

Two Samhain Ritual Ideas

Ancestral Honouring Ritual for Samhain

Materials needed:

- Candles
 - Photos or mementos of loved ones who have passed
 - Food and beverage offerings - apples/ pomegranates work well
 - Paper and pen
 - Cloak/blanket/robe, or other protective item
1. Create a sacred space. Set out candles, photos/mementos, and offerings on your altar/table. Dim the lights, bring your focus to your breathing and environment to arrive, ground and centre yourself.
 2. Call in your protection inner and outer – you might connect to your heart or wombspace to call in your inner power – and then connect to any outer protection (guardian's and allies), the Earth etc.
 3. Call in your ancestors and loved ones. Speak aloud and invite those you wish to honour to join you.
 4. Share memories and express gratitude. Spend some time telling stories, looking at photos, and sharing what your ancestors mean to you. Thank them for being part of your life.
 5. Write down messages. Sit quietly and be open to receive. See if any messages or guidance come through from your ancestors. Write down what you receive.
 6. Make offerings. Symbolically share food, drink, flowers, or anything that feels meaningful. This nourishes their spirits and strengthens your bond.
 7. Release what no longer serves. Past hurts or patterns you are ready to let go of. Write down any hurts, patterns, or beliefs you are ready to release from the past. Burn or bury the paper as a symbolic act of letting go.
 8. Ask for their protection. Call on their wisdom to protect you from negative forces, internally and externally. Visualise protective wings around yourself/your family or wear a protective cloak or blanket. Have a sense of wrapping yourself in the protective wings of their love.
 9. Close the ritual. Thank your ancestors for joining you. Blow out the candles and take a moment to reflect on their eternal love guiding you.

Samhain Release Ritual

Items needed:

- Bowl of soil or compost
 - Sage/incense
 - Candle
1. Create sacred space, light a candle, cleanse your space with sage/incense.
 2. Sit comfortably, let yourself arrive in your space, connect to your environment and breath and bring your attention inside.
 3. Set an intention to let go of your burdens, to give them back to the goddess, to the earth.
 4. On paper, write down your burdens, grief, guilt. Give them form.
 5. Read your burdens aloud, then symbolically offer them to the Goddess/earth by placing the paper in the soil/compost.
 6. Imagine the burdens decomposing and transforming into nourishment for new growth and rebirth.
 7. Feel the lightness as you let go. Give gratitude.
 8. Later, bury the compost outside. Returning the burdens to earth for transmutation. You might cover your plot with Autumn leaves for extra composting.
 9. You might write/draw or move as a way to integrate your experience.
 10. Blow out your candle, reflecting on this opportunity to unburden, release and renew.

Enjoy!

Love,
Lara x