

Mystery of the Sabbats

The Lore of the Season Vol. III

BELTAINE

May 4.2025



In the Afterglow of the Liminal

The Lore of Beltaine



We stand at another season and another turn of the Great Solar Wheel. We gather in the fertile space of circle greenery anchored well with phallic maypole standing tall. We dance around the potent fires of Beltane celebrating the sacred union of God and Goddess, youth and maiden and the polarity of seed and womb offered by male and female. The air is fragrant with the promise of summer's musky scent and shoots of fresh grass elongate delicately upwards, stretching towards Father Sun and longer days to bask in His brilliance. We can see the lengthening of the days and feel the gentle caress of warm sun-kissed air on skin that has just recently shed its winter clothing. In the continuous cycle, darkness gives way to light and so also the sparse flora of the fields gives way to the thick verdant splendor of late-Spring growth.

This is the magickal season of the thinning of the veils between ancestor and human, spirit and Deva and the gifts of connection to seen and unseen. We bow to the enlivening of all of the fruits of mother earth's bounty that will herald summer's gifts of ripening. We joyfully and with purity of intent and heart give offering to the Fae to aid us in our endeavors and make promise that the progeny of our union with nature and all of its life will make good in keeping her healthy and whole. The potency of sexual union and the energy that is the by-product of the sexual act is one of the most potent and its heady scent seductively calls to all to join in the dance. If guided and directed towards enlivening and magickal working its raw force has the power to manifest form. In alchemical and Tantric practice, using this energy as a means of self-enlivening and energetic renewal and healing is the goal. It is this energy that is celebrated and called into action as we wait in anticipation of the Beltane's lovers sacred union. The heat of passionate longing and the desire to join as one ensures the continuance of life's pleasure and humanity's legacy. It pulses with a lusty rhythm that mesmerizes and magnetically draws to itself the object of its seeking. And, life continues in the throes of human passion and Divine synthesis.

This is the time of spiritual union. When the potency of the energies and the fires of devotion are most fertile and ready to be held in loving embrace in hopes of creating connection and bond that will move us forward on our spiritual paths. We stimulate the fires of our own will and exhale into the heat of our yearning. At this turn of the Wheel, I would like to propose a deeper union.

The metaphor of Beltane is that of coming to a point of coalescent energy. The merging, blending and eventual uniting of our polarized selves in all their facets. Male and female, light and dark, earthly desire and the bliss of orgasmic release are the potent streams that become the maypole ribbons that we cling to as we dance around the core of seed-filled center. We also become the womb and vessel of this outpouring of force and act as the container of form so that something new may be birthed from this quickened state of being. We weave the ribbons tightly around this container, affirming the strength that is held in co-creative effort and then marvel at the beauty of that creation the celebration of the outcome.

If we use another metaphor, that of the Kundalini awakening or Serpent of Fire, we find that this is one and the same type of energy. Desire awakens the serpent of wisdom who lays coiled at the base of the earthly and primal state. We breathe deeply and call forth our will to merge with this energy. Breath and action fuel and catalyze this energy and stir it into heightened awareness as the dance of weaving and life begins. As the serpent moves along its path of return the One becomes two; separating in individualized awareness of the need for polarity and the deeper gnosis of the duality of our singular state of being. Each moves along its intended course, seducing and drawing the other into its embrace at points of quickening and awakening. The pace quickens and the two return as One in the release of catalytic seed and waters of quickening. The fires of will reach up towards the Higher Self and the Serpent's Kiss bites deeply into primed matter releasing the transformative elixirs of deep knowing and spiritual union with the Divine in all of its forms. The fires of Beltane move serpent-like in and through you and the joyous celebration of God and Goddess' Sacred Union is that of You and your Higher Self.

This year as you celebrate Beltane, open yourself to the deeper enlivening. Become a conscious participant in awakening all parts of your being. Celebrate your Gods and Goddesses. Celebrate your physical nature and connection to that which makes you most human. Celebrate the life that flows within you and the potential of being creator and co-creator of all that you will to be so. And, think deeply on these questions:

Will you seek the serpent's kiss*? Will you allow the energy of desire, will and action to guide you to the ecstasy of union? Will you draw into yourself the seed of potential and quicken it within the womb of your own making? And, at the next turn of the Great Wheel will you stand as one with the heat of the blazing sun issuing forth the breath of the fiery Dragon you have called to Light within?

