



Moon Magic

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If you or any other person has a medical concern, you should consult with your health care provider or seek other professional medical treatment.

Moon Magick

The Moon is the closest astronomical body to Earth giving it strong influence over us. The Moon moves with us in a sacred dance that unfolds in rhythmic cycles that mirror the cycles of our body, the rhythm of the earth, and the cycles of life. We celebrate this intimate dance when we track moon phases and honor the waxing and waning of the Moon. We say thank you for the tides, the fullness and the emptiness within and without.

The Moon's gravity pulls on Earth's oceans, causing tides. Tidal friction caused by the Moon slows down Earth's rotation over time, creating our 24-hour days. The external force of the Moon stabilizes Earth's 23.5-degree axial tilt, preventing catastrophic shifts in our seasons. Existence on Earth without our Moon would mean very dark nights, forever.

Although new moons and full moons get the most attention, there are 8 moon phases in total. These phases reflect the relationship between the Sun and the Moon. They are technically called soli-lunar phases. The Moon isn't changing on her own, she's reflecting the Sun's light. The positions of the Moon and Sun in the sky from Earth's perspective determine how much of the Moon is illuminated or visible. The entire lunar phase cycle is about 29.5 days. It begins when the Sun and Moon come together (new moon), peaks when they oppose each other (full moon) and ends just before they come back together again (waning crescent, a dying moon, or dark moon).

Working with crystals, herbs, essential oils, candles, and divination tools draws us further into the Moon's wisdom. We can charge our tools in the moonlight and make moon water as a regular practice. The Moon corresponds with the High Priestess card in the Tarot, who teaches us to tune in to and trust our intuition.

Moon Magick

Working with moon magic is tapping into our own light in the darkness with its changing shapes and faces. It brings us back to our deepest feelings, roots, and memories.

You can also use your natal (birth) chart to determine the moon phase you were born under. If, for example, you were born under a waxing gibbous moon, the desire to find the flaws and work them into perfection will be strong. And when the Moon is in your personal lunar phase, you may feel an affinity and sense of homecoming. Some astrologers believe your natal lunar phase reflects your energy just as powerfully as your sun, moon, and rising signs. [Get your natal chart here.](#)

In many Wiccan traditions, the Goddess takes a three-fold form known as the Triple Goddess. Her individual aspects, known as the Maiden, the Mother, and the Crone, are aligned with the phases of the Moon and seasons.

Grandmother Moon's Life Journey

Waning Crescent to New Moon

During the waning crescent we see the dark or dying moon. She is most like the season of winter awaiting rebirth. As the Moon approaches the exact union with the Sun, she undergoes an intense purification. The Moon is releasing and processing all that she has accumulated along her journey for rebirth. She is the Crone. The Moon is born at the conjunction with the Sun and as she moves away she begins to be visible to the world. She experiences something like infancy and childhood.

Waxing Crescent to First Quarter

From now until the Full Moon is when the Moon experiences her adolescence and early adulthood. This is the Moon phase that is most like Spring. She is the Maiden. The Moon here is young, energetic, and flexible, the perfect Moon for magic that requires that sort of energy.

Moon Magic

Waxing Gibbous to Full Moon

The waxing gibbous moon is mostly filled with light and the experiences of her cycle, making her more visible and confident in her identity. The Moon reaches fullness when she comes to an exact opposition of the Sun. This serves as the peak of the lunar cycle. She is the Mother aspect. She has reached her limit, both in the amount of light she can carry and the space she can be distant from the Sun. This Moon is the most like Summer; forceful, assertive, self-assured, and focused. It is ideal for magic that require the same kind of quiet confidence. The Moon experiences an awareness that she has gathered all that she can and that she now must return what she has borrowed. Magick woven during the peak of the Full Moon may be beneficial for things that must happen now, but may rob seeds of the time they need to root and gestate safely.

Waning Gibbous to Third Quarter

The Moon begins the waning phase and begins to let go and return to the Sun. This Moon phase is like the Autumn season. The Moon is advancing into late adulthood, losing her vitality and brightness. She releases things she no longer needs. The third phase Moon is focused, dispassionate, logical, cold, and filled with the perspective of a life half-lived. She can judge the things she no longer needs. Magic done with these same goals will prosper under this phase.

