

INTRODUCTION & HOW TO CELEBRATE BELTANE



THE SISTERHOOD



Hey Sister!

I know you'll be seeing lots of posts online about Beltane and wondering what it means and how to join in with the fun... or maybe you've been celebrating Beltane for years and now looking for a little inspiration on how to celebrate this year - either way, it's great to connect and celebrate with you!

I love Beltane - it's a Celtic & Pagan Festival celebrating the beginning of Summer. The word 'Beltane' comes from the Celtic God 'Bel', meaning 'the bright one' and 'teine' meaning fire = 'Bright Fire'. It's a time to celebrate fertility, abundance and new life - with Spring at its peak and the Summer about to begin, mother earth bursts into colour, vibrance and promise of a great harvest! *(It's so exciting!)*

Our ancestors relied on nature's cycles to thrive and the celebration of Beltane reminds us that without the sun blessing Mama Earth there would be no life, no delicious flowers blossoming, or juicy foods...this is chance for us all to celebrate that which gives us life as well as connect with our most expressive selves!

Still to this day communities carry on traditions of gathering round large fires to celebrate - people jump over the fire to purify and protect themselves as well as burn away anything that no longer serves them! *(Get me to the bonfire! He he!)*

In this mini e-book you'll be introduced to the Festival of Beltane and learn some simple rituals, traditions and activities to enjoy from home.

Remember - you get what you put in - I invite you to actually *do* the Rituals - not just read about them - the magic is in experiencing them, no matter how simple they may seem!

Enjoy sister... oh - and Blessed Beltane! XO



CONTENTS

1) What is The Wheel of The Year?

2) What is Beltane?

3) 10 Ways to celebrate Beltane

- > Forage for yellow wild flowers
- > Beltane Card Spread
- > Homemade Dandelion Sun Tea
- > Create your Beltane Altar
- > Mini Fire Celebration
- > Create a Magic Box
- > Write Beltan Love Letters
- > A Beltane prayer to say with your loved ones
- > Bake Beltane Intention Oat Cookies
- > 5 questions to journal on this season

