



THE COMADRE'S GUIDE TO THE SEASONS

A Bruja's Compass for Living
in Rhythm with the Year

A gentle workbook for reconnecting with
nature, reflection, and ritual.



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CLOSING BLESSING FROM COMADRE CRISTAL



SECTION I

WELCOME FROM
COMADRE CRISTAL



HOLA FAMILIA,

If you're holding this guide, I want you to know something first:

you don't need to be an expert in spirituality or witchcraft to be here. You don't need fancy tools. You don't need to follow any specific tradition. And you certainly don't need to have everything figured out.

All you need is a willingness to pause and listen.

This guide was created as a gentle companion for years to come. It is a guide you can return to whenever life feels overwhelming, rushed, or disconnected. Inside these pages, we will explore the rhythm of the seasons and how those same rhythms exist within our own lives.

Before we begin, I want to share a little about how the seasons have guided my life and help me stay centered and grounded throughout the year.

There was a time in my life when I moved through the year without ever noticing the seasons or appreciating the changes. Life felt like a constant push forward. There was always something to solve, someone to support, something that needed my attention. As a caregiver and someone who naturally holds space for others, my days were often full before they even began.

I was always doing. Helping. Fixing. Holding everything together.

And somewhere in that rhythm of responsibility, I lost touch with a quieter, more powerful rhythm. The rhythm of life itself. The rhythm of Mother Earth. It wasn't that I didn't believe in spirituality or the connection we have with Mother Earth. In fact, my spiritual path has always been deeply important to me. But like many of us, I had been taught to move through life as if every season required the same energy.

Produce → Push forward → Repeat.

But nature doesn't live that way. As my spiritual journey deepened, I began to notice something simple but powerful: *Mother Earth moves in cycles*. There are moments of growth. Moments of abundance. Moments of release. And moments of rest. The trees do not apologize when their leaves fall. The soil does not rush when it is time to rest beneath the winter frost. The sun itself rises and sets in a rhythm that has existed long before any of us arrived.

And slowly, I began to understand something that changed everything for me. We are not separate from these cycles. We are part of them.

The more I began honoring the seasons, through reflection, small rituals, and moments of pause, the more I felt something inside me change. My nervous system began to settle. My mind felt less rushed. I felt more connected to myself, to nature, and to the quiet wisdom that lives inside each of us.

Seasonal rituals became less about “doing spirituality” and more about remembering my connection to our source of life. They remind me when it’s time to plant intentions. When it’s time to celebrate what has grown. When it’s time to release what no longer belongs in my life. And perhaps most importantly... when it’s time to rest.

This guide is a reflection of the practices that have supported me on my own path. Every ritual, reflection, and prompt inside these pages is something I have used and continue to use in my own life. My intention is that this guide becomes a gentle companion for you throughout the years, something you return to whenever you need grounding, clarity, or a moment to breathe. Remember to take what you like, and leave the rest. Use what works for you and your path. I am sending you so much Fire & Butterflies! And don’t forget to Love Your Now!

Loving My Now,

COMADRE CRISTAL BAEZ-ARELLANO

Bruja Coach/ Spiritual Mentor



LOVE YOUR NOW
COMADRE



SECTION II

HOW TO USE THIS WORKBOOK



HOW TO USE THIS WORKBOOK

This workbook is not meant to be completed all at once. Instead, think of it as a companion you return to throughout the year as the seasons change.

Each section of this guide corresponds with one of the four seasonal turning points of the year: **Spring Equinox, Summer Solstice, Autumn Equinox, and Winter Solstice.**

These moments invite us to pause, reflect, and reconnect with the natural rhythms of life.

Inside each seasonal section you will find:

- A short explanation of the season's meaning
- Themes, crystals, Altar decor ideas, incense & oils, and flowers & herbs connected to that time of year
- Reflection prompts for journaling
- A simple ritual to help you mark the transition

You may choose to complete the reflections during the actual seasonal shift, or return to them whenever you feel called. There is no perfect way to move through this guide. You may revisit certain sections more than once. You may adapt the rituals to fit your own spiritual path. You may simply read and reflect without doing any ritual at all.

That is part of the practice. This guide is not about performance. It is about presence.

Allow the seasons to gently guide you back into rhythm with yourself.

