

A Candle Spell for the Cailleach on the Longest Night

by J. Andrew Baker



You will need:

- One dark blue or white candle
- A small amount of anointing oil: choose from frankincense for spirit, myrrh for the ancestors, rosemary for protection, mugwort for winter vision, or cedar for northern grounding.

The Spell

1. Prepare your space and cast your circle according to your tradition. Place the candle at the centre.
2. Anoint the candle with the oil, focusing on drawing in the Cailleach, Ancient Mother of Winter.

3. Light the candle and say:

On this longest and darkest night of Yule,
I call to the Cailleach, Winter Queen and
Grandmother of the North.

She who shapes the mountains,
She who commands the storm,
She whose frost-laden cloak protects the
dreaming land.

Cailleach, Ancient One,
Veiled Mother of frost and starless sky,
Hear me in the deep turning of the year,
When the longest night settles upon the land
And the world holds its breath between
seasons.

In our Sacred Traditions, your name is
honoured
As the Wise Grandmother of the Dark,
Keeper of silence and truth,
Guardian of the winter gate.

Come as Cailleach Bhéara of Ireland,
Come as Beira of Scotland,
Come as the Veiled Mother who walks the
snowy forests of the North,

Bearer of ancient wisdom,

Guide of the winter
path.

Here in these northern lands,
Where winter cloaks the earth in white
enchantment,
Where wolves sing across frozen lakes
And pines stand tall against the midnight
wind,
Your presence is unmistakable.

Cailleach of the endless night,
You rise from drifting prairie snows,
From Atlantic winds that carve the cliffs,
From northern forests where ice hangs like
crystal spells.
You are the chill in the air
And the warmth that gathers close to hearth
and kin.

You are the hidden flame beneath the ice.
Cailleach, I ask for your protection
As I journey through the dark half of the year.
Stand beside me in shadow and storm,
Shield my spirit as the nights grow long.

You bring knowledge in quiet,
Protection in winter's fury,
Healing in stillness.
You teach the sacredness of rest
And the courage to release what must fall
away.

Grant me your winter wisdom,
Clarity in silence,
Strength in darkness,
Courage in the deep night.

On these Yule nights,
When the sun is but a promise,
You rule with your frost-blue crown.

The land bows to you,
The wind carries your name.
I open my heart to your guidance.

Walk with me through the longest night.
Cailleach, Grandmother of Winter,
Wrap me in your cloak of ice and stars,
And guide me toward the returning light.

Bless me, protect me,
Teach me, transform me.
O Cailleach of the North,
Keeper of the Dark,
Woman of storms and ancient fire.
I honour you.
I welcome you.
I am yours in the winter's night.

4. Gaze into the flame and sit quietly. Feel her presence come as breath, as silence, as cold clarity, or as a whisper in the stillness. Allow her to arrive in her own way.

5. When you feel her presence, place your hand over your heart and say:
“Cailleach, Winter Mother, I thank you.
Your protection surrounds me.
Your wisdom guides me.”

6. Spend time in the sacred circle, letting her presence settle around you like a cloak of frost and stars.

7. When you are ready, thank her in your own words, honouring the bond you have renewed on this longest night.

8. Extinguish the candle with intention. Open your circle and carry her protection and wisdom with you into the dark half of the year.



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Andrew Baker is a High Priest in the Cabot Tradition and active in the Cabot Kent Hermetic Temple, a Witch, educator, and advocate. He works at the intersections of spirituality, education, Indigenous language revitalization, and global rights movements. As a ritualist and teacher, he uplifts the community through Hermetic practice, Witchcraft, and inclusive celebration of the sacred feminine.

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