

# EVERYDAY MAGICK

MAKING THE MUNDANE MAGICKAL

WELCOMING IMBOLC



with

*Jennifer Harvard*



# IMBOLC: FEBRUARY 1-2

Imbolc comes from the word Imbolg meaning “in the belly” This Sabbat marks the mid-way point between the Winter Solstice and the Spring Equinox in the Northern Hemisphere. Nature appears to be at rest but if you look close you’ll notice the first signs of Spring. Think of the gentle curve of a newly pregnant woman’s belly. This is Imbolc. The Earth is pregnant with the anticipation of Spring and all the possibilities that lie ahead.

This course includes:

- Altar Set up
- Explanation of Imbolc
- Guided Meditation on the Goddess Brigid
- Creating a Sigil with your Imbolc Vow for the year
- Journal Prompts & Monthly inspiration
- How to Make a Brigid’s Cross



# JOURNAL PROMPTS

1. Think about the beginning of Spring and Spring cleaning (or cleansing.) What needs to be cleansed in your life? Old habits? Things in your physical environment that no longer bring you joy? Consider what these things are and write them down. It is important to clear out the old to make way for the new.

2. What seeds of intention did you plant at the Winter Solstice or the New Year?

Your seed is taking root now if you nourish it. Now is the time to really hone in on what you're intention is by creating a vow for the entire year.

\*Listen to my meditation on the Goddess Brigid to create your vow

\*Come back to this question after the video and write your vow .

\*Write it again on a scratch sheet of paper.

\* Watch my nature walk video AFTER you've created your vow.

3. Clean off your Altar or find a place to create one.

Follow my Altar set up guide.

4. Plan a garden! Whether you have a green or a brown thumb you can consider what you would like to plant. Maybe it's a few new house plants or a plan new landscaping idea. Now is the perfect time to take notes and get your plan in order!

5. Up your meditation game or start your practice. The seeds of all your intentions are taking root now so make the best of it.



# Setting Up Your Altar

To create an Altar you'll first need to find a place for it. I use my coffee table as an altar because I see it all the time. I also have an altar in my airstream studio space.



\*Altar Materials:

Imbolc Colors:

White, green, and red.

I prefer a clean slate. White symbolizes clarity and the fresh snow while green symbolizes Brigid's Cloak or the waking up of the earth from a long winter's rest.

Red symbolizes the Dawn which is also deeply associated with the Goddess Brigid.

You'll need: candles in any of the 3 above colors. (Again, I prefer white)

An altar cloth

Early spring flowers such as: crocus, daffodils, or tulips

Clear quartz or amethyst crystals

Statues of a deity that had meaning to you.

Representations of the Goddess Brigid such as: Cauldron, chalice, hammer or anvil, book of poetry, herbs of your choice.

Fairy Symbols

Brigid's Cross.

Keep this altar clean and simple.



- Clear off anything that isn't part of the altar.
- Place a clean altar cloth on the table.
- Add the flowers to the center of the altar.
- Place white (or red, green) candles on either side of flowers
- I like to put crystals around the flowers as well.
- Another option is to add elements for the 4 directions. I do this often.
- Air is east so you can add Feathers to the east side of your altar.
- Fire is South. I place a special candle or incense there.
- Water is West: I place a white conch shell
- In that direction.
- Earth is north: I place a deer antler there.
- When I use a statue of a goddess, I usually place it in front of the flowers at the center of the altar where I can see it best.
- \*\*\* Spend some time each day sitting at your altar. Connect with the season by lighting candles and incense and pulling a tarot card. You'll feel the seasonal alters shift your awareness so that you are more connected with the energy of each season.



# Turning your Vow into a Sigil.

What is a Sigil and how do I create one?

A Sigil is a symbol used for magical purposes. It may look like just a letter or letters or a picture but the intention behind it is what makes it magical.

Sigils have been used as far back as human existence to share intentions.



\*Please listen to the Guided Meditation on the Goddess Brigid BEFORE making your Sigil.

Materials:

Journal, pen, pencil, ruler, paint pen

\*Optional: small colored cardstock paper

Popularity increased during the Renaissance when mysticism was at its height as well as the inquisition. Those who practiced Magick had to create secret alphabets to send messages. Today Sigils are used to WOManifest desires. When we open ourselves to the vast possibilities of the Universe, the symbols become charged with our intentions and our dreams become reality.