Intentions and Affirmations of Beltaine



I awaken the fires of creation within my Being. I claim the empowerment of

KNOWING

the full measure of my polarities of masculine and feminine, co-joined
in creating the wholeness of Spirit. I am the reimagined Light of what has been

SEEDED

and call forth the power of the Divine and Human parts of

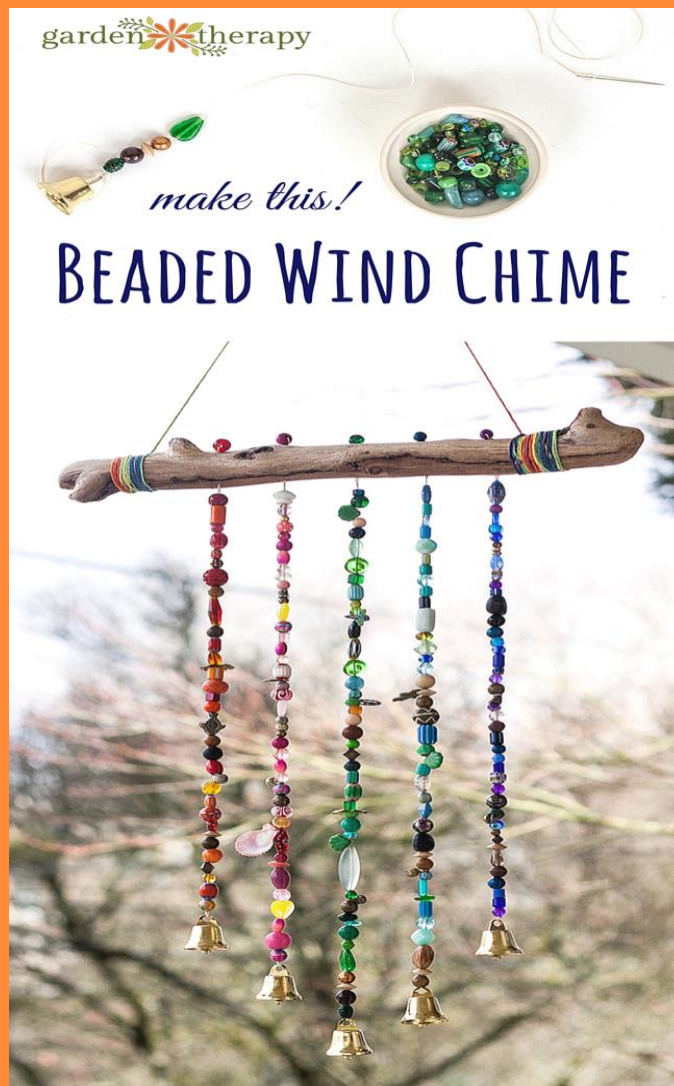
MYSELF.

STATEMENT OF EMPOWERMENT FOR BELTAINE

John B., CMP

**"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.**

Craft of the Season Beltaine



Materials:

- Assorted beads and charms
- Bells (or anything that makes a pleasant sound when the wind blows)
- Driftwood (or wooden dowel)
- Nylon beading thread
- Beading needle
- Electric drill and small drill bit
- Twine

For detailed instructions and video visit: <https://gardentherapy.ca/beaded-wind-chime/>

DIY BELTANE INCENSE AND OIL



Love Oil Recipe

Mix into one ounce of vegetable glycerin the following essential oils:

4 drops rose essential oil
3 drops apple essential oil
2 drops jasmine essential oil
1 drop lavender essential oil

Apply the finished oil blend to your heart chakra and to the chakra area just above the genitals in order to attract love.

Source: <https://threehundredandsixtysix.wordpress.com/2010/12/05/day-114-beltane-attracting-love/>



An Incense Cone Blend for Centring (makes about 10 cones)

Here is a simple incense for finding your centre. It can also be used for space cleansing rituals, as a feature on your altar, or simply as a relaxing mood-enhancer. You can tailor the herbs you use to fit your individual needs. Some other good herbs are pine needles, calendula, juniper, lemongrass, or tree barks such as sandalwood.

1 tsp rosemary

1 tsp lavender

1 tsp rose petals

1 tsp bay leaves

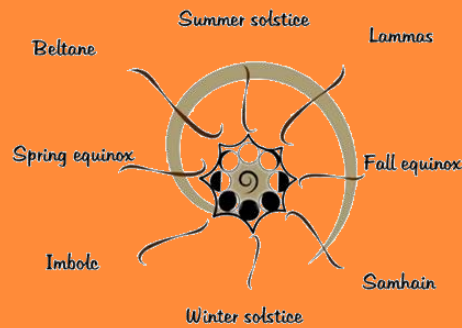
1.5 tsp marshmallow root powder

Approx. 1 tbsp water

1. To make your own incense cones, all you need is finely powdered dry herbs and some water. You can buy herbs ready-powdered or powder your own using a coffee grinder or mortar and pestle.
2. Slowly add water to the mixed powders to form a paste until you get a consistency similar to wet sand.
3. The mixture can then be pressed into cones.
4. Allow your cones to dry for about a week.
5. To light, place the cone in a fire-safe dish, light the tip and allow to burn for a few seconds before blowing out the flame.

Source: <https://www.cunning-folk.com/craft-posts/an-incense-for-beltane>

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.

