

# Making the Mundane Magickal

A Beginner's Guide for Integrating Magick into Your Daily Life

By Hannah Pearl & Virginia Underwood



## Table of Contents

<b>Introduction</b>	<b>2</b>
<b>Chapter 1: Mindset, Grounding &amp; Energy Management</b>	<b>3</b>
<b>Chapter 2: How to set up Sacred Space</b>	<b>7</b>
<b>Chapter 3: Tools of the trade</b>	<b>8</b>
<b>Chapter 4: Witches Pantry</b>	<b>13</b>
<b>Chapter 5: Working with Cycles</b>	<b>16</b>
<b>Chapter 6: Foundational Spells</b>	<b>21</b>

All rights reserved. © Copyright 2021 Eighth Chakra Version 1

Click on the links below to join us on Facebook and Instagram!



# **Introduction**

## **Who are we?**

Two intrepid explorers on a journey to uncover the depths of our own consciousness; to expose and accept the many intricacies of humanness; to shine a light on the darkness and forage a path to discovering our soul purpose in this lifetime.

## **Why are we doing this?**

We have been in the trenches, we've been at the point where nothing made sense. Where we have questioned our entire existence. To be at such a low point that everything blends into one, you start to lose sight of the magick in the little things, and mundane reality takes over. We feel that it is extremely important to implement patterns that remind us that there is magick in everything that we do. We feel that is so important to keep the wonder and awe alive no matter what age we are. When we close off, believing that we already have all the answers or that simple, everyday life is boring and not creative, we don't get to see the magick and miracles that open up before us in these quiet routine moments. But it does exist, and we can help you find it too. We just have to open our minds, and our hearts to the magick all around us.

Our prayer is that this little handbook can help you to see, experience and create more magick in your life! Thank you for taking this part of your journey with us!

## Chapter 1: Mindset, Grounding & Energy Management

Your mindset is the MOST important tool that you have in your tool box. What you believe and the habitual patterns that you move through during your day and lifetime determine the level of success you will experience in life, let alone in your spell work.

Taking the time and effort to work with the shadow programs, i.e. negative thought patterns, beliefs, habitual behaviors, and emotional baggage, and releasing fears, will help you uncover the unconscious programs that are truly running your life... from the backseat.

It doesn't matter if you have the most magnificent spell written up and cast, if you haven't worked with your shadow programs and understood why you do what you do, your intentions will never manifest in the way that you want. Your conscious mind is only aware of about 5% of your waking life. The unconscious mind on the other hand, accounts for 95% of your reaction or response to life! It only makes sense to clear the stories, fears and programming that have been fed to us by our (mostly) well intentioned caregivers.

Having clarity around your true intentions will benefit you greatly as your spells come to life! This is standing in your true power!

As a witch, you are most likely in tune with nature and energy on a level different than the average person. You may or may not be aware of the ability to use the Earth to help you calm down, focus and release emotions and fears. If you take away anything from this e-book, I hope that you will learn to ground yourself. Grounding yourself is as simple as walking barefoot on the grass or bare Earth, eating dark chocolate or cacao, or even using a copper grounding wire!

Here is a simple exercise to help you ground your energy.

Find a comfortable place where you won't be bothered for a little while. Stand or sit, now close your eyes and imagine that there are roots coming out from the bottom of your feet and your sit bone. See them intertwine as they pass through floors, cement, etc and finally through the Earth. Imagine the cords as one cord and seeing it stretch all the way down to the center of the Earth. When you feel it has reached the center, imagine a crystal of some sort that is radiating love and peace. Imagine wrapping your cord around that crystal and feeling some of that energy come back up from the crystal into your body, helping you to relax and feel centered and grounded in your body. Take some nice deep breaths and imagine Earth's energy coming up into your body, opening and cleansing each chakra. See the colors of each chakra spinning and open, Root at the base, your sit bone see it in the color red. Sacral just below your navel. See it in the color orange. Solar Plexus, just above the belly button area. See it in the color yellow. Heart Chakra, at your heart center. It glows green. Throat Chakra, right at the base of the throat, see it in blue like the sky. Third eye, in between your brows, see it in an inky indigo blue. And finally your Crown Chakra, your connection to the soul and higher realms. In brilliant white light. We've mentioned chakras in the grounding exercise and now it's time to expound on them. Chakras are energy centers in the body, there are 7 main chakras in the core of your body, there

are many more throughout your body, but these are the main ones we work with. In terms of physicality, in most of these energy centers you will find nerve centers and hormone releasing glands. We'll start with the Root.

