

# Edgewalker Café

21 August, 2025

A TIME TO HARVEST AND EXPRESS GRATITUDE

LAMMAS / LUGHNASADH

CELTIC WHEEL OF THE YEAR

*Monica Ross and Rhona Graham*





# Monica + Rhona



It is no longer good enough to  
cry peace, we must act peace,  
live peace, and live in peace.

-Native American Proverb, Shenandoah-



# SETTING THE SCENE – OPENING SACRED SPACE

- OPENING SACRED SPACE TO INVITE IN THE SUPPORT OF:
- The Four Directions
- Father Sky
- Mother Earth
- And Spirit at the Centre

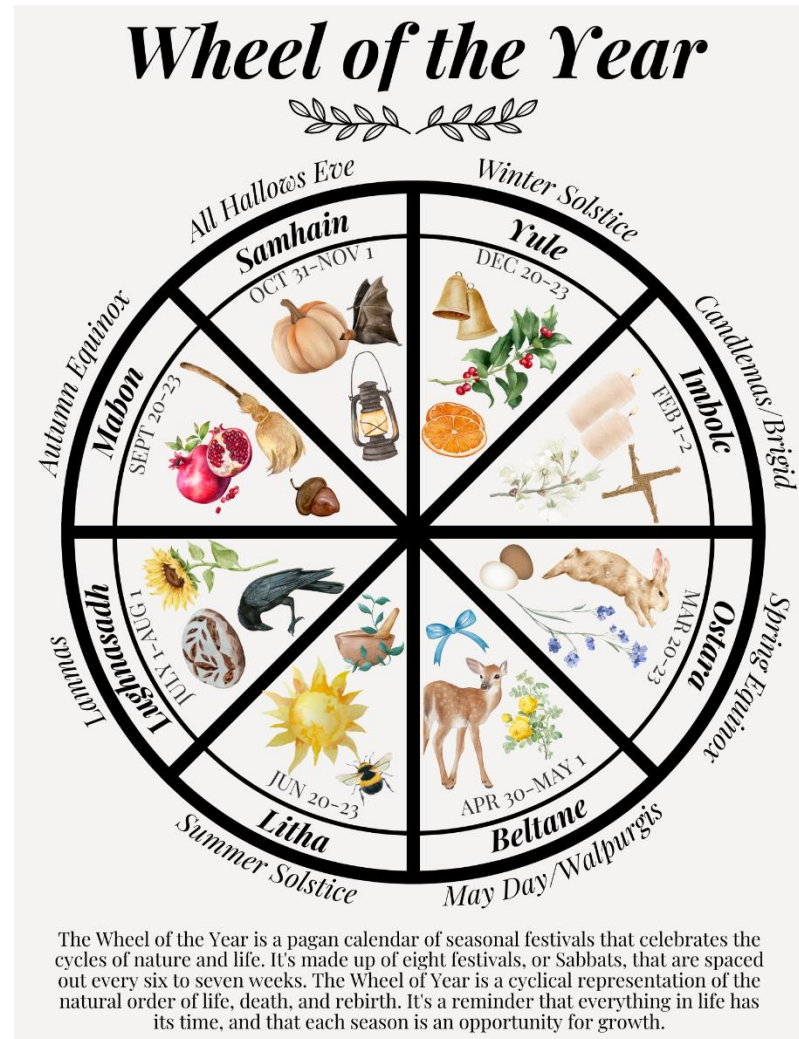
# PRESENTING THE ENERGIES OF LUGHNASADH

- **GUIDED MEDITATION**

TO CONNECT US TOGETHER

TO THE ENERGIES OF LUGHNASADH

# CELTIC WHEEL OF THE YEAR







## LUGHNASADH/LAMMAS

- LUGHNASADH also known as LAMMAS is a celebration of Summer and the collection of the first grain harvest.
- On the Eve of Lughnasadh, fires were lit to honour the Corn Mother as she gives Birth to her harvest child, The Grain – this is the Seed that will bring in next year's Harvest as well as the grain that will sustain life through the Winter period.



# HARVESTING

AS EDGEWALKERS WE CAN TAP INTO OUR CONNECTION WITH NATURE'S RHYTHMS AND THE ENERGIES OF EACH OF THE SABBATS

DURING THE DIFFERENT SABBATS WE CAN TAP INTO DIFFERENT QUALITIES AND SKILLS DEPENDING UPON WHAT IS NEEDED.

THIS CAN GIVE US SOME INSIGHTS, PERHAPS, INTO WHICH OF THESE WE ARE ALREADY PRACTISING WITH EASE AND WHICH ONES WE CAN DEVELOP FURTHER.