At the Third Quarter phase the Moon approaches her old age and conclusion of her cycle. This Moon is like Winter. She is cold, aged, and weak. In this phase, the Moon maintains her perspective of the experiences she's had but now has the wisdom to know what things in this life to treasure and pass down. Knowing what awaits her at journey's end, the Moon ties up her loose ends, says goodbye to what she will leave behind. She returns to the Crone aspect and awaits rebirth.

Harvest Moon

The Harvest Moon is an astronomical name that refers to the full Moon that occurs closest to the autumnal equinox. It can occur in either September or October. Its name comes from the tradition of farmers working late into the night by the light of this Moon.

Blue Moon

Traditionally the definition of a blue moon is now what's referred to as a seasonal Blue Moon. A Blue Moon occurs when there are 4 instead of 3 full moons in an astronomical season. As in the Blue Hunter Moon per The Wheel of the Wise. Per a lunar calendar, there are 13 moons in a year so you'll always have a Blue moon during the season of harvest. Often called a Harvest Blue Moon or a Blue Corn Moon depending on the region and culture.

Another definition of the blue moon is a monthly Blue Moon made popular by the Trivial Pursuit board game in the 1980s. This definition describes the blue moon as the second full moon in any calendar month with two full moons.

Black Moon

A Black Moon is when there is an additional new moon that appears in a month or in a season. A Black Moon has been used to refer to a month in which there is no full Moon.

Supermoon

A full Moon is said to be a "Supermoon" when it is at the point in its orbit closest to the Earth.

Dark Moon

For roughly 3 days, the heavens are noticeably darker once every lunation, during which time the moon becomes less bright until it reaches the new phase. This moon is referred to as the dark moon.

The Modern Moon Ritual

Honoring the Cycle Daily

Moon rituals are an ancient and sacred practice. The lunar phases can alter the ocean tides, the weather, our sleep patterns, and our moods. It can influence the growth or decline of plants, animals, and human life. Basking in the moonlight was seen as a sacred and necessary part of every cycle. Today, moon ritual carries just as much sacredness and brings a beautifully primal practice into the modern world.

While there are 8 phases of the moon, we can group them into 4 basic stages:

- New Moon
- Waxing Moon
- Full Moon
- Waning Moon

The most potent phases are the new moon and the full moon.

However, you choose to honor the moon cycle is up to you. You may wish to do a small ritual with every phase to manifest a specific intention, or you may choose to honor only the New and Full Moons.

RITUALS BIG OR SMALL

Rituals are as much about knowing when to pause as they are about knowing when to take action.

We may go about our lives forgetting that there is an element of sacred in every being, object, and breath. These aren't just ordinary things to be taken for granted, but ordinary things to be deeply appreciated. We can transform every act into a connection to something deeper and more meaningful by practicing the art of tuning into what matters most to us and honoring that with ritual, big or small.

The ritual of taking a shower, then, becomes an act of cleansing away what is not needed, appreciating the body you have, and fully loving it. It's as much an act of devotion as it is cleansing.

What would it be like to bring this art of sacred devotion to everything that matters most in our lives?

Why Practice Rituals Regularly

We take the ordinary things in our lives for granted, but what if we lifted the ordinary to sacredness? The word “sacred” comes from the Latin “sacrāre,” which means to consecrate, to dedicate. It simply means to be devoted to something that has power. What if we could see the mundane as powerfully sacred and magical?

Ritual is about bringing full appreciation to the act. Daily eating rituals are appreciating not only the nourishing food, but the people who put their life energy into growing, transporting and preparing the food. A daily writing ritual might be an appreciation of your connection to your reader or the journal in which you use to create. We often take things for granted — ritual brings the appreciation for life, the world, others and ourselves back into our lives. Below are some ritual elements that can be incorporated into a formal or informal ritual.

Moon Energy

I like working with the Full Moon for exploring, acknowledge, gratitude, celebration, and big magic. On the New Moon though, I'm more about taking stock, setting goals, releasing, and rebirth.

Everyone works with moon energy differently so it's important that you find what works for you. Here are some ideas:

NEW MOON

- Divination: Reading your cards (or having a reading) or other form of divination that you like can be helpful in deterring a course of action based on the goals you set for this new cycle.
- Visualize what you want and ask your guides to show you how you're going to get it.
- Write down a list of wishes, don't stop writing until you can't think of any more.
- Write down what you are grateful for, what you want to release, and what you want to receive.
- List your desires for the next few days, the next moon cycle, and the next year.
- Create a vision board.
- Write out your dream day in full detail.
- Write down what you want, and then list action steps to getting there.
- Set up/rearrange your altar.
- Create a crystal grid.
- Write down what you want to release and burn it.
- Do some candle magick.
- Choose a Tarot or oracle card that represents what you want to manifest and put it on your altar.
- Make a citrine and clear quartz gem elixir.
- Make a prosperity spray using gem water and essential oils.
- Buy or pick some flowers for your house and/or altar.
- Change your phone screensaver to something relating to your manifestations.

