



An Honoring of Imbolc & Brigit

February 2022

Presented by Priestesses of
The Goddess Studio of Escondido

Presented by Priestesses:



Sablewolf



Mandella



Lea

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Extras: Coloring Pages

Calling the Directions:

Written by: Sablewolf

East: Hail and welcome, East and Air! I ask for the new light of the dawn, twinkling visions of hope, and the new warmth of spring to bring inspiration to my work. Hail and welcome, East and Air!

South: Hail and welcome, South and Fire! I ask that the blazing fires of Brigid's forge burn away all that does not aid my growth, and fortifies my passion for change and courage. Hail and welcome, South and Fire!

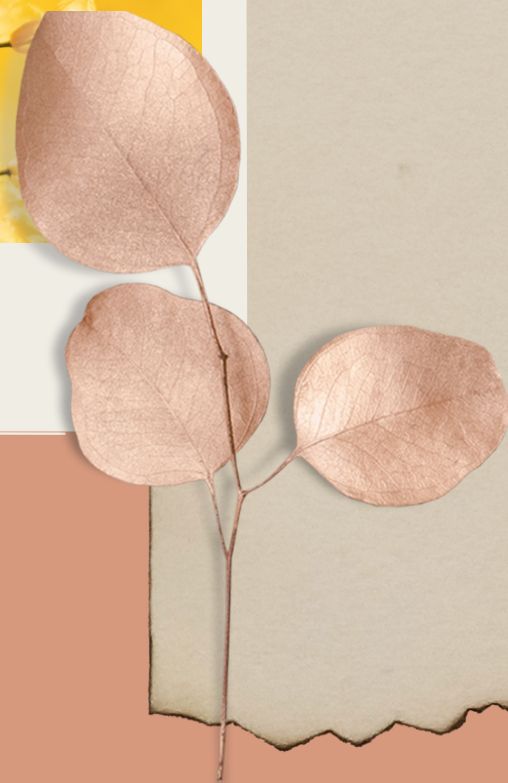
West: Hail and welcome, West and Water! I ask for the healing powers of Brigid's well to flow and grow my journey to stir and summon the depths of all possibilities. Hail and welcome, West and Water!

North: Hail and welcome, North and Earth! I ask that the powers of stillness and silence be with us here today, as we gestate and birth the visions of our future. May we ruminate on the gifts in our lives as Brigid's red-eared cow, gaining strength through rest. Hail and welcome, North and Earth!



Inspirational Poetry

Compiled by Sablewolf





"Lady of the Well, the Forge, and the Green Earth,
I seek you.
Warm my heart with your perpetual flame,
Heal my wounds with your gentle waters,
Cradle me in your mantle when I can walk no more,
Brigid, I seek you."

"Brigid, I Seek You," Courtney Weber

"I will lead you home,
I will guide you back,
My waters will carry thee,
My flame will guide thee."

"Sea Song from Brid," Gemma McGowan

"Heavenly cow
Rain your blessings down on your people
Like milk pouring from above."

"Pagan Book of Prayer," Ceisiwr Serith

The tears of the dawn still sparkle on the grass
as I begin my day
Goddess of beginnings, bless my beginning
Open paths before me, make easy the way.
May I go through the day with ease, and end it
with thankfulness."

"Pagan Book of Prayer," Ceisiwr Serith

"On the rim of the world, she is dancing.
In her bright robe, she is dancing.
Young and lovely, she is dancing.
Bringer of vision, she is dancing.
Dance, Sun maiden, into the sky
Bringing the day to those who wait for you."

"Pagan Book of Prayer," Ceisiwr Serith

"The fire of Brigid is the flame on my hearth.
The fire of Brigid is the flame on my heart."

"Pagan Book of Prayer," Ceisiwr Serith

Inspirational Quotes

“Cleansing and clearing are two words which suit the essence of Imbolc, as this is February, the Roman month of purification. This can be a cleansing of the self, in undertaking a good ‘detox’, or a clearing and cleansing of the home, in keeping with the tradition of spring-cleaning.”

— Carole Carlton, Mrs Darley's Pagan Whispers: A Celebration of Pagan Festivals, Sacred Days, Spirituality and Traditions of the Year

“So now, as the Maiden form of the Goddess whispers to us of hope and new beginnings at the festival of Imbolc, it is on a cold February morning that you are invited to step onto the ‘Wheel of the Year.’”

— Carole Carlton, Mrs Darley's Pagan Whispers: A Celebration of Pagan Festivals, Sacred Days, Spirituality and Traditions of the Year

"May the love of Brigid bring you many new opportunities to learn, to grow, to celebrate, and to love. There will be much to harvest come the Autumn thanks to the seeds planted today!"