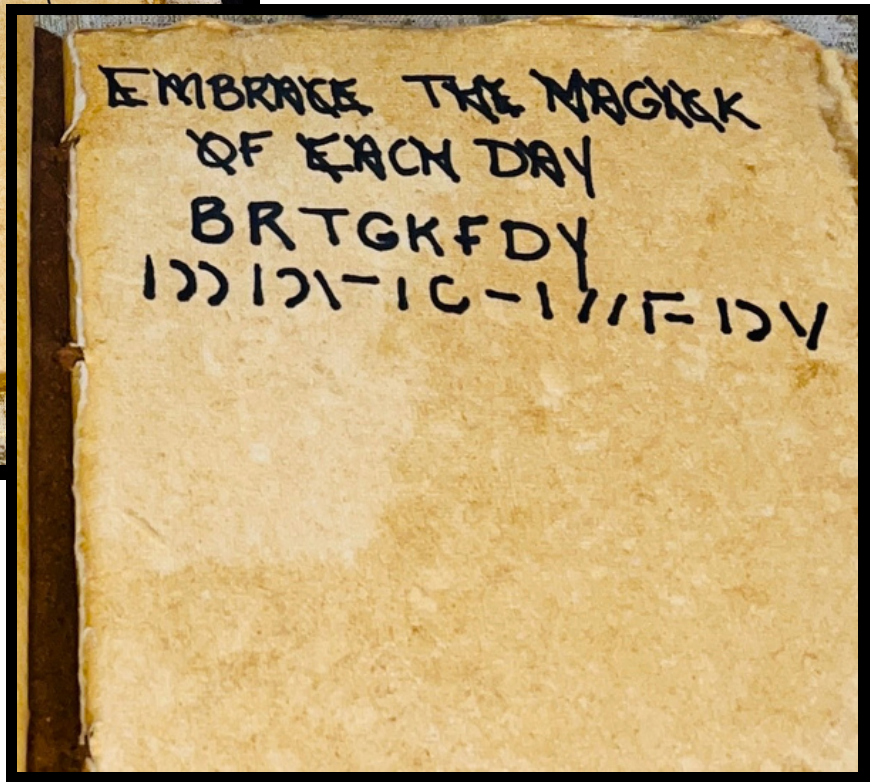
There are several different methods used to make Sigils.  
We will use the letter based method.  
Let's begin.

