

# Hearth Magic

NURTURING SPELLS, CHARMS, POTIONS, & ALL  
THINGS MAGICAL



# Hearth Magic

“When you learn to love and let yourself be loved, you come home to the hearth of your own spirit. You are warm and sheltered. You are completely at one in the house of your own longing and belonging.”

— John O’Donohue, *Anam Cara: A Book of Celtic Wisdom*

The Hearth Witch combines the energies of the Green Witch and Kitchen Witch guided by the magic of the home. She is both the Wild and the Wise woman. She works to strengthen and honor the home as a sacred space, making it simple, peaceful, and nourishing.

Sometimes associated with Herb Wives, Wild Herb Men, and Cunning Folk, records and accounts show that virtually every village at one point in Europe had a healing person of sorts. Other folklore and stories tell of herbal healers in many other cultures too.

The Hearth Witch’s practice is part herbalism, part energy healing, part counseling, and part nature mysticism. Hearth Witches are usually tuned into the four elements and observe nature’s cycles, rhythms, and pauses closely.

Hearthcrafting is essential to the Hearth Witch. Magical homemaking activities such as candle making, naturally dying fabric, weaving, knitting, and sewing are all things that the Hearth Witch finds grounding and sacred.

# SACRED SPACE

Sacred space is any place where you can connect, communicate, interact, or be influenced by natural energies. We generally recognize certain sites as sacred but we forget that all of our earth is sacred. So you can choose any site that suits you for this practice. As a hearth witch, your entire home may be your sacred space.

Create a sacred space either inside or outside (or both) where you can commune with Mother Earth by observing your natural world and surroundings, ground and center, or receive divine messages. Invite nature indoors by choosing decor and household items that are natural and reflect the changes in nature or that represent the four elements. You can set up an altar, shrine, or nature table where you display gifts from Mother Earth or some of your favorite items. You may have a small altar on a bookshelf, a dream of turning your entire backyard into a temple, or find a spot that is sacred under a tree in your local park. Any place that you feel is sacred, is sacred; your entire home can be a sacred space.

If you have chosen a stationary sacred space in your homes like a mantle, bookshelf, or countertop, then you may want to cleanse, concentrate and dedicate the space.

## Cleansing

- After you have chosen your space and selected a few items for your altar/shrine, wipe everything down with a magically infused all-purpose cleaner.
- Next, use your cleansing method of choice such as smoke to cleanse yourself, space, and all objects while saying:  
"Negativity that invades my space  
I cleanse you away with light and grace  
Begone now I cast you free  
this is my will  
Blessed be!"
- Arrange your space to your liking then concentrate and dedicate it by holding your hands up to the sky and saying:  
This space is sacred, holy ground  
Here no misfortune or discord shall be found  
This space is dedicated to the\_\_\_\_\_ power divine  
to bring peace and love for all time."

# Hearth & Home

Hearthcraft, as Murphy-Hiscock Author of the book House Witch explains, is the "belief that the home is a place of beauty, power, and protection, a place where people are nurtured and nourished on a spiritual basis as well as a physical and emotional basis." She continues, "the home itself is an essential element within a nourishing, vibrant, ongoing spiritual practice. Honoring the hearth means honoring your origins, where you come from each day, and where you return each night." In short, it's living your life as a spiritual act.

To cultivate the magic of the Hearth and Home lies in performing out daily routines and tasks with intention and enhancing the sanctity of those tasks. This turns routines into rituals.

The answer in that lies, in performing domestic acts with mindfulness and intention. Keep in mind, this is with daily tasks, rituals, or routines you are already performing. How do you "wake up" the house every morning? Do you have a regular routine, do you make your coffee the same way every morning? How can you turn that act into a sacred act? This simple morning ritual can be an intuitive ceremony, one with more and more conscious and mindful practice.

Making coffee. Arranging the tea caddy. Wiping down kitchen counters. Washing the dishes. Organizing your desk is a ceremony of recognition and acknowledgement of something that is already there.

## CULTIVATING A SACRED HOME

The home is itself a sacred space as it is separate from the outside world. Within the home, there can be many smaller sacred spaces. The kitchen is sacred to food, the bedroom is sacred to rest, and so on. The home becomes a living entity of its own. Changing with the season of the earth and the seasons of life.

# Hearth & Home

## CULTIVATING A SACRED HOME

Here are some ideas for cultivating a sacred home:

- Light a hearth candle to represent the hearth fire of old.
- Decorate your home with flowers and herbs that correspond to your intention.
- Use infused cleaning ingredients for added magic. Wash your windows with lavender and sage for protection.
- Use Tarot cards for art or other art that has sacred meaning to you.
- Use elemental signs in the corresponding locations (Air=east, Fire=South, Water=West, Earth=North)
- Use your elemental sign as a color scheme
- Keep a garden kitchen
- Do dream magick before bedtime. Keep a journal, lavender infused oil, and an amethyst on your bedside table.
- Sweep the floors from East to West, then use a magickal floor wash.
- Enchant the mirrors in your house to give everyone who looks into them a boost in their self-esteem/body image.
- Make a magic welcome mat that draws in good company and keeps away the bad.
- Pay close attention to the sort of energy your decor creates and adjust it to help create the energy you want in your home.
- Is the TV the center of your home? Electronics can drastically change the feel of a space, try moving it to a less central spot and focus your rooms on something else.
- Playing music and changing the scent in a room can suffice for a quick energetic shift.
- Put bells on your doors. Bells help to clear energy, every time you open a door that room gets a little cleansing boost.
- Hang a broom over your door or standing up (bristles to the sky) for protection.
- Cleaning your house can be turned into more than just house magic. You can visualize yourself sweeping away worries or scrubbing old habits that aren't serving you away as well.

# Hearth & Home

## CULTIVATING A SACRED HOME

- Create spell bottles and bags as shields around your house to protect it.
- Add salt in the corners of the room or on the windowsills.
- Open your windows regularly to allow energies to leave with the Air element.
- When moving to another house, never take the old broom you use to sweep the floor with you unless you cleanse it first. Otherwise, it's tradition to burn it and make/buy a new one.
- Keep a jar of salt on a shelf and never use it. It is an old saying that bad luck will come to the house if the salt runs out.
- To attract positive energy and blessings for everybody in the house, place sigils or other magical symbols under your carpet or rug.
- For protection, nail three nails on the outside of your home door. Or, hang a horseshoe over the doorway with the open end facing up.
- Draw sigils for growth and health on the houseplants pots, to help them grow better.
- After making your bed in the morning, put a small broom under your pillow. You will have a more restful sleep later.

## MAGICKAL HOUSEKEEPING

Being a witch boils down to the simplest of things like magickal housekeeping. To make this simple, I have a system with editable worksheets that you can [download here](#).

How to use this system:

- Daily tasks are ideally completed daily and can be split up throughout the day.
- Weekly tasks include a daily focus that's completed on that day, but performed only weekly.
- Monthly tasks are completed monthly and is the focus for 3 days-1 week. They center around the Sacred Spaces in our homes. These tasks can be split up into 15 minutes a day, a few days per week, or taken care of over the weekend. It's up to you.

# Small Daily Rituals

- Start of your day: How would you like to start your day? Can it be with intention, gratitude, reflection? With aspiration and appreciation? With meditation and quiet?
- Getting ready: When you get yourself ready for the day, will it be a rushed affair, or one of slowing down, taking care of yourself, loving yourself?
- Writing or other work: Whether your work be writing or phone calls or building a house ... you can elevate that to ritual by creating intention around it, appreciating what you're creating, pouring yourself into the act, bringing mindfulness to it.
- Email & messages: We normally just dive into checking email and messages, but what if it became a sacred ritual of connecting to others?
- Eating: With eating, we can simply fuel our bodies and put food down our throats, phones or TVs distracting us ... or we can elevate the eating to an act of nourishing and loving our bodies, connecting to others and the earth that has provided for us, connecting to loved ones' hearts.
- Exercise: We can rush through exercise, just trying to get it over with. Or we can bring it to the realm of the divine, letting it be an act of love for our bodies, an act of connection to our environment, an act of full presence and highest purpose.
- Yoga: Is it just exercise and stretching, or can it be a ritual of full devotion and surrender, of practice of our highest selves?
- Meditation: We can sit there, waiting for the final meditation bell to ring, or we can let it be a ritual of practice for what we'd like to train in. Or simply a ritual of full appreciation for the moment.
- Sleep: Is sleep a matter of being on devices until we're so tired we can't check another thing on social media? Or a time when we reflect on our day, prepare for our time of rest, slow down and appreciate our lives?

# Morning Mindfulness

Little rituals...

- After you've gotten up and dressed for the day, but before coffee pick out a candle that fits the direction you want to go for the day.
- Sit in a comfortable position and light your candle.
- Turn your attention to your breathing and notice the pattern of your breath, feel it enter and leave your body.
- Keep your eyes on the candle flame as you breathe.
- Listen to the soft crackle of the fire. Feel the chair (or floor) beneath you. Just focus on your senses and let your thoughts calm. Don't beat yourself up if stray thoughts pop up. Give them the attention they need and let them drift into the background.
- Do this sensory focus for about five minutes to start each day with a sense of calm connection to your body and the world around you. Leave the candle burning while you get up and continue your morning routine as a reminder of your meditation, but don't forget to extinguish before leaving.

Simple Intention Candle Magic

- Grab a candle and a comfortable spot to sit.
- Focus your mind on your intentions...what you want to come of this magick.
- Keep your focus as you light the candle.
- Believe in the magic and push it into the fire
- Extinguish the flame, with gratitude to the energy around you for its help, and watch the smoke carry your intentions into the universe.

# HOUSE CLEANSING & BLESSING

## You'll need:

- Your cleansing item of choice such as an herb bundle, instances, cleansing crystal wand, or besom (broom)
- Something to invite positive energy such as blessed/charged water, bell/singing bowl, alternative crystals, alternative herb bundle/incense.

