

# Naturally Modern Witch

## QUICKENING MOON COLLECTION

*Season of Planting*

*Air*



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# The Quickening Moon

February's full moon represents the second chapter of the new year. It represents coming out of our rest and hibernation. It's a time where our intentions for the year begin to manifest and with it a new season (spring) of change. February is not just a month of love, but also new beginnings for the year. Interesting read: [The History of Valentine's Day](#).

Throughout human history and across many lands, the moon has held a spiritual significance to the people that followed it's movement as it waxes and wanes through the night sky. Farmers plant and sow by the cycles of the moon. The ebb and flow of the tides are also in harmony with the moon. Even our own natural and biological cycles are in rhythm to the phases of the moon. The moon reminds us, within our lives we also have our own seasons of existence and each season is its own journey with its own lessons – The seasons of the natural world also exist within us.

About once every 19 years, February does not have a Full Moon, known as a Black Moon. This last occurred in 2018. Other definitions for a Black Moon are:

- There is a new Moon twice in the same month.
- There are no new Moons in a month (February only. About 5-10 years)
- Every new moon could be called a Black Moon.
- The third new Moon when there are four in a season. Similarly to one definition of a Blue Moon (a Seasonal Blue Moon) when the same thing happens to a Full Moon.

In ancient times, it was common to track the changing seasons by following the lunar month. People everywhere named the months after features observed in nature.

# The Quickening Moon

February's moon has been called the Storm Moon, Ice Moon, or Snow Moon in the Northern parts of the Northern Hemisphere because it is often the coldest month that saw a lot of snow.

Sometimes called the Hunger Moon, Bone Moon, Little Famine Moon, Full Bony Moon, or Big Winter Moon because the first two full moons of the new year were difficult times when food resources were low, the days were short and the land had little to offer.

Also called the Suckerfish Moon as it is taught that the sucker gave up its life for the Ojibwe in the month of February. Called also The Horning Moon or Wild Moon because of the animal associations during this time. Solmonath (Anglo-Saxon name for the month of February), Red & Cleansing Moon, and the Quickening Moon which is the moment during pregnancy when the baby is first felt to move. Much like the earth that has been dormant until now, in the Northern hemisphere, we begin to see and feel the quickening of the earth waking.

Whether it is snowy, stormy, or clear blue skies where you live, chances are that you will notice a subtle change in nature around this time of year. This is a month when new life is beginning but still lies dormant. Pregnant animals, due in the spring, begin to feel the quickening of their unborn young. The earth itself is quickening, as seeds and bulbs far beneath the soil begin their journey towards the light. The farmers start planting crops for their gardens. The long sleepy winter is finally ending and the earth is in its early awakening to the longer days in the warmth of the sun. We can dream and hope, and set goals for ourselves. Accept responsibility for mistakes made in the past, and move on. Magical workings this month should focus on personal achievements and advancement.

# Calendar

## FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Imbolc	2 Candlemas	3	4	5	6
7	8	9	10	11 ● New Moon	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 🌕 Full Moon
28						

# Astrology

The New Moon on February 11th is in the sign of Aquarius which means that friendship, group activities, social pursuits, group projects, trying something new, humanitarian efforts, or joining a group will be a strong focus. New beginnings regarding any or all of these matters are possible now. This is a time during which we should solve problems that require thinking “outside of the box”; look to the future with a brand new, positive, and hopeful vision, brainstorming and socializing, and expressing love for those around us. This also ushers in the Year of the Ox in Chinese Astrology with Venus and Jupiter bringing us a heightened sense of love. The weekend of the 12th is filled with upbeat energy as Mercury is conjunct of Venus. Saturday will be a great day for creativity, while Sunday will nourish intellectual pursuits. Mercury's conjunction Jupiter will bring about romance in the form of deeper communication just in time for St. Valentine's Day.

The week of February 15th brings us soft and dreamy days much like a candy coating. Monday sees a poetic Pisces Moon which sends love out to idealistic Aquarius. This astrological aspect of the decade also includes energies from Saturn, Jupiter, Mercury, and Venus. This is an ideal time to awaken your own mini-renaissance with art, poetry, and daydreaming. On Wednesday, the first of three powerhouse meetings of the year, collide with Saturn and Uranus giving us emotional power by the Moon. This controlling power may be released in full force. It may be hard to keep cool but it will serve you well to try. The Moon promises pain if you get involved in a tricky situation. The weekend, when Mercury goes direct, will bring better mental clarity with Gemini sending harmonious vibes our way.

# Astrology

The outcomes of the previous week's power struggle may root deeper as a new order sets in on February 22nd. There will also be a sense of relief that the war has been won for now. You may feel life is a bit more normal for the time being. On Wednesday the 24th, the elite sign of Taurus and Capricorn embrace a strong sense of transformation and change. It sends us hopeful and confident energy. This may not be the best week for those who go their own way as this energy calls us to follow the rules for the best outcome. Thursday-Friday the Leo Moon challenges those who stand out. It may be better to keep a low profile lest you feel a bit too out of place. During the weekend of the 26th-27th the home is the focus and it is a good time to spring clean or get projects done around the house.

Wednesday, March 3rd's Moon in Scorpio draws some unusual energy. Dynamic Mars will be there to break through the manipulation games to have some fun. Mercury conjuncts truth-seeking Jupiter on Thursday so keep on guard as secrets might be spilled. You may be feeling sad on Friday, March 5th and Saturday, March 6th when the Moon in Sagittarius gets pushed aside. You may feel victimized or someone else might. Be positive that someone truly needs your help so you won't be taken advantage of.

The Moon zips through many planets early in the week of March 8th making us feel grounded. The Sun and Venus meet up on Wednesday the 10th and again on Sunday making us feel all artsy. Saturday's Pisces New Moon on the 13th brings us poetic harmony. Dust off old creative projects and make a plan to complete them with this New Moon energy. Take advantage of the creative and flowy energy that the stars bring.

# Quickening Moon

## CORRESPONDENCES

**SYMBOLS:** Pregnancy, house faeries, rowan tree, laurel leaf, cedar tree, seeds, bells, hearts, the hearth.

**DIETIES:** Brigit, Juno, Kuan Yin, Diana, Demeter, Persephone, Aphrodite

**THEMES:** Energy working toward the surface, purification, growth, healing emotions. Loving the self, planning.

**COLORS:** Light blue, violet,

**ENERGY:** Purification, growth, healing, loving the self, accepting responsibility for past errors, forgiving yourself, and making future plans. This is a good time to focus your magick on home, hearth and family.

# Celebrate



# Celebration Ideas

This cycle reminds us to stop and take notice of the subtle changes happening all around us.

- Plant some seeds in a pot of warm soil, to represent not just the new life that is beginning in the earth, but also the things you hope to achieve this year. If you're planning a magical herb or flower garden, select your seeds based on the needs of the coming seasons.
- Perform a meditation to do a bit of self-evaluation.
- Do a winter full moon ritual, to reflect on the darkness of the season, and know that without it, there can be no light. Think about what brings darkness to your own life, and recognize that if you never faced the dark, you'd have far less appreciation for the light.
- This is a season of hearth and home but also craftwork. So, get hands-on with your magic. Try knitting a warm hat or scarf to wear for outdoor rituals, sewing a new altar cloth, crafting some jewelry that reflects your beliefs, or writing a song or poem honoring your tradition.
- Write a love letter to yourself.
- Incorporate milk into your ritual as libation or create a small gratitude ritual around the milk you drink. Giving thanks to the mother that produced it.
- Force bulbs to sprout by placing them in a dish with a few stones and a little water. Keep them by a sunny window.
- If it is stormy, collect the rainwater and use it for its intense cleansing energy. Freeze what you do not use within the month

# Ritual Basics

## What is a ritual?

Rituals are formal acts that foster connection and soulfulness with body, mind, and spirit. A ritual is like a prayer-in-motion, a physical gesture that merges within and without, above and below, integrating them by shifting and transforming your vibration. They can be a way to call to, connect, or honor a specific deity, energy, or event. Everyone's life is filled with rituals that aren't religious or spiritual in nature. The purpose is an act to achieve the desired outcome. There is no correct way or a better way to perform a ritual.