1. Write down your statement of intent or your Vow.  
As you see from the photos, mine is:



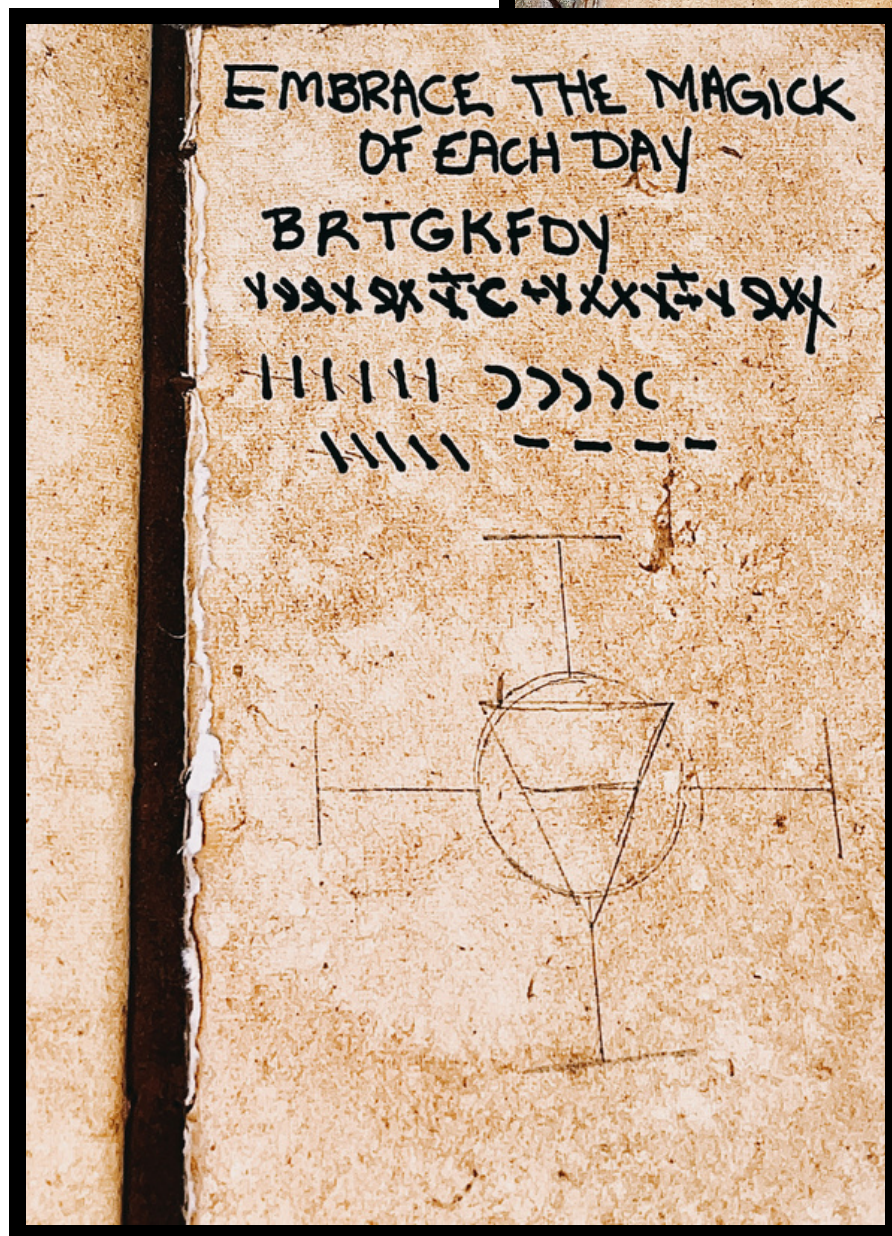
EMBRACE THE  
MAGICK OF EACH  
DAY

2. Remove all of the vowels.  
I mark through each one  
as seen in the photo.





3. Remove letters that repeat. I mark through each one.



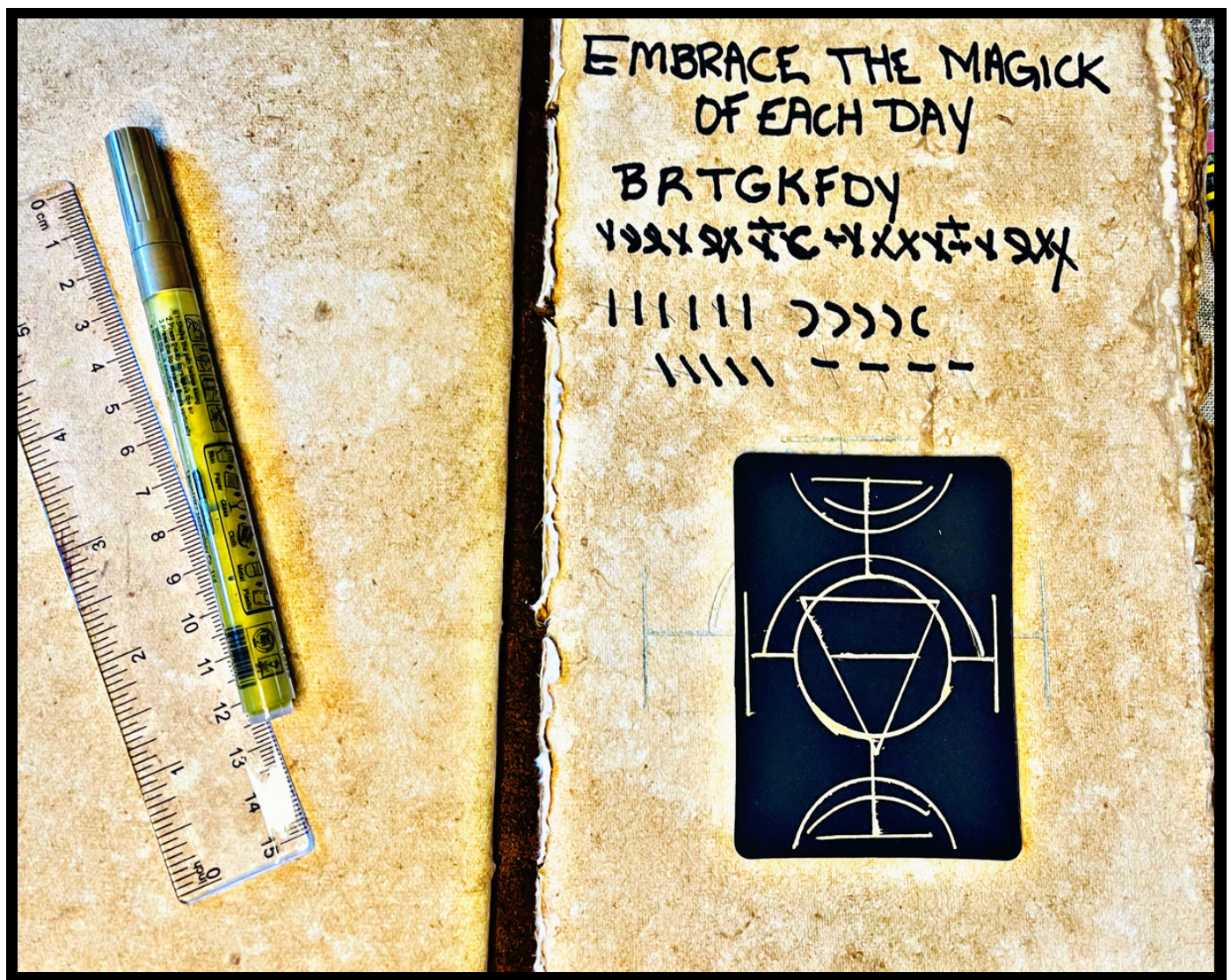
4. Break apart the letters.

Example:

H becomes | — |

A becomes / - \





5. Take the remaining deconstructed letters and make a symbol. You can arrange the letter