



SPELLCRAFTING

W O R K B O O K

What is Magic?

Magic is a method of utilizing energy and intention to bring about change in the world. It is more than just a set of techniques or rituals; it is a way of life that involves living in harmony with the natural world and its cycles as co-creators of one's reality. Magic can take many forms and methods, ranging from simple spells to more intricate practices, and may involve working with various spirits, allies, tools, and techniques. There are countless definitions of magic, varying from one practitioner to another. In my view, magic is a trichotomous law.

Trichotomous refers to something divided into three parts, and in the case of the law of magic, it applies to the physical, mental, and spiritual worlds. Similar to universal laws, such as gravity and thermodynamics, which apply to all physical systems in the universe, the law of magic is a description of observed phenomena, without explaining why or how they occur.

Isaac Newton's 1687 definition of gravity states that it is "a force that instantaneously acts over a distance," resulting in a pull between any two objects in the universe. This is a law as it describes the force without explaining its mechanism. Einstein's General Theory of Relativity, published 20 years later, aims to explain the observed phenomenon. In both cases, gravity can be seen through its effects on the physical world, but it is not visible; it is a force that is felt.

Magic is a practice that has been observed and studied by countless people throughout history, and its effects can be seen in the world around us. However, like gravity, the exact mechanics of magic are not fully understood and may be impossible to explain. Despite this, the effects of magic are real and tangible, and practitioners can gather evidence to support their experiences and theories.

When I was a young girl, my dad, a science guy, attempted to explain God and the energy of love simply.

My dad used to explain the movement of protons and electrons inside an atom by the attraction and repulsion forces between them. He theorized that the movement is a result of various forces and energies that exist within the atom, created by God with the energy of love and intention. The force of attraction and repulsion between protons and electrons is what I consider magic. When we work magic, we alter our consciousness to transform our subjective experience and manifest tangible outcomes in the physical, mental, and spiritual worlds. To do this we have to influence, orchestrate, and manipulate the various forces and energies within everything.

How Magic Works

We all wonder how does magic work? One theory to explore is the Kybalion, a book published in 1908 that presents a set of principles attributed to the "Three Initiates," though the true authorship is uncertain. The principles, based on ancient Egyptian and Greek philosophy, are often referred to as the "Seven Hermetic Principles" and are said to underlie the workings of the universe and the human mind. The seven principles presented in the Kybalion are:

1. The Principle of Mentalism: All is mind, and the universe is mental.
2. The Principle of Correspondence: As above, so below; as below, so above.
3. The Principle of Vibration: Nothing rests; everything moves; everything vibrates.
4. The Principle of Polarity: Everything is dual; everything has two poles; everything has its opposite.
5. The Principle of Rhythm: Everything flows in and out; everything has its tides; all things rise and fall.
6. The Principle of Cause and Effect: Every cause has its effect; every effect has its cause.
7. The Principle of Gender: Gender is in everything; everything has its masculine and feminine principles.

It also explains the concept of *Planes of Existence*, which are sometimes referred to as *Worlds*. These planes include the Physical Plane, the Mental Plane, and the Spiritual Plane.

The Kybalion's principles have had a significant impact on various esoteric and spiritual traditions, especially within the study of the occult. These principles are regarded as providing a foundation for comprehending the workings of the universe and the essence of reality. If you have read any books on witchcraft and the occult, you may have come across one or more of these principles. In the following, we will examine each principle and its relevance to your practice.

- 1. Mentalism:** Creation has two parts: mental and physical. Thoughts shape reality, with the mental plane being the world of thought and the physical plane being the realm of the body where physical things are created. Thought must precede anything that comes into existence.
- 2. Correspondence:** The rules of the Universe are uniform across all planes of existence, stemming from the same source and governed by the same Laws. Correspondence, harmony, and agreement exist among all planes of existence, such that things that vibrate at the same frequency manifest on all planes.
- 3. Vibration:** The Theory of Everything (String Theory, Membrane Theory) proposes that all things are interconnected by energy strings. Changes in an individual's energy or vibration can affect all planes of existence.
- 4. Polarity:** The principle of polarity states that things that appear opposite are different degrees of the same thing. For instance, hot and cold are both temperatures with different levels. Physical matter and spiritual energy are identical, with the latter vibrating at a higher frequency beyond our sensory perception.