## Working:

- Open all windows (even just a little if it's too cold).
- Start at the front door, moving counter-clockwise around the house and into each room until you reach the front door again. Do this on the main floor first if you have more than one floor.
- With a broom, symbolically sweep out the energy from east to west. If using smoke from an herb bundle or incense, follow the walls starting from the floor and moving up while wafting the smoke. pay close attention to corners. Use a cleansing crystal wand (such as selenite or citrine) in the same motion as you would a smoke cleansing.
- While moving about the house say:

"Negative energy may not stay  
I release it and send it on its way  
Negative energy I banish thee  
This is my word  
Blessed be!"
- After cleansing, invite positive energy inside by starting at the door and moving clockwise around the house from room to room. Sprinkle water, ring a bell, chime, or singing bowl, place crystals, or waft smoke in the same manner as before.
- Say:

"Positive energy come my way  
I invite you now, here to stay  
Positive energy I invoke thee  
This is my word  
Blessed be!"

# WAKING UP THE HOUSE MORNING RITUAL

This morning ritual can be done in any order that you prefer. It should be based off of your regular morning routine. You may say things aloud or to yourself.

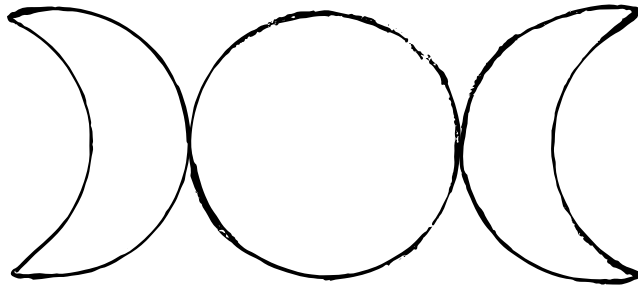
- In the morning, before you get out of bed say three times: "I have all I need to make today a great day." Or, any affirmation that you like.
- Next, you may go into the bathroom or as you pass by a source of water like the kitchen sink say: "Blessed spring from source of the divine, with your flow I will align."
- When the sun has risen, open the curtains to greet the dawn, say: "Morning sun, you shine from sea to sea, bless this day and shine down on me."
- When you make your morning coffee or tea, use a spoon or your finger above the cup and draw a symbol special to you. Say: "Lady Caffeina, if you please, grant me energy and vigor, blessed be!"
- If you do any cleaning (morning or evening), be sure to use enchanted cleaning products. Say: "With this potion I cleanse and renew, all the things in this home that we do."
- Sweep from east to west and say: "With this broom I will sweep out, any energy hanging about, be gone that which does not serve our family, I set this in motion, blessed be."
- If possible, light a hearth candle to represent the spirit of the hearth and say: "Merry meet and merry part, brighten the cheeks and warm the heart."

# GOODNIGHT HOUSE NIGHTTIME RITUAL

This nighttime ritual can be done in any order that you prefer. It should be based off of your regular routine. You may say things aloud or to yourself.

- Just before you close the curtains, look into the night sky and...
- If it was not the best day, say: "Sky so dark and full of mystery, erase bad days from our history, if the lesson has been learned, repeat no more, the wheel has turned."
- On a general day you can say: "Sky so dark yet full of light, protect us now on this night. Twinkle, shimmer little star, you are so close, yet so far. Moonbeams shine all aglow, share with me the secrets you know."
- Next, lock the doors and say: "This boundary I've set, with lock and key, to protect us now, blessed be."
- If you wash your face or shower/bathe at night, say: "With water I cleanse away, all the energy from the day."
- If you apply lotion or face products, you may charge, charm, or enchant those products. As you apply them make three passes and say: "Once for luck, twice for love, thrice for any need thereof."
- As you climb into bed place an amethyst, moonstone, quartz, or selenite under your pillow or beside the bed, say: "Hush now, grant me sleep, a quiet mind I shall keep. If I dream, insight I shall take, until the morning when I wake."

# SELF EMPOWERMENT SPELL



## You'll need:

- Red or pink candle (or paper under candle for color magick)
- Lemon or orange essential oil (in carrier oil)
- Mineral such as rose quartz, amethyst, rhodonite, citrine
- Dried and crushed sage leaves
- Dried and crushed bay leaves \*substitute with any herbs or mineral that match your intentions
- Method of cleansing

## Working:

- On a full moon cleanse space and all object, then ground and center your energy.
- Anoint the candle towards you with the oil then roll it in the crushed herbs. You may carve any words into the candle that resonate with you if you wish.
- Place the minerals around the candle then light the candle. Say:  
"I am loved, I am powerful, I am enough, I am joy."
- Meditate on this energy while the candle burns for as long as you can. Keep the crystals in a special place close to you. Repeat on the next full moon.

# 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.

# EMOTIONAL HEALING THROUGH DIFFICULT CHANGE

## YOU'LL NEED

- Pink candle for love, blue candle for healing, purple candle for clarity
- Stones that match intentions (see list)
- Lemon balm tea (or heart-centered tea blend)
- Egg or river stone that will be buried afterwards

## WORKING

- Cleanse yourself, space, and objects to be used.
- Ground and center your energy.
- Once your mind is calm, light the blue candle and say:  
"I call out to the blessed divine to heal this heart of mine. Help me go through this to heal my pain so that I may feel whole again."
- Hold the egg or stone to your heart and absorb any negative feelings and heartache. You will bury it once the work is complete so that the earth will absorb the energy.
- Light the pink candle while holding the tea and say:  
"Gentle balm, soothe my heart  
Bring to me your healing art.  
Blessed be"
- Brew yourself some tea if you have not already. Then sit quietly while sipping the tea and feeling whole, complete, nourished, and healed.
- Allow the candles to burn out if possible. If not, allow them to burn as long as possible then try to make a point to take a few minutes every day to light the candles and sip some healing tea.

# Selflove Spell Jar

You'll need:

- A jar or bottle large enough to fit everything inside
- Minerals that correspond to love such as rose quartz, amber, garnet, moonstone, opal, red agate, rhodochrosite, rose tourmaline. Consider an amethyst or bloodstone for healing.
- Herbs that correspond to love (or other intentions) such as lavender, rosemary, lemon balm, rose petals, etc.
- Salt for protection. Pink salt is good here, black salt can help banish negativity.
- Love note to yourself
- Honey (just a dab)
- Method of cleansing
- This is great for the new or full moon

What to do:

- Cleanse your space and objects that you plan to use. If using smoke to cleanse, be sure you cleanse inside your jar or bottle with the smoke.
- Ground and center your energy and focus your intent.
- Fill your jar with the contents and dab a little honey on the love note before adding it.
- Seal your jar
- Hold the jar to heart and imagine light connecting it to you.
- Finish your spell: There are a few different options now that you've cast your jar spell. You can bury it, hide it, toss it in water, keep it on your altar, or dismantle it on the next moon cycle .

# Apple Magick

## APPLE TAROT SPELL

Surround a card from a tarot with apple slices (dried or fresh) and leave them on your altar. Include other corresponding herbs. Tend to it daily to help your intention grow.

Protection = King of Swords  
Prosperity/Abundance = 10 of Pentacles  
Fertility = Empress  
Love = 2 of Cups  
Passion = The Lovers  
Creativity = The Fool  
Dream Magick = The Moon  
Psychic Awareness = The High Priestess  
Confidence = The Chariot  
Healing = Temperance  
Job Spells = The World  
Court Case Spells = Justice  
Luck = Wheel of Fortune  
Overcome Addiction = The Devil  
Wishing Spell = The Star

## BAD HABIT APPLE SPELL

During the waning moon, bury an apple with a symbol of your vice, example: tobacco for smoking, coins for unnecessary spending, etc. Then light a candle every night until the new moon to support efforts at breaking negative habits.

## APPLE SEED PROTECTION BAG

Include apple seeds in a protection bag, bottle, jar or bowl in the home, to carry with you, or have close by. Say: 'With the seeds of resurrection, I ask this apple for protection.'

# ALL PURPOSE ENERGY CLEANSING SPRAY

---

## 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.

# CITRUS HERB ENERGY CLEANSING

---



## INGREDIENTS

- Citrus fruit
- Salt
- Fresh herbs.

## MAKE

- Cut fruit in half.
- Use a serrated steak knife to cut between the fruit and rind. Then use a spoon to scoop pulp out. Blend and freeze for later use.
- Use a mortar and pestle to mix herbs and salt together while imparting your intention.
- Fill fruit with salt mixture, place on a dish and set on tables, in the corner of rooms, or any place where you need an energy refresher. The salts are self-cleansing so as they absorb energy. Remember that energy can't be destroyed but only changes. The salts cleanse and turn the energy into something that you can utilize. Try re-purposing these salts as a tub scrub or for cleaning copper.



# INFUSED VINEGARS

---



## YOU'LL NEED

- Vinegar
- Herbs/flowers
- Citrus peels

\*I used rose and bay leaf, lavender and sage, orange and lemon balm.

## MAKE

- Set intention.
- Fill glass jars 3/4 way full of herbs, flowers, citrus, etc. Cover with vinegar.
- Set in the sun for a few hours to charge with solar energy (or charge in moonlight).
- Set in a cool dark place for at least 2 weeks.
- Strain and it's ready to use.

## USES

- Mix with equal parts water for an all purpose cleaner.
- Mix 1 part vinegar, 1 part alcohol, and 1 part water for fabric freshener spray.
- Dab on bug bites and stings.
- Use 1/2 cup in a bath.
- Rub on temples to relieve headaches.
- Mix with olive oil to make a salad dressing.
- Use them to make pickled fruits and veggies.
- Use in a marinade.
- Mix 1 TBSP vinegar, 1 cup alcohol, and 1 cup water for window cleaner.

# MAGICKAL HOME CLEANSING STREW

---



## YOU'LL NEED

- 2 cups baking soda
- Dried herbs that match your intention (I used rose for love, lavender stems and leaves for calm and peace, cinnamon for success, clove for home protection and abundance)
- Essential oils (optional) I used 6 drops of Fir needle from Plant Therapy

## MAKE

- Combine all ingredients in a large bowl.
- Hold your hands over the mixture and charge with your intention.
- Draw any symbol with your wand or finger that is protective to you in the mixture.
- Set any crystals if you choose in the mixture and place in the sun or moonlight to charge.
- Strew or sprinkle on carpets, mattresses, sofas or other fabric surfaces and let sit as long as you can but at least 15 minutes. This also works on hard flooring. Do this while focusing your intention.
- When the time has passed you can vacuum the fabrics or sweep the strew out the door, taking anything unwanted with it. If you vacuum, empty the canister or bag right afterward.
- You can also strew or sprinkle this mixture around the outside of your home for protection.