4) Photographs to inspire you during Beltane

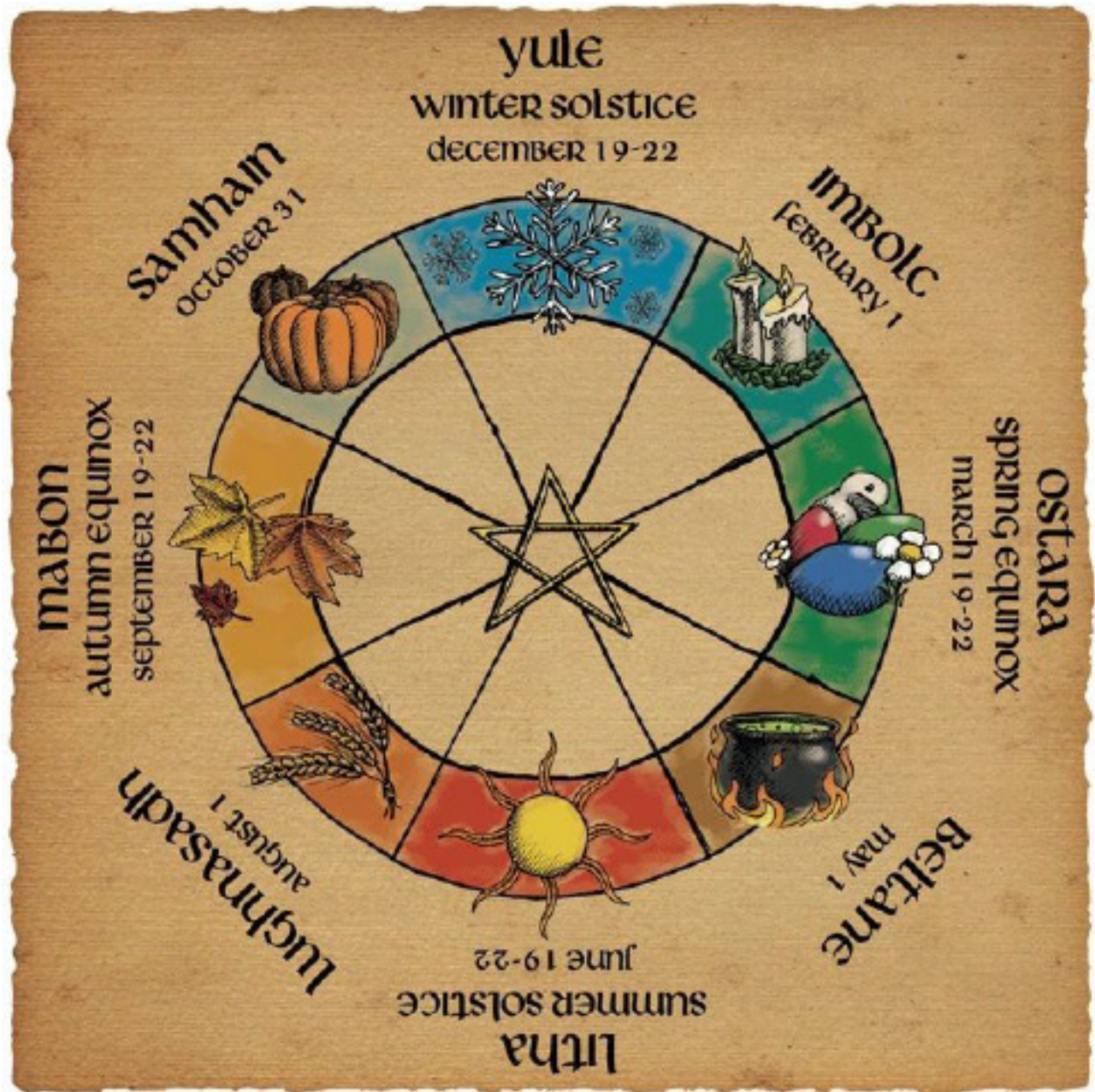
5) Want to go further on your journey?



Please keep in mind everyone celebrates this festival differently, it's unique to each person.

In this E-book I share a few ways I enjoy celebrating Beltane. Simply choose to try the traditions, rituals or suggestions that align with you.





The Wheel of the Year

The Wheel of the Year is an annual cycle of seasonal festivals (made up of the Equinox's, Solstices and Sabbats) followed by those who work with the nature cycles. For our ancestors it was important they understood the cycles and rhythms of nature - we are now also learning the importance of being aligned with the natural rhythms and working with The Wheel of the Year is the perfect place to begin!

(The 'star like' symbol in the middle of the wheel is a pentagram - it represents the 5 elements - fire, earth, water, air, ether. In Wicca and Pagan traditions this represents connection to divine, nature and magic.)

Image of wheel of the year from momsawitch.blogspot.com



WHAT IS BELTANE?

- > Beltane is one of the 8 Seasonal Festivals of The Wheel of the Year. Beltane celebrations can be traced back to Irish mythology.
- > This is a celebration day that marks the mid-point between the Spring Equinox and the Summer Solstice - usually taking place on May 1st.
- > Many of our European ancestors have been celebrating Beltane for centuries (alongside the other seasonal festivals). Their lives were so intertwined with nature that each turn of the wheel brought a new celebration and traditions - they relied on nature to survive - their livelihood, their food etc. and so Beltane is a time to give thanks for surviving another winter - something we often take for granted!
- > Beltane is a celebration of the beginning of Summer - as the earth blooms with abundance it is time to celebrate nature and all her glory and give thanks to the fertility of the Earth.
- > The world is fully awakening (and so too are we!) - it's a time of fertility, creativity and abundance! A time to celebrate all living things! To dress up, smell the flowers and activate all five senses!
- > Symbolically Beltane represents the union of the Divine Feminine and the Divine Masculine - it represents the symbolic marriage of the God and Goddess and their eternal embrace. Mother earth comes alive giving birth to new life and so too do we - brining our own masculine and feminine energies together within us to create new possibilities in our own life.
- > This is a time to shift your focus from your inner world, to your outer world - reconnecting with your visions and hopes for the year ahead as well as enjoying physical pleasures! A time for us to brightly shine in all our glory just like the Earth!

