



BELTANE MAGIC JOURNAL

④TEMPLEOFTHEFEMININEFLAME

④IAM.VIOLETSKIES

WHAT IS BELTANE?

1st May

Beltane has arrived and it is the peak of spring. Here we celebrate the fertility of the earth and the strong life force that is now present throughout nature.

The world feels abundant. The land is cloaked in green once more, the vibration of the heart chakra and love is strong in the air. It is a time when god and the goddess come together in divine union. The masculine and feminine merging as one. Sharing their sexual energy, their knowledge and their power so they can become a force for manifestation.

The Earth's energies are at their most active now as it is the peak of Spring season. There is a natural harmony at play. Pollinators move between blossoms, the elements interact in seamless rhythm, and life responds instinctively to the season's warmth.

Beltane was also known by our Celtic ancestors as a fire festival, traditionally community would gather around a bonfire. They would light it to celebrate the beginning of summer, then people would take it in turns to jump the bonfire and ask for the coming harvest to be a fruitful one.

The energy of Beltane is vibrant and expansive. This is a time to revere the gift of life, to reach out for what it is you want, right now anything and everything is possible.

Magical Ideas for Beltane:

- *Forage for seasonal flowers and create flower crowns to wear*
- *Decorate and hang prayer ribbons around a maypole or tree*
- *Dance round the maypole in honour of divine union*
- *Wear green to mirror the earths new cycle*
- *Set clear intentions of what you want to call in for the rest of the year*
- *Make a wish as you jump over a bonfire*
- *Create a fire incense using: 2 parts mugwort, 1 part basil, 1 part marigold petals, 1 part hawthorne berries. 1 part cinnamon, 1/2 part dragons blood resin*

BELTANE

JOURNAL PROMPTS

In what ways do you create space for your inner masculine and feminine to be expressed?

Where can you invite in a deeper sacred union with yourself?

What is it you manifesting right now and how can you use this Beltane energy to call in your wishes?

When do you feel most alive and energised? How can you cultivate more of this in your daily life?

BELTANE WISH JAR RITUAL - BRINGING NEW HOPES AND DREAMS TO LIFE

This is an ideal time to create a wish jar to focus on holding your vision and bring your hopes, dreams and wishes into manifestation.

What you will need:

- ~ A small jar
- ~ Seeds (suggested: sunflower)
- ~ Select 3 herbs from your kitchen cupboard
choose what you feel called to holding your intention for manifestation
(suggestions: cinnamon, clove, mint, star anise, rosemary)
- ~ If you have crystals, again choose one that you feel most called to
holding your intention for manifestation (suggestions: clear quartz, pyrite, citrine, jade)
- ~ If you don't have a crystal then a stone from nature could also be used here
(ask for permission from the earth before you take it and send your gratitude)
- ~ Paper & Pens



Creating the Wish jar:

Begin by writing down on the paper all of your hopes, dreams and wishes that you are wanting to call in right now. Hold the vision in your mind as you allow the words to flow onto the page. When finished take the paper, fold it up and place it in your jar.

Then begin adding the other ingredients as you say aloud:

*"With this Beltane energy here in May
I ask for my wishes to manifest straight away
I add these seeds as my dreams I now sow
3 herbs are next to help them grow
A crystal goes in to amplify this spell
As I feel this magick through every cell
I leave the jar out to be blessed by the FAE
As we honour this Beltane energy here in May
So mote it be"*

Place your jar either on your altar, at your front or back door and leave it out until the next new moon.

BELTANE SELF LOVE PRACTICE

This practice uses the rhythm of your breath to restore balance within, bringing together the natural currents of your inner world in a gentle, harmonious union.

Find a comfortable seated position, with your spine upright yet relaxed. Allow your shoulders to soften. Let your body settle. Close your eyes and bring your awareness to your natural breath. Notice the inhale and the exhale, without needing to change anything.

Gradually, allow the breath to deepen, slow, steady, and easeful.

Now bring your right hand up towards your face. Gently use your thumb to close your right nostril. Inhale slowly through your left nostril. As you breathe in, begin to visualise a soft golden light entering with the breath. See it moving through your body in a gentle curve, rising with ease. At the top of the inhale, close your left nostril using your ring finger, and release your thumb from the right. Exhale slowly through your right nostril and see the golden light continuing its path. Now inhale through your right nostril. The golden light flows in again, this time it feels clear, present, and intentional. Close the right nostril, and release the breath through the left nostril.

As you continue, begin to see the breath tracing a gentle figure of eight within you, an infinity symbol of living golden light. On the inhale you are receiving, on the exhale you are giving. Masculine and feminine. Meeting and unifying together as one continuous air flow.

Allow this inner exchange of the inhale and exhale to become smooth and effortless.

***If it feels supportive, you may silently repeat:
I honour the balance within me.
I welcome both my softness and my strength.
I am whole in my own being.***

Continue for a few minutes, letting the golden light move freely through you. Sit knowing - 'I am holding both' within me. The right and the left. I am powerful and I am gentle. I am courageous and I am fragile. I am strong and I am delicate.

When you feel ready to complete the practice, gently release your hand and return to breathing through both nostrils. Notice the steadiness of your breath, the sense of union within your body, the quiet wholeness that remains. Take one final, slow inhale... and a soft exhale and then gently open your eyes. When you feel ready place both hands together at the heart and send loving awareness to all aspects of yourself.



BLESSINGS TO YOU ON THIS POWERFUL DAY,
IF YOU SHARE YOUR INSIGHTS ON SOCIAL
MEDIA, DON'T FORGET TO TAG US...