# BESOM

---



Perhaps the most common symbol associated with the witch is the broom. The belief in witches flying on brooms dates to at least the Middle Ages. It's unclear just how the idea originated, but many people believe this to be an interpretation of astral projection and/or the use of flying ointments.

Traditionally called a besom, a broom is used for sweeping a sacred area to clear out energetic clutter. Often the bristles of the besom generally don't even touch the floor. It is tradition to sweep East to West for inviting and West to East for banishing. Alternatively sweeping clockwise to invite in, and counterclockwise to cast out.

Traditional woods used for sacred brooms include birch, ash, and willow, but any wood will do. In fact, a fallen tree branch is best.

The broom is one of those simple tools that most people have in their home. In many rural cultures, the broom has become a source of legend and folklore and is considered sacred where there are Broom Deities.

# TO MAKE A BESOM

## YOU'LL NEED

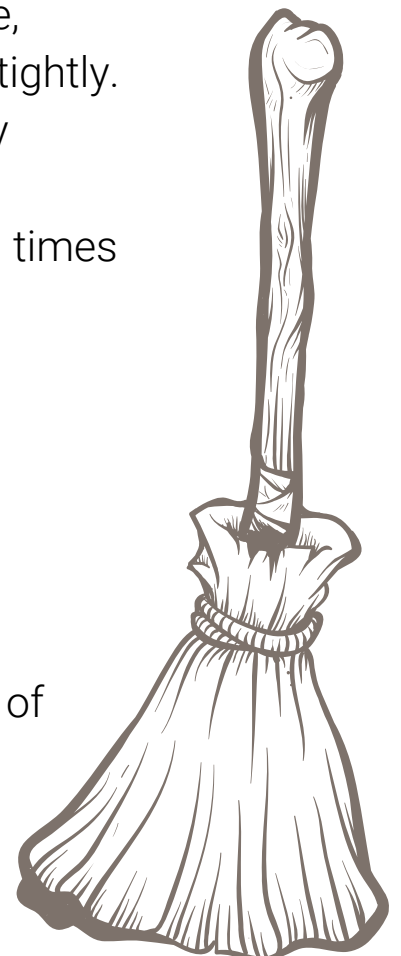
- A 4-5 foot length stick that's about 1-2 inches thick
- Thin branches of birch for the bristle part, prairie grass, broom corn, or any woody herb like mugwort or thyme
- Lengths of willow or heavy cord to bind everything together
- Heavy-duty scissors
- Bucket of warm water.

## MAKE

- First, drill a hole about 6 inches up from the bottom of the broom handle. This will be covered with the bristles.
- Next, soak the end of the bristles about 6-10 inches up from the bottom/blunt edge of the bristle fiber for a few hours until soft and pliable.
- Then, thread your cord through the drilled hole and tie a knot. Then add one handful of bristle fiber at a time, spreading it out. Wrap the cord all the way around tightly.
- Continue adding fiber handful at a time, completely covering the handle and wrapping tightly.
- When you are finished, wrap the cord around several times and tie it off.
- Decorate with anything special to you.

## INSTRUCTIONS FOR CARE

- Never leave home for long periods of time without telling your broom.
- Treat your broom as you would any other member of your family, with honor, reverence, and respect.
- Never leave your Broom outside your cast circle.
- Never leave your Broom outside in the weather unless you ask the Broom.
- Oil your broomstick with every turn of the wheel.



## HOW TO USE A BESOM

- If you feel your life is in chaos, take a look around a your front porch and walkway. If the front walks is cluttered with leaves and dirt, then sweep and envision that your life is in order and that all that comes to your will be clean and cleared.
- When you move from one house to another, it's always good to change your broom. Either burn your old one, or make sure that it is buried with honor.
- Always bring a new broom into the new house, but sweep some dirt from the outside in before you sweep the dirt from the inside out. This is to bring in good luck from the beginning and not push your luck out the door.
- Always hang a broom by the front door for protection.
- Brooms will keep the bad things out and the good things in. I have a broom near every the door of my home.
- Always stand a broom on end with the brush facing up to bring love from the earth through the broomstick.
- If your broom falls from your hand while you are sweeping or doing other work, make a wish before you pick it up.
- It's also said that if a broom falls from it's kept place, company is coming and it's not good news.
- When you pick up your broom after something like this happens, sweep the energy out the door and bid it adue not to return again.

An everyday broom can be just as magical as a ritual broom. In fact, the more we take our magic out of the circle and into the world, the more magical our lives become. To bless a new broom...

Hold the broom with both hands so that it's not touching the ground, and say:

"New broom, new broom, blessed be. Aligned shall be our energy. Together we will clear the way For the bright and brand-new day."

# WITCH'S BLESSING BELLS

## WHAT YOU NEED:

- Bells of any kind. Jingle bells or classic shaped bells. At least three but more is fine too.
- Rope, string or ribbon to tie them together

## HERE'S WHAT TO DO

- Before you craft your witch's bells, cleanse your space and turn on music or chants if you like. Light an intention candle if you choose and set your intention for your working.
- Tread or tie the bells on your rope or ribbon.
- Te them together so that they may hang freely without being on top of one another.
- As you are crafting be sure to envision your intentions.
- Hang the bells on your door. Either with a protective wreath, above the doorframe, or on the knob so that they ring every time someone opens the door. As you hang the bells say the incantation or one that you choose.

This ancient method of cleansing uses sound to break up negative vibrational patterns.

### Incantation:

"Guard our home, bells on the door  
Let ill will come no more  
Negativity shall not be cast  
And good fortune shall everlast."



# POTPOURRI PUMPKIN WARD



## WHAT YOU NEED:

- A circle of fabric at least 6" but bigger for a bigger pumpkin
- A cinnamon stick for a stem or stem from an old pumpkin or squash
- Dried florals and herbs such as roses, wheat, cinnamon sticks, anise, dehydrated oranges or dried orange peels. This is a great way to use up florals and herbs that are crushed as they won't be seen.
- Needle and matching thread.
- Hot glue gun optional
- Copper wire optional
- Essential oils in preferred scents (I used cinnamon and fur needle)
- 1/2 cup dry of rice or dry beans

## MAKE

- Scent your dried florals by putting them in a plastic bag and adding 20-40 drops of essential oils. Close the bag up and allow it to infuse the scent (and your intention) for a few days. You can also buy potpourri and skip this step but you may not be able to choose corresponding herbs and florals.
- Thread your needle and double knot it. Stitch through once and thread the needle in between the two threads at the base of the knot so as not to pull this knot through.
- Sew around the top circle of fabric with a running stitch. This doesn't have to be anything fancy but do not knot and cut it at the end just yet.
- Add rice or bean to the bottom, then stuff with potpourri. Fill in with other stuffing as needed. Pull thread like a drawstring and tie off. Add leaves, coiled wire for vines, and a stem. glue in place.

# Jack-o-Lantern Ward

You'll need:

- A pumpkin to carve
- Tools for carving such as a large knife, a small knife, a spoon, bowl for collecting insides
- Candle or better yet, coal and loose incense in a dish with a layer of sand or salt under the coal.
- Protective herbs such as rosemary

Here's what to do:

- Design your pumpkin carving with a symbol of protection or face to ward off unwelcomed guests and energy.
- Carve your pumpkin based on your preference. For this purpose, I like to cut a hole in the bottom, instead of the top for the candle. That way I can set the pumpkin on top of the candle after it's lit. Save any pumpkin seeds to roast and eat or for use in other spell work. Pumpkin seeds are protective, good for divinations, second sight, wishes, and prosperity.
- After it's carved, place your pumpkin outside by your doorstep on Samhain night. Sprinkle your herbs around the jack- o-lantern while saying:

"Glowing light in the dark of night  
Protect us now with all your might  
Bringing blessings on this new year  
Only good is welcome here"

In the morning, bury the pumpkin to fertilize these actions. Compost the pumpkin as an offering or if it is safe to eat, cook it up for more kitchen magic.

Read this story about [Stingy Jack](#) to know why we call carved pumpkins Jack-o-lanterns.



# BRIGID'S CROSS

---

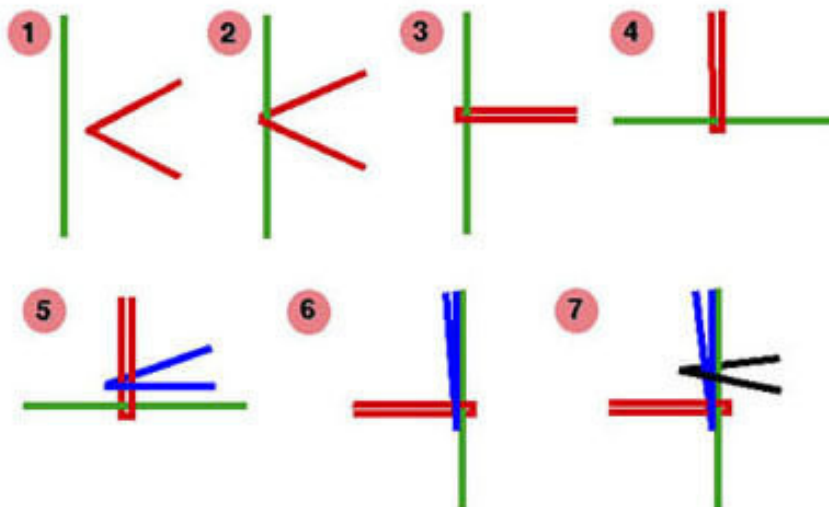


## WHAT YOU NEED:

- 16 Reeds (or Straws) I like to use what I can find in nature. For my area, I usually use Yucca.
- 4 small rubber bands
- Scissors

## MAKE

- Hold one of the reeds vertically. Fold a second reed in half.
- Place the first vertical reed in the centre of the folded second reed.
- Hold the centre overlap tightly between thumb and forefinger.
- Turn the two rushes held together 90 degrees anti-clockwise so that the open ends of the second reed are pointing vertically upwards.
- Fold a third reed in half and cover both parts of the second reed to lie horizontally from left to right against the first straw. Hold tight.
- Holding the centre tightly, turn the three reeds 90 degrees anti-clockwise so that the open ends of the third reed are pointing upwards.
- Fold a new reed in half over and across all the rushes pointing upwards.
- Repeat the process of rotating all the rushes 90 degrees anti-clockwise, adding a new folded reed each time until all rushes have been used up to make the cross.
- Secure the arms of the cross with elastic bands. Trim the ends to make them all the same length.
- The St Bridget's Cross is now ready to hang.



