

# IMBOLC

IGNITING THE INNER FIRE | February 1, 2023



After completing the meditation, **PRINT OUT** these pages and write down any insights, revelations and thoughts that came to you.

## IMBOLC Blessing

May the life stirring underground stir new dreams within you.  
May the flames of inspiration and passion be ignited within you.

## Ways to Celebrate!

A Time to Bring in the Future Hope of Spring's Abundance

- ✦ Light Green (newness of spring) & White (past frozen winters) Candles
- ✦ Bake Bread with Herbs & Seeds
- ✦ Eat Cheese with Your Bread
- ✦ Smudge & Cleanse Your Home & Self
- ✦ Fire Ceremony to Further Transmute Old Stagnant Energies  
(You may send us your intentions to perform a Fire Ceremony for you)

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What did you **RELEASE** into the Cave's Fire?



What did you **SENSE** as You Followed Mother Wolf?

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What MESSAGE did you Sense from Your Higher Self?



What HEALING did you Receive from Goddess Brigid?