-Lea



Brigid Imbolc Blessings Digital Print Download
FinbrackenFair is the shop name. URL is here: <https://www.etsy.com/listing/980338811/brigid-imbolc-blessings-digital-print>

Well of Clarity Spell

Adapted by Sablewolf from “Brigid: History, Mystery, and Magick of the Celtic Goddess” by Courtney Weber

When calling on Brigid the Healer for clarity and divination, prepare for the truth to be revealed in a sharp, shrewd fashion. Blocks of creativity, healing, and knowing the way forward can be relieved by setting your intention and asking for the way to be revealed.

You'll need:

- A bowl of water
- Salt
- A divination deck (Tarot, oracle, or other) - even a deck of playing cards will do.
- A towel

At home, mix clean water with salt. The water should have the look of tears. Have a towel ready.

Be present with your creative or life blockage. Ask yourself, “What is specifically troubling me at present?” List all the details that make up its identity, without judgment, justification, or analysis.

Using a divination deck, draw a single card. You may wish to consult a tarot guide for card meanings, but the most authentic messages may come from the first internal responses you have when looking at the tarot. This card is meant to represent where you are in your journey at the moment. Draw a second card to lay over it, the cards will form a “T” shape. The second card represents what is truly blocking your progress. Allow your first thoughts to inform you about the nature of the situation.



Leaning over the water, chant the following:

Brigid of Power, Brigid of Light,
Help me see into my plight.

Continue the chant until the chant takes up more space in your mind than the problem at hand. When you feel the chant has done its job, close your eyes tightly and wash your face in the water. Particularly take the time to wipe your eyelids, as in removing that which blocks your sight, but also take care so as to not get the water directly into your eyes. Take note of thoughts or feelings that arise when you do this.

After doing this a few times, pat your face and eyes dry with the towel before opening them. Once you've opened your eyes again, draw a third divination card. The third card is meant to represent the tools to break the blockage, or a new focus. Take note of what you've seen and experienced.

Discard the water in the garden, yard, or at an intersection. When you've thrown the water out, turn and walk away from it and do not look back.



Chants

Written by Sablewolf

For abundance:

Brigid, mother cow divine
Bring nourishment to me and mine
Blessings grow without delay
Warm the sun and bright the day!

For divination:

By mother's milk and by the oak
Goddess of the Celtic folk
Gifts before me now appear
Bring me visions for the year!

For inspiration:

Brigid's lyre
Come, inspire
Clarifying my desire!
Brigid's fire
Raise me higher
Manifesting my desire!





Meditation

Adapted by Sablewolf from “Brigid: History, Mystery, and Magick of the Celtic Goddess” by Courtney Weber

Journey to Brigid’s Oak

Breathe. Look for tensions in your body. Where you find the tension, breathe into it and allow your limbs to go soft. Allow your thoughts to fade away. If mental chatter surfaces, simply allow it to move along without following it or forcing it out. If your environment is noisy, acknowledge the sounds without blocking or following them.

Draw your attention to your *heart*. Breathe deeply and evenly, and as you do, pay attention to its rhythm. Be aware of things your heart may be experiencing at the moment – physically or emotionally, without judgment, analysis, or justification. Simply bear witness to your heart’s present experience.

Meditation

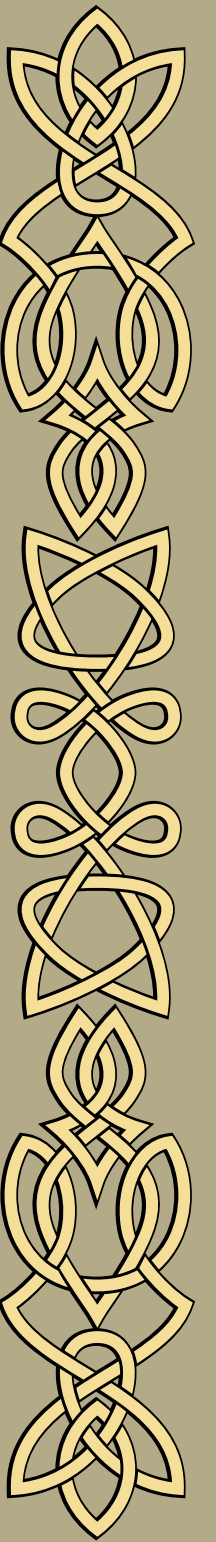
Pg 2

Allow yourself to see a gate in the area where your heart resides. Notice its shape and colors. Is it locked? Is it open? Unlatch the gate. If it is locked, breathe into the moment until the gate allows you to open it.

What do you see on the other side of your heart gate? Without judging or analyzing, take note of the images of the environment that you see. When you are ready, step through the gate.