## **GRAIN MOTHER OR KITCHEN WITCH DOLLY**

---



The Grain Mother or Kitchen witch dolly is a symbol of good luck. Many homes feature a small witch doll hanging inside the kitchen. German folklore says that she guards against cooking disasters like dough failing to raise, milk curdling, and fallen cakes. The earliest dolls have been found in German and Scandinavian traditions but are also found in Europe where braiding wheat stalks are popular. As the Grain Mother, she brings good luck and protection throughout the winter months.

Corn husk dolls have been made by American Indigenous people since the beginning of corn agriculture. One legend is that the Spirit of Corn, one of the Three Sisters, made a doll out of her husks to entertain children.

Check out this [Pinterest board for more ideas.](#)

## **MAKE A GRAIN MOTHER OR KITCHEN WITCH DOLLY**

You'll need:

- 15 stalks of wheat (or any grass grain that you can find. Or, double the raffia)
- 48 strands of raffia (3 bunches or 12) and a few more for tying.
- Husks from 2 ears of corn

# GRAIN MOTHER OR KITCHEN WITCH DOLLY



- First, braid your raffia so that you have about a 6-7 inch braid.
- Tie it off so that you have one side braided, and the other side long and loose.
- Tie the long and loose side, so that you can cut it from the braid while keeping the strips together.
- Next, bundle the wheat stalks together and arrange them so they look like a broom.
- Cut the loose strands of raffia from the braid, then cut those strips in half so that you have two bunches of loose raffia (keep them together as best you can) and one braid. Set the braid aside as that will be the arms.
- Holding your wheat bunch upside down, tie one raffia bunch 3 inches above the wheat seeds.
- Tie the second raffia bunch 2 inches below that, right where the wheat seeds begin. This will create the skirt.

# GRAIN MOTHER OR KITCHEN WITCH DOLLY



- Slide the braid in the middle of the raffia and wheat stalks. I suggest putting it a little higher than I did here.
- Secure it with a strand of raffia in a crisscross pattern.
- Trim off the wheat stalks from the top (head) portion.
- To create the head, gather the husks of two ears of corn (save two pieces for later)
- Turn it so the loose sides are up, then pull them down, one at a time, around where you tied the bunch. Holding it in one hand, use the other hand to slide the doll under the loose/open husks.



# GRAIN MOTHER OR KITCHEN WITCH DOLLY



- Secure the head in two places, above the arms at the neck area, and below the arms at the waist. This will add a little more to the skirt section as well.
- Take the reserved two corn husks, and crisscross them from the back of the waist to the front. Tie/wrap with one more strand of raffia at the waist creating a belt.
- To make a broom, use one stalk of wheat (trimmed from the head portion) and tie a bunch of raffia about 1 inch from the top. Flip it around and pull the strands down and tie just below where the strands bend. Bring arms together and tie the broom with them.



# PROTECTION WREATH



## YOU'LL NEED

- A dozen or so flexible plant whips or sticks from willow, yucca, Palo Verde, dogwood, hazel, cotoneaster, beech, and winter-flowering jasmine, roots, stems such as brambles and raspberry, vines, grapevine, clematis, and Ivy. If they are dry be sure to soak them first. But fresh green works well.
- Flowers for decoration

## HOW TO:

- Start with the thicker sticks, and finish with the thinner ones.
- Take the first stick and weave it into a rustic hoop the diameter you want your wreath to be. Leave the tailpiece from where you started sticking out of your ring
- Add the second stick to the ring a quarter-turn away from the first. Again, leave the tail sticking out for the time being. Continue turning your wreath and adding sticks. You will find that the willow wreath becomes rigid and takes shape very quickly.
- As you add more sticks, you will find that the wreath holds itself together under tension, and it'll be easy to tuck in the smaller ends as you weave. The tails will start to lie flat and incorporate into the wreath as you add more sticks. Don't worry about any that continue to stick out, as these can be trimmed off at the end.
- When you are happy with the size of your wreath, trim off any tails and stragglers, using a pair of secateurs. Add a final couple of sticks to the wreath, this time tucking both ends into the weave, to give a neat finish.
- Decorate your wreath with fresh flowers and add a sigil of protection if you like.

# HARVEST PROTECTION AND PROSPERITY WREATH

## WHAT YOU NEED:

- Gardening  
Scissors or Pruning Shears
- Floral wire (I used green floral wire because that's what I had but you can look for floral wire covered in brown kraft paper)
- Grapevine wreath or embroidery hoop
- Variety of dried florals. I used: Avena, Phalaris, Lavender, Wheat, Cork husks, Broom corn, Cotton.
- Hot glue gun optional but helpful.



## MAKE

- Use 5-6 dried floral elements to make 2-4 small bundles. Don't use any long and wispy branches yet. Tie them together with a small piece of bind wire. Wrap the wire completely around bundle until it is secure. For the first 4 small bundles (numbered 1 & 2 in the photo) I used wheat and lavender, then corn husks and broom corn.
- Next, bundle your longer wispy florals together. I used the avena (and the little cattail looking pieces. I'm not sure what they are as they came with the avena). Then bundled the Phalaris. (pictured 3 & 4). Then I laid it out on the table in the shape I wanted it to be on the wreath. I made mine only half covered, but you can easily fully cover your wreath using [this method](#). Last year, I used this method using dried corn husks.



# HARVEST WREATH

---

- Once you like the look of the bundles laid out, begin to attach them to the wreath overlapping them and angling slightly. I did this by first attaching the longer pieces (bundle 3 first then 4 on top of that) and wrapping them tightly with wire, then adding the next smaller bundles. Bundle 2 was attached with wire and bundle 1 was attached with wire and hot glue for added security.
- Glue the cotton to the center over any exposed stems or wire. Dried fruit would be lovely here too.
- Next, I glued a few phalaris heads around the broom corn/husk bundles to further cover any exposed wire and to add fullness.
- To hang, I added a lace ribbon around the wreath which went over the top of my door and hooked onto a command hook (upside down) on the back of the door. You can also use a wreath hook, but mine was a little wobbly. You can see how to do this in the second half of [this video](#).



# WITCHBALL

---



## YOU'LL NEED

- Clear glass or plastic Christmas tree ball
- Corresponding herbs
- Any trinkets that you would like to include such as coins for prosperity.

I used: Mini pine cones, cinnamon sticks, rose, rosemary, fireberries, cedar, and a clear quartz.

## MAKE

- Before you craft your witch's ball, cleanse your space and turn on music or chants if you like. Light an intention candle if you choose and set your intention for your working.
- Clip herbs so that they will fit into the top of your ball.
- Fill your ball with intended ingredients while envisioning what it is that you are seeking. Often it is prosperity, protection, and happiness.
- Place the top on the ball and seal with wax or tie a ribbon around to seal.
- Hang your witches ball from your tree or another place around the home or your workspace.
- As you hang your ball say the incantation.

## INCANTATION:

"Blessed ball of herbs so sweet  
Bring to us good luck to meet  
Bestow blessings of joy and cheer  
to follow us throughout the year."

# ROSEMARY PROTECTION WREATH



Gather rosemary (on a full moon is best but not necessary). You may gather as much as you like. Some prefer to gather a lot to create bundles and tie to a wreath frame to create a large wreath, while others prefer to use a few sprigs tied together in a circle to create a small simple wreath. Whichever you prefer is fine. If making a larger wreath with bundles, watch this video [here](#) to see how to affix them to a frame.

Once gathered and before you craft your wreath, cleanse your space and turn on music or chants if you like. Light an intention candle if you choose and set your intention for your working.

Once complete, hang your wreath:

- On your door to protect the home
- Above your bed to protect your sleep and remember dreams
- Above your kitchen for kitchen protection
- Above a child's bed for protection during sleep
- In the family room for family protection

Once in place you may say any words you like or try this incantation:

"Inside and out, head to toe  
All harm, away from us go  
With this blessing of protection  
Any discord is cast in a new direction  
Safety, go wherever we roam  
Shield, protect, and guard this home"

# BLACK SALT FOR PROTECTION

---



## YOU'LL NEED

- Sea salt or kosher salt.
- Activated charcoal capsules
- Ashes
- Mortar and pestle
- Glass jar for storage

## MAKE

- As always, when crafting first set an intention.
- Gather your ingredients in your mortar and mix with the pestle.
- For ashes, you can use the ashes of incents or from a bonfire. The more you connect the ashes to your intentions for your black salt the more powerful it will be.

## HOW TO USE

Black is powerful for protection and cleansing of negative energy. While you can find culinary black salt it is very different witch's black salt. The color black is powerful for absorbing negative energy and protecting you from harm.

# WOOD RUNES

---



## YOU'LL NEED

- 24 small round wood pieces about 1/2 inch to 1 inch in size
- Wood burning tool or paint
- Clear coat or sealant if using paint

## MAKE

- Sand any rough spots on your wood pieces.
- Draw rune symbols with pencil first.
- Use the wood burning tool to etch the symbols into the wood or paint over the pencil marks.
- If using paint, let dry overnight then add a clear coat to seal.

