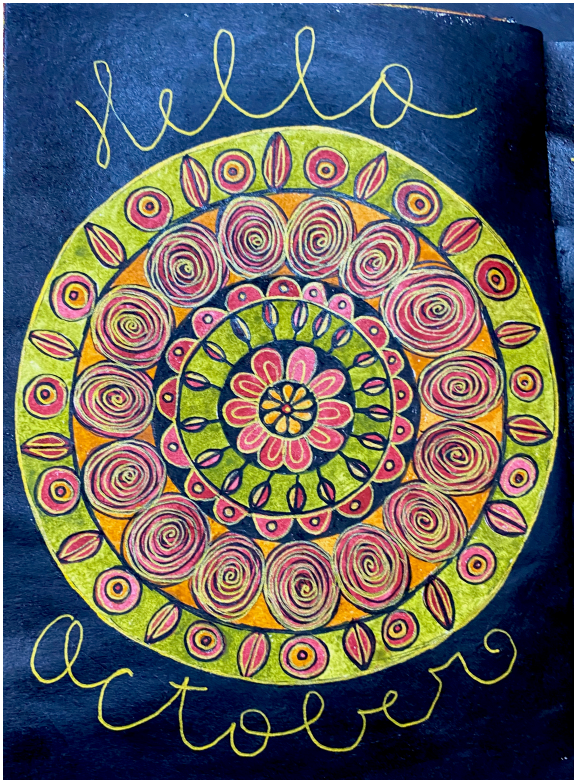


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OCTOBER

The Love Of Thousands



*Please note that I use feminine pronouns throughout, but I am addressing you, whatever your gender.*

Your PDF for September ended with the quote "You are the result of the love of thousands." This month, we are going to explore ancestry, belonging, and the power in our relatedness.

We already discussed the 'sex and death' theme that is often covered in witchery programs at this time of year. You'll find it in the May unit along with the Samhain and Beltaine supplemental which you can revisit. Please review it before reading the rest, because as you read, I want you to remember that sex/pleasure and death are in all of this, integral to all of this.

Desire is the source of everything. Sex leads to life. Life leads to death. Death feeds life. Life feeds death.

### Everything Is Related

One of the primary reasons that the kind of magic we do works is because it honours the fact that everything is related. We work with 'things like' in our art witchery, gathering colours, symbols, images, and objects that represent our desired outcomes, blending them with our energy, and with energy provided by the powers that be,

and then we do what witches do. We get out of the way, and we let the magic work. We keep our eyes peeled for the subtle changes and shifts (or the dramatic ones) that signify that we're on the right track. We storm when we're storming. We receive when life opens its hands to us and offers us something new. We want what we want without apology. We fill our wells so we may be full, but also so we may overflow in service. We've covered all of this so far in this program, and if we're doing the work, we're seeing it with our own eyes. Faith is unnecessary for us, because we have experience. We don't have to believe, because we are secret scientists, trying this, trying that, discovering what works, discarding the rest. We notice patterns. We pay attention. We are coming to realize the degree to which everything is connected.

### \*Everything Is Related\*

Everything is related means \*everything\* is related. Everything. That rock, that tree, that body of water, that morsel of food we just put in our mouth, the air we are breathing, the herb on the drying rack, the crystal, the painting hanging in our living room, the bedsheets on our bed - everything comes from the same body - the earth - and everything in it and on it is as a cell within that body. Everything. Since the beginning. Everything comes from within this closed system. Even what we create or synthesize in the lab. Even the things we despise. Even the things we actively reject or resist. Even the things we repress or deny. All religious systems are related. All ideas. All poems. All works of literature. All progress. All regression. All fallen and rising empires. All languages. All cultures.

All of them are related.

Each moment is related to the next, and to the one that came before it. Thousands (millions, billions) of relations, all of them ours. All of them yours.

### You Are also One Of The Thousands

You are singularly you, but you are also part of the totality. On a strictly biological level, it is impossible for you to be



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apart from everything else. Parts of you are shed day by day. A fingernail. An eyelash. A tiny speck of sloughed off skin. You excrete waste every day. You feed a million different life forms - dust mites, and bacteria, and only biologists know what else. You are in the soil. You are in the oceans. You are a part of the system that feeds the life in the system. You feed what feeds something else, that feeds something else that eventually feeds you. And in time, by whatever means you choose to be laid to rest, you will break down into your most basic parts - your atoms, your molecules, your electrons, your neutrons. You are the top soil. You are the carbon dioxide that feeds the red wood. You are the tear that swells over the river bank. You are the root.

All of that, and more

Your ideas are built on the ideas of thousands (millions, billions) and what you gain by virtue of your growing in wisdom, your gathered understanding, is added to those that come after you. The love you express and extend outward is added to the pool of love. The work you do on your wounds is added to the great pool of healing. You expand the universe with your very presence. You are, in fact, the universe in microcosmic form. You reflect the macrocosm. You are integral, stretching backwards into way before prehistory and stretching forwards into space and time. There is no 'this' without you. There is no 'us' without you.

In other words, you aren't just made of the love of thousands. You are the source of the love of thousands.

I want you to sit with that for a moment. Just take that in. Take in how monumental that is. Breathe in. You are fed by the love of thousands. Breathe out. You feed the thousands who will come after.

And if that's too monumental for you, break it down. Find a tree you can gaze at easily. Breathe in. You are breathing in that tree. Breathe out. That tree is breathing you.

You matter that much. Your little life is \*the\* life. Your existence is \*the\* existence. Your body is \*the\* body. Your breath is \*the\* breath. The beginning is contained within you, and so is the end.