10 WAYS TO CELEBRATE BELTANE





Quick Beltane Cheat Sheet!

A quick glance at the 'tools' you can use to connect with the energies...

Colours

Green (*for wealth and new life*)

Red (*for love and passion*)

Yellow (*for joy, light and fire*)

Dress up in these colours or decorate your home with ribbons, silks and cloths of these colours.

Crystals

Emerald

(for commitment to new life)

Rose quartz (*for love*)

Citrine (*for creativity and joy*)

Tourmaline

(for growth and protection)

Herbs & Flowers

Nettle

(for getting things moving again!)

Dandelions (*For courage*)

Daisies, (*for innocence and purity*)

Blossom (*for renewal*)

Roses (*for love and passion*)

Bluebells (*for humility and gratitude*)

Trees

Hawthorn

(for fertility and sexuality.)

Birch (*for hope and regeneration!*)

Oak tree (*for power and victory!*)

Well known Traditions

Dance around the May Pole

Bonfire Celebrations

Hand-fasting

Decorate trees with ribbons and written wishes!





**Did you know the Hawthorn Tree
is also known as a May Tree?**

Next time you see a May Tree on
your walk, go stand under it, place
your hands on the tree and make a
wish for Beltane!



Forage for wild yellow flowers...

This is my favourite way to celebrate - connecting with the gifts mother earth offers us so freely and bringing them into our home to create corners of magic and beauty! In our society we either overlook the importance of beauty or we call it 'vein' - beauty is a part of life, to accept and embrace the beauty outside of us is to accept and embrace the beauty within us. When we feel inspired by beauty we are aligned with the higher frequencies.