How Magic Works Cont.

5. Rhythm: The natural rhythm of life is like ebbing and flowing tides and our breath. Its pendulum swing compensates between opposing poles, ensuring balance. This principle helps us understand life's natural rhythms.

6. Cause and Effect: The Law of Cause and Effect is a fundamental principle that connects everything in the universe. It states that every effect has a cause, and every cause is itself an effect of something else. This law governs all aspects of life, and what may appear to be chance is simply the result of undiscovered causes. It operates across multiple planes of causation, leaving nothing beyond its reach.

7. Gender: A universal concept, with every entity embodying both Masculine and Feminine Principles. While Sex refers to the physical manifestation of Gender, Gender encompasses a broader meaning, including generation, creation, and production. Both Masculine and Feminine energies are present internally, and balance is vital to creation on all planes. Gender, in this sense, refers to two parts coming together to create a whole. Define masculine and feminine energy in a way that resonates with you. You may even prefer to use Active and Passive instead of Masculine and Feminine.

The Magical Method

I break magic down into two categories:

- Type of magic - usually based on your need or desire
- Magical Technique - based on what symbolic action or ingredients you use

Types of Magic

- **Sympathetic magic** relies upon the theory that things that resemble each other share an essence and vibration and they will naturally and magically impact each other. This is the theory that correspondences are based upon and is often the train of thought for folk practitioners. It's when things just make sense, like using a thorn for protection.
- **Apotropaic magic** is used for warding. The word Apotropaic (from the Greek root) means "to ward off" or "prevent". Apotropaic magic is protection magic, intended to provide safety and deflect danger when you don't know who has sent it.
- **Attraction magic** is used when attracting something to you. It's intended to be magnetic.
- **Malefic** meaning with malice and is often called baneful or otherwise performed against someone's will.
- **Repulsion magic** is used when repelling something. Often used in cleansings and banishing, it is the opposite of attraction magic. While apotropaic magic seeks to prevent it from happening, repulsion magic counteracts danger already present.

Magical Techniques

It would be impossible to list every single magical technique as new ones are developed every day usually based on available ingredients. Here are some common ones and a little about them.

- **Candle Magic** is a form of magic that uses lit candles to achieve specific goals. It can be performed by anyone, regardless of experience or skill level, and is a great way to get started in the craft. You can add to the power by dressing candles in corresponding oils and herbs. See also Color Magic.
- **Knot Magic** is a technique that utilizes knots to create spells and rituals. The knots are used to focus and direct energy, and they can be used to bind or release objects or beings.
- **Cord Magic** is a technique that uses cords to create or strengthen magical connections. Cords can be made from any material, including string, yarn, ribbon, and cloth.
- **Color Magic** uses correspondences or sympathetic magic. It is often combined with candle or cord magic but can be used on paper, in home decor, or any magical item.
- **Container Magic** is a technique that focuses on using containers to store energy, spells, and other magical items. These containers can be anything from a simple jar to a more complex box. The use of container magic can help to focus and increase the power of your spells, as well as keep your magical items safe and secure.
- **Domestic Magic** is a technique that is used to help with the everyday tasks of life. It often utilizes House Magic, Green Magic, Kitchen Magic, and House Magic. See Folk Magic
- **Green Magic** is a technique that focuses on the use of natural ingredients and objects such as plants, minerals, found objects, and animals. See Folk and Domestic Magic.
- **Kitchen Magic** is a form of magic that focuses on the use of food and drink as a way to achieve certain ends. See Folk and Domestic Magic.

The Magical Method cont.

