

Class One: *Your Spiritual Journey*

Lessons to introduce sacred days, working with nature's energies, spellcrafting, and exercises to help you grow on your own personal path.



**TREE OF
KNOWLEDGE
COVEN**

By Brittany Robinswood



About the Author

Brittany is a member of the Tree of Knowledge Coven, mother of one wild child, and a homeschool parent. For 15 years, she has been an active member of the Pagan community, including organizing group rituals, hosting workshops, and cofounding two Pagan social groups, including South Central Indiana Pagans.

Welcome to the Coven!

Thank you for joining our coven family! If you enjoy learning and growing with us and would like to help support the coven so that we can make more resources that are affordable and accessible, we will have donation options on our website, and will open an etsy shop this Autumn.

GATHERINGS

We are an Indiana based coven, and major holiday celebrations (and some workshops) are open to the public.

CLASSES

We are currently working on a website so that classes and workshops are available to download for free.

VOLUNTEER

If you are interested in volunteering to host a workshop or class, you can email us at treeofknowledgeindiana@gmail.com

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Class 1: Your Spiritual Journey

Welcome to the Tree of Knowledge

All covens are as different as the people within them. Ours is a teaching coven, so our goal is to share our knowledge and resources to help others have easier access to spiritual information. We believe that no matter your age, experience, or background, every single witch has something to learn and something to teach. Even the wisest Sage or Crone can learn a thing or two from beginner witches. And so, all are welcome to host workshops, create educational material, lead rituals, etc. The community that we are growing is like a beautiful tree, with each person building a branch of knowledge to help others.

Our coven is a large family that consists of an inner and outer circle. The inner circle is made of our coven members that create educational content and workshops to share, as well as attend regular lunar rituals. The outer circle consists of any member of the Pagan community that wishes to join us in learning, celebrating, and growing together. This includes you, dear reader. Welcome to the coven!

These lessons are set up so that they fit YOUR schedule and path. Complete them at your own pace and do what you are comfortable with. If there's a lesson that you don't vibe with, skip it. These are not required lessons, but rather tools and structure for those who would like to learn without feeling overwhelmed. Classes are planned so that any materials needed can be easily found in most stores.

Supplies to Gather:

- ❑ A journal for a Mirror Book
- ❑ A larger book or binder for a Grimoire, Book of Shadows, or just a “sacred note book”
- ❑ A comfortable bag for nature walks
- ❑ A calendar or planner
- ❑ Any flat surface for an altar space
- ❑ 4 Black candles (any size)
- ❑ 3 White candles (any size)
- ❑ 1 yellow candle
- ❑ A cleansing incense (sandalwood, frankincense, garden sage, citrus, etc)



Lesson 1: Humble Beginnings

The roots of Paganism and witchcraft run deep in us all. Long before there were crystal shops and herbal catalogs, before candles were invented, before any religion or holy books, there was witchcraft. This may sound ridiculous if you imagine witchcraft to be a modern practice that relies on candles, books of power, and crystals. The truth is that witchcraft at its core... isn't really that glamorous.

The Earth provides everything that we need to survive, but also has its share of dangers to offer. Our earliest ancestors learned that survival is more likely if you know the Earth well and work with its cycles and energies. We learned how and when to plant crops and knew the importance of the harvest season. Women knew the ways of the moon, of healing, and childbirth. Men studied the movement of herd animals, and worked closely with other animals to domesticate them and keep them safe.

For our Pagan ancestors, the Divine (or Gods) weren't somewhere watching us from afar. They were right here, in the daily struggles and triumphs, in the soil that provided our food and life source, and in the water that could either nourish our crops or destroy them. They were by our side to share comfort and wisdom as the women ushered new lives into the world, and prepared the dead for their last journey. They guided the men while hunting, with the hope that no one would go without food. The Gods were always there in every aspect of life, and they still are. We simply don't live as close to the Earth and its mysteries as we used to, but you can still hear their call and feel the stirring of the Earth around you.

In this journey through our year of studies, we will be answering that call and learning to work with those energies.

These are the ancient roots of the Paganism and witchcraft that we know today. It's easy to lose that connection to the Earth when staying inside in the air conditioning or warmth of a heated home is very tempting. Many of us don't have to worry about agricultural cycles because we have really convenient grocery stores. You don't have to pack your things and go live in a hut in the woods, it just means that if you want to work with the Earth's energies, you have to make the choice to go out and forge that connection with the Earth. Today, I invite you to get to know the Earth a little better.

Let's get down and dirty, shall we? Go outside. Find a green patch of grass, a dark, rich, root-buckled swath of Earth, a stone formation, or a tree, and touch it. Rub your hands across it. Sit down and feel the weight of your body on the land. Breathe deeply and allow the Earth to hold you. This is where you belong. Welcome home.

Practice: Connect to the Earth

Sit somewhere in a natural setting on a beach, in a forest, a field, or even your own backyard. Breathe deeply and close your eyes. As you sit, imagine that you have roots that extend from the base of your spine. These roots reach not only down into the Earth, but out to everything on it. Imagine that this vast network of routes connects you to humans, animals, plants, objects. Take a moment to feel the pulse of your connection to the great all. Notice for your connection to things and people might be weak and where it feel strong. Spend 10 minutes (or longer, if you can) simply feeling your connection.



Lesson 2: Questioning Your Path

In this first cycle of studies, we will not just be taking a deeper look at the history and practices of paganism and witchcraft, but also taking a look at ourselves and how our beliefs shape our experiences. In witchcraft, questioning beliefs, practices, and worldviews is not only acceptable, but encouraged. Blind faith and unwavering obedience are major factors in many religions and spiritual paths, but not the path of the Witch. We seek to understand not only life, nature, and the universe, but also ourselves. Through persistent spiritual questioning, you can maintain a heightened perspective about your personal growth. The ability to make honest, powerful life choices comes with clear perspective.

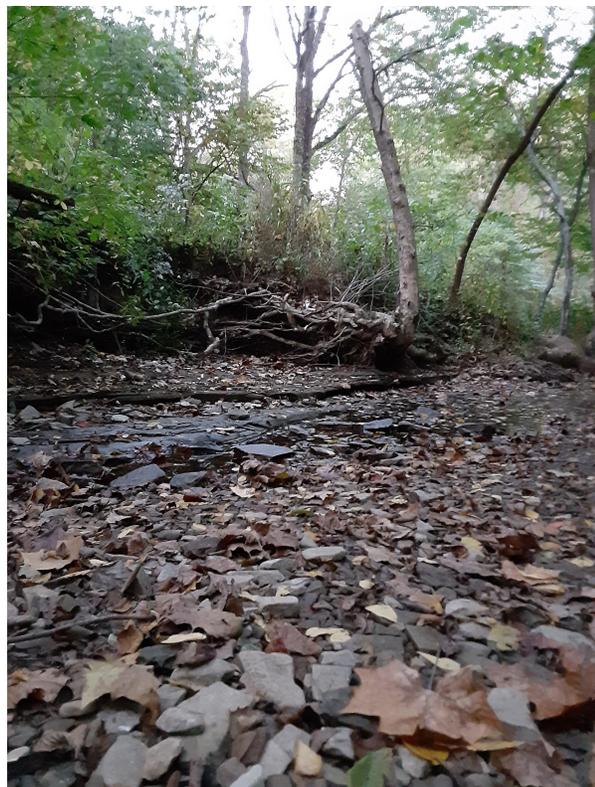
Be honest with yourself now. Explore the following questions list below and commit your feelings to paper. You might facilitate your writing process by first discussing the responses to these questions with a friend. If you don't already have a journal or mirror book (a book for recording your reflections on your path), now would be a good time to start one.

- Why am I exploring the Pagan path?
- What were my previous spiritual practices?
- Did any of these practices lead me to investigate witchcraft? How?
- What are my hopes for starting this path?
- What are my fears in starting this path?
- How will I handle family and friends that might not approve of this research?
- Aside from transitioning to a new spiritual path, are there any major events that might impact my life at this time (for example, deaths, births, divorce, job loss, etc)?
- If I have major life events happening right now, is this the best time to explore a new spiritual path? Why or why not?

After you have committed these answers to paper, spend some time contemplating them.



Lesson 3: Exploring Natural Energies



Connecting with nature is an important part of witchcraft, not simply because it's an Earth based religion, but because learning to feel and connect with the spiritual energy that flows through all things is a key part of deity worship, spellwork, and many other skills that we will be learning through the year. The living energy that resides in plants, animals, rocks, yourselves, even distant stars, is the same energy: it is The Divine.

We will focus more on Divinity and how we perceive the Gods and Goddess in later weeks. Unlike other religions with holy books telling you what to believe about Divinity, in witchcraft, you write your own holy book based on your experiences, rather than prescribed beliefs. Witchcraft is not based on beliefs, but rather based on experiences.