anyway you like. They don't have to be facing the right way and you don't have to use all of the lines .

Your symbol might not look perfect but that is ok!

I like to use a ruler to make straight lines. Start with your pencil and once you have the symbol that you like, go over it with your paint pen.



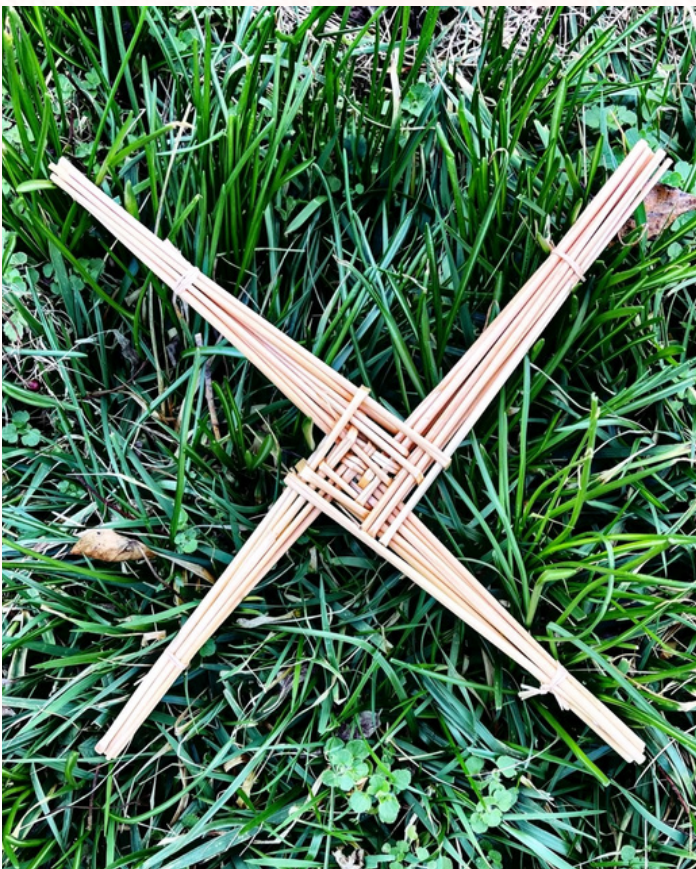


Look at your Sigil daily. Use the cardstock to make a nice  
Sigil to place On your altar.  
Your seed has been planted.  
You are a powerful Creatrix!  
Blessed Be!