Cleanse and bless these new divination tools. Here are a few ideas:

- Cleanse/bless with smoke
- Under the Full Moon
- In a ray of Sunlight
- With sound
- With salt (a little sprinkle will do)
- Cleansing crystals
- Blowing
- With your own energy
- Visualization

# Pine Cone of Wishes

You'll need:

- A Pine cone
- Small pieces of paper
- Wax (a taper candle works best)

Here's what to do:

- Write your wishes on the paper. Then, roll them up and stuff one end in between each scale. You may do as many as you like.
- Next, light the candle and drip wax over the pine cone to seal it.
- Cast the pine cone into a fire, water, to the wind, or bury it in the ground to use that type of magick.

Earth magick: Slow and steady

Fire magick: Fast and transformative

Air: Action and clarity

Water: Nurturing and patience

# Hazelnut Charm for Luck and Protection

You'll need:

- 9 hazelnuts
- Black pouch or fabric and string long enough for 9 knots.
- Incense

Here's what to do:

- Light the incense and fill the pouch with the hazelnuts one at a time. As you do this, state each wish for the coming year that it represents.
- Take the cord and tie a total of nine knots. You can add any additional charms or trinkets that you like to the pouch such as coins for money, key for a new home, foreign currency for travel. Tie the pouch with the knotted cord.
- Holding the charm pouch in the smoke, walk deosil (clockwise) slowly around the circle three full revolutions. With each circling, chant this incantation, starting low and quietly, and with each turn, raising the cone of power through the volume, speed and intensity of your voice:

"Hazelnut charm, nine in a ring  
through smoke of Samhain's fire bring  
To all within our humble home  
grant us good luck wherever we roam,  
with wisdom and safety, a shield from all harm,  
imbued now with power this hazelnut charm.  
Guard us this year  
As I will, blessed be!"

Hang the charm somewhere prominent as an talisman of protection for all who call that home.

# Acorn Magick

You'll need:

- A few acorns (charged under full moon light if possible)
- Pouch, bag, or fabric with string
- Clear quartz optional
- Candle (white is best but you may choose another color that corresponds to your intention)
- A small bowl of water

Here's what to do:

- Before you begin your working, cleanse your space and turn on music or chants if you like. Light a intention candle if you choose and set your intention for your working.
- This is best done sitting outside where you can touch the earth but if not, have a small bowl of soil or be close to a potted plant.
- Take the acorns in your two hands and blow gently on them to bless with the element of Air.
- Roll the acorns over the earth to bless with the element of Earth.
- Hold the acorns in your hands over the candle flame so that you can feel the heat (but not burn yourself) to bless with the element of Fire.
- Sprinkle a few drops of water over the acorns to bless with the element of Water.

"By the Air that is my breath  
By the Earth that is my body  
By the Water that is my blood  
By the Fire that is my spirit  
Blessed be these seeds from the mighty oak  
For whome ever may need to shall hear it  
To all who cross my path shall protection be bestow."

Acorns carry the magick of perseverance, fertility, prosperity, luck, patience, wisdom, and strength.

Place all items in the ouch and keep it close by you.

# 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.

# HEALING CHARM

## You'll need:

- Healing crystals such as Clear quartz, rose quartz, amethyst, tigers eye, jasper, bloodstone, and obsidian.
- A blue or white candle
- Something to charm such as jewelry that you can wear often, a blue cord to tie around your wrist, or a small bag to keep your stone inside and close by.

## Working:

- Cleanse all objects to be used. Cleanse yourself and your space.
- Place the crystals in a circle on the altar/working space around the candle and item you plan to charm.
- Light the candle and hold your hands over the candle gathering the energy of warmth and light. Then hold your hands over the item for a moment charging it.
- Next, hold your hands over your heart and say:

"By Earth and Air  
By Fire and Water  
So shall you hear my call  
Powers of birth and rebirth  
Powers of silence and peace  
Heal my body, mind, and all"

This spell can be used for emotional or physical healing. Repeat it as often as you feel called to. Keep your charm on you or close by.

# Jewelry Charm

You'll need:

- Jewelry you want to charm
- Method of cleansing such as bowl of water, burning herbs or incense, or a selenite wand.
- Intention for jewelry such as healing, protection, happiness, etc.

Here's what to do:

- Cleanse your space by passing the smoke through the air, sprinkling water, or, or waving the wand.
- Ground and center your energy. Grounding is to balance your energy, centering is to focus it. a simple meditation is helpful.
- Next, cleanse the jewelry (be sure it's safe for water if that is your method).
- Hold the jewelry to your heart and charge it with your own energy. Once you feel comfortable, say:

"I bless thee with positivity  
Removing all negative energy  
With my power I do bestow  
All universal blessing within you hold  
I protect you, you protect me  
This is my will  
Blessed be!"

# ELEMENTAL MARKERS



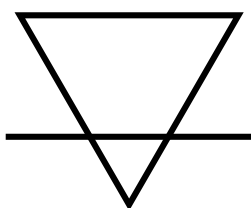
## WHAT YOU NEED:

- 4 stones, river rocks, wood disks, or shells.
- Paint, sharpie, paint pen, or wood-burning tool.
- A sealant or clear coat of some type. Even clear nail polish will work. This is optional but will make your markers last longer.

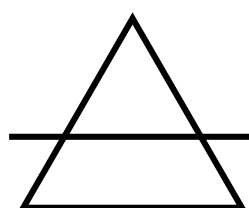
## MAKE

- Use the paint, sharpie, or wood-burning tool to draw the elemental signs on each stone, shell, etc.
- Let dry completely.
- Coat with a sealant or clear coat to keep the paint from rubbing off.
- Use these to mark the directions/elements on an altar or ritual space.

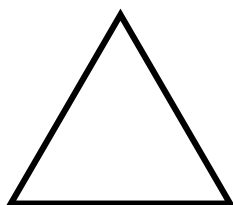
**Earth - North**



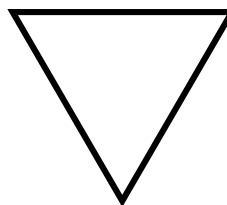
**Air - East**



**Fire - South**



**West - Water**



# INVOCATION CANDLE

---



Candle magick is a beautiful way to use the energy that surrounds us. Lit candles help create a mystical atmosphere during any ritual or meditation. They inherently draw on the transformative power of fire in addition to the custom correspondences we have put in each creation. It's common to use candles to enhance magick, be they spell candles or invocation candles. But different candles are made for different intentions.

Spell candles, are usually intended for a specific action. They are colored, scented, anointed, and charged all with that specific action in mind. These actions correspond to specific spells. I tend to think of spell candles as specialist tools.

Invocation Candles are typically a little more general. These are multi-use workhorses that are directed by compatibility with your intent. This can be a "Raising Energy Candle", "Spirit Candle", "Hearth Candle" or go by many other names that invoke the essences of the energy. An invocation candle is a tool for you to use, rather than a specific ingredient that will make or break your task.

# INVOCATION CANDLE

---

## YOU'LL NEED

- Bees wax, calendula wax, organic USA grown soy wax, or leftover wax bits from candles
- Wick and anchor
- Candle mold or jar
- Dried herbs that match the energy you want to invoke
- Optional: small crystal



## MAKE

- Cast a circle in your witchy kitchen.
- Turn on your Goddess chants or seasonal music playlist and set your intention.
- Create a double boiler with a large pot and a smaller can or other heatproof container such as a glass measuring cup.
- Add wax to the inner container and fill the outer larger pot with 2" of water.
- Heat on medium until the wax fully melts, stirring occasionally clockwise to invoke your intention.
- Pour a small spot of wax into your candle container or mold and secure the wick and anchor.
- Slowly pour the wax into the mold/container until it is 3/4 of the way full.
- Wrap the wick around a pencil or skewer to keep from tipping over.
- Wait 3-5 minutes and add a sprinkle of your dried herbs and press the stone into the top of the candle.
- Top off with more wax.
- Wait 1-2 minutes and add more dried herbs gently pressing them down so the wax grabs them.
- Wait a full day before using the candle to allow it to cool. If you used molds, place them in the fridge for easy removal.

# INVOCATION CANDLE

---

## USES

### Morning Mindfulness

- After you've gotten up and dressed for the day, but before coffee pick out a candle that fits the direction you want to go for the day.
- Sit in a comfortable position and light your candle.
- Turn your attention to your breathing and notice the pattern of your breath, feel it enter and leave your body.
- Keep your eyes on the candle flame as you breathe.
- Listen to the soft crackle of the fire. Feel the chair (or floor) beneath you. Just focus on your senses and let your thoughts calm. Don't beat yourself up if stray thoughts pop up. Give them the attention they need and let them drift into the background.
- Do this sensory focus for about five minutes to start each day with a sense of calm connection to your body and the world around you. Leave the candle burning while you get up and continue your morning routine as a reminder of your meditation, but don't forget to extinguish before leaving.

### Simple Intention Candle Magick

- Grab your candle and a comfortable spot to sit.
- Focus your mind on your intentions...what you want to come of this magick.
- Keep your focus as you light the candle.
- Believe in the magick and push it into the fire
- Extinguish the flame, with gratitude to the energy around you for its help, and watch the smoke carry your intentions into the universe.

# SPELL CANDLE

---

## YOU'LL NEED

- Ethical/sustainable beeswax sheets ([find kit here](#))
- Braided cotton wicks
- Herbs that correspond to your intention
- Oils that correspond to your intention



## MAKE

- Lay out a beeswax sheet and cut it to your desired candle size. For a small spell candle I used a 2x4 rectangle.
- Cut the wick about 3/4 inch longer than the wax sheet.
- Anoint the inside of the wax sheet with your desired oil and sprinkle with your herbs.
- Lay the wick along the long edge of the sheet and start rolling the candle by bending over about 1/8 inch of the wax.
- Use this small channel to enclose the wick. Working from one end to the other all along the length of the wick, press down firmly to make sure the wax is tight around the wick. This is the only time you press hard with the beeswax sheets.
- After the wick is pressed firmly into the wax, it's time to be gentle with the wax. You don't want to compress or warp its honeycomb pattern. Roll the candle slowly and straight, making sure that you keep the ends even.
- Keep rolling until you reach the end of the sheet.
- Gently press the final edge down onto the side of the candle.