In this new environment, you see a worn path that leads through the forest. You can smell the burning of a cookfire deep in the woods, and a nourishing meal roasting upon it. You walk along the path, noticing birds and other animals scampering through the trees and welcoming you in. After a time, the woods thin out and the path widens. The forest comes to a clearing and, in the midst of it, is a single great tree so tall its top disappears into the clouds. The trunk is thick and knotted – it would take dozens of linked hands to encircle it. Its roots are fed by a transparent, reflective pool of water, silent and still as the dawn but clear as crystal. It stands at the place where the water meets the land. Brigid herself appears in a green cloak with the shining rays of the sun streaming from her head. You are delighted to see her warm, welcoming smile.

She beckons you to a smooth table of polished rock standing in the clearing. On the table is a round board. You pick it up and see that it is plain with no images or words upon it. Brigid explains that just as she plans which flowers and herbs will decorate our world in the springtime, this board is for you to decorate with your plans for the year. She gestures and you can see beautiful images, colorful ribbons, snippets of poetry, and many other decorations appear on the polished table. She explains that your observations beyond your heart gate show you what you can focus on this year.



Meditation

Pg 3

What do you envision for your year ahead? What intentions can you represent through your art, and where will you place them? What dreams do you intend to make real this year?

A comfortable chair appears behind you and Brigid keeps you company as you work. You share a delicious meal cooking nearby as you consider your future. You have easy conversations with her as if you are talking to an old friend. As your board fills up with patterns that inspire and energize you, your vision for all the positivity you wish to bring into your life becomes as clear as the sacred water that nourishes Brigid's oak.

When you have received and explored all that you wish, thank Brigid and offer thanks for the experience. Breathe deeply and become aware of the space of your heart. Allow the images to fade from view. Pull your awareness back into your heart and surrounding body. Become aware of your physical surroundings and sensations.

When you are ready, open your eyes and be present with your own environment. If you wish, journal or sketch your experience.

Link to Audio of Meditation by Sablewolf:
<https://photos.app.goo.gl/LGW9tmDaDWk5bCDP6>



*Take the path
less travelled*



Live your dreams





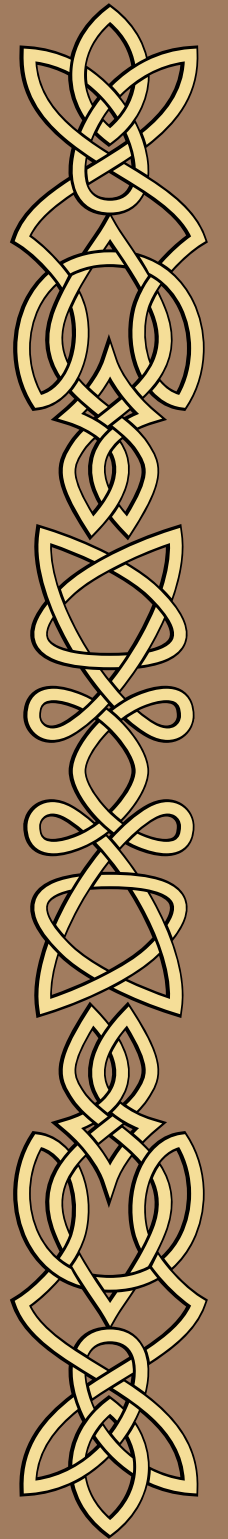
Lore of Imbolc and Brigid

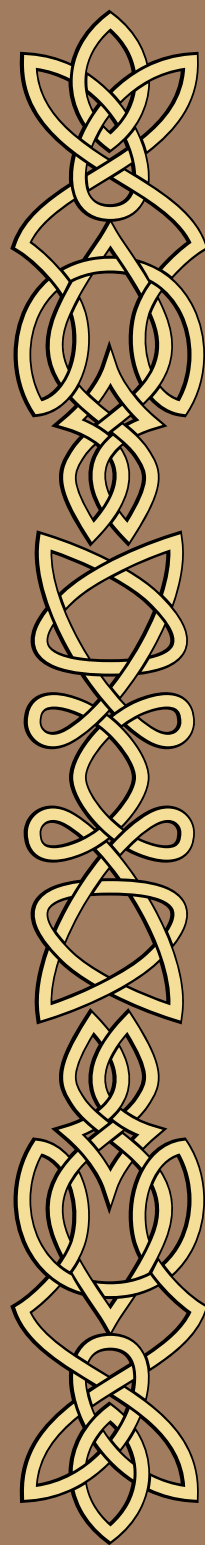
Adapted by Sablewolf from "Brigid:
History, Mystery and Magick of the
Celtic Goddess" by Courtney Weber





Imbolc, Celtic holiday of beginnings, was historically celebrated around January 31 to February 1. Deriving from the words Imbolg or Oimeic, Celtic for “of milk” or “in the belly,” Imbolc came about as an agricultural holiday around 7,000 years ago. While February may seem early for planting and thinking of spring, at this time in history Celtic regions were much more like contemporary Mediterranean regions weather-wise. Around this time, ewes and cattle would be giving birth and also producing milk, one of the main food staples for Celtic tribes. This would be some of the first fresh food some would have tasted since early November. Women who had conceived at Beltane were having babies around this time. The earth is coming back to life, sowing hope and new beginnings. In the harvest cycle, Samhain is an end, and Imbolc is a beginning.