Recipes for the Season

Caudle



What do you need for Caudle? It's a pretty simple recipe really, all you need is:

- saucepan and stove
- whisk
- food thermometer (optional)
- milk, cream, butter, cinnamon, honey, egg yolk, brandy (optional)

How to make Caudle

- Put milk, cream, and butter into the saucepan and heat on med-low
- When liquid is warm enough the butter is melting, add the cinnamon and honey
- Whisk
- If you have a food thermometer, heat liquid until it reaches 180F. You want it hot but not boiling because you don't want to scramble your egg! If you don't have a thermometer it's probably ready when the liquid is uncomfortable to touch but not quite boiling

- When temp is 180F add your egg yolk and whisk away! It should come together quite nicely and become a bit more creamy. You should not see any egg chunks, if you do your milk was too hot
- After whisked, pour into preferred mugs
- If you're making this the alcoholic version you can add 1/2-1 whole shot of brandy to your steaming drink and stir gently

Source: <https://www.peasantwaysformoderndays.com/how-to-make-the-unfamiliar-but-delicious-caudle/>

Love Cordial



- 1/4 cup Damiana
- 1.5 Tbsp. ground Cinnamon¹
- Tbsp. dried Ginger
- 3/4 cup Brandy
- 1/2 cup Honey
- 5 T. Cacao Powder (raw chocolate)

Source: <https://pagansong.com/sexy-beltane-potion/>

Grilled Vegetable Salad



Recipe Ingredients: The ingredients in this grilled vegetable salad recipe are really just recommendations. It works with a multitude of vegetables, herbs, cheese or dressing. The sky is the limit on the ways that you can customize this salad to suit your tastes!

- **Feta cheese.** The feta may be substituted with goat cheese, parmesan or fresh mozzarella, or omit it altogether to make this recipe dairy-free.
- **Basil.** The fresh basil may be substituted with your favorite chopped fresh herbs such as parsley, cilantro or even chives.
- **Dressing.** The flavor of my balsamic vinaigrette dressing pairs beautifully with the charred vegetables, but you may substitute it with your favorite homemade or store bought salad dressing.



Instructions

- Wash vegetables and dry with paper towel: 2 medium zucchini, 2 medium yellow crooked neck squash, 2 large red bell peppers, 1 large red onion; or any combination of your favorite veggies.
- Combine 2 tablespoons olive oil, 1/2 teaspoon sea salt, and 1/4 teaspoon black pepper in a small bowl. Then brush or gently toss the vegetables with the oil until well coated.
- Preheat the grill to medium high. Turn the heat down to medium, then place the vegetables on the grill in a single layer and cook on the first side until nice grill marks form, about 3-4 minutes. Flip the vegetables and continue cooking until tender, about 3-4 minutes more. Remove from heat and allow to cool slightly.
- When the vegetables are cool enough to handle, coarsely chop them and place them in a large bowl. Add 1/2 cup crumbled feta cheese, 1/2 cup fresh basil leaves, loosely packed, and stir in enough balsamic dressing to coat.
- Serve warm or room temperature, and enjoy!

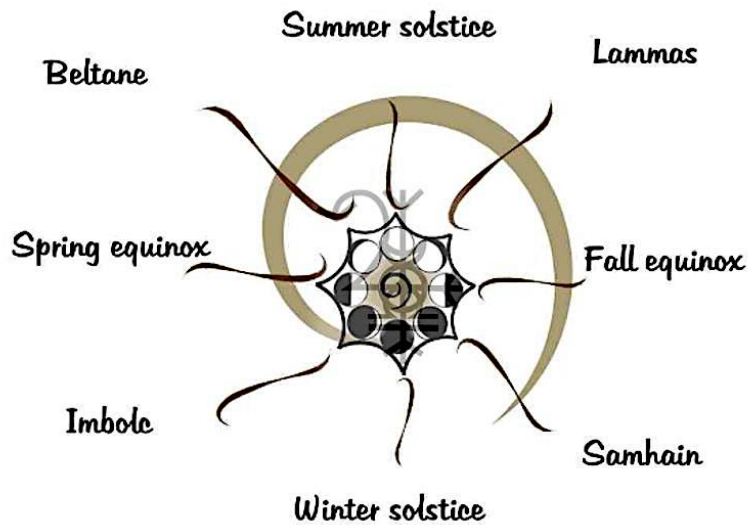
BALSAMIC VINAIGRETTE DRESSING : Recipe ingredients

- Olive oil. Use extra virgin for the best flavor.
- Balsamic vinegar. This is the star ingredient so use the best quality you can afford.
- Dijon mustard. Adds savory depth of flavor and acts as an emulsifier.
- Fresh lemon juice. This is completely optional but it makes all of the flavors pop.
- Maple syrup. Adds sweetness. It may be substituted with honey.
- Salt and pepper, to taste. Essential seasoning for the dressing.

The easiest way to make homemade salad dressing is using a mason jar! Simply add all ingredients into the jar, place the lid on tight, and shake until well blended.

Source: <https://flavorthemoments.com/grilled-vegetable-salad/>

Mystery of the Sabbats 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



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 Summer Solstice and Picnic

**June 22.2025
Gather @ 3:00pm**