# INCENSE BLENDS

---



## FAVORITE BLENDS:

### EARTH

- Pine tree resin (found on the side of pine trees or on the ground around)
- Cedar bark
- Sage
- Juniper

### FIRE

- Eastern Hemlock resin
- Cinnamon bark
- Dried ginger root
- Clove

### AIR

- Spruce resin
- Birch bark
- Rosemary
- Eucalyptus

### WATER

- Pine resin
- Lavender
- Damiana
- Rose

## YOU'LL NEED

- Dried bark or wood of some kind such as pine, cedar, cinnamon, etc.
- Herbs of your choice
- Tree resin of your choice
- Essential oil (optional) to add or strengthen scents
- Binder such as honey or maple syrup
- Jar with a lid
- Electric grinder or mortar and pestal

All of these ingredients can be sustainably sourced but I like to grow and harvest my own whenever possible.

## HOW TO:

- Add one dry ingredient at a time into the grinder, ending with the resin. Once ground into a powder pour each ingredient into a jar.
- Add any essential oils to the mix, cover with the lid and shake to combine. Be sure to bless and add intentions each time you craft.
- This can be used as-is, burned on a charcoal as a loose incense.
- Or, you can add a few drops of a binder (honey, water, maple) then roll them into cones or onto sticks to make stick or cone incense. Let dry overnight.

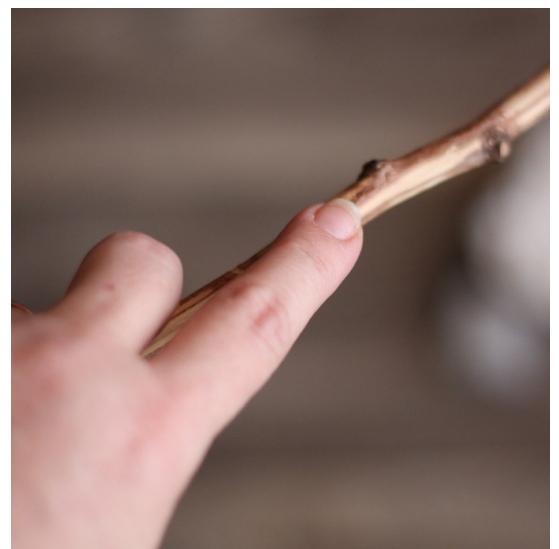
# MAGICAL WAND

---



Like the broom and the cauldron, the wand is an iconic symbol of the witch. Used in religious and magical rites dating back to the ancient Egypt, the wand came into use in witchcraft ritual through the influence of ceremonial magic in the 1920's.

Contrary to popular ideas, it is not the wand that causes magical transformation, but the practitioner who charges the wand with personal power. It is used to direct energy; you can even just use your finger. In fact, the proper way to hold a wand is against your dominant index finger so as though it is an extension of your finger.



# TO MAKE A MAGICAL WAND

## YOU'LL NEED

- Scissors/wire cutters
- Jewelers Needle Nose Pliers
- 20 Gauge Wire
- Stick/ Branch
- Strong, fast drying craft glue like E6000 or hot glue gun
- Quartz Crystal point (about 1.5-2.5 inches long) or other talisman

Wands are traditionally made from wood but can also consist of other materials. The wand corresponds to the Element of Fire in the Tarot. There are many woods that can be used to make a wand. It's best to use a fallen tree branch if possible or one from a tree that you have a relationship with and can make an offering to after your wand has been cut.

The best time to cut the wood is during the night of a waxing moon.

Wood that has just fallen during a storm is a great choice as it will be charged with the force and energy of the storm that caused it to fall.

Only use wood from a tree that has been hit by lightning if you are a very experienced practitioner as this wood will be very powerful.

Ask permission of the tree before cutting the wood then leave a small offering at the roots.

The traditional length of a wand is from elbow to wrist, elbow to tip of thumb, or elbow to tip of the middle finger, though other lengths can be used.

Traditional woods for wand making:

Hazel	Rowan
Oak	Willow
Alder	Fruit tree

# TO MAKE A MAGICAL WAND

Prepare the wood by sanding it down. Anoint and cleanse it if you like or you can do this once the wand is complete.

Do not cut Elder, in Celtic traditions the elder was considered a sacred tree and, like the hawthorn, it was forbidden to cut one down. So, find a fallen branch.

"Elder be the Lady's tree, burn it not or cursed you'll be." -The Wiccan Rede

- Now, you'll want to attach your crystal to your wand. Start by cutting two 6-inch lengths of wire and follow [this tutorial](#) to make a netting around your stone. STOP at step 9.
- You want to have 4 pieces of wire sticking from the top (which will become the bottom of your crystal. This will help you attach it to your wand. Make sure that the tails are on the flatter end of your point.
- Once your stone is wrapped, and you have 4 tails, use a little glue on the small, flat end of your stick to glue the flat part of your crystal point to the wand. Sand or cut the wood flat if needed. Pull the tails down and twist around the wand like you did while wrapping the wire net around the stone.



- Starting 1-2 inches down from the crystal, use the spool of wire to wrap and secure the twisted tails to the wand. Cover the tails as much or as little as you like. Wrap tightly, adding glue as needed while securing the wire tails with the new wire wrapping. Continue wrapping up onto the crystal slightly. Add more glue as needed. Trim and use tape to hold in place until it's dry.
- Alternatively, you can wrap the tails with fabric, leather or cord to cover/secure.

# HOW TO USE A MAGICAL WAND

---

You can use your wand for a many things including:

- Activating crystal grids.
- Drawing/casting circles for rituals and spells.
- Writing intentions (you use the wand to spell out what you want in the air in front of you).
- Directing your intentions and energies.
- Cleansing yourself and your home.
- A masculine, air or fire element on your Altar.
- Drawing down the moon or sun



# TO BLESS A MAGICAL WAND

Blessing your wand can be simple. Hold it close to your heart or up to the sky and say:

"Bless this wand that I hold  
Fill it with magick true and bold  
My sacred tool it now shall be  
And in it harm none  
Blessed be!"

I used a citrine to make my newest wand and plan to bless it on Solstice with solar energy.

# MAGICAL PEN

---



You'll need:

- a medium to large feather
- Small sharp scissors or craft knife

Cut the tip of the feather at an angle.

Cut a slit up the now open end of the feather about 1/8th of an inch.

Alternatively you can bless any pen that you already have or like.

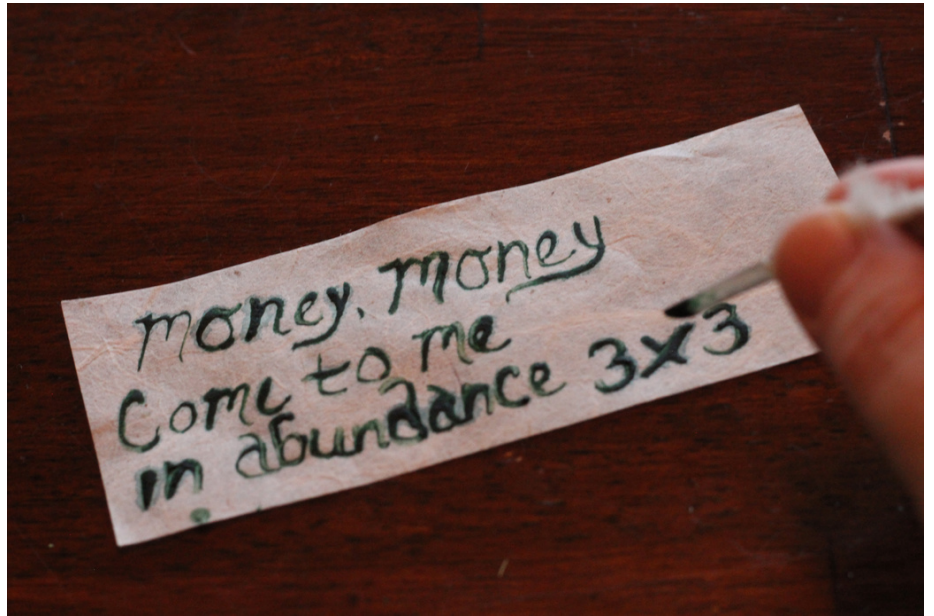
"May the elements bless this pen with  
The mystery and power of Earth  
The knowledge and wisdom of Air  
The strength and protection of Fire  
And the love and beauty of Water."

# HERBAL INKS

## RED

- 1 1/2 cups fresh beetroots
- 4 cups water
- 2 tsp vinegar or vodka

Grate beets, add water and boil until the liquid is reduced by half. Strain twice. Add vinegar or vodka. Store in a bottle away from sunlight.



## YELLOW

- 1 tbsp turmeric
- 1/8 cup water
- 2 tsp vinegar or vodka

Add turmeric and water to a pot and boil until the liquid is reduced by half. Strain twice. Add vinegar or vodka. Store in a bottle away from sunlight.

## PURPLE

- 1 1/2 cup fresh or frozen and thawed blackberries
- 4 cups water
- 2 tsp vinegar or vodka

Mash berries add with water to a pot and boil until the liquid is reduced by half. Strain twice. Add vinegar or vodka. Store in a bottle away from sunlight.

## GREEN

- 1 tbsp spirulina
- 1/8 cup water
- 2 tsp vinegar or vodka

Mix together until smooth.

# SELF LOVE RITUAL BATH



## YOU'LL NEED

- Herbs that correspond with love and/or other intentions.
- Water safe minerals that correspond with love and/or other intentions.
- 1 cup epsom, sea, or Himalayan salt
- White, red or pink candle
- Fresh flowers if possible

## HOW TO:

- Cleanse your bathroom with your preferred method of cleansing.
- Begin to run your bath water, add the salt and minerals. As you do say:  
"With Earth and Water I empower thee"
- Next, sprinkle in your herbs and fresh flowers (you can also grind the herbs in a mortar and pestle then place them in a cloth tea bath), then light the candle and say:  
"With Air and Fire bring love unto me"
- Step into the bath and say:  
So that I may love myself unconditionally"
- Spend time relaxing in the bath as long as you need.