Knowing this now, how much more a part of the world do you feel? And how much more intimately can you feel that connection? And how much easier is it to call upon those powers - earth, air, water, fire, the spirits of the ancestors, the sources of our collective wisdom, the earth itself, all its creatures and inhabitants, and the universe itself, all yours, all your relatives, all a part of you, and also from whence you came?

You are the ancestor. You are the progeny.  
You call the powers, and you are the powers.

This might have blown your mind a little bit, so do feel free to take a moment to breathe it in, sit with it, let it fill you. Have a cup of tea. Go say 'Hello' to a neighbouring tree, or a creek, or a cloud. Recognize the life force in it as being the same as the life force in you. Feel the connection. Try to sense the interplay. Come back when you're ready.

Blood Kin and Soul Kin

We have talked a fair bit about sourcing our magic from our literal ancestry, since using what actually belongs to our more recent genetic contributors, our traceable DNA, is more powerful (and more ethical) than misappropriating our magic from elsewhere. Having some sense of where we come from in terms of blood kin matters so we can explore the myths, stories, and cultures that are encoded in our flesh and blood. Yes, it is true that we are all related, but that doesn't mean that the spiritual practices of the tribe in the Amazon jungle are going to be as effective for us if we don't have a recent genetic or cultural connection to that tribe in the Amazon.

I recommend that everyone get their DNA tested for this reason, so they can have that information to build their own practice on.

Western culture needs to remember that we, too, come from indigenous culture. There are, in fact, many cultures to which we each belong, beginning in Africa and expanding outward as our species survived, evolved, and thrived. We come from somewhere, from someone. Discovering from where, from who, will only increase our sense of belonging, and inform our magic so that it is authentically our own. Even if where you come from includes stories you despise - and I believe all of us have something pretty dire in our ancestry - colonization, genocide, raiding and raping - its important to note that there have been very few truly peaceful cultures on our planet since the dawn of humankind.

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Even our primate relatives battle for territory. We come from that, too, and if we're wise, we'll learn from it rather than pretending it never happened.

So, if you can, connect in whatever way you can, with blood kin. Who are the thousands behind you? Where do they come from? Who among those thousands can you learn from? Who among those thousands do you admire? What wounds need healing in that ancestry? What achievements deserve to be celebrated?

If you can't, for whatever reason, source your actual blood lineage, it can be enough to know things like "my DNA tells me I have roots in the British Isles or Scandinavia or Asia or Africa or right here in North America..." Once you have that piece, you can research the indigenous cultures of those lands, of those peoples. When you do, something is going to resonate with you. Something will sing in your bones. You will find something that feels more like a remembering than a learning, and you will have a piece of what is truly yours.

### But Blood is not the only Kinship

You are also shaped and formed by your ideas and beliefs, by your spiritual teachers and leaders, by their spiritual teachers and leaders. You are the creation of the poems you read and the poets you love and the poets they loved. You are a child of that novelist and her professor or the novelists she read when she was thirteen. You are a product of the artists you admire, and the Kindergarten teacher that first put a fat paintbrush in your chubby hand. Everything that has entered your being, everything that has come into your consciousness is a part of who you are. Everything and everyone is kin to you and, here's the really exciting part of this equation...

You are never alone.

Never.

You are surrounded by those who came before, in the soil, in the air, in the rivers, trees, and oceans, and you contain within you those who are coming. You are of them, for them, and from you, they will come. You are the ancestor, and you are the progeny. When we acknowledge the powers, we acknowledge ourselves. When we work with the ancestors, we work with their creation - Ourselves in all our glory, and all that we will create in turn.

This is big magic. You might want to take a moment to take this in.

### On The Subject of Problematic Kin

This isn't something that I've seen come up in any of the trainings that I've done. It is informed by my work in therapy, so your mileage may vary. Please take this or leave it as you see fit, and note that some of what I share may be triggering if you are a survivor of trauma.

Some of us have problematic lineages - either blood lines or soul lines - and that can make us wary of working with our ancestors. The idea of an ancestor shrine can trigger trauma, or at the very least, make us very uncomfortable. How do you honour your ancestors if they were slave owners? How do you erect a shrine to a people who tried to wipe out the Iroquois Nation? How do you work with your ancestry if your grandfather sexually abused you?

You can absolutely forgo ancestry work altogether if you prefer. Absolutely. Do what is absolutely right for you. But if you are called to it, if something about it feels important or necessary for you, there are ways to work with lineage that I believe heal ancestral wounds, and when we heal ancestral wounds, we heal our own wounds, and when we heal our own wounds, we heal the wounds of those who will come after us.

Here's a thing I've come to know:

Who we are in this incarnation, in this body, with this brain is \*not the whole story\*. In our singular form, in our present consciousness, we do not have access to the whole picture. I believe that when we are reintegrated into the whole after death, we \*do\* have access.

I'll never forget the moment I found out that my maternal grandmother had died. She and I hadn't spoken in decades. She was a very bitter woman, very rejecting. She had some ideas - holdovers from her own upbringing - that made me anathema to her. I had a baby out of wedlock. I had multiple partners over a span of years. She did not think highly of me, to say the least, and despite my loving her (she was my Nana, after all), despite my longing to belong to my family of origin, she would have none of it. My mother made the same choice in her footsteps, and I have no

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contact with anyone on the maternal side of my bloodline.

When she died, the words "SHE KNOWS EVERYTHING NOW" came into my mind unbidden, and that was it. Spontaneous, instant grace washed over me like a tsunami.