<b>Chakra</b>	Color	Gland	Concerned With	Location	Description
<b>Root</b>	Red	Adrenal Glands	Physical	base of your torso, in between the anus and sex organs	Survival, Instincts, Group or Tribal Association, Physical Needs  When out of balance, we can feel insecure and even cause ourselves physical injury.
<b>Sacral</b>	Orange	Gonads	Emotions	womb area or lower abdomen, below the belly button	Creativity, Emotional Balance, Procreation and sexuality.  When out of balance we can feel our emotions are running our lives.
<b>Solar Plexus</b>	Yellow	Pancreas	Mental	just above the belly button	Self Will and Personal Power. gut feelings  when out of balance, we feel blocked from our power or disempowered.
<b>Heart</b>	Green and pink	Thymus	Unconditional Love	center of chest	Giving and Receiving Love

					When out of balance we can feel blocked from love.
<b>Throat</b>	Blue	Thyroid	Expression/ Communication	base of the throat	Where sound is made, speech and self-expression.  When out of balance we don't speak up or speak our truth.
<b>Third Eye</b>	Indigo	Pituitary Gland	Left Brain/Intuition	between the brows	Inner vision, clairvoyance, seeing the bigger picture, imagination.  When out of balance, we cannot see the full picture, we block ourselves from our creativity and imagination.
<b>Crown</b>	Violet	Pineal Gland	Right Brain/Creativity	at the top, back of head	Spiritual Connection, Connection to all, Understanding and knowing  When out of balance, we feel separate and disconnected from others, life and/or nature.

The next step is to ensure that you have proper boundaries, we are mainly talking about energetic boundaries, but no less important are emotional and physical boundaries. Creating

healthy boundaries in relationships will save your energy for more important uses, such as creating and casting spells!

Doing any kind of energy work, even going out and dealing with people and emotionally charged environments, a good investment of a few minutes a day, both in the morning and evening, is to place energetic boundaries around your energy fields. You can do this by imagining white light surrounding your body in a bubble and then intending that only the energy with the highest and best intentions for you, may enter your bubble. Generally, these bubbles need to be reinforced about every 12 hours.

## **Chapter 2: How to set up Sacred Space**

Your sacred space is ultimately up to you. It can be as simple as an armchair in the corner of a room to a whole room or even a backyard shed. Your imagination is the limit and your intention will guide you. What is your purpose for the space? To meditate? To do spell work? To honor your ancestors or spirit guides?

Spend some time contemplating what sacred space looks like to you and what your budget can afford! Even if it's just a pillow in the corner of a quiet room in your home to meditate, it's a start and it's yours. What does it feel like when you imagine being in your space?

You want to also make sure that the space isn't serving too many functions as it can create a lot of extra unwanted energy that will contaminate, so to speak, your ability to meditate or create clear intentions for your work. It is ideal if you can use the space only for your sacred work.

When I first started, I collected rocks in the desert to create my magickal circle and sacred space. I then had a ceremony to cleanse and consecrate them. When I was ready to do magickal work or even to meditate sometimes, I would find a quiet corner in my closet and set up my circle. It wasn't much, but it gave me a little piece of the world that was my own. It was also out of the way of the normal foot traffic in my home so I was rarely interrupted. It is very important to have NO interruptions to your spell casting work, however, if you do it is not the end of the world. Some of us have other responsibilities such as being a parent and children cannot always wait. If you are interrupted, use it as a way to connect deeper, look for the messages that this interruption has brought as a gift from Spirit and use it in your work.

## Chapter 3: Tools of the trade

The only thing you need to get started is your intention and some elements found in your environment, as you gain skills and clarity around what your intentions and goals are, you can add additional pieces to your toolkit. And honestly, as you deepen into your practice, new tools will seemingly arrive almost as if they materialized out of thin air.

### Clearing Bundles

Clearing Bundles can be made from various plants such as:

**Juniper** - Can burn the wood or the leaves, used for its extraordinary air purifying properties, it also is used for protection.

**Ethically cultivated sage ONLY** - *sage has been overused and is becoming extinct in the wild, please please, please do NOT go harvest wild sage.*- Cleans the air as well, banishes negative energies, creates a blank canvas.

**Palo Santo**- Wood is used to burn, this can calm intense energies and invite in tranquility and peace.

**Sweetgrass** - Usually braided and burned to attract and invite positive, healing energies.

These all have the general essence of cleansing and clearing, can be used alone or in conjunction with one another to fine tune the energies.

Or your favorite herb or incense!

**Container for ashes** - a simple ashtray or bowl or a carved soapstone bowl, basically anything that will hold the ashes without causing a fire.

