

LET  
LUGHNASADH'S  
HARVEST  
GUIDE YOU

BACK TO HEART

BACK TO SOUL

BACK TO SELF



## A hundred thousand welcomes

Hello Mo Chlann Scéalta,  
Come on in, you are very welcome here.

If you are carrying a full heart, bring it with you.  
If you are carrying tiredness, gratitude, or a  
longing to gather yourself in, bring that too.

This workbook will help you meet your harvest.

Lughnasadh marks the first harvest in the old Irish calendar. The long work of the year begins to ripen. The first grain is cut, the first loaf is baked with grain from the current year, people gather in high up places to give thanks. Fires are lit, stories are told, and the fruits of long labour are shared.

This is the season of the Gathering In, of first fruits, of working together in the tradition of the Meitheal - neighbour helping neighbour, eating and socialising together. Gratitude, abundance, belonging.

Do not rush past your own harvest, pause long enough to see what has grown.

Take what you need.  
Leave what does not speak.  
Return when the season calls you back.  
Enjoy this invitation into your gathering in.

*María*

Le Grá (With Love) 🌾 ✨  
“In Stories all things are possible...”



# How to use this workbook

## What you will need

- A notebook or these pages printed
- A candle or small flame
- Something from the harvest, a grain, an apple, a berry
- A drink that feels refreshing or nourishing
- Your nesting place, the safe haven you have made for yourself to travel within

## How this works best

- Move through one section at a time, or follow your energy
- Your answers are for you, there is no-one to impress here, be honest.
- Let your body and your breath guide the pace
- If strong emotion arises, choose care, grounding, a slowing of pace and breath


## A simple agreement with yourself

I will not overlook what has grown in me

I will not rush past my harvest, only pause to give thanks

It is time to ask myself what do I need, what do I want, make your list and concentrate on the top 3

I will let myself receive what is good

 Sign your name if you want to mark this moment

.....

*I search the garden of my being to see  
what soul places I have neglected in my  
striving*



Story From Seeds

*“In Stories all things are possible...”*

# And how are you right now?

Let's check-in 🌿

Before we begin, let's take a clear snapshot of where you are.

Right now, I feel (circle any)

Alive | Curious | Energised | Sensual | Connected | Overstimulated |  
Grounded | Uncertain | Exhausted | Overwhelm | Alone | Misunderstood |  
Other:

.....

The person I most like to be with is

.....

My deepest desire right now is

.....

The thing I need most in my life right now is

.....

*What would I give my best friend if I had a  
magic wand? How can I give this to  
myself?... Even in a small way?*

*"In Stories all things are possible..."*



# Module 1

## The Call to Harvest

Lughnasadh is the season of plenty when we gather in what we have grown. It is the time of abundance where the crop is so plentiful that we need the help of our neighbours to haul it in. There is a sacred feeling of bounty, gratitude and togetherness, the last laughs and gatherings before we settle in by the fire for winter, we gather at the threshold of plenty. Light your candle, open your hands and your heart and contemplate on what has ripened in you this year, and what is ready to be gathered in.

### 1.1 Noticing your Harvest

Where in your life has something quietly ripened this year?



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.....

What are you ready to gather in, and what will be seeded to ripen next year?



.....  
.....

Who could you call to for a cup of tea to share a joy or a burden?



.....  
.....



Story From Seeds

*“In Stories all things are possible...”*

## 1.2 Practice, 7 minutes of pure presence

Set a timer for 7 minutes.

Sit or stand comfortably

Plant your feet / heels on the ground and imagine a root going deep into the ground connecting you with the earth

Notice your breath, then breathe more deeply and more slowly for three breaths

Ask yourself quietly 'What has ripened in me this year?' All answers, including the out of step answers, are right.

When the timer ends, write one sentence that feels true to you right now.


 One true sentence:

.....

## 1.3 Connection with the energy of Lughnasadh

Choose one and do it today, before you start something else.

