

The background is a vibrant watercolor wash in shades of yellow, orange, red, and green, with a torn paper effect. Scattered throughout are delicate, hand-drawn floral motifs in brown and green ink. A small cluster of pink flowers is visible in the upper right corner.

# The Magic of Beltane

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# Get Inspired



*The Green Man. Photos by Elizabeth Barton*

Low Beltane, which traditionally runs from sunset on April 30th to sunset on May 1st, is a Gaelic and Celtic holiday. It falls on what's known as a "cross-quarter" day, the mid-point between the vernal equinox and summer solstice, marking the beginning of the solar summer.

Beltane sits opposite Samhain on the Wheel of the Year, and as such is one of the most important holidays in the Pagan Celtic tradition. It's a liminal, or threshold, time, when the veil between the worlds is thin and fairies are said to walk among us.

Beltane traditions include the May Pole (a phallic symbol if ever there was one) and the sacred wedding of

the Green Man, a mythic, vegetative fertility god, to the May Queen. At an archetypal level, the marriage of the May Queen and Green Man may represent a marriage of the Anima Mundi and the Spiritus Mundi – the female and male aspects of the World Soul.

The May Queen was a living representative of the Roman goddess, Flora, a natural outgrowth of the ancient three-day Roman feast of flowers, Floralia, which reached its apex on May 1st, and was marked by uninhibited

sexuality. Little wonder then that Beltane is a holiday ripe with fertile potential, reflecting the earth's reproductive energy as buds burst forth. In the middle ages, "greenwood marriages" took place between young men and women who spent Beltane Eve in the forest, returning with flowers and garlands to decorate their homes with on the first May morning. Rites representing the sacred marriage, or Hieros Gamos, between heaven and earth to bring forth fertility remain a key component of this holiday.

And because there's a Low Beltane, there must be a High Beltane. That is the astrological moment of 15 degrees Taurus, and is used for magic workings.

Today, certain neo-Pagan Witchcraft traditions perform a fertility rite during which the High Priest plunges a ritual knife, (symbol of male energy) into a cup (symbolizing female energy and receptivity), which is filled with wine and held by the High Priestess. The idea of this sacred marriage between above and below, heaven and earth, is also reflected in the Beltane tradition of lighting bonfires, which represent bringing the Sun's light down to earth. In fact, "Beltane" literally means "bright" or "brilliant fire." Women jumped across these low fires to manifest fertility, and carried their children across the fire's embers to ensure their good health. Ashes from the fires were then thrown onto the crops for protection and fertilization.

To simplify this Beltane equation: Sun + Earth = Fertility.

In this book, you will focus this Beltane energy for inspiration to fuel whatever it is you'd like to manifest or bring into being, and to bring more joy into your life.



# Beltane Correspondences

For the Beltane ritual, it's helpful to create a small altar or table display for you to focus on. The objects on this altar should symbolize Beltane. These symbolic objects are called "correspondences." Below is a list of common correspondences for the holiday:

**Flowers:** Clover, Honeysuckle, Ivy, Lily of the Valley, Foxglove, Mint, Mugwort, Thyme, Marigold, Meadowsweet, Rowan, Sorrel, Woodruff

**Trees:** Hawthorn

**Gemstone:** Amber, Emerald, Malachite, Orange Carnelian, Rose Quartz, Sapphire,

**Color:** Green, Pink, Brown, Red, White

**Incense and oils:** Lilac, Frankincense, Rose

**Foods:** Dairy, Cakes, Strawberries, Mead, Wine, Milk and Honey

**Animal:** Cats, Doves, Swallows, Swans

**Goddesses:** All floral and fertility goddesses like Flora, Aphrodite, Artemis, Diana, Maia

**Gods:** Pan, the Green Man, Cupid/Eros, Cerunnous

**Other:** Baskets, Butterchurns, Brooms, Cauldrons, Maypoles, Ribbons (tied in the hair and to wrap a maypole), Fire

# One Week Before Beltane

Before your Beltane ritual, it's helpful to do some prep work. First, read "Get Inspired" on page 3 if you haven't already.

