

End of Summer Ritual

Gather:

- approximately 1/4 cup of oats (and/or barley, corn, or other grain) *
- a small handful of blueberries
- 1 four-inch candle (yellow, orange or gold)
- sheet of paper (white, yellow, or parchment)
- writing instrument
- small cauldron or other fire-safe container
- matches or lighter

Place the grains and blueberries in a small bowl, preferably of yellow, orange, or gold color. Set this bowl beside the other items.

At a time when you can be relaxed and undisturbed, light the candle and sit quietly. Admire its glow and think of the harvest bonfires that were lit in the early days. Call in the energy of the Great Earth Mother.

Think about all of the blessings in your life and all that you have harvested this year. Thank the Divine Mother for the abundance in your life and for the food She has provided.

Acknowledge that now is a time of sacrifice, to offer back to her in a cycle of thanks and renewal.

On the paper, list the things that you would like to remove (or sacrifice) from your life. These can be habits you'd like to shed, the clutter in your home, or other such things. List anything that you'd like to have "gone" from your life.

When done, sit quietly with the list and feel how good it will be to eliminate these things.

Crumple the paper and carefully set it on fire. Hold it over or drop it into the fire-safe container. (I use a black cast-iron cauldron.) Feel a sense of freedom and release.

Sit for some time with the flaming candle, enjoying the peace and reviewing your blessings. When you feel the time is right, thank the Great Earth Mother for her presence and snuff the candle.

Take the ashes and grain/berry bowl outside, preferably to a field or wooded area.

Spread the ashes on the ground, asking the Earth to absorb them and remove the items from your life. (If there is still unburned paper, bury it.)

Empty the grain/berry bowl on the ground as your thankful offering to the Earth Mother and her creatures.

The remaining candle can be buried at this time or burned down later at your convenience. When done with the candle stub, bury it. I would bury it near where you made your offering.

Know that you have honored the season and welcomed the new energy of change!