For now, we will just focus on connecting to that Divine energy in ourselves, because once you get used to feeling it in yourself, it's easy to identify it in other sources. You can do this exercise anywhere that you feel comfortable, and it's beneficial to do it a few times each day for 5-10 minutes until you can easily sense your body's energies.

Practice: Sensing Your Energy

Find a comfortable sitting location and close your eyes. Take several deep breaths as you relax your body. With each exhale, feel your body soften as you release all tension. Try to become mentally quiet, letting go of any thoughts. If a passing thought pops up, let it go with each exhale, blowing it away like a dandelion.

When your mind is calm, bring your attention to your solar plexus (near your navel) and feel your life force that resides there. It may feel like a buzzing, a hum, or a warm sensation. Expand your focus to your chest and hips. Open your mind and sense the energy as it rests in those areas. How does that energy feel in your arms and legs? Your hands and feet may tingle as you feel for those energies. Lastly, sense the life force in your neck and face.

You should now be fully aware of your inner life energy from head to toes. This is normally a very pleasant, blissful feeling, and you can stay in this awakened state as long as you wish. When you're ready, wiggle your toes and fingers, slowly open your eyes, and rejoin your surroundings.



Lesson 4: Sacred Symbols

In witchcraft, a symbol is much more than an image. A symbol can represent a multitude of different meanings. For example, the caduceus can represent medical care, hospitals, bring to mind a relative who works in the medical field, and stir up memories of Hermes and myths related to him, all in a few seconds.



Symbols can also trigger an emotional response (for example: a swastika, a cross, or the logo of a store that you hated working for). Symbols are used in witchcraft because they help you access your unconscious mind, which governs dreams, magick, your shadow self, etc. Its important to understand what ideas, emotions, and connections are stirred up for you personally when working with symbols. The pentacle is a common



symbol for witches to use and has many interpretations. For some, it represents balance or the elements. For others, its a symbol of rebellion, worn to shock and scare others. Perhaps, you were raised by parents who survived the "Satanic Panic" of the 1980's and were taught that it's a symbol of evil. If you have a negative association with a symbol, you can always retrain your mind to associate it with more pleasant things... or simply, dont use it.

So what do these symbols *DO* for us? They act as psychological shortcuts to help us recall deeper meanings, emotions that we wish to stir up, or connect to certain energies. But in order for you to have this mental link to the symbol, you need to forge that connection.



Practice: Creating a Symbol

Set an alarm to watch the sunrise today or watch the sun as it sets. It is important that you don't substitute an imagine sunrise, but really go outside and engage in nature. As you experience either the sunrise or sunset, take note of your feelings in your state of mind. After this, take time to commit your thoughts to paper regarding these questions:

What did you experience internally as you witness this event?

From this experience, what do you imagine the sunrise or sunset could represent?

How can I express this experience as a symbol? What would it look like?

Lesson 5: Meditation

When most people think about meditation, they imagine people, especially monks, sitting cross-legged on the floor. This may be a common image that we see, but it is not the only way to meditate. This is a very passive form of meditation where you are still, your mind is calm, and you are encouraged to free your mind of any passing thoughts.

Active meditation is a different branch of that encourages movement. This normally includes a repetitive task that doesn't include much thought, such as walking, picking berries, knitting, or rocking in a rocking chair. It gives your body something to do so that your mind is free of the urge to fidget.

If you have an anxious mind and have trouble freeing yourself from unwanted thoughts, a guided meditation is a good practice. During a guided meditation, a story or scenario is read aloud to the person meditating and their mind follows along. This is a great way to guide your mind towards insight and spiritual understandings. We will be using those a lot in the coming lessons.

For today, we will just focus on the foundations of meditation. We will begin with breathing. Take a deep breath right now without giving it too much thought. Feel how your chest rises and sinks. Many of us are conditioned to suck in our stomachs, but while meditating, you want to take deep “belly breathes”. During meditation, I would like to encourage you to wear clothes that are comfortable for sitting in. When you breathe in, rather than filling your chest and feeling your shoulders rise up, breathe into your stomach. Allow your diaphragm to expand downwards.

Practice: Getting comfortable

Today we're just going to start by meditating for 5 to 10 minutes. If you suspect that you might be anxious and wondering if you've meditated long enough or if it hasn't been 5 minutes yet, you can always set a timer. Today we are just getting comfortable with meditation. If you like, you can find a nice pillow to sit on. As you sit, focus on relaxing every muscle in your body, starting with your legs, then your core, your arms, and finally relaxing your facial muscles. We've done this before in past exercises, but this time your focus should only be on your breath. Feel it flowing in your nose, filling your stomach, exhale slowly through your mouth. You may feel tired or yawn, and that's a good thing. Your body is getting the oxygen it needs. You may take several breaks throughout your day to enjoy this intentional breathing exercise. Trying to still your mind so that your only focus is on the rhythmic breathing, slowly in through your nose, and slowly out through your mouth.



Lesson 6: Meditational Sitting



Earlier this week, we worked on sensing the energies around us and within us. Today, as you do your meditation exercise, bring your awareness to the energy in your body. Starting in your core, and working your way through your arms and legs, to the tips of your toes, and to your face, notice how the energy changes in your body while doing these meditational breathing exercises.

Today, see if you were comfortable with sitting in meditation for a little bit longer. Perhaps, 10 to 15 minutes if you feel that you can sit still for that amount of time. Of course, go at your own pace

Practice: Breathing Energy

Find a comfortable sitting position, and close your eyes. Feel your muscles starting to soften and relax. Visualize all of the tension melting down your body and into the ground. Actively release the tension from your legs, your arms, your core, and your face. Breathe deeply filling your stomach with air, and exhale fully through your mouth. Continue this breathing while sensing the energy in your solar plexus. Feel the energy as it expands through your body. Notice areas in your body where it may feel stronger or weaker than others. Bring your hands together, so that the palms are almost touching. Notice any sensations that you might feel between the palms of your hands. It may feel warmer tingly, or even a slight pressure, like two magnets repelling each other. Take a moment to sit with the energies of your body and enjoy the experience. Whenever you're ready, open your eyes.

Lesson 7: Finding Your Power Place

Guided meditations are great for people that struggle with sitting still or calming their mind. Today, you can read this scripted meditation, make a recording of you or a friend reading it, or click the link below to listen to it on our YouTube channel: Tree of Knowledge Coven

<https://youtu.be/wuGQyJcTI38>

Finding your Power Place

By Timothy Roderick

Find a comfortable sitting position, or lie flat on your back on the ground. Close your eyes. Take several deep breaths. Mentally scan your body for tension, starting at your feet and working your way up to your head. With each exhalation, imagine you release any tension that is sensed in your body.

Once you have released any noticed tension, shift your attention back to your breathing. Begin to take deep, slow breaths. Inhale and exhale slowly, imagine now that the bright white mist begins to form at your feet. With each inhalation, the mist is drawn up around your body and begins to spiral. As you draw the mist upward, you feel warm and comforted. Continue to see the mist climbing your body with each inhalation until it envelops you completely.

Once you are cloaked in this magical mist, you begin to feel weightless. Your usual sense of time and place slips away from you. All that is left is a feeling of floating inside the soft, glowing, white mist.

Soon you recognize that you are moving. You cannot sense the direction, whether forward or back, up or down, but you feel movement as the mist transports you across time and space. It is taking you to your Power Place. Allow the mist to move you and it will stop when you arrived at your Power Place.

[Pause for a moment]

When when movement has stopped, the mist begins to clear and reveal a landscape. Where are you? Are you on a desert mesa? Are you stationed by a shady mountain stream? Are you on the beach near a sparkling sea? Whatever your surroundings, note them in full detail now. As you explore this place, you'll find a particular spot in the landscape that draws your attention. Go to that spot and sit there.

This is your power place. As you sit here you are able to regenerate your energy, you are able to relax and cultivate a sense of peace. You are safe here. You gather magical power here. This is your spiritual home.

Stay here for as long as you need and when you were ready to return, imagine that you gesture with one of your hands in a spiral motion near your feet. As you do this, the white spiraling mist will appear again and will climb your body. As the Mist covers you, you lose the sense of time and place again. The feeling of motion returns, and the mist transports you rapidly back to the place where you began.

Once you have arrived back at the place where you began, open your eyes. Take a moment to recount your experience.



Lesson 8: Your Grimoire

Grimoires, books of knowledge, holy books, and sacred scrolls have been used for millenia to record hidden knowledge. You can even find modern translations of famous books of Knowledge like the Petite Albert or The Magus. You are probably more familiar with the term “book of shadows” because it's a term used in Wicca and many movies and TV shows.

Witchcraft was illegal in England until 1951, so there were hardly any books on witchcraft (making it difficult to be a solitary practitioner). When Wicca was created, a Book of Shadows was kept by each coven and shared amongst its members. Nowadays, most practitioners have a sacred book to record all of the information they gather. They are also less secretive because you don't run the risk of going to jail if its found.

