

Simple Rituals for May Magic



Brigid's Grove

A gift for the Creative Spirit Circle.

*I woke with the smell
of Belfire still in my hair
and knelt in a circle
of hawthorn and roses
to bless my brow, cheeks,
and neck with dew.
I heard the sound of
hooves on leaf and stone
and saw three deer leaping
away through the woods.
I lifted my arms to sun
exhilarated with wild enchantment.
What a blessing it is to live
right here, right now.
Good May Morning!*



Simple Beltane Ritual of Self-Love/Celebration

Supplies:

- Centerpiece to gather around or stand by, such as:
 - ◊ Flower grid or mandala
 - ◊ Fire
 - ◊ Favorite tree
 - ◊ Any tree, bush, or shrub
 - ◊ Candle or stick of incense
 - ◊ Altar space with goddess figurines or other seasonal items
- Hawthorn leaves or berries and/or rose petals (other herbs of your choice may be substituted)
- Oil blend or water for blessing and offering
- *Optional:*
 - ◊ oracle card deck
 - ◊ piece of jewelry (can be something you already own)

1. Make a circle of hawthorn (or your other herb) around your centerpiece and stand inside the circle.

2. Invocation:

*A sweet blessing
of the singing sky
to you (me/us).*

*A slow blessing
of the shining flame
to you (me/us).*

*A strong blessing
of the crashing wave
to you (me/us).*

*A soft blessing
of the pulsing earth
to you (me/us).*

3. Anoint forehead with water/oil with an wish/intention for this ritual (if in a group, offer this to one another).

4. *Optional:* meditation with questions for consideration or journaling:

"Spring does not simply blow upon the warming air like blossom kisses. Spring is as much a time of



pain as of growth. Imagine the egg, the bulb, the bud. All begin contained--all potential, endless promise. There is quiet dignity in such presence....

But when growth begins, things break. Shells and bud casings, those intact perfections, fall away. What is revealed is unprotected tenderness...growth may be exhilarating, but it is never easy."

—Patricia Monaghan (Seasons of the Witch: Poetry & Songs to the Goddess)

Take a sacred pause to feel **this** energy of spring, not just the blossoming and promise, but the sensation of things breaking and separating.

- ◇ *How are you growing?*
- ◇ *What is changing for you?*
- ◇ *What is falling away to reveal a tenderness in need of protection and nourishment?*

AND/OR:

"This is a time when our lives can renew themselves. Spring energy can attract new openings, whether in love or in work or in simple pleasure. Open yourself to the energies around you. Honor the journey toward the future upon which we embark every day. The goddess is within you as well as all around you. She is your witness as you move toward your destiny."

--Patricia Monaghan (The Goddess Companion)

- ◇ What is renewing and awakening in you?
 - ◇ Are you open to change?
 - ◇ Moving toward your destiny?
5. Offer a blessing to each part of your body with the water or the oil (if in a group, each person can have their own bowl of water/vial of oil, or you can pass a blend). When finished, pour a small amount on the ground as an offering. You may also wish to leave something else at this time.
6. Sing Call Down a Blessing
Call down a blessing
Call down a blessing
Call down
_____ *before you*
_____ *behind you*
_____ *within you*
and around you.

About the author:

Molly has been gathering the community to circle, sing, celebrate, and share since 2008. She plans and facilitates women's circles, Red Tents, seasonal retreats and rituals, Pink Tent mother-daughter circles, and family ceremonies in rural Missouri and teaches online courses in Red Tent facilitation and Practical Priestessing.

Molly is a priestess who holds MSW, M.Div, and D.Min degrees and wrote her dissertation about contemporary priestessing in the U.S.

Molly is the author of *Womanrunes*, *Earthprayer*, *She Lives Her Poems*, the *Goddess Devotional*, *Whole and Holy*, *Sunlight on Cedar*, and *The Red Tent Resource Kit*. She writes about women's circles, nature, practical priestessing, creativity, family ritual, and the goddess at Brigid's Grove, SageWoman Magazine, and Feminism and Religion.