## Ritual Components

- Intent: What is the purpose of the ritual? How will you focus your energy? Everyone participating should be clear on the intent.
- Cleansing: Will you banish or clear the energy that is present in your space and self before you begin? It's best to start with a clean slate.
- Sacred Space: This is the space where the ritual is performed. It can be set up specifically for one ritual working or the same space can be used regularly.
- Altar: An altar is typically a raised structure or place used for the center of focus. It is often decorated with several symbolic and functional items.
- Centering the Space: Calling the Quarters/Directions/Elements helps to center the space. The altar is usually placed in the middle of the circle facing North. At the end of the ritual, the Quarters/Directions/Elements should be thanked.
- Casting a Circle: This is usually done to prevent distractions from the mundane world or to contain our energy of intention. The point of the ritual is to concentrate energy temporarily for a purpose. A circle allows you to gather more energy up and hold onto it longer.

# Ritual Basics

## Ritual Components Cont.

- Casting a Circle Cont.: When we release the circle, we're releasing our magic or intention into the world to do its work. Casting a circle to protect from evil forces is usually the practice of ceremonial magicians. There are many ways to cast a circle. Simply calling the quarters and centering the space can act as casting a circle. Others prefer to draw a circle with their wand or athame walking clockwise, sunwise, deosil, or sunward. Some have specific incantations that are used such as, "this is a space between spaces, a time between times.", one could also pass a tree branch around a circle of participants, mix salt and water then sprinkle it around to cast a circle or visualize a circle or sphere of energy. There is no wrong or right way to do it. One common rule is that once a circle is cast, it should not be broken until the ritual work is done. Some exceptions include cutting a doorway into a circle if you need to leave.
- Grounding and Centering: Grounding is to balance your energy. Centering is to focus your energy.
- Naming/Calling: Often in group ritual you may "call yourself in" or present. This can be done by saying, "My name is\_\_\_\_ and I am present." and may be accompanied by lighting a candle.
- Invoke/Evoke Deity or Energy: Calling upon the energy that you wish to aid you in your working. This can be a specific deity associated with your intent or can be general energy. At the end of the ritual, it is customary to thank the deity or energy.
- Working Magick: An incantation is the words that are spoken. An invocation is calling down from outside the circle. An evocation is to call from inside the circle. A charge is a spoken word coming from a spirit or deity. Ex: The Charge of the Goddess. Magick is to cause change.

# Ritual Basics

## Ritual Components Cont.

- Raising Energy: Raising energy can be done before or after the magick working. It may take the form of singing, dancing, chanting, or The cone of power which is where a cone is visualized as a cone of energy that encompasses the circumference of the circle and tapering off to a point above the group, sometimes holding hands. It is common to ground your energy once again before the end of the ritual.
- Offering: Things, actions, or deeds that are given freely. A love offering is done in the form of devotion, gratitude, or holding space. A petition is when an offering is intended to persuade energy or perhaps a deity into granting a desire or request. A sacrifice is similar to an offering but it is something of great value that is difficult to part with.
- Libation: A libation ceremony is part of a ritual where liquid or food is used as an offering to a spirit, deity, or soul. Sanctified food is seen as containing the essence of the energy or deities involved.
- Open the Circle: Opening the circle can simply be releasing or thanking the Quarters/Directions/Elements, passing the tree branch in the reverse direction counterclockwise or widdershins, walking in the reverse direction with the wand or athame, or another common way is to say, "May the circle be open but unbroken, may the love of the Goddess be ever in our hearts. Merry meet, and merry part and merry meet again."
- Feast: It is customary to have a feast at the end of the ritual. This may be cakes and ale or other seasonal foods.

# Ritual Basics

## Suggested Ritual Flow

- Plan the ritual and decide on its purpose
- Gather materials
- Set up Sacred Space and Altar
- Cleanse space and items
- Preparation: Ritual bath, ritual attire such as a robe, special dress, or jewelry. Some prefer to do ritual skyclad which means nude or clad (clothed) by the sky. Some groups request fasting or meditation prior to the ritual.
- Cast circle
- Call the Quarters/Invite Directions/elements
- Invoke/Evoke Deity/energy
- Grounding and centering
- Call yourself present
- Magickal Working
- Raising energy
- Grounding
- Libation or offering
- Open the Circle
- Release Quarters/Thank directions/elements
- Thank Deity/energy
- Feast

# RITUAL CRAFT

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INTENTION

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TIMING

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CORRESPONDANCES

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MATERIALS

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INCANTATION

---

# RITUAL WORK

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OPENING

---

WORKING

---

GROUND & CENTER

---

GRATITUDE

---

RAISE ENERGY

---

CLOSING

---

# RITUAL CRAFT

## Abundance/Banish debt spell

### INTENTION

Abundance/Banish debt

### TIMING

Lunar cycle  
New moon - new moon  
Each phase

### CORRESPONDANCES

Gold	Pyrite
Green	Bloodstone
Black	Red jasper
Blue	Cinnamon
	Allspice

### MATERIALS

- Gold, green, black, & blue candles
- Stones & herbs
- Wand
- Besom
- Elemental/direction markers

### INCANTATION

1st "Money, money, come to me, I desire to be debt-free, in abundance three times three and in it harm none, so mote it be!"

2nd "By all the powers of three times three, Money will come creatively. It will pour through every crack, To come to me and banish lack! I conjure prosperity and make it mine, And I do this by my power divine. Come to me, money, and banish lack, Prosperity pours through every crack!"

## Example

3rd "Debt be gone, no more distress. It will be handled with finesse. No more concern and no more woe. This debt be banished—let it go!"

4th "This burden is no longer mine, Forgotten now and for all time. Debt be gone, please set me free, With harm to none, I banish thee."

### Call the Quarters or Sacred Elements

Stand in the East and say: "Spirit of the East, Maiden of Spring! invite you into my circle  
Bring to me a breath of fresh Air so that I may think clearly"

Move to the South say: "Spirit of the South, Mother of Summer! invite you into this circle  
Bring to me the snap crackling sizzle of fire that ignites my soul's passion"

Move to the West say: "Spirit of the West, silver Crone of Autumn! invite you to this circle.  
Bring to me the wise waves of the Water so that I may achieve understanding."

Move to the North say: "Spirit of the North, Hag of Winter! invite you into this circle  
Bring to me the resting and composting of Earth so that my life may be fertile"

## Example

# RITUAL WORK

## Abundance/Banish debt spell

### OPENING

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Cleanse space with besom  
(east to west)  
Place elemental markers  
Cast circle with wand  
Call the quarters

### WORKING

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Each lunar phase, light one candle,  
say incantation and let it burn out.  
1st Green for fertility (new)  
2nd gold for abundance (waxing)  
3rd Black for banishing (waning)  
4th Blue for healing (waning)

### GROUND & CENTER

---

Meditation to connect to the  
moon and universal energy

### GRATITUDE

---

Offering to the earth  
"I am blessed to have all that  
I need. I am capable of  
working for the things I  
desire. I can let go of what  
does not serve me. I have an  
abundance of riches in my  
life."

### RAISE ENERGY

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Moon chant

### CLOSING

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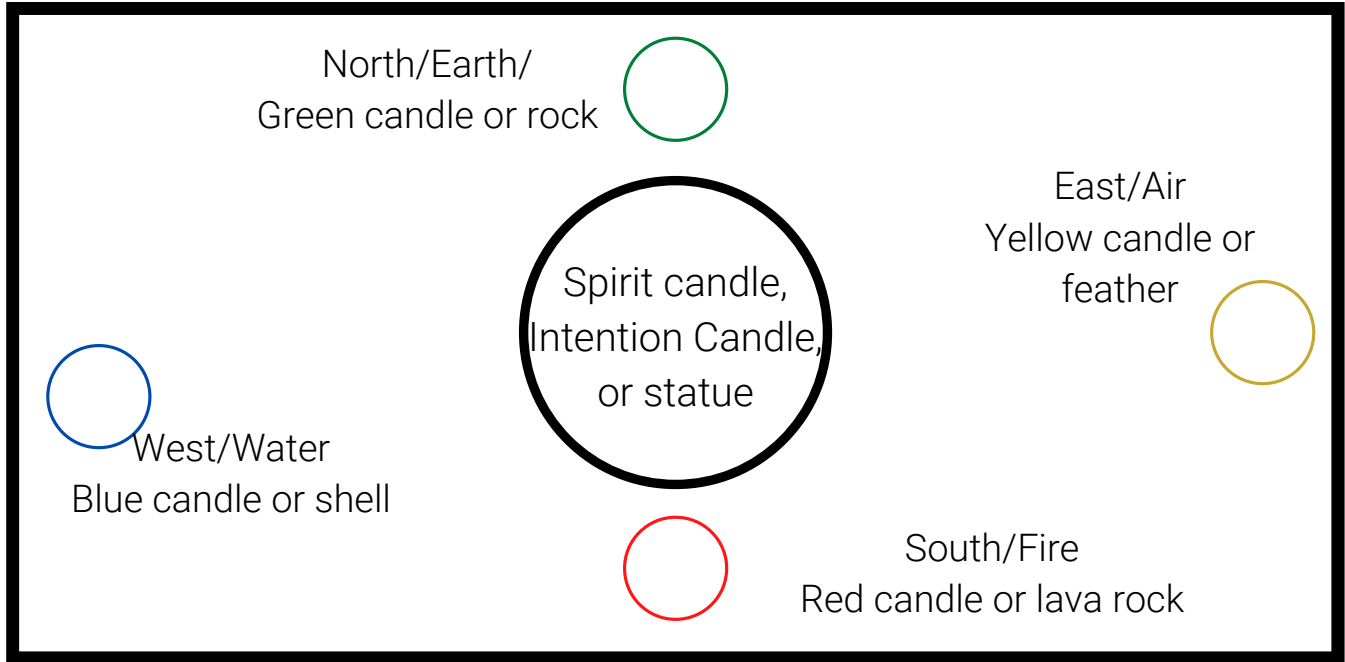
Thank the elements reveres