### Wand &/or athame-

There are some truly amazing wands and athames made of gorgeous wood and carved stone and crystals. Wands direct and focus the energy of the spell that you are completing. An Athame is a ceremonial knife, usually with a carved handle and is used for the same purpose as the wand.

**Bell/ Ritual Rattle/ singing bowl**- Used in sound healing, can clear and harmonize the energy in the body and in the environment.

**Altar** - a place to pay respects, to pray and contemplate the deeper meaning of life, to honor our ancestors, a place to pay homage to your craft.

**Besom, or broom** - a tool used to clear and comb out different energy blocks or tracers of negative mental energy to release and let go of that may be lingering in your aura.

**Chalice** - used to drink ceremonial/ritual elixirs and so forth from, a representation of fertility, females and water, as well as used to hold an offering.

**Tarot and/or Oracle Cards** - a deck of cards with visuals full of imagery and symbolism, used for divination of the future and giving guidance based on the direction the queror is headed at that moment.

**Runes** - another divination tool typically made from carved wood, sometimes made from bones, with letters/symbols, used to give guidance regarding the future.

**Crystal Ball** - used to focus visual energy and allow the seer access to future visions or things currently happening in other places

**Pendulum** - typically made from crystal, glass or stone, with a cord or chain attached. Swings back and forth and in circles to answer yes/no questions.

**Grimoire or Book of Shadows**- a book used by magicians and witches to record spells, mystical experiences, herbs and their uses, spell ingredients, etc. etc. anything and everything to add in spell and herbal crafting.

**Calderon** - a container, usually made of metal that can be placed over a fire and magical potions and spells are mixed and come to life within it.

**Mortar & Pestle**- Used to crush and grind different dried or fresh herbs to break the cell walls to release more of their healing potential. Also used to infuse intentions and energy into the herbs.

**Sacred Geometrical grids and shapes** - There are 5 platonic solids that are said to form the basis of all matter in our reality. All matter contains sacred geometry and grids. The Earth contains a grid that we can work with in our spells and through meditation or creating a crystal grid in real life. This can be done on a small scale or crystals can be placed at different points across the globe. Grids help contain and focus energy for different purposes, for us they are used for healing work.

### ***Items that represent the seasons and elements***

These lists are just the beginning, the symbolism should be represented by what you feel each season and element represents, this is not a comprehensive list.

#### ***Seasons***

**Spring** - potted flowers, seeds, eggs, bright green or pastel colors, watering can

**Summer** - sun, yellow, blue, sand, a shell or sea glass, beach ball, pail & shovel

**Fall** - dried leaves, pumpkin, gourds, orange, burgundy, hunter or dark green, pine cone

**Winter** - holly, white and black or brown, bare branch, herbal sleep pillow, mirror

### ***Elements***

**Earth** - crystal or stone, potted plant, salt, pentacle, bowl of sand or earth, brown candle

**Water** - a chalice, bottle or bowl of water; seashell or item from the sea, a mirror, blue candle

**Air** - feather, incense or burning sage, bell, yellow candle

**Fire** - incense or burning sage, candle, wand, dragon, snake or phoenix figurine, red candle

### ***Candles & lighter (wand lighters work best)***

**White** - typically represents purity and light, it can represent the whole rainbow as it is a neutral color and therefore is a placeholder for other colors if they are not available. White is also a color used for spiritual protection as it destroys negative energy. They can also be used to represent the energy of the moon and for increasing spiritual strength.

**Black**- This color candle is usually used in the instance of banishing and clearing negative energies. Used during transitional points in one's life to represent and call in protection.

**Red**- Invokes passion and inspiration. Used when needing assistance with moving forward, also related to love and romantic relationships.

**Pink**- Invites in friendship, or strengthens and harmonizes existing friendships and relationships with others and self.

**Green** - Represents healing energy. Invoking nature spirits and manifestation of material items or wealth.

**Yellow**- Inspiring joy and self confidence. Encouraging positive outcomes for specific situations.

**Purple**- Increases psychic power, aids in connection and becoming a divine channel. Attuning with your inner wisdom.

**Blue**- Ushering in a sense of calm and peace. Opening up lines of communication. Trust in one's inner guidance or intuition.

**Orange**- Represents good luck, abundance, and success with business ventures. Can bring a sense of optimism to the situation.

## **Crystals**

**Clear Quartz** - Works on multidimensional planes of existence. Amplifies energy and intentions, can be paired with other stones to increase their power. Quartz is an energy source that has an extremely high vibration and can be used to increase metapsychical abilities. This stone is considered a master healer.