- **House Magic** is a form of magic that is used to improve the home and its inhabitants. It can be used to increase prosperity, keep the home safe, and improve the relationships of those who live there. House Magic is often performed as a ritual or spell and can be customized to fit the needs of the individual or family. Cottage and Hearth Magic fall under this category. See Folk and Domestic Magic.
- **Elemental magic** is the practice of using natural elements to create or perform magic. Each element has its own unique properties and energies that can be harnessed to help in spellwork. Working with Elemental Spirits means working with the pure essence or spirit of that element vs. directing the elemental energy.
- **Glamour Magic** is used to cast an illusion or to bring certain attributes to the surface. It helps to control how others see you.
- **Egg Magic** can be performed in a variety of ways. Some witches believe that the egg is a powerful symbol of life and fertility, and use eggs in spells and rituals to promote growth and abundance. Others believe that the egg can be used to absorb negative energy and cast out evil spirits. In either case, eggs can be used for a wide range of purposes in witchcraft, making them a versatile tool for any witch's toolkit.
- **Seed Magic** is similar to eggs, seeds are a versatile tool for witches. They can symbolize fertility and abundance, they can be used to pull out negativity, then burned after. For divination, apple seeds are used. Throw apple seeds in the fire, if it pops it's a yes if it smolders it's a no.
- **Fire Magic** utilizes the element of Fire and its corresponding energies and/or spirit. As seen in the use of candles, bonfires, fireplaces, stoves, the sun, etc. See Candle Magic.
- **Air Magic** utilizes the element of Air and its corresponding energies and/or spirit. As seen in windchimes, fragrance, wind, feathers, etc. See Elemental Magic.
- **Earth Magic** utilizes the element of Earth and its corresponding energies and/or spirit. As seen in soil, rocks, mountains, bones, plants, etc. See Elemental Magic.
- **Water Magic** utilizes the element of Water and its corresponding energies and/or spirit. As seen in the water, shells, rain, rivers, river rocks, water plants, aquatic creatures, etc. See Elemental Magic.
- **Folk Magic** is the use of localized magical practices. Often utilizing common and regionally based ingredients, Folk Magic is the magic of common people and historically has been described as *Low Magic*. It was once seen as less academic than ceremonial magic due to the nature of practices being passed down orally. Today, it is widely regarded as a powerful method of working magic. Also called Natural Magic.
- **Ceremonial Magic**, also called *High Magic*, uses as its base a blend of older occult teachings-Thelema, Enochian magic, Kabbalah, and other various occult philosophies are typically incorporated. Historically it was described as encompassing more learned forms of magic such as astrology, sigils, and alchemy. It often includes elaborate rituals and may focus on calling upon archangels or other spirits.
- **Sigil Magic** is a type of magic involving the creation and use of sigils. A sigil is a symbol or glyph that is created for a specific purpose, such as to attract wealth or to achieve a specific goal. Sigil Magic is an ancient form of magic that is very effective.

The Magical Method cont.

- **Mineral Magic** is the use of minerals and gemstones for magical purposes. The minerals and gemstones are used to make talismans, amulets, and other objects that can be used for spell casting or for carrying energies. Mineral Magic is said to be very powerful and can be used for a variety of purposes. Also called Crystal Magic or a Crystal Witch. See Folk Magic.
- **Lunar/Moon Magic** utilizes the energy or spirit of the moon to bless, charge or otherwise apply your workings.
- **Solar Magic**, like Lunar Magic, Solar Magic utilizes the energy or spirit of the sun. Can be utilized at different points of the day like moon phases (see the cycle of growing, peaking, decreasing) or again with correspondences: Action, yellow, fire, red, masculine.
- **Animal/Insect Magic** means tapping into the archetype, energy, or spirit of an animal or insect. Sometimes these are archetypal energy you want to embody such as a lion, other times this is an animal who has visited you with a message. Butterfly=transformation
- **Faery/Fairy/Faerie Magic** is working with mischievous beings to aid in your magic. Each spelling has a slightly different definition based on the cultural context.
- **Cosmic Magic** is a branch of witchcraft that deals with the use of energy and force from the cosmos. Most commonly seen as incorporating astrology, but can also incorporate other celestial bodies, objects, and energies as well.
- **Art Magic** might use special inks or paints filled with magical energy and intent. Crafting materials can be blessed before use as well as each brush stroke can be seen as symbolic action.
- **Chaos Magic** is an eclectic method of magic that emphasizes change and evolution at every moment. It disregards fixed systems in favor of techniques that work best for the practitioner. Rather than intention and outcome, Chaos Magic emphasizes the idea that perceptions are conditioned by beliefs. Sigils are commonly used in Chaos Magic. See Sigils
- **Petition Magic** is a formal written request. It's common to deliver a formal request or agreement to a spirit in the form of a petition, but not exclusively. Writing is often used in magic with the use of special inks or papers, each having a symbolic meaning. The key here is a formal request for the desire or need, not the intention as if it has already happened.
- **Draconic Magic** calls upon the ancient spirits and powerful energies of dragons.
- **Necromancy** is a reverence for death, spiritual, and ancestry work as well as work with bones and dead or dying plants. It's another way to use the energy of a cycle.
- **Tech/Digital Magic** involves using technology in your craft, such as tarot apps, moon phase trackers, and digital grimoires. Spells can be cast using emojis, and old technology can be repurposed for magical uses.
- **Pop culture Magic** involves working with the archetypes and energies of modern pop culture icons, such as comic book characters, superheroes, and musicians. This approach appeals to modern witches because to some these icons are often more relatable and tangible than ancient deities and spirits.
- **Urban Magic** utilizes the environment to its advantage, often through small gardens and interaction with urban plant and animal life. It is a form of modern Folk Magic.
- **Culturally Specific Magic** refers to magical practices that are unique to particular areas and cultures, often passed down through families or groups. These traditions are typically closed to those outside the culture and may involve specific practices and rituals.
- **Omni Magic** is the practice of researching and gaining extensive knowledge of various forms of witchcraft and magic. Practitioners aim to use this knowledge to raise energy in their workings, often making the process of gathering information a ritual in and of itself.