# Weave a Brigid's Cross

Brigid, the Goddess associated with Imbolc is the Goddess of Smithcraft, Poetry, and Hearth & home but at one time, it is believed that she was a Sun Goddess. The Christian story is one of a Pagan Chieftain and St. Brigid who weaved a cross from Rushes found outside. She healed this Chieftain and he converted to Christianity.



## Materials:

Rushes or wheat stalks

Raffia, twine, or, string

Scissors

\*soak straw for at least 2 hours  
to avoid breakage.

St. Brigid of Kildare is who the Goddess became but before she was a Saint, Pagans throughout Europe gathered rushes during the evening before Imbolc and weaved a Sunwheel or Suncross in her honor. These Sunwheels represented the beginning of Springtime and were hung over doorways to honor Brigid and ask for her protection.

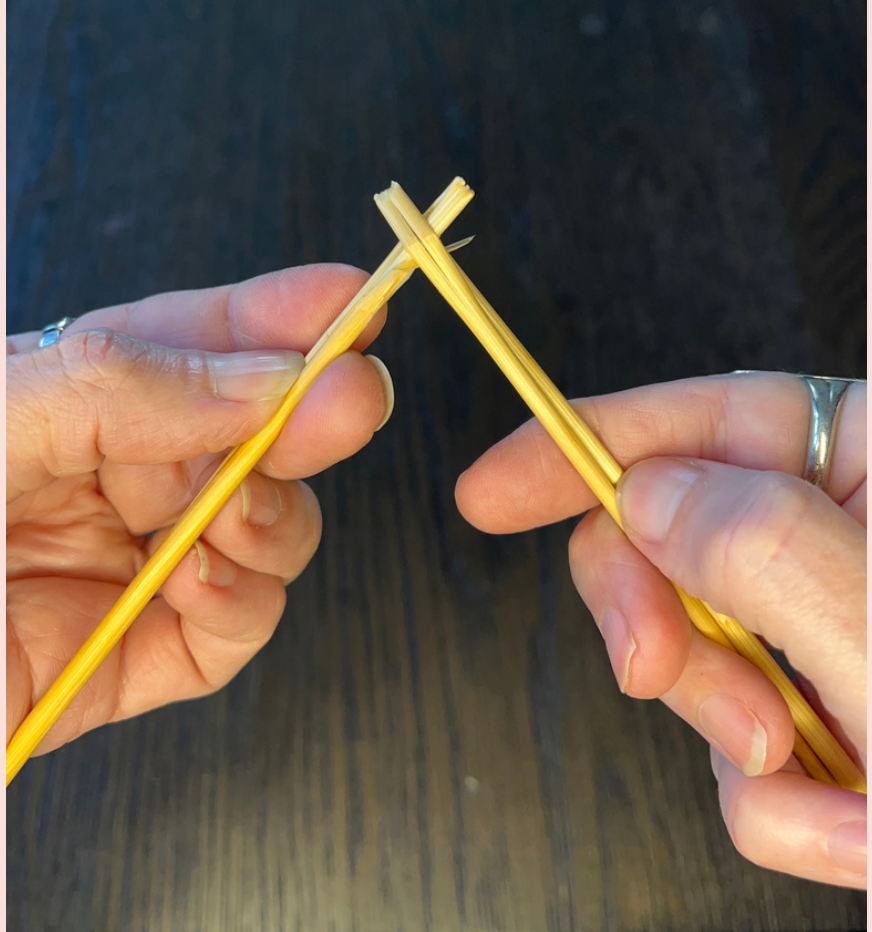




1. Begin by folding 2 straws in half.

\* I prefer to keep the heads on my straw but it is harder to work with.