**Amethyst**- This stone is associated with our dreams, and be beneficial to sleep with if you are struggling with insomnia or dream recall. It also acts as somewhat of a dreamcatcher, filtering out nightmares. Protects your aura from psychic attack, or negative ambush, strengthens and protects boundaries. Amethyst has a sobering quality to it, so it lends helpful with any addiction issues. This stone can strengthen connection to self, collective, and spirit.

**Selenite**- Acts a bridge from our conscious mind to our subconscious mind. Combs out negative energies or blocks we may have in our auras. This is a very high vibrational stone that is said to give access to angelic consciousness as well as insight and deep ancient wisdom. Placing selenite around the home can protect the space.

**Black Tourmaline**- Very grounding stone, acting as a filter for others' negative mental energies from penetrating the aura, it also filters out our own self doubts and insecurities, it inspires self confidence and transmutes any fear we may be holding on to. It is used to balance the left and right hemispheres of the brain, or the divine masculine and divine feminine energies.

**Rose Quartz** - Induces love in self and in relationship with all of life, overcoming any and all types of trauma. Heals the physical and emotional heart. Clears heavy emotions, provides support and guidance during hard times. Used in conjunction with amethyst proves helpful in overcoming addictions. Placing it beside your bed or in the relationship corner of your home can support you in your efforts to find love as well as in existing relationships.

**Sunstone**- Restores a sense of sweetness or zest for life. Beneficial for anyone dealing with chronic or acute depression, can help with finding courage and confidence within oneself, unlocks our true self and potential in this lifetime. This stone is empowering and inspiring, renewing the strength needed to keep on going. Gives new perspective on circumstances or experiences that have caused grief or disappointment in the past. Can help to cut ties to people or patterns that no longer serve in the present times.

**Lapis Lazuli**- Considered a royal stone, a highly desirable stone in ancient Egypt. It is believed to contain the soul of the Gods. Highlights the importance of spoken word and the vibration that it holds. Can align and balance the throat chakra, clears blocks associated with not speaking one's truth. Opens throat or bridge between head and heart, allowing one to speak from a place of love and truth. Helps to shed some light to the things that have been put on the back burner so to speak, or things that have been hidden in the dark.

**Labradorite**- Strengthens trust in the Universe, brings acceptance for the things that are and the things to come. Prepares your body for a journey, whether that be psychically, mentally, emotionally or spiritually. A great ally in times of change or transformation, bringing the gift of patience, making space to allow the circumstances of our lives be, without running to "fix" anything. This stone is also useful in removing others projections that have been placed upon or attached to your aura, allowing you to gain more clarity with your soul's truth.

## Chapter 4: Witches Pantry

Herbs are a necessary ally in witchcraft, health, and general wellbeing. Herbs are channels for expressing different themes and energies that can be beneficial in our everyday routines and rituals. It's good to have a collection (even a small one) of herbal remedies or potions to assist one with aligning with their highest potential or vibration. We have compiled a small list of herbs and some of the magickal healing properties that they possess. We use these simple, common herbs in our practices very often.

### **Cinnamon- *Cinnamomum spp. (bark)***

**Actions:** Astringent, diaphoretic, carminative, antibacterial

**Vibrations:** Balancing, harmonizing, strengthening, warming, drying

Helps with gastrointestinal issues and indigestion.

Helps to balance out blood sugar.

**Spellwork themes:** Increasing psychic power, harmonizing with spirit or higher self, balancing out energies, attracting material success, guarding & protecting. \*\*strengthening and aiding in the overall power of the spell

### **Ginger- *Zingiber officinalis (root)***

**Actions:** Carminative, diaphoretic, anti-inflammatory, cardiogenic, antimicrobial

**Vibrations:** Heating, stimulating

Helps to soothe the stomach and intestines, great for nausea and cramps. Gets circulation going and warms up digestive fire. Due to the antimicrobial action ginger can be beneficial for colds and flus, can be used in meat dishes to detoxify the meat. Externally applied using a compress, ginger can aid in muscle pain and tension.

**Spellwork themes:** Bringing in a sense of adventure, sex magick, increasing personal power and confidence, promotes good health and protection. Can bring good fortune.

### **Thyme- *Thymus vulgaris (leaves)***

**Actions:** Antispasmodic, carminative, diaphoretic, expectorant, antiseptic, antimicrobial, antifungal

**Vibrations:** Cleansing, fresh, purifying

Makes for an effective mouthwash, or throat gargle for sore throats as well as an ingredient in facial cleansers for breakout prone skin, or hair rinses. Can be used in house cleaning products.

**Spellwork themes:** Good cleanser of negative energy, banishes things that no longer serve us. Transmutation and purification. Filtering and refining our energy fields. Offers the gift of health and wellness.

