



# IMBOLC MAGIC JOURNAL

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# WHAT IS IMBOLC?

1st - 2nd February

*Imbolc marks the quiet awakening of the earth's life force. Beneath the surface, the energy of renewal stirs, tender yet powerful. The world begins to exhale after the stillness of Winter. In this quiet moment, we honour the transition from dark to light, a threshold where hope takes root, and possibilities begin to emerge.*

*Nature whispers her wisdom: patience, preparation, and trust in the unseen. The first brave shoots pierce through frost, snowdrops bow their delicate heads, and the promise of growth unfolds slowly, tenderly. It is a time to nurture the seeds (both within the earth and within ourselves) that were planted during Winter's introspection.*

*The rising energy is subtle yet potent. Can you feel its rhythm in your body, the faint hum of new beginnings? What dreams are ready to be watered in your life? What intentions are ready to take shape as the days lengthen?*

## **Ways to Honour Imbolc's Energy:**

- Take a walk in nature and notice the signs of life emerging: snowdrops, buds, the softening ground. Bring a small offering of gratitude to the earth, such as a handful of seeds or a sprinkling of herbs.
- Light a candle as the sun sets, symbolising the growing light. Let the flame guide you as you release what no longer serves and welcome space for renewal.
- Journal about your dreams and intentions for the year ahead. What will you tend to as the energy of Spring approaches?
- Plant seeds or crystals in the soil to symbolise the grounding of your hopes and visions.
- Create a simple seasonal blend of herbs or incense with warming, uplifting scents such as cinnamon, frankincense, or jasmine to bring the energy of growth into your space.

*This is a time to honour the balance of stillness and movement, of reflection and action. Nature reminds us that growth can not be rushed, it begins quietly, with steady care and trust in what is yet to come.*

## IMBOLC JOURNAL PROMPTS

*While you've been deep rest over the winter, what has been stirring within you?*

*Where can you currently invite more gentleness into your life?*

*Where are you experiencing new growth in your life right now?*

*What areas of the physical realms do you want to start tending to?*

# IMBOLC CRAFT

During Imbolc take some time out to craft as part of ritual. What you will need:

White squared piece of paper

Scissors

Pen

Start by visualising roots growing out from the base of your spine into the soil below as you ground into the earth to anchor you. Next imagine beautiful golden lights surrounding you are the space you are in, filling you with warmth and illumination.

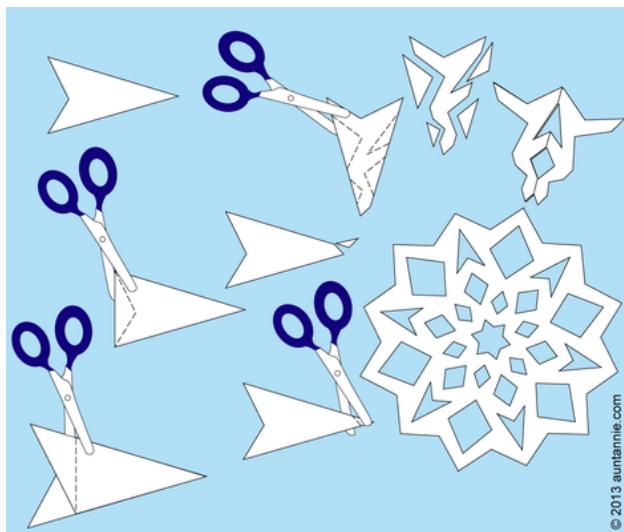
This ritual is to release anything which has come up for you during the darker months, which you don't want to carry through into the pending spring time.

When you feel ready, take your squared piece of paper and fold it into half diagonally to create a triangle. Do this twice more so it is now folded into 8ths.

On the edges of your triangles begin to cut out snowflake shapes (you can pencil this first if you want to have a guide). Once you have finished your cutting open up your paper to reveal your snowflake.

Next begin to write on your snowflake all of the things you are wishing to release and transmute as we say farewell to winter months....

Once you have written this down, get a candle and burn your snowflake in a heat proof dish saying the below incantation out loud:



**"As I burn this snowflake I release the old  
I now let go of false stories I've told**

**We banish winter and welcome the spring  
Fresh new beginnings and growth it will  
bring**

**Please shower blessings of love upon me  
So the light in my future I am able to see"**

# IMBOLC RITUAL

*What you need for this ritual:*

*A white candle,  
White cord or Ribbon  
A charm*

*Before doing this ritual, make sure you have a clear space and take some time to ground and anchor yourself into your heart space. Visualising your roots and a golden bubble forming around you. The intention for this ritual is to connect with your soul to receive intentions.*



*Take your candle and light it in silence. Gently close down your eyes and begin to visualise walking through a forest filled with snow drops. You are dressed in white and you feel extreme peace and serenity as you are held by the trees.*

*You hear a flute playing in the distance and you begin to dance amoungst the snowdrops.*

*Be with this scene and feel what wisdom nature has to offer you at this time.*

*Take time in meditation to receive any messages your soul has to pass onto you.*

*Visualise golden light showing down, as you soak up natures blessings.*

*Thank nature and give gratitide to the wisdom which has been shared before walking back through the snowdrop forest and when you feel ready begin to bring your awareness back to the room you are in and gently open your eyes.*

*You can get your white ribbon and begin plaiting any blessings and intentions you wish to take through into Spring. Seal the magic in by placing a charm at the end of the plait. Keep this on your altar to remind you of what you are calling in for the next season ahead.*

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