I still have work to do to untangle the toxic family dynamics I'd been raised in, but I felt, very suddenly, like she had softened in death, like I could maybe even talk to her one day, and that her love for me had been unlocked when her soul quit her body. In exploring my lineage on this side of my family, I found my connection to the McLeans, and the Campbells. I found my tenth great grandmother, Ann Pudeater, who was one of the last convicted witches hung in Salem. She has a story I can draw upon of a resourceful, powerful woman who did no harm, but took no shit. Despite the difficult relationship with my grandmother, she is the portal through which I find empowering stories.

Years later, when my father died, the same thing happened. In life, this guy was a truly reprehensible person. Truly. He beat my mother. He beat me. He abandoned my sister and I, disappearing for years, and when we reconnected, he was alternatively loving and extremely abusive. I had to discontinue contact when I was 45, and he subsequently drank himself to death. This was not a paragon of humanity we're talking about. His death brought me no small measure of utter relief.

But when he died, that voice in my head rang out "HE KNOWS NOW. HE KNOWS EVERYTHING NOW."

Now, I'm not saying my father has a place on my ancestor shrine. I don't work with him directly. I acknowledge the part he played in this life of mine - the genetic contribution, and the hard won wisdom that came as a result of having him as my primary male role model, but I can gently set him aside and look beyond him to my beloved Grandmother Larouche, to the line of Brittons that stretch all the way to Gloucestershire, to the Tremblays that helped settle Canada (Pierre and Ozanne!).

The same can be said for our spiritual or artistic lineage.

I may love the paintings of Modigliani, but he was not very nice to women. I could throw the baby out with the bath water, reject his influence, deny that I love his style, and erase his name from my memory, but I won't, because he is \*not just how he treated women\*. He is more than that.

I have training in a system that has as part of its history some pretty questionable practices that would not work in the post #metoo movement, because we now understand that the power dynamics between student and teacher, no matter how 'adult' we may be, means true consent can not be obtained.

Do I reject everything I learned? Or do I learn from the mistakes of my forbears?

I choose to do the latter, because it's possible that some day, one of my future thousands is going to look at my life and go "She did this thing that I find reprehensible." and feel conflicted. Some day, one of your future thousands is going to look at your life and feel the same conflict.

This is what it is to be human.

We can all find empowering stories through our lineage, because every human being on the planet either has or is connected to some-one with redeeming or virtuous characteristics. On the flip side of that coin is that no matter how wonderful our direct ancestors are, they have connections to someone who did or believed something we now consider to be monstrous. This is humanity. We are everything. We contain everything. We contain all of the good, the bad, and the ugly.

That being said, we do not ever have to work directly with the ancestors who hurt us, or who hurt the people we love, or who did things that we are terribly ashamed of. It is not required of us. But we may \*want to\* at some point, because the wounds we heal from that work heals our thousands, both backwards and forwards.

## Ancestral Healing

This program is not a good container for ancestral healing as a group project, since it is deep work that may trigger trauma, and we aren't built for that. That being said, every wound you heal has an ancestral component. Every single one. So you can count any healing work you do as 'ancestral healing'. You heal your wounds, that ripples backward

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and forward in space and time. Honour that. Honour the impact of that.

If you're interested in exploring ancestral wounds and ancestral healing, I recommend using Google. The reason I don't want to provide you with specific resources is because you need your own intuition to lead you to the right resources for you. Type the words 'working with ancestral wounds' in the search bar. Skim the results. Pay attention to your body. Read the ones that resonate.

### Exercise: It All Begins With You

Sit quietly in a space where you are free from distractions. Close your eyes. Breathe deeply. Imagine you are sitting in the center of the Universe (hint: you are always sitting in the center of the infinite universe). Imagine you can see your blood and spiritual lineage stretching out behind you. Remember that they KNOW EVERYTHING NOW. Let them gather. Feel them arrive. As they gather, imagine they are calling their lineages to them as well, and let them arrive, too. When you are surrounded 'behind' you, imagine your future progeny arriving - those you've given birth to, those you've influenced, those you've loved, touched, taught, been kind to, fed - stretching out before you into the future. Feel them arrive. Now imagine they are calling their progeny. Let yourself be surrounded for as long as you like before thanking them and taking them all back in to yourself as a part of who you are.

**Art Prompt:** Paint yourself as an ancestor. What stories might be told about you? Paint yourself as the child of an ancestor. Who do you want to honour with your painting?

### Exercise: Ancestor Shrine

Create a shrine to one or more of your blood or soul ancestors. Put whatever you like on it, and make sure to 'listen' for inner nudgings with regards to the things your ancestors might like. Work with this shrine by sitting with it, communing, making offerings. Bring a journal with you. Ask your ancestors questions about the things you'd like to know or need guidance about. Jot down whatever comes into your mind that feels like an answer.

**Art Prompt:** Consider creating art pieces for your shrine as offerings to your ancestors for your life, for the wisdom they've given you, or for any other blessings you want to acknowledge them for.

At the end of this month, we will celebrate Samhain (pronounced Sow-een or Sow-wen) here in the Northern Hemisphere, and Beltaine in the Southern Hemisphere. To re-familiarize yourself with these holidays, please find the supplemental document below this one. Note that we don't officially celebrate the wheel of the year as part of this class, since Moonshine focuses on the lunar cycle, and the wheel of the year focuses on the solar cycle. I am providing you with this information so you can explore the solar cycle on your own.

