

19 Days Of Devotion to Imbolc

Day 1 (January 13th) - We will begin our devotional journey connecting to her flame, by spending time meditating as we gaze softly into the flame. To start set your gaze on the candle flame, without blinking or moving your eyes. Your gaze should be soft and relaxed, not forced. When your eyes get tired or become teary, take your gaze off the candle, gently close your eyes and focus on the after image the flame leaves in your mind. After you feel your eyes have rested, open them and try another round. Please note it is highly recommended to only do this practice for 10 minutes or less.

Day 2 (January 14th) - Today's devotion will be a little of a creative process, we will create a sigil on a stone, to put outside of your home for her protection. You can either create your own unique sigil or you can use the flame that is in our logo at the bottom of our website.

Day 3 (January 15th) - On day 3 write 3 short affirmations that you will recite daily until Imbolc. (Example; I am radiant, I am healthy, Life is beautiful.)

Day 4 (January 16th) - Today spend sometime researching one story, work of art, or prayer that you have never come across before. If you would like share it with the group, please do.

Day 5 (January 17th) - Today is a day of crafting, and this is a fun one to do with the kids too. Create a Brighid's eye, printable instructions can be found here. This can now be placed in your home as a special sign of protection, or even gifted to someone in need of Brighid's love and light.

Day 6 (January 18th) - Today write a letter to Brighid, this is only for your eyes, so really put your heart into it. Tell her how she has changed your life, ask her for guidance or healing. Whatever comes to mind, write it to her. After you can decide to either keep the letter as a reminder for next year, or burn it to send it energetically to her too.

Day 7 (January 19th) - Today we are over 1/4 of our way through these 19 days of devotion, and on this day I want you to begin a list of gratitude. You don't have to finish the list today, but at least begin it, so that on Imbolc you have a list of 19 things you are grateful for.

Day 8 (January 20th) - Today is all about purifying yourself in her healing waters. There are many options here, taking a bath filled with herbs and flower petals, taking a shower and then watching as the water that has just purified you runs down the drain, or even bringing water into your sacred space and splashing it on yourself and your space. The most important part of this is your intention. We want to wash away all that no longer serves us, and have it replaced with her healing radiant divine light.

Day 9 (January 21st) - Today we will make a Brid doll, this can be made with straw, yarn,

Day 10 (January 22nd) - Today spend 15 minutes in silent meditation. The intention is to be open for her inspiration and guidance.

Day 11 (January 23rd) - On this 11th day of devotion, we ask you to do one small act of kindness.

Day 12 (January 24th) - Today write a poem or prayer for Brighid. Allow yourself to be open to her spark of inspiration. You'll be surprised at the results.

Day 13 (January 25th) - Today sit and listen to this meditation I created for you to meet Brighid.

Day 14 (January 26th) - 7 days ago you began a list of gratitude, today on a separate list write down 3 things that you are grateful for that Brighid herself has brought into your life.

Day 15 (January 27th) - Today we are just 5 days from Imbolc, so your devotion today will be journaling about what you would like to transform or create in your life.

Day 16 (January 28th) - Today I want you to find a shawl, blanket or anything that you can wrap around yourself as you sit in meditation. Imagine this is her mantle wrapped around you. Ask her for whatever healing you may need. Ask her for her guidance in helping you with whatever it was that you journaled about yesterday, that you would like to transform or create in your life. Just spend sometime wrapped in her radiant light, see it, feel it, and know it is all around you.

Day 17 (January 29th) - Today on this 17th day of devotion, sit and journal about how Brighid came into your life. Re-remember when you first encountered her, what drew you to her, or the signs that brought you to her. Just like a love story, remembering these stories re-ignite that passion we have in our devotion.

Day 18 (January 30th) - Take time today to send out prayers for those in your life that need healing. Really take your time focusing on each person and spending time with Brighid, sending her healing energy to them.

Day 19 (January 31st) - Today is Imbolc Eve, first find a cloth that you will use for your bhrat and hang it outside for Brighid to bless over night. (For more information on what a bhrat is [click here](#).) Then tidy up at least around the area that you consider the hearth of your home. For many of us we don't have fire places, so for example in my home the dining room is our hearth, that is where family usually gathers. Once you have tidied up the area, set up a little bed and lay your Brid doll out. And last spend some time journaling about your experience of spending the last 19 days in devotional to her.