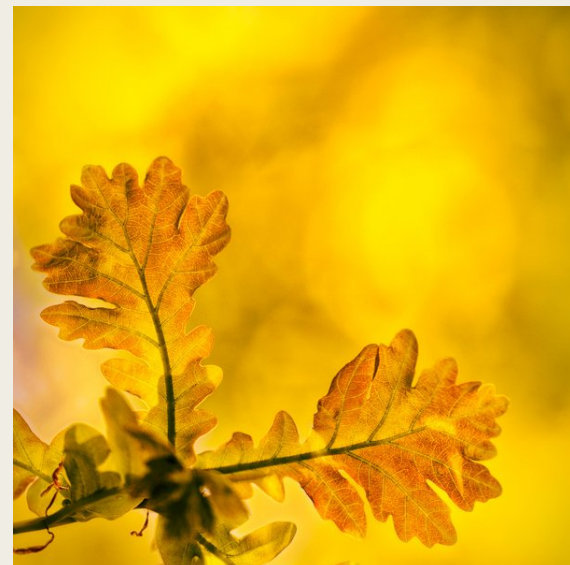
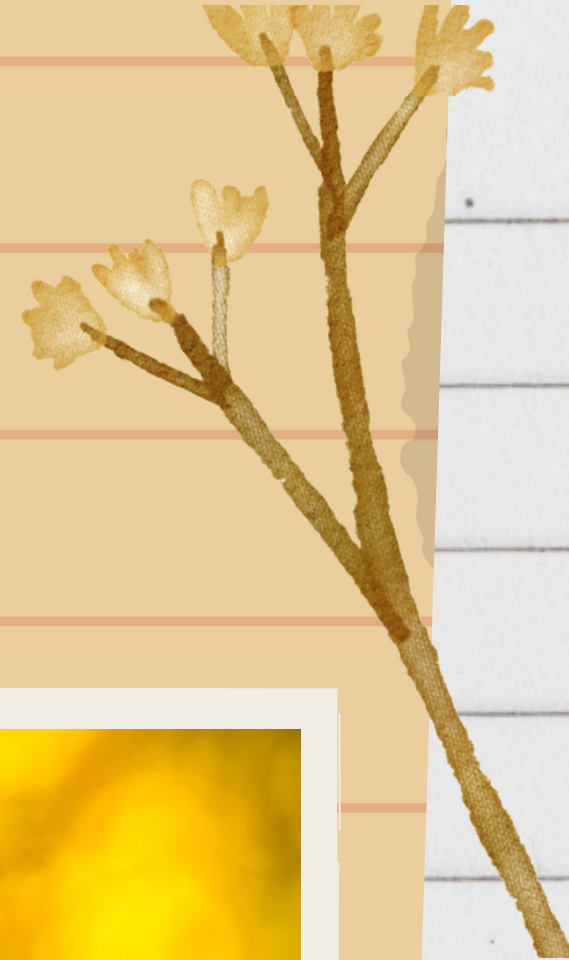
Brigid was worshiped as the primary Celtic goddess of the Irish region and surrounding areas; she was viewed all at once as a Triple Goddess, with maiden, mother, and crone aspects. Her associations include the sun, springtime, healing, smithwork, and poetry, among many others. In some depictions, Brigid is seen as one side of a goddess with two faces (the other being the Cailleach), and is credited with Celtic survival due to the milk production of cattle and dairy. Brigid's association with Imbolc is so strong that she became syncretized as St. Bridget when Christianity crept into Ireland.

Brigid's association with springtime and new beginnings encourages us to call on her for aid during our vision-work – divination was traditionally performed on Imbolc in order to guide women throughout the year. As a goddess of abundant nourishment, fiery creativity and healing protection, ask her to imbue visions of positivity for your future!



Ritual Offerings

The number 19 was sacred to Brigit because, according to the Book of Dunn Dow, it represents the 19-year cycle of the Great Celtic Year and the time it takes for the new moon to coincide with the Winter Solstice from one cycle to another.



