

NATURALLY MODERN



WITCH

FEBRUARY 2024

ISSUE NO 1

RENEWAL

RITUALS FOR THE
NEW & FULL MOONS,
PLUS IMBOLC

VALENTINE'S DAY
HISTORY AND SELF-
LOVE AFFIRMATIONS
TO EMPOWER YOU

KITCHEN ALTAR
SETTING UP,
DEDICATION &
BLESSING



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WHISPERS OF IMBOLC: EMBRACING THE MAGICK OF CREATIVE RENEWAL

Have you ever known someone who sparked a creative breakthrough in your life? Perhaps it was a friend or family member who looked you in the eyes and declared, "it's time for you to do this." Throughout my journey, I've been fortunate to encounter a multitude of inspiring individuals. Their words and gestures have planted seeds of inspiration, sprouting into a flourishing garden that feeds my creativity.

Over the years, these guiding lights have cheered me on, often blissfully unaware of the profound impact they've had. It's in these moments that I've come to appreciate the quiet magick of genuine support.

Recently, a fellow member of our community approached me with compelling ideas for this magazine. In that exchange, I sensed the familiar touch of destiny – another individual placed along my path to provide that crucial nudge of confidence and inspiration.

It's natural to harbor a certain trepidation about putting ourselves out there, exposing our creative endeavors to the world. Yet, in these moments of vulnerability, we find the true essence of bravery. It's not the absence of fear, but the audacity to proceed despite it.

This magazine, created for modern witches, stands as a testament to the collective courage of our community. Together, we embrace the spirit of creativity, daring to manifest our visions in a world that often demands conformity.

Let's revel in the collective bravery that unites us.

Each page is an affirmation to the power of inspiration, community, and the magick that happens when we push beyond our comfort zones. May this magazine be a source of empowerment for those seeking the courage to embrace their own magickal paths, for, in the end, true magick lies in the fearless pursuit of our passions.

Blessed be! Xoxo

Lacey

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TAROT OF THE MONTH

The Lovers tarot card signifies choices, relationships, and partnerships.

It represents deep connections, initiation of romantic relationships, and moral dilemmas. In the context of Imbolc, the card takes on significance, suggesting new beginnings, deepening connections, and balanced relationships.

In February, associated with Valentine's Day, the card may emphasize themes of love, romance, and unity, indicating important decisions or choices in relationships.



THE NEW MOON



Date: February 9, 2024

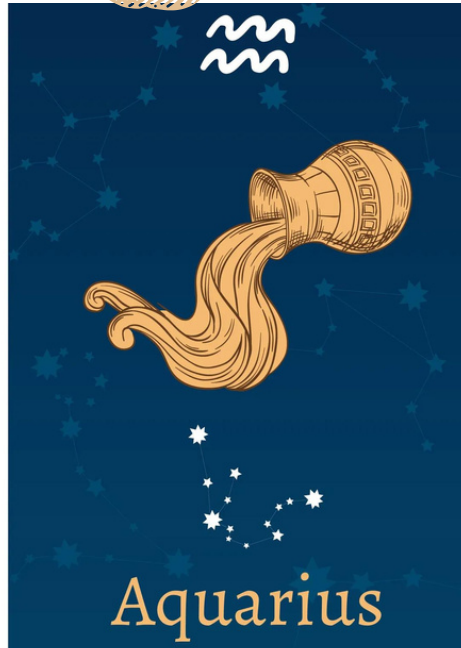
Time: 5:59 PM EST

Sign: Aquarius

The New Moon represents a “reset.” Essentially, this is the time to set intentions for the month you want to focus on.

New Moon In Aquarius

- A new moon in Aquarius encourages embracing individuality and focusing on relationships. The new moon suggests introspection and reevaluating relationship needs. Despite emotional complexities, being in a group can help understand and free yourself from negative emotions.



Strengths

- Innovative
- Open Minded
- Eccentric

Other Famous Aquarians

- Harry Styles
- Oprah Winfrey
- Molly Ringwald

“Stay true to your own voice, and don’t worry about needing to be liked or what anybody else thinks. Keep your eyes on your own paper. ~ Laura Dern

What does this mean for me?

As an Air element, this energy is all about the mind. Aquarius inspires us in the areas of thinking, communicating, and doing. This month of February, be bold and take a risk! This is the time to reflect within ourselves, evaluate our strengths, and make a lasting impact on the world around you. No matter how small the risk, the reward is great! As Immanuel Kant has said, “All human knowledge begins with intuitions, proceeds from thence to concepts, and ends with ideas.”