About Brigid's Grove:

Molly and Mark co-create original goddess sculptures, goddess pendants, and ceremony kits at bridgetsgrove.com (and etsy!). They publish *Womanrunes* and the accompanying oracle deck, based on the work of Shekhinah Mountainwater.

Brigid's Grove integrates Molly's priestess work with our family's shared interests in ceremony, art, gemstones, metalwork, nature, and intentional, creative living.

Brigid is the Irish triple goddess of smithcraft, poetry, and midwifery. She is also a Christian saint associated with midwives, birthing mothers, and infants.



Connect with Brigid's Grove:

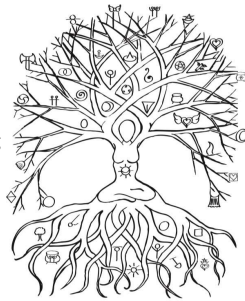
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Womanrunes Books and Cards

The clean focus and simplicity of the symbols in the Womanrunes divination system evoke rich messages and soul guidance that differs from the image-rich paintings of other systems. Womanrunes are very easy to use directly—including them in your own art, drawing or etching them onto objects, inking onto your skin, and thereby writing them into your consciousness in a *living* manner. Used as a dynamic, hands-on, participatory system, Womanrunes become part of your own *language* of the Divine, the Goddess, your inner wisdom, and womanspirit truths.

brigidsgrove.com/womanrunes



7. *Optional:* Speak aloud your promise/vow/appreciation to yourself.

8. Give yourself a piece of jewelry (in a group, may wish to exchange pieces) to seal your vows of celebration and appreciation. This piece can be something you already have, it doesn't need to be a new purchase.

9. *Optional:* draw an oracle card to contemplate this month (and/or do one of the card layouts in this kit)

10. Reading or song to close (optional readings on following pages).

Let the roots

set in your soul.

Let the buds

bloom in your heart.

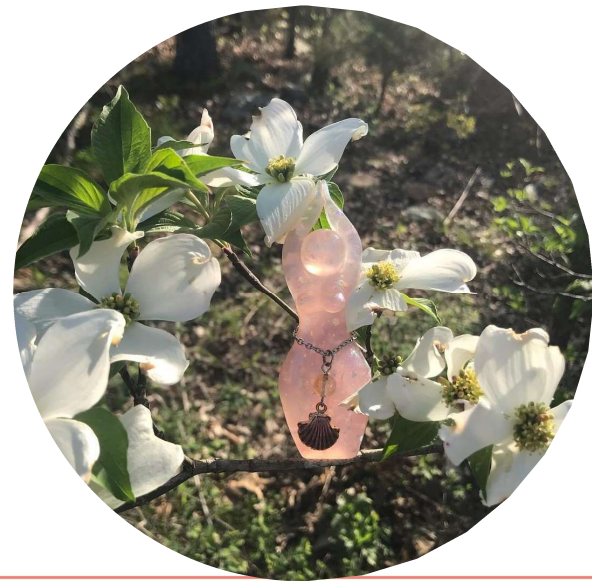
Let the words

weave in your blood.

Let the song

fill up your bones.

Blessed be!



Let Us

*Let us be soft
when we need to be
strong when we
need to be
wild when
we want to be.
Let us sing
with the rising moon
and with the dawning day.
Let us circle
let us soar
let us thrive.
Let us weave the magic
between us
like gossamer threads
of moonlight
and steel
and let us love
from the soles
of our feet
to the tips of our hair
fiercely
madly
deeply
true.*



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*I am the blossom, I am the bee
I am the branch, I am the squirrel
I am the acorn, I am the oak
I am the breath, I am the words
I am the space, I am the fullness
I am the song of the May.*

Come join the Circle!

Membership in the Creative Spirit Circle is FREE and packed with beautiful, bountiful resources, including:

- a free Womanrunes e-course
- Goddess Studies and Ritual course
- additional seasonal e-courses
- weekly virtual circles in our Facebook group
- Red Tent, sacred ceremony, and ritual resources
- goddess mandalas
- access to Divine Imperfections sculptures at discounted prices
- monthly *Creative Spirit Circle Journal* filled with resources such as ceremony outlines, articles, book recommendations, sneak peeks, and special freebies.

