

## Samhuinn at Home and in Nature

For this magical season of transformation, we invite you to celebrate the meaningful changes in nature with your inner selves, with each other and with the outdoors.

### **Celebration of Life - Connecting to the Summer King energy**

#### *Making mandalas*

Take a walk through your local Glen, be it Roslin or Hermitage or a local woodland in your part of the world. Look for the vibrant colours of the turning leaves, the reds, the golds, the gingers and the yellows, the burgandies and the oranges...

Tune into which hues excite you. Note which trees draw you out of yourself, making you want to touch them and say hello. Then find yourself a wee spot on the earthy leafy carpeted ground and trace out a pattern with a stick - it could be a heart shape, a swirl or spiral, or it could be a circle with various partitions.

An example might be a circle that is partitioned into the four elements of fire, water, air, earth that then get filled with the colourful leaves and acorn fruits you find around you on the woodland floor. The earthy carpet is yours to play with.

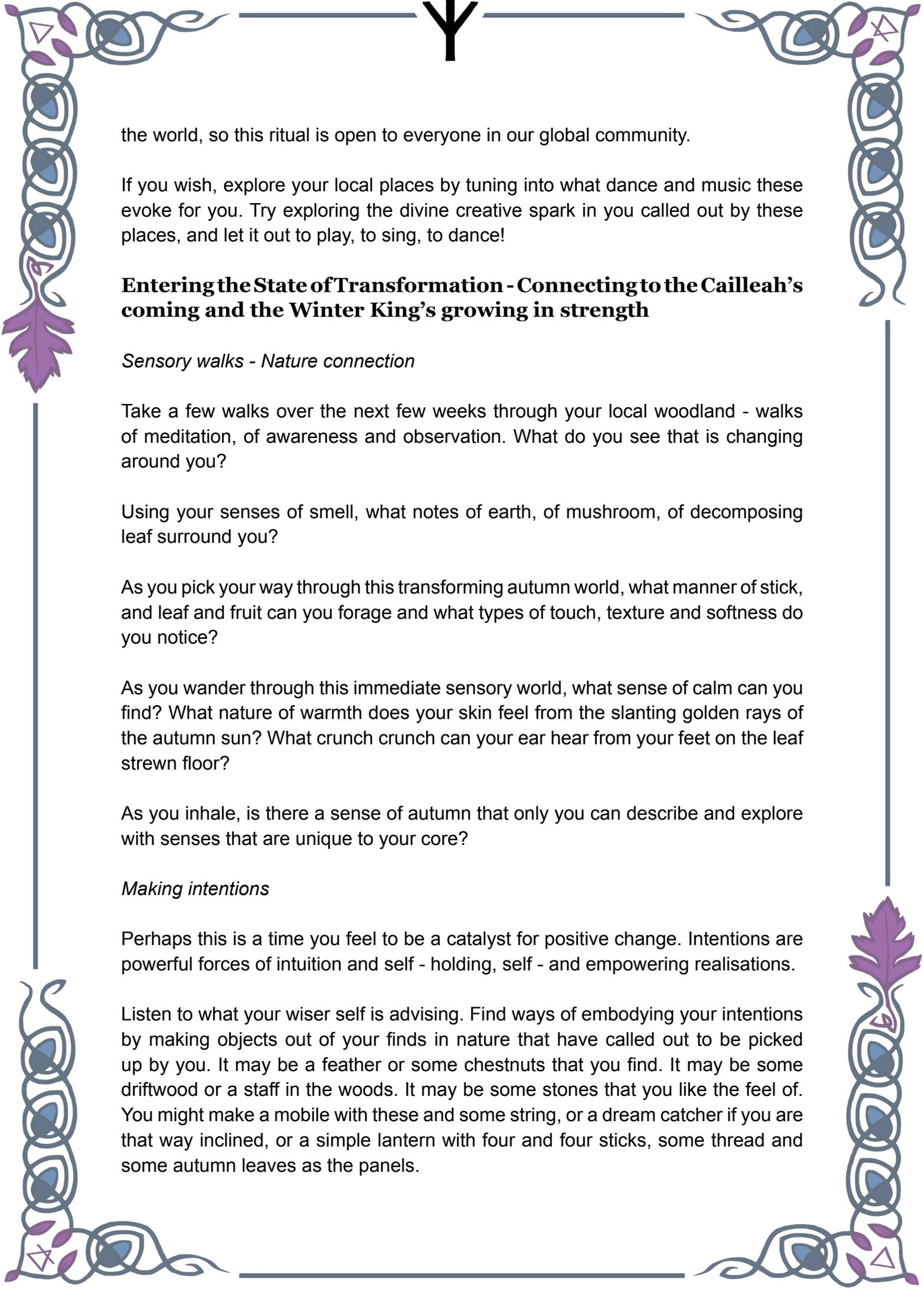
#### *Dancing, singing and drumming*

There may not be a stomping, dancing or drumming gathering about, but what we do have is nature, music, movement, instruments, voice and improvisation. These are all waiting to be picked up by you and brought out and celebrated.