## Art Witch Primer

This is a collection of lore, practices, books, quotes, dates, ideas, prompts, and correspondences that you may use as you see fit. Remember that while we have specific group practices on New Moon and Full Moon (to be discovered as we go), you are encouraged to do whatever you want on your own in the 'between times'.

Suggested activities and art prompts are meant to be enjoyed 'buffet style'. Remember the power in picking at least one thing that really resonates, and another that makes you feel rebellious or resistant. Resistance and resonance are equally fertile. There is an 'art witch primer' worksheet below this document in your classroom meant to be engaged on your own. For best results, combine your own resonances with any of mine that feel 'right' for you.

### The Names Of The Moon

Blood Moon, Hunter's Moon, Shedding Moon, Falling Leaf Moon

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**Suggested Activity:** As we do with every moon, sit with these names and contemplate what they might mean for you. Compare and contrast these names with what's happening in your environment. Use your powers of seeking (GoogleFu!) to research the names and lore associated with this month of the year. Note anything that resonates with you.

**Journal Prompt:** What name would you give a full moon in October? Why? What does October 'feel like' to you? What does it remind you of? What memories or traditions do you associate with this month? Which of these would you like to discard? Which would you like to keep? What spiritual significance do they or could they have?

**Art Prompt:** Create a spread or painting that incorporates the feelings or images that arise for you when you sit with any of the traditional moon names. Alternatively, create something inspired by what you would name the full moon in October.

## Tree Calendar

Check the listings for new moon and full moon (found in the INTRODUCTION or in your own moon phases app or planner) to see where they fall in the tree calendar this month and next month. Note that there will always be overlapping signs in each calendar month.

Workings can include art journal spreads that explore the energies associated with these trees, finding these trees (if you can) in your neighborhood and sketching them, looking up what they look like in all their life phases, working with the symbols associated with these trees in your art journal or in meditation, searching for quotes about them, or poems or stories that include them, etc.

## Ivy September 30 - October 27

Good for workings associated with the cycle of death and rebirth, release, and letting go of what no longer serves you.

**Journal prompt:** What is coming into being? What is or wants to be released? What is serving your life right now, and what isn't?

**Art prompt:** Create art that explores the death and rebirth cycle, or use your art journal to release what is no longer serving you.

## Reed October 28 - November 24

Good for workings associated the underworld, our ancestors, divination, and working with spirit guides.

**Journal prompt:** Whose shoulders are you standing upon? What is your blood lineage? What is your spiritual lineage? Your artistic lineage? Who wants to work with you from that realm? What is your favorite method of divination?

**Art prompt:** Create art that honours your lineages, be they blood, soul, or artistic.

## Correspondences

*Sourced from a variety of references, this list is a great jumping off point for your own explorations.*

Colours: Black, red, white, orange  
Herbs/Plants: Rosemary, Sage, pennyroyal, thyme, angelica, burdock  
Flowers: Red roses, calendula, marigold, cosmos  
Scent: Nutmeg, rose, cinnamon, ginger  
Stones: Opal, tourmaline, beryl, turquoise  
Animals: Stag, jackal, ram, scorpion, cat, bat, raven  
Nature spirits: Frost faeries, plant devas

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Season: Autumn. (Spring in the Southern Hemisphere)

Tree: Ivy, Reed, Yew

Element: Water

Astrology: Libra - September 21 - October 20, Scorpio - October 21 - November 20

Workings: Harvesting, Sacrifice, divination, ancestry, working with The Mighty Dead, life, death, rebirth cycles, the earth as womb and tomb.

Celebrations: October 31 - Samhain in the Northern Hemisphere, Beltaine in the Southern Hemisphere.

Symbols: Anything relating to element of water, the 'Stag King' or other sacrificial agricultural gods, vines and their fruits, apples, pomegranates, pumpkins, squash, corn, bones, skulls, crows or ravens, symbols relating to the Reaper, or the goddess as crone.

As usual, if a correspondence feels particularly resonant for you (example: 'coin'), make sure and research it as well so you can deepen your understanding and insight. As always, remember to gut check all of these associations, and add your own. October may come with a particular scent, sound, colour, or taste for you. Include those correspondences in your personal lists.

Other references may include lists of deities to work with. If you are compelled to work with specific deities, lore, or stories, do that, but please avoid 'plugging in' to deities you have no prior relationship with. It is polite to develop a connection with a particular archetype or being before you ask them to assist you in your work or lend energy to your desired outcome.

### This Month's Altar

Adorn your October altar with abundant harvest imagery, images of your ancestors, symbols associated with the life, death, rebirth cycle, scythes, coins and other offerings for the dead, bones, red, white, and black candles, marigolds or other autumnal flowers, 'treats' for the spirits, images of stags, The Corn King, crone imagery, anything representing the element of water, fallen leaves, pomegranates, cornucopias.

### Start (Or Continue) Researching Your Ancestry

We discussed this in September, but this should now be an ongoing project for you if you are feeling called to ancestry work. This is a good time to start discovering their names if you can. If you can't, study the history of your people instead - where did they come from? What customs or practices were indigenous to them? If there are no close ancestors you wish to work with due to family dysfunction, reach back further for someone you admire. If you are adopted or have no idea where to begin with this research, make wild guesses as to your origin and follow the threads that delight you. While you're at it, research your spiritual ancestors - those being the teachers that came before you upon whose work you lean. Writers, poets, mystics, prophets all fit in this category. Research your artistic ancestors. Who are the artists that came before you that inspire you or inform your work?