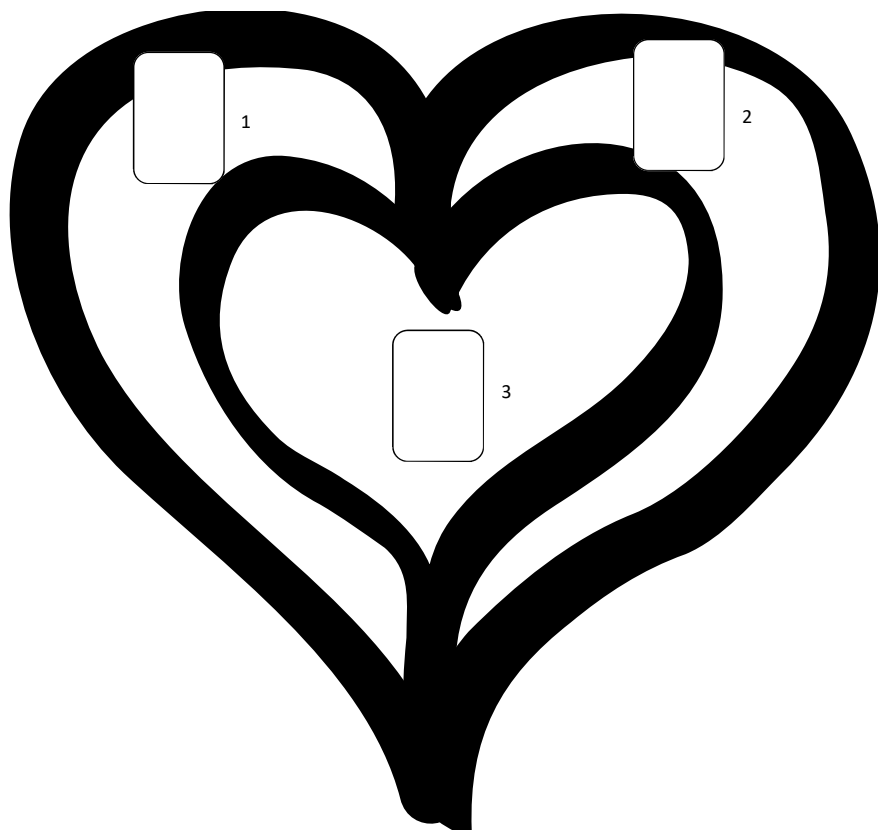


Claim your place in the Circle:
bridgetsgrove.com/come-join-the-circle

Molly also writes regularly at the Brigid's Grove Patreon with multiple tiers of magical membership available: patreon.com/bridgetsgrove

bridgetsgrove.com

Heart Layout



1. What does my heart want? (or, How is my heart?)
2. What stirs my passion and stokes my longing?
3. If love was the center of my choices...?

Spring Magic

*I listen to the
fields carpeted with
violets
and the swaying
branches heavy
with lilac bloom
and bees.
The whisper of spiderwort
and phlox telling
creekside secrets
The sweep of heron
wings over blush-green trees
and to the white moon rising
full-bellied
over a sunstreaked sky.
I know
the truth
of timeless renewal
and endless creation.*

How to Rebuild Your Soul

*Expect to be enchanted.
Show up and pay attention.
Hold your wonder with tender fingers.
Be patient.
Watch for signs.
Take time.
Make time.
Feel it all.
Be more patient.
Wait.
Say yes to breathing easy
and to wandering.
Bleed if you need to.
Curl up.
Spread out.
Be still.*

*Move.
Wait some more.
Hope with your arms
wide open.
Expect magic to find you
and when she does
say yes,
I will,
and thank you.*

Beltane Moon

*I didn't just stop
to smell the lilacs
I sang to them too
praising their beauty
as I pressed my nose
into their blooms.*

*The air was full
of enchantment
as I delighted in the sunlight
filtered through new maple leaves
and scattered across stone.*

*I rolled redbud flowers
across my tongue
and ate dandelions straight
from the stem
feeling yellow petals
in my teeth.*

*I savored the flavor of a violet
and rubbed mint leaves
between my fingers
I crawled on my knees
through the clover
watched bees dance
on the dandelions*

