



Glastonbury Goddess Temple Madrons



Seasonal Practice
August 2025

Sustaining yourself through the intensity of all elements,
Watering the earth with your own goodness and
compassion,
Let me guide you into one pointedness,
Scintillating aliveness,
The exquisite sensation of being fully present.

All is one.
Ripeness is all.
Meet yourself in me.

Immanence.
Reveal your gold,
True treasure, untarnished.



By Juliet Yelverton in “Priestess of Avalon, Priestess of the Goddess: A renewed spiritual path for the 21st century” by Kathy Jones.

HONOURING MYSTRESS GLITONEA, MOTHER MORGAN

I am Glitonea,

Behold me in the shimmering dawn,
Rosy hued, greeted by the warble of the soft throated
thrush,

The day unfolds, humming full of potential,
Awakening into my bountifulness.

Moment by moment, the mounting joy of harvest
ripening,

All life is poised on a single point,
The long day of summer bares her breast.

I am She, Mother, Provider,

In my womb you are nourished,
Through my birth pains you become yourself,
Experiencing the rich abundance of your own joy and
suffering,

Mother, Mirror,
Grow yourself,

Plant your roots deep in my soil,
Suckle yourself at my breasts.

As the golden corn you ripen into your fullness,
Like the green ash wood you bend to life's imperatives,
Set ablaze by its pains and rawness
Safe in my compassionate heart you weather the storms.

White hind deer walks beside me,
Softly caressing your woundedness,
Having received the best of nurturing, you attain
equanimity,
Growing strong.

SACRED CRAFTING FOR LAMMAS

During the season of Lammas, sacred crafting offers us the opportunity to connect to the season, express our gratitude and explore our creativity. Crafting can have the added benefit of improving our wellbeing and relaxation.

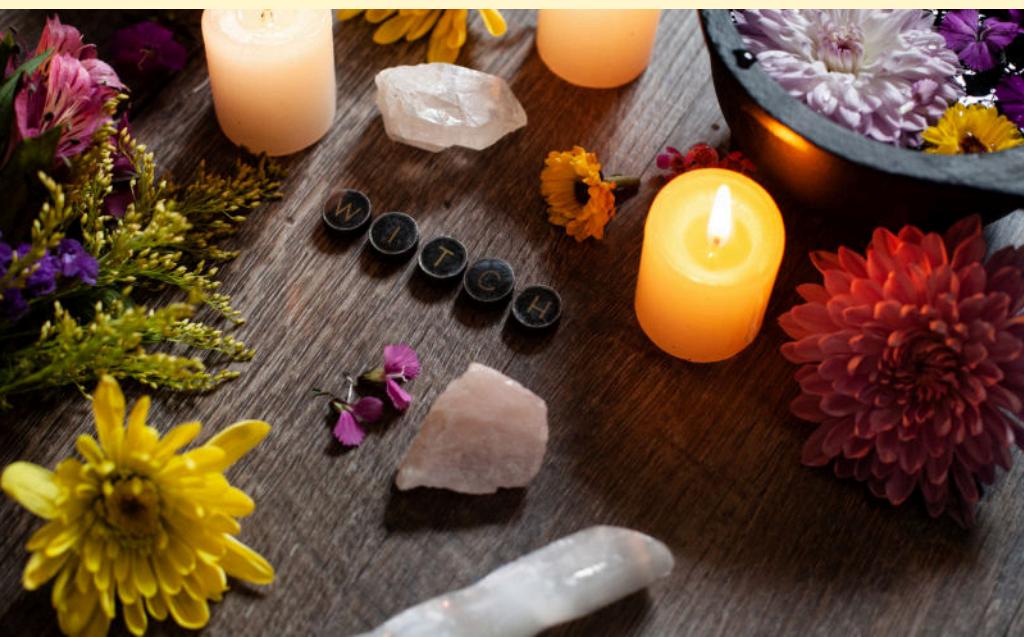
As we continue our new cycle, we explore sacred craft projects connected to each of the seasons and Goddesses around the Avalonian wheel. These crafts can also be seasonal offerings for your altar and will help you connect to the energy of each season.

Whilst you are crafting have in mind that there is a deep connection between our creative activities and our spirituality. As we create and make something either on our own or with others we heal, integrate and transform our bodies, mind and soul. As we craft, we express ourselves in a grounded and tangible way. We may find the activity meditative and find it fosters mindfulness as we create, finding a deeper sense of purpose and connection with ourselves.

Crafting is also a way of caring for ourselves as we connect with our inner world.



Allow yourself to take these suggestions and explore your connection to Goddess through your creativity. Remember that crafting can be as simple or as complex as suits you, and there is your way of doing this, which is perfect.



SACRED CRAFTING FOR LAMMAS

Here are some suggestions for this month:

Continue with your practice of Gratitude. Each day spend some time with a candle at your altar and give thanks to Goddess for all that you have in your life. What are you grateful for in your life?

Spend some time outdoors, taking in the sights, smells and sounds of summer. What does Lammas mean to you? Collect any found items that call to you and take home for your altar.

Share the abundance of this time of year with others, perhaps in a crafting circle, or sharing food with others. Perhaps bake bread or something else to share with others and put your intentions for this time of year into whatever you bake.

Celebrate the first harvest and perhaps create a simple ritual to honour the and where you live.

Seasonal Lammas Door Charm by Amber Skyes

You will need:

Seasonal flowers and seeds,
Small bundles of barley
Twigs, crafting wire and scissors

Creating your Lammas Door Charm:

Take the twigs and wrap with the wire into a circle.

Add small bundles of barley to the twig circle and secure with wire. Snip off the long ends of barley. When the circle is completed add seed heads and/or flowers to celebrate the season. Continue adding until you have finished. Give gratitude for the abundance of nature's gifts.

Thank you to Amber for sharing this month's crafting idea.



Journaling suggestions

What was revealed to you when crafting your Lammas Door Charm?
How has crafting helped you to connect to Goddess this Lammas?
What does the first harvest mean for you?