1

9

Lavender

Cinnamon

Dairy products

Whiskey

White candles

Clean water

Tea

Incense

Dandelion

Ginger

Swan Feather

Seeds

Blackberries

Colorful ribbons

Oak leaf

Fire agate crystal

An apple

Honey

Coins



Other Offerings

A Floral Crown

Song or Poem

A craft you made

Donation to a women's shelter

or a children's hospital

Soup for a friend

Plant a tree



Brigit statue by Mickie Mueller; photo by Amalya

Vision Boards



Manifest your dreams & goals from the
world of thought into the world of form.





Samples



What is a Vision Board?

Vision boards, dream boards, treasure maps, life maps ... they go by many names, but they all serve one purpose: to assist in manifestation, bringing your dreams and goals from the World of Thought into the World of Form. Their magic lies in their ability to bypass the rational part of our minds and speak directly to the intuitive parts that don't use words to communicate; they allow these non-verbal parts to have a voice. They also help in focusing one's intention, as we are (primarily) a visual species. Finally, they're just plain fun to make - and who wouldn't benefit from an opportunity to let their inner child out to play?



DREAM

Steps to making a Vision Board

1. Select a piece of poster board, or heavy paper. This will be your base for gluing things onto.
2. Cut or tear out images from magazines, catalogs, cards, calendars... or print out images from the web that speak to you or provide a visual expression of your dreams and goals.
3. Arrange these images on your poster board, then glue them down.
4. If you wish, you can add words and/or affirmations to your board or write on it directly; or embellish with stamps, stickers, Washi tape or other scrapbooking goodies.
5. On the back write your name and date and maybe a title of your board or a statement of this board's intention.
6. Hang your board up in your home, ideally in a prominent place where you can look at it every day.
7. Don't be surprised with the images on your board begin to

Manifest in your life!



Color Meanings

The color of the paper that you use as the base of your vision board can also provide some subtle cues to your intuitive mind. Here is a partial list to inspire you:

- *Yellow/White: religion, spirit*
- *Red: love, passion*
- *Green: prosperity, health*
- *Blue: intellect*
- *Orange/Yellow: health, energy, community*
- *Pink/Rose: relationships, love*
- *Brown: earth, nature*
- *Black: night, the Void before Creation*
- *Purple: magick*



visited the Great Basket and fell in love with it.
to rebuild the village as a holiday



Supplies

Glue stick or glue. I like Scotch Create glue stick works really well

A fairly heavy cardstock or posterboard that will lay flat when you hang it up.

Scissors

Images:

Magazines

Old Calendars

Maps

Old Books

Photographs

Cut out words or create your own and print up on computer or hand write them

Brochures

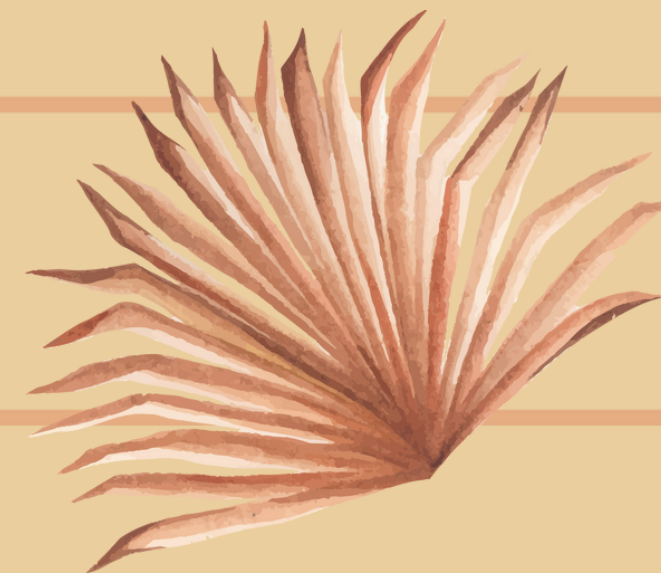
Optional:

Stickers

Stamps

Embellishments

Washi Tape



WE INVITE YOU to SHARE a photo of your completed Vision Board to:

Google Album Vision Board page:

<https://photos.app.goo.gl/o5FC6jkgPf7QrE1y9>

Closing

Celebrating Imbolc and the Celtic traditions of the Goddess Brigid can guide us in expressing our hope for spring and new possibilities. Whether you choose to listen to a meditation in the sunlight, say a chant, or do a spell, your offerings to the universe will be benevolently accepted and acknowledged! By clarifying your intentions for the year through a vision board, you can reap the benefits of your creative positivity come harvest-time (and sooner!) As part of your community of sisters at Goddess Studio, it is our delight to share Imbolc with you.

Happy Brigid's Day!