Close the circle: "May the  
circle be open but unbroken  
May the love of the Goddess  
be ever in our hearts  
Merry meet and merry part  
and merry meet again."

# Altar Set Up

There is no wrong or right way to set up an altar.  
Here are some examples:

## Simple Elemental Altar



## Other element representation ideas

North/Earth: rocks, bones, herbs, pentacle, salt, moss.

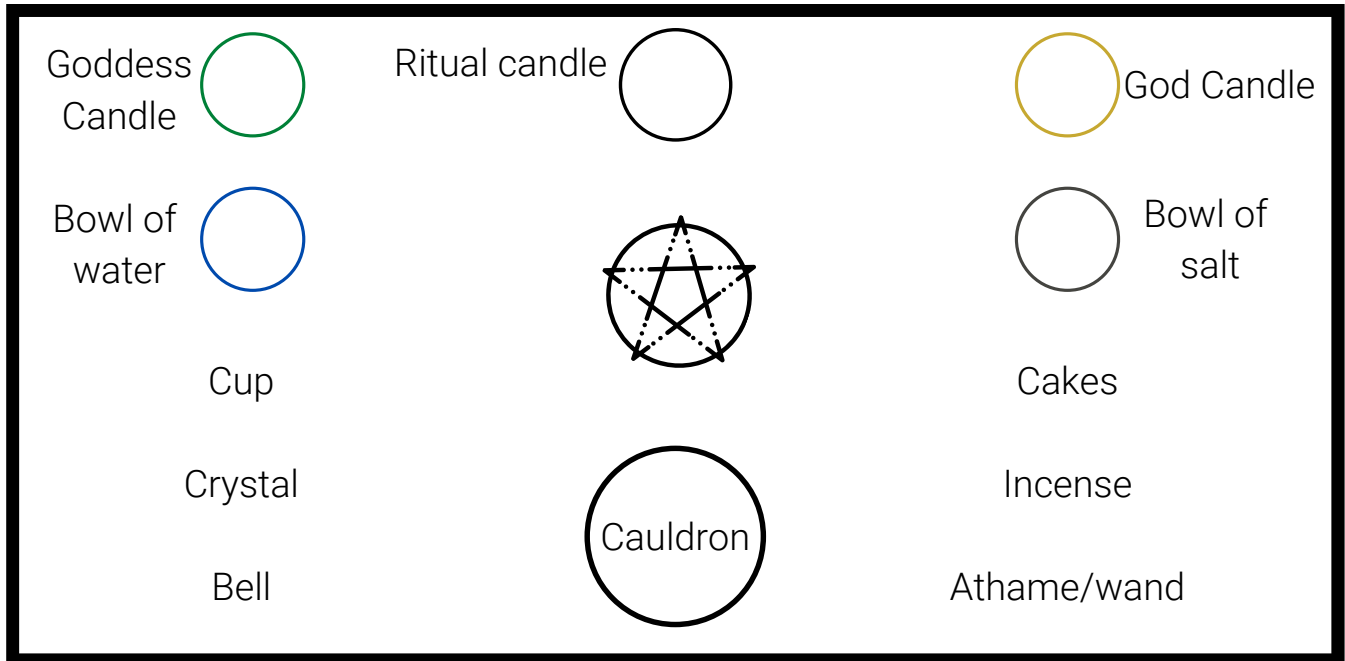
East/Air: Feather, fairy, fan, butterfly, incense, bell.

South/Fire: Candle, charred firewood, flame, lotus.

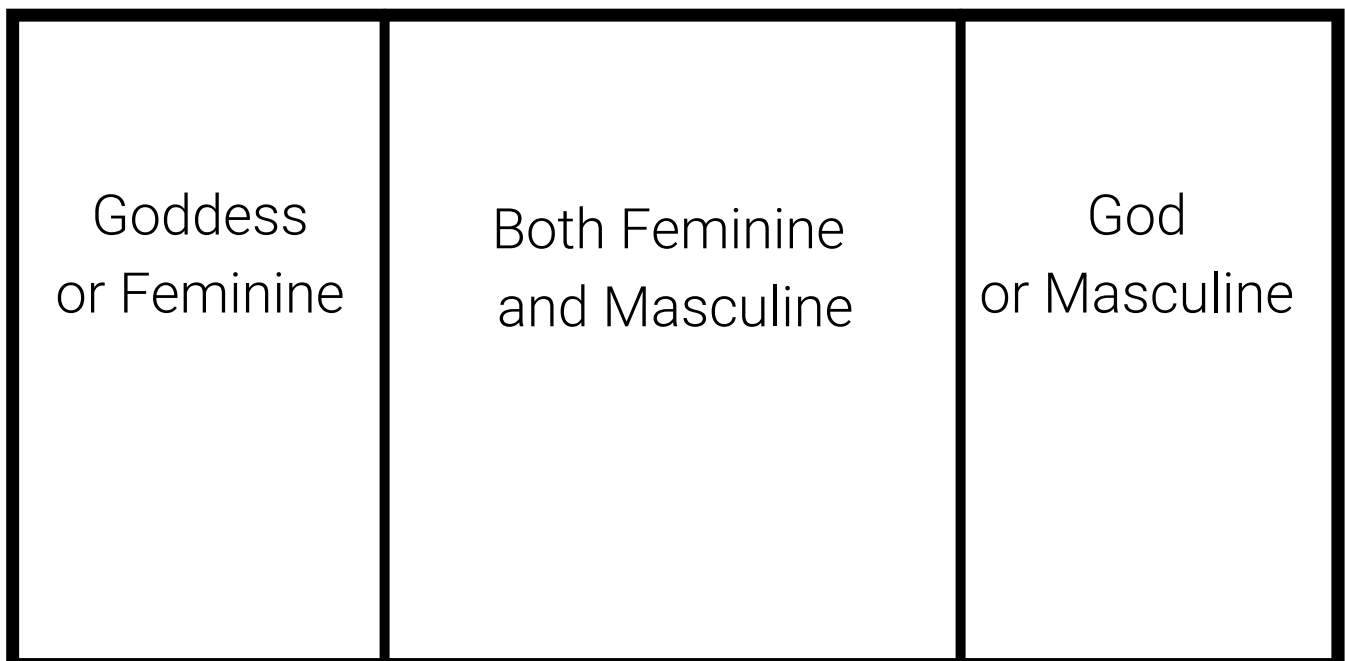
West/Water: Shell, cup or chalice, bowl of water, seaglass.

# Altar Set Up

## Simple Classic Wiccan Altar



Per Wiccan traditions, the altar is set up into Goddess left side and God Right side. While the middle is for both.



# Kitchen magic

NOURISHING



# Modern Kitchen Witch Tools

Altar - Preparation space, countertop, table, or cutting board. As a Kitchen Witch, you will have a working altar more than a ceremonial one. A cutting board is the perfect modern altar as you can set it to the side when not in use and easily pull it out for your magical kitchen work. It's nice to select one that has a special meaning such as a particular wood, carvings, or craftsmanship.

Athame - An athame is a ceremonial blade. The modern Kitchen Witch's athame is any knife that you like to use. A butter knife will work just fine.

Bell - A knife sharpener can mimic the sound of a bell. Anything that you find in the kitchen that can make a sound such as tapping a fork on glass can be used as a bell.

