📖 Samhain Journal Page

For remembrance, rest, release, and the wisdom of the dark

Date: _____

Time / Moment: _____

I arrive at the threshold of the darker half of the year. The harvest is complete, the nights grow longer, and the world begins to slow. I pause to honour what has ended, what continues to sustain me, and what asks to be carried gently into the season ahead.

Intention

I begin with a single sentence to orient this seasonal reflection.

My Samhain Intention:

Reflections

Samhain reminds us that every ending creates space for something new. It invites us to honour the past without becoming trapped in it, to accept change without rushing through it, and to recognise that rest is part of every living cycle.

What feels complete in my life this season?

What am I ready to release with gratitude?

What memories, people, or experiences have shaped who I am today?

What parts of myself have I outgrown?

Where am I being invited to slow down instead of pushing forward?

What brings me comfort, warmth, or a sense of home as the darker months begin?

How can I care for myself with greater tenderness this season?

Invitation

Samhain reminds us that darkness is not something to fear, but something to move through with care. Just as the natural world begins conserving its energy, we are invited to honour our own need for rest, reflection, and restoration.

If this season were asking one thing of me, what might it be?

What am I ready to lay down?

What quiet practice could help me feel supported through the months ahead?

> I allow this page to hold remembrance without becoming lost in the past. I trust that rest, reflection, and stillness are part of living well.

Elements in Focus

🜃 **Earth** (stability, shelter, belonging):

🜁 **Air** (reflection, memory, perspective):

🜂 **Fire** (inner warmth, resilience, hope):

🜄 **Water** (grief, compassion, acceptance):

✪ **Spirit / Aether** (ancestry, continuity, mystery):

Symbols and Images

Samhain speaks through endings, remembrance, warmth, and the quiet wisdom of the season.

- Pumpkins and lanterns
- Candles glowing in the dark
- Fallen leaves and bare branches
- Ravens, owls, and misty mornings
- Blankets, warm drinks, and hearth fires
- Family photographs and meaningful keepsakes
- Stars appearing earlier in the evening

What colours feel like Samhain to me?

What image or symbol represents remembrance or renewal in my life this season?

Space for symbols:

Closing and Sealing the Session

A closing line to honour this season of remembrance and renewal.

Example:

"May I honour what has ended, cherish what remains, and trust the quiet wisdom of the season."

My Closing Line:

> **"I release with gratitude, rest without guilt, and trust that every ending prepares the ground for another beginning."** 🎃🍂