Love, Sablewolf, Mandella, and Lea



Releasing the Directions:

Written by: Sablewolf

Releasing North: Hail and farewell, North and Earth. I thank you for your solidity, power, and ancient wisdom. I will carry the echoes of your strength in my work. Lend me patience to move through obstacles in my life. Hail and farewell, North and Earth!

Releasing West: Hail and farewell, West and Water. I thank you for your healing influences and all the deep gifts of Brigid's Well. I will carry the evocation of your compassion in my work. Lend me the flexibility to accept the ebbs and flows in my life. Hail and farewell, West and Water!

Releasting South: Hail and farewell, South and Fire. I thank you for lighting the fire of Brigid's forge, and ask that the dying embers continue to smolder and give power to my work. Hail and farewell, South and Fire!

Releasing East: Hail and farewell, East and Air. Though the day passes, the sun will dawn again tomorrow. Imbue my life with this airy sense of renewal. Hail and farewell, East and Air!



Other Links & Resources:

Brigid: History, Mystery, and Magick of the Celtic Goddess by Courtney Weber

<https://www.amazon.com/Brigid-History-Mystery-Magick-Goddess/dp/1578635675>

A Pagan Ritual Prayer Book by Ceisiwr Serith

https://www.amazon.com/Pagan-Ritual-Prayer-Book/dp/1578634849/ref=sr_1_2?qid=1643321318&refinements=p_27%3ACeisiwr+Serith&s=books&sr=1-2

Brighid, Goddess and Saint

<https://www.brighid.org.uk/>

www.mimosaspirit.com/blogs/news/brigit-triple-goddess-of-the-flame-health-hearth-the-forge

Credits: We did our best to attribute names of artists to their art. Unfortunately so many images that we found also had no credits given. Please Note: This digital presentation is a love offering only to Brigit/Imbolc with no commercial intent.