Besom or Broom - Any items that are used for cleaning within the kitchen can be used to symbolically cleanse energy. A kitchen sponge or rag with a natural-based cleaner, particularly if it's charged with herbal energy can be used to cleanse your space.

Cauldron - A dutch oven, tea kettle, or pot will make the perfect cauldron for use in any of your Kitchen Witch rituals or spells. A mortar and pestle is a beautiful addition too but a food processor or coffee grinder can substitute just as well.

Chalice - Drinking cups or even measuring cups can act as your chalice.

Offering Bowl - Classic serving bowls work wonderfully as offering bowls.

Wand - A trusty wooden spoon makes the perfect Kitchen Witch Wand.

# Magickal Spoon Blessing

The spoon will be a primary tool in your Kitchen magick. Its purpose is to bind and transfer energy and act as an extension of your finger or hand just like a wand. It connects your energy to the food that you create. It's best to hold the spoon in your dominant hand and stir clockwise for invoking and counterclockwise for banishing.

This ritual can be done anytime but on a new moon is ideal.

## You will need:

- 1 tbsp salt, lavender, rosemary, or sage
- 2 tbsp fresh lemon juice
- 1 tsp olive oil
- a heatproof dish that fully fits your dish (your cauldron will work nicely)
- Hot water
- plate

## Working

- Cleanse yourself, objects, and space with magickal cleaning ingredients or incense.
- Set your intention by saying, "This spoon I shall bless to bring in (love and light for example)."
- Anoint the spoon with olive oil and imagine all energy contained within the spoon moving away.
- Then pour the hot water into the dish with the lemon juice and cleansing the spoon. Again visualize the energy being cleansed away.
- Dry the spoon and place it on the plate with the salt and/or herbs to let it set for a few days to bless with energy. From the New Moon to Full Moon is ideal.
- When you are done, place the spoon under the Full Moon to charge. Sprinkle the salt/herbs into the wind or on the ground outside your home.

# Bay Laurel

LAURUS NOBILIS

## Identification

Bay is an evergreen shrub (often referred to as a small tree) native to Asia Minor and areas around the Mediterranean. It has shiny oval leaves, pointed with dark green on top with a lighter underside. Flowers, which appear in clusters in the spring are yellow and are followed in female plants by small black or purple berries. In the wild it can grow up to 60 feet tall, but cultivated outside its native habitat it only reaches 3-10 feet in height.

## Correspondences

Planet: Sun

Element: Fire

Zodiac: Leo

Day: Sunday

Tarot: The World, Wands



## Intentions

Manifestation, prosperity, wishes, banishing, healing, protection, love, success, cleansing, dreams, psychic development, cord-cutting, releasing, or letting go of.

# Bay Laurel

LAURUS NOBILIS

## Edible Uses

- Bay leaf is a popular culinary herb. It is slightly bitter and strongly aromatic. It shouldn't be eaten whole.
- Add it to soups, stews, roasts, sauces, and other dishes that simmer for a while and remove it just before serving or add to a bouquet garni. This allows the flavor to infuse into the dish. For a stronger flavor, the leaf can be crushed and added to dishes.
- It also makes a good pickling spice as it contains tannins that help to keep pickles or other fermented foods crispy.
- Laurel berries have a robust flavor all their own and can be used to flavor meats and sauces.
- While most herbs should be added at the end of cooking for the best effect, bay imparts the best flavor when simmered for a long time. The leaf should be removed before serving.

## In the Garden

Bay laurel requires mild climates and will only grow well outside year-round in zones 8-10. It does make an attractive container plant, however, and doesn't get too big. Folklore says that growing bay laurel as a houseplant will protect your home from lightning strikes and disease. It must have 4 hours of direct sunlight a day and be kept relatively cool. The soil should be rich and well-drained and allowed to dry out between watering but should receive a little extra water in the springtime. Bugs don't seem to bother this plant too much. It makes an excellent hedge and responds well to pruning. The plant can be propagated easily from cuttings.

## Harvest

Harvest the leaves as needed once the tree is established. This is one herb that's better dried than fresh, as the fresh leaves are much more bitter. They may be pressed to dry as you would press flowers. Properly dried leaves are bright olive green. Store them in darkness in an airtight container. Throw them out after two years, or when they turn brown, whichever comes first.

# Bay Laurel

LAURUS NOBILIS

## Medicinal Uses

- Bay laurel has verified bactericidal and fungicidal properties.
- The essential oil can be added to massage oils for arthritis and muscle aches and pains. It can also be added to salves for bruises, itching and other mild skin irritations.
- A poultice of the leaves and berries simmered till soft, can be placed on the chest to relieve head and chest colds.
- A tea made of the leaves and/or berries aids in digestion helps to rid the body of impurities and makes a good general health tonic. It is particularly helpful to women who are having trouble urinating after childbirth.
- Pregnant women, however, should not use bay laurel beyond the little bit we might use in cooking.
- Tea can also be used to calm the nerves.
- Adding bay laurel to your bath tea aids with vaginal infections, perineal healing after childbirth and urinary tract infections.

## Magical Uses

- Bay leaves may be added to any spell or potion designed to enhance psychic ability and is a great addition to a psychic dream pillow.
- Laurel wreaths may be worn by healers during healing ceremonies and while treating the sick
- Bay leaf can also be burned in the sick room after the illness has passed to purify it and drive out any residual sickness vibes.
- Bay laurel may be carried to protect against any number of misfortunes and to bring luck.
- It is said that if you write a wish on a dried bay leaf and then burn it and your wish will come true.
- Place a bay leaf on your tarot deck to enhance readings.

# BRASIED CHICKEN

MAKE



## INGREDIENTS

- 2 1/2 pounds chicken cut into cubes. Bone-in parts can be used too.
- 4 tbsp soy sauce, divided
- 1 1/2 tbsp olive oil
- 2-3 green onions cut into 2-inch lengths
- 5 slices ginger the size of quarters, peeled
- 1 cup chestnuts
- 8 dried shitake mushrooms, rehydrated in water (reserve soaking liquid), stems removed, and cut in half
- 1/4 cup dry sherry
- 2 tbsp honey
- 1-star anise
- 1 cup shitake mushroom soaking liquid

- Chop chicken parts into small pieces if you like (1 1/2" pieces). Marinate chicken with 2 tablespoons soy sauce and let sit for 10-15 minutes.
- Heat oil in a large pan and add green onions and ginger; saute until fragrant.
- Place chicken pieces in a pan in a single layer. Brown on one side, then turn over all the pieces and brown the other side. Add remaining 2 tablespoons soy sauce, sherry, honey, star anise, rehydrated shitake mushrooms, and shitake mushroom soaking liquid.
- Mix sauce and chicken well. Bring to a boil, then reduce heat to a simmer and cook for 20 minutes, covered. Add chestnuts and toss gently.
- Cover and simmer another 15-20 minutes, until the chicken is tender.

\*any meat can be substituted. Try tofu or seitan for vegetarian recipes and reduce simmer time to 10 minutes only after the chestnuts have been added.

# ASPARAGUS & SPRING ONION TART



## INGREDIENTS

### Shortcrust

- 1 1/2 cups all-purpose flour (Gluten-free flour or 1 cup einkorn)
- 1/8 tsp salt
- 6 Tbs cold unsalted butter, cut into cubes
- 2 large eggs, divided (or flax eggs)

### For the Filling

- 1/2 lb trimmed asparagus spears
- 1 Tbs olive oil
- 2 cups spring or green onions cut into 2 inch sections or thinly sliced.
- 1/4 grated Parmesan cheese (vegan is fine)

## MAKE

- Pulse flour, salt, and butter in a food processor until the mixture resembles a coarse meal. Beat 1 egg and 2 Tbs. water in a small bowl.
- Stir egg mixture into flour mixture just until the dough comes together, adding 1 Tbs. more water if necessary.
- Chill for 1 hour, or overnight.
- Preheat oven to 350°F. Roll out dough on floured work surface. Transfer to a baking stone or lined baking sheet.
- Bake 15 minutes, or until barely golden.
- Meanwhile, cook asparagus in a large pot of boiling salted water for 3 minutes then drain.
- Remove crust from oven and top with asparagus, green onion, and parmesan cheese.
- Return to oven for another 15 minutes or until fully cooked.

