THE THRESHOLD OF MOVEMENT

Releasing the Snake · Welcoming the Horse

Imbolc has warmed the earth.
The old skin has loosened.
Now the path must be cleared before life begins to run again.

This ritual prepares the home and body for movement without force.
We release the year of the Snake and welcome the year of the Horse —
with dignity, rhythm, and strength.

I. SHEDDING THE SNAKE

The Snake taught you how to survive, wait, discern, and protect.
But what kept you safe is not what will carry you forward.

Write what you are releasing below.

When finished, tear the page or close this book.
Wash your hands in warm water and let the past year leave your body.

II. CLEARING THE PATH

The Horse moves best when the way is clear.
Choose three pathways in your home and clear only these.

- Front door to inside
- Kitchen to table
- Bed to bedroom door

As you clear, breathe slowly and imagine movement returning with ease.

III. INVITING THE HORSE

At your front door or entryway, place:

• A candle (light returning)
• A bowl of oranges or fruit (vitality & prosperity)
• Fresh water (flow)
• Something warm-toned or red (life force)

Say quietly:
May movement return without struggle.
May strength arrive without strain.
May life move through me freely.

IV. THE PAUSE

After the New Year begins, do not clean, purge, or fix for a few weeks.
Let the new energy settle without interruption.

This is how you protect what is arriving.

Vow:

For the first weeks of the Horse year, I allow life to arrive.
I do not rush what is becoming.
I trust the rhythm of forward motion.