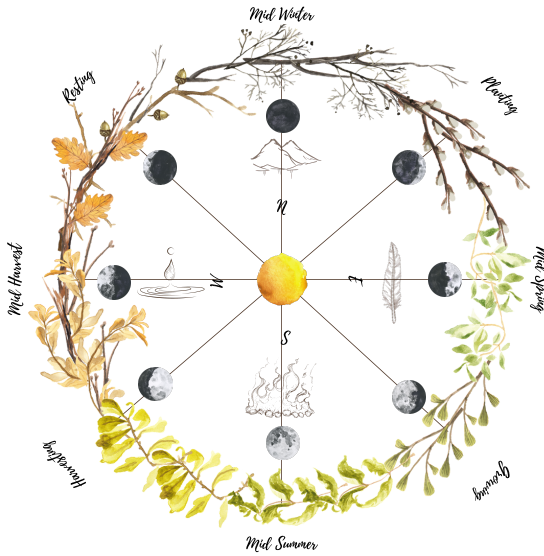
Moon Energy

FULL MOON

- Moon gazing. The simplest witchcraft rituals are often the best. Just looking at the moon is a magical act and a divine communication in and of itself.
- Speak to Grandmother Moon. Don't hold back, speak what's in your heart and mind! You can speak out loud (I often use a purposeful whisper) or in your mind.
- Catch the moonlight in water. Moon water is more than just charging water under the moon. It's used for setting intentions and charging those into the water as well.
- Catch the moonlight in a mirror. There are ways outside of water for capturing the energy of the moon. Use a mirror! With your back to the moon hold a small mirror in your hand and focus it on the moon. Then reflect back onto your self or objects. Use that mirror to reflect the moon's energy anytime.
- Moon Bath: Add the moon water you made into your bath tub and just get in and relax and absorb the magical energies.
- Bathe in moonlight. Or, go outside, grab a blanket, find somewhere to lay/sit and allow the moon light to wash over you.
- Harvest magickal plants at the full moon when the sap and vital energy of plants is high.
- Charge magickal tools.
- Drink moon tea. A moon tea ceremony can be a beautiful way to mark the Full Moon.
- Acknowledge the Elements. Try this simple ritual:
Go outside and take some deep breaths, and say:

"I breathe of the Earth, of the land which Holds Me
I breathe of the Air, of the breeze which Inspires Me
I breathe of the Water, of the rivers which free Me
I breathe of the Fire, of the flame which illuminates Me
I breathe of the Elements. I breathe of Life."

Moon Phase Energy



New Moon: Seed

The season of rest. This is a rebirth and start of a new cycle. This is the time to set your intentions or plans and say it out loud. Words for this phase: renewal, reincarnation, envision, revitalization, reawakening, return to life, and dawn



Waxing Crescent Moon: Root

The season of planting. Beginning of the in breath. Nourish, support, and commit. Add more energy to your ideas and anything you want to cultivate this cycle. Words for this phase: Begin, decide, energy, action, swell, take hold, foster



First Quarter Moon: Sprout

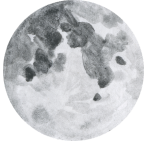
The season of planting. Build on your intentions as you plan begins to become real. Create an action plan. Words for this phase: Emerge, reveal, deepen, strive, determination, expand, develop, advance, nurture.



Waxing Gibbous Moon: Bud

The season of growing. Visualize yourself receiving as your intents are transforming into something tangible. This is the future fruit. Maintain your essence and energy. Words for this this phase: Form, real, evidence, become, proof, promise

Moon Phase Energy



Full Moon: Blossom

The Season of growing. Acknowledge, harvest, celebrate, and enjoy the fruit of your labor. Give thanks. Words for this phase: Transform, complete, abundance, gather, share, gratitude.



Waning Gibbous Moon: Soften the season of the harvest.

