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Halloween Rituals and preparing for the 'Darker Half' of the year

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This article is a reprint from last year. As it was very well received, I thought if you missed it or would like to read again it ...why not?

Halloween has become such a celebrated occasion, I thought it deserved a closer look. In my internet digging, I found out that some historians link Halloween to the Celtic festival of 'Samhain'. The name is derived from Old Irish and roughly means "summer's end". The festival of Samhain celebrates the end of the "lighter half" of the year and beginning of the "darker half", and is sometimes regarded as the "Celtic New Year." This sounds very much like the concepts of Yin + Yang that I've written about in [previous newsletters](#).



The ancient Celts believed that the border between this world and the 'otherworld' became thin on Samhain, allowing spirits (both harmless and harmful) to pass through. The family's ancestors were honored and invited home while harmful spirits were warded off by the wearing of costumes and masks. Bonfires also played a large part in the festivities. Sometimes two bonfires would be built side-by-side, and people and their livestock would walk between them as a cleansing ritual. Another common practice was divination, which often involved the use of food and drink (always a good idea in my book!)



We all know the present day ritual of Halloween involves candy eating and general partying. Yet, perhaps we should consider this 'darker half' of year, with a ritual of our own to honor, cleanse and prepare our lives for this new phase. Space clearing, blessing rituals and feng shui are some of the ancient practices brought into modern times for our protection and enhancement of fortunes. I look forward to your questions as to how to prepare for this darker half of the year.

Within the dark (yin) there is always light - as in the light (yang) there is always darkness.

WISHING YOU BALANCE IN YOUR LIFE
Judith Wendell - Sacred Currents

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