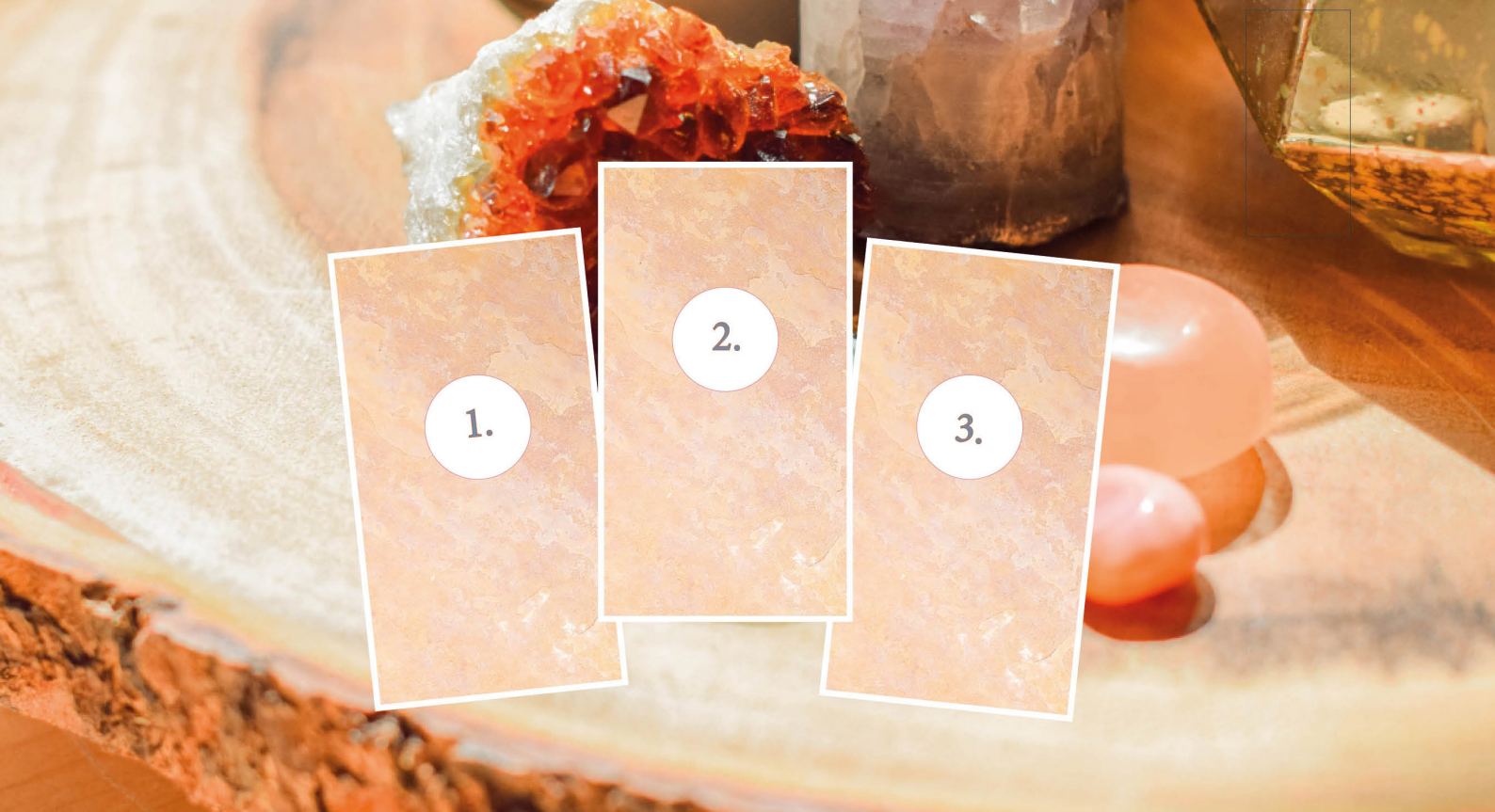
Many who celebrate Beltane keep the spirit of this festival alive by decorating their window sills with yellow flowers - dandelions, buttercups and daisies! It's believed that the flowers represent fire and welcome in higher spirits - bringing more luck, joy and good fortune into your life!

Alongside decorating your window sills you can decorate your hair, create daisy chains and flower crowns and even leave a few daisies on your neighbours doorstep as an offering of abundance for the Summer ahead. Remember this is a celebration of life!

Fill your environment with the beauty and inspiration of new life and you'll feel more connected to the divine and subtle energies than ever before!

Grab a basket, a bowl or a cotton bag and head out to the woods or your garden to collect flowers to invite the higher energies into your home - bringing love and abundance! Treat this as a moving meditation - a dance and communication between you and the earth.





Beltane Card Spread

Light some candles, create a sacred space and begin to shuffle your cards.

(This can be as fancy or as simple as you like - you can use tarot cards, angel cards or affirmation cards.)

Remember spirit finds it easier to commune with you through sacred space - the physical world is hard and dense so creating a space that feels peaceful, sacred and divine helps invite your guides in.

Be sure to look at the pictures, colours and subtle clues on the cards rather than just focusing on the words or main pictures.

What will each card mean?

Pull 3 cards and line them in a row, left to right. The card on the left is card one, the card in the middle card 2 and the card on the end card 3.

Card 1: *This card represents your current situation.*

Card 2: *What new possibilities are you being called to explore?*

Card 3: *What key actions is this card telling you you must take to initiate new life and growth in the season ahead?*

Reflect and journal on your card spread - you may choose to keep card 3 out on your Altar reminding you of your divine actions ahead.



