Please pair up as we begin to paint ourselves with mud form the Dead Sea.

At Samhain we call the Goddess the crone. The old one that teaches us wisdom and helps us let go when we need to change and grow. Growing up always means losing something as well as gaining something. The crone teaches us that letting go is a natural part of life.

When we let go we make space for something new. As we let the old year die we make room for the new year to be born. The time between Samhain and Winter Solstice is the waiting time, it is the pregnancy time before the birith of the new year.

Discuss with your partner what it is you are casting away, releasing and letting go, to make space for our dreams and imaginings.