

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

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

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

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

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

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:** Freshfruit | **Herbs:** Chamomile, lavender

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

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

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.