Still, there are also many folks that are nervous about creating their own book. The most common reason that I have heard is because they worry it won't look “good enough”. “Good enough for who?” is the question. Sure, it may not be good enough to be a mystical movie prop or be displayed in a museum 100 years from now... but does all that really matter? Well, yes and no. Your book is also a symbol: a representation of you and your craft.

Just like your altar, your book will serve a practical purpose, but also act as a symbol to help you access your spiritual psyche. So if having a leather bound book with intricate calligraphy gets your wheels turning, by all means, get fancy with it. If you are nervous about commitment or want to add and move chapters as needed, start a binder of shadows (which is how mine started). If you are more comfortable with typing than writing, start a folder of shadows on your phone. There's no right or wrong way, as long as it works for you. If you want to be really inspired, check out this fabulous video by Molly Roberts:

<https://youtu.be/BySdo4YAVwA>

Practice: Planning Your Book

You may already have a special book, or maybe you're waiting to find one that you really connect with. Either way, take some time today to get inspired and journal about what you want to add to your book. Make a list, add drawings, look up books by other witches for inspiration. Have fun with it! Here are a few prompts:

- Herbal info
- Energy exercises
- God and goddess myths
- Sabbat recipes
- Pendulum charts
- History tid bits
- Self portrait
- Tarot spreads

This is a VERY short list, and you can find many “book of shadow prompts” online or on youtube. Whatever you decide to do with your sacred notebook, remember to give it that personal touch!



Lesson 9: Your Altar

Each altar is as unique as the person who creates it. Many traditions of Wicca or other spiritual paths have specific ways to lay out your altar, such as where to put certain tools, how to represent the gods or goddesses, and even how to represent the elements. Our coven is not rooted in any specific tradition, and all practitioners are welcome to celebrate and decorate however they want. There's no right or wrong way to celebrate your path!

Altars are not merely for decoration, though. Each item on the altar is a symbol. It represents an aspect of nature or a part of your spiritual journey. Items on your altar can act as a reminder of a spiritual lesson that you're working on, or help you stir up certain energies depending on what you associate that item with (like water energy, for example). Some altars also have an altar cloth. This cloth uses color correspondences (green for growth, blue for healing, etc) and also acts as protection from wax, wine spills, or getting ash all over your altar.

You may already have an altar set up in your home, but if not, today you are going to be setting one up because we will be adding to it and using it in the coming weeks. It can be on a table, on top of your microwave if you spend a lot of time in your kitchen, on a nice stone in the backyard, in a plastic tote under your bed, whatever you were comfortable with, and where you are most likely to do your spiritual workings is just fine. Today, either set up your altar or take a good look at your current one and decide how you would like it to be set up. How do you want it to make you feel when you're working with it? What energies do you want it to stir up? The following items are just a few suggestions for what to include on your altar, but of course, you are the only one who can choose what to include in your Sacred Space.

Your altar is a reflection of you, so be generous when adding personal touches. Include things that make you happy, favorite art, something that you made and you're really proud of. Your altar is a place to celebrate nature, the divine and yourself. Dear reader, you are just as sacred as the rarest crystal or the most beautiful storm because you carry that sacred Spirit in you. With each breathe, magic flows through you and into the world. You are worth celebrating.

Practice: Setting Up Your Altar

Here are some suggestions, but are not required to have an effective altar. Work with what you have.

- An altar cloth
- Any items that feel “witchy” to you
- Something to represent earth (dirt, wood, herbs, stone, etc)
- Something to represent air (feathers, incense, bells, windchimes, wind instruments)
- Something to represent fire (candles, a piece of singed wood from a camp fire, lava stone, a sun image, matches)
- Something to represent water (a jar of river or rain water, seashells, a cup, fish images)
- Representations of The Divine, or a mirror facing you, because you carry the spirit with you.
- An item that represents your spiritual journey
- An item that makes you happy
- Items found in nature
- Magical tools
- Divination tools



Lesson 10: Meeting the Genius Loci

Most books for beginner witches are written from a Wiccan perspective, which is fine, but it isn't a good fit for everyone. Wicca is the most popular witchcraft based religion, so it makes sense that there are so many books on the subject, but you don't need to follow any organized religion to forge a meaningful bond with nature and the Divine.

You can still find very useful information in Wiccan books, but it's good to consider the perspective. Wicca and its many traditions are based on Celtic practices and beliefs because Wicca was created by folks from the UK. If your ancestors weren't from Ireland or Scotland, you might not vibe well with Celtic gods and practices. If you live in the desert or the coast, you may not be able to practice the traditional ways to celebrate the wheel of the year as they did because the climate and seasons are so different. In today's practice, we are going to be getting to know the land where we live, and how we connect to it.

Genius Loci means "Spirit of Place" and was the term used by ancient Roman's to describe the guardian spirit of a place. In modern times, this term is used in art and architecture to mean the essence or personality of a place. Your area, whether in the city or deep in the woods, will have its own unique Spirit or personality. The plants, buildings, water sources, festivals, animals, and even YOU contribute individual energies that weave together to form a unique energetic ecosystem. Today, take some time to get out there and meet your local Genius Loci!

Working with your local Spirit isn't just a practice for today, but can be a very helpful and inspiring practice for the whole year! One of my favorite YouTube creators, Molly Robert's, has two amazing videos about this topic. Check out these videos for some ideas on getting better acquainted with your local Genius Loci!

<https://youtu.be/8iCOQr34Mdg>

<https://youtu.be/6i4AxxO47SA>

Practice: Your Witch Bag

While you're venturing out into the world, you may wish to carry a few helpful items. Here are a few suggestions. Feel free to add or substitute anything you like.

- A sketchbook or journal
- Containers to carry plants or rocks you find
- A pocket knife for carving sigils or harvesting plants
- Small food offerings
- A first aid kit
- Mini candles and incense
- Divination tools to practice with
- Books you might be studying
- A field guide to local plants
- A planner or date books
- Crystals that you're working with



Lesson 11: Beginnings in Your Path

It's most likely that you have had an interest in "witchy things" from an early age. Maybe you stirred up "potions" of random leaves and dirt in the yard, or perhaps you tried to make things happen with your mind, like Matilda. I would be surprised if you didn't have a rock collection or feel a strange sense of power during thunderstorms. Personally, I remember seeing Pocahontas my kindergarten year and wondering if nature is really alive with spirit all around us. To the other classmates in the playground, I was just a weird kid standing on the grass alone with my arms spread out and my eyes closed, but in reality, I was asking the air questions and feeling for the wind to kick up if the answer was "yes". Also, I loved climbing trees and preferred some because they were "friendlier" or they felt like they didn't mind having a squirrely seven year old hanging from their branches.

These may seem like silly things that all kids did at one point or another, but these memories of how you connected to nature and the energies around you might hold valuable insights for building upon that connection to nature that we are all born with. In a way, kids are inherently Pagan and believe the Earth to be sacred and revel in exploring her mysteries.

Practice: Revisit Your Beginnings

In today's practice, take some time to journal about your earliest memories of doing "witchy things". Here are some prompts to inspire you:

- Did I ever sense energies in natural objects?
- What was my favorite place to play outside?
- What spell or "potions" did I make?
- Was there a time when I believed that I made something happen?
- Did I dabble with divination?
- What magical movies inspired me?

After reflecting on these memories, you might want to revisit some activities you used to enjoy. This isn't just to enjoy the nostalgia, but to also learn from your past self. If you loved playing in rivers, take a walk by the river. Revisit your old stomping grounds! If you loved making potions, try creating your own herbal tea blends. Have a movie night with friends and watch the movies that inspired you. Have fun with it! Honor the little witch that you used to be and how far you have come on your journey.



Lesson 12: Finding Your Path

You already know that our coven doesn't follow a specific religion or tradition. This is because spiritual paths are not a "one size fits all" sort of experience. How you connect to nature, the Divine, the energy within you is deeply personal and will be different for everyone. For the last week, you have reflected on how you feel about spirituality, practiced connecting with natural energies and have started forging your own spiritual connections to the world around you. You are forming your own personal *gnosis*.

You may have heard this term before. Gnosis is the greek word for knowledge, but it often refers to knowledge of spiritual mysteries. This isn't the sort of information you can get from a book or video, but rather a deep spiritual understanding gained through personal experience like ritual, meditation, nature workings, or self reflection. This is the good stuff that no one can reveal to you, but yourself.

This is why we write our own holy books, build our own altars, and work personally with spirit rather than trusting someone else's experiences or written word. We need no priest or preacher to teach us about God because we know her personally and walk with her daily.

We have no use for blind faith because you don't need faith to believe something that you experienced firsthand. As you learn and grow as a witch or spiritual practitioner, when you seek truth and understanding, look first in yourself before looking to someone else's books or experiences. On this path, you don't need a priest, fellow witch or anyone else to act as a medium between you and the Divine. You are the priest or priestess of your own path and you work with Spirit directly. Trust in yourself, dear reader.