Often we'll hear what "type" of witch someone calls themselves. It's not uncommon for that to align with a preferred method of magic.

What Type of Witch am I?

You may have heard of specific types of witches, like *Green Witches* or *Chaos Witches*. These types of labels can be seen as a way for practitioners to identify with a particular spellcasting technique, method of magic, or a specific aspect of their practice that resonates with them. Someone who identifies closely with the religious aspect of their practice might call themselves a Wiccan witch in one setting and yet call themselves a sea witch in another setting. It's important to note that you do not have to label yourself or limit yourself to only one magical technique. Your identification is a personal preference and is based on what you feel most connected to in your practice. We will go into types of magic in more detail later. But for now, here are a few magical techniques from my craft that I identify with:

- **Hearth, House, or Cottage Witchcraft** refers to the practice of magic that relates to the management of a household or family relationship. It involves infusing everyday domestic tasks with sacredness to create a spiritual practice. These witches may work with the spirit of the home and household spirits.
- **Kitchen Witchcraft** and witches view every aspect of food as a sacred and magical act and often focus their craft within the kitchen and culinary arts.
- **Green Witchcraft** involves working closely with plants, rocks, and animals. This type of witchcraft finds its home in nature and is deeply connected to the natural world. Green witches often have a special affinity for the environment and are passionate about preserving it. They use their knowledge of herbalism, botany, and other natural sciences to create their spells and rituals.
- **Hedge Witchcraft** is closely related to green and house witchcraft but characterized by its interaction with spirits and its animistic approach to working with the house and nature spirits. Hedge Witches tend to work alone and focus on developing a strong connection with the spirit realm.

Energy Manipulation

Energy manipulation is a core aspect of witchcraft, involving the ability to harness, direct, and shape the natural energy that exists within and around us. This energy is sometimes referred to as "mana," "chi," "prana," or "the force," and can be accessed and directed through various practices, such as meditation, visualization, ritual, and spellcasting.

Witches and magical practitioners believe that this energy is all around us, and can be harnessed and manipulated to achieve specific outcomes. This energy can be channeled through the body, the mind, or external objects, such as candles, crystals, or wands, and can be directed towards various intentions, such as healing, protection, or manifestation.

Energy manipulation is not only about channeling energy towards a specific outcome but also about balancing the energy in oneself and the environment. Witches use techniques such as grounding, centering, and shielding to keep their energy balanced and protect themselves.

Homework:

- Try the energy manipulation exercises below or other energy manipulation exercises several times per week.