2. Fold one straw over the other straw as illustrated in the photo on the right:



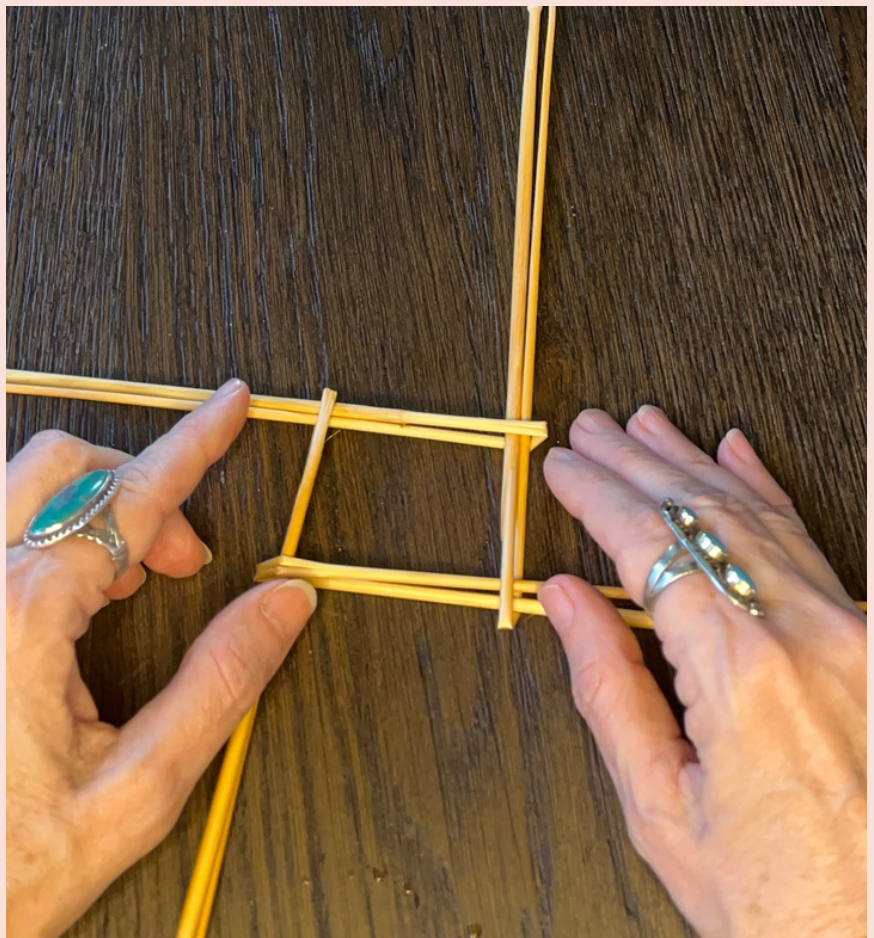




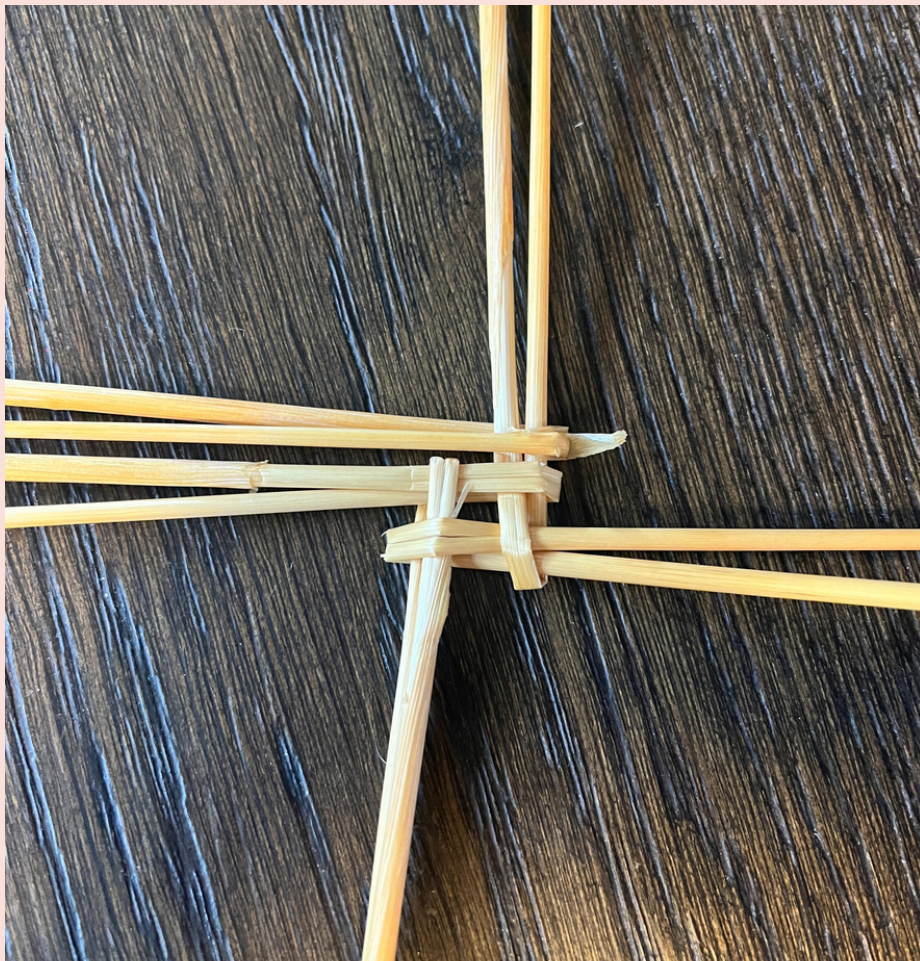
3. Wrap a 3rd straw around the second straw (see photo left)

4. Wrap your 4th straw around the 3rd one and stick both ends inside the loop of the 1st straw (as seen below)

Mastering ancient Celtic Knotwork is a process of repetition and concentration but worth the effort. These processes are not only representative of the Goddess, but allow you to fall into a meditative state as you create!



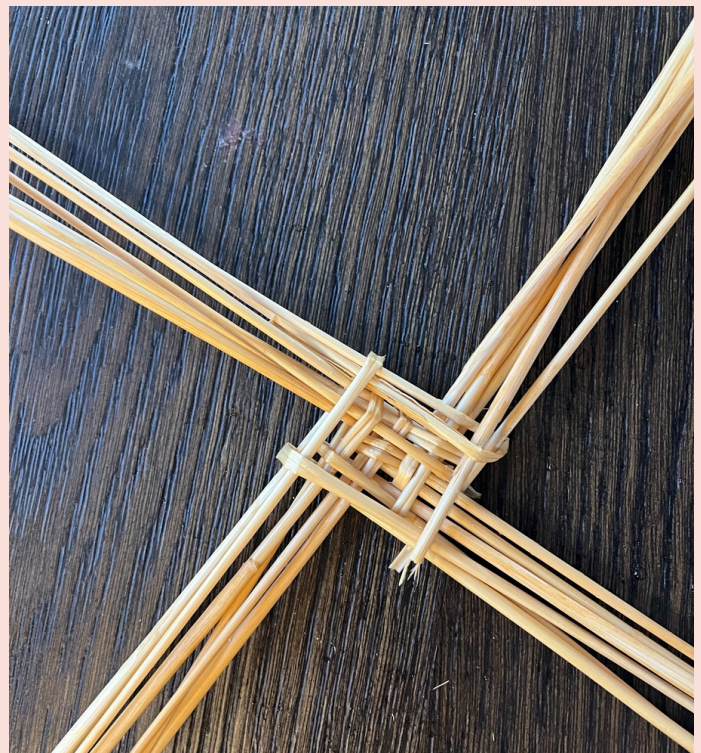




5. Pull to tighten  
(photo left)

6. Repeat the previous steps for a second row moving in the same direction as the previous one.

\*when you wrap each additional straw, be sure to wrap around ALL straws on one of side.







7. Once you've added the 4th straw on the second row, tuck both ends inside the loop of the 1st straw in that row. You can add 3 to 4 rows of straw. [my final example with 2 rows (photo left)]

8. Secure ends with raffia, twine or string. Place your finished cross on your altar.

The journey of the Wheel of the Year is one of magick, wonder, mindfulness and meaning. May you find the space to turn the mundane into everyday magick.



*Jennifer Harvard*





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