REVIEWING AND INTENTION SETTING ARE ONE WAY OF DOING THIS

# OUR OWN HARVEST

- THIS IS A PHASE WHEN WE BEGIN TO ASSIMILATE AND GATHER OUR OWN HARVEST
  - OF OUR HEARTS DESIRE
  - OF OUR HOPES AND DREAMS PLANTED IN THE SPRING
  - OF THE FRUITS OF OUR LABOUR
  - WE BRING OURSELVES BACK TOGETHER AFTER THE HEIGHTENED ACTIVITY AND SCATTERING OF OUR ENERGIES
- IT IS A TIME TO COUNT OUR BLESSINGS AND GIVE THANKS FOR ALL THAT WE ARE HARVESTING



# JOURNALLING PROMPTS – REVIEW OUR HARVEST

- TAKE SOME TIME TO REMIND YOURSELF OF THE SEEDS YOU SOWED AND THE VISION YOU HAD OF 2025
  - KNOWING THE FUTURE
  - VISION
- WHAT HAS BECOME MANIFEST AND HOW DID YOU MAKE THIS HAPPEN?
  - SELF AWARENESS
  - RISK TAKING
  - FOCUSING
- AS WE LOOK AT WHAT HAS **NOT** TAKEN ROOT OR COME TO FRUITION LET'S USE OUR EDGEWALKER QUALITIES OF
  - SELF AWARENESS
  - INTEGRITY

TO DISCOVER WHAT MAY HAVE STUNTED THEIR GROWTH

# LUGHNASADH – A TIME FOR GRATITUDE AND COUNTING OUR BLESSINGS

- IT IS IMPORTANT TO REALISE THAT WE DO NOT GROW AND CREATE OUR HARVEST ALONE. THERE ARE MANY OTHERS WHO CONTRIBUTE TO THIS AND IT IS VITAL THAT WE REMEMBER TO GIVE THANKS TO AND FOR THESE.
- TO BELIEVE WE STAND ALONE IS FOLLY – PART OF BEING AN EDGEWALKER IS WE USE OUR SENSES TO TAP INTO THE WIDER FIELD, BEYOND THE HORIZONS , PICKING UP ON THE ENERGIES OF OTHERS AS WELL AS OURSELVES TO SEE HOW THEY MIGHT FIT INTO THE LIFE WE ARE CREATING NOT JUST FOR OURSELVES BUT OUR FAMILIES , COMMUNITIES AND ORGANISATIONS
  - PASSION
  - FOCUSING
  - CONNECTING
  - PLAYFULNESS

# JOURNALLING PROMPTS – GRATITUDE

- TAKE TIME TO REFLECT ON WHAT OTHER PEOPLE, CONDITIONS, INFLUENCES HAVE HAD A PART TO PLAY IN YOUR HARVEST COMING TO BE
- WHAT ARE THE BLESSINGS YOU ARE COUNTING?
- WHAT ARE THE WAYS THAT YOU CAN PRACTICE GRATITUDE?
- WHAT ARE THE WAYS YOU CAN CELEBRATE THE SABBAT OF LUGHNASADH?

# GOING FORWARD

- AS WE COME TO THE END OF THE SABBAT OF LUGHNASADH WE TURN TO THE ENERGIES AND RHYTHMS OF MABON (AND THE AUTUMN EQUINOX) – THE SUN IS WANING AND MOVING INTO THE DARK HALF OF THE YEAR.
- WE BEGIN TO LOOK MORE INWARDLY THAN OUTWARDLY USING OUR QUALITY OF VISIONING AND SKILL OF KNOWING THE FUTURE TO BEGIN TO SET OUR OUR HOPES AND DREAMS FOR THE NEW YEAR – THE BIRTH OF THE NEW AND REBIRTH OF WHAT IS ALREADY IN PLACE
- SO WE INVITE YOU AS YOU REACH MID SEPTEMBER TO DEEPEN FURTHER INTO YOUR HARVEST – LOOK AGAIN AT THE PROMPTS WE HAVE OFFERED, LEARN MORE ABOUT YOURSELF AND THE PERSON YOU ARE AND ARE BECOMING – ARE YOU ON THE PATH OF INTEGRITY, OF FOCUS, OF PASSION AND PLAYFULNESS?
- LEARNING MORE OF THE NATURAL RHYTHMS OF OUR MOTHER EARTH CAN HELP US STAY ALIGNED – WE ARE CONNECTED DEEPLY EVEN THOUGH IT MAY SEEMS SOMETIMES IN THIS WORLD WE ARE NOT. WHAT CAN WE DO DIFFERENTLY ? HOW CAN WE VISION A BETTER WORLD FOR US ALL AND IN PARTICULAR THE GENERATIONS TO COME?



# THE SABBAT OF LUGHNASADH/LAMMAS

- ANY QUESTIONS / INSIGHTS / REFLECTIONS?

# CLOSING

- CLOSING BLESSING\*
- CLOSING SACRED SPACE

# THE PATH OF THE SACRED SPIRAL RETREAT

SEPTEMBER 26<sup>TH</sup> – 28<sup>TH</sup> 2025

SANDYCOVE, KINSALE, IRELAND



**Contact:**

Monica Ross - [monica@monica-ross.com](mailto:monica@monica-ross.com)

Rhona Graham – [weavingwisdomways@gmail.com](mailto:weavingwisdomways@gmail.com)