Here are two simple energy manipulation exercises that you can do:

Exercise 1

1. Find a comfortable seated position and close your eyes. Take a few deep breaths, inhaling through your nose and exhaling through your mouth.
2. Visualize yourself in a peaceful and calm place, surrounded by nature. You feel relaxed and safe here. Now, imagine a small atom floating in front of you. This atom has a nucleus in the center with protons and neutrons and electrons moving around it.
3. As you focus on the atom, you begin to notice the movements of the protons and electrons. You see the electrons moving quickly and freely around the nucleus, while the protons and neutrons remain stationary at the center. Take a moment to observe these movements.
4. Now, visualize yourself reaching out and gently manipulating the electrons with your energy. You can move them closer to the nucleus or farther away, creating new energy patterns within the atom. As you do this, you feel a sense of control and power over the energy within the atom.
5. With each movement, you feel your own energy flowing and expanding. You can sense the energy around you becoming more fluid and malleable as you continue to manipulate the electrons. Take a few more moments to experiment with different movements and see how the energy changes.
6. Now, take a deep breath and slowly open your eyes, feeling refreshed and energized.
7. Remember that you have the power to manipulate and control energy, and you can use this visualization whenever you need to tap into that power.

Spellcrafting

What is a spell?

A spell or magical working is a focused and intentional act of using energy to bring about a desired outcome or change. In my practice, a spell will have these key features:

- Magical Cycle - magical workings have a cycle and rhythm
- Desire - your want or need
- Intention - how you intend for your magic to work
- Communication - clearly and intentionally stating your desired outcome
- Symbolic action - physical actions or objects representing or symbolizing your desired outcome
- Collaboration - calling on your Spirit Team

The Magical Cycle or spell cycle is a process with several stages that must be completed to achieve the desired outcome. These stages include setting intentions, gathering energy, casting the spell, allowing time for energies to manifest, and reaping the outcome. You can align your workings with moon phases or use divination, intuition, or your spirit team to guide you through the cycle. For example, the Major Arcana in Tarot, specifically The Fool's Journey, can be used to determine where you or your magic are in the cycle.

Desire refers to a strong feeling of wanting or wishing for something. It's often driven by an emotional or instinctual need or want and can be influenced by external factors such as societal expectations or personal desires. Think of this as the goal.

Intention means a conscious and deliberate plan or purpose that the practitioner puts into action. It's a focused and directed energy aimed at achieving a specific outcome or goal. If you've ever heard that in magic, the *intention is everything*, this is why. Think of your intention as the action steps that you've agreed to take. Now it's time to communicate that to the Universe.

Communication refers to communicating your intentions and desired outcome to the universe, divine forces, or any other beings or energies that may be involved in the spell. The communication aspect of spellworking is important because it helps to focus one's energy and intention toward a specific goal, and it can also help to establish a connection or relationship with the energies or beings involved in the spell. It involves clearly and intentionally stating one's desired outcome, either through words, visualization, or symbolic gestures.

Symbolic Action Symbols are powerful tools that can convey complex meanings and concepts in a simple and easily accessible way. By using symbols in magical work, you are creating a powerful link between the physical world, the mental world, and the spiritual world, helping to align the energies of the universe toward the desired goal.

Collaboration A spell is a collaboration with the natural world and the divine forces. This means that you may call upon the elements, deities, or spirits to assist in your work. Depending on your beliefs, you may see some of your tools as objects holding symbolism and energy, or as their own being with essence and energy that can assist you.

Spellcrafting Cont.

Methods of Magic

Here are a few common types of magical workings you may hear:

- **Spells:** As mentioned earlier, spells are a focused and intentional act of using energy and intention to bring about a desired outcome or change.
- **Charms:** objects that are imbued with magical energy and intention to bring about a desired outcome or protection. For example, a talisman for good luck or an amulet for protection.
- **Divination:** The practice of seeking knowledge or insight through various methods.
- **Herbalism:** Using herbs for medicinal, magical, or spiritual purposes. Green witches may use herbs in spells, rituals, or potions to promote healing, protection, or manifestation.
- **Rituals:** Structured and symbolic practices that may involve specific actions, words, or objects. Modern witches may use rituals to honor the cycles of nature, mark important life events, or connect with the divine. Think of a ritual as several magical workings layered together.
- **Potions:** Liquid or liquid-like mixtures of plants, oils, and other ingredients that are created with specific intentions.