# HEARTH WITCH BODY BUTTER



## INGREDIENTS

- 1/4 cup shea butter
- 1/2 cup mango butter
- 1/2 cup cocoa butter
- 1/2 cup coconut oil
- dried corn silk (about 1/4 cup)
- dried calendula (about 1/4 cup)
- 1/4 cup sweet almond oil or olive oil
- 1/4 cup avocado oil or apricot kernel oil
- 10-20 drops ginger essential oil
- 10-20 drops nutmeg essential oil
- 10-20 drops cardamom essential oil
- 10-20 drops vanilla extract
- 10 drops bergamot
- 10 drops wild orange
- optional 5-10 drops cinnamon, test mixed in oil for skin sensitivity first.

I like the essential oils from [Mountain Rose Herbs](#) and [Plant Therapy](#) for their sustainable and ethical standards. Please use essential oils with care and sparingly.

## MAKE

- Add dried corn silk and calendula to an 8 oz jar and cover with almond/olive oil and avocado oil. Let infuse in a dark spot for several weeks. Strain.
- In double boiler melt the shea, mango, and cocoa butter on low heat. Remove from heat and add coconut oil and 1/2 cup of infused oil mixture. Stir in essential oils. Set in fridge until solid.
- Once solid (butter consistency) scoop out and whip with a hand or standing mixture. Store in an airtight container.

# OAT AND MOLASSES BODY SCRUB

---



## INGREDIENTS

- 1/4 cup ground oatmeal (process in food processor)
- 1/2 cup sugar or coffee grounds (or both)
- 1/4 cup oil. I like to use coconut, avocado, or grape seed oil
- 2 tsp molasses

## MAKE

- Combine all ingredients together to form a past. Adjust with more oil or sugar as needed.
- This is a great body scrub but can also be used on your face and feet.

# **STRAWBERRY FACE MASK**

---

## INGREDIENTS

- 1/2 cup strawberry tops
- 3 tbsp aloe vera gel

## MAKE

Blend everything together. Apply to clean face for 10 minutes. Wash off with a clean, warm damp towel. Strawberries are high in antioxidants including vitamin C which is super effective at boosting radiance. It contains salicylic acid and ellagic acid, which are known for reducing hyperpigmentation and dark spots. The acidic nature of the strawberry reduces breakouts, prevents collagen destruction, and hydrates skin.



# **HERB BODY SCRUB**

---

## INGREDIENTS

- 1/3 cup Shea Butter
- 1/4 cup Avocado or olive Oil
- 1/8 cup Coconut Oil
- 3/4 cup herb salt (or any salt)
- If you find olive oil too heavy, try experimenting with lighter oils like avocado or apricot kernel.

- Set intention. What do you want to invite while using this scrub? Is it for cleansing, self-love, protection?
- Place shea butter, avocado oil, and coconut oil into a medium bowl.
- Beat mixture until it reaches a thick, silky consistency.
- Add 1/2 cup of salt and beat until thoroughly combined. Add the rest of the salt (1/4 cup) and stir to distribute evenly.
- Add essential oils if you like and stir again.
- Scoop into a clean jar.

# PUMPKIN PIE BATH BOMBS



## YOU'LL NEED

- 2 cups baking soda
- 1 1/4 cups citric acid
- 1/2 cup + 2 tbsp coconut oil, cocoa butter, or shea butter. Coconut oil wont produce a slightly more delicate bath bomb (may crumble easily), while cocoa butter and shea will create a stronger bath bomb that will hold it's shape longer. Cocoa butter is slightly less greasy feeling than shea and is my preferred.
- 1 tbsp pumpkin pie spice, plus extra for dusting
- 2 tbsp rhassoul clay
- 1 tsp turmeric
- 1/8 tsp vitamin e oil (optional)
- 10 drops nutmeg essential oil
- 15 drops ginger essential oil
- 15 drops clove essential oil
- 10 drops cardamom essential oil
- 5 drops cinnamon bark essential oil
- Bath bomb forms or silicone mold. Or, just use it as fizzing bath soak and skip the molds and cocoa/she butter.

## MAKE

- Combine all the dry ingredients in a large bowl. Melt the coconut oil, cocoa or shea butter. Cool for 10 minutes then stir in vitamin E oil and essential oils.
- Add melted oil/butter to the dry ingredients one tablespoon at a time and work in with your hands. Once complete it will look like wet sand.
- Lightly pack both side of the bath bomb molds with the mixture and press them together firmly. Pull one side off and gently tip the bath bomb onto a baking sheet to let it cure/harden overnight.

# PUMPKIN ENZYME FACE MASK



## INGREDIENTS

- 1/4 cup pumpkin puree
- 1/4 cup oatmeal
- 1/4 tsp cinnamon powder (leave out if you are sensitive)
- 1/4 tsp turmeric
- 2 tsp raw honey
- 4 drops vitamin E oil (optional)

## MAKE

- Using a coffee grinder, grind the oats until they turn into a powder. Or add all ingredients to a food processor with the oats first and process until they turn into a powder.
- Combine pumpkin with the oat powder and stir or process until well combined.
- Add the ground cinnamon and turmeric and mix well.
- Add the honey and stir until it forms a paste. Add the vitamin E oil.
- If the mask is too thick, you may add a little more honey, or a few drops of water to thin it out, mixing thoroughly after adding.
- Use your fingers or a makeup brush to spread the face mask in an even layer avoiding your eyes. Wait for 5-10 minutes, then rinse it off.
- Refrigerate in a sealed container for up to 1 week.

# FORCED BULBS

---



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.

# MOON PHASE GARLAND

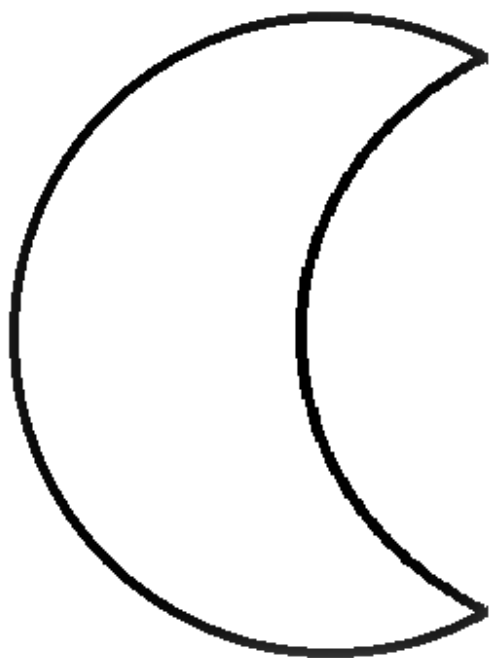
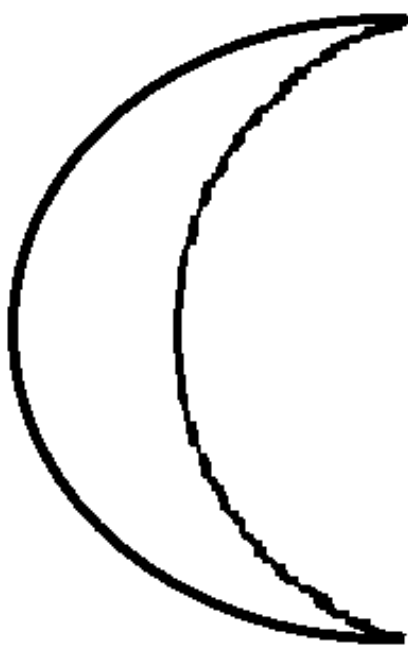
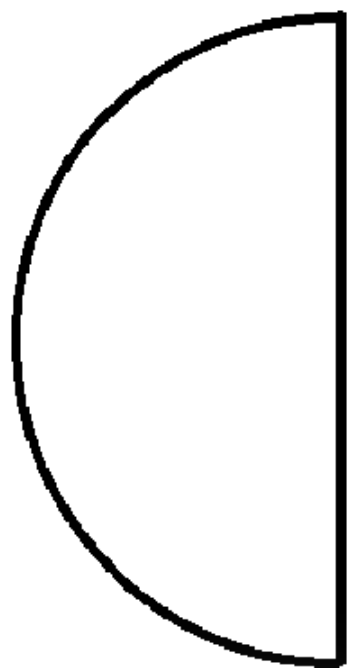


## YOU'LL NEED:

- 9 wood circles about 2" across
- Length of chain about 54"
- 9 shorter lengths of chain about 1-1.5"
- 9 small eye hooks
- 9 small jump rings
- 2 large jump rings for the ends
- Stain for wood
- Paint for moons (gold or silver are nice. Match your hardware)

## MAKE

- Stain wood circles or leave them natural if you prefer. Let dry.
- Paint moon phases on each circle using the template provided. You will have 2 crescents, 2 half moons, 2 gibbous, 2 new (not painted), and 1 full painted moon. Start with the full moon which will be center in the garland. Don't forget to turn the open end of the crescent and gibbous outward away from the full moon in the center.
- Once dry, screw the eye hooks into the top of each circle.
- Lay out long chain and attach circles by using the shorter chains and jump rings.
- Attach two larger jump rings on either end for easy hanging.
- You can hang this garland horizontally or vertically.



# NATURAL EGG DYE

---

## YOU'LL NEED:

- White eggs
- Cheesecloth or pantyhose
- Plant parts like flowers, ferns, or leaves. Flat-leaf parsley is a great choice.
- Pot
- Cups or bowls for dyeing eggs
- Salt
- White vinegar



## Colors

- Bluish-Gray: 1 cup frozen blueberries with 1 cup water. Strain and stir in 2 Tbsp. vinegar.
- Blue: 1/4 head of red cabbage, chopped. Add to 4 cups boiling water, and strain.
- Jade Green: Skin from 6 red onions and simmer in 2 cups water for 15 minutes; strain. Add 3 tsp. white vinegar.
- Faint Green-Yellow: Skin from 6 yellow apples. Simmer in 1-1/2 cups water for 20 minutes; strain. Add 2 tsp. white vinegar. Simmer 4 oz. chopped fennel tops in 1-1/2 cups of water for 20 minutes; strain. Add 2 tsp. white vinegar.
- Orange: Skin of 6 yellow onions and simmer in 2 cups water for 15 minutes; strain. Add 3 tsp. white vinegar.
- Faint Red-Orange: Stir 2 Tbsp. paprika into 1 cup boiling water; add 2 tsp. white vinegar.
- Rich yellow: Simmer 4 oz. chopped carrot tops in 1-1/2 cups water for 15 minutes; strain. Add 2 tsp. white vinegar.
- Mustard-yellow: Stir 2 Tbsp. turmeric into 1 cup boiling water; add 2 tsp. white vinegar.
- Pale yellow: Chop 4 oz. goldenrod and simmer in 2 cups water for 20 minutes; strain. Add 2 tsp. white vinegar.

