**Esbats & Sabbats**

**ESBATS**

The moon is the symbol of the Goddess and Energy.

Esbats are lunar celebrations that occur outside of the eight Sabbats in the Wheel of the Year. Unlike Sabbats, which are tied to the sun and agricultural cycles, esbats focus on the moon’s phases. Witches view the moon as a symbol of the divine feminine, intuition, and mystical energy, making it a powerful ally in their magical endeavors. The lunar cycle consists of eight distinct phases: new moon, waxing crescent, first quarter, waxing gibbous, full moon, waning gibbous, last quarter, and waning crescent. Each phase is associated with unique energies, making esbats an opportune time for spell work, divination, and spiritual reflection. Esbats are typically held during the full moon, but they can also occur during the new moon. The energy of the full moon is considered potent and is often used for rituals that involve manifestation, healing, and divination. Meanwhile, the new moon is associated with beginnings, making it ideal for setting intentions, starting new projects, and internal reflection.

Wolf Moon (January)

* Also known as: Quiet Moon, Snow Moon, Cold Moon, Chaste Moon, Disting Moon, Moon of Little Winter
* Nature Spirits: gnomes, brownies
* Herbs: marjoram, holy thistle, nuts, cones
* Colors: brilliant white, blue-violet, black
* Flowers: snowdrop, crocus
* Scents: musk, mimosa
* Stones: garnet, onyx, jet, chrysoprase
* Trees: birch
* Animals: fox, coyote
* Birds: pheasant, blue jay
* Deities: Freyja, Inanna, Sarasvati, Hera, Ch'ang-O, Sinn
* Power Flow: sluggish, below the surface; beginning and conceiving. Protection, reversing spells. Conserving energy by working on personal problems that involve no one else. Getting your various bodies to work smoothly together for the same goals.

Ice Moon (February)

* Also known as: Storm Moon, Horning Moon, Hunger Moon, Wild Moon, Red & Cleansing Moon, Quickening Moon, Solmonath (Sun Month), Big Winter Moon
* Nature Spirits: house faeries, both of the home itself and of house plants
* Herbs: balm of Gilead, hyssop, myrrh, sage, spikenard
* Colors: light blue, violet
* Flowers: primrose
* Scents: wisteria, heliotrope
* Stones: amethyst, jasper, rock crystal
* Trees: rowan, laurel, cedar
* Animals: otter, unicorn
* Birds: eagle, chickadee
* Deities: Brigit, Juno, Kuan Yin, Diana, Demeter, Persephone, Aphrodite
* Power Flow: energy working toward the surface; purification, growth, healing. Loving the self. Accepting responsibility for past errors, forgiving yourself, and making future plans.

Storm Moon (March)

* Also known as: Seed Moon, Moon of Winds, Plow Moon, Worm Moon, Hrethmonath (Hertha's Month), Lentzinmanoth (Renewal Month), Lenting Moon, Sap Moon, Crow Moon, Moon of the Snowblind
* Nature Spirits: Mer-people, Air and Water beings who are connected with spring rains and storms
* Herbs: broom, High John root, yellow dock, wood betony, Irish moss
* Colors: pale green, red-violet
* Flowers: jonquil, daffodil, violet
* Scents: honeysuckle, apple blossom
* Stones: aquamarine, bloodstone
* Trees: alder, dogwood
* Animals: cougar, hedgehog, boar
* Birds: sea crow, sea eagle
* Deities: Black Isis, the Morrigan, Hecate, Cybele, Astarte, Athene, Minerva, Artemis, Luna
* Power Flow: energy breaks into the open; growing, prospering, exploring. New beginnings; balance of Light and Dark. Breaking illusions. Seeing the truth in your life however much it may hurt.

Growing Moon (April)

* Also known as: Hare Moon, Seed or Planting Moon, Planter's Moon, Budding Trees Moon, Eastermonath (Eostre Month), Ostarmanoth, Pink Moon, Green Grass Moon
* Nature Spirits: plant faeries
* Herbs: basil, chives, dragon's blood, geranium, thistle
* Colors: crimson red, gold
* Flowers: daisy, sweetpea
* Scents: pine, bay, bergamot, patchouli
* Stones: ruby, garnet, sard
* Trees: pine, bay, hazel
* Animals: bear, wolf
* Birds: hawk, magpie
* Deities: Kali, Hathor, Anahita, Ceres, Ishtar, Venus, Bast
* Power Flow: energy into creating and producing; return balance to the nerves. Change, self-confidence, self-reliance, take advantage of opportunities. Work on temper and emotional flare-ups and selfishness.

