

## **BELTANE/MAY DAY RITUAL**

April 30<sup>th</sup>- May 1<sup>st</sup>

Beltane or May Day is an ancient festival celebrating the coming together of divine masculine and divine feminine energies. In the lore of earth-based traditions, the God and the Goddess – who've been kept apart during the cold winter months - are finally reunited in a passionate embrace. Agricultural societies celebrated Beltane and the return of the sun with bonfires, dancing, and merrymaking. It was a day to ask for abundance in the coming season and to celebrate earthly love. In Ancient Rome, the holiday was known as the Festival of Flora – a five day celebration of the Roman goddess of flowers, vegetation and fertility. It was celebrated with competitive games, theatrical performances and pleasure-seeking of all kinds.

People from all over the world continue to celebrate Beltane or May Day as the beginning of the season of growth, fertility and abundance. As the midpoint of spring, Beltane is one of the eight main balancing points on the wheel of the year. All balancing points offer us a chance to integrate complimentary energies and find a renewed sense of internal balance. At Beltane, we're invited to rediscover our passion and create a life that's pleasurable and abundant.

As Beltane is a celebration of creative fire and pleasure, I encourage you to get creative with this ritual and really make it your own. Get clear about what makes you happy and let your inner spark lead the way.

### **1. Prepare a space.**

- If you have an altar, decorate it with colorful flowers, ribbons or stones, and anything else that makes you feel happy, sensual and alive. If you don't have an altar, find somewhere comfortable and gather a few items to make your ritual space special and fun (such as a rug or pillow, items to represent the four elements, crystals, stones, etc.). Light a candle.

- If the weather cooperates, consider conducting your ritual outside. Set up a tent and string some white lights or build a bonfire.
2. **Perform a cleansing ritual.**
    - If you're conducting your ritual indoors, burn sage or diffuse essential oils to clean your space and make it smell delicious. Good choices for Beltane are lilac, narcissus, dogwood and cherry. If you're building a bonfire, gather a spring blooming branch for your fire.
    - Consider taking a ritual bath beforehand and dressing in white.
  3. **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, consider lighting a candle to honor each balancing point. 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 spring and the rising sun.
- I call upon light and the element of Fire at the South, the direction of summer and the noonday sun.
- I call upon light and the element of Water at the West, the direction of fall and the setting sun.
- I call upon light and the element of Earth at the North, the direction of winter and midnight.

4. **Speak your intentions.** Recite a poem, prayer or acknowledge why you've come (such as, "I/We come today to celebrate love, beauty and the joining together of masculine and feminine energies in harmony. May the spark ignite!") (See *An Invitation to the Gods of Beltane* by Jenya T. Beachy below for a poem that really captures the passion of Beltane.)

5. **Maypole Celebration.** In ancient cultures, dancing around a maypole decorated in colorful ribbons symbolized the joining together of masculine (maypole) and feminine (ribbons) energies. Sexuality was sacred, with abundance flowing from the union of complimentary energies.

- If weather permits, decorate a tree outside with ribbons and dance around it, alone or with friends. When you're done, sit down with your back against the base of the tree. Place your bare feet on the ground and draw the earth's energy up through your feet, like sap rising within you.
- Craft your own sacred symbol of divine masculine and feminine energies coming together. Gather items from nature, draw or paint, or craft your own maypole using a stick and ribbons, etc. Place your sacred, sexual symbol on your altar.

6. **Set intentions/Ask for Guidance.**

- Sit quietly and consider what you'd like to create in your life. What would your life "in full bloom" look like? Where could you use some passion or spark? Where would you welcome abundance? Claim what you need and ask for it now. *This is honoring your feminine energy.*
- After you've thought about what you'd like to create in your life, ask for guidance on what concrete steps you can take to create the life you dream about. Try to identify at least one small thing you can do right now and then do it. *This is honoring your masculine energy.*

7. **Offer thanks.** When your ritual feels complete, be sure to thank the elements and the directions, the earth, your guides, guardians, and ancestors. Extinguish any candles, and end by offering your blessings "for the highest good of everyone." Enjoy this beautiful night!

*Wild Lady of the Woods,  
She comes, and as she comes, she sings to us in bird language,  
The sound of her bright wisdom is hidden in the wild cacophony,  
Her voice awakens us to our purpose...  
She comes, and as she comes, her scent rises around us,  
The perfume of her skin enlivens our blood,  
Her warmth awakens us to our passion...  
She comes, and as she comes, she gathers us to her,  
She claims us and this place,  
And we are held, holy, sacred, whole, in a kinship with her, older than time  
Wild Lady of the Woods!*

*Wild Lord of the Woods,  
He comes, and as he comes, his breath is hot on the back of our necks,  
His wanting is palpable,  
Arousing us to attention...  
He comes, and as he comes, we feel the touch of his fur against our skin,  
We smell his musk,  
Unmistakable, animal power...  
He comes, and as he comes, he stamps the Earth around us,  
To make the circle sacred,  
He sounds his call to claim us and this place,  
AAAAOOOOOOO!  
And we are held, holy, sacred, whole, in a kinship with him, older than time,  
Wild Lord of the Woods!*

*From An Invitation to the Gods of Beltane by Jenya T. Beachy*

<http://www.patheos.com/blogs/dirtheartwitch/2015/04/an-invocation-to-the-gods-of-beltane/>