Beginning of out-breath. Exhale, go inwards and begin reflection. This marks the beginning of the fertilization of the future. Do shadow work. Words associated with this phase: Accept, reflect, meditate, introspect, fertilize, nourish, self-awareness.



Third Quarter Moon: Release

The season of the harvest. It is time to let go, release blocks, judgment, regret, or any habit that does not serve you. Words associated with this phase: Forgive, free, light, weightless, wind



Waning Crescent Moon: Compost

The season of rest. Integrate these lessons and experiences to enjoy the richness of the fruit that fell from the vine. Use this time for rest and reflection. Words associated with this phase: Completion, integration, rest, recuperation, peace, destruction and rebirth.

Drawing Down the Moon

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 or 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

Cont.

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.

Flower Moon Ritual

SIMPLE SOLITARY BEGINNER RITUAL

You'll need:

- Your preferred altar set up
- Fresh flower petals,
- Jasmine or rose EO
- Rose quartz or other water-safe stone

Ritual Work

- Take a cleansing self-love bath with fresh flowers, EO, and water-safe stone.
- Cast a circle per your tradition if you choose.
- Draw down the full moon's energy by standing under the moonlight with arms across your chest and say:

"Moon, 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 to honor me by allowing me to feel Your presence within my heart."

- Then raise arms out to the sky and say:

"Honor Me from within your heart! Remember that acts of love and pleasure are my rituals and that there is beauty in all things. Let there be beauty and strength, wisdom and honor, humility and courage within you."

- Meditate with the moon's energy inside your heart.
- Use, create, or charge flower oil. under the moonlight.
- Enjoy flower-infused drinks to celebrate or relax
- Journal any thoughts or feelings.
- Light a candle to honor your journey.
- Charge any crystals or objects under the full moon.
- Thank the moon and close your circle per your tradition.

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.

New Moon Seed Ritual

NEW MOON SIMPLE SOLITARY RITUAL

You'll need:

- New Moon Crystal Grid supplies if you choose to use one
- Your intention on paper (for grid)
- Pen and paper
- Elemental representations Ex. feather, candle, shell, rock
- Intention candle
- Incense

Ritual Work

Cleanse your space and all magickal items using the incense or herbs.

Cast a circle per your tradition or try this:

- Light incense if you have not already.
- Place the feather in the east and say: "Spirit of Air, I invite you into my circle and to aid my intention."
- Place the candle in the South and say: "Spirit of Fire, I invite you into my circle and to aid me in my intention."
- Place the shell in the West and say: "Spirit of Water, I invite you into my circle and to aid me in my intention."
- Place the rock in the North and say: " Spirit of Earth, I invite you into my circle and to aid me in my intention."
- Light the spirit candle.
- Activate your minerals if using a crystal grid. Alternatively you can choose a few minerals that go with your intention to use here.
- Arrange crystal grid with intention under the center stone.
- Use the paper to write down your fears. Now turn that into a positive affirmation.

Ex. Fear of not making enough money.

Positive affirmation: I can support myself doing the work that I love.

Say your affirmation three times followed by blessed be, so mote it be, or so it is.

New Moon Seed Ritual

NEW MOON SIMPLE SOLITARY RITUAL

- Release the circle and elements in reverse order starting in the north and making your way to the east by saying:
 - "Spirit of Earth, I thank you.
 - Spirit of Water, I thank you.
 - Spirit of Fire, I thank you.
 - Spirit of Air, I thank you."

NEW MOON CRYSTAL GRID

You can make this New Moon Crystal Grid to harness the power and energy of the New Moon.

You'll need:

- 1 Medium or large Selenite
- 3 Moonstones
- 3 Labradorite
- 3 Smoky Quartz
- 3 Clear Quartz Crystal Points
- A Seed Of Life Crystal Grid Base, Cloth or Template (below)
- A wand, athame, or use your finger

*Any of the lunar minerals will work or you may substitute and minerals you prefer.