NEW MOON SELF-LOVE RITUAL

Intention Setting Ritual

1 Begin by cleansing your space with your preferred method. Light the white candles and arrange the crystals around your space. Take a few moments to ground yourself and focus on your breath.

2 Stand or sit comfortably, facing the moon if possible. Begin with a statement, expressing gratitude for the energy of the new moon and acknowledging its influence on new beginnings. You can create your statement or use traditional phrases.

3 Take the pen and paper, and write down your intentions for the upcoming lunar cycle. Be specific and positive in your wording. Focus on what you want to manifest or bring into your life. Visualize each intention as if it's already happening.

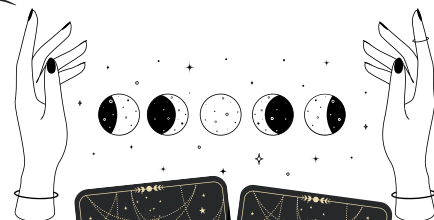
4 Hold the paper with your intentions in your hands. As you focus on your desires, pass the paper over the heat of the flame of the candles, being careful not to burn the paper. This is a symbolic action to infuse your intentions with the energy of the new moon.



Materials:

- White candles (representing the new moon's energy)
- Pen and paper
- Crystals (such as moonstone, clear quartz, or amethyst)
- Cleansing method
- Quiet space outdoors or indoors with a view of the moon

Remember to perform this ritual with respect and sincerity, focusing on positivity and personal growth.



5 Hold each crystal in your hands and visualize them absorbing the energy of the new moon. You can also place them in under the new moon for a more extended charging period.

6 Repeat positive affirmations aloud, reinforcing your intentions. Feel the energy of the new moon amplifying your words. You might say phrases like, "With the new moon's energy, I welcome positive changes into my life."

7 Thank the moon for its energy and assistance. Blow out the candles, and if you're outdoors, take a moment to bask in the moon's energy. Keep the charged crystals in a sacred space or carry them with you as a reminder of your intentions.

SPELL OF THE MONTH

FORCED BULBS OF REBIRTH



Contrary to the term 'forcing,' which may sound laborious, it's more like a clever trick on bulbs, making them believe winter has ended sooner. This simple sleight of hand brings the refreshing scents and colors of spring precisely when spirits crave renewal. Use forced bulbs as a symbol of growth. Set an intention and nurture the plant consistently.

Materials:

- Flower bulbs of your choice
- Clear glass containers or vase
 - Rocks
 - Water
- Paper and pen

The Way of the Hearth
Witch:
Forced Bulbs Spell

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- 1 Choose Your Bulbs:** Select flower bulbs that resonate with your intentions for spring manifestations. Each bulb carries its unique energy.
- 2 Prepare the Vessels:** Place the bulbs in clear glass containers or vase. This transparency symbolizes clarity and openness to manifestation.
- 3 Set Your Intentions:** On a piece of paper, write down your spring manifestations and desires. Be specific and positive in your language. Fold the paper neatly.
- 4 Place the Paper:** Gently place the folded paper into the water, allowing it to float around the bulbs. This symbolizes your intentions merging with the energy of growth and transformation.
- 5 Add Water:** Pour fresh water into the containers. As you do so, visualize your intentions being infused into the water, nourishing the bulbs and bringing your desires to life.
- 6 Enchanting Words:** As you pour the water, recite a simple chant or enchanting words that express your wishes for manifestation. For example:
"Bulbs of power, roots take hold,
Spring's arrival, dreams unfold.
Water's embrace, intentions true,
Manifestations, I call to you."
- 7 Place in Sunlight:** Position the containers in a sunny spot, symbolizing the light and energy needed for your manifestations to grow.
- 8 Nurture and Watch:** Care for the bulbs as they sprout and grow, recognizing the parallel growth of your manifestations. Water them regularly, and observe the magic unfolding.

Remember:

The power of the spell lies in your intentions and connection with the natural cycle of growth. May your spring be filled with abundant manifestations!