My Spellcrafting Method: Using the Spellcraft worksheet provided, we will refer back to the 7 *Principles of Magic from the Kybalion* to see how they can be used in magical workings.

The Principle of Mentalism applies when deciding on both a desire and an intention. It first must exist in the mental world to exist in other worlds.

The Principle of Correspondence applies when selecting ingredients that correspond with our desire and intention.

The Principle of Vibration applies when we focus our energy to call upon or match the vibration of the corresponding object, action, or spirit.

The Principle of Polarity applies when we need to draw upon opposing energies for the magical cycle. For example, you may need to release something, before you can manifest something new. Remember those electrons and protons we talked about? It's the balance of opposing energy that causes the effect. There is always a balance in the universe and we may need to empty our cup before we can fill it.

The Principle of Rhythm applies to intention and refers to the action steps it takes to obtain our desired outcome. We also see it in the magical cycle as it pertains to desire.

The Principle of Cause and Effect fuses your desire with your intention. While a spell can be designed to attract a particular outcome, the practitioner will need to take specific actions to support the manifestation of that outcome in the physical world.

The Principle of Gender applies when we understand that it takes a balance of energies to create our desired outcome. We need both passive (feminine) energy and active (masculine) energy to achieve our goals. That means in the magical cycle there are both times for creativity and rest, as well as time for action and doing.

Homework: Use the Spellcraft Worksheet to write a spell using each box to layer your spell and stack the odds in your favor.

Spellcrafting Worksheet

Need or Desire

Intention or Goal

Who is involved?

Who does it affect?

What are the possible unintended consequences?

Spellcrafting Worksheet

Correspondences

Timing

Type of Magic

Vibration/Spirit(s)

Magical Technique

Materials &
Correspondences

Communication

State your need, then your goal as if you've already achieved it.
This can be a written incantation, visualization, meditation, etc.

Spell Example

- Set up Working Space/Gather materials
- Cleanse self, tools, and space
- Dedicate this space for your work
- Ground and center
- Ask your spirit team or guides for assistance if you like
- Raise Energy by focusing on your desire and intention
- Magical work: Method/symbolic action & incantation
- Ground and center
- Appreciation to spirit allies who assisted you
- Take Action: Your spell has gone from first the mental world, now the spirit world. What are the next few steps you need to take to make it manifest in the physical world?

Record your results

Date:

Time:

Weather/season:

Moon phase/other relevant info:

Location:

Feelings:

Short-term results:

Long-term results:

Changes to make to the spell next time:

Am I repeating this spell?

Common Correspondences

Plants

Love:

- Roses
- Lavender
- Jasmine

Protection:

- Basil
- Rue
- Rosemary
- Mugwort

Prosperity:

- Basil
- Mint
- Thyme
- Bay Laurel
- Cinnamon

Healing:

- Aloe Vera
- Eucalyptus
- Chamomile
- Lavender

Success:

- Bay Laurel
- Cinnamon
- Patchouli
- Sunflower

Banishing/Negative Energy:

- Salt
- Garlic
- Sage
- Hyssop

Psychic Abilities/Intuition:

- Mugwort
- Bay Laurel
- Yarrow

1. Communication:

- Lavender
- Mint
- Honeysuckle

2. Courage:

- Basil
- Cinnamon
- Carnation

Minerals

- Love: Rose Quartz - Promotes love, compassion, and emotional healing.
- Protection: Black Tourmaline - Absorbs negative energy and provides grounding and protection.
- Prosperity: Citrine - Attracts abundance, wealth, and success.
- Healing: Amethyst - Supports physical and emotional healing, as well as spiritual growth.
- Success: Green Aventurine - Attracts luck, prosperity, and opportunities for success.
- Banishing/Negative Energy: Smoky Quartz - Dispels negativity and provides grounding and protection.
- Psychic Abilities/Intuition: Labradorite - Enhances intuition, psychic abilities, and spiritual insight.
- Purification: Clear Quartz - Clears and purifies energy, and enhances clarity and focus.
- Communication: Blue Lace Agate - Facilitates clear communication and expression of thoughts and feelings.
- Courage: Red Jasper - Boosts courage, strength, and vitality.