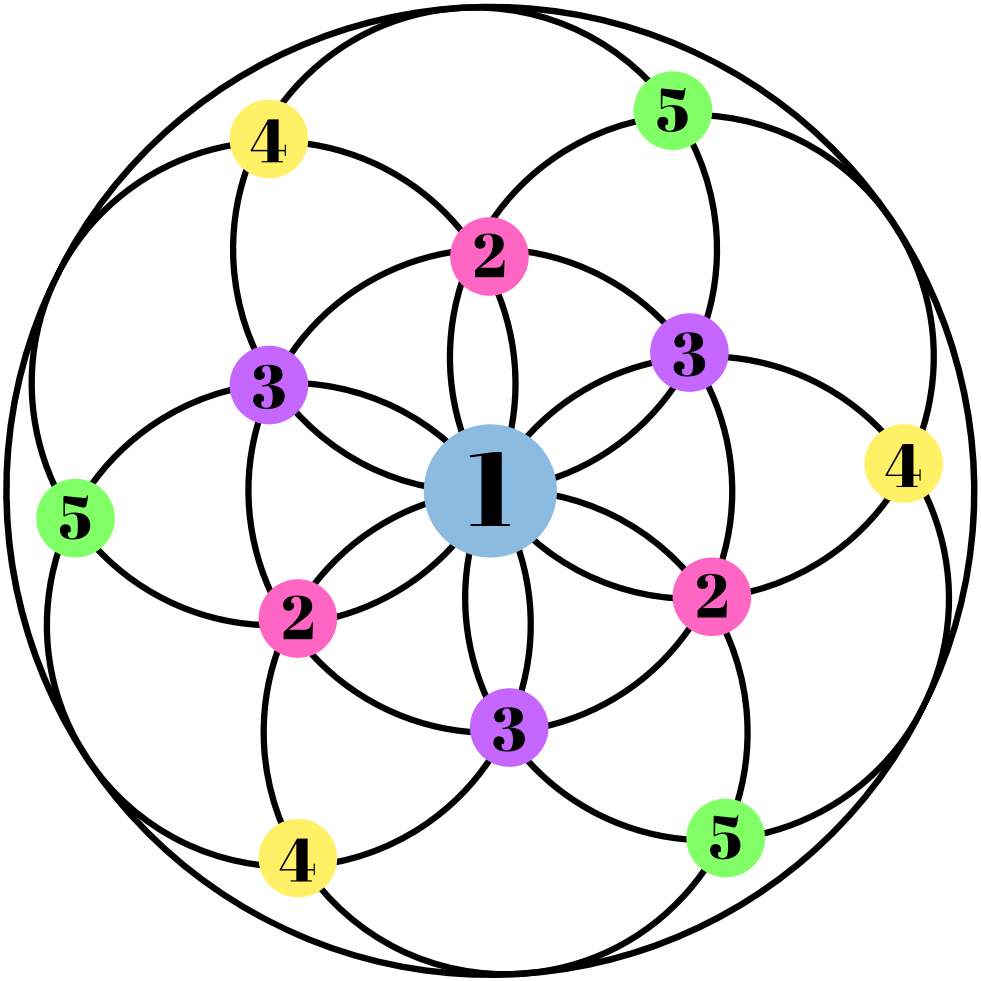
Working:

- Write a list or letter to yourself with your intention. ex. gratitude.
- Hold all your cleansed minerals and the note in your hands (or work in batches).
- Close your eyes and take three deep breaths.
- Raise your minerals up in front of your brow area
- Focus on your desired intention, use visualisation and emotion. Say: "I program these minerals to (intention)."
- Arrange your minerals into position (see below). After arranging, use your wand to touch the center selenite then each mineral moving in an outward clockwise spiral.