Exercise: Finding Your Path meditation

Today, you are invited to join me in a guided meditation to discover your path. You might want headphones or something comfortable to sit on. When you're comfortable, visit this meditation on our YouTube channel:

<https://youtu.be/cqW9Hvu97Jg>



Lesson 13: Choosing A Name

Many witches, Pagans, and practitioners adopt working names for their spiritual practices and to use in the community, and there are many reasons for this. Some are not open with their family and friends about their beliefs and want to have a separate name for public events or writings. For others, it reflects who they are as a witch (for example, Alice Riverdancer or Rowan Blackroot). Names are often inspired by plants, animals, mythology, colors, Crystals, etc, but it can be anything you want. Some people just don't like their birth name and make a new one!

In some Covens, members adopt new names at initiation. In her book *The Witches Coven*, author Edain McCoy describes how she became a member of an Irish based coven where all members took on Irish last names to create a sense of unity amongst the members. After doing some research, she realized that she was related to the Irish McCoy clan, and chose that name.

Craft names are not necessary, and are less common today than they were 10 years ago because people are more open about their paths and crafts, but it can still be helpful to you personally to adopt a name that represents who you are at your core and reflects your practice.

Your craft name isn't permanent. So if you have trouble deciding and worry it might not be a good fit, don't worry. It will grow and change, just as you do. I chose my first name by looking in a list of Celtic baby names and chose "Merin". As an older teen/young adult, my name was PhoenixFire to represent my need for constant change and rebirth.

Exercise: Who Are You?

Even if you have no intention of adopting a craft name, it can still be very useful for you to reflect on who you are as a person and what practices interest you. Take some time to consider what symbols or natural forces represent your path. This might lead to symbols or words of power that you can use in art, spellwork, sigils, your altar, etc. Take some time to journal about what symbols or natural items you feel would represent you



Lesson 14: What Do Witches Wear?

The first time that I went to Indy Pagan Pride Day, I went with a friend who had also never been before. We weren't sure where to go since there was also a baseball game going on in the same park. We decided we would look for other Pagans and follow them. The only problem is, we mostly look like everyone else. The parking lot was filled with families, kids in strollers, clusters of teens, and adults carrying folding chairs. So we just stood there hoping to spot the silver glint of a pentacle necklace and looked at exposed arms for any witchy tattoos. Suddenly, a family lead by two parents in renaissance outfits pulling a wagon walked by. A little boy in a dragon costume waved at us from the wagon, and he was followed by a teen walking two ferrets on a leash. I knew these were our people. Even if they weren't Pagan, we still wanted to see where they were heading.

If there are any lessons to this tale, it's that ferret owners are rarely boring, and it's surprisingly hard to tell if someone is a witch or not. Years ago while working as a cashier, I complimented a customer's pentacle necklace and asked if she had a nice Solstice last week. She was very confused and asked what a pentacle was... while wearing one.

Jewelry can be useful in meeting like-minded people out in the wild, and also serve as tools for protection, luck, or any other spell you want to charm them with. Making your own jewelry can be fun and create a very potent magical item.

A sweater, leather jacket, or even a backpack can be charged for use as a shield to protect you from others' energies. Wearing a head covering or "veiling" has become a popular practice recently.

You can charm clothes that you already have by putting sigils on the bottoms of your shoes, embroidering spell work into fabrics, make your own natural dyes and give your lighter fabrics a dip (or tie dye), find buttons with symbols that you associate with your path and add them to everything.

Some groups or Covens choose a unifying item that helps everyone feel connected (like matching necklaces) or symbolizes that all members are equal regardless of their years or experience (such as matching robes). Traditionally, a member will have their height measured and a cord cut to their length. This cord is wrapped around their waist to hold their robe closed and also represent the bond and unity of the coven. If a member leaves the coven or moves away, they return their cord during a farewell ceremony.

Some practitioners prefer to work "skyclad". This means "clad only in the sky" (or naked). Some people find that it helps them feel close to nature to be in a more natural state. For others, it is incredibly distracting to practice nude, so they prefer not to. Either is fine for solitary work, but be wary if you are interested in a group and find out that they don't allow clothes during rituals. There's a lot to unpack there.

Practice: Your Witch Wardrobe

Clothes can be a powerful tool in your craft. They can make you feel powerful, confident, magical, and THAT is the kind of energy you want to raise for spell work. Today, pick at least one outfit (maybe five!) that makes you feel powerful, and you don't have to look like Stevie Nicks.



Lesson 15: Rethinking God

Take a moment and imagine God. Picture God in your mind. Most media from renaissance paintings to newspaper comics portray God as an old dude with a white beard sitting in the clouds and looking down upon us mortals. Given that over half the worlds population follows a monotheistic (single God) religion, it makes sense that this is what most of us grew up seeing.

Lets be real for a second. Does God have genitals? Why is God commonly represented as a man? Does this divine celestial being really have a physical human form? Or is God just a name for this spiritual force and humans gave it a human mask to wear to make it easier to understand? In the Bible, angels warn the humans that witness them to not be afraid because they tend to be a terrifying jumble of wings and eyeballs or a bunch of interlocking wheels. Its was easier for humans to imagine these messengers with a human face to speak to. As we've already learned, visual images are very important.

Now let's jump to Gods and Goddesses of familiar pantheons. Do you imagine them as humans walking around and watching the lives of mortals? Or do you picture them as personifications of nature (the sun in human form, or the Earth Mother). Dont panic! Theres no right or wrong answer, but the questioning is the important part. What is a God? What is a Goddess made of? Are they watching me? Can they really hear me? If I dont think the Judeo-Christian God is real, why would I beleive in any other Gods?

It's a lot to ponder, and you have your whole life to dig into these answers. In the next 30 day class, we will get to know the Gods and Goddesses a bit better, but for now, we are just going to start small.

Remember the energy practices that we've done? That energy that you felt inside you and possibly sensed in your surroundings is the same force that flows through all things. This is what we call The Divine, Spirit, chi, The Force, etc. Whatever you choose to call it, there is an energy connecting you to all other things in the universe. Like a great web, you use this energy to pull on everything else, and everything else pulls on you. This is the core of witchcraft. Understanding these energetic connections and working with them is what we do.

Cool, but dont plants and crystals have different energy? How can it be different and the same? And what does that have to do with God? Spiritual energy manifests differently depending on its surroundings, what its attached to, and other variables. In the same way, glaciers, rivers, ocean water, spit, urine, and mango juice are all just water with different qualities and mixed with other stuff. They are very different, but will all eventually return to the Earth and rejoin the water cycle. Energy works in a similar way.

Just like with Angels, humans have an easier time understanding natural energies, seasons, spiritual lessons, etc if we give these energies a human face. This is why nature is often personified (Father time, dryads, human looking Fae, Gaia, Green Man, Oak and Holly Kings, etc).

Practice: Spend some time pondering how you think about "Gods". Maybe draw what you think they really look like or read some mythology!

Class 1: Your Spiritual Journey



Lesson 16: Balance and Polarity

Now, we know that Gods and Goddesses are symbolic expressions of how nature expresses this divine energy that we've been working with. Today, we will be looking at how polarity is represented by this energy. By polarity, I mean two opposite energies or aspects of nature in balance. The God and Goddess are a great example; they are equal in power, but represent opposite energies. Let's take a look at what energies the God and Goddess represent.

God	Goddess
Male	Female
Sun	Moon
Day	Night
Light	Dark
Warm	Cool
Gold	Silver
External	Internal
Hard	Soft
Action	Thought
Summer	Winter

As witches, we know that the world isn't just black and white. Not only do we acknowledge the "in between places", but we revere them as sacred and magically charged because they combine the essence of both energies in balance. Sunrise and sunset are sitting between night and day, representing the past and the future at once. The Equinoxes sit between the warmth and bounty of Summer and the cold barrenness of Winter. Birth and death put us between two realms of existence.

We all know that there are genders between and outside of simply "male" and "female" (even among the Gods). Dear reader, if you are trans, non binary, gender fluid, or any other "in-between Spirit", please know that you are not only welcome among witches, but you are sacred and you are loved. As we explore the energies of the God and Goddess together, know that we are reflecting on the two extremes while acknowledging all the wonderful possibilities that exist between them.

Practice: Sun and Moon energies

Today, take some time to reflect on how these energies manifest within yourself. Do you tend to act without thinking things through? Do you worry and overthink things without taking actions to alleviate the issues? Are you outgoing or more reserved? Do you prefer to do spiritual working during the day or night? Journal about your reflections.