- Step outside and greet the day, notice what you see, feel around you and whisper it to the air - this is conscious connection
- Make an intention, then light a candle to set the intention. Let it be an intention that will live more authentically
- Choose a song, and dance as if no one is watching, with the abandon of your child self. Connect this act to our ancestors who danced around the Lughnasadh fires for millennia, leaving their mark of gratitude in the landscape to whisper down the years to us.

 If you cannot name three, name one... what is your deepest desire and your deepest need?

.....

*& in my deepest needs and desires, I met myself and found my reason for 'being'*

*"In Stories all things are possible..."*



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# Module 2

## Energy and Sustenance

A good harvest requires energy, and the awareness to use that energy well, so that what you gather truly nourishes you.

### 2.1 Knowing your energy?

Who, What and Where increases your vitality



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.....

.....

Who, What or Where drains your energy?



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.....

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*"In Stories all things are possible..."*

## 2.2 Practice, Energy Mapping

in today's pace we can skate through life without realising where we use our energy, or for whom. Draw a simple map of your day noticing where energy rises and dips. Do this for a week, do you notice any energy patterns?

My Harvest Map:



.....

## 2.3 Commitment to my vitality

Using your map, commit to a small action that will support your vitality (e.g. do you go outside for 10 minutes in your day, try it, slowly at first, pick a day and keep 10 minutes of it to stroll outside, leaving your phone behind) What or who do you notice in this new space? Try and give yourself these 10 minute presents of presence throughout the season of Lughnasadh, as you slowly melt back towards yourself.

My commitment to vitality is:



.....

*From small seeds, great oaks grow!*



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*"In Stories all things are possible..."*

# Module 3

## Connection & belonging

Lughnasadh is the great gathering, the festival of community through our traditions of Meitheals and the Fairs. We come together to share the harvest, and we belong in the sharing.

### 3.1 Where I belong

Complete the sentence:

Where do you feel welcome just as you are?



.....

Where do you feel you have to dim or change yourself to be accepted?



.....

### 3.2 Consciously tending Connection

This strengthens my sense of belonging



.....

This weakens my sense of belonging



.....



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*"In Stories all things are possible..."*

### 3.3 Practice, a moment of deeper Meeting

Be very conscious in this practice, choose to *meet* through all of your abilities, physically touch and connect spiritually, socially, and emotionally.

Choose one, or all of these and notice what, if anything, changes when you ask yourself to meet this deeply - physically, emotionally, socially and spiritually.

Share time with someone without agenda



.....

Spend time with land, water or animals



.....

Speak one honest truth aloud



.....

When you finish, hold the page to your heart and breathe... deeper than normal three slow, deep breaths to nourish the soft belly of Lughnasadh.

*Connecting to my desires and needs can help me to be more aware of what was wanted and needed within and without of myself*



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*"In Stories all things are possible..."*

# Module 4

## Gratitude, Joy and Enough

It is impossible to feel true gratitude without discernment. It is useful to take time out to notice what truly nourishes, and what is simply habit,

### 4.1 Where do I / did I experience *real* pleasure?

When you close your eyes and you ask yourself the Ceist Eolais (wise question)? What are the memories or events I look forward to that bring me the kind of joy that I see in technicolour behind my eyes?



.....

What is perceived as joyful but costs too much of your vitality?



.....

### 4.2 Practice - An evening of Enjoyment

Choose one evening this week.

- Do something purely for pleasure, test the enjoyment by recalling it the next day and seeing if you feel the pleasure again.
- Try to stay fully present in your pleasurable activity and notice what or who pulls you away if you cannot stay present.
- End when it feels pleasurable to do so, notice if you have stayed too long and made this an exercise.

Afterwards write three words to capture the feeling.

. 1. .... 2. .... 3. ....




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*“In Stories all things are possible...”*

### 4.3 A permission slip to have a joy boundary

Give yourself permission to notice what gave you pleasure, and notice what stole or blurred your pleasure. Feel free to put boundaries around your pleasure so that it cannot be stolen or taken.

 "I give myself permission to enjoy \_\_\_\_\_ to its full extent.  
These are the things that give me pleasure:

.....  
  
.....

