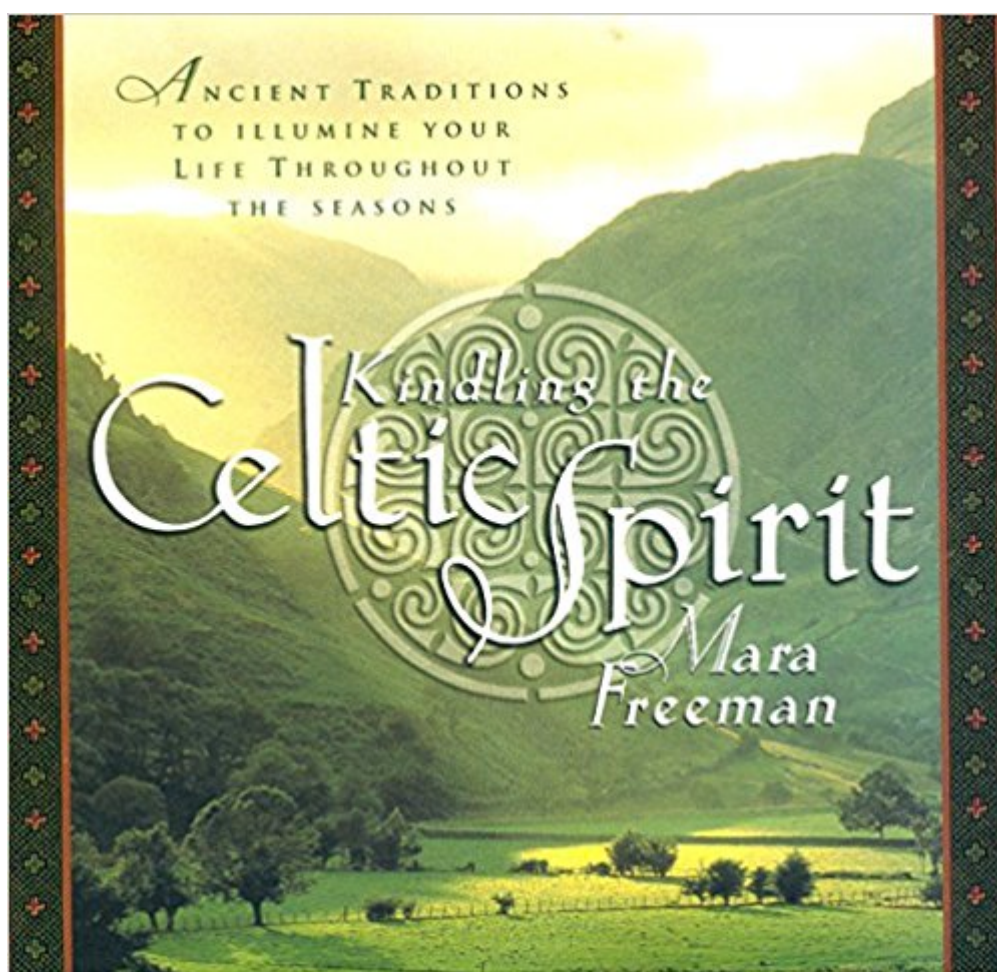




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# Kindling The Celtic Spirit: Ancient Traditions To Illumine Your Life Through The Seasons



## Synopsis

In this beautiful treasury of sacred wisdom, Mara Freeman shares the rich legacy of the Celts -- the festivals, gods and goddesses, saints, faeries, music, poetry, and storytelling that anchor this magical tradition. Discover myths, rituals, recipes, and crafts for every month of the year. Honor Saint Brigit with a prayer in February, or ensure a merry start to May with a bowl of frothy syllabub. Come together with friends and neighbors to celebrate community in the high days of August, then learn to weave a solstice wreath in snowy December. Traditional blessings, ancient lore, and guided meditations inspire you to reconnect with the rhythms of the natural world, and view the sacred as an integral part of every day. Rediscover the wisdom and healing power of nature, and cultivate and honor your soul as you would the earth. Let the spirit of the ancient Celts enchant you in every season, year after year.