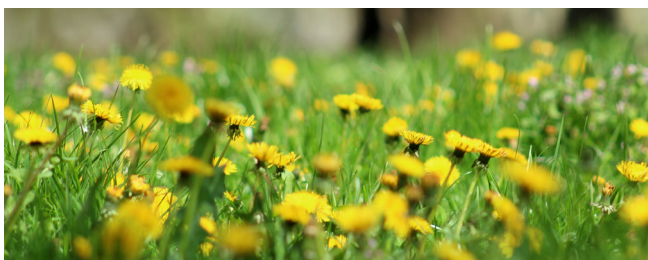


Homemade Dandelion Sun Tea

Our ancestors would make their own tinctures and elixirs using the herbs, flowers and gifts from Mother earth - Dandelion is a really common flower this time of year full of Vitamin A, C, K and B for you to try working with.

Please ensure the flowers are taken from somewhere fresh and be sure to clean them.

Sun tea is tea that's brewed in the sun and been charged energetically by the Sun - filling the tea with energy, abundance and vitality!



Method:

Place two cups of dandelions in pan.

Cover with 5 cups of water.

Bring water to a boil.

Turn off heat and pour Dandelion Brew into a glass jar.

Once cooled, put a tight lid on and place your brew under the sun for 2 hours.

(You can say a prayer for what energy you'd love to be channeled into the tea.)

Bring tea back inside and put in refrigerator to cool. (check no bacteria has grown whilst outside.)

(If you don't want to do this with dandelions just use herbal tea bags.)

Drink your tea as if you were drinking the light of the sun it's self or your dreams for the coming months!



Create your Beltane Altar

Spend a mindful afternoon honouring your ancestors and connecting with the potential, excitement and energy that new life brings!

A few suggestions for your Altar:

- Freshly picked wild flowers
- Crystals that represent love, fertility and growth.
- Tarot cards or pictures of fairies, flowers or the divine feminine and masculine. (The Lovers card in Tarot is perfect for Beltane!)

(Any decorations you feel symbolise this time of year like lambs!)

A altar is a sacred place where you can set intentions, share offerings, meditate, and connect with your guides - it's a space that reminds you of your true nature and highest self.

How to:

Decorate your table, mantle piece or usual altar space with your chosen items. Enjoy being creative and imagine how your ancestors would decorate their homes to honour this turning of the wheel too.

(You may also want to decorate a tree in your garden or create a mini crystal garden - let your intuition lead you.)



Purify yourself over a Beltane Fire!

Communities would (and still do!) gather around large fires to celebrate the return of Summer and the return of fertility of the land!

Fire is a purifier and healer - large bonfires were lit and people would jump over the fire to purify themselves and bring fortune for the season ahead! Cattle were also taken around the fire to cleanse and purify.

This festival was also a time when new couples would meet and even marriages would take place. Sacred Sex was also a beautiful ritual for couples wanting to conceive on this day.

The fire symbolises the light casting away the darkness of winter.

Whilst we don't all have space to create bonfires, you could light a small fire and enjoy some food outside with your loved ones or light candles. Take some time to just celebrate - dance, sing, feel your feet on the earth - express your new found energy and lust for life! **(This year I'm simply going to jump over a large candle as I don't have space for a fire - remember when it comes to Ritual and energy work, it's the intention that counts - seriously!)**

You could burn dried herbs to cleanse your energy if fire isn't an option for you. As you burn the herbs say aloud:

"May all that no longer serves me fall away as I welcome new life and abundance"





As you're reading through this e-book please remember, the key is to actually do the rituals... not just read about them - your connection with the divine, the natural cycles and your own truth is felt and strengthened through experience - you must be active in initiating connection - embody these practises and Rituals to feel the power of the energies... even the most simplest of tasks can bring the greater healing, awakening or pleasure!

Don't just scroll through - the true work of the awakened woman is to integrate what she learns - that is the discipline and the art of alignment.

Choose the Ritual you feel most called to and book some time out either today or tomorrow to enjoy... you'll be glad you did!





Create a magic box to bury in the earth

This is the perfect time to connect with the projects and wishes you'd love to full-fill this year - spending time connecting with your desires is important.