By Lacey Burbage



PLANT OF THE MONTH

From the
Green Witch
Grimoire:
Bay Laurel

Intentions

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

Magical Uses

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

Identification

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

Correspondences

Planet: Sun

Element: Fire

Zodiac: Leo

Day: Sunday

Tarot: The World, Wands



WITCH'S TOOLBOX

In Kitchen Witchcraft we often sets up and tends to a magical kitchen altar. The altar can be on top the kitchen counter, a kitchen shelf, or anywhere. Candles, offerings, and figurines can be placed on the kitchen witch's altar. A kitchen altar is a daily reminder of your unique practice.

Historically, home altars were often placed in or near the kitchen because the kitchen was the heart center of the home, and where all the heat came from.



The Kitchen Witch Diaries: Altars

**"Blessed be this kitchen altar of Air, Fire, Water, and Earth
May all energy here be warmed by my sacred hearth
May all that is created here by means of magickal or mundane
Bring nourishment, healing, and love to sustain. To cause harm to none in joy and love, peace and magick we are all one."**



- Physically clean your altar and the surrounding space. Try using magickal cleansing spray or a homemade cleaner infused with herbs or oils that are purifying.
- Use the cleansing method of your choice to cleanse the altar, surrounding space, and all objects you plan to include.
- Ceremoniously place your items on the altar in the way that you like. When you are ready, you may concentrate the altar by saying:

By Lacey Burbage



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THE FULL MOON



* VIRGO

Date: FEBRUARY 24, 2024

Time: 5:59 PM EST

Sign: Virgo

The Full Moon represents a "transformation." Essentially, this is the time to detach yourself from all negative emotions by feeling grateful for how meaningful your life is.

Full Moon In Virgo

- A full moon in Virgo encourages finding security in order and clarity, even emotionally. Embrace imperfections, be tolerant, and trust life's flow. It's a good time for intimate relationships, starting new ones, or strengthening existing ones. The energy helps balance thoughts about the future and turns fantasies into practical reality.



Materials

Your preferred altar set up

Fresh flower petals,

Jasmine or rose EO

Rose quartz or other water-safe stone

Ritual

- 1 Take a cleansing self-love bath with fresh flowers, EO, and water-safe stone.
- 2 Cast a circle per your tradition if you choose.
- 3 Draw down the full moon's energy by standing under the moonlight with arms across your chest
- 4 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."

Inspired by The Charge of the Goddess

- 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.

By Lacey Burbage

ALL ABOUT IMBOLC

The Season of Planting

In the Naturally Modern Witch Tradition, this begins The Season of Planting or The Season of Air on or around February 2nd. There may still be snow on the ground in some regions, but new plants are sprouting just beneath, waiting to be reborn into daffodils, paperwhites, and snow bells. As bears and other wild animals slowly begin to awaken from their winter slumber, so too does Mother Earth begin to stretch out her arms in preparation for her rebirth.

Commonly known as Imbolc, a Gaelic traditional festival, other names include Oimelc (ewe's milk), Feast of St. Brigid, and Candlemas. It is midway between the winter solstice and the spring equinox. During the depths of winter, it can feel as though the warm sun of spring may never return. Imbolc marks the time when life eagerly begins to look forward and prepare for longer, warmer days. This is a great time when new ideas are planted. It is a time to examine people and philosophies in our lives and take stock of where we want our energy to go when spring has truly sprung.

The Celtic Goddess Brigid is very closely tied to this seasonal shift. She is the Goddess of fire and flame, change, poetry, inspiration, wisdom, healing, creativity, water, prophecy, learning, and childbirth.



Celebration Ideas

This season reminds us to embrace nature's natural cycles and rhythms. As the earth sleeps under a blanket of soft snow, we know there will soon be an awakening. Here are some ways to celebrate:

- Make a vision board.
- Set goals for the next 12 months.
- Do a Year Ahead Tarot Spread and pull 12 cards, one for each month.
- Awaken your inner Wild Woman/Person
- Connect with the energy of the snow or snow spirits. You can use ice from the freezer too.
- Collect snow and allow it to melt into snow water. Use in workings for new beginnings, fresh starts, purity, and cleansing.
- Feed the birds. Check with your local Audubon Society for guidelines.
- Work with Witch Hazel as it blossoms bright yellow flowers in winter.
- Go on a walk in the woods. Notice the beauty of a winter wonderland. See if you can find any early signs of spring.
- Write down a bad habit on paper and freeze it to rid yourself of something unwanted. Either outside or in the freezer.
- Craft a Brigid's Cross

By Lacey Burbage



THE MAGICK OF

VALENTINE'S DAY

History

Valentine's Day, with roots in both ancient Roman paganism and Christian martyrdom, evolved into a celebration of love over the centuries. Originating from the Roman festival Lupercalia, which honored fertility in mid-February, the day underwent a Christian transformation in the 5th century when Pope Gelasius I merged it with the feast day of St. Valentine, a mysterious Christian martyr executed on February 14th. Legends surrounding St. Valentine's romantic gestures contributed to the association of the day with love.

