

SAMHAIN FIELD GUIDE 01

Samhain ritual: Honoring the Thin Veil

A complete, smoke-free remembrance ceremony with clear boundaries, a spoken script, an aftercare plan, and a year-to-year record.

USE	TIME	FORMAT
One person or pet	25 to 40 minutes	5 US Letter pages

WHAT THIS GUIDE HELPS YOU DO

01 Set the boundary Choose who is welcome in memory and what stays private.	02 Follow a real ceremony Use the timed script, materials, setup, and closing words.	03 Carry one useful thing forward Turn remembrance into a small, chosen action for the season.
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HOW TO USE IT

Read the full page once before beginning. Choose the short path if energy is limited. Keep a battery light available, even when candles are safe in your home.

Prepare the space

A useful remembrance table gives the practice a beginning, a boundary, and a clear end.

Before you gather objects, decide whom you are remembering. That can be chosen family, a friend, teacher, community elder, beloved pet, or unnamed ancestors. You do not owe anyone a place on the table. A name may be left out, a relationship may be honored only for one safe quality, or the table may hold no photograph at all.

Set up in this order

ORDER	DO THIS	WHY IT HELPS
1. Choose the focus	Name one to three people, animals, or forms of care you want to remember.	Keeps the practice personal and contained.
2. Choose a boundary	Decide what will not be discussed, photographed, or shared.	Protects your privacy and the privacy of others.
3. Set the surface	Use a stable tray, shelf, or table. Place paper items away from water.	Makes the practice accessible and easy to clear.
4. Choose the light	Use a battery light, or a candle on a heat-safe dish within sight.	A battery light works in every home and with every step.

Gather only what you will use

ITEM	USE	SAFETY OR PRIVACY CHECK
One photo, name, or object	Anchor the memory in something specific.	Use a copy of a photo. Ask before sharing another person's story.
Water bowl and scrap paper	Mark an ending without smoke or fire.	Fold the note and set it beside the bowl if water feels unhelpful.
Small food or water offering	Represent care, hospitality, or nourishment.	Keep it away from children and pets. Remove within a day.
A glass of drinking water	Support the return to ordinary activity.	This is for you, separate from any symbolic offering.

A SMALL PRACTICE IS COMPLETE

If you are in fresh grief or low on energy, use only the opening, one name and memory, and the closing. You do not need to finish a worksheet or feel a certain way.

The ceremony

Read the words as written, change them, or keep silence. The timing is a guide, not a test.

MINUTE S	STEP	WORDS AND ACTION
0-3	Arrive	Sit or stand with both feet supported. Take three comfortable breaths. Notice one ordinary thing in the room.
3-5	Open	Switch on the battery light or safely light the candle. Say: "At this turning of the year, I make room for memory. I welcome these names into my thoughts, and I remain here in the present."
5-12	Name	Speak one chosen name. Share one true detail: a phrase, recipe, habit, place, or ordinary kindness. For an unnamed ancestor: "Lives and care came before me, even when the names were not kept."
12-15	Offer	Place the food or water. Say: "For what nourished us, for what grew, and for the care that continues." The offering is symbolic. No one needs to eat it.
15-18	Release	Write one role, worry, or expectation that you are finished carrying. Fold the paper and set it beside the bowl. Say: "What has ended, I allow to end." Do not burn the paper.
18-23	Pause	Sit quietly for up to five minutes. A memory, a feeling, or no particular response is all acceptable. There is no required sign.
23-25	Close	Say: "Thank you for this time of remembering. I return to the present with care." Switch off the light or extinguish the candle. Name one next action, such as tea or water.

A completed example

RUTH, MY ART TEACHER, AND BISCUIT

Ruth hummed while canning peaches. My art teacher said my sketches "had nerve." Biscuit waited by the door at 3:15. I am finished believing that I have to hold every family tradition together alone. I will keep one recipe card and let the rest of the planning be shared.

If a candle is used, never leave it unattended. Keep flame away from fabric, sleeves, hair, pets, and small hands. Battery lights work for every step.

Adapt the practice

Keep choice visible. A person may speak, listen, draw, step out, or pass.

SITUATION	ADAPTATION	WORDS THAT HELP
Fresh loss	Use the short version. Remove the release step and pause whenever needed.	"We can stop here. Remembering can continue another day."
Complicated family history	Honor a safe person, place, lesson, or quality. Leave harmful people off the table.	"I can remember the care I received without making every part of the relationship safe."
Children present	Let children choose a photo or draw. Do not request a personal disclosure.	"You can tell a story, listen, draw, or pass."
Shared home or sensory needs	Keep lights on, remove scent and smoke, use a tray, and set a visible end time.	"We will finish in five minutes, then return to our usual evening."
No objects or no belief in contact	Use a word, a place, or a remembered action. Treat the ritual as a deliberate moment of reflection.	"I am remembering what mattered to me."

Aftercare that returns you to the present

BEFORE YOU LEAVE THE TABLE	CHECK
Turn on the room lights, wash your hands, or make tea.	☐
Put away fragile objects and clear food within a day.	☐
Pour symbolic water into soil or down the sink.	☐
If the ritual raised more than you can hold alone, contact a trusted person.	☐

USE THE COMPANION MEMORY TABLE GUIDE

For a shared or household remembrance table, use the separate Chosen Ancestor Memory Table article. Keep consent, complicated histories, and photo privacy explicit.

Carry one thing forward

Close the loop with one action that belongs to you. This page is a record, not an assignment.

The purpose of an annual record is to notice what you chose to keep, what boundary helped, and what can be simpler next time. A useful record can be three sentences.

REVIEW	WRITE A SPECIFIC NOTE
A memory or quality I want to keep	
A boundary that made this feel safer	
One action I choose for this season	
What I can make simpler next year	

One-week check-in

If you chose an action, decide now when it belongs in ordinary life. A calendar note, a recipe copied for a family member, or a private moment outdoors may be enough. Do not treat an emotion, dream, card, or memory as an instruction you are required to follow.

PRINTING AND REUSE

US Letter, portrait. Print at actual size or fit to page. Pages 2-4 may be reused each year; keep the dated record page if you want to compare seasons. No cutting required.