# MUSHROOM, CAULIFLOWER, & BRUSSELS SPROUTS SKILLET

## INGREDIENTS

- 4 tbsp butter (ghee, vegan butter, or olive oil)
- 1 tbsp olive oil
- 1/2 onion, chopped
- 1/2 head cauliflower, cut into florets
- 1 pound mushrooms, cleaned
- 1 lb Brussels sprouts, halved
- 1 cup chopped butternut squash (optional)
- 2 tbsp broth
- 1 tsp fresh thyme leaves, chopped
- 2 tbsp fresh parsley, chopped
- 4 cloves garlic, minced
- Salt and pepper, to taste



## MAKE

- Heat the butter and oil in a large pan or skillet over medium-high heat. Sauté the onion until softened (about 3 minutes)
- Add the mushrooms and cook for about 4-5 minutes on all sides.
- Once mushrooms are well browned, add cauliflower florets, Brussels sprouts, and squash. Cook until golden and crispy on the edges, about 8-10 minutes. Veggies must be well browned.
- Pour in the broth and cook for 2 minutes, to reduce the sauce slightly.
- Add thyme, parsley, and garlic. Cook the mushrooms and cauliflower for half a minute, until fragrant. Season generously with salt and pepper, to taste.
- garnish with fresh chopped parsley and serve immediately.

# BRAISED EARLY SPRING GREENS

## INGREDIENTS

- 1/4 cup olive oil
- 1 large onion
- 2 clove garlic
- 1 tbsp salt
- 1 tsp crushed red pepper
- 12 cups broth
- 1 bunch collard greens
- 1 bunch chard
- 1 bunch kale
- 1 bunch mustard greens



## MAKE

- In a large stockpot over medium-high heat, heat oil. Add onion, garlic, salt, and red pepper and sauté until tender, about 8 minutes. Add broth and bring to a simmer, about 5 minutes.
- Add collard greens to pot and simmer in broth for 15 to 20 minutes. Using tongs, remove from broth, shaking off any excess liquid. Transfer to a sheet pan and spread out to cool (this will help greens retain their color).
- Repeat with remaining greens one bunch at a time, cooking each separately for 10 to 15 minutes.
- Remove stockpot from heat while greens cool. Then add all cooled greens back to pot together and gently reheat to the desired temperature over low heat.

# SPRING ONION BREAD

## INGREDIENTS

- 2 1/2 cups AP flour (Gluten-free flour or 1 cups einkorn flour)
- 1 1/2 cups milk or water
- 2 rounded teaspoons of active dry yeast
- 1 egg
- 2 tbsp sugar or honey
- 1/4 tsp salt
- 1/2 softened butter
- 1/2 cup chopped spring onion
- 1/2 cup goat cheese
- 1/2 cup softened butter
- 1 egg for egg wash

## MAKE

- Combine flour, sugar (mix honey with wet ingredients if using), salt, and active dry yeast in a large bowl.
- Add milk/water, egg, and mix for 10 minutes. Add in 1/2 cup softened butter. Mix for 10 more minutes.
- Let rise for 2 hours. It should double in size.
- Knead the dough for 5 minutes on a lightly floured surface. Then divided into 6 equal parts and roll into balls.



- In a bowl mix spring onion, cheese, and 1/2 cup softened butter.
- Roll out the dough ball into a large rectangle, add filling to one side, then fold over and press to close. A little water on the edge helps it to stick.
- Score the top of each to vent. Cover the dough and let it rest in a warm place for 1 hour.
- Preheat oven to 350 degrees F.
- Afterwards, mix the egg with equal parts of water or milk and brush on top.
- Bake for 20 minutes or until golden brown. Brush with melted butter and serve.

# SLIP PEA SOUP



## INGREDIENTS

- 2 ½ cups dried yellow split peas (I mixed yellow and green)
- 1 ham bone with some meat \*optional
- 4 carrots, diced
- 1/2 large yellow onion, diced
- 5 stalks celery, diced
- 2 tsp dried thyme
- 1 bay leaf
- 2 tbsp salt
- 1 pinch ground black pepper, or to taste
- 8 cups water, or as needed

## MAKE

- Place split peas, ham bone, carrots, onion, celery, thyme, bay leaf, salt, and pepper into a large pot; pour in water.
- Bring the mixture to a boil and skim off any foam with a spoon. Reduce heat; place a lid on the pot slightly ajar to allow some evaporation.
- Simmer, stirring occasionally, until peas are tender and soup is thick, about 3 hours.
- Remove ham bone from soup; strip meat from ham bone, chop meat, and return it to the pot.

# THAI GRAPEFRUIT SALAD



## INGREDIENTS

- 4 tbsp rice wine vinegar
- 1/4 cup fine sugar (or honey)
- 1 tablespoon orange blossom water
- 2 star anise
- 1 cinnamon stick
- 1-inch fresh ginger, peeled and cut into very thin strips
- 1 red chili, deseeded and cut into thin strips
- 2 large grapefruit, peeled and cut into small pieces
- 2 cups watercress
- 2 tsp peanut oil
- 1 shallot, thinly sliced
- 2 tsp lime juice
- 2 tsp black or white sesame seeds
- 1/4 cup roasted peanuts
- pinch of salt

## MAKE

- Combine the sugar and vinegar in a large bowl. Whisk till combined and the sugar is mostly dissolved.
- Add the orange blossom water, star anise, cinnamon stick, ginger, and chili to the bowl and stir to combine.
- Add the grapefruit to the vinegar mixture and stir gently to combine. Leave to marinate for 30 minutes. Remove the star anise and cinnamon stick.
- Drain the grapefruit, reserving 2 tablespoons of the liquid. Toss the grapefruit with the watercress, peanut oil, and lime juice.
- Top the salad with the reserved marinade, shallot, sesame seeds, peanuts, and salt.

# SPRING SALAD WITH GOAT MILK KEFIR DRESSING

## INGREDIENTS

- 1/2 lb goat milk feta
- 4 Tbsp olive oil, divided
- 1 Tbsp grated lemon zest
- Salt and pepper
- 1/4 cup goat milk kefir
- 1 Tbsp lemon juice
- 2 tsp honey
- Salt and pepper
- 1/2 cup shelled pumpkin seeds
- 1 head red-leaf lettuce, torn
- Bunch of Swiss chard chopped and torn (stems included)
- A handful of baby arugula
- A handful of pea shoots
- 1 large watermelon radish, sliced
- 2 tomatoes, diced
- 1/2 red onion, sliced



## MAKE

- Cut the feta into small cubes and place it in a bowl with the olive oil.
- Sprinkle with the lemon zest and season with salt and pepper. Lightly mix and leave to marinate until the salad is ready.
- For the Kefir Dressing, whisk the kefir, olive oil, lemon juice, and honey together in a bowl until pourable; season with salt and pepper and set aside.
- In a large bowl, toss the veggies together. Drizzle with the dressing and sprinkle with the marinated feta.

# CITRUS AND AVOCADO SALAD

## MAKE



## INGREDIENTS

- 2 medium grapefruits
  - 1 large avocado
  - 3 cups packed arugula, spinach, or baby kale
  - A handful of pea shoots
  - 2 oz feta cheese (optional)
  - 1 Tbsp white vinegar
  - 1/2 Tbsp olive oil
  - salt and pepper
- Segment the grapefruits, reserving 2 Tbsp of the grapefruit juice. Place segments in a large salad bowl.
  - Pit, and slice the avocado. Remove slices from avocado skin and place in the same bowl.
  - Add the greens and cheese to the bowl.
  - Combine the grapefruit juice, vinegar, and olive oil in a small bowl or jar with a tight-fitting lid.
  - Whisk or shake to emulsify. Drizzle about half the dressing onto the salad and toss to combine. Taste, and add more dressing if necessary. Season with salt and pepper. Toss to combine again.