### **Calendula- *Calendula officinalis* (blossoms)**

**Actions:** Vulnerary, emollient, emmenagogue, diaphoretic, alterative, astringent

**Vibrations:** Building, sturdy, uplifting, soothing

Very useful in the treatment of burns, soothes pain and irritating skin issues. Promotes wound healing internally and externally. **\*\*DO NOT ingest if pregnant due to emmenagogue action**

**Spellwork themes:** Calling in positive forces and energies, lifting moods. Ushering in and activating healing frequencies. Supports dreams to blossom. Protecting your energy field from negative forces, and strengthening trust within oneself.

### **Chamomile- *Matricaria chamomilla* (flowers)**

**Actions:** Calmative, nervine, antispasmodic, anodyne, diaphoretic, emmenagogue, carminative

**Vibrations:** Nurturing, soothing, relaxing

Indicated for stomach disruption associated with nervousness or anxiety. Considered a “band-aid” for the stomach, beneficial in all stomach complaints. Can be soothing during a cold, or useful for treating insomnia. Chamomile is high in calcium content and extremely safe and effective medicine for children, making it useful for fussy teething children or even colicky infants.

**Spellwork themes:** For the entrepreneur it can attract more money and prosperity in your endeavors, used to calm energies and rest into ones body, purifying energies and soothing angry spirits.

### **Damiana- *Turnera diffusa* (leaves)**

**Actions:** Aphrodisiac, nervine, diuretic

**Vibrations:** Loving, empowering, intimacy

Antidepressant properties, used to increase sexual interest or sensitivity in men and women. Can aid in digestive upsets or mucus congestion.

**Spellwork themes:** Opening chakras to increase psychic powers, used in tantric magick, tuning into and appreciating oneself, mending lost connections, beauty spells, astral travel and lucid dreaming. Sinking deeper into meditative states.

### **Dandelion- *Taraxacum officinalis* (whole plant)**

**Actions:** Alterative, Cholagogue, diuretic, stomachic, tonic

**Vibrations:**Supportive, strengthening, nourishing, detoxifying

Aids in liver function, Benefits digestion, assimilation of nutrients and assisting in eliminating toxins from the blood. Contains a high amount of minerals and helps to feed the gut biome.

**Spellwork themes:** Calling in healing forces and energies, divination, communication with spirit or ancestors, making wishes or releasing intentions (blowing seeds)

### **Garlic- *Allium sativum* (bulb)**

**Actions:**Alterative, antibiotic, antibacterial, carminative, nervine, diaphoretic, stimulant, vulnerary

**Vibrations:**Protecting, strengthening, cleansing, purifying

The “cure-all”, Garlic, is very versatile, not only does it taste amazing it lends so much healing potential. Strengthens and clears out the heart, lungs and chest. Can help raise and lower blood pressure. Heals infections and clears out parasites.

**Spellwork Themes:** Protection and boundaries from energy vampires, promotes healing of negative thought patterns. Increasing strength and willpower. Cutting ties with people and patterns.

### **Elder- *sambucus nigra* (berries, flowers, leaves)**

**Actions:** Antiviral, stimulating diaphoretic, diuretic, emollient, laxative, pectoral

**Vibrations:**Stimulating, clearing, protecting, supporting

Affinity to the respiratory system, helps to clear out mucus from the lungs. Strengthens cells to fight viral infections, blocking viruses from being able to penetrate the cell membrane. Berries have a mild laxative action. Leaves can be used externally in a wound healing formula either an oil or a salve, leaves contain some UV protection so also good for sun exposure. Folklore shares of Elder being able to cure all “ills” a person will face in their lifetime.

**Spellwork Themes:** Guiding through heavy grief, releasing attachments, letting go and breaking old patterns, tuning in to wisdom, deals heavily with the axis of life and death. Good for use in shadow work.

## Chapter 5: Working with Cycles

There are many different cycles that you can work within, (this is just a small list to get you started) including and most importantly your own cycles. Your body's cycles, your mental cycles, energetic cycles, and more. The more time you spend getting to know your own cycles, the better you will understand how to move forward with ease and grace, working with the cycles instead of resisting and going against them. This causes friction of all sorts and can make you feel as if you are moving through molasses. Working with these outward cycles, will also help you to get in touch with your own.

### ***Wheel of the Year***

This yearly cycle of 8 Holy/Holidays days, they consist of the Equinoxes and the Solstices and their midpoints. These have been celebrated by Pagan cultures for centuries.

**Yule** - December 21- Winter Solstice - this begins the new year and the cycle all over again. It is a time of celebrating the return of the light, the rebirth and renewal of all of life.