So another suggestion is a walk out to a local woodland where there is some open space. You can play some music through a speaker, and tuning into your surroundings explore the feel of autumn through the movements that come to you. You can bring your voice to a local cave, or a cave-like inlay in a stone wall, and feel how your resonances bounce back from the ancient rock. You can carry a drum with you to a place amongst the trees and join with another fellow drummer to jam out some earthy beats by a well-kept fire (**making sure that the fire is responsibly extinguished and tidied after you finish**).

There are many special places around Edinburgh where such musical and dancing activities could be made possible by you and a friend, and these places are often much closer than we imagine. Roslin Glen and Blackford Hill, Hermitage Wood and Arthur's Seat Park, Craigmillar Woods and Castle, Ormiston Yew, to mention a few.

And of course there will be many magical landscapes wherever you happen to be in



the world, so this ritual is open to everyone in our global community.

If you wish, explore your local places by tuning into what dance and music these evoke for you. Try exploring the divine creative spark in you called out by these places, and let it out to play, to sing, to dance!

### **Entering the State of Transformation - Connecting to the Cailleah's coming and the Winter King's growing in strength**

#### *Sensory walks - Nature connection*

Take a few walks over the next few weeks through your local woodland - walks of meditation, of awareness and observation. What do you see that is changing around you?

Using your senses of smell, what notes of earth, of mushroom, of decomposing leaf surround you?

As you pick your way through this transforming autumn world, what manner of stick, and leaf and fruit can you forage and what types of touch, texture and softness do you notice?

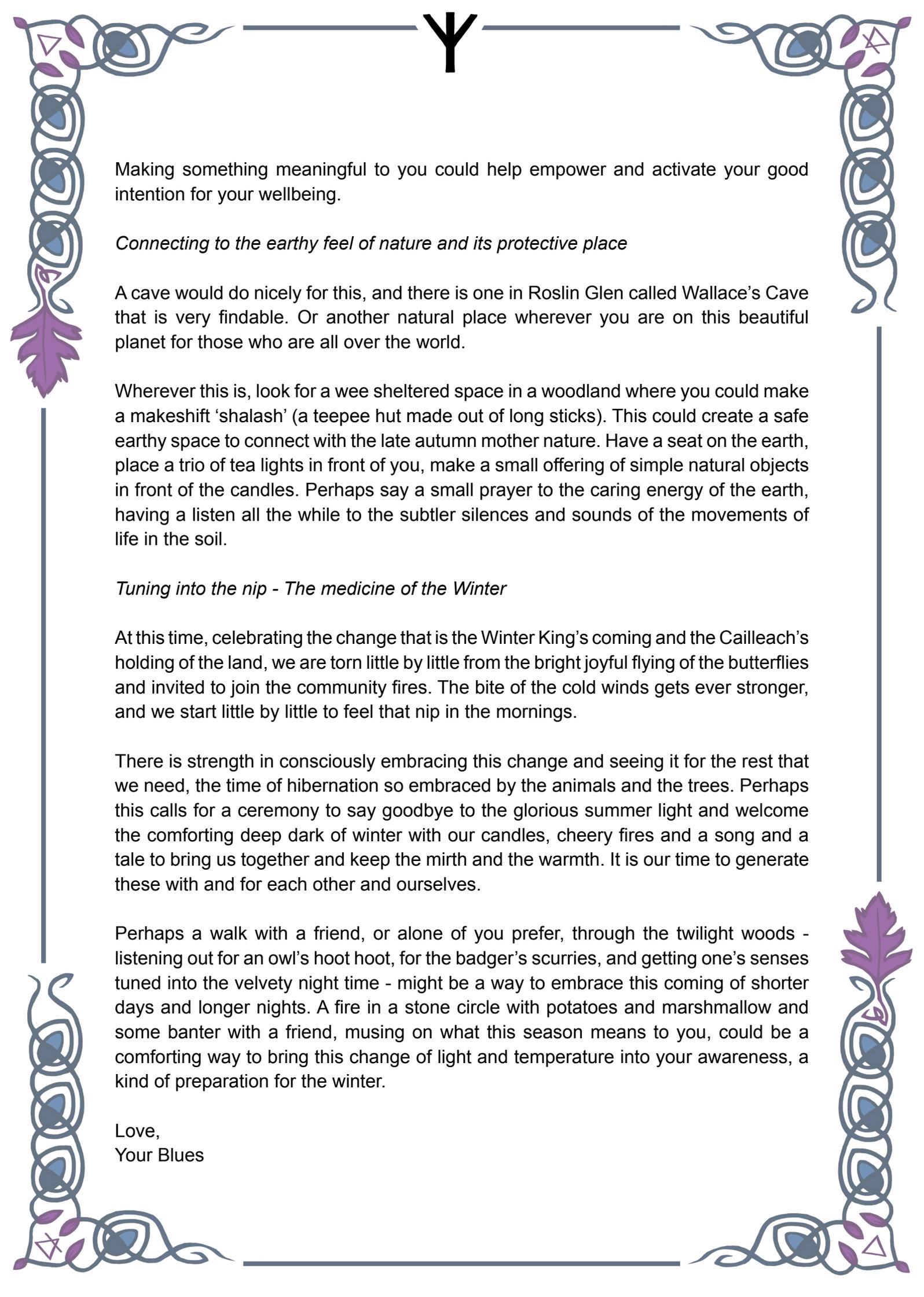
As you wander through this immediate sensory world, what sense of calm can you find? What nature of warmth does your skin feel from the slanting golden rays of the autumn sun? What crunch crunch can your ear hear from your feet on the leaf strewn floor?

