

You will need five candles for this sacred ritual, including one special one to represent the "return of the light."

MID-WINTER/CANDLEMAS SACRED RITUAL

1. **Prepare your space.** If you have an altar, greet your altar and honor your sacred items in the manner that feels right to you. If you don't have an altar, find somewhere comfortable where you won't be disturbed.

2. **Perform a cleansing ritual.** Prepare yourself and clean your space by doing one or more of the following:

- Wash your hands or take a bath/shower. Consider dressing in white.
- Burn sage or diffuse essential oils to clean your space (good choices are sage, rosemary, lavender, orange, frankincense, hyssop, spikenard and palo santo).
- Play high vibrational music, strike a crystal bowl or bells, or tone with your voice.

3. **Gather snow and ice.** If there's snow on the ground where you live, go outside and gather some snow into a bowl. If there's no snow, you can use ice cubes from your freezer. Place the bowl upon your altar or in your sacred space.

4. **Create sacred space.** Connect with Mother Earth and the Divine Feminine by sending love from your heart down into the earth. Connect with Father Sky and the Divine Father and all the heavenly guides and guardians by sending love from your heart up into the sky and the heavens. If you've created your own invocations for calling in balancing energies as discussed in the [Creating Sacred Space ritual](#), speak them now. As you speak each invocation, light one of your four candles. If you haven't written your own invocations, try these:

- I call upon light and the element of air at the east, the direction of springtime and the rising sun, and all of its guardians and protectors.
- I call upon light and fire at the south, the direction of summer and the noon-day sun, and all of its guardians and protectors,
- I call upon light and water at the west, the direction of fall and the setting sun, and all of its guardians and protectors.
- I call upon light and earth at the north, the direction of winter and midnight, and all of its guardians and protectors.

5. **Honor the return of the light.** Center yourself in your heart and speak the following intention aloud or quietly to yourself: "I come today to release the darkness and to honor the return of the light within me and the world." Light your special candle and place it beside the bowl of snow or ice. Say, "By lighting this candle, I welcome and receive the light." Sit quietly as the snow melts. This is a great time to ask for guidance, meditate or set a personal intention.

6. **Offer thanks.** When the snow or ice has melted, thank the elements and the directions, the Earth, your guides, guardians, and ancestors. Extinguish all candles and end by offering your blessings "for the highest good of everyone."