# GINGER SPINACH SMOOTHIE



## MAKE

- Blend everything together. Store any leftovers in an ice cube tray to reuse blend later

## INGREDIENTS

- 1-inch fresh ginger, peeled and grated
- Juice of 1 lemon
- 1 cup Spinach
- 1 tbsp flax seeds, ground
- 3 cups water or milk of choice

# GRAPEFRUIT TART WITH CHAMOMILE WHIPPED CREAM

## INGREDIENTS

### Crust

- Crust-1 cup rolled oats
- 1/2 cup almond flour or other nut meal/flour
- 1 tsp ground cinnamon
- 1 tbsp flaxseed
- 1 cup dates, pitted
- 1 tbsp maple syrup or honey
- 1/2 tsp vanilla extract

### Grapefruit Curd

- 1 large fresh grapefruit, for 1 cup juice
- 1 cup coconut cream
- 2 1/4 tsp agar-agar or 2 tsp gelatin
- 1/2 cup maple syrup or honey
- 1/2 tsp vanilla extract
- 2 tbsp grapefruit zest

### Chamomile Whipped Cream

- 1 cup heavy whipping cream (or 1/2 cup aquafaba)
- 3 chamomile tea bags
- 2/3 cup powdered sugar
- Seeds of 1 vanilla bean
- 1 tsp vanilla extract
- 1/8 tsp cream of tartar

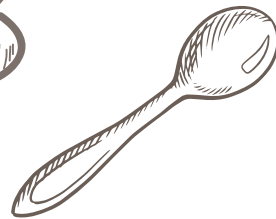
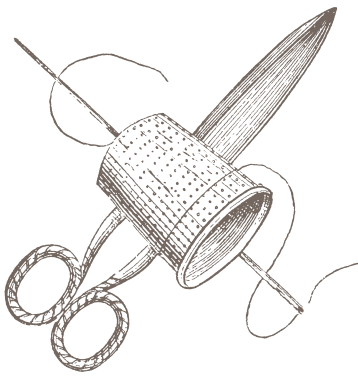
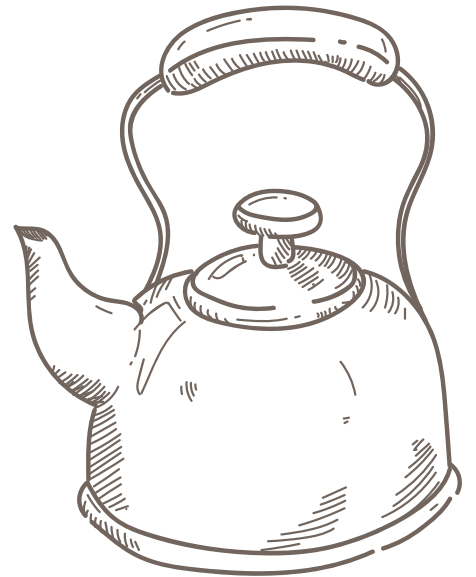


## MAKE

- Soak the dates in boiling water for 10 minutes. Add all the ingredients for the crust into a food processor and blend until a mixture forms.
- Pour the crust mixture into an 8-inch tart pan and press until all the mixture fills the crust pan. Place in the freezer until ready to use.
- To make the filling, zest and juice the fresh grapefruit. Add all the ingredients except the agar-agar and bring to a boil. Then, add the agar-agar and mix well for another minute.
- Remove from heat and let cool. Pour the filling into the tart pan and place in the fridge for 2-3 hours or overnight until it is set.
- Meanwhile, add the cream (aquafaba) and tea to a small saucepan. Bring to a gentle simmer then remove from the heat. Pour into a glass container, tea bags and all, and place in the refrigerator to steep and chill, at least 4 hours, preferably overnight. Whipp remaining ingredients together when ready to serve.

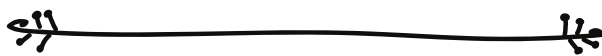
# Green Magic

HEALING



# My Natural World

Without



CYCLE/MONTH:

SEASON:

TIME OF DAY:

## OBSERVATION

What do I see? (subject)

What color is it?

What was it's size?

Did it make sound?

Where does it live?

How does it move?

How does it get energy?

Does it prefer the night or day?

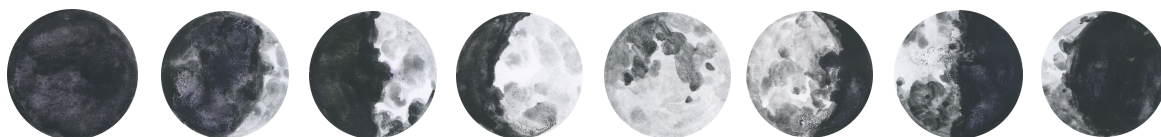
What does it feel like?

Does it have a scent?

What is the weather like?

What other observations can you note?

## MOON PHASE

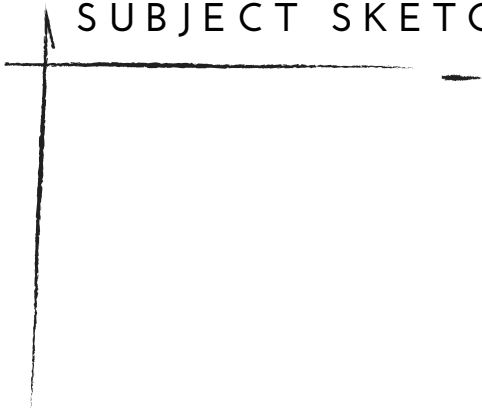


# My Natural World

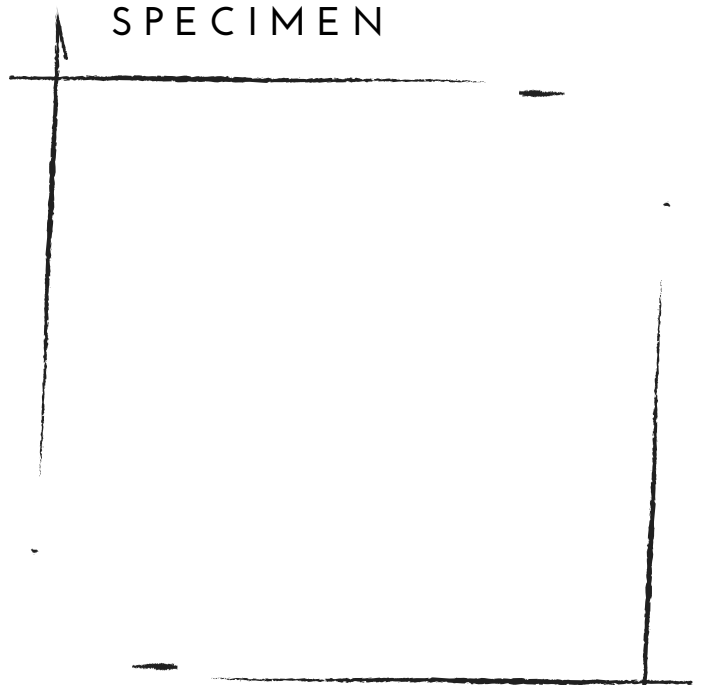
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SUBJECT SKETCH



SPECIMEN



# My Natural World

Within



## CONSCIOUSNESS

How is nature speaking to me today?

When have I felt one with the world recently?

What colors in nature call to me?

What fears do I have that are mirrored in nature?

How can I explore how I feel connected to or separate from nature this month?

## A W A K E N I N G

What can I feel stirring within me?

# Animal Energy: Sheep

The presence of the sheep offers a way to get in touch with the innocence and vulnerability within you. The ewe (female sheep) and the lamb (baby sheep) call us to work on our inner child and heal the mother wound. Mothers mold us — often physically in the womb (though there are many other types of mother-child relationships, including adoptive ones) and emotionally through their interactions with us. The bond is so strong that British psychoanalyst Donald Winnicott believed that there's no such thing as an infant, but only an infant and their mother. He believed that a child's sense of self is built by the kind of relationship that they have with their primary caregiver (usually mom).

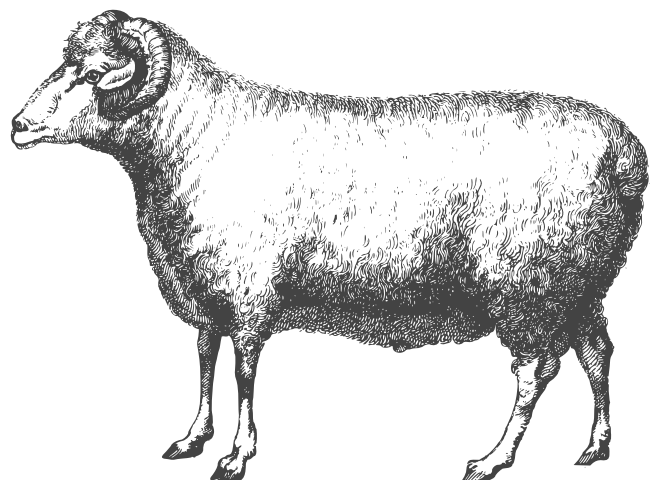
When you encounter a sheep, it usually represents an innocent, child-like aspect of yourself. Sheep could also symbolize a tendency or desire to conform to social norms.