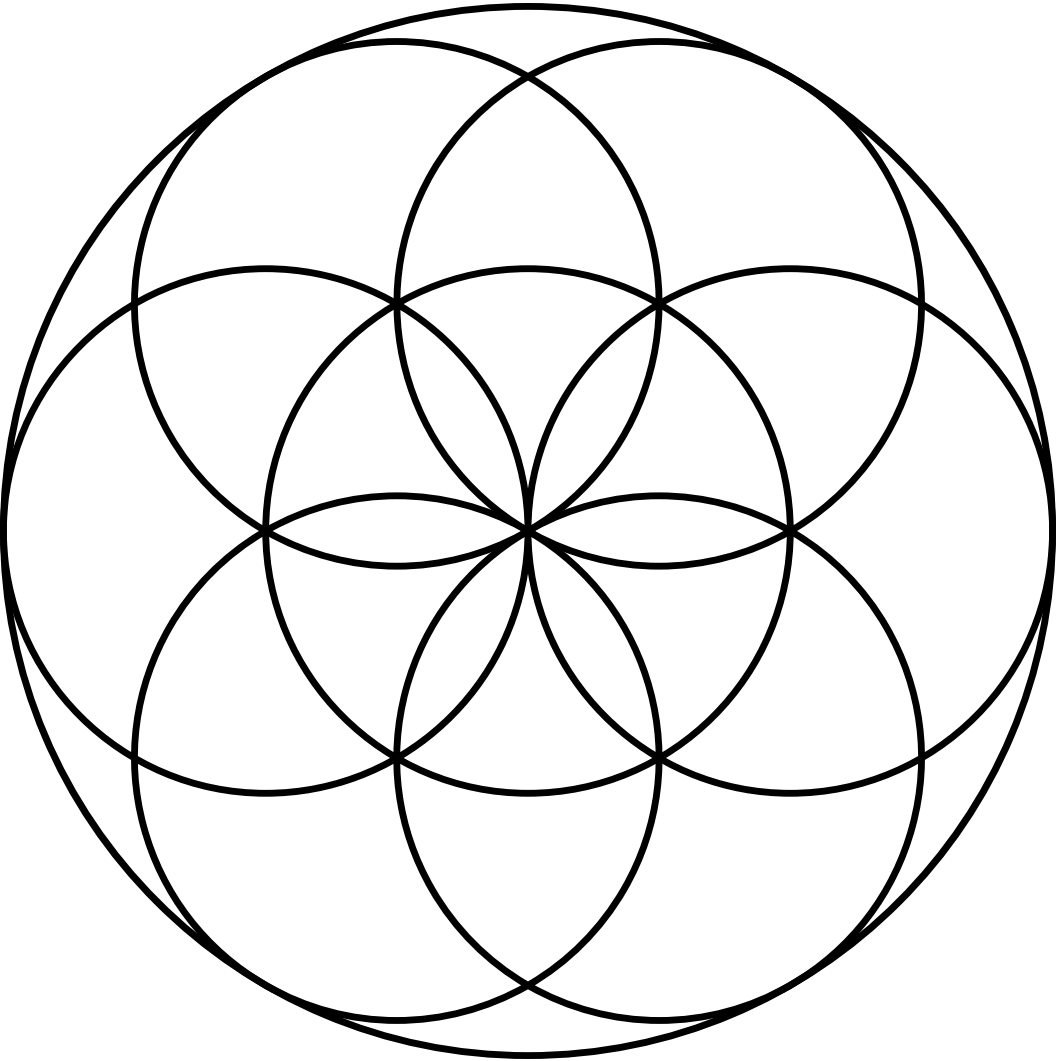
Grid arrangement:

- The Selenite goes into the centre, on top of your folded note.
- Place the three Moonstones around it, forming a triangle.
- Place the three Labradorite around it, forming a triangle.
- Next, the three Clear Quartz should be placed around the edge, pointing outwards if they are points.
- Then the three Smoky Quartz should be placed around the edge, pointing outwards if they are points.

SEED OF LIFE CRYSTAL GRID ARRANGEMENT



SEED OF LIFE CRYSTAL GRID TEMPLATE



Gratitude

FULL MOON SIMPLE SOLITARY RITUAL

You'll need:

- Full Moon Crystal Grid supplies if you choose to use one
- A list of things you are grateful for (make a copy so you have one for the crystal grid if using)
- Elemental representations Ex. feather, candle, shell, rock
- Intention candle
- Incense

Ritual Work

Cleanse your space and all magickal items using the incense or herbs.

Cast a circle per your tradition or try this:

- Light incense if you have not already.
- Place the feather in the east and say: "Spirit of Air, I invite you into my circle and to aid my intention."
- Place the candle in the South and say: "Spirit of Fire, I invite you into my circle and to aid me in my intention."
- Place the shell in the West and say: "Spirit of Water, I invite you into my circle and to aid me in my intention."
- Place the rock in the North and say: "Spirit of Earth, I invite you into my circle and to aid me in my intention."
- Light the spirit candle.
- Activate your minerals if using a crystal grid. Alternatively you can choose a few minerals that go with your intention to use here.
- Arrange crystal grid with one copy of gratitude list under the center stone.
- Take the other list and hold it to your heart while saying:

"I release what no longer serves me.

I'm open to receiving what brings me to my highest good.

I surrender all fears and doubts.

All efforts on my path are easily removed.

I am grateful for all the blessing coming into my life.

I activate the river of joy that flows through me."

