

Litha (Mid-Summer) – June 20th - 22nd normally celebrated on June 21st during Summer Solstice, it is the longest day and shortest night of the year. The time when the Goddess is pregnant and the Sun God is in all his glory and virility, signifying that plants, vegetables and trees are at their fullest of the year and are beginning to provide for all. It is also known as Midsummer Night's eve.

Litha / Mid-summer Lore: Mid-summer is practically the classic time to perform magick of all kinds. Healings, love magick and protections are especially suitable. Herbs can be dried over the ritual fire if you're celebrating outdoors. Leap the fire for purification and energy (but PLEASE be safe if you wish to partake in this Litha Lore). Fresh fruits are standard fare for mid-summer.

While preparing for your ritual, think about all your troubles, problems, pains, sorrows and illnesses which you want to banish. While they are at the front of your thoughts, fill a cloth bag or pouch with herb(s) such as Mugwort, Vervain, Chamomile, Rose, Honeysuckle, Lavender, Yarrow, Carnation and tie shut with a red cord. At the appropriate time, burn the bag, banishing all your troubles, etc. "I banish you by the powers of the Goddess and God! I banish you by the powers of the sun, moon and stars! I banish you by the powers of the earth, air, fire and water!"

On your altar it would be appropriate to have fresh garden fruits and vegetables and / or any dishes prepared with them. Burning Lemon, Myrrh, Pine, Rose and Wisteria incense is also what one would expect when celebrating this beautiful time of year.