The sheep symbolizes:

- Vulnerability with a negative meaning, weakness, a vulnerability that could turn into powerlessness
- Vulnerability with a positive meaning: Self-acceptance, ability to respect your own limits.
- A common meaning for the sheep is a part of yourself that tends to conform to social norms or family values.
- It can also summon memories of events or situations where you felt innocent or when your life showed qualities of gentleness and encourage you to introduce more such qualities in your current life.

## Associations for Sheep

- Abundance
- Balance
- New beginnings
- Courage
- Determination
- Nurture
- Sensativity



# QUICKENING MOON MINERAL CORRESPONDENCES

## **Fertility**

Moonstone, rose quartz, aventurine, carnelian, aquamarine, fluorite, malachite, chrysoprase, jade.

## **Empowerment**

Hematite, sodalite, amethyst, citrine, clear quartz, ametrine, amazonite, chrysocola, garnet

## **Banishing**

Black tourmaline, rutilated quartz, black obsidian, jet.

## **New Beginnings**

Amazonite, citrine, clear quartz, selenite, black kyanite, amethyst, aventurine

## **Purification**

Ruby, clear quartz, apophyllite, kyanite, selenite, carnelian.

# QUICKENING MOON PLANT CORRESPONDENCES

## **Fertility**

Angelica, cornflower, cinnamon, mint, coriander.

## **Empowerment**

Rosemary, sage, lavender, lemon balm, peppermint, ginger

## **Banishing**

Garlic, bay, sage, angelica, broom, black pepper, pine

## **New Beginnings**

Basil, blue vervain, coltsfoot, birch, eucalyptus, feverfew

## **Purification**

Burdock root, elderberry, lavender, peppermint, alfalfa, bearberry

# WISHING SPELL

## You'll need:

- Bay Leaf or leaves
- Pencil
- Fire-safe container like a pot or cauldron.
- Lighter/matches

## Working:

Choose your intention and do this spell during the corresponding moon phase.

- New Moon for new beginnings like a business venture.
- Waxing Moon for increasing, growing, or drawing to you like money or attraction.
- Full Moon for Gratitude or powerful but fast-acting magick that won't need to be sustained over a long period of time like putting an offer on a house.
- Waning Moon for banishing or drawing away from you like a bad habit or debt.
  
- Write your wish on the bay leaf. Visualize your wish as if it has already come true in detail. Imagine how you feel receiving your wish and how you receive it.
- Light the leaf on fire and place it in the fire-safe container. Allow it to burn before scattering the ashes in the wind.

# BLESSING A NEW BEGINNING

## You'll need:

- Red candle for strength and passion
- Rose or geranium oil for peace and harmony

## Working:

- Anoint the candle with the oil drawing towards you.
- Hold the candle in your dominant hand, light it and visualize fire.
- Say:

"Grant me knowledge, power, fearlessness, and skill.

Infuse me with inspiration. Grant me protection for what I am about to do and grant me the energy to commence this new beginning.

May your light be my guide, and my guides be my light.

Blessed be!"

- Allow the candle to burn out if you are able to.

# HERBAL DETOX INFUSION

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## INGREDIENTS

- 1/4 cup Nettle leaf
- 1/4 cup Oat Straw
- 1/4 cup Astragalus
- 1/4 cup Dandelion root
- 1/4 Skullcap

## MAKE

- Combine all herbs in equal parts in a large bowl and blend well. Store in a sealed glass container for the month.
- To brew, steep 1 tablespoon in 2 cups hot water for 10 minutes. Strain, and sip consciously several times per day.
- For overnight infusions, take a 1-quart glass mason jar, add 3 tablespoons of the herbal mixture and cover with room temperature water. Cover, and let sit overnight. In the morning, shake well and strain. Sip throughout the day.

# WITCH HAZLE ASTRINGENT



## INGREDIENTS

- 1 cup witch hazel twigs and leaves
- 3 cups 80-proof alcohol (or 1. cups 70% isopropyl alcohol diluted with 1 cup water, plus more as needed)
- 1 half-gallon Mason jar with lid

## MAKE

- Place the witch hazel in the Mason jar. Add the alcohol, adding more as needed to cover the plant material completely. Place a piece of parchment paper or wax paper over the jar (the alcohol will corrode the metal lid).
- Seal the lid. Let the mixture infuse, out of direct sunlight, for at least 2 to 4 weeks, shaking daily. Strain the liquid into a large bowl or measuring cup.
- Measure it and return it to the Mason jar. Add an equal amount of water to the jar to dilute the alcohol. (We are trying to get to a finished alcohol percentage of 15 to 20 percent.)
- Label, store, and use as needed. The mixture should keep for at least 6 months. Refrigerate for longer storage.

# Hearth Magic

NURTURING



# ALL PURPOSE ENERGY CLEANSING SPRAY

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## YOU'LL NEED:

- 5 sprigs of fresh or dried rosemary
- 1-2 lemons, grapefruit, or oranges sliced
- 3 sprigs of dried lavender or 1 tsp buds
- 1 bay leaf
- Pot of water
- 80 proof alcohol
- Container for storage
- Spray bottle



## MAKE

- Add herbs and citrus to a pot and cover with water until it's about 3-4 inches full.
- Simmer on low all day, adding more water as needed. Do this while you spring clean your home. This can go on for several days as long as you add water as needed and keep a close eye.
- Let the mixture cool, then strain into a jar or bottle and mix equal parts alcohol.
- When ready to use as an all purpose cleaner and energy cleansing spray, fill half a spray bottle with the concentrated mixture and equal parts water or more alcohol depending on your desired level of disinfection. Add essential oils if you would like a stronger scent.

This cleaner can be used any time to disinfect and clean surfaces while energetically cleaning. It can also be used as a room spray or fabric freshener, aura cleanse, or window cleaner. All while cleansing energy. To make a ritual out of it, open the windows, brew the potion (simmer pot), cleanse with smoke, craft the spray, then clean further.

# FORCED BULBS

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For starters, “forcing” is a misnomer because it sounds too much like work. We’re just tricking the bulbs into thinking winter is over quite a bit sooner than it is. Forcing is an easy sleight of hand that offers the soul-restoring scents and colors of spring at a time of year when spirits sorely need reviving. Use forced bulbs as a representation of something that you want to grow. Set an intention and nourish them regularly.

## YOU'LL NEED

- Water-safe container
- Gravel and/or river rocks
- Bulbs

## HOW TO:

- Place bulbs in the freezer for a few days.
- Fill your container about halfway with rocks and gravel. You will want to allow the roots of the bulb to reach the water but keep most of the bulb dry to avoid rotting.
- Remove your bulbs from the freezer and let them set at room temperature for a few hours.
- Place the bulbs in the container on top of the rocks point up. You may want to add a little more gravel/rocks to hold them in place.
- Add enough water to touch the very bottom or just below the very bottom of the bulb. The roots will begin to grow down towards the water.
- Place in a warm and sunny spot. Refill the water every few days as needed. You may wish to replace the water in a few weeks, especially if you notice an unpleasant smell.
- You should begin to see sprouts in a few weeks.

# RELEASING THE PAST

## You'll need:

- Three candles: one red for passion for life, one white for purity of intentions, one blue for wisdom. All white candles can be used.
- Basil
- A deep bowl filled with rainwater, moon water, snow water, stormwater, etc. Filtered water will work in a pinch too.

## Working:

- This is best done during the Waning Moon phase.
- First light the white candle focusing on the purity of your intentions. Next light the blue candle focusing on the wisdom you've gathered from the past. Finally, light the red candle and focus on your passion for the future.
- Place the basil in the bowl of water and wash your face, hands, feet, and/or other parts of yourself to cleanse away and release the past for a fresh start.
- Clear your mind, ground and center your energy and say:

"Cutting cords, releasing ties  
from my past, I say goodbye.  
I receive what is needed and release what is not  
Thank you for the lessons that you've taught  
Blessed be!"
- Allow the candles to burn out if possible.