*and found ginger
and elderberry beneath
my heels as I stretched
my arms into a tree branch
reaching for tender buds.*

*I gathered the blossoms
of springtime
kissed them with gratitude
and offered them into
the bubbles of water
from which rivers are born.*

*I let my fingers trail
through the wildness
within me and around me.*

*Then I lifted my lips
to my lover
under the
Beltane moon.*

Too Awake

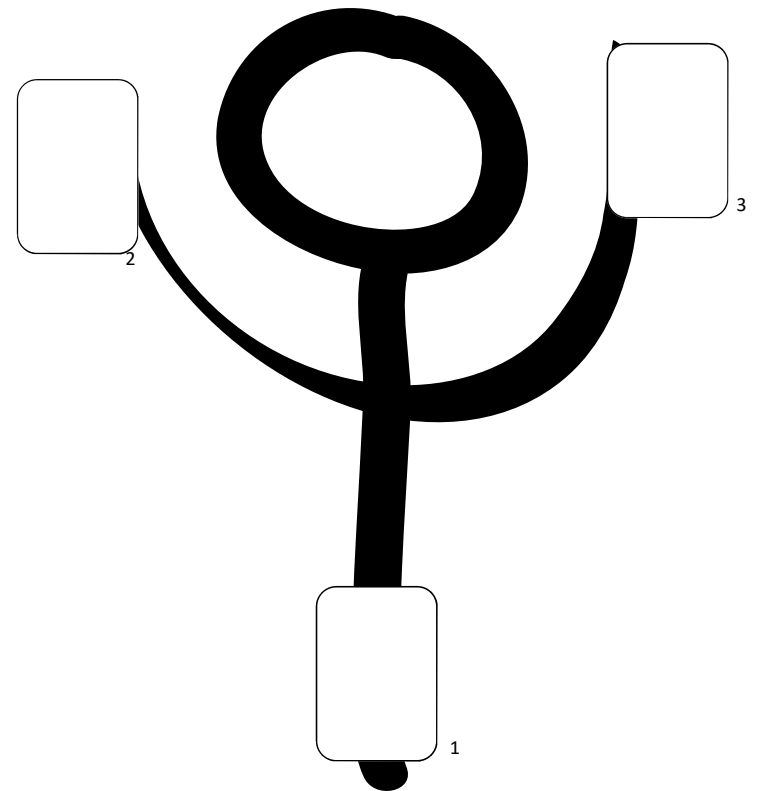
*Be too awake.
Trust the trembling forest
place your hands on hot earth,
on cold stones,
in living streams.*

*Look for bridges into mystery
and thresholds into knowing
formed of leaning trees
and embracing roots.
Be too awake
and let wings of wonder
carry you into clouds of magic
winding wisps of pleasure
through your blood
and bones.
Be too awake
and drink*

*all kinds of moonlight
curling yourself into caves
and groves
alive with meaning.
Be too awake
for the world
is full of birds
and you can feel the singing
in your soles
and skin.
Be too awake
for there are lakes of longing
within you
and you know how to swim.
Let the greening earth
glow beneath you
let your buried power
rise and breathe,
for it is in being too awake
that you will know yourself
as whole and here.
Be too awake
even if it is the only thing
you have left to be.*



Dancing Woman Layout



Card 1: Base of power (what you are dancing on or with!)

Card 2: Power moving through you, your inherent power source

Card 3: What is longing to be expressed?

Resulting bindrune

Family Footbath Ceremony

"Loving, knowing, and respecting our bodies is a powerful and invincible act of rebellion in this society."
—Inga Muscio

A fun self-nurturing activity with many applications is a sacred bath. This can be used as a group with footbaths, instead of full baths and it can also be used for a [postpartum sealing ceremony](#). A simple ritual is to begin with sea salt and Himalayan salt or Epsom salts in a special bowl. Then, each participant brings something to add to the bath mix. As they add their contribution, have them choose one word to represent the contribution and sing it in *Call Down a Blessing* to bless the full mixture.

This will empower your bath with all kinds of juicy, beautiful blessings from your circle and bring the energy and magic you create together back into your home and life!