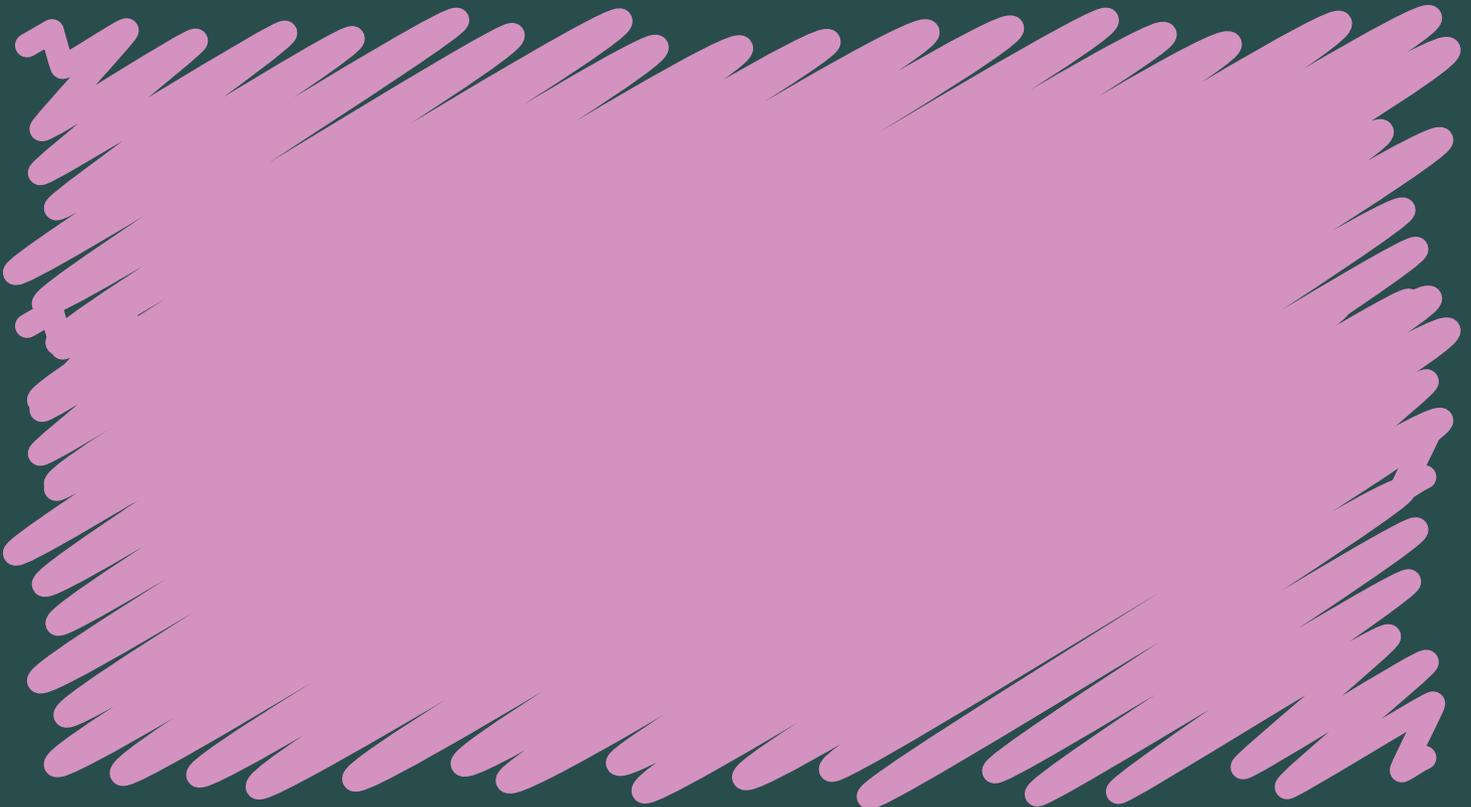
REFLECTION PAUSE

Take a moment to check in with yourself.

Which season of life do you feel you are currently in?

- A season of new beginnings
- A season of growth and expansion
- A season of reflection and harvesting lessons
- A season of rest and restoration

Write a few thoughts below.

A large, light pink, hand-drawn scribble covering the writing area. The scribble is composed of many overlapping, diagonal brushstrokes, creating a textured, cloud-like shape that fills most of the lower half of the page.



SECTION III

THE WHEEL OF THE YEAR

A Simple Overview



A SIMPLE OVERVIEW



Across many cultures and spiritual traditions, people have long honored the changing seasons of Mother Earth. Long before modern calendars and busy schedules, our ancestors paid close attention to the sky, the land, and the cycles of nature. They noticed when the days grew longer, when the harvest was ready, when the nights became darker, and when new life began to return in the spring.

These natural turning points became moments of ceremony, gratitude, reflection, and growth. One way many spiritual paths honor these transitions is through what is known as the Wheel of the Year. The Wheel of the Year is a way of understanding the cycle of the seasons as a continuous circle rather than a straight line. Instead of viewing time as something we rush through, the wheel reminds us that life moves through repeating rhythms of growth, abundance, release, and renewal.

Each point on the wheel marks a seasonal shift in nature. These moments are often called Sabbats, which simply means sacred days that acknowledge the transitions of Mother Earth.

Some traditions celebrate eight points on the wheel, while others focus on the four major seasonal turning points: the equinoxes and solstices. In this guide, we will be focusing on those four seasonal moments in the year.

- **Spring Equinox (Ostara)** – the return of balance between light and dark, and a time of new beginnings.
- **Summer Solstice (Litha)** – the longest day of the year and a celebration of vitality, creativity, and abundance.
- **Autumn Equinox (Mabon)** – a moment of balance as the year begins to slow, inviting gratitude and abundance.
- **Winter Solstice (Yule)** – the longest night of the year and a sacred pause for rest, reflection, and renewal.