# PROSPERITY BOWL

## You'll need:

- A bowl
- A cleansing method such as smoke, water, or sound
- Prosperity crystals such as Green Aventurine, Citrine, Chrysoprase, Jade, Pyrite, and Tiger's Eye.
- Prosperity Herbs such as: Allspice, Basil, Chamomile, Calendula, Cinnamon, Confrey, Mint, Patchouli, and Star Anise.
- Symbols of prosperity such as coins, currency, frogs, or things that have to do with business ventures. For example, if you have a sewing business then add in a spool of thread.
- Bay leaf and pencil.
- Green candle

## Working:

- This spell can be done anytime but it is best on the new or waxing moon.
- Cleanse your bowl.
- Add your chosen items to the bowl one at a time, holding them between your hands and charging them with your intentions.
- Light your prepared candle and place it in the middle of the bowl.
- Take the bay leaf with your intention and set it on fire, allowing your intention to release into the universe with the smoke.
- You may also want to have a cauldron nearby to drop the flaming leaf into, then place the ashes in the bowl. When the candle finishes burning completely, place the bowl in the prosperity corner of your home per Feng Shui. Or, where you make money such as your office.
- Reflect on your intentions whenever you see the bowl and feed it coins when you have loose change to keep the energy moving.
- Once the intention you set has become a reality, you can take the spell bowl apart and start over with a new intention if it feels right to you.



*Rituals*

**FULL MOON RITUALS**

# Drawing Down the Moon

## SIMPLE SOLITARY BEGINNER RITUAL

You'll need:

- Your preferred altar set up
- Method of cleansing

### Ritual Work

- Perform this ritual on the Full Moon preferably outside or where the moon is visible.
- Cleanse yourself, your space, and all items.
- Cast a circle should you choose.
- Invite the elements/directions by starting in the east and saying:  
"Spirit of Air, powers of the East, I invite you to be with me today.  
Spirit of Fire, powers of the South, I invite you to be with me today.  
Spirit of Water, powers of the West, I invite you to be with me today.  
Spirit of Earth, powers of the North, I invite you to be with me today."
- Ground and center your energy with a meditation.
- Begin by standing at your altar with your arms crossed over your chest, and feet together. Face towards the full moon. Say:  
"Goddess of the Moon, You have been known by many names in many lands in many times. You are universal and constant. In the dark of night, You shine down upon us and bathe us in Your light and love. I ask You, O Divine One, to honor me by joining with me, and allowing me to feel Your presence within my heart."
- Move your feet apart to about shoulder width, and raise your arms up and out to welcome the Goddess into you. You may begin to feel a surge of energy, a palpable tingle – don't worry, that's the Goddess making Herself known to you. Feel free to change these words as you like. You are speaking for Her, in Her voice, as a charge so let Her say what She wishes. Say:  
"I am the Mother of all life, the One who watches over all. I am the wind in the sky, the spark in the fire, the seedling in the earth, the water in the river. I am the vessel from which All Things spring forth. Honor Me from within your heart! Remember that acts of love and pleasure are My rituals and that there is beauty in all things. Honor Me on this night of the full moon! I have been with you since the moment you were created and shall remain with you always."

# Drawing Down the Moon

## SIMPLE SOLITARY BEGINNER RITUAL

\*\*Contintued\*\*

Let there be beauty and strength, wisdom and honor, humility and courage within you. If you need Me, call upon Me and I shall come to you, for I am everywhere, always. Honor Me as you seek knowledge! I am the Maiden, the Mother and the Crone, and I live within you."

- Feel the power of the Goddess within you. When you are ready, conclude with:

"I look down upon the sands of the desert, I crash the tides upon the shore, I shine on the mighty trees of the forests and watch with joy as Life continues every cycle.

Be true to Me, honoring that which I have created, and I shall be true to you in return. With harm to none, blessed be."

- Take a few moments to stand and bask in Her glow, and to meditate upon that which you have just experienced. Once the energy surge has subsided, lower your arms, and proceed with your ceremony as you normally would at the conclusion of a ritual.
- When you are done thank each direction/element in reverse order (starting in the North) and close the circle if you cast one.

# Quickening Moon Ritual

## ADVANCED OR GROUP RITUAL

### You'll need:

- Preferred altar set up
- Cleansing method of your choice
- A fresh cut flower, herbs, or clipping from a tree
- A small bowl of water (ask other participants to bring a jar with water they have collected. For example from a beach trip)
- A larger empty bowl
- White candle, spirit candle, Goddess candle, or intention candle, etc.
- Elemental representations or colored candles

### Ritual Work

Do this ritual on the Full Moon. Cleanse your space and all magickal items.

### Cast a circle:

- Hold the bowl of water to the sky, facing the moon, and say:  
"The moon is high above us, giving us light in the dark. She illuminates our world, our souls, our minds. Like the ever-moving tides, she is constant yet changing. She moves the water with her cycles, and it nourishes us and brings us life. With the divine energy of this sacred element, we create this  
sacred space"
- Dipping the cut flower in the water, walk a circle, sprinkling water on the ground with the petals of the flower. Once the circle is cast, return to the altar

### Call the Directions/Elements

- Light incense if you have not already.
- Place incense in the east and say: "Spirit of Air, I invite you into my circle and to aid my intention."
- Place a candle in the South and say: "Spirit of Fire, I invite you into my circle and to aid me in my intention."
- Place a shell in the West and say: "Spirit of Water, I invite you into my circle and to aid me in my intention."
- Place a rock in the North and say: " Spirit of Earth, I invite you into my circle and to aid me in my intention."
- Light the white candle
- Ground and center with a meditation.

# Quickening Moon Ritual

## ADVANCED OR GROUP RITUAL

- Say:

"Spring is here, and the earth is bursting with new life. Mornings begin bright and sunny, and afternoon gives way to blustery showers of wind and rain. We welcome the water when it comes because it nourishes that which has yet to bloom. We welcome the water from all around, from places far and near."

- Take the large empty bowl and walk around the circle. As you approach each participant, pause so that they can pour their water into the bowl. As they do, invite them to share where the water has come from, and why it is special: This water is from the ocean, from my last trip to the beach. Or, this is water from the creek behind my grandmother's farm. If performing a solitary ritual you can mix waters from your own collection or use just one.
- When everyone has poured their water into the bowl, use the cut flower once more, stirring and blending the water with the stem of the flower. As you are mixing the water together, say:

"Listen to the water, coming together, the voice of the moon from up above. Listen to the voices, growing with power, feel the energy and light and love."

- Use the blended bowl of water and invite each participant to step forward. As they do, anoint the individual's forehead with the symbol of your tradition – a pentagram, ankh, etc. If your tradition doesn't have a particular symbol, you can use a triple moon image or other lunar design. Say:

"May the light and wisdom of the moon guide you through the coming cycle."

- Take a few moments to meditate on the magical power of water. Think about how it flows and ebbs, changing all in its path. Water can destroy, and it can bring life. Consider how our bodies and spirits ebb with the tide, and how we connect to the cycles of water and of the moon. Say:  
"We are all traveling in the river of life itself, we are all seeking the divine in ourselves and in those around us. By embracing the power and energy of water, we are able to welcome a pool of sacred space – ever constant, yet ever-changing."
- When you are done thank each direction/element in reverse order (starting in the North) and close the circle.

# *Suggested Reading*

Drawing Down the Moon: Witches, Druids, Goddess-Worshippers, and Other Pagans in America by Margot Adler

The Triumph of the Moon: A History of Modern Pagan Witchcraft by Ronald Hutton

The Spiral Dance: A Rebirth of the Ancient Religion of the Goddess: 20th Anniversary Edition by Starhawk

Wicca: A Guide for the Solitary Practitioner by Scott Cunningham

Buckland's Complete Book of Witchcraft by Raymond Buckland

The Great Cosmic Mother: Rediscovering the Religion of the Earth by Monica Sjoo

When God Was a Woman by Merlin Stone

## Sources

Sophia Center for Goddess Study Priestess Training Class handouts by Dr. Candace Kant, Professor of History

Llewellyn's Complete Book of Correspondences by Sandra Kynes

Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice

The Herbcrafters' Tarot by Latisha Guthrie and Joanna Powell Colbert

Stepping Into Ourselves: An anthology of Writings on Priestesses by Anne Key & Candace Kant

Rosemary Gladstar's Herbal Recipes for Vibrant Health

The Center of Excellence: Master Herbalist

The Center of Excellence: Advanced Herbalist

The Center of Excellence: Crystal Healing

Hibiscus Moon Crystal Academy

Maud Grieve's A Modern Herbal

Encyclopedia of Magical Herbs

The Lost Book of Herbal Remedies

Wicca: A Guide for the Solitary Practitioner by Scott Cunningham

The Great Cosmic Mother: Rediscovering the Religion of the Earth by Monica Sjoo

...and various other sources collect over 20 years. Some are printed, some are handwritten, while others are scribbled on a napkin. I've had many teachers over the years and many of my biggest inspirations came from simple conversations and gatherings rather than formal lessons or rituals. Because of this, I may not always have every source of information but if you recognize something, I would be happy to add it to the list.