**Imbolc** - February 1 - Candlemas - marks the beginning of Spring and a time to give thanks for the growing light

**Ostara**- March 21 - Spring Equinox - a time to celebrate the balance of the extremes of the seasons

**Beltane** - May 1- May Day - marks the transition to Summer and a time of celebrating fertility and abundance

**Litha** - June 21- Summer Solstice - a time to celebrate the warmth and abundance that Summer brings and to recognize that it slowly recedes from here on out.

**Lughnasadh** - August 1 - Lammas - marks the beginning of the harvest season, when we give thanks for all our abundance

**Mabon** - September 21- Fall Equinox - marks the beginning of fall and time to again celebrate and pay attention to the balance of extremes

**Samhain** - November 1 - Hallows - a time of recognizing the theme of life and death, it is the end/death of summer, growing season and a time of rebirth and regeneration.

### ***Moon cycles or phases***

**Darkmoon and the New Moon** - the period of transition between the waning crescent (dark) to the waxing crescent (new) phases. The Sun and Moon are coming together at this time, it is

an alignment of emotions and will or expression. A time of new beginnings yet also still releasing. We can banish things from our lives as well as plant seeds for new things/people/situations to grow in our lives. We can learn more about our fears and what causes us anger and release them. We can work to neutralize things/situations and people. The new moon is the mark of a new cycle.

At this time we are urged to step into our power, take our own authority and get real with what it is that we are trying to plant and nurture into existence. It is dark but this is when we need to find courage within ourselves and be our own light, to truly empower ourselves.

***Best time to perform magic during this phase*** - between dawn and dusk

**Waxing Crescent Moon** - that period of the moon when we can see a sliver of moon, when the light is beginning to increase. This happens 3 ½ - 7 days after the new moon. A perfect time to focus your intentions for new beginnings and starting projects. A time to start tending to the seeds that we have sewn.

We must find ways to have compassion for ourselves during this time as we take our first steps, entering into uncharted territory, stepping into something new isn't always easy, which is why we require compassion, as we may stumble. We must all start somewhere.

***Best time to perform magic during this phase*** - between mid morning and after sunset.

**First Quarter Moon** - 7-10 ½ days after the new moon, halfway between new moon and full moon. This is a testing ground, we may encounter some challenges but this is just to ensure that we are in line with what we want.

Finding strength within ourselves to keep on going, to push past the obstacles and keep going towards what it is that we are trying to manifest. The only way out is through. We cannot snap our fingers and end up across the country, we have to use some sort of transportation and take a journey to our destination.

***Best time to perform magic during this phase-*** between noon and midnight

**Waxing Gibbous Moon-** 10 ½-15 days after the new moon. Gibbous in latin translates to "hump", we are at this point where we are bulging, bursting at the seams with emotions. We are ready to pop and it may feel like we can't go on, it's too much. We must keep pushing on. This is when we begin to surrender to the process, to let life run its course.

Protect your energy and be gentle with yourself, it may feel uncomfortable at times to be full of emotions, the release is coming, this is all a part of it. Being uncomfortable is okay,

it is natural and inevitable. So treat yourself with care, put up your boundaries and remember you are worth it, all the work you have done to this point is worth it!

**Best time to perform magic during this phase:** Between afternoon and 3 am

**Full Moon-** 15-18 ½ days after the new moon. The moon and the sun are opposing each other at this point. This is the birthing of our intentions we put in place at the beginning of this cycle. Laboring isn't easy work, it requires one to let go completely and trust in life and themselves with every ounce. It is true surrender.

When we surrender to the truth, not just what we want to see or hear but the reality of the situation. The reality of life, we are in line with the truth. The light is shining, illuminating on the true nature of everything. We must allow the effortless flow of the universe to unfold without push back on our end.

**Best time to perform magic during this phase:** Between sunset and dawn. Full moon at midnight is most potent.

**Waning Gibbous or the Disseminating Moon-** 3 ½-7 days after the full moon. We are called to acknowledge and organize what we have gathered, or harvested from this cycle. We need to filter out what it is that we would like to take and what we can let go of.

Having forgiveness for ourselves as we process the information that we have been receiving, forgiveness and gentleness for anything that has been difficult to assimilate. As well as harnessing our willpower within, to keep pushing forward, to show up for ourselves everyday no matter how hard it can be. We need will power in order to forgive and let go of the things that no longer serve us.

**Best time to perform magic during this phase:** Mid-evening to mid-morning

**Third Quarter or Last Quarter Moon-** 7-10 ½ days after the full moon. We are still processing and reflecting on all the changes. A time to dig deep.