Answer the following questions to meditate on. When you're finished, look at question number six, on page 8.

For 20 seconds, visualize that moment of pure joy you wrote about on page 8, and press the tip of your ring finger to the tip of your thumb. You can do this with one hand or both hands, but if you use both, do it at the same time. Do this several times a day, every day until the Beltane Ritual. You can even do it while you're waiting at red lights!



You are creating a magical hand gesture that you can use to power future spell work and get you in the right energetic "frame" to accomplish your goals and manifestations.

This mudra, pressing the ring (or third finger) and thumb together is the Sun mudra. You can learn more about using mudras in magical workings in our [Everyday Magic course](#).

Review the ritual preparation, on page 10 and the ritual on page 11.



# Questions to Meditate On

On page 11, you will find a magical ritual for Beltane. To personalize the ritual to support *your* needs, first meditate on the following questions:

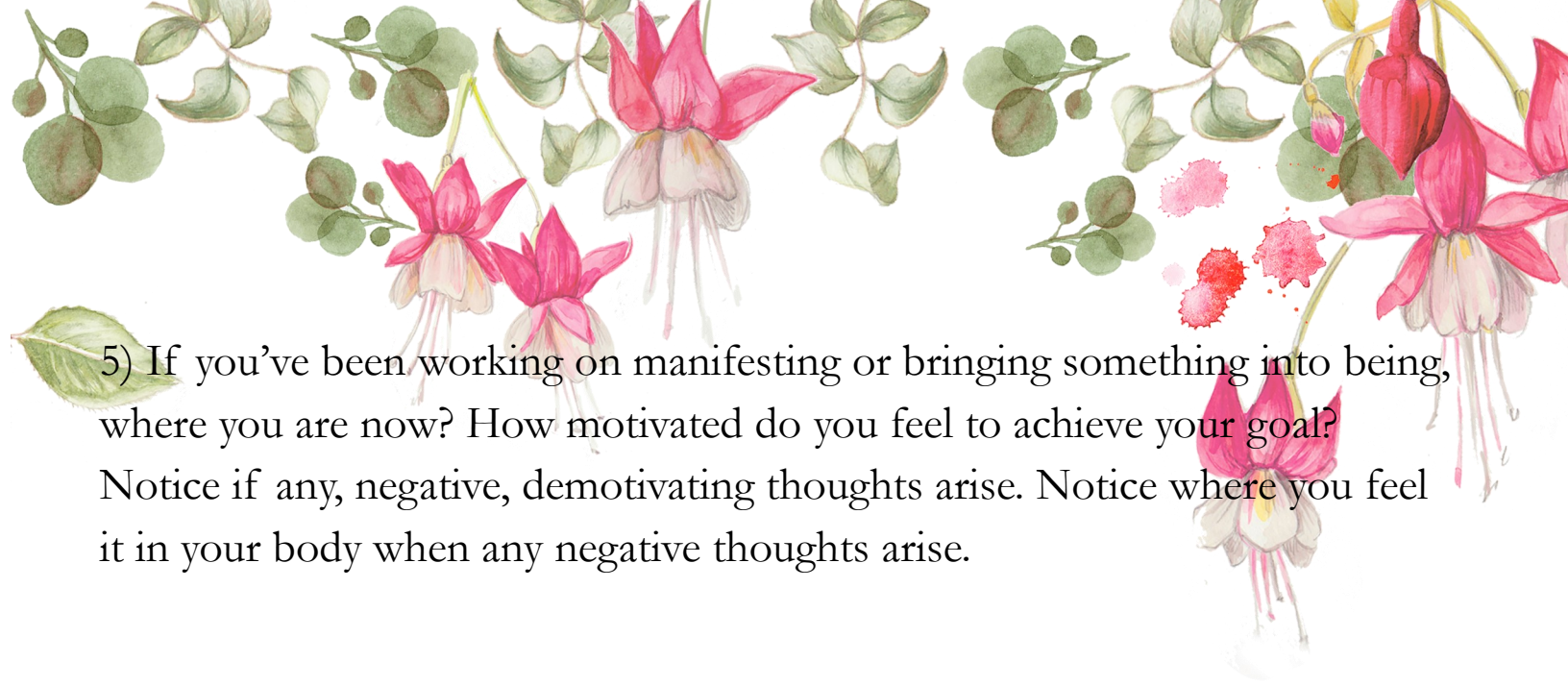
1) What are you grateful for?