As you inhale, is there a sense of autumn that only you can describe and explore with senses that are unique to your core?

#### *Making intentions*

Perhaps this is a time you feel to be a catalyst for positive change. Intentions are powerful forces of intuition and self - holding, self - and empowering realisations.

Listen to what your wiser self is advising. Find ways of embodying your intentions by making objects out of your finds in nature that have called out to be picked up by you. It may be a feather or some chestnuts that you find. It may be some driftwood or a staff in the woods. It may be some stones that you like the feel of. You might make a mobile with these and some string, or a dream catcher if you are that way inclined, or a simple lantern with four and four sticks, some thread and some autumn leaves as the panels.



Making something meaningful to you could help empower and activate your good intention for your wellbeing.

*Connecting to the earthy feel of nature and its protective place*

A cave would do nicely for this, and there is one in Roslin Glen called Wallace's Cave that is very findable. Or another natural place wherever you are on this beautiful planet for those who are all over the world.

Wherever this is, look for a wee sheltered space in a woodland where you could make a makeshift 'shalash' (a teepee hut made out of long sticks). This could create a safe earthy space to connect with the late autumn mother nature. Have a seat on the earth, place a trio of tea lights in front of you, make a small offering of simple natural objects in front of the candles. Perhaps say a small prayer to the caring energy of the earth, having a listen all the while to the subtler silences and sounds of the movements of life in the soil.

*Tuning into the nip - The medicine of the Winter*

At this time, celebrating the change that is the Winter King's coming and the Cailleach's holding of the land, we are torn little by little from the bright joyful flying of the butterflies and invited to join the community fires. The bite of the cold winds gets ever stronger, and we start little by little to feel that nip in the mornings.

There is strength in consciously embracing this change and seeing it for the rest that we need, the time of hibernation so embraced by the animals and the trees. Perhaps this calls for a ceremony to say goodbye to the glorious summer light and welcome the comforting deep dark of winter with our candles, cheery fires and a song and a tale to bring us together and keep the mirth and the warmth. It is our time to generate these with and for each other and ourselves.

Perhaps a walk with a friend, or alone if you prefer, through the twilight woods - listening out for an owl's hoot hoot, for the badger's scurries, and getting one's senses tuned into the velvety night time - might be a way to embrace this coming of shorter days and longer nights. A fire in a stone circle with potatoes and marshmallow and some banter with a friend, musing on what this season means to you, could be a comforting way to bring this change of light and temperature into your awareness, a kind of preparation for the winter.

Love,  
Your Blues