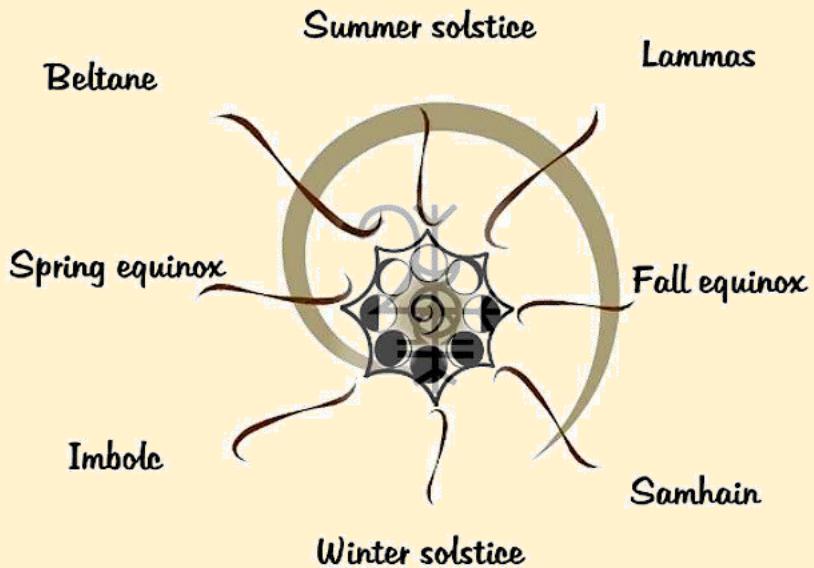
Cut out with biscuit cutter.

Put on parchment paper-lined baking sheet.

Bake in 400\* pre-heated oven for 10 minutes.

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## 2025



**Hosted by**  
**Coven of the Mystic Path, ASW**

*A Year of Personal Empowerment, Community and Safe Harbor*

Coven of the Mystic Path, ASW  
[www.covenofthemysticpath.com](http://www.covenofthemysticpath.com)



We hope you will join us on this journey of transformation as we honor the Sabbats of the Great Wheel. Our next open celebration is:

**Celebration of the Spring Equinox**  
**March 22.2025**  
**Gather @ 11:00am**