Hare Moon (May)

* Also known as: Merry or Dyad Moon, Bright Moon, Flower Moon, Frogs Return Moon, Thrimilcmonath (Thrice-Milk Month), Sproutkale, Winnemanoth (Joy Month), Planting Moon, Moon When the Ponies Shed
* Nature Spirits: faeries, elves
* Herbs: dittany of Crete, elder, mint, rose, mugwort, thyme, yarrow
* Colors: green, brown, pink
* Flowers: lily of the valley, foxglove, rose, broom
* Scents: rose, sandalwood
* Stones: emerald, malachite, amber, carnelian
* Trees: hawthorn
* Animals: cats, lynx, leopard
* Birds: swallow, dove, swan
* Deities: Bast, Venus, Aphrodite, Maia, Diana, Artemis, Pan, Horned God
* Power Flow: full creating energy; propagation. Intuition, contact with faeries and other supernatural beings. Strengthen connection with supernatural protectors and beings around you. Power flowing from the Greenwood Gods and trees.

Mead Moon (June)

* Also known as: Moon of Horses, Lovers' Moon, Strong Sun Moon, Honey Moon, Aerra Litha (Before Lithia), Brachmanoth (Break Month), Strawberry Moon, Rose Moon, Moon of Making Fat
* Nature Spirits: sylphs, zephyrs
* Herbs: skullcap, meadowsweet, vervain, tansy, dog grass, parsley, mosses
* Colors: orange, golden-green
* Flowers: lavender, orchid, yarrow
* Scents: lily of the valley, lavender
* Stones: topaz, agate, alexandrite, fluorite
* Trees: oak
* Animals: monkey, butterfly, frog, toad
* Birds: wren, peacock
* Deities: Aine of Knockaine, Isis, Neith, Green Man, Cerridwen, Bendis, Ishtar
* Power Flow: full but restful energy; protect, strengthen, and prevent. A time of Light; Earth tides are turning. Decision-making, taking responsibility for present happenings. Work on personal inconsistencies. Strengthen and reward yourself for your positive traits.

Hay Moon (July)

* Also known as: Wort Moon, Moon of Claiming, Moon of Blood (because of mosquitoes), Blessing Moon, Maedmonat (Meadow Month), Hewimanoth (Hay Month), Fallow Moon, Buck Moon, Thunder Moon
* Nature Spirits: hobgoblins (small, grotesque but friendly brownie-type creatures), faeries of harvested crops
* Herbs: honeysuckle, agrimony, lemon balm, hyssop
* Colors: silver, blue-gray
* Flowers: lotus, water lily, jasmine
* Scents: orris, frankincense
* Stones: pearl, moonstone, white agate
* Trees: oak, acacia, ash
* Animals: crab, turtle, dolphin, whale
* Birds: starling, ibis, swallow
* Deities: Khepera, Athene, Juno, Hel, Holda, Cerridwen, Nephthys, Venus
* Power Flow: relaxed energy; preparing; succeeding. Dream-work, divination, and meditation on goals and plans, especially spiritual ones.

Corn Moon (August)

* Also known as: Barley Moon, Dispute Moon, Weodmonath (Vegetation Month), Harvest Moon, Moon When Cherries Turn Black
* Nature Spirits: dryads
* Herbs: chamomile, St. John's wort, bay, angelica, fennel, rue, orange
* Colors: yellow, gold
* Flowers: sunflower, marigold
* Scents: frankincense, heliotrope
* Stones: cat's eye, carnelian, jasper, fire agate
* Trees: hazel, alder, cedar
* Animals: lion, phoenix, sphinx, dragon
* Birds: crane, falcon, eagle
* Deities: Ganesha, Thoth, Hathor, Diana, Hecate, Nemesis
* Power Flow: energy into harvesting; gathering, appreciating. Vitality, health. Friendships.

Harvest Moon (September)

* Also known as: Wine Moon, Singing Moon, Sturgeon Moon, Haligmonath (Holy Month), Witumanoth (Wood Month), Moon When Deer Paw the Earth
* Nature Spirits: trooping faeries
* Herbs: copal, fennel, rye, wheat, valerian, skullcap
* Colors: brown, yellow-green, yellow
* Flowers: narcissus, lily
* Scents: storax, mastic, gardenia, bergamot
* Stones: peridot, olivine, chrysolite, citrine
* Trees: hazel, larch, bay
* Animals: snake, jackal
* Birds: ibis, sparrow
* Deities: Demeter, Ceres, Isis, Nephthys, Freyja, Ch'ang-O, Thoth
* Power Flow: rest after labor; balance of Light and Dark. Organize. Clean and straighten up physical, mental, emotional, and spiritual clutter.

Blood Moon (October)

* Also known as: Harvest Moon, Shedding Moon, Winterfelleth (Winter Coming), Windermanoth (Vintage Month), Falling Leaf Moon, Ten Colds Moon, Moon of the Changing Season
* Nature Spirits: frost faeries, plant faeries
* Herbs: pennyroyal, thyme, catnip, uva ursi, angelica, burdock
* Colors: dark blue-green
* Flowers: calendula, marigold, cosmos
* Scents: strawberry, apple blossom, cherry
* Stones: opal, tourmaline, beryl, turquoise
* Trees: yew, cypress, acacia
* Animals: stag, jackal, elephant, ram, scorpion
* Birds: heron, crow, robin
* Deities: Ishtar, Astarte, Demeter, Kore, Lakshmi, Horned God, Belili, Hathor
* Power Flow: to let go; inner cleansing. Karma and reincarnation. Justice and balance. Inner harmony.