When you are done, go exploring in your house. We're going on a symbol hunt! Find items that represent Solar or God energies and place them on the right hand side your altar. It could be anything from a yellow salt shaker that calls to you or a specific box of tea that makes you feel energized. Now, collect items that represent Lunar or Goddess energies and place them on the left side. There's no right or wrong answer, because these items are personal to you. Maybe you have a lavender lotion you always use before sleeping, a necklace from your Grandma, etc.

Leave these items on your altar over night, and see if you notice a difference in them when you use them tomorrow.



Lesson 17: Meeting the Goddess

Who are you? You might be a student, but is that your whole identity? If you make art, is that the core of your personality? Are you a parent above all else? Are you defined by your job? Just like us, the God and Goddess have many roles and ways of expressing their existence in the world. Rather than working with a specific deity with a name, a story, a role to play in nature, we will be working with the feminine half of Spirit.

At the end of this month of study, there will be a ritual to celebrate the Goddess in your life. Take some time to get to know her and reflect on how you perceive feminine energy. It's always good to dig into your subconscious and see what's hiding.

This Goddess/female/moon energy plays a role in your life regardless of your gender. It's the calm peace you find while drifting off to sleep, the thrill of the mysterious, tenderness and empathy, and of course dreaming. Today, we're going to embrace these energies in our life.

Practice: Lunar Energy Ritual

If this is your first ritual, don't be nervous. A ritual is simply creating a sacred space and time for you to share with the Divine. Tonight, you will be going outside and soaking up the Goddess energy around you. If the moon is visible, that's wonderful (but not necessary). Gather the following items and head outside. If it makes you more comfortable, you can do this with a partner and make it a picnic! Alternatively, you can always sit near an open window if you prefer to stay inside.

- A comfortable rug or blanket to sit on
- A few items from your altar that represent the Goddess
- Food and drink for you and the Goddess to share
- A nice plate
- a silver or glass cup
- Your journal and a pen

When you're ready, head outside and find a comfortable place to sit. Lay out the blanket and arrange the Goddess symbols however you like. Get comfortable and close your eyes. Hear the sounds of the night surrounding you. Feel the blanket of darkness as it wraps around you. Spend some time enjoying the still of the night.

Now, imagine the moon shining above you, full and bright. With each breath, imagine she grows bigger and brighter. Finally, she is immense, filling the darkness with light and beaming cool, white light over you. Feel her energy seeping onto your skin and filling you with her calm, comforting energy.

Sit with this energy as long as you like, and journal about the experience when you're done. Leave an offering of food and drink for the Goddess and enjoy your picnic.



Lesson 18: Meeting the God

For just a moment, I want you to imagine that yourself as a kid. Its warm and sunny outside, you're riding home in the school bus or in the car. You're heading home from the last day of school. Maybe listen to the song "Schools out for Summer" to get that blood pumping. This is sun energy. Unlike lunar energy, its not calm and tranquil. Its excitement and busting with potential, full of optimism for the cool things to come while giving zero fucks about making plans for that future. You're so pumped to start this awesome day that you're going to explode into the yard as soon as the car door opens.

This is a feeling that many of us share regardless of gender. When we work with these fundamental God and Goddess (or Lunar and Solar energies if you prefer) Its less about how this presence looks and more about how it feels. They represent the ebb and flow of our lives and the balance of rest and play, work and planning, etc. We can call upon the God or Goddess when we need either of these energies to help us find balance in our lives.

Practice: Solar Energy Ritual

Today is going to be an awesome day because we are going to MAKE IT an awesome day. Try to plan this activity around noon or when the sun is highest. Today, were are going outside, and you might prefer a nature trail or someplace more private. Bringing a friend would be great, too! Grab these items and head out:

- Your Journal and pen
- A blanket or rug
- Solar/God symbols from your altar
- Food and drink to share
- A nice plate
- A gold or clear cup
- Headphones or a speaker
- Comfortable clothes

As you head out into the world (or your back yard), listen to music that gets you pumped and makes you want to dance. This isn't just a ritual, its a party! Find a nice spot, and lay your blanket out. Arrange your sun/God symbols however you want.

For this meditation, you can sit and tap your toes, sway in place, dance, run, spin in circles, whatever makes your body happy! Turn the music up and get comfortable. Close your eyes and hold your hands with palms up, and lift your face towards the sun. Rest your hands in your lap or raise them to the sky. Feel the sun on your skin, filling you with warmth. See the golden light around you, swirling and pulsing to the music. Allow your body to join the dance and celebrate this glorious day that the sun has brought and the sacred space that you've created.

When you're done, have a snack and give an offering to the God in thanks.



Lesson 19: Protection

As you work with energy and get to know how it feels in you and your surroundings, you'll start to notice if something is "off". For example, have you ever walked into an empty room and just knew that a fight happened there? Or just felt exhausted after being around a certain person? You might already be sensitive to the energy of others and not have the tools to manage it.

As with most things, an ounce of protection is worth a pound of cure, and there are plenty of preventative measures that you can take without doing spell work. The best place to start with spiritual and mundane protectionism is with setting boundaries.

Just like you put up a fence or lock your door to keep unwanted people out of your space, you can do the same with unwanted energy. We've practiced expanding your energy core to fill your body, but try expanding your energy outward to form a protective bubble around you. Visualize yourself surrounded by white fire that burns up any negative energy that comes your way. It may take practice, but it will get easier with time. This is a great exercise to do every day before leaving the house (especially if you work in customer service).

Emotional boundaries are just as important as spiritual boundaries because your emotions and your spiritual energy affect one another. Standing up, saying "no", and walking away from toxic people are tough tasks. Try this mantra whenever you are faced with having to shoulder someone else's problems:

"That's not my mess, that's your mess and you have to take care of it."

When you go out into the world, you pick up dirt. Your shoes get dirty, cigarette smoke from the bus stop sticks to your jacket, bird poop happens. Even with an energetic shield, you might still track in spiritual "dust". A simple solution is to wash it off! Don't you always feel better after a shower? Take it one step further and make a soap with protective properties! One of the best ways to cleanse your space is with smoke cleansing (which is not the same as Smudging: a ritual used by many Native American tribes). The best part is, you don't have to do much. Just wave an incense stick around or use herb bundles/smoke sticks. Smoke cleansing is like soap; it works whether you believe in it or not.

We'll go into more detail about "dark arts", self defense, and cleansing in later months. For now, focus on maintaining a spiritual shield and see what a difference it makes around others.

Practice: Smoke Cleansing

Light some incense and carry it around a room (or whole house). Visualize any grey, negative energy rising and disappearing with the smoke. Opening a window will definitely help, but it's not necessary (its energy, not a bird loose in your house). After you've cleansed your space, you can ring bells or play pleasant music to raise the spiritual vibrations. Sit in the center of your space and feel the energy of your home in its "clean state". If you feel any change spiritually or emotionally, you know it's time to cleanse again.



Lesson 20: Moon Phases

Along with influencing our spiritual energy, the moon also affects our emotional wellbeing. Ask anyone in the medical, teaching, or emergency response fields. Many of those folks know when there's a full moon by general behavior alone. The pull of the moon is powerful enough to move our oceans, so of course it affects our bodies, which are mostly water. This is less of a spiritual belief, but rather a natural fact. The monthly cycle of the moon has an affect on humans, animals, the oceans, even the water within plants. This is the reason that the Farmers Almanac has been used for centuries, to track the best times to plant and harvest crops.

During the full moon, water in plants is drawn up from the roots and into the leafy greens, berries, etc. Ocean tides are raised, stirring up the water as it rises to the sky. Things in your subconscious are also raised to the surface of your mind. You may begin to experience vivid dreams when you start working with lunar energies and tuning your life to this cycle, going with the flow instead of swimming against the tide.

You might benefit from knowing the phases of the moon so that you can get a feel for how your emotional and energies change through the lunar month.

Practice: Lunar Planner

During the full moon, the energies around you and within you are dialed up to eleven. This is the perfect time for manifesting (or drawing to you) the changes that you want in your life. We will get to spellcasting in time, but for now, you can still make a "wishlist for the Universe". Think of what goals you want to achieve, or changes that you want to make and write them down.

On the other side of the cycle, the new moon is a time when lunar energy is low, water is returned to the roots, and isn't a good time for powerful spellworking. However, it is a great time for meditation, divination, internal reflection, and planning new projects.

For today's practice, find the date of the next new moon and full moon. Put those dates on the your Lunar Planner (next page). Fill out the Planner with projects you want to begin or goals to work towards next to the new moon. Next, write the steps that you need to take to get there. How are you going to grow this manifestation? Next, write all the things that you want to happen next to the full moon. Finally, while the moon is waning, you will be weeding out things in your life that you don't need (bad habits, negativity, illness, etc).



Lunar Planner

New Moon: New Goals or Projects

Waxing Moon: Growing Towards Your Goals

Full Moon: Manifestation or Spellwork

Waning Moon: Weeding Out Your Life

Planning for the Next Moon:



Lesson 21: New Moon

The new moon and full moon are two lunar holidays (known as Esbats by Wiccans). They aren't just magical tides of power to use in spell working, but they are also holidays that celebrate everything that you have accomplished in each lunar cycle.

