



Lughnasadh Journal Page

For harvest, preparation, resilience, and caring for what will sustain you

Date: _____

Time / Moment: _____

I arrive at the first harvest. I notice what has grown through time, care, and repetition. I pause to recognise what is already here, while gently preparing for the season that follows. I allow myself to gather what will sustain me, both now and in the months ahead.

Intention

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

My Lughnasadh Intention:

Reflections

Lughnasadh reminds us that harvest is more than gathering food. It is recognising what our attention, effort, and care have already brought into being. As the days slowly begin to shorten, I reflect on what is ready to be gathered, what still needs tending, and how I can prepare for the seasons ahead.

What have I cultivated through patience rather than urgency?

What am I beginning to harvest in my life, even if it is still unfinished?

Which habits, routines, or relationships have become sources of strength?

What resources, practical or emotional, will help carry me into autumn and winter?

Where am I noticing the first signs that I need more rest, rhythm, or steadiness?

How can I care for my future self while I still have the energy to prepare?

Invitation

Lughnasadh reminds us that preparation is an act of care rather than fear. The first harvest is not only about celebrating abundance, but about recognising what will sustain us when circumstances begin to change.

How can I honour both what I have gathered and what still needs tending?

If my life were a harvest basket or a toolbox, what would it already contain? What wisdom do I take into the autumn season?

What is one small act of preparation I can offer my future self today?

I allow this page to hold gratitude, honesty, and quiet confidence. I trust that small acts of care become lasting sources of strength.

Elements in Focus

▽ **Earth** (stability, nourishment, harvest, stewardship):

△ **Air** (planning, perspective, learning, clarity):

△ **Fire** (motivation, resilience, purposeful action):

▽ **Water** (emotional resilience, self-compassion, trust):

✧ **Spirit / Aether** (meaning, reciprocity, continuity):

Symbols and Images

Lughnasadh speaks through harvest, skilled hands, preparation, and the wisdom of nature's timing.

- Wheat and golden fields
- Bread, grains, apples, blackberries
- Baskets, woven straw, bees
- Hands making, mending, preserving
- Sunflowers, seed heads, late summer light
- Markets, shared meals, handmade crafts

What colours feel like the first harvest to me?

What symbol represents resilience or preparation in my life this season?

Space for symbols:

Closing and Sealing the Session

A closing line to honour this season of harvest and preparation.

Example:

"May I recognise what has grown, prepare with care, and trust that what I gather today will sustain me tomorrow."

My Closing Line:

"I gather with gratitude, prepare with intention, and carry forward what truly sustains me." 🌾📦