



Beltane

EVOKE PLEASURE

Guided by the rhythm of nature

I firmly believe that we need to find a rhythm to life that allows for more than efficiency, consumption and productivity. A rhythm where expansion, transformation, reflection and rest are more than words and becomes part of our life.

I think that nature and the changes of the seasons serves as the best guide. With more knowledge about and moving closer to Mother

Earth and the rhythm of nature, I am convinced that we can create sustainable lifestyles, for ourselves and the planet.

The changing seasons and shifts in nature affect us all but in different ways. And just like the seasons our needs change. With this guide, I hope you can begin to find your seasonal rhythm.

Anna Linder





NORTHERN HEMISPHERE

May 1st

SOUTHERN HEMISPHERE

November 1st

Evoke pleasure

At the cross point between the rising energy from the Spring equinox on the way to its peak at Summer Solstice, Beltane arrives, and the nature around us explodes with life. It's far from hard to understand that this is a season filled with almost electric energy.

We can perceive it as if we constantly are on the verge of something and that we balance between being the container for an immense energy and letting it flow freely.

The experience can be positive or negative, it can create a wonderful momentum or make us lose our footing completely.

To enjoy this often tumultuous time, everything that grounds us, establishes contact with Mother Earth, figuratively or literally, can be helpful.

The fire of desire



BELTANE | May 1st or November 1st

At the cross point between Spring equinox and Midsummer, Beltane is the festival when life is honored, celebrated and maybe even created. It is a joyful, festive time in celebration of passion and pleasure.



THE FIRE OF DESIRE

There are four fire festivals during the year and Beltane is one of them.

Fire, a symbol of re-brith, bringing life to our own inner strengths, fertility and passion, and that is exactly what Beltane is about.

Let the bonfire become a symbol for what *you* want to bring to life and for the creative power you have within you, or let it clear the way so new energy can gain momentum and grow.

LIFE FORCE

This is a time when nature is bursting with life, and that gives us a chance to tap into that expansive energy.

Get outside, enjoy the sounds and scents of the forest, stay outside until the stars come to life or take a barefoot walk. Take your activities outdoor or just pause in the fresh air.





Pleasure

We all know how it feels to go, go, go, to look straight ahead and not “get side-tracked”.

Imagine if you instead of pushing yourself to get going explored, engaged and enjoyed everything that gives you pleasure.

Take a different path for a moment, get a little lost and embrace the wild, raw, unknown, almost chaotic feeling that the energy during late spring and early summer has – if we stop and let it embrace us.

Do you dare to experiment, be a bit wilder and let the energy start flowing?

WHAT DO YOU NEED MOST OF ALL RIGHT NOW?

WHAT IS YOUR GUT REACTION TO THE WORDS PLEASURE AND LUST?

PERSONALLY *Laughing out loud, crying uncontrollably or dancing with myself until the sweat flows creates energy and force in me. Wandering, without a goal or meaning, creates desire and observing the life around me creates wonder. The small things in life contains so much that creates desire and pleasure.*



Explore

What does nature look like where you are? What is going on in your surroundings at this time of the year? Which birds are chirping? What scents fill the air? And how does the wind feel against your skin?

You don't need to have access to deep forests, unbroken views or even a garden to explore the rhythm of nature. Just step outside and notice how the air feels and how it affects you.

Paying attention to the changes is another way to begin to approach the rhythm of nature.

If possible, find a tree, some shrubs or a small park that you see more or less on a daily basis and notice the shifts and changes.

Add all senses, the scent of the earth, the colors and how the ground feels beneath your feet.

What signals do you get? How does the energy feel? And does it affect you?

**THE CHANGING SEASONS AND SHIFTS IN NATURE AFFECT US ALL BUT IN DIFFERENT
WAYS. HOW DO YOU EXPERIENCE THIS TIME WHEN WE BALANCE BETWEEN SPRING &
SUMMER AND THE ENERGY IS HIGH? HOW DO YOU ACT AND REACT?**

GROUNDING

Being grounded is to feel fully present in your body and/or feeling connected to the earth beneath you.

PUT YOUR HANDS IN WATER

Focus on the temperature of the water, how does it feel on your fingertips, palms, the backs of your hands. Does the sensation stay the same or does it shift on different parts of your hand?

TOUCH TREES, GRASS, FLOWERS

Are the things you touch soft or hard? Heavy or light? Warm or cool? Notice textures and structures and how they feel.

LISTEN TO YOUR SURROUNDINGS

Take a moment to really listen to the sounds and noises around you. What do you hear? Traffic? Birds? Dogs barking? Wind? Listen in again, can you hear beneath the most obvious sounds?

BAREFOOT

Take a slow walk barefoot and make yourself aware of the sensations in your toes and feet.

HEAD AND FEET

Place one hand on the top of your head and let your awareness sink into your feet.





Express
Experiment
Embrace

EXPRESS, EXPERIMENT & EMBRACE

Nature doesn't make it self small - it takes up space, it blooms and sways and grows and give. It set roots, seeks light and create shadows.

What would happen if we lived our lives with more pleasure and enjoyment and dared to explore that more?

How would life feel if you made time to be a bit wild? What would happen if you turned an average Wednesday into a small adventure?

Or what if you started to express and embrace what you feel deep inside?

No need to start a revolution (unless you want to), change your life completely or go skydiving - this energetic season is a great time to express what you long for, experiment, break a habit and maybe find something new within yourself.