Throughout the Middle Ages, poets like Chaucer romanticized the day, while by the 18th century, exchanging handmade cards gained popularity in England. The industrial revolution facilitated mass-produced valentines, shaping the holiday into the commercialized expression of love we know today. Despite its pagan origins and Christian overlays, Valentine's Day has become a global celebration, transcending cultural and religious boundaries. Its history is a rich tapestry of ancient traditions, Christian influences, and cultural evolution, symbolizing enduring expressions of love across time.

Self love

Affirmations

- I am enough
- I am loved
- Someone somewhere is thinking of me
- I am a creative force
- I am worthy of receiving love from myself and others
- I am powerful
- I call my power back to me
- I am deserving of happiness

Self Love Ritual

By Kat Salsano

1 Prepare Your Space:

- Find a quiet and comfortable space. Cleanse items with your preferred method.
- Light the pink or red candle to create a warm and inviting atmosphere.

2 Set Your Intention:

- Close your eyes, take a few deep breaths, and center yourself.
- Visualize a warm, pink light surrounding you, filling you with love and positive energy.
- State your intention aloud or in your mind, such as "I am worthy of love and kindness. This jar will be a source of self-love and positivity in my life."

3 Write Affirmations:

- On the small pieces of paper, write down positive affirmations about yourself.
 - Examples include, "I am worthy," "I love and accept myself," or any statements that resonate with you.

4 Charge the Crystals:

- Hold the crystals in your hands and focus on imbuing it with self-love energy.
- Visualize the crystals radiating love and positive vibes.

5 Assemble the Jar:

- Place the written affirmations, dried rose petals, and the charged crystal into the jar.

6 Seal the Jar:

- Close the lid tightly, symbolizing your energy within.

7 Charge the Jar:

- Hold the sealed jar in your hands and visualize it glowing with a loving light. Imagine this light expanding and surrounding you.

8 Place the Jar:

- Find a special place for your self-love jar. This could be on your bedside table, on your desk, or any place where you'll see it regularly.

Materials

- Jar
- Pen
- Dried Rose Petals
- Paper
- Pink or red candle
- Rose Quartz, Amethyst, Rhodonite, Tigers Eye

Remember, the most important aspect of any spell or ritual is your intention and belief. Allow the energy of self-love to flow into your life, and may this jar serve as a constant reminder of your worth and inner beauty.

EMBRACING SELF-LOVE: A TRANSFORMATIONAL EXPLORATION

Embarking on a journey of self-love is a profound and transformative experience, a commitment to cultivating a deep and unwavering connection with oneself. In a world that often emphasizes external validation, embracing your self-love journey becomes an empowering act of reclaiming your inner worth and acknowledging the beauty within.

Acknowledge and Accept: The first step in this transformative journey is to acknowledge and accept yourself fully, recognizing both your strengths and imperfections. Embrace the uniqueness that defines you, understanding that your individuality is a source of strength. Self-awareness forms the cornerstone of genuine self-love, allowing you to navigate through life with authenticity.

Practice Self-Compassion: Treat yourself with the same kindness and understanding you extend to others. Self-compassion is an integral aspect of the self-love journey. Understand that making mistakes and facing challenges are inherent parts of the human experience. Instead of harsh self-criticism, respond with a gentle and understanding attitude, reinforcing the belief that you are worthy of love and acceptance.

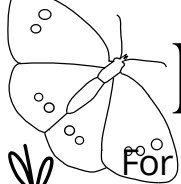
Engage in Meaningful Self-Care: Nurture your mind, body, and spirit through meaningful self-care rituals. These rituals can be diverse, ranging from indulging in a favorite hobby to practicing mindfulness and meditation. Allocate time for activities that bring you joy and relaxation, recognizing that self-love involves taking intentional steps to prioritize your well-being.