A magic box is a sacred container you keep your wishes in. We all know that the things we nourish in life will grow - one thing we're all guilty of is not nourishing our dreams or those things that bring us joy. Creating a magic box is almost like a vision board...but a little different.

Take some time to get crafty and creative and connect with your vision and wishes for the coming months. Take your time to think about what items you'd like in your magic box and the symbolism of those items.

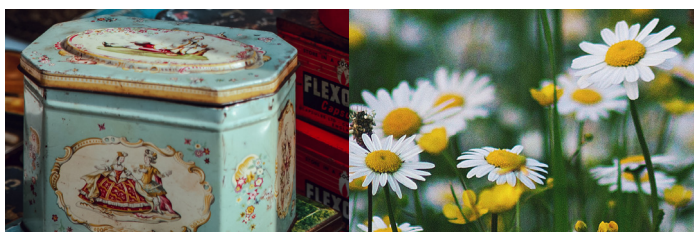
How to:

Get an old box, tin or something you can bury items in.

Write down your wishes and desires and fill your box with items that represent that which you wish to manifest. (Make this as fun and as beautiful as possible!)

Bury the box in the earth just like a seed and enjoy digging it back up again when the Winter comes around.

You can meditate, sing, dance or drum around the spot you planted your box to send good energy!





Write Love Letters...

Beltane is a time to appreciate everything and everyone in your life.

Love letters aren't exclusive to lovers - they can be written to friends, sisters, brothers, children and neighbours!

If you don't feel inspired to sit and write a letter and send it in the post you could send text messages to let those important to you know you love them.

Here's a challenge - send at least 3 messages by the end of the day - even if it is a simple sentence! Your words will be so appreciated! *(Don't be shy!)*



Prayer to say aloud alone or with loved ones

For me I find this is a beautifully simple practise. Simply read aloud a Beltane Prayer to honour the shift in energies and to thank mother earth.

There are so many prayers online so please do search for one that inspires you - you could read it before your evening meal, before bed, out watching the sunset or over dinner with your family.

Whatever you decide - enjoy and bring purpose to your words!

(I will be baking some Beltane cookies - see recipe on next page - and reading this prayer before tucking in!)

Here's a prayer to the earth mother from the book *Carmina Gadelica*.

*Great earth mother!
We give you praise today
and ask for your blessing upon us.
As seeds spring forth
and grass grows green
and winds blow gently
and the rivers flow
and the sun shines down
upon our land,
we offer thanks to you for your
blessings
and your gifts of life each spring.*





Bake Beltane Intention Oat Cookies

Ingredients:

75g Flour
1tbsp baking powder
75g porridge oats
50g sugar
75g butter
1 tsp golden syrup
2 tbsp milk

(Recipe from BBC Food)

Remember this celebration is all about new life and fertility! As you're preparing your cookies connect with your intentions for the year ahead - imagine you are creating a magic potion - so treat your baking time as a joyous sacred act and when you eat your cookies imagine you will be planting your seeds of intention inside you, ready to grow and bloom!

Method:

Heat the oven to 180C/fan and line tray with baking paper. Sift flour into a bowl. Mix in baking powder, oats and sugar. Melt the butter, syrup and milk in a saucepan and stir. Add to the dry ingredients. Mix until the liquid covers all the oat mixture and until well combined. Spoon onto a tray and shape. Leave space between each biscuit. Bake for 10 to 15 mins, or until golden brown. Leave to cool for 5 mins before removing from tray.

You can use any recipe you wish! Add cinnamon, ginger, dried fruits! Think of what spices your ancestors may have enjoyed in their Beltane Oat Cookies!