Each moon cycle has a unique feel and energy to it. Most native American tribes have a name for each lunar cycle that reflects what is happening in nature for that season (the Wolf moon in January, Corn moon in September, etc). Each lunar month begins on the new moon, marking it as a time of new Beginnings and fresh starts.

Today (regardless of moon phase), we will be tapping into those energies and practicing a new moon ritual. This is so that you can enjoy a practice run of the ritual and decide if you want to include it in your daily practices for the coming new moon. Your path is your own, and it is your choice to incorporate this ritual into your spiritual practices, alter the ritual to fit your needs and style, or skip it all together.

Practice: New Moon Ritual

Items to gather:

- Black candle (any size)
- Lighter or matches
- Divination tools (optional)
- Incense (rosemary, mugwort, or anything that you vibe with)
- Your journal and pen

Before your ritual, you may choose to take a cleansing bath or shower and wash away any debris from your day. Dress in comfortable clothes and start setting the mood. You may choose to play light music or decorate your altar space with lunar symbols at this time. When you're ready, light the incense and get comfortable.

Ground yourself with a meditation, or you may choose to close your eyes and visualize all the wonderful things that you want to welcome into your life over the next month.

When you're finished, light the candle and gaze into the flame. Repeat the words:

“Like the dark moon, I know what
Is hidden from the light.
Goddess, grant me your wisdom
On this sacred night”

Close your eyes and listen. You may have images or words drift through your thoughts, or you may even see shapes as you do in dreams. You may not see or experience anything, and that is fine, too. The important thing is being open to any messages you might receive. This is a good time to use divination tools (if you have them) or you might journal about your experience and wishes for the new month.



Lesson 22: Full Moon



Did you find yourself staring up at the moon as a kid? Maybe you still do! The moon has a very noticeable pull that invites you to enjoy her silent light. The night of the full moon is a powerful time for spellwork, but it can also be a time to just sit with her and enjoy the calm and comfort of her lunar energy.

Our full moon ritual is intended to be done on the night of a full moon, but today, we will practice it regardless of the current moon phase. It can be performed with or without spellwork added in depending on your comfort level. We will cover spellwork in depth during this year of studies, but for now we are just focusing on tapping in to those energies so that we are comfortable while working with them.

This ritual will involve energy work similar to what we've already practiced, so if you want to review and practice the energy exercises from days 3 and 6, that might be helpful.

Practice: Full Moon Ritual

Tonight, when all is quiet and still, when you've finished all work for the day and can fully let your mind be free of any mundane worries or chores, set the mood for your ritual. You might decorate with lunar symbols or play soft music. If incense gets you in a magic state of mind, light some now. When you're ready, sit comfortably and light a white candle.

Feel your energy in your core and help it grow with each breath, expanding outward. Eventually, you are surrounded by your own glowing energy shield (or bubble). Enjoy this sensation as long as you like.

In your mind, visualize the moon, full and bright, in the sky above you. See her white shining energy swirling around her in the dark night. Lift your arms and see her energy flowing down to you like a silver stream. See your own energy rising up from your fingertips like vines of light weaving through the dark, or perhaps it looks like beams of light from your palms.

Feel her energy flow down those vines and into you, enclosing you in her silver light. You may choose to hold items in your hand and charge them by visualizing the lunar energy surrounding and filling the item. This is how we use lunar energy in spellwork.

When you're done, see the energy from the moon flowing down your body like water and into the Earth unless you want to walk around "moonstruck" for a while.

Lesson 23: Days of the Week

In the last week, we have learned that certain activities, symbols, practices, and even emotions are associated with both the Sun and the Moon. This is also true for the different phases of the Moon. When you hear the phrase “correspondence” in your studies, it simply means that certain things correspond with others (or have similar energies / represent one another). Just as the Sun and the Moon have things that correspond with them, so do the other planets.

Ancient Hellenistic astrology assigned a day to each planet (or God the planet was named after), and many witches believe that some practices are best performed on days that correspond with those workings. For example, Friday which is named after Freya the goddess of love fertility, battle, and magic, would be a good day to work a love spell or most other magical workings. Tuesday, which is ruled by Mars, would be a good day for defensive magic, and so on.

Of course, you can do any magickal workings on any day, or any moon phase, but the reason the correspondences are so important in witchcraft is that you are working with the energies of the world, and even the cosmos around you to create an environment where your will or intent is more probable to occur. It's easier to swim with the energetic currents rather than swimming upstream. For example: If you want to do a spell to find a job, but the moon is waning (which isn't great for manifesting), instead you could try a spell to banish the obstacles preventing you from having a successful job hunt.

Practice: A Seven Day Celebration

During the next week, you will be experiencing the different (more subtle) planetary energies and celebrating the new path that you've begun as a witch. The purpose of this week is to inspire you, so have fun, get creative, and change or add things to the rituals as you see fit. Some things that you might want to prepare before you begin this most magical week, are stocking up on wholesome foods, buying or making a special garment to wear this week to mark it as a sacred occasion, scheduling other aspects of your life so that you have plenty of free time to dedicate to rituals and reflections.

You can begin with any day of the week, it doesn't matter where you start. I have also included a weekly planner for you to use in your craft if you wish, and also to help you plan the week ahead overt rules. There is a second planner for those who wish to do a daily tarot card draw with a section to draw a picture of your card and write the name of the card below it. There are also blank circles so that you can color in the phases of the moon each day.

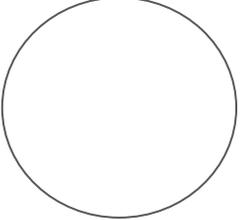
Each day when waking, slowly stretch in your bed. Think about what an extraordinary being you are: a human being capable of magnificent things, a child of the universe, a witch. When you're ready, breathe deeply, get up, rinse your face, and head outside. Tried to spend a little bit of time outdoors each day, or at least open a window and enjoy some fresh air for a while. If you can, take a cleansing shower or bath each day to rinse away any negativity and start the day anew. You may also wish to take a quiet moment to meditate and cleanse your mind of any clutter as well. Eat a wholesome meal, and enjoy this magical day.
*These seven days of rituals are adapted from Fiona Horne's “Witch: A Magical Journey”

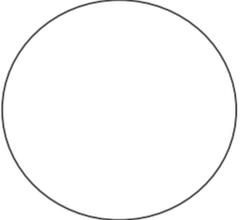


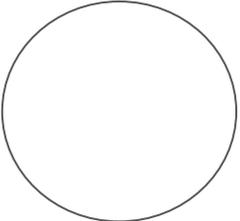


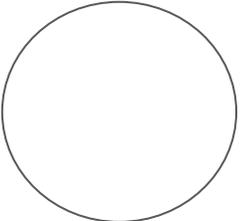
Weekly Planner



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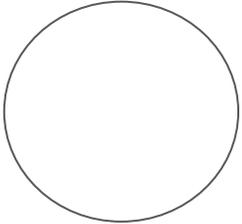
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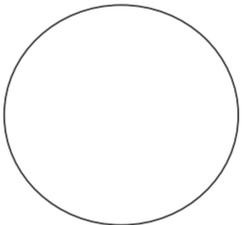
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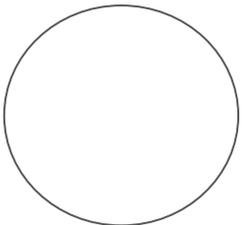


Weekly Planner



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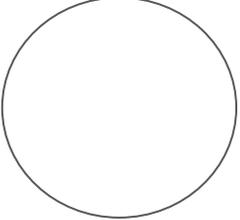
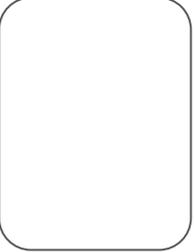
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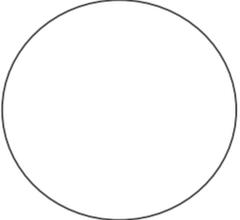
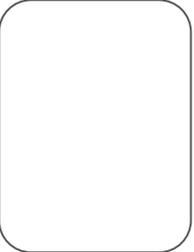
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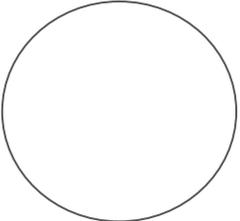
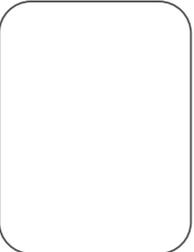


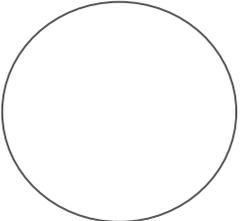
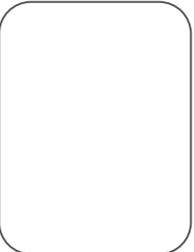
Weekly Planner



