



# The Celtic Book of Days: A Guide to Celtic Spirituality and Wisdom

*Caitlín Matthews*

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In Celtic tradition, spirituality is woven into and through the rhythms of daily life. Because the way we observe the unfolding year shapes the way we live, many have adopted the Celtic calendar--strongly linked to natural elements and the seasons--as a means of personal and spiritual discovery.

The diverse writings and vibrant illustrations in this book have been carefully chosen to inspire daily reflection. Each month opens with a full-page illustration: the daily entries are drawn from Celtic myth, poetry, prayers, and customs.

Author Caitlin Matthews highlights the unique characteristics of each of the four Celtic festivals and the four magical gates of the year: Samhain (ancestral communion and introspection); Imbolc (beginnings and primal innocence); Beltane (creative and powerful expression); and Lughnasadh (maturity and consolidation).

Material from many eras of Celtic history is included to present both pagan and Christian streams of Celtic spirituality. The author has created new translations for many of the entries, including some material from rare and previously unpublished works. Throughout the book, full color art, ranging from illuminated pages from the Book of Kells to modern illustrations, highlight the text.



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