



# Lughnasadh: Rituals, Recipes & Lore for Lammas (Llewellyn's Sabbat Essentials)

*Melanie Marquis, Llewellyn*

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Lughnasadh?also known as Lammas?is the beginning of the harvest season, marking the point where the first fruit of the land has ripened. This guide to Lughnasadh shows you how to perform rituals and work magic around the gratitude we feel for plans that have come to fruition and explore themes of fertility, protection, and reflection.

- Rituals
- Recipes
- Lore
- Spells
- Divination
- Crafts
- Correspondences
- Invocations
- Prayers
- Meditations

*Llewellyn's Sabbat Essentials explore the old and new ways of celebrating the seasonal rites that are the cornerstones of the witch's year.*

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