As you re-member them, name and keep your pleasure givers in a jar, shake them up and pull one out on a day you need it.

*Money is a currency, so is time, connection, community  
and the things and people who make us smile.  
When we come to the autumn of our lives, before we take  
our leave of this world, what currency will resonate most  
deeply in our being?*



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*"In Stories all things are possible..."*

# Module 5

## Expression and Voice

Have you ever 'performed' being happy to make someone else happy, or feigned being present (at a meeting or in a class)? How much energy does that take? ... on a daily basis? ... Have you ever taken a trip, but you can't remember the journey, because your attention was split?

Being in the energy of the harvest, demands authentic expression, knowing the truth of what you have grown and naming it, even to yourself. Do you know your own growing pains? Are you in connection with the rewards of your own growth? Do you know the reason you are here... in this time? with these people? ...

### 5.1 Finding your voice

Remember the last time you were physically present but somewhere else in your mind or your heart?

What or who (yourself included) held you back from being fully present?



.....

What needs to happen for you to be fully present in this situation next time?



.....

*"In Stories all things are possible..."*



### 5.3 Listening to yourself to expand your fullness

In this workbook we have taken a light look at the harvest of your year, and what truly nourishes you. What do these areas of your being want to say about this attention to gratitude and gathering in?

#### Your Heart



.....

#### Your Gut



.....

#### Your Soul



.....

#### Your Brain



.....

#### Your Whole Body



.....

*There are two drivers in my life - pain  
and pleasure - which one do I tend  
today?*

*“In Stories all things are possible...”*



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# Module 6

## Living in the energy of the Harvest ✨

In the old stories and practices of Lughnasadh, we find an invitation to gather in and give thanks, a roadmap from the ancestors, a reminder that the harvest must be reaped while it stands, for the season will turn. Lughnasadh is a reminder to receive the richness *now*. You have grown it, you deserve it and there is pure joy in the sharing of it. We all have different gifts, are you using the gifts that were meant for you, or living an automatic life?

### 6.1 What have I grown, and what am I ready to gather in?

Name three things you have grown this year that you are ready to gather in and give thanks for, let one be something you will choose to share... And one be something JUST for you...



1.....

2.....

3.....

### 6.2 Staying grounded in the season of plenty.

What old messages am I listening to, or automatic habits I have taken on, that keep me from receiving the harvest of my own life?



.....



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### 6.3 Your Lughnasadh Harvest Plan

This workbook serves to awaken you more fully to the harvest of your own life, and the need to pause and give thanks. Gratitude is not a luxury, it is a necessity. Name and commit to three ways of staying awake to your harvest, and to sharing it.



.....

.....

.....

Weekly pause (30 minutes) a deeper noticing, what has stayed with you in your week.

When: .....

What I will protect: .....

What I will release: .....

Seasonal pause (a longer threshold) what

A date or season I will honour: .....

A ritual I will repeat: .....

*As my internal and external worlds aligned  
nothing was ever the same... it was better!*



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*"In Stories all things are possible..."*

# Closing Ritual

## Extinguishing Gently ✨

Light a candle and sit with it for a few minutes. Notice how you are breathing and breathe more deeply, into your belly. When you are ready find a way to extinguish the candle.

Notice your breath and your response as you check in with your heart, your gut, your soul, your brain and your whole body. You are a magnificent diamond with many facets, shining in this world.


As you look at the candle, close your eyes, seeing the candle now inside your internal world. Notice how you can carry the image of the flame with you, and how, as you practice this becomes easier to do and how vibrant your inner world becomes.

Say this out loud, in a whisper if you like, with the intention of a blessing:

“I move at the pace of becoming”

“I tend what matters”

“I am expanding as I should, and in my own time”

 Name the wisdom you have found in this practice and write it down to come back to when you need to:

.....



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A final page, for the road ahead 🌿

A field does not rush its ripening, it gives its grain

in its own time, at its own pace, and when it

comes the harvest is enough

The land, and I myself, need warmth, truth, and

time to grow and to give & to receive as fully as

possible

With warmth and joy,

Maria ✨💚

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