Call down a blessing

Call down a blessing

Call down a blessing

Call down

_____ before you

_____ behind you

_____ within you

and around you.



This song is based on [Cathy Parton and Dave Para's song](#), but is sung collaboratively with each person "plugging in" a blessing to sing together.

Here is [a recording of my own circle singing during a tea ceremony](#). The clinking sounds you can hear are us stirring our tea blend in a big bowl the Red Tent. Here is [another version](#) that was recording during a salt bowl ceremony during a mother blessing ceremony.

With my kids, they put their feet in the water and then I add additional herbs, flowers, and oils and add a spontaneous blessing with each (i.e. "peppermint for invigoration!"). Afterward, I massage their feet with lotion and tell them I love them. You can do the same for yourself if you are having a personal footbath ceremony rather than a group one.

Here is one possibility for an individual sacred bath for you (full bath, not footbath):

- 1 cup milk any kind (I like to use coconut milk, but you can even use powdered milk)
- 1/4 cup honey
- Optional: 5 drops essential oil
- Rose petals! (or other flower petals or dried herbs)
- To make a **Milk & Oatmeal Bath** also add ½ cup of powdered oats or oat flour

Flower Magic

"We may need to be cured by flowers.

We may need to strip naked and let the petals fall on our shoulders, down our bellies, against our thighs.

We may need to lie naked in fields of wildflowers.

We may need to walk naked through beauty.

We may need to walk naked through color.

We may need to walk naked through scent.

We may need to walk naked through sex and death.

We may need to feel beauty on our skin.

We may need to walk the pollen path, among the flowers that are everywhere.



We can still smell our grandmother's garden. Our grandmother is still alive."

—Sharman Apt Russell, in *Sisters of the Earth*

In the anthology *Sisters of the Earth*, Russell continues to muse:

All around me are plants that heal and connect to the human body. The yucca spiking above is a steroid. Mullein acts as a mild sedative. Mullein root increases the tone of the bladder. Juniper is used for cystitis. Yarrow clots blood.

My body is interwoven into the chemistry of juniper and yarrow. The tone of my bladder is related to mullein root.



How can we doubt our place in the natural world?

Flower Blessing Mini Ritual

*"The frailest of nature's objects, these most female of emblems, have staying power. Staying power has healing power, too. You can stand in front of flowers and look them in their many eyes and see **just them**, and for a moment you are doing only one thing fully, being in the presence of their tart soil and tender personalities, and connecting with the tart and tender within yourself."*

--Molly Peacock in *Sisters of the Earth*

Offer yourself, your circle, your family, the world, a flower blessing. Take flower petals to a body of water...even a bath can work...and let each flower go in the water with a spoken blessing, prayer, wish, or hope.

Rose Elixir Recipe

(based on a recipe from Sacred Year, by Anni Daulter)

- 2 ounces of dried rose petals
- 4-6 oz honey
- 10-12 ounces of vodka or brandy
- 1 pint canning jar

- Mix together in the jar and let infuse in a cool place protected from sunlight (you might also like to charge up your elixir under the full moon or new moon).

This elixir is intended to offer support with anxiety or emotional stress. It can be dropped under the tongue, stirred into water or tea, or added to a bath)



Find four flowers
and bring them to your lips
one at a time.
One for wonder.
One for joy.
One for love.
One for magic.
Make your promise
invite them in,
one by one
the spell is done.



Green Man Mini Ritual

(based on one from this [site](#))

With your family or friends, or alone, gather natural materials and create a Green Man outside in a field or in your yard.

When I did this with my own family, as we finished his beard, we looked up and the full moon was rising beautifully over the trees. It was one of those moments of natural magic that was really potent.

Whippoorwills were singing, dogs were barking, fireflies were twinkling, and frogs were calling and we drummed and danced together in the moonlight.

Now let the song begin! Let us sing together!

Of sun, stars, moon and mist, rain and cloudy weather,

Light on the budding leaf, dew on the feather,

Wind on the open hill, bells on the heather,

Reeds by the shady pool, lilies on the water.

—Tom Bombadil's Song, Lord of the Rings (via [Beltane Ritual](#))

