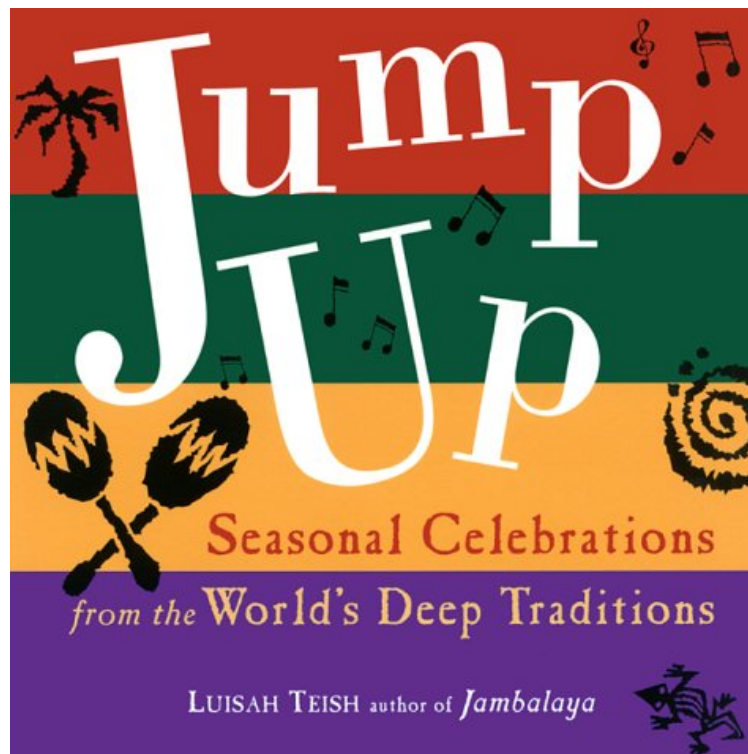


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Jump Up: Good Times Throughout the Seasons With Celebrations from Around the World

Luisah Teish

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Virtually all peoples of the world celebrate the passage of seasons. The continual movement of time through winter, spring, summer, and autumn has framed human experience and profoundly affected the lives of individuals and communities for many thousands of years.Celebrations that mark the seasons are rich with food, music, dance, offerings, and the reenactment of myth. Jump Up (titled after a Caribbean phrase that is used to describe a celebration) is meant to reacquaint readers with these traditions and to give them suggested practices for honoring past traditions in new ways.African traditions form the core of the book, and ceremonies and practices from Europe, Asia, the Americas, and the South Pacific are interwoven throughout. Readers will encounter the origin of well-known holidays

and, at the same time, learn about others that are unknown in the Western world. Some of the more familiar cultural-based seasonal holidays that appear in this book include Christmas, New Year's Day, Mardi Gras, Palm Sunday, Easter, May Day, Day of the Dead, and the African American holiday of Kwanzaa. Each season's story is accompanied by recipes, suggestions and guidelines for rituals to help readers create their own celebrations. One winter ritual, complete with instructions, is the Ritual of the Cleansing Fire, and an autumn ritual is the Building of the Autumn Equinox Altar. The recommended rituals are generic, and they can be done in conjunction with or in place of traditional holidays. Laced with myth, folklore, and poetry, *Jump Up* celebrates life, enlivens the spirit, and strengthens the bonds of community.

About the Author Luisah Teish is a writer, performer, priestess of Oshun, and ritual designer. She is the author of *Jump Up* and *Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals*. She teaches *Women's Rites of Passage*, *Femmyth*, and *Ritual* at the University of Creation Spirituality, John F. Kennedy University, and New College of California. She lives in Oakland, California.