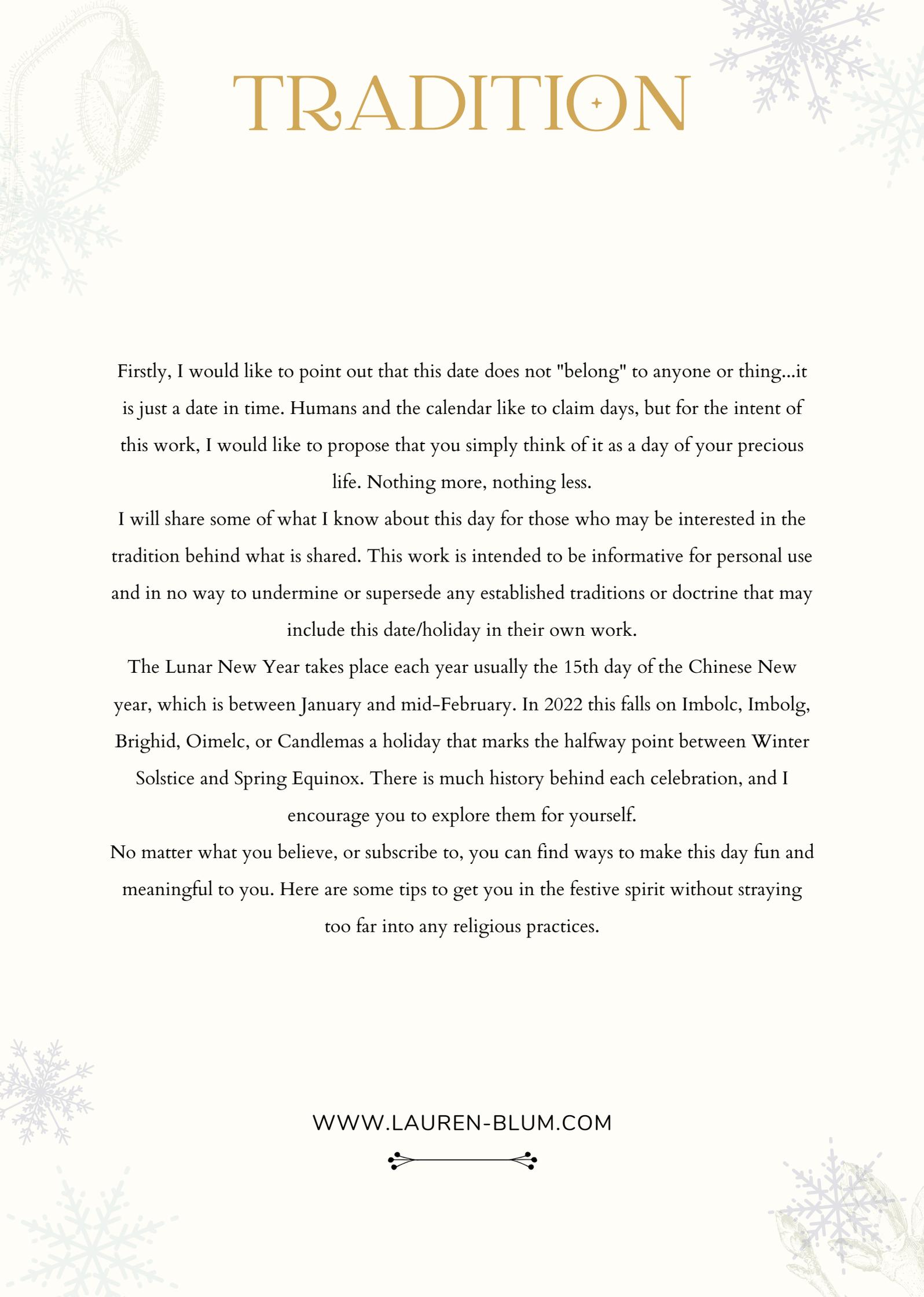


A watercolor illustration of a circular wreath made of green leaves and blue berries, surrounding a central white circle. The background is white with scattered blue dots.

*Happy*  
**LUNAR NEW YEAR**  
+  
**IMBOLG**  
+  
**HALFWAY TO  
SPRING**

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# TRADITION

Firstly, I would like to point out that this date does not "belong" to anyone or thing...it is just a date in time. Humans and the calendar like to claim days, but for the intent of this work, I would like to propose that you simply think of it as a day of your precious life. Nothing more, nothing less.

I will share some of what I know about this day for those who may be interested in the tradition behind what is shared. This work is intended to be informative for personal use and in no way to undermine or supersede any established traditions or doctrine that may include this date/holiday in their own work.

The Lunar New Year takes place each year usually the 15th day of the Chinese New year, which is between January and mid-February. In 2022 this falls on Imbolc, Imbolg, Brigid, Oimelc, or Candlemas a holiday that marks the halfway point between Winter Solstice and Spring Equinox. There is much history behind each celebration, and I encourage you to explore them for yourself.

