



Candlemas, also called Imbolc, comes as inspiration in the woman's cycle. It is a time of expression, inner growth and a blessed time to review lessons and mysteries revealed to us during the dark winter months. We can take this special time to celebrate the beauty of our dedication to our own inner growth by the making of a garland.

Making a paper garland (out of a paper chain) is a visual representation of the way in which we have gained insight to ourselves. It is a time also of cleansing; when we can release what no longer serves or nourishes us.

1. Gather supplies needed:

- _ Construction paper . You may use various colors if you like.
- _A stapler, glue, or tape.
- _Scissors
- _a pen, marker, or glitter markers. Use what inspires you.

2. Cast your circle as you normally would and create your sacred space.

3. Ground and meditate for a moment on the task at hand.

4. Cut out as many strips as you feel you might need. 10 is a nice start.

5. To start the garland, write something you love about yourself and staple, tape or glue it into a loop.

6. Next...for each thought of inspiration, each wisdom expressed, and each inner mystery revealed... add one link to the chain.

7. When paper chain is *one away* from being complete, use the last slip of paper to write something you wish to cleanse yourself of this Candlemas.

8. Attach the slip to complete the garland.

9. Take a moment to feel the connections in the garland, see the visual representation of your insight!

10. Ground and center.

11. Open circle and cleanup.

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