# NATURAL EGG DYE CONT.

---

## Colors Cont.

- Faint yellow: Simmer the peels of 6 oranges in 1-1/2 cups water for 20 minutes; strain. Add 2 tsp. vinegar.
- Brown-Gold: Simmer 2 Tbsp. dill seed in 1 cup water for 15 minutes; strain. Add 2 tsp. white vinegar.
- Brown: Add 1 tablespoon vinegar to 1 cup of strong coffee.
- Faint pink: Chop 4 oz. amaranth flowers and simmer in 2 cups water; strain. Add 2 tsp. white vinegar.
- Rose: Simmer the skins from 6 avocados in 1-1/2 cup water for 20 minutes; strain. Add 2 tsp. white vinegar.
- Pale pink: Mix 1 cup pickled beet juice and 1 tablespoon vinegar.
- Dark pink: Cut 1 medium beet into chunks and add to 4 cups boiling water. Stir in 2 Tbsp. vinegar; strain
- Lavender: Mix 1 cup grape juice and 1 tablespoon vinegar.



## MAKE

- Hard boil eggs.
- Prepare natural dye ingredients using the instructions listed.
- If you want multiple eggs of one color, I suggest using a larger cup or pot so you can color them at the same time.
- Place flowers, leaves, or other botanicals flat against the egg and wrap with cheesecloth or pantyhose. Secure and let the eggs soak in their coloring liquid for a minimum of 1 hour but up to 24 hours.
- Some of these colors begin to change the longer they set so keep an eye on them but be patient as they take time.

# NATURAL FABRIC DYE

---

## YOU'LL NEED:

- Natural fabric (cotton, linen, silk, wool)
- Water
- Soy milk
- Large bowl
- Food scraps: Onion skin, Red cabbage, Avocado skins & pit, Blackberries
- Cooking pots



## MAKE

- Place your fabric in a pot of boiling water and let it simmer for 2 hours.
- Mix 1 part soy milk, to 5 parts water in a sink or large bowl. Remove your fabric from the boiling water and place it in the soy bath. Let the fabric soak for 24 hours.
- Cure the fabric by removing it from the soy bath, then washing and drying it. Once dry, to make sure your fabric picks up dye evenly, submerge your fabric in water again, and let it soak for about 2 more hours before dyeing.
- To make a concentrated dye, place each kind of food scrap in a pot and add just enough water until the scraps are fully covered. Make sure not to add too much water, or it will dilute the colour. Bring your pot to a boil, then reduce to a low simmer, and let it simmer for about 2 hours.
- Strain all the food scraps from the now coloured water. Pour the water back into the pots. If you're using red cabbage, because it has a pH balance, if you add something basic (baking soda) or something acidic (lime) it will change the dye's colour. In this case, with baking soda, the purple dye will turn blue, and with lime, it will turn pink!
- Remove the soaking fabric from the water, and place it in the pot of dye you just made. Make sure your fabric is fully submerged in the dye. Let this simmer for 2 more hours, then remove from heat and leave it to soak overnight. Remove your fabric from the dye, and give it a cold rinse. To seal the colour, put your fabric in the dryer, then press with an iron, and you're all done.

# SPIRAL GATHERING BASKET



You'll need:

- Raffia (I used about 200 grams)
- Scissors
- Large needle

Raffia palm grows in Africa, Madagascar, and Central and South America. It's one of the most sustainable exports as it does not lead to deforestation and since the industry has been around such a long time, it's one of the few ethically and sustainably regulated exports from these countries. Per The International Trade Centre

But try to keep your eyes peeled for other materials that you may already have such as pine needles, corn husks, herbs, fabric strips, or even old plastic bags. Check out this [Pinterest board for more ideas](#)

Make:

- Pull raffia apart into about a dozen or so strands.
- Tie them together into circles and soak them in water for at least 15 min to soften.



# SPIRAL GATHERING BASKET



- Start by gathering one of your soaked bunches and line up the ends. This will be the base strand.
- Take another piece of raffia and place it alongside the bunch of natural raffia. This will be the weaving strand.
- Starting about 4cm from the end, take the long end of the weaving strand of raffia and wind it fairly tightly around the ends of the bunch.
- Stop about 1cm from the end. Now fold the wrapped bunch over to form a 'U' shape.
- Wrap the weaving strand around both ends of the 'U' a few times to secure them together.
- Thread the needle with the loose end of the weaving strand. Weave around the 'U', so the raffia becomes a circle, and starts to form a spiral. As you wind the base raffia, twist the bunched base raffia strand to create a more solid shape.

# GATHERING BASKET

- Holding the spiral in place with one hand, pass the threaded needle up through the central hole in the spiral.
- Pass the needle over the top of base raffia and back up through the central hole.
- Continue stitching like this until you've gone all the way around the second round of the spiral (the first round was created with the 'U').
- You will have joined the first two rounds together. When you get to the beginning of the third round, your stitches will pass through the space between the first and second rounds, and join rounds two and three together.
- Continue stitching, coiling and twisting the base raffia as you go. The stitches will always go over the current and previous rounds of base raffia.

## ADD NEW RAFFIA

- Raffia pieces are always different lengths, so you can replace the base raffia pieces individually when required.
- Just overlap the ends of the old and new pieces by about 5cm, and twist them into the base raffia bunch.
- When you run out of the weaving thread lay the last 5cm of the finished strand along the base raffia. Take a new length of dark pink raffia and align the end of it with the end of the old piece. The new piece of raffia will run along the base raffia towards the spiral and you can recommence stitching.



# GATHERING BASKET

## ADD NEW RAFFIA



## BUILD UP THE SIDES

- When you're happy with the size of the base, you can start to coil up the sides of the vase or bowl.
- To do this, just bring the base raffia up so that instead of coiling it next to the previous round it will sit on top of it. The stitches will continue as before: joining the new round with the previous one, but they will be building vertical walls instead of a flat base.

## FINISH OFF

- Cut the ends of the base raffia so they are staggered in length over about 3cm to 4cm and continue stitching until you've covered all the ends
- .Then feed the needle back through the stitches on the inside of the vase, and trim the end.

# GATHERING BASKET

## ADD A HANDLE

- Braid three bundles (12 strands each) to the desired length of handle for you basket.
- Tie off ends with raffia.
- Tread your needle with another strip of raffia, leaving a tail of a few inches.
- Place the handle i=on the inside of the basket and sew a crisscross to hold the handle in place.
- Next, weave in and out (also around the handle) down inside length of the handle. Grabbing a small amount of the brain in the process so the handle doesn't slip out.



## DECORATE

- Decorate your basket to seal in your intention. Alternatively, you can decorate any basket to use as a gathering basket for gathering plants to use in workings or gathering the tools you want to use for ritual.

# YULE LOG

---



## YOU'LL NEED:

- A log about 14 – 18” long
- natural adornments such as pine cones, dried berries, cuttings of mistletoe, holly, pine needles, and ivy, feathers, cinnamon sticks
- Some festive ribbon or rope – use paper or cloth ribbon, not the synthetic or wire-lined type
- A hot glue gun optional but helpful

## MAKE

- Begin by wrapping the log loosely with the ribbon. Leave enough space that you can insert your branches, cuttings and feathers under the ribbon.
- You might even want to place a feather on your Yule log to represent each member of the family.
- Once you’ve gotten your branches and cuttings in place, begin gluing on the pine cones, cinnamon sticks and berries. Add as much or as little as you like.
- If you are unable to burn your Yule Log in a fire, consider drilling three large holes for candles or setting three candles close to the Yule Log.
- The symbolism of three has long been sacred in many traditions. From the Mother, Maiden, and Crone to the Father, the Son, and the Holy Ghost.

# MIDWINTER SPIRAL



## MAKE

- Combine ingredients to make salt dough and kneed until it's smooth.
- Roll out a 25" snake that's about 1.5 -2 inches thick.
- Spiral it on a greased cookie sheet or silicone baking mat.
- Use the small tapered candle to make 20 holes about 1" apart. Don't be afraid to make them larger than the candle as the dough will puff a little while baking.
- You can also forgo the small taper candle for marbles or gems. Press them in the dough to make an impression without going all the way through the dough.
- Bake at 350 degrees F until hard, about 25 minutes.
- Checking on it regularly to see if you need to repoke candle holes. Paint if desired.

## YOU'LL NEED

- 1/2 cup table salt
- 1/2 cup water
- 1 cup flour
- White paint (optional)
- Candle for center
- Small tapered candle
- Glass marbles or gems (optional)

## HOW TO USE

We like to use our Midwinter spiral to count the days from December 1st to Midwinter. You may choose to count the days until Christmas or other holiday.

Each night we light the inner middle candle and 1 small taper candle. That taper candle moves inward each night. We place a marble on the spots where the candle has already been.

On Midwinter night, we use the large candle to light the small candle, and place it on our altar. We keep both burning as long as possible as a labor candle for the Goddess who gives birth to the holy sun or for Mother Mary who gives birth to the holy son.

## 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

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

Some adaptations from:

The Hearth Witch's Compendium

The Green Witch Book

Folk: \* From Ecloga ex Papyris Magicis: Liber I, V, xxvi  
Galen - De succedaneis, Claudii Galeni Opera Omnia, v 19  
Paulus Aegineta, Corpus Medicorum Graecorum IX/2 vii  
Dioscorides De Materia Medica

...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.