No matter what you believe, or subscribe to, you can find ways to make this day fun and meaningful to you. Here are some tips to get you in the festive spirit without straying too far into any religious practices.

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MAY THERE BE A WAY  
THAT YOU MAKE THIS  
DAY YOUR OWN.

BEGIN A TRADITION  
YOU LOVE, FOR  
YOURSELF.

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# FESTIVE



## CLEANING

Your home, yourself, your car, your office, your closets, the space beneath your furniture. This is an excellent point in time to really deep clean everything.

## INDOORS

We are coming out of winter, and for many, it is a time of poor health mixed with unclean eating and sort of hibernating. Indoor spaces are quite like ziplock bags, they breed bacteria and germs. Time to shake it up! Think of this as waking up your house.

When children are afraid of the monster under the bed, it is usually more than scary stories or dreams. Static electricity collects and grows stagnant in cluttered spaces that are not well aerated. The human body is electric, and we exchange biofeedback with the energy around us, small children literally feel the energy but lack explanation for it. This is true of animals as well, many house pets become highly stressed during storms, in part because of the static electricity caught in their fur.

\*You can remedy this for pets by rubbing them with chemical-free and non-scented dryer sheets.

Unlike Spring Cleaning, this halfway through winter point is usually a bit too cold to open all doors and windows for the day or night... Even if it is chilly try airing out the house while it is warm in the daytime, even for 20 minutes.

This is a balance of light and dark, of warmth and invigoration. It is a time to begin waking up from hibernation and ease into movement. So let the house be chilly all day, and light a fire in the evening or nest cozily in your freshly laundered bedding.

Wash the bedding! I mean, pillows, comforters, whichever calls the most to you. Be honest, how many months has it been since they were cleaned?

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# CELEBRATE YOU

## YOURSELF

After the long winter, it's almost done, you might be ready to revitalize yourself some.

This is a nice time to change your hair, have a foot soak, or change your diet. Maybe you just get a trim, visit the barber for a shave, or get a massage. Something for your own body to help wake up and feel refreshed.

Try massage directed at moving the lymph in your body, there are easy ways to do this for and to yourself if you don't want to have someone else massage you. Try dry brushing, gua sha, and abdominal massages.

## INDULGENT FAVORITES

Fill your tub with a few inches of just over lukewarm water with Epsom or sea salts. The salts might not be dissolved totally, you can massage them into your legs, etc. Enjoy rubbing the water on your skin and massage your feet or hands. Enjoy for up to 10 minutes and then rinse in cold water. If you do this to start your day you will feel the warm and invigorating senses of springtime with a jolt of energy. \*Follow with moisturizer, cus it's still winter baby!

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# FEAST



Check out your freezer and pantry. What goods do you have that maybe need attention soon? The holidays have passed, and people are ready for summer, what a happy time to make a feast.

Whether it is just you or a family, you can prepare all the food that is nearing the “use by” date and make beautiful, delicious, healing meals.

Take it an extra step by sharing your goods with others, you can have a gathering or donate the food.

This is also a great time to begin freshening up your own diet. Even if you are a vegetarian you could begin adding spring vegetables and changing the way you prepare them. Try cooked and raw vegetables mixed together in the same dish. Not only does this change the flavor and texture of your meals but it increases the nutrients your body is able to absorb.

Simplifying your meals is also nice at this time, coming out of winter and holiday binge eating, we tend to have quite a variety of foods at once. See how creative you can be with using only three different foods in your next meal. The change in your digestive system should be noticeable even if you try this only one meal per day. You should feel lighter and more exuberant energy.



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# INSPIRE

Use your hands! Get into the spring spirit by ditching the mixing spoon when you mix up something like bread or salad. Tear up veggies rather than chopping (salads, bell peppers, etc.). Depending on where you live it is still too early to begin a garden, but you can start sprouts in your home. This time of year my windows are full of glass jars with various herbs, spices, and vegetables that sprout well.

Winter months are when many people mend things and build furniture (think old-timey). At this time you could turn the tables and begin to make something for fun. Paper lanterns, paintings, rearranging your house, or even swapping out the bathroom or kitchen towels. If you have been crafting for fun all winter, maybe now is the time to hit some useful projects that you will want to be done by summer. Perhaps you can make handmade cards to pair with meals you give away?

If you chose to celebrate whether through a party or just by holding a ceremony for yourself, you can get creative in how you put that together.