### Investigate Community In Your Locale

If you don't already have a community with which to gather, this is a really good time to get out into the local community (virtually if necessary - please be safe and mind your local medical officers with regards to best practices) and find out what's happening for witches and pagans in your area. As we enter the long dark between Samhain and Imbolc in February, having community to gather with can be important - even medicinal. Facebook Groups, Google searches, other witchy programs can all lead you to find the like minded.

### Carve Out Space For Quiet.

We are entering a season that is meant to be introspective. October 31 through mid November is a beautiful time to explore silence, meditation, contemplation, and other activities that are solitary. Consider how much time you spend in a receptive state, and increase it if you can. The ancestors whisper to us on the wind of we take the time to listen.

### Begin To Research The Wheel Of The Year

Samhain is the last in a series of eight solar celebrations that make up the wheel of the year. Some witches only celebrate the four Celtic fire festivals, and some celebrate the equinoxes and solstices as well. Since Samhain is the last in the cycle, this is an excellent time to start researching and compiling information on these celebrations so that you

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can add solar mysteries to your lunar mysteries. While the solar mysteries are not the focus of this class, celebrating the wheel of the year can enrich your spiritual and creative practice by adding yet another source of inspiration and power.

## Activities And Ponderings For October

Attend a Samhain ritual in your community if you are able. If not, find an online ritual or do some research and create your own.

If you celebrate Halloween, consider dressing up as \*what you'd like to become\* and treat the act as a magical one.

Pick up a divination tool if you haven't already, or investigate a new one.

Work with tarot in your art journal.

The veils are considered thin at this time of year, and connection with your ancestors and their wisdom is said to be easier. Try communicating with them through any divination method you like.

Use this time to ponder what needs to be released or let go. Tie up loose ends. Consider what you wish to begin anew.

Get out into the world with your camera or sketchbook to collect journal fodder. (Do this all the time, regardless of climate, if you are able!)

Moon bathe, even if only through an open window. Sit in silence and bask in moonlight, whatever phase the moon is in. See how it feels. Make notes. Art it out after if you feel so inspired.

What holidays have observances in October? Do you feel a resonance with them? Which ones would you like to adopt?

## October Recommended Reading

[The Mighty Dead](#) by Christopher Penczak  
[Witch's Halloween](#) by Gerina Dunwich  
[A Witch's Book Of Silence](#) by Karina Blackheart  
[Thorns of The Blood Rose](#) by Victor Anderson  
[Sabbats](#) by Edain McCoy  
[Betwixt and Between](#) by Storm Faerywolf  
[About Samhain](#) (Web Resource)

## Quotes & Wisdom Sayings

I think 99 times and find nothing. I stop thinking,  
swim in silence, and the truth comes to me.

**Albert Einstein**

The human heart has hidden treasures, in secret kept,  
in silence sealed; the thoughts, the hopes, the dreams,  
the pleasures, whose charms were broken if revealed.

**Charlotte Bronte**

In order to be open to creativity,  
one must have the capacity for constructive use of solitude.  
One must overcome the fear of being alone.

**Rollo May**

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She will always carry on. Something is lost,  
something is found. We will keep on speaking her name.  
Some things change, some stay same.

**From A Hymn To Her by The Pretenders**

Others inspire us, information feeds us, practice improves our performance,  
but we need quiet time to figure things out, to emerge with new discoveries,  
to unearth original answers.

**Ester Buchholz**

Within us is the soul of the whole, the wise silence,  
the universal beauty, the eternal One.

**Ralph Waldo Emerson**

*Notes*

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# October Art Witchery

With Effy Wild

Something you'll hear floating around out there amongst the woo woo people is that at this time of year (and again in May), the veils are thin. It is generally understood that at the hinges of the year, on and around Beltaine and Samhain, our ancestors (of whatever kind) are more easily felt and accessed.

As someone who has worked with holy helpers for many, many years, it is my experience that this is a thing. While I maintain connection with my holy helpers at all times (because mama needs them!), I feel them more keenly at this time of year. I find them somehow "easier to hear" - especially if I put in any kind of effort, like tending to their shrines or doing some Ancestry research.

One of the ways we can access these holy helpers is through setting an intention to be open to them while we paint. Painting helps us bypass the rational brain for a while which is why so many of us use our creative practice to self-soothe and ease anxiety. It is quite easy to enter a meditative state (known among practitioners as "alpha") which is conducive to raising and sending energy, like we do at new and full moon, and also for calling in the powers. You might recognize this as "being in the flow".

When you set the intention before you begin to create to open a portal between the worlds so your holy helpers can come through, you might find yourself painting more deeply, or differently than you normally do. You might start to "see" things in the painting that you might not otherwise see. You might "hear" messages as you are painting that might not have otherwise come up.

Intuitive painting is especially powerful for this kind of contact with holy helpers. Begin without a plan and just go wherever the session takes you. Obey every impulse. Attend and tend.

This kind of painting session could be considered "devotional" as well, and when we put our energy into devotional practices, we are feeding our connection with our helper powers. While this is especially effective at this time of year, I find it useful \*all year long\* as a way to keep the pump primed and the energy flowing between myself and the divine.