There is not one right way to do this and if you have your own process, stick with it.

If not, the following pages invites you to explore, ponder and discern.

Create your way.

Do it at your pace.

And only if you want to.

WHEN DO YOU FEEL SAFE EXPRESSING YOUR DESIRES AND LONGINGS?

WHEN DO YOU FEEL MOST VULNERABLE? WHY?

Express

DO YOU FIND IT EASY OR DIFFICULT TO EXPRESS YOUR VIEWS, IDEAS AND THOUGHTS?

WHAT DESIRE, LONGING OR NEED HAVE YOU NEVER PUT INTO WORDS?

Express

HAVE YOU ALWAYS WANTED TO TRY OR DO SOMETHING? WHAT OR WHO IS STOPPING YOU?

DO YOU PREFER SPONTANEITY OR PLANNED? WHY?

WHAT ARE YOU TRYING TO STOP DOING, START DOING OR CHANGE? WHY?

HOW CAN YOU CELEBRATE AND REWARD YOURSELF ON A DAILY BASIS? MAKE A LIST,
EVERYTHING BIG & SMALL.

Experiment

WHAT ARE YOU MOST EXCITED ABOUT RIGHT NOW?

WHAT PROMISE WOULD YOU MOST LIKE TO GIVE YOURSELF?

Embrace

WHAT MAKES YOU FEEL ALIVE?

WHAT DO YOU WANT TO SAY NO TO IN ORDER TO SAY YES TO SOMETHING ELSE?

Embrace



Magic

The Beltane season lasts around six weeks and it's a time to celebrate all the pleasures in being alive. Fill this season with magic, joy, fun, hope and love and make space for lust, passion, sensuality and sexuality.

CELEBRATE LOVE IN ALL ITS FORMS

Beltane is a time for love in all of its forms. The love of friends, family and animals. Romantic, platonic and sensual love, yes all the love. Celebrate love in all its forms — it might be enough to give affection and listen to those you love.

THE FAERIES AND NATURE SPIRITS AWAKEN

Just as at Samhain, which is opposite to Beltane in the Wheel of the Year, the days around the 1st of May is a time when the veil between the worlds is thin. In May you might get a glimpse into the world of faeries and nature spirits.

Pay them your respect by giving them gifts, a flower wreath, crystals or edible seeds.

MAKE A WISH

It is considered very good luck to make wishes on Beltane. Write them down and bury them in fertile soil or write your wishes on colored ribbons and tie them to a tree. Or simply just say your wishes out loud to let the faeries hear them.





The wheel of the year

Winter, spring, summer and fall – seasons we all know but not always think of as a guide that can create rhythm, energy and a balance to life.

If we add four midpoints between the solstices and equinoxes, we get the Wheel of the Year – eight opportunities to pay attention to the changes of the seasons, the rhythm and shifts in nature and a beginning to feel them within ourselves.

NORTHERN HEMISPHERE

SAMHAIN	October 31–November 1
WINTER SOLSTICE YULE	December 21/22
IMBOLC	February 2
SPRING EQUINOX OSTARA	March 19/22
BELTANE	May 1
SUMMER SOLSTICE LITHA	June 20/22
LAMMAS	August 1
AUTUMNAL EQUINOX MABON	September 22/23

SOUTHERN HEMISPHERE

SAMHAIN	April 30– May 1
WINTER SOLSTICE YULE	June 20/21
IMBOLC	August 1
SPRING EQUINOX OSTARA	September 21/22
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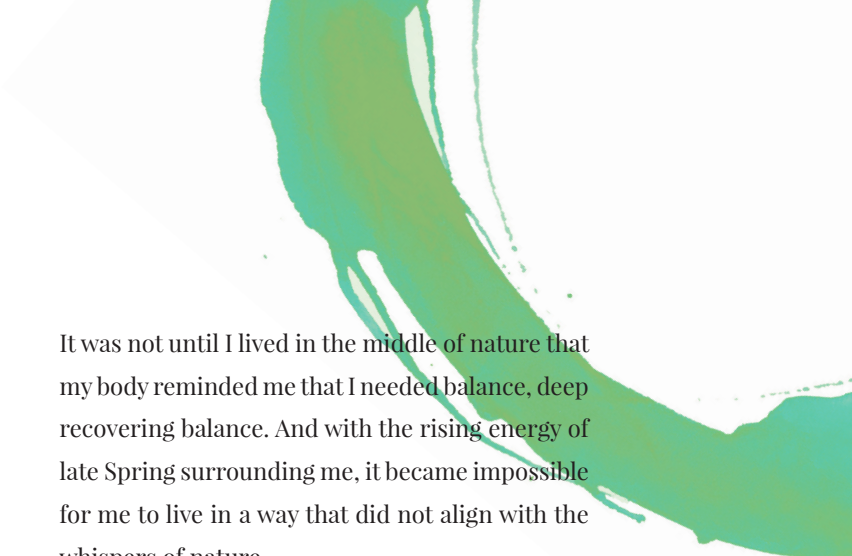
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ILLUSTRATIONS: ANNA LINDER



It was not until I lived in the middle of nature that my body reminded me that I needed balance, deep recovering balance. And with the rising energy of late Spring surrounding me, it became impossible for me to live in a way that did not align with the whispers of nature.

Over the years, I have, step by step, gained knowledge on how I am affected by the changes of the season, when my energy is high or low, when I feel powerful and strong and when I need to take care of myself.

This guide is my attempt to get you started on finding your rhythm.



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