Some ideas that can be done as group or solo ceremonies:

Despacho

Fire ceremony

Water ceremony

Paper lantern ceremony

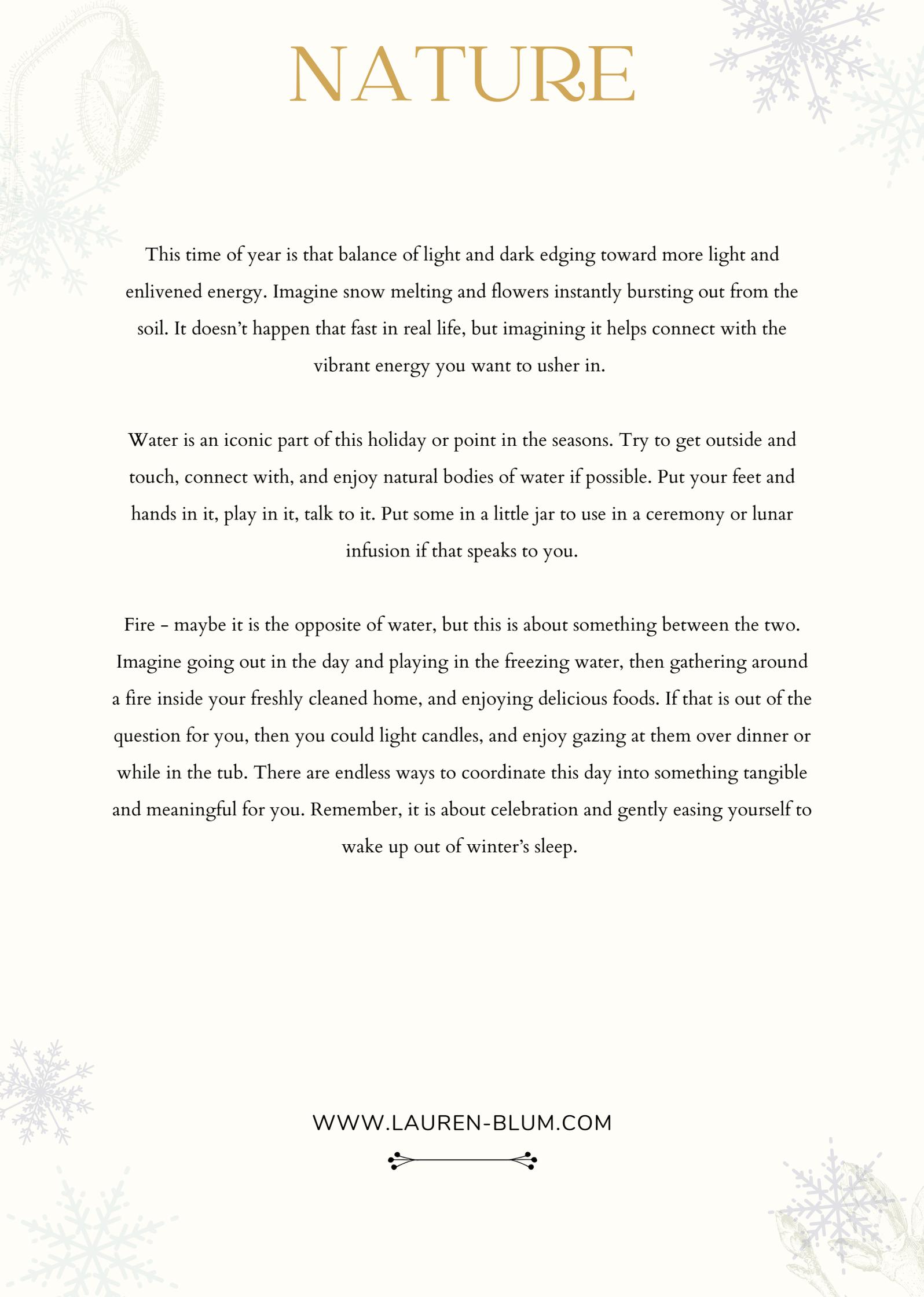
Ecstatic dance

Nature walk

\*Please reach out if you have questions about any of these ceremonies, I am happy to assist.

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# NATURE

This time of year is that balance of light and dark edging toward more light and enlivened energy. Imagine snow melting and flowers instantly bursting out from the soil. It doesn't happen that fast in real life, but imagining it helps connect with the vibrant energy you want to usher in.

Water is an iconic part of this holiday or point in the seasons. Try to get outside and touch, connect with, and enjoy natural bodies of water if possible. Put your feet and hands in it, play in it, talk to it. Put some in a little jar to use in a ceremony or lunar infusion if that speaks to you.

Fire - maybe it is the opposite of water, but this is about something between the two. Imagine going out in the day and playing in the freezing water, then gathering around a fire inside your freshly cleaned home, and enjoying delicious foods. If that is out of the question for you, then you could light candles, and enjoy gazing at them over dinner or while in the tub. There are endless ways to coordinate this day into something tangible and meaningful for you. Remember, it is about celebration and gently easing yourself to wake up out of winter's sleep.

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