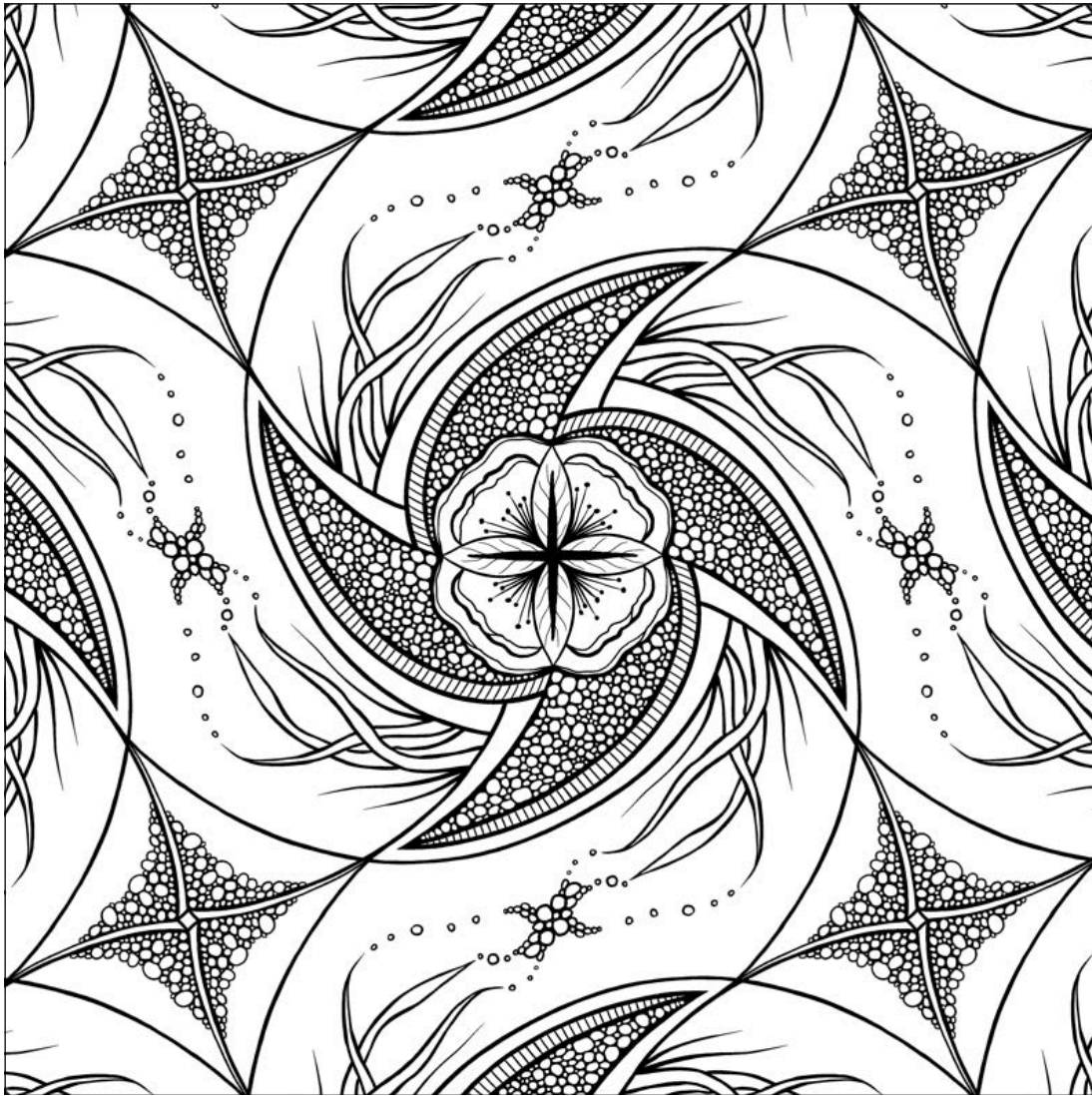
This month, as the veil thins, try setting some time aside to create sacred space and paint in this way. Light candles. Dust off the ancestor shrine and make space for a painting that you create with the intention of connecting with them. Spend some time in communion with them while painting and see what comes through!

NOTE: Colouring can also be engaged if you don't have the energy to pull out all your supplies. Just choose your colours intuitively and keep the distractions to minimum so you can sense what energies are responding to your attention.

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# Mandala By Tina Stanley

October 2024



[DOWNLOAD TO PRINT & COLOUR](#)

## More About Tina:

I am an Artist, Graphic Designer, and Photographer, and creative tinkerer. After 4 years at Oregon State University I am ready to step out into the world and make my mark - through the lens of my camera, the brush/pencil in my hand, and the keyboard at my fingertips. I have big dreams, high hopes, and a lot of ambition, and look forward to all the adventures the world has to offer. These mandalas are a labor of love and a glimpse into a small part of my creative practice.

You can find me at: [tinadstanleydesign.com](http://tinadstanleydesign.com) AND on [ETSY](#).

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# Essential Oil Of The Month

With Kimi Bois



The most prominent thing that comes to mind with fennel is its similarity to the smell of black licorice. It shares this scent with anise and aniseed as well. Fennel though, is so good for this month for a variety of reasons. As an herb it is excellent in a variety of foods and helps to ease digestion, great for thanksgiving (in Canada) and the potential of overeating if you've brought in a good harvest from the garden (or love to purchase local and in season produce). Fennel is a main ingredient in "gripe" water given to infants for digestive issues and gas. It can have an effect of suppressing appetites.

Fennel (*Foeniculum vulgare*) has two main varieties, those that are cultivated (sweet fennel) and a bitter which is considered common fennel. That means that when buying essential oils, its important to know the variant. Sweet Fennel is *F. vulgare* var. *dulce* and Common fennel is *F.vulgare* var. *amara*. For the purposes of this blend you'll find the blend scent a little sweeter with *F.vulgare* var.*dulce*.