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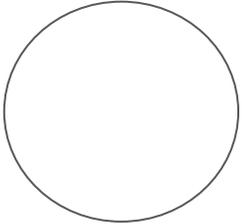
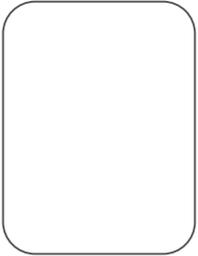
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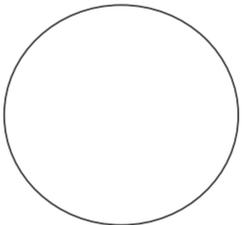
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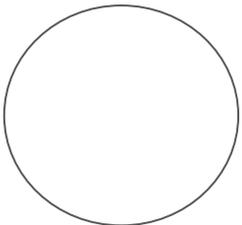


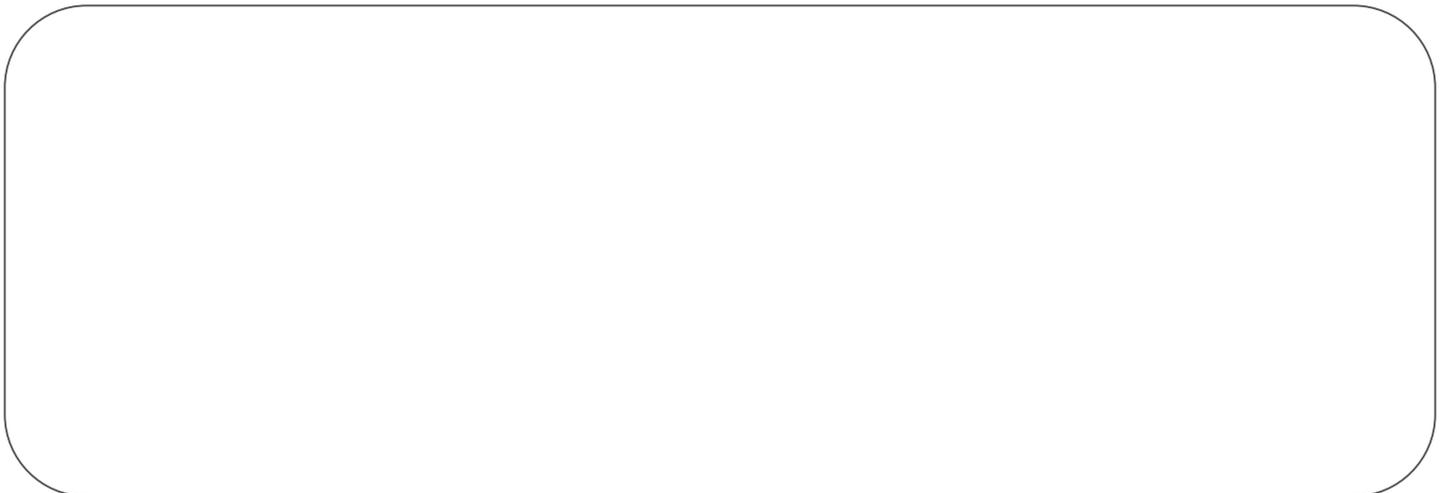
Weekly Planner



 <p>Friday</p>		
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 <p>Saturday</p>		
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 <p>Sunday</p>		
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Lesson 24: Monday

Monday is ruled by the moon, so today will be a great day for you to sharpen your divination skills. If you wish, you can make an anointing oil with two drops of lemongrass essential oil in one teaspoon of a base oil (almond, jojoba, or even olive oil works well), and anoint your third eye area to increase your psychic sensitivity.

Gather any divination tools that you work with or any books on divination that you would like to study. Treat this day as a time for study and spend the morning reading reference books and stocking up on more knowledge.

Today is a peaceful and reflective day, so move slowly and if you can, allow your mind to wander. Be in a semi-meditational state all day.

As the Sun is setting, meditate on one or two particular tarot cards or runes that you feel drawn to. If you don't own tarot cards, you can look up images online and see which one pulls your interest the most. Perhaps draw or paint a picture of this image. When you are ready, light a white candle and place the cards or runes in front of you. Burn a stick of myrrh, nag champa, mugwort, or any "lifting" incense and meditate by staring at the images. When you are ready, make any revelant notes or insights gained through this meditation in your book of shadows or Journal.

Practice: Monday Ritual

After sunset, set up your altar with white or silver items like white or silver candles and white flowers to honor the moon goddess. You can arrange gemstones such as amethyst, moonstone and black obsidian crystals on your altar if you have them available, and have your divination tools and incense ready.

Spend some time meditating, and expand your energy into a sheild around you. When you're comfortable with that, expand your energy so that it makes a protective sphere around you, above you, and below you. Let it surround you and your workspace, containing the energy within and keeping unwanted energy out. Call to the Goddess in your own words, or say:

"Great Goddesses of the Moon,
Please fill me with your light and
your wisdom"

Meditate on your divination goals and perform any divination you want. If you dont have tools, a dangly necklace makes a perfect pendulum. When you are satisfied with the insight you've received, thank the Goddess and draw your energy back to you, closing the circle.



Lesson 25: Tuesday

Tuesday is ruled by Mars, so it's a good day to get motivated and do rituals and activities to let go of anything in your life that just doesn't serve you anymore. Get up early and brew some Ginseng tea with a little ginger added.

Have a really big cleanup of your house and be brutal! Throw out everything that is trapping you to the past and holding you back: old letters, old photos, even clothing and furniture. Organize a donation pile, and before you donate them, do a small purification ritual by lighting a stick of Frankincense incense. Circle the donation goods 3 times saying:

"I banish any negativity stored here".

When you finished your cleanup, rearrange your furniture if possible. This will stir up any stagnant energy. Put a breath of fresh air into your home by opening windows, ringing bells, or burning a pleasant incense. At sunset, open all the windows, doors, cupboards, drawers, closets etc and perform this ritual.

Practice: Purification Ritual

Light a cleansing incense such as dragon's blood, frankincense, or sandalwood. It can be a stick incense, loose incense over charcoals, or cones. With a heat proof container, walk from room to room fanning the smoke with your hand outward while saying, "I release the past. I put all sadness and negativity to rest as the sun sinks below the horizon of the past, and draws with it everything that no longer serves me." When you have completely fumigated your space and the sun has set, close all the doors and windows, anything you opened. Then do a final ritual of release. Burn a cleansing incense and light a black candle. Have a red paper and black pen ready. Expand your energy shield into a circle around you, the same way that you cast your circle on Monday. When you're ready, call to the God in your own words or by saying:

"Great God, aid me with your mighty presence. Lend me your strength so that I may crush all obstacles that block me"

Close your eyes and feel the Gods power coursing through you. Think of all the things that are holding you back from living your best life, and write them all down. Crumple up the paper and light it on fire from the black candle. Quickly toss it in a fire proof container and let it burn. Thank the God for his presence, and close your circle.



Lesson 26: Wednesday

Today is ruled by Mercury and is the perfect day for magical studies. Read books about the craft, visit the library, get a new book on a topic you're excited about, listen to podcasts, or do some online research. If you haven't already, read up on the origins of Pagan practices and the beginnings of various Wiccan traditions. Even if you're not Wiccan, it's good to have a fair knowledge of spiritual paths.

You may have already started on your Book of Shadows, Grimoire, or sacred notebook. Today, we're going to give it a spiritual boost; we're going to create a shrine of knowledge. Once you have all of your books and supplies gathered, place them on a surface or in a container that calls to you. You can dismantle the shrine at the end of the day or keep it as a permanent fixture in your studies. Shrines are very flexible and can be fun to create. Add items that represent knowledge to you. It could be images of Athena or Hermes, your favorite note taking pen, an owl figurine, anything that you connect with (I always carried a fluorite crystal when I was studying). When you get the right vibes flowing, sit down and dig in. Enjoy the process of learning.

Practice: Wisdom Blessing

Before you begin your studies, you may want to take a moment to bless your book, binder, or notebook that you are storing your spiritual knowledge in. This isn't just to bless the object itself, but also to alter the way you perceive the object. It will become a symbol to stir up those energies of knowledge and inspire your pursuit of wisdom.

Light a white candle and hold your book close to your chest. Say aloud:

"I vow to pursue wisdom and truth, and to continue to learn and grow in my craft"

Breathe deeply and feel your energy stirring. Expand your energy until it surrounds you and your book. Hold the book over the candle (carefully!) and say:

"May my pursuit of knowledge illuminate the Mysteries that surround me, like a candle in the dark"

When you're done, put your book to good use.



Lesson 27: Thursday

Though it is named after Thor, Thursday also corresponds with the Gods Jupiter and Zeus. It's a day to bask on the abundance of natural energy around us and to spend time with loved ones. Today, we're going on a picnic!