2) What projects or achievements are you proud of?

3) How would your life be different if working on your goals was play?  
What would that look and feel like?

4) If you're working to manifest or bring something into being (e.g. a new lifestyle, new project, new relationship), what excites you about it?





5) If you've been working on manifesting or bringing something into being, where you are now? How motivated do you feel to achieve your goal? Notice if any, negative, demotivating thoughts arise. Notice where you feel it in your body when any negative thoughts arise.

6) Think of a time in your life when you felt pure joy. Write it down in as much detail as you can remember, and feel that joy.

# Ritual Prep

**You will need:** a tea light in a Beltane color and items for your altar that represent Beltane (see Beltane Correspondences page).

**Preparation:** Read through the ritual on pages 11 –13. Take a shower or bath.

# Timing

We do rituals at certain times in order to work with, rather than against, the rhythms of nature. For this reason, the closer you can get to the actual astrological moment of Beltane. You can, of course, work your ritual on May 1st. But below is an ephemeris chart of the exact astrological times and dates of the solstice in the northern hemisphere. The goal is to end your ritual as close to the time as possible.

Beltane times calculated for the 15th degree of the fixed sign of Taurus, the true Cross Quarter:

2018	May 5	4:26 am PDT
2019	May 5	10:03 am PDT
2020	May 4	3:46 pm PDT
2021	May 4	9:58 pm PDT
2022	May 4	3:28 am PDT
2023	May 5	9:19 am PDT

# Beltane Ritual

- 1) Set up your altar and work space.  
Put the candle on your altar/  
workspace, taking care that no  
flammable materials (especially  
fabric) are near it.
- 2) Say out loud: “I call upon the  
Angels and Guides of the Light to  
be here for my greatest and highest  
good to protect, support and guide  
me during this ritual.”
- 3) Cast a sacred space: Imagine a  
divine, white light coming down  
through the center of your body,  
flowing through every cell, cleaning  
and cleansing, clearing all energy  
that is not in your highest interests.  
See all that negative energy being  
pushed out through your pores.  
Watch it fall into a violet flame,  
where this energy is captured.
- 4) Visualize a globe of this cleansing,  
protective light getting bigger and  
bigger, expanding from your heart to  
26 feet all around you, pushing out  
any negative energies into a violet  
flame. Now imagine roots of energy



flowing from yourself into the ground, and branches flowing up through your head into the sky.

- 5) For 20 seconds, visualize that moment of pure joy you wrote about on page 8, and press the tip of your ring finger to the tip of your thumb. Do this for both hands.
- 6) Keeping your fingers in the same position, for 20 seconds, imagine you now that you've achieved your goal. Hold that feeling of joy.
- 7) Say out loud:

“I release all obstacles, conscious and unconscious,  
into the Beltane flame

I receive the power of the sun and earth,  
and joyfully shine that power into my life.

My soul awakes to the inspiration of new positive possibilities!

I AM attuned to the best life vibration for me NOW.

Every cell of my body and physical realm are saturated with life affirming  
bliss.

I rejoice that I can live my life blessed and in the company of good, kind,  
integrity-filled people.

The Divine opens unlimited blessings and infinite possibilities for me, and  
for me to share.

