

THE IRISH GODDESS OF SUMMER

Today, the Summer Solstice is a time when we can make a talisman that will protect us against illness, this year the solstice falls on 22nd December. These talismans can be made on any day of the week; however, Sunday being the day of the Sun is probably more auspicious. For this, you will need:

- **Yellow or gold coloured paper.**
- **A selection of herbs associated with the sun, such as St John's Wort, marigold flowers and eyebright.**
- **A small yellow or gold drawstring pouch.**
- **A yellow candle.**

You will also need to find out what symbol your sign of the zodiac is, or that of the person for whom you wish to make the talisman for.

Begin by cutting the paper into a circle. On one side draw your birth sign and write your name - or the sign and name of the person you are making the talisman for. On the other side draw the astrological symbol for the sun - a dot within a small circle.

Put the talisman and herbs inside the small pouch. Pass the pouch carefully through the flame of the candle saying:

Beneath the bright and healing sun,

The spell's wound up, the charm is done.

Leave the pouch beside the candle until the flame has gone out.

The talisman is now ready to be kept on your person, or to be given to that special someone.