Blessed Be

Goddess Studio

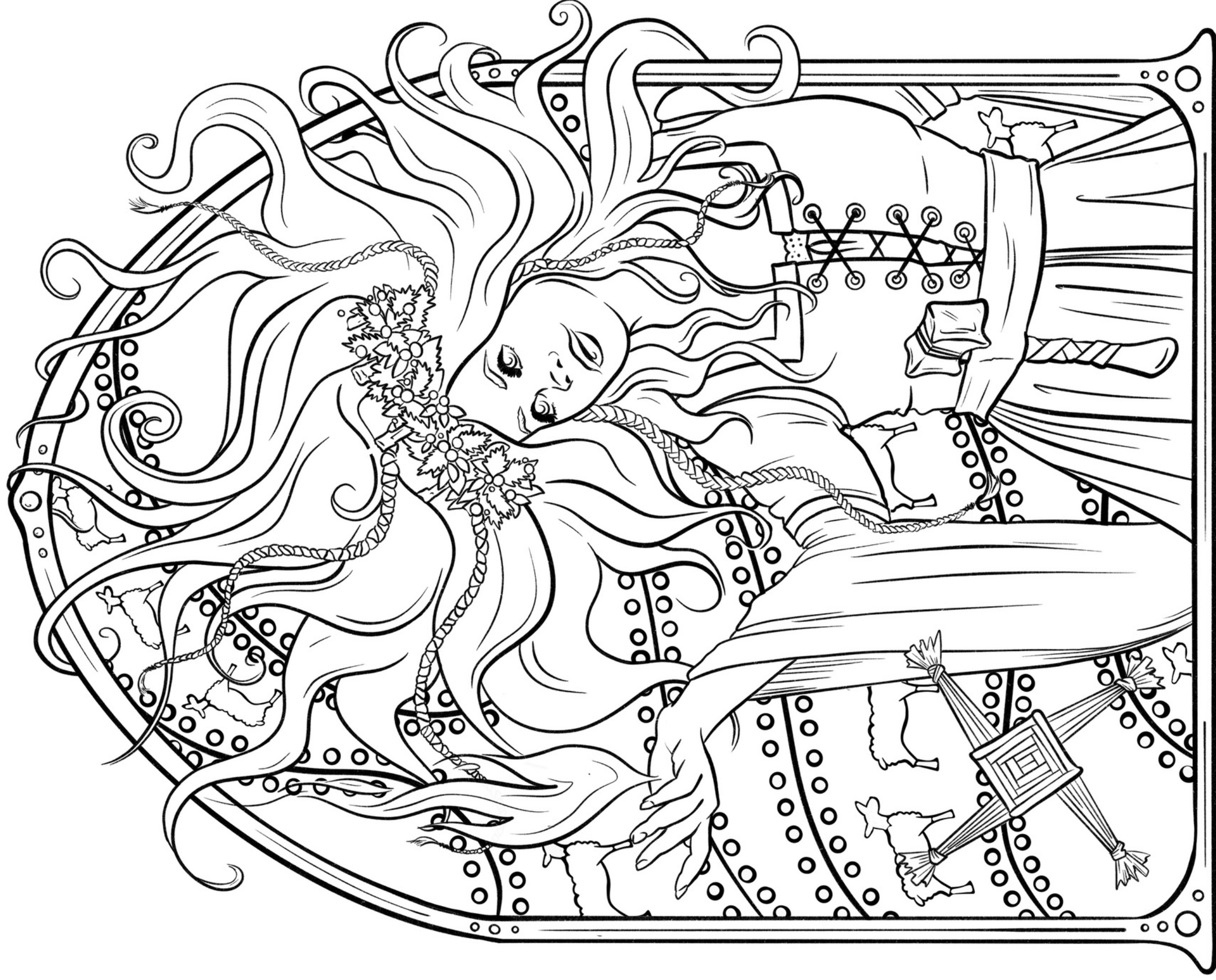
Escondido, CA

Canva Presentation produced by Mandella
AmandaSicard.com
created 1/29/2022

**For more information about
the Goddess Studio
contact AmalyaGoddess@aol.com**

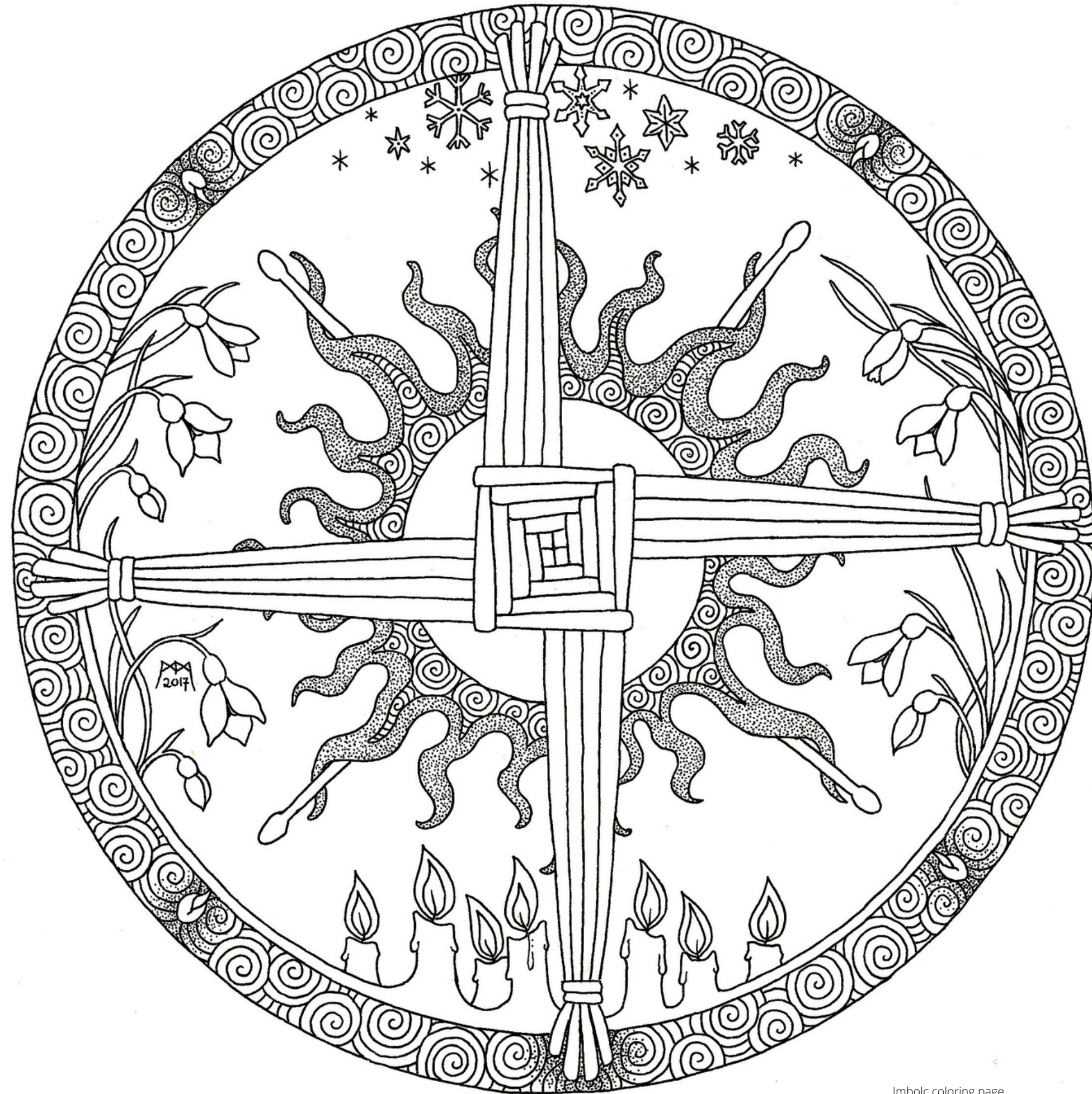
<https://www.goddess-studio.com/>

Extras

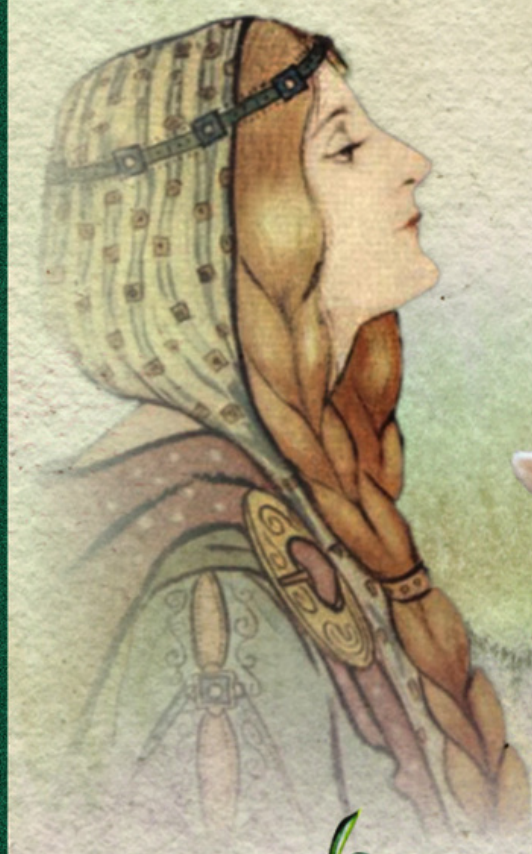
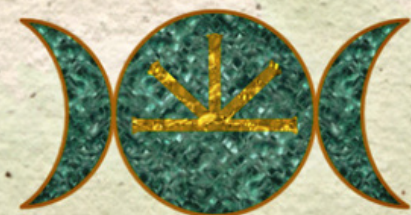


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Brigid, Goddess - Printable coloring page
EmmeLuna is the shop name. URL is here: <https://www.etsy.com/listing/1160302687/brigid-goddess-printable-coloring-page>



Imbolc, also known as Candlemas, is the season of Brigid, the keeper of the flame, who protects hearth and home. Imbolc is a Cross-Quarter Sabbat, a Festival of Light, that marks the mid-point between the Winter Solstice and Spring Equinox and celebrates the earliest stirrings of Spring and a return to the light.



IMBOLC

Imbolc derives from the word 'Imbolg' which translates as 'in the belly' in Gaelic. However some say it translates as 'ewe's milk' (oi-melc). In Gaelic Ireland Imbolc was the Feis or Festival marking the beginning of spring, during which some great feasts were held.

Imbolc is halfway between the dark of winter and the light and beginning of spring. It is a time of purification, and is celebrated in many cultures.