Gratitude

FULL MOON SIMPLE SOLITARY RITUAL

- Keep your list where you will see it regularly. Keep the crystal grid up until the next full moon.
- Release the circle and elements in reverse order starting in the north and making your way to the east by saying:
 - "Spirit of Earth, I thank you.
 - Spirit of Water, I thank you.
 - Spirit of Fire, I thank you.
 - Spirit of Air, I thank you."

FULL MOON CRYSTAL GRID

You can make this Full Moon Crystal Grid to harness the power and energy of the Full Moon.

You'll need:

- 1 Medium or large Selenite
- 3 Moonstones
- 3 Rainbow Moonstones
- 12 Clear Quartz
- A Flower Of Life Crystal Grid Base, Cloth or Template (below)
- A wand, athame, or use your finger

*Any of the lunar minerals will work or you may substitute and minerals you prefer.

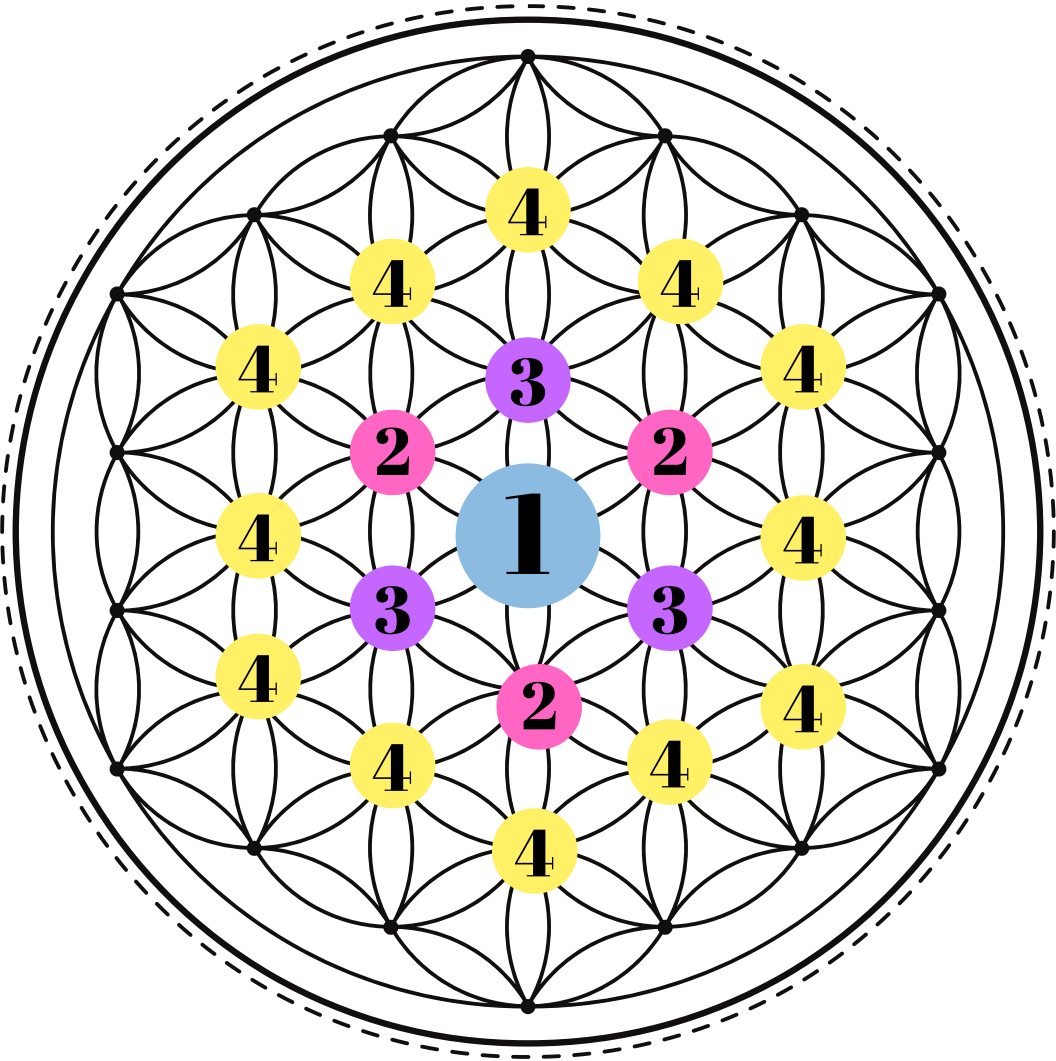
Working:

- Write a list or letter to yourself with your intention. ex. gratitude.
- Hold all your cleansed minerals and the note in your hands (or work in batches).
- Close your eyes and take three deep breaths.
- Raise your minerals up in front of your brow area
- Focus on your desired intention, use visualisation and emotion. Say: "I program these minerals to (intention)."
- Arrange your minerals into position (see below). After arranging, use your wand to touch the center selenite then each mineral moving in an outward clockwise spiral.