## Book Information

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## Customer Reviews

For over 2,000 years, oppressors and natural disasters have worked against the Celts, threatening to obliterate the ancient tribe's language, traditions, and spirituality. "Yet in the past 30 years or so, many willing minds and hands have undertaken the task of rekindling the guttering flame of the Celtic spirit," writes author Mara Freeman in *Kindling the Celtic Spirit*. Freeman is, in fact, one of those maintaining the fire, having spent 35 years studying Celtic traditions and assembling this well-written and organized tribute. Following the format of the Celtic calendar, Freeman shares the stories, recipes, spells, and Gaelic expressions that go with each of the monthly festivals and

celebrations. The February chapter celebrates the Festival of Brigit (the goddess who represents the bride or young maiden). October pays tribute to the Festival of Samhain (the celebration that marks the beginning of winter and may have been the Celtic New Year). She recounts the origins of Samhain Eve, or "Mischief Night," which Americans celebrate by trick-or-treating. She teaches magical spells, tells a spine-chilling spooky story, and shows readers how to carve turnip lanterns, using a large rutabaga. Although she writes about faeries, tree spirits, and other mythological creatures, Freeman narrates with confidence and maturity, so that readers feel as though they are sitting with a learned scholar. The elegant pen-and-ink illustrations by Linda Carol Risso capture the humble pagan origins while respecting the sophistication of Celtic design. The upshot is a beautifully crafted book with plenty of substance for those who like immersing themselves in this enchanting, age-old tribe. --Gail Hudson

?This is an excellent book, offering a bright window into the Celtic World.?--John Matthews, author of "Drinking From the Sacred Well"?a stunning book, rich in enchantments, legend and lore?abounding in practical wisdom to nourish body and soul.?--Margie McArthur, author of "The Wisdom of the Elements" Mara Freeman?has a profound understanding and appreciation of [Celtic] tradition, and a talent for sharing it effectively."--Alexei Kondratiev, author of "The Apple Branch: A Path to Celtic Ritual""Mara Freeman has written a book that is fun, deep, playful, serious, useful, magical and enlightening.?--Matthew Fox, author of "One River, Many Wells and "Original Blessing"?A very important work...[a] long awaited and much needed inspirational manual...?--Elizabeth Murray, author of "Cultivating Sacred Space"?Mara Freeman brings a depth of scholarship and clarity of presentation that outshines the rest.?--R. J. Stewart, author of the bestselling "Merlin Tarot, " and many books on meditation, music and magic..".a tempting invitation to the world of the Celts."--"Knoxville Sentinel"A fascinating book."--"The Carmel Pinecone

I love this book. I had 3 and lent them out. I never got them back! So I bought a new one for me. That's how much people love this book. Mara is a wonderful writer and teacher.

This wonderfully researched, thought-out and laid-out book is seasoned with an abundance of Celtic lore. The authors knowledge and apparent love of all thing Celtic is felt on every page. The book is divided into twelve chapters, one covering each month. And each chapter has peppered throughout an array of Celtic history, poetry, ritual, recipes, blessings, songs, goddess and god stories, myth, bestiaries, crafts and much more. This compact book has a very reader-friendly layout and includes

wonderful line-art through. The resource section is nine pages long and covers everything from Irish genealogy to Celtic music. Kindling The Celtic Spirit would make a wonderful gift for anybody who cherishes Irish/Celtic tradition or as a book to keep beside ones bed, to read before sleeps so that one may drift off and enter a magical time and place where faeries played in sacred groves, bards sang of courageous deeds, and the Tuatha De Danann lived and prospered.

Fast shipping and in excellent condition! The book itself is a great read, no matter what religion you belong to. It strives to be as historically accurate as possible and includes old celtic stories, pronunciation guides, detailed information and history on the Wheel of the Year, and step-by-step instructions for projects and rituals.

Lovely book, arrived fast and in excellent condition. I am excited to learn about another facet of my life and it is very well written. Highly recommend it.

Great book and informative about the Celtic culture! I've been dying to know more about it and this book alone really says a lot!

This is an awesome book. I have purchased a couple copies one for myself and one for a family member so that they can understand what it means to me to be pagan.

I am always looking for 'history' of the Celts and their 'worship' of the land they lived on. Celebrating the seasons, etc. This is a wonderful addition to my collection. And lots of things I haven't found anywhere else.

I had this book before and somehow it ended up in a box of books to the goodwill. Replaced it. This book I feel is a good look at celtic traditions and how to observe and celebrate these traditions.

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