



Woodruff and 3 Simple Beltaine Rituals

Woodruff and Rose - ways to use these Beltaine 'erbs

You can make Woodruff Wine for Beltaine (it will need to sit for a week, so make it in advance!)

Don't want to make wine? That's ok, you can also make a syrup from Rose Petals :)

Here's how....

You will need:

12oz (4 Cups) Rose Petals

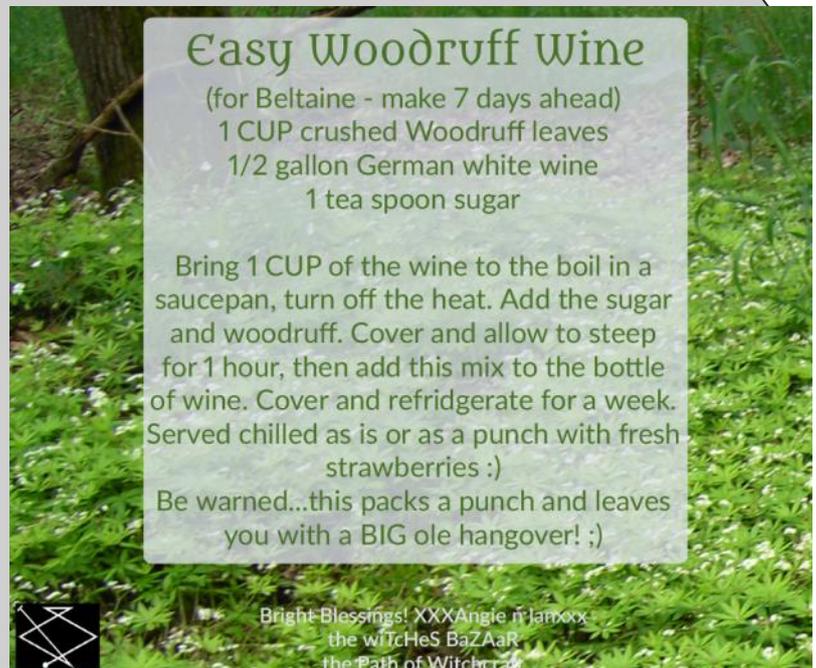
16 fl oz (2 Cups) Water

1lb (2 1/4 Cups Unrefined Sugar

1 Cinnamon Stick/Star Anise (optional

Place all the ingredients in a large pan (or in a mini slow cooker on low for a couple of hours - keeping an eye on it) and gently simmer for 60 mins. Strain through a sieve before decanting into bottles. Keep in the fridge. Use on fruit salads, in your tea, on your ice cream.....

Enjoy ;) xxx





3 Simple Beltaine Rituals

To Invoke Bel (aka Lugh)

At this time of Beltaine, the time of action, you may feel like you need to be more energised! Calling on Bel to shine his light on your life will help with this :)

Take some time out at dawn to light a candle to Bel.

You can use your own words to call him, or use the following words...

“Mighty Bel, O Radiant One! Shine your light upon my heart and on my life! I call you to me on this day, I honour you on this Beltaine!

Blessed Be!”

Sow Yourself a Mini-Meadow!

Wildflowers are not only amazingly beautiful, but they also help our lil’ friends...namely the bees and butterflies ;) And this can be done on ANY scale - from a window box to a whole lawn of meadow flowers! Definitely prepare the soil (if sowing a whole lawn) in advance by adding compost as a top layer over the seeds you’ve sown (and if you employ the ‘no dig’ policy which many permaculturists do :), no need to break your back either!!) ;)

If you have your own compost, then use it, if not then try buying peat free as this helps preserve the peat bog eco-system :)

Then sow as many kinds of wild flowers in your mini-meadow as you like :) As you sow, try this chant... *“Wildspirits, wildflowers, grow and grow. Bring beauty and life here, grow and grow”*



Are you using an Ancestors Altar? If you are, around this time of Beltaine, you can make it your daily ritual to light incense and candles here, give small food and drink offerings and talk to your Ancestors, ask them directly for their guidance in situations. Spend some time here, connecting with them :)

Use your own words to connect and seek guidance, use crystals, 'erbs...whatever works for you to aide in making that connection :) Dawn and Dusk are the Liminal times - when the veil is the thinnest, the threshold...so tap into this energy too if you feel like you want to :)

Other Things You Can Do

- * At Dawn, go barefoot on your lawn...maybe sprinkle rose petals around as you walk
- * Take stock of what is happening in your life right now...the plans you made through Samhain/Yule & Imbolg...are they producing results? If not, maybe a course-correction is needed to get you back on track!
- * Get out into Nature, see what Our Mother is doing, grab photos of these unique moments, journal how these changes run parallel with your own life and what's happening there :)
- * Use Divination techniques to get answers to questions (scrying using a mirror, water in a black bowl, flame or smoke OR use a pendulum, Tarot or other divination cards, tea leaves, or even use a coin!!)
- * Use our [Attunement Guided Meditation to meet your Ancestors!](#) Originally written for Samhain, it can also be used at Beltaine to connect :) Enjoy!! xxxBBxxx