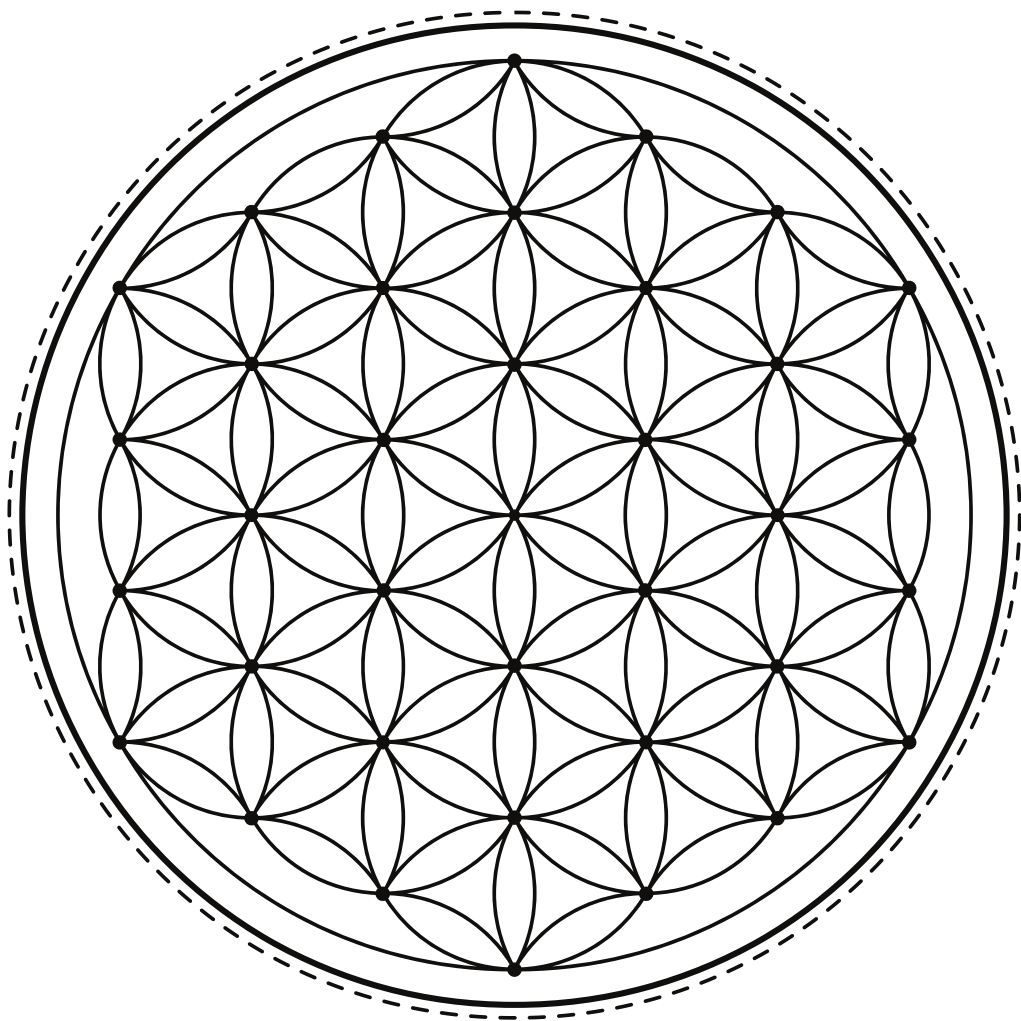
Grid arrangement:

- The Selenite goes into the centre, on top of your folded note.
- Place the three Moonstone can be placed around it, forming a triangle.
- The three Rainbow Moonstone Tumble Stones can be placed around it, forming a triangle.
- The twelve Clear Quartz should be placed around the edge, pointing outwards if they are points.

GRID ARRANGEMENT



FLOWER OF LIFE CRYSTAL GRID TEMPLATE



Sources

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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.