Known as an herb of strength and courage, I think its perfect for us as we move into the 10th month of the year, with some powerful influences to work with.

Fennel has an overall calming effect (much like chamomile), helping to reduce stress and nervousness, because of its associations with strength and courage, it helps impart a protective quality during vulnerable or emotionally trying times. The blends created with this essential oil will be powerful, so go easy, and use sparingly at a time (a little goes a long way, and in an already overwhelmed system it can have an overpowering essence)

CAUTION: not to be used during pregnancy, or if you suffer from seizure disorders, as it can trigger it in susceptible people. Message me if you need alternatives.

## Recipes

### New Moon in Libra: Peace

Equal drops of  
Fennel  
Neroli  
Rose  
Basil  
Geranium

In true Libra form, we've found balance amongst the oils. This new moon encourages us to disturb the illusion of peace in order to create real inner peace, to focus on more than just "nice" but rather to get real with the good and the bad. This blend soothes and balances, giving us the encouragement and strength to see it through

Other essential oils you can use are frankincense, vanilla, thyme, lavender, lemon, spearmint, catnip, marjoram, mugwort I got a little excited, hehe and made an alternate blend, if you just want the straight intoxication of sitting within your best self.

### Libra: Intoxicate

2 drops vanilla  
1 drop mugwort  
1 drop frankincense

### Full Moon in Aries: Ignite

1 drop rosemary  
1 drop eucalyptus  
2 drops fennel  
2 drops juniper berry  
3 drops lime  
2 drops orange  
1 drop neroli

Strong and powerful, I call this moon the warrior moon, powering through as we choose which battles to fight, and where to rest, igniting our excitement and boosting our energy.

I am using this blend on my altar, to breathe in every time I need a boost to motivate me towards working on my goals, in strengthening my desire to release and to hold on to what's best for me. This blend can be used in a roller bottle to apply to the pulse points. Beware using for prolonged periods on the skin, as this blend contains some potent essential oils. Sensitive skin may react, use your best judgement.

Other oils you could use include peppermint, tangerine, frankincense, lemon eucalyptus, mandarin

*Never ingest essential oils. Beware that both of these blends may irritate sensitive skin. Test on a small area before applying over larger areas.*

### More about Kimi:

My name is Kimi Bois. I am a practicing aromatherapist. I studied at the West Coast Institute of Aromatherapy and have been researching and experimenting with essential oils, herbs and other ingredients for 20 years. I am a practicing pagan, making magic everywhere I go. I am fascinated by symbols, associations and magical connections and where scent can really help us focus on what our intentions are. [Find me on Facebook!](#)

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# Herb Of The Month

with Airmid Wylde

## Pomegranate

It's Octoooooobber - welcome to Spooky Season!

This month, we're working with pomegranate - the fruit of good luck, abundance, and fertility, well connected with the goddess Persephone.

Let's start with the nutritional goodness of pomegranate - pomegranate fruit is full of several vitamins and minerals, including vitamin C, vitamin K, folate, thiamin, riboflavin, niacin, calcium, iron, and magnesium. The pomegranate arils (the 'meat', sort of) is composed of almost entirely water, then about 10% sugars, organic acids, amino acids, and phenolic compounds. The pomegranate seed primarily consists of mostly conjugated linolenic acid, with minor amounts of alpha-lipoic acid, vitamin E, steroids, and cerebroside, an important component of myelin sheaths (fatty tissue enveloping nerve cells). Eating the entire seed offers the added benefit of fiber.

All parts of the pomegranate contain polyphenols, which reduce oxidative stress and inflammation. The most abundant polyphenols in pomegranate fruits are hydrolysable tannins, specifically punicalagins, which have been extensively evaluated over the past 30 years for their potent antioxidant capacity and are the main source of pomegranate's antioxidant, anti-inflammatory, and anti-ulcerative properties. All of these compounds help to decrease oxidative damage to the body and protect cells from free radical damage. This is why you often find pomegranate in cleansers, body products, and anti-inflammatory products.

So what can we do with it?

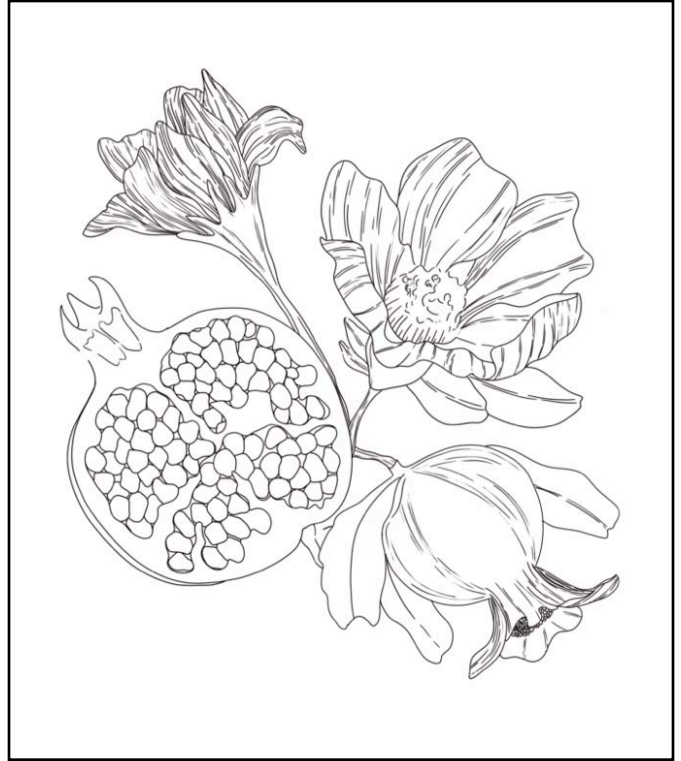
- Just drink pomegranate juice. It's absolutely delicious to some, not so much to others. I'm actually in the latter camp, but it's a popular, available juice.
- This hibiscus pomegranate fire cider recipe is incredible. Y'all know how much I love hibiscus. And they combined it with fire cider. Omg.
- Here is a great macca latte recipe with pomegranate
- Add it fresh to a spinach and feta salad
- Add it fresh to the top of a batch of brownies. Trust.
- If you can find or make pomegranate molasses or jam, it goes amazing on toast, pancakes, waffles, crackers, etc.