Elements

Earth:

- Energy: Stability, grounding, fertility
- Intentions: Money, prosperity, growth, protection

Air:

- Energy: Intellect, communication, inspiration
- Intentions: Knowledge, wisdom, clarity, travel

Fire:

- Energy: Passion, transformation, action
- Intentions: Courage, strength, motivation, creativity

Water:

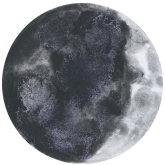
- Energy: Emotions, intuition, healing
- Intentions: Love, psychic abilities, purification, fertility

Timing/Days of the Week

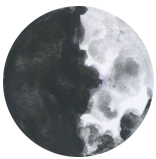
- Monday: Intuition, psychic abilities, emotions, healing
- Tuesday: Courage, strength, protection, conflict resolution
- Wednesday: Communication, intellect, divination, travel
- Thursday: Abundance, expansion, prosperity, success
- Friday: Love, beauty, harmony, relationships
- Saturday: Grounding, discipline, protection, banishing
- Sunday: Vitality, success, happiness, personal power



New Moon: Seed, renewal, reincarnation, envision, revitalization, reawakening, return to life. 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.



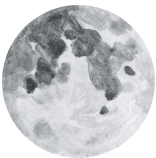
Waxing Crescent: Root, begin, decide, energy, action, swell, take hold, foster. The season of Planting. Beginning of the in breath. Nourish, support, and commit. Add more energy to your ideas and anything you want to cultivate this cycle.



First Quarter: Sprout, emerge, dawn, reveal, deepen, strive, determination, expand, develop, advance, nurture. The season of Planting. Build on your intentions as your plan begins to become real. Create an action plan.



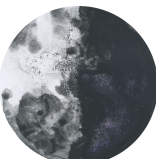
Waxing Gibbous: Bud, form, real, evidence, become, proof, promise. The season of Growing. Visualize yourself receiving as your intents are transforming into something tangible. This is the future fruit. Maintain your essence and energy.



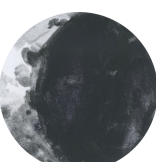
Full: Blossom, transform, complete, abundance, gather, share, gratitude. The Season of Growing. Acknowledge, harvest, celebrate, and enjoy the fruit of your labor. Give thanks.



Waning Gibbous: Soften, accept, reflect, introspect, fertilize, nourish, self-awareness. 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.



Third Quarter Moon: Release, forgive, free, light, weightless, wind. The season of the harvest. It is time to let go, release blocks, judgment, regret, or any habit that does not serve you.



Waning Crescent Moon: Compost, completion, integration, rest, recuperation, peace, destruction and rebirth. The season of Rest, again. Integrate these lessons and experiences to enjoy the richness of the fruit that fell from the vine. Use this time for rest and reflection.

Vibration

The concept of a spiritual vibration scale is often associated with the work of Dr. David R. Hawkins, who developed a scale of consciousness in his book "Power vs. Force." The scale ranges from 0 to 1000, with higher values representing higher levels of consciousness and positive energy. Each level corresponds to specific emotions, attitudes, and states of being.

- Shame (20): Humiliation, guilt, despair
- Guilt (30): Blame, remorse, self-condemnation
- Apathy (50): Hopelessness, indifference, lethargy
- Grief (75): Regret, sadness, loss
- Fear (100): Anxiety, insecurity, worry
- Desire (125): Craving, longing, lust
- Anger (150): Hate, frustration, aggression
- Pride (175): Arrogance, superiority, self-righteousness
- Courage (200): Empowerment, self-confidence, optimism
- Neutrality (250): Acceptance, forgiveness, understanding
- Willingness (310): Enthusiasm, eagerness, cooperation
- Acceptance (350): Forgiveness, understanding, harmony
- Reason (400): Intellect, wisdom, discernment
- Love (500): Unconditional love, compassion, joy
- Joy (540): Bliss, serenity, gratitude
- Peace (600): Enlightenment, oneness, transcendence
- Enlightenment (700-1000): Pure consciousness, divine love, bliss