5 Questions to Journal on at Beltane

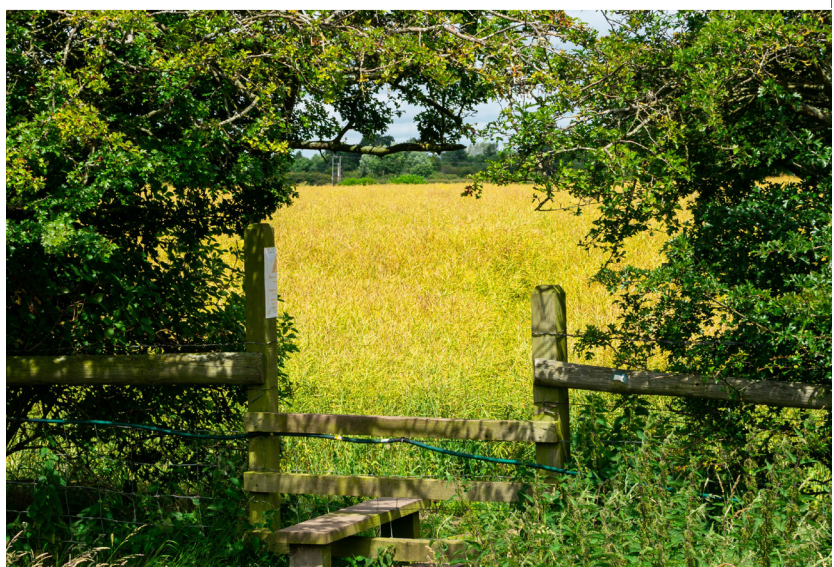
Go out into your garden if it's warm enough or sit on your door step and journal on the following questions.

1. What is bringing you great joy right now?
2. What would you like to see bloom in your life? If you think of the next 3 months what seeds would you love to see bloom around you?
3. What do you need to let go of in order to be able to fully commit to nourishing those seeds?
4. In terms of bringing those seeds to life - what parts of yourself do you feel confident in your abilities? And where do you need to build your confidence in your abilities ?
5. Reflecting on the above, what are your 3 key priorities/actions for the month ahead?

Now... write down in your journal... *"I welcome miracles into my life and I what release is holding me back. I am ready to fully bloom!"*



A few photographs for inspiration...





A few photographs for inspiration...





The Sisterhood.

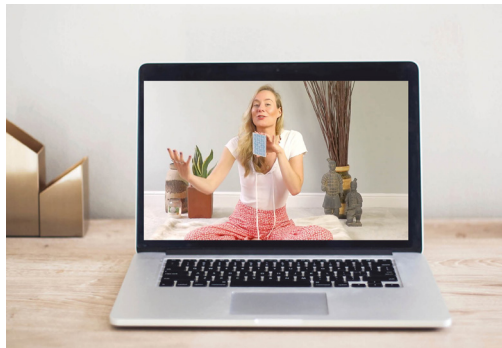
Your Online Spiritual Membership
www.thebeplatform.com/thesisterhood/

Want to take your journey further?

Come and join us in The Sisterhood online Spiritual Membership! This is a monthly membership packed with over 30+ trainings, Rituals and live classes including live online monthly Moon gatherings led by Alice and so much more!

Examples of trainings you'll find inside:

- > *Understand how to harness the 8 phases of the Moon*
- > *Learn who your inner child is and how to begin your journey healing her.*
- > *The Journey of the Soul - from fate to destiny*



“ I’m in love with The Sisterhood membership! I feel like it’s giving me everything I could ever need to grow. The support system, training & tools I’ve been waiting for my entire life!”

*To find out more about The Sisterhood Online Membership visit
www.thebeplatform.com/thesisterhood*

Only £39.99

Work with Alice privately

Alice is a Women's transformational coach, a Spiritual Mentor and the Founder of The Sisterhood Online Spiritual Membership and BE Retreats.

You can work with Alice as your private coach and mentor for...

- Building confidence
- Connecting with your purpose
- Building your purpose-led business
(Alice specifically helps women host women's circles, Retreats and online wellbeing services.)
- Remove the blocks standing in your way

...and so much more...

Email alice@thebeplatform.com to find out more about coaching programmes...



I'd love to see your
Beltane creations!

Tag me in your Instagram posts
[@aliceallum](#)
or send your photos to
[alice@thebeplatform.com!](mailto:alice@thebeplatform.com)