Challenge Negative Self-Talk: Challenge and change negative self-talk. Replace self-limiting beliefs with positive affirmations that reinforce your self-worth. Be mindful of the language you use when speaking to yourself and consciously choose words that uplift and empower. Transforming your inner dialogue is a fundamental aspect of embracing self-love.

Recognize Self-Love as a Choice: Understand that self-love is a conscious choice that requires commitment and patience. It's not a destination but a continuous journey of growth and self-discovery. Embrace the flow of this journey, recognizing that every experience contributes to your evolving sense of self-love.

In embracing your self-love journey, you embark on a path of authenticity, joy, and profound self-appreciation. It's a commitment to nurturing the relationship you have with yourself and recognizing that your worth is inherent. As you navigate the twists and turns of this transformative journey, remember that self-love is not only a destination but a way of being that permeates every aspect of your life.

By Kat Salsano



MEMBER SPOTLIGHT



For this interview, we selected Kat, a fellow Naturally Modern Witch Coven member, Magazine Executive Designer, and contributor. Join us as she shares her creative journey and the inspirations that led her to embark on this path.

How did you first discover your interest in witchcraft, and what drew you to it initially?

I like to say this path chose me. I have always been interested in what I cannot see, but can feel. I just couldn't put words to it! When I discovered witchcraft, it made sense to me the gifts that I possess.



In what ways has your practice of witchcraft impacted your daily life?



In my daily life, I maintain a close relationship with honoring Mother Earth and nature. For me, I am able to look for lessons while gaining wisdom from what is around me. I speak much clearer and with constant intention now.

How do you approach creating your own spells or rituals, and what inspires them?

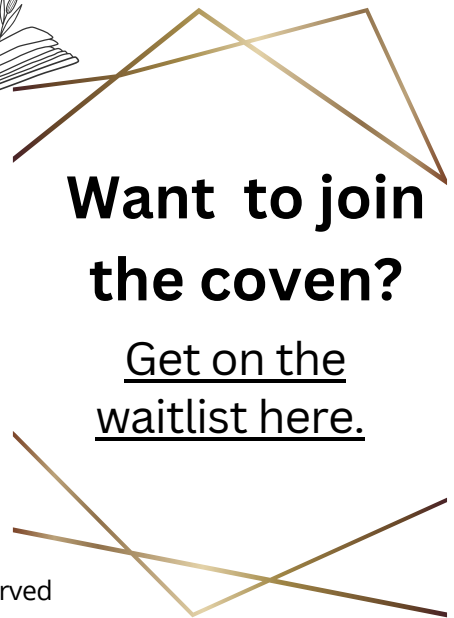
When I create a spell, it is based on "What do I need from this?" I think an important component to spell crafting and ritual work is understanding your intentions and your desired result.



Has there been a mentor or figure who has significantly influenced your witchcraft journey?



When I came to this program, I felt lost in my life journey. Nature has been my biggest mentor during that time, reminding me of my connection to the earth and elements that exist within and around me. Lacey has also been a guiding light for me and continues to help me strengthen my bond with my craft.



Want to join the coven?

[Get on the waitlist here.](#)

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ABOUT

Lacey

I am a fourth-generation folk healer and hereditary/ generational witch who follows a pagan/animist path. As an ordained priestess of the Goddess, I practice a nature-based tradition that has its roots in modern Wicca, which I first began studying in 1999. I specialize in domestic magic, including hearth, cottage, hedge, green, and kitchen magic. These practices are deeply ingrained in my family's heritage, and I am honored to carry on these traditions and pass them down to future generations.



Editor in Chief | Naturally Modern Witch Founder

My journey led me to develop a personal system for aligning with the natural cycles of the seasons and the moon, integrating my evolving beliefs with the practice of witchcraft and magic. I documented my approach, which has allowed me to live in harmony with the world around me while staying true to my path and mentoring others in the Naturally Modern Witch Coven.

Kat

I am a cottage witch who follows an animist path.

I feel as if I am an old soul who was meant to deepen my connection to Mother Earth and the nature that thrives around me. As a creative writer with historical roots, and a deep interest, in Slavic witchcraft, I often find myself in nature listening to the wisdom it has to offer me. These whispers lead to different stories that I intend to pass down through my future lineage. It is my hope that through sharing experiences and discovering new wisdom, I may inspire and guide others to embrace their inner goddesses. Please always remember, someone somewhere is thinking of you. You are not alone.



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