You can go alone or bring like-minded loved ones. If you've been isolated during this spiritual week, this might be a welcome change of pace. Take notice of how your energy changes when around others. Do you feel drained or energized? Did you feel more powerful or distracted?

Before heading out, choose a place that has access to all elements (Earth, Air, Water, and Fire). A river or pond would be nice, and maybe avoid dry fields for your candle work.

Pack your picnic basket with a thermos of herbal tea, some fresh fruit, bread, cheese, or any other simple and natural foods. You may also wish to bring items to make the boundary of your ritual circle and mark it as a sacred space. A jar of oats can be poured in a circle and 4 candles can mark the 4 directions (North, East, South, and West). If you choose to do this, make sure that the candles are in a safe glass container. Expand your energy to the boundary of the circle, creating a sacred sphere of energy.

Practice: Elemental Blessing

Once you have everything set up the way that you like, raise your arms and say aloud:

“Great nurturing Mother Gaia
and fertile Lord of the Forrests,
I give thanks as I am surrounded
By your beauty and abundance.
I am blessed, by all around me”

Eat your meal and leave an offering of food and drink on the Earth. As you eat, soak up your surroundings and feel your connection to the land. You drink its water, and it provides you with sustenance. You are tied to all of nature. You share the same atoms and the same energies. You are connected to all things.

When you're done eating, it's time to connect to the elements. Lie flat on your back and feel yourself grounding your energy. See in your mind's eye, yourself lying on a huge planet made of dirt and stone. When your body is resonating with the energies of Earth, say: “I am born of earth. I am blessed by earth.”

Stand up and close your eyes, feeling the air around you. You may feel a breeze pick up as you visualize the air that surrounds the earth. This air flows through all living, breathing creatures, connecting us all. When you're ready, say “I am born of air. I am blessed by air.”

Ritual is continued on the next page



Lesson 27: Thursday (continued)

Now sit in front of a small fire or hold a candle in your hands, feeling the heat. Watch the movement of the flame, allowing yourself to be mesmerized. See the molten core of the Earth, the burning sun that sustains us, and the fire that humans have relied on through history. Feel that connection and say, “I am born of fire. I am blessed by fire”

To leave the circle and get to the water source, you may need to open a doorway in the circle. You can do this by using your finger to draw an doorway while visualizing an opening. Do this while saying “the circle is open, but unbroken”. When you have walked through, turn and close the doorway with your finger (similar to how you would zip up a tent when you get out). While you do this, say “The circle is closed, but I carry its protection with me. Visualize a glowing sphere of protective white light around you.

Now, get in the water! Swim in the river, dip your feet in the pond, dance in the rain, or pour some water on your feet and hands.. Connect with the water any way you like. This water sustains you and fills you (your body is 70% water!) but also covers most of the Earth's surface. Feel the energy of this water that flows through all things.

When you're ready, say, “I am born of water. I am blessed by water.”

When you've finished, return to the circle and create an opening, just like before, and close it. Spend some time meditating on how you are connected to the Earth. Contemplate how its life is your life. The Earth provides everything you need to survive and it nurtures you. How can you nurture it in return?

When you're finished soaking up those good Earth vibes, thank the Mother Earth and Lord of the Forest for their presence. Next, draw your energy inward, closer to your body. Visualize it coming to rest right above your skin, like a glowing white coating. The circle is closed. Make sure to clean up the area and leave it looking better than you found it.

When you get home, give some thought towards how you can give back to the Earth. Is there a local litter clean up crew that you can join? What about a nature conservation fund you can donate to? Most recycling centers and state parks are happy to have volunteers. If you have other nature loving friends, you can plan a pick up party once a month and clean up local wild areas!



Lesson 28: Friday

Friday, which is named after Freya, is ruled by Venus. It's a day to celebrate love and beauty. Start by doing some lovely things for yourself! Wear your favorite outfit, give yourself a facial (even the men need pampering), take a bubble bath, lay around and eat delicious foods and sweet fruit tea, or light a pleasant candle. Enjoy all the wonderful senses of your body.

Make a personal shrine to the God or Goddess within yourself. Gather photos of yourself from when you were a baby up until present day. Add art that you've created, fresh flowers, anything that represents and celebrates YOU.

When your shrine is set up, meditate on your photos. Look at the baby photos and gaze into your little eyes. Think of all the wonderful things that you've seen and done since this photo was taken. Take time to acknowledge how much you have accomplished from learning to walk and talk, competitions you've won, hardships you've overcome. You have lived, thrived, and grown into such a wonderful person. You and your life are such a blessing to the Universe and the people around you. You are loved.

Practice: Unconditional Love Ritual

Burn a sweet smelling incense (fruity, roses, etc). Set your altar up with three pink candles, pink flowers or flower petals, and a mirror.

Cast a circle and say, "I summon love: Love for myself and love for others. I call on the Mother Goddess who loves unconditionally. Please witness and bless my rite of love and healing". Gaze at your reflection in the mirror and feel unconditional love for yourself. When you're ready, gaze into the mirror and say, "(your name), you are blessed by the God and the Goddess. You are a child of the Universe. I love you."

Spend as much time as you like in this sacred space of self love. When you're done, close the circle and spend the day enjoying yourself and the Divine within you.



Lesson 29: Saturday

You can probably guess the planet that rules Saturday, and this is a great day for accessing occult (hidden) knowledge or for tapping into darker sides of yourself. Hatred, anger, self loathing, fear, pain, and sorrow are all very human emotions, but they can be overwhelming. Most folks have a hard time facing these feelings and still managing to function and get through the day. To cope and carry on with their lives, most folks push those feelings out of sight to their subconscious. It's still there, effecting their feelings and actions, spilling over into their dreams, and causing stress and anxiety.

Like the moon, everyone has a visible side and a shadowy side hidden from sight. This is normal, but it is very important to address and acknowledge those aspects of yourself rather than ignore and repress them. Today, we're going to dig up some negative emotions that we might be ignoring. Get ready, because we are gonna do some messy Shadowwork!

Before we begin, gather some lotion and black body paint (or regular fingerprint if it won't cause you to break out). Keep in mind, this will be an intense experience, and you can always just use it for a day of meditative study.

Practice: Shadow Cleansing

Today, you're allowing yourself to get angry, to feel the power of your rage. This will be a messy ritual so you may want to set up your altar on the sink or the tank of the toilet. Decorate the altar with black candles and one white candle. Before your ritual, think about all the things that have made you angry, resentful, sad, or scared. Allow these feelings to build inside you. Listen to music that fires up your fury. Think about the people that have mistreated you, your loved ones, or humanity.

When your blood is boiling, cover yourself in black paint, or mix the paint into a bowl of lotion. Coat yourself while bringing all that pain to the surface. Cry, scream, lose yourself in the pain, fear, and anger. When you're ready, face yourself in the mirror, and say, "I am more powerful than my rage, my fear, my jealousy [insert any emotion here]. It does not control me. I banish my own negativity and pain. I am cleansed and whole."

Turn the water on and wash it all away. Watch the darkness drain away. Then, step out and light the white candle. Be gentle with yourself. You've been through a lot today.



Lesson 30: Sunday

Think back to the feeling of working with solar energy. Today, we're working with the same energy, but we're going to dial it up to 11. Sunday is the perfect day to bless your home and fill it with uplifting, happy energy.

In the morning, go outside and greet the rising sun. You may enjoy meditating or doing yoga in the yard to soak up the sunlight. You could even have a breakfast picnic and listen to the bird songs. When you're ready, head inside.

To start the house blessing, open the windows if possible. Play some upbeat music that makes you want to dance. Light a bright citrusy incense or candle, and start tidying up. While you're cleaning, don't just see it as getting rid of clutter and rubbish, but clearing away obstacles that keep energy from moving freely through your home.

If it's been a while since your last cleaning, it might feel a little overwhelming at first, but it feels better the more you keep going. Be sure to take breaks to sit and enjoy some citrus tea or lemonade from time to time.

Here's my recommendations for a Sunny Sunday Playlist

<https://www.youtube.com/playlist?list=PLcZ-vsiTDmBY-SL1GnOJvwbrKZQqtfGBe>

Practice: House Blessing

Once everything is tidied up, you'll be ready to bless the house with "Good Vibes" water. Gather a bowl or spray bottle and add:

- ½ cup of water (rain water is great!)
- About 5 drops of citrus essential oil (if you have it),
- a spritz of your favorite fragrance (perfume, cologne, or essential oils)
- A pinch of salt

Either spray this around your house or use a sprig of rosemary (or your fingers) to "dip and fling" it around your home. This act is called "asperging" and it just means "flinging of holy water". While doing this, visualize your home filling with bright, sunny energy and lightening the hearts of all who visit there.

When you're done, get out and enjoy the day. Go for a walk, go swimming, spend time in nature and soak up some more sun.