I expect the best, and I say yes to all the good, inspirational opportunities  
that come my way.

I NOW manifest my perfect, life of Divine synchronicity.

So it is, so it is, it is so!

Blessed be!”

- 8) Visualize the Beltane energy from the candle flowing into your heart, and

through your body, charging and energizing every cell.

- 9) Say aloud: “As above so below.” Blow out the candle. Imagine your desires rising up on the smoke to be embraced by the heavens. Say out loud: “So mote it be.” Bow toward your altar.
- 11) Say aloud: “I thank all the angels and guides of the light for supporting me in this ritual in my greatest and highest good. With gratitude, I release you now.”



# After the Ritual

One of the keys to magic is letting go. So don't dwell on the ritual, don't do it twice. The Buddhist principle of non-attachment applies to magic too.!

However, to keep you in the joyful Beltane mindset and fuel whatever it is you want to accomplish, work with the below affirmations. Choose the affirmations that resonate with you and repeat them throughout the following weeks, **using the sun mudra as you say them aloud.**

**While saying the first affirmation,** imagine pink, loving joyful energy flowing into and out of your heart with each breath as you do the Sun mudra. This is the heart breath. You can learn more about it in our [Everyday Magic course.](#)

I breathe love and joy into my  
heart and into the world

My life is an amazing adventure

My passion adds the next level of  
power to my manifestation



# I Want More!

If you would like...

A better understanding of magic – how it works and how to make it flow through every aspect of your life.

*Introducing Everyday Magic*

## **What's included**

Six weeks and twenty lessons of workshops and exercises based around the magical themes of the Riga Hayworth novels – archetypes, alchemy, shamanism, planetary magic, dreams, and hermeticism. We'll weave these themes together, so you can develop your own personalized spells and rituals.

We'll be creating sacred space together to align ourselves and our dreams with the elements, the seasons, planetary cycles, and our own subconscious and conscious desires. By working in harmony with the energies (our own and those surrounding us), you'll be able to craft daily magical practices and ways of being that nourish your soul.

You'll be able to access the lessons 24/7. You can download them to your own computer, or revisit them online whenever you wish.

The 20 modules are a sweet blend of magical practice and theory, including tools and resources, supporting practices to bring energy to your vision and plans, and methods for cultivating more magical “flow.” These aren't the same-old, same-old audio lectures. Every audio file includes exercises that you can do with us, right then and there. You'll start practicing magic in the very first class.

Learn more here: [everyday-magic.teachable.com/](http://everyday-magic.teachable.com/)

# About Us...



**Elizabeth Barton** is an astrologer and energy worker based in San Mateo, California. She also took all the photos in this workbook. The realm of the unknown, mysticism, spirits and healing have fascinated her all her life. Her Hungarian and Japanese family members were metaphysical healers — what are currently called shamans. Elizabeth’s shamanic training started at three years of age.

She has been a Reiki Master since August 8, 2002. Elizabeth is a former CHP road officer, third degree black belt, and served our country as a strategic intelligence analyst for the US Army for 11 years. Elizabeth is available for consultations in person, as well as by phone, Skype, FaceTime or email. You can find her at: [elizabethbarton.com](http://elizabethbarton.com)

**Kirsten Weiss** worked overseas for nearly twenty years in the fringes of the former USSR, Africa, and South-east Asia. Her experiences abroad sparked an interest in the effects of mysticism and mythology, and how both are woven into our daily lives.

Now based in San Mateo, CA, she writes genre-blending cozy mysteries and supernatural and steampunk suspense, mixing her experiences and imagination to create a vivid world of magic and mayhem.

Kirsten has never met a dessert she didn’t like, and her guilty pleasures are watching Ghost Whisperer re-runs and drinking red wine. It gives her heartburn, but she drinks it anyway. Sign up for her newsletter to get free updates on her latest work at: [kirstenweiss.com](http://kirstenweiss.com)