Travel deep within ourselves, get really in touch with our truth, what we have taken from all of this. This is our time to reflect, to center ourselves. We are finding the balance or equilibrium with all that has transpired. We have seen the contrast of the darkness and the light. We are slipping back into the darkness, only to be illuminated again. The cycle continues

**Best time to perform magic during this phase:** Between midnight and noon.

**Waning Crescent or Balsamic Moon-** About 10 ½ days after the full moon. Balsamic refers to soothing and restoration and this is what this time is for. Recovering and really absorbing the lessons and the blessings we have received from this cycle.

Finding ourselves, healing and embodying the truth and the bulk of what we have learned. As we fade into the dark moon, we find and hold on to our purpose and our truth. This is a time for us to really get in tune with what it is necessary for our evolution and our highest potential.

**Best time to perform magic during this phase:** Between early morning and mid-afternoon.

### ***Weekly cycles***

**Monday-** “Moon-day” this day is all about going within and honoring the cycles and patterns of our bodies. Embracing and tuning in to our emotions, listening to ourselves and the inner guidance that we receive.

**Tuesday-** Ruled by Mars, A day for action towards your deepest desires and motivations. Fulfilling dreams and taking steps towards or setting goals for yourself.

**Wednesday-** Ruled by Mercury, A day of communication and commune with yourself and others. Mental energy is active and needs to be expressed. Writing and journaling can be extremely beneficial

**Thursday-** Ruled by Jupiter, Step out of your comfort zone and expand your mind. Learn or experience something new. Spend time reflecting on what you are grateful for.

**Friday-** Ruled by Venus, This day is for self care. Focus on what you can do to show yourself or others in your life some appreciation.

**Saturday-** Ruled by Saturn, This day is all about structure and balance. Use this time to get yourself organized and reinforce any needed stability. Build strong foundations.

**Sunday-** Ruled by the Sun, Focus on yourself and what your needs are. This is your day to relax and let go of anything that no longer serves you.

### ***Astrological cycles***

These are not all the astrological cycles, just a few of the ones that we work with throughout the year and with our clients.

**Sun** - the sun cycle is basically our calendar year give or take a day. It means that around the same time each year, the sun will be in the same location it was at the same time the previous

year and so forth. We celebrate this cycle each New Year's Eve and each time someone we love has a birthday.

**Moon** - we talked about the phases of the moon already, this cycle affects us tremendously, as seen with our Ocean tides and just ask a woman about her menstrual or moon cycle or ask any ER Doctor about what happens around Full Moons. Does the name "luna (*moon*) -tic" ring a bell?

**Retrograde cycles** - each of the planets go through a period some each year, such as Mercury who goes through 3 to 4 of these each year and other's less often, like Mars who retrogrades, every couple of years. It is truly an optical illusion, however, to us on Earth, it appears that the planet is going backwards in the sky. It is usually a good time to reflect and not move to decisions too quickly. For example, when Mercury is retrograde, our electronics and communication systems can have minor issues to total breakdowns.

**Saturn's cycles** - Saturn returns to its original place in the sky, relative to a 'birth date', about every 29.4 years. Saturn represents authority, structure and responsibility. When people reach the age of 30, they typically go through a period of evaluation regarding where they are at, the choices they've made and the level of responsibility they feel in their life. Some people will completely change the direction of their lives during a Saturn Return.

**Uranus's cycle** - Uranus is even slower than Saturn and so we don't make a return unless we live to be in our 80's, about 84! So, we look at different points with this planet, especially the Uranus Opposition, which happens when we are around 42 give or take a few years. This is another very uncomfortable aspect in one's astrological transits chart. Uranus is called the planet of electricity and unpredictability. It could be a flash of brilliant insight or just like a lightning strike magnificent destruction. We typically refer to this cycle in the West as a midlife crisis.

## Chapter 6: Foundational Spells

Spells are the most fun and can sometimes be more effective when we create them ourselves! We have included three spells that we feel sets a strong foundation to becoming more rooted in yourself and your practice, to strengthen and deepen your connection with life and all its magick. We chose the areas of relationships, career and health to start, as these are the tap roots to a strong nourishing foundation. Take extra care with your intentions when casting your spells, the most important thing you can do is be aware of the energy you are putting out.

### Relationship

Ushering in new healing relationships. Strengthening our connection with ourselves and all of life, trusting in the flow of the universe.

First you must strengthen your relationship with yourself, the sacred covenant you hold with life, trust in the Universe, in ourselves that every relationship we have with all life forms are divine. Get rooted, stand firm and grounded in who you are.

If we ground our roots down we can grow branches that will blossom new flowers.

We must surrender to ourselves. Move beyond intention and believe you are worthy enough for the relationship you desire. You desire these things for a reason, because you have needs and these needs are valid.

