



How to Connect with Goddess Brigid

Goddess Brigid will be your guide and your guardian to boldly be your true exploratory self if you invite her in. This simple Self Ceremony gifts you the opportunity to connect with her at a deeper level and is easy and safe to do.

You will Need:

A feather either one you have or search for one during your walks.

A quiet place to sit on your own preferably by a window looking at the Moon.

A journal and pen to record your experiences.

Your Self Ceremony Steps:

*Prepare your room making it warm and cosy.

*Create Sacred Space by honouring Mother Earth, Father Sky, Grandmother Moon, Spirit/God/Goddess and call in any Spiritual helpers such as Angels, Ancestors and/or Deities.

*Cleanse yourself by lightly wafting a feather, a symbol of Spring, the element of Spring, over your body front and back as you set an intention to clear your aura/energy field of any blockages such as stress, tension or old patterns. Gift the feather back to the Earth afterwards.

*Sit quietly facing the Moon and set a clear intention – ‘I wish to harness the energies of Brigid to discover how to overcome blockages in the way of my dreams and forge ahead.’ Close your eyes, imagine yourself in a beautiful safe place in Nature at Imbolg time, surrounded by your helpers. Call out to Brigid and wait until you see/hear/sense her presence. Trust that this will happen easily and safely.

*Enjoy a sacred conversation with her specifically asking for guidance as you figure out how to obtain what you need to forge ahead with your dreams. Take your time and trust you will know when this is complete for this special first meeting. Offer gratitude to Brigid, your nature place and count from 10 back to 1 as you come back into your room slowly.

*Humming take your Journal and note all you have seen, felt and intuited from this exercise. What do you need to do now to find a way for your dreams to grow today?

*Finally, close Sacred Space by thanking all you called in especially Brigid and Seanmháthair Gealach.

*Reflect on your 'Soul Moment' and revel in the Moonlight.

