



Green Man Activity

Make Your Headwreath

For our Vinotok and other Seasonal Cycles celebrations you will see folks of all ages wearing hand-made floral and leaf, or evergreen and pine cone wreaths.

The word “wreath” dates from the 12th Century and means to twist or “writhe.” Wreaths are circular designs woven from plant and other materials. Wreaths have been used throughout history and many cultures to also denote honor and reverence which is being paid to an exceptional individual, and individuals in celebratory events. Wreaths are laid on graves, seasonally hung on front doors, decorate special trees and sacred spots in Nature, are given to champion athletes, worn by brides and grooms.

At Vinotok we also call them Halos or Crowns. A wreath does just that, it sets a person apart, crowning and surrounding their head, face and personal energy with color and texture while it captures the light in a soft halo. A wreath may be bestowed just like a crown. As embodied archetypes of Nature, the Green Man and the Harvest Mother receive lovingly and intricately designed headpieces that may include flowers, bones, fur, gems, totemic and meaningful objects and symbols of their station and importance in our community.

The experience of spending time in fields, forest and mountains, caringly and sustainably gathering your natural materials, pausing to sit in the sun, feel the breeze and savor the quiet, is a lovely ritual of its own. In this way you can make yourself, your child, your sweetheart, your horse, your front door a Vinotok Wreath in the way of the ancient intentional Hearth Magic. Weave blessings, healing, prayers, offerings and gratitude into a loving gift from your hands and your heart!

How to Make a Headwreath

1. Grab some 2—3 willow branches from our bucket if you're at the Green Man altar! If not, ethically harvest smaller, pliable willow branches.
2. Start with your base. Take your willow branches and bend them back and forth to make them pliable. Wrap one around your head, making it a little loose. You can intertwine the ends of the willow so they stay, or affix with some twine.
3. Take a second same-sized branch, bend it to make it pliable, and twirl it around the first, again either weaving the ends together, or tying them together with twine. Put the two ends at opposite points for balance.
4. To gather your decorations, take a slow walk in nature and only harvest a few things at a time from different areas so not to hurt Mother Earth. Don't harvest live wildflowers, but dried stalks and seed pods are okay (just shake the seeds out on the ground).

5. With the two branches you have a way to weave your decorations (flowers, grass, dried flowers) in between the spaces of the willow branch. You may need to tie them with twine.

Some Secret Pro Tips from the Maidens

- Add to your wreath a bit at a time throughout the week, so come the burning of the Grump, or Autumn Equinox, it is full and in it's glory.
- You can use aspen branches instead of willow, it has fun shoots that make it look more wild.
- Wind a thin piece of willow around finished wreath for added security.
- Add ribbons, feathers, bone, stone and beads to hang off your headwreath.