**Items you will need:** Pink and yellow candle and something to light them. Rose quartz, and a jar with lid, dried Damiana leaves.

On a Saturday during a new moon phase, between dawn and dusk, set up your circle, ground down your energy, connect with your guides, call in protection and all energies for your highest good. Light candles and set your intentions for the spell.

Think about the qualities you want in a relationship. What does it feel like, what does it look like, how do you and this person face challenges within your relationship? When you have a good picture of the ideal mate in your head, face North and hold the rose quartz in your left hand.

Say the following:

*“With my roots digging down,  
grounding as they wrap around.  
In my hand a rose quartz  
Knowing I’m worthy of great love and support  
Damiana builds connection  
as I ask my guides for protection.”*

Place rose quartz and Damiana in a jar, seal the lid with candle wax. And Say,

*"I call in new healthy foundations  
For all of my relations  
Starting with myself,  
My needs no longer on a shelf  
Rooted in trust and communication,  
All is for my highest vibration."*

You can now bury the jar in the ground, or place it on an altar in the relationship corner of your dwelling. Visualize the outcome you desire once more, show thanks and gratitude for the powers at be. Let the vision and intention seep into the ground and float into the sky and close the circle. And so it is.

## **Health & Wellbeing**

Promoting overall health, taking our healing powers back. Owning our wellness, and strengthening our willpower.

We need a reality check, there are consequences to the choices that we make. We must own our bodies, and our power. We have the key to our health within us. It's easy to become complacent and give up responsibility for our bodies, especially with society's projections and perceptions of health and wellbeing.

The key is within us, we are not helpless or hopeless. We must step up and take this responsibility in order to feel whole.

**Items that you will need:** Green and white candle and something to light them, a bath, a green jade stone

On a Friday during a waning crescent moon phase, between the early morning and mid-afternoon, draw a bath, set up your circle, ground down your energy, connect with your guides, call in protection and all energies for your highest good. Light candles and set your intentions for the spell. Get in the bath, and observe your body. What do you feel in this moment? Where are you holding tension? Hold that tension for a moment, and then work on releasing it. Hold the jade in your right hand, take a minute to note 3 things you appreciate about your body and what it does for you then imagine charging your crystal with this energy.

Say the following:

*"My body, my home,  
Thank you for the love you've shown,  
I trust in your healing,  
I surrender to your feeling.  
I accept responsibility,  
With grace and humility."*

Close your circle, thank yourself and the powers at be for the loving and healing support. Take the jade stone and put it in a medicine bag to be worn around your neck for as long as you feel necessary, you can also place it under your pillow at night.

## **Career & Path**

Opening the path to our dreams, making our passions our work.

We need to clear our expectations that have been imposed on us by our family, friends or society. There are deeply ingrained patterns that must be dug up and brought to the surface so we can accept and heal. Lighten your load, you are not here to please everyone. We need to find a deeper fulfillment with the work that we do in this life.

Open and allow for space to get in touch with your true path and purpose. It's time to make waves.

**Items that you will need:** An orange and red candle and something to light them, cinnamon sticks, a medicine bag or jar and a citrine crystal. Two pieces of paper, a pen and a bowl of water.

Initiate the spell on a Thursday during a waning gibbous moon phase, between mid-evening to mid-morning, take a moment to clear your space using your preferred clearing bundle, visualize banishing any patterns of limitation around your career and work life, invite in positive expansion and imagine doors of opportunity opening, allowing space for the flow of abundance. Set up your circle, ground down your energy, connect with your guides, call in protection and all energies for your highest good.

As you light the candles imagine igniting your passions, awaken that creative energy within yourself. Begin to write down any fears or doubts that you may have around your idea of success, anything you wish to release that may be holding you back from fulfilling your creative pursuits. On another piece of paper write down what you'd like to create for yourself, where you see yourself in the next year, anything else that inspires or motivates you to continue on your path.

Hold the citrine in between your solar and sacral chakra. Say the following:

*“Creative passion please ignite,  
The future bright and in my sight,  
I call in success,  
And what is needed to progress.  
I clear out old patterns of disbelief,  
I call on my guides for relief”*

Now hold the list of doubts/fears above the bowl of water as you light it with the flame from either candle, let the ashes fall to the water and imagine yourself being cleansed of all limitations.

Now say:

*"I release anything that no longer serves,*

*I am open to all that I deserve.*

*I will go on with the courage I need,*

Place the list of intentions for what you wish to create and place in a medicine bag or jar with citrine and cinnamon. If using a jar, seal with wax and place in the career corner of your dwelling or wear the medicine bag around your neck for as long as you feel necessary.