Blue Moon (October 27-November 1)

* Also known as: Moon of the Dead, Hunting Moon, Ancestor Moon, Hunter's Moon
* Nature Spirits: banshees and other beings who carry messages between worlds
* Herbs: ginger, hops, wormwood, hyssop, patchouli, mugwort, nutmeg, star anise
* Colors: black, white, purple
* Flowers: white lily, dahlia, chrysanthemum
* Scents: rosemary, dragon's blood, lilac, pine, wisteria
* Stones: obsidian, onyx, Apache tear
* Trees: pine, cypress, yew, elder
* Animals: bat, wolf, sow, dog, snake
* Birds: owls, raven, falcon
* Deities: Cybele, Circe, Hel, Nephthys, Cerridwen, Horned God, Caillech, Freyja, Holda
* Power Flow: release, remember; communion with the dead. Prophecy. Releasing old negative memories and emotions.

Snow Moon (November)

* Also known as: Dark Moon, Fog Moon, Beaver Moon, Mourning Moon, Blotmonath (Sacrifice Month), Herbistmanoth (Harvest Month), Mad Moon, Moon of Storms, Moon When Deer Shed Antlers
* Nature Spirits: subterranean faeries
* Herbs: grains of paradise, verbena, betony, borage, cinquefoil, blessed thistle
* Colors: gray, sea-green
* Flowers: blooming cacti, chrysanthemum
* Scents: cedar, cherry blossoms, hyacinth, narcissus, peppermint, lemon
* Stones: topaz, hyacinth, lapis lazuli
* Trees: alder, cypress
* Animals: unicorn, scorpion, crocodile, jackal
* Birds: owl, goose, sparrow
* Deities: Kali, Black Isis, Nicnevin, Hecate, Bast, Osiris, Sarasvati, Lakshmi, Skadi, Mawu
* Power Flow: take root, prepare. Transformation. Strengthen communication with the god or goddess who seems closest to you.

Cold Moon (December)

* Also known as: Oak Moon, Wolf Moon, Moon of Long Nights, Long Night's Moon, Aerra Geola (Month Before Yule), Wintermonat (Winter Month), Heilagmanoth (Holy Month), Big Winter Moon, Moon of Popping Trees
* Nature Spirits: snow faeries, storm faeries, winter tree faeries
* Herbs: holly, English ivy, fir, mistletoe
* Colors: blood red, white and black
* Flowers: holly, poinsettia, Christmas cactus
* Scents: violet, patchouli, rose geranium, frankincense, myrrh, lilac
* Stones: serpentine, jacinth, peridot
* Trees: pine, fir, holly
* Animals: mouse, deer, horse, bear
* Birds: rook, robin, snowy owl
* Deities: Hathor, Hecate, Neith, Athene, Minerva, Ixchel, Osiris, Norns, Fates
* Power Flow: to endure, die, be reborn; Earth tides turning. Darkness. Personal alchemy. Spiritual paths. Reach out to friends and family, the lonely and needy.

**SABBATS**

SAMHAIN (HALLOWEEN)

October 31 is dedicated to the idea of (Eternal Life), our connection to those who have departed. This day the veil between the two worlds (world of form and the invisible world) is thin. Loved ones on the other side can join using celebration. Many witches claim this as a sort of " New Years Day". Marking the final harvest of the year.

YULE (WINTER SOLSTICE)

December 20 - 23. Depending on the year, is the day when the night is longer than the day. Rebirth is an important theme at this time. Decorations such as the tree, Yule log, holly and red candles used by Christians for Christmas are ancient symbols of Pagans and Witches.

CANDLEMAS (IMBOLC)

February 2 is celebrated to welcome the first stirring of life from beneath the Earth. All life on Earth

SPRING EQUINOX

March 20 - 23. This marks a balance in time and male and female forces in nature. The day and night are equal.

BELTANE

May 1. Fertility holiday. Witches dance to symbolically nourish plant life. This day crops are planted to be harvested later that year. This also marks the spot directly across from Samhain on the whell of the year.

SUMMER SOLSTICE

June 20 - 23. Marks the time when day is longer than night. Opposite the winter solstice

LAMMAS (LUGHNASSADAH)

August 2 Celebration of the beginning of autumn and the final harvest. In honor of the corn god--LUGH

FALL EQUINOX (MABON)

September 20 - 23. Equal day and equal night. Signifies the beginning of winter. Male and female forces stand in balance.