

St Brigid's Day

Brigid was a goodness from the Irish country tradition and she also became a saint of the Christian church. She is honoured at the beginning of February in a festival called Imbolc. This is a meditation for Brigid.

She comes out of the captivity of winter, Brigid, this goddess of purification and all things good. She touches the earth with her magic fire and warms it. The seed responds and starts to grow. She lays her hand on the ewe and the ewe knows her time is near and the lamb will be born wanting her milk. She waves her fiery wand in the air. The birds feel her warmth and it is time to find a mate and gather twigs and moss for a nest.

And the young feel her warmth. Their hearts grow. The world seems more lovely. They look for love and to be loved and Brigid guides them and lets them see each other with desire and need.

And the wise ones know that Brigid will not pass a cradle without pausing to leave a blessing on the child. And the wise ones know too that the skill they have in their fingers to sew or paint, to craft and decorate, was passed by Brigid to their ancestors generations before.

She is the goddess of healing and protector of the home and hearth.

She travels in the worlds above and the worlds below.

Brigid was the crone of winter, now she is the maiden of spring. She offers the future and asks you, 'What do you desire, Where is your life journey taking you? Look at yourself and whisper to the spring breeze, 'My ambition this year is to become, or is to do, or is cease doing'

Let praise Brigid who comes in the spring, and lift our spirits up to life once more. goddess of all time, maiden, wife, mother and crone. Walk beside us through the coming year.