

ANAM



CARA

AROMATHERAPY SABBAT MISTS



SAMHAIN Oct 31, (Midpoint between Mabon and Yule)

Endings and beginnings, reverence for elders. Time for change, harvesting from experiences while looking to future. Burn away what is not useful/needed to prepare for Winter. Magick, divination, visions, and connection to Spirit. Greater connection to world community.



YULE Dec 21 (Winter Solstice)

Honoring the dark while awaiting the light, the birth of the Sun. Time of reflection and introspection. Reflect on the interconnectedness of all things, time to cherish the best we have and enjoy the warmth of family, friends and like-minded souls along with happy holiday memories.



IMBOLC Feb 2 (Midpoint between Yule and Ostara)

The first stirrings of life, breaking the ice. The promise of Spring, the anticipation of blossoming. A time of dedication and initiation, of making or sometimes breaking relationships. A growing sense of community and sharing with others.



OSTARA Mar 21 (Spring Equinox)

Youthful balance and fertility. A time to rediscover our gifts, talents and to start or plan new projects, planting seeds because the light is about to burst forth. Time to learn new ways of doing things, trying new things—freedom from old or limiting patterns.



BELTANE Apr 30 (Midpoint between Ostara and Litha)

Celebration of the full flower, a time of fertility and sexuality. Reveling in senses and sensuality. A time of handfasting and joining. Enjoying the renewed vigor of Spring, youth, life, love and relationships.



LITHA Jun 21 (Summer Solstice)

Honoring the light on the longest day and enjoying the first fruits of the earth and our relationships. A celebration of love—it's joys and mistakes. Things tend to right themselves. A celebration of abundance.



LAMMAS Aug 1 (Midpoint between Litha and Mabon)

The first harvest, a time of enjoying abundance. Celebration of grains, fruits and herbs. Enjoyment of the things that sustain life.



MABON Sep 21 (Autumn Equinox)

A time of feasting, the second harvest. Starting to plan for Winter. Blending of ecstasy and contemplation. A time of balance, to reflect on our accomplishments while preparing for quieter times.

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