

# The Wheel of the Year

*Your quick guide to the eight seasonal  
celebrations*

The Wheel of the Year marks eight seasonal turning points. You don't need fancy rituals—just awareness.

## Samhain (Oct 31 - Nov 1)

**Also:** *Halloween, Ancestor Night*

Themes: Death, ancestors, divination, the veil between worlds

**Simple ritual:** Light a candle for loved ones who've passed. Leave them offerings.

**Colors:** *Black, orange* / **Foods:** *Apples, pumpkins* / **Herbs:** *Mugwort, rosemary*

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## Yule (Winter Solstice, Dec 20-23)

**Also:** *Christmas, Midwinter*

Themes: Rebirth of the sun, hope in darkness, rest and reflection

**Simple ritual:** Light candles at dusk. Reflect on what you're releasing and welcoming.

**Colors:** *Red, green, gold* / **Foods:** *Nuts, evergreens* / **Herbs:** *Pine, cinnamon*

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## Imbolc (Feb 1-2)

**Also:** *Candlemas, Brigid's Day*

Themes: Early spring, new beginnings, purification, inspiration

**Simple ritual:** Clean your space. Light white candles. Set intentions for growth.

**Colors:** *White, lightblue* / **Foods:** *Milk, bread* / **Herbs:** *Basil, bayleaf*

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## Ostara (Spring Equinox, Mar 19-22)

**Also:** *Easter, First Day of Spring*

Themes: Balance, fertility, planting seeds (literal and metaphorical)

**Simple ritual:** Plant something. Decorate eggs. Celebrate new life.

**Colors:** *Pastels, green* / **Foods:** *Eggs, honey* / **Herbs:** *Jasmine, rose*

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# The Wheel of the Year (continued)

## Beltane (May 1)

**Also:** *May Day, Festival of Flowers*

Themes: Fertility, passion, abundance, celebration, life in full bloom

**Simple ritual:** Dance. Make flower crowns. Light bonfires. Celebrate pleasure.

**Colors:** Green, pink, red | **Foods:** Honey, berries | **Herbs:** Rose, hawthorn

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## Litha (Summer Solstice, Jun 19-22)

**Also:** *Midsummer, Longest*

**Day** Themes: Peak power, sun energy, abundance, vitality, strength

**Simple ritual:** Watch the sunrise/sunset. Charge crystals in sunlight. Celebrate your power.

**Colors:** Gold, yellow, orange | **Foods:** Fresh fruit | **Herbs:** Chamomile, lavender

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## Lughnasadh (Aug 1)

**Also:** *Lammas, First Harvest*

Themes: Gratitude, harvest, abundance, reaping what you've sown

**Simple ritual:** Bake bread. Give thanks. Share your abundance with others.

**Colors:** Gold, brown, orange | **Foods:** Grains, bread | **Herbs:** Wheat, sunflower

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## Mabon (Autumn Equinox, Sep 21-24)

**Also:** *Fall Equinox, Second Harvest*

Themes: Balance, gratitude, preparation, releasing what no longer serves

**Simple ritual:** Make a gratitude list. Donate what you don't need. Prepare for rest.

**Colors:** Orange, brown, red | **Foods:** Apples, squash | **Herbs:** Sage, cinnamon

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**Raven's Note:**

*You don't have to celebrate all eight. Pick the ones that speak to you. The Wheel turns whether you throw a party or just light a candle and whisper 'hey, I see you, season.' Both count.*