For the Romans, this time of year was known as Lupercalia, and they celebrated it with a purification ritual on February 15th. The Ancient Egyptians celebrated this time of year with the 'Feast of Nut', whose birthday falls on February 2nd. Nut was a mother-figure to the Sun God Ra.

When Ireland converted to christianity, the church allowed them to keep some of their old gods, they worshiped The Goddess Brigid, so thus she became St. Brigid and Ireland now celebrate St. Brigid's Day. The Christian Candlemas is also celebrated on February 2nd - a feast of purification of the Virgin.

Key Correspondences:

Dates: February 1st-2nd

Deities: Brigid (Patron of Smiths, Healers & Bards)

Foods: Dairy products, Lamb & Mutton, Seeds, Dried Foods (Raisins, Sun Dried Tomatoes) Winter Vegetables (Onion, Potato, Squash), Flaming Foods (Cherries Jubilee, Crepes Suzette)

Flowers: Snowdrops, Crocus, Daffodils, Yellow Forsythia, Red Maple Buds

Incense: Amber, Bay, Bayberry, Frankincense, Myrrh

Music: Brass, Bells

Altar Tools: Oil Lamps, Candles, Besoms, Corn Dollies

Colours: Soft Greens, White, Red, Yellow, Orange

Ritual Ideas:

- Set up your Imbolc Altar (if you have one).
- Say prayers to Brigid and The Sun God.
- Light a candle to call back the sun.
- Say 'farewell' to Winter.
- House Cleaning.