Together, these seasonal turning points remind us that life is not meant to stay in one state forever. Just like Mother Earth, we move through cycles of beginning, expansion, harvesting wisdom, and resting before a new cycle begins again.

It is also important to remember something simple: *You do not need to follow any specific spiritual tradition to honor the seasons. You do not need special tools, titles, or years of study. Awareness and intention are enough.*

When you pause to notice the changing light of the sky, when you take a moment to reflect on where you are in your own life, when you light a candle to mark a transition, you are already participating in a ritual that humans have practiced for generations.

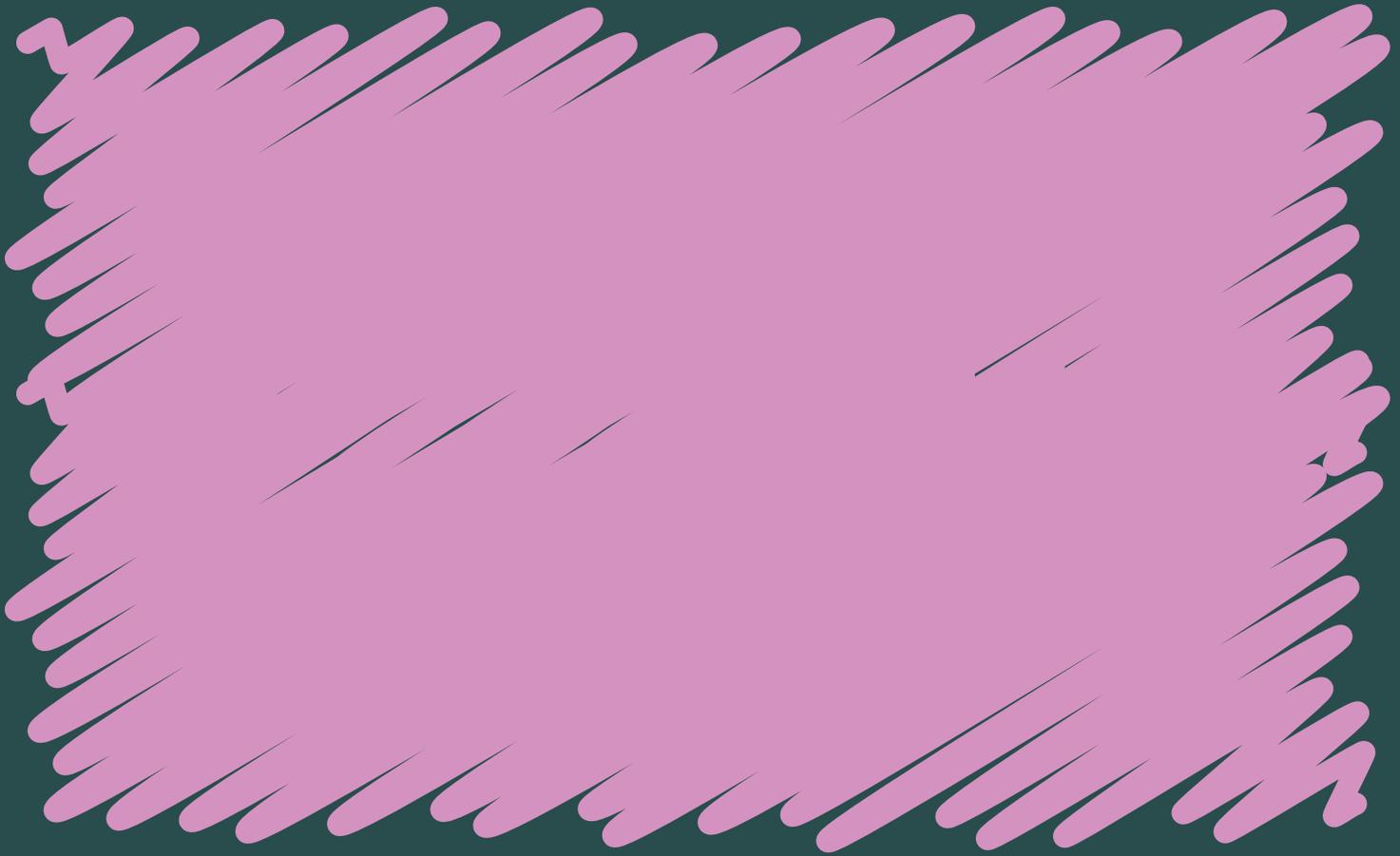
The Wheel of the Year simply gives us a gentle framework to remember these sacred moments.

REFLECTION PAUSE

Take a moment to think about the natural cycles in your own life. Looking back over the past year, can you remember a time when you experienced:

- A beginning - starting something new or feeling inspired to grow.
- A season of expansion - when your energy, creativity, or confidence felt strong.
- A moment of harvest - when you recognized a lesson learned or something meaningful you accomplished.
- A season of rest - when life asked you to slow down, reflect, or heal.

Write a few memories or insights that come to mind.





SECTION IV

CREATING YOUR RITUAL SPACE

A Place to Pause and Reconnect

