

Beltane Journal Page

For joy, connection, and the celebration of what is alive

Date: _____

Time / Moment: _____

I arrive at the height of spring's turning. I notice what is blooming in me and around me. I allow myself to be present with life as it moves outward.

Intention

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

My Beltane Intention:

Reflections

What feels most alive in me right now? What is asking to be shared rather than held alone? I write gently, without pressure.

What feels most alive in me this season? This is not about becoming, but about allowing what is already alive to be seen.

What am I ready to share more openly with others? What in my life feels ready to be expressed, shared, or enjoyed more fully?

Where do I feel most connected, or most closed off?

Invitation

Beltane is participation, presence, and shared life. How do I step into connection without forcing it? What small act of openness feels possible?

If my life were a gathering, what would I be offering to it right now?

What is one simple way I could say yes to connection this season?

I allow this page to hold warmth, not expectation. I let warmth and honesty guide the page.

Elements in Focus

- ▽ Earth (embodiment, pleasure, nourishment): _____
- △ Air (connection, communication, laughter): _____
- △ Fire (joy, desire, expression): _____
- ▽ Water (intimacy, emotion, flow): _____
- ✧ Spirit / Aether (unity, belonging): _____
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Symbols and Images

Beltane speaks in movement, colour, and shared experience.

- Fire, flowers, green growth
- Picnics, hands sharing food, open fields
- Dancing, circles, ribbons, sunlight
- Warm air, bare feet, laughter

What colours feel like joy or aliveness right now?

What symbol represents connection for me this season?

Space for symbols:

Closing and Sealing the Session

A closing line to honour this moment of aliveness and connection.

Example:

“May I meet life with openness, joy, and presence.”

My Closing Line:

“Life moves through me, and I allow myself to be part of it.” 