This really is one you can google and come up with endless recipes for. So many recipes. I encourage you to look up a few new recipes this month and share them in the group with us!

Love you humans, Airy Wylde

© AIRY WYLDE

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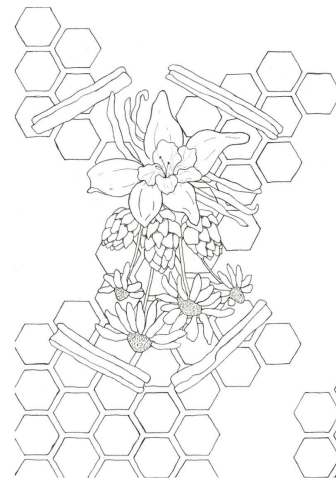
[Download, Print & Colour](#)

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## Autumn Spice Tea

3p Roobios  
2p Chamomile  
2p Hawthorn  
2p Hops  
1p Cinnamon  
1p Ginger  
1p Allspice  
1p Vanilla Bean

I don't have a rhyme or a reason for this tea except that I created it accidentally one day and it's fucking delicious. I find the chamomile and hops go great with the fall-ish spices while also allowing a calming effect that's great for art'ing outside of the box or reading tarot.



[Download and Colour](#)

## More About Airmid

Airmid is part hippie, part geek, part rocker chick with some serious Dolly Parton sass. She blends self-love + herbalism + art + spiritual musings with kickass empowerment + a hell-yeah attitude. She has a fierce passion for helping womxn discover their unique beauty + strength + truth...especially through plants and creativity. Find her on [Instagram](#), and in her Facebook Group, [Wildness Unleashed](#).

## Stone Of The Month with Rachael Caringella

### Bloodstone

Boosts courage by helping us feel grounded and protected by Mother Earth. Draws negative energy from the body and environment. Heightens intuition and increases our creativity. Boosts courage and strength. Has protective properties to the physical body, mind and soul. Is also a great stone to cleanse the mind of irritability and impatience. This is a beautiful stone to help boost your courage and might.

#### More About Rachael

Rachael is a multi media artist, creatrix and mystic explorer. Currently located in the magical valley of Taos, she spends her days in her plant covered art studio painting portals to new dimensions, opening gate- ways to hidden realms and crafting mystic creatures from the ethers. Having been a tarot reader for 10 years and an artist for as long as she can remember, it is her goal to bridge the gap between the mystic and the mundane.



[website](#) | [facebook](#) | [instagram](#)

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Notes

# 10

# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 New Moon In Libra 7 - 9:30 EDT	3	4	5 Live Activation 1 p.m. EDT
6	7	8	9	10	11	12
13	14	15	16	17 Full Moon In Aries	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Samhain		

TO DO

NOTE

# WEEKLY PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

MON TUE WED THU FRI SAT SUN  
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TODAY'S FOCUS

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TOP PRIORITIES

1. 

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2. 

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3. 

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SELF-CARE

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- - 
  -

TO-DO LIST

- 
- - 
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  -

NOTES, IDEAS & INSPIRATION

# MONTHLY RESEARCH WORKSHEET

for the month of \_\_\_\_\_

## THE NAMES OF THE FULL MOON

\_\_\_\_\_

Full Moon is on: \_\_\_\_\_ in the tree sign of \_\_\_\_\_  
in the zodiac sign of \_\_\_\_\_.

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New Moon in on: \_\_\_\_\_ in the tree sign of \_\_\_\_\_  
\_\_\_\_\_ in the zodiac sign of \_\_\_\_\_.

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Dates Of Significance (eclipses, blue moons, celebrations, holy days, etc.): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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Intentions, goals, wishes, and dreams: \_\_\_\_\_  
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Oracle Cards for this month: \_\_\_\_\_  
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# TREE CALENDAR

Check the listings for new moon and full moon (found in the INTRODUCTION or in your own moon phases app or planner) to see where they fall in the tree calendar this month and next month. Note that there will always be overlapping signs in each month.

Tree Name: \_\_\_\_\_ Active from: \_\_\_\_\_ to: \_\_\_\_\_

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tree Name: \_\_\_\_\_ Active from: \_\_\_\_\_ to: \_\_\_\_\_

Good for workings related to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## MONTHLY CORRESPONDENCES

Colors: \_\_\_\_\_  
Herbs/Plants: \_\_\_\_\_  
Flowers: \_\_\_\_\_  
Scents: \_\_\_\_\_  
Stones: \_\_\_\_\_  
Animals: \_\_\_\_\_  
Nature spirits: \_\_\_\_\_  
Season(s): \_\_\_\_\_  
Element(s): \_\_\_\_\_  
Celebrations: \_\_\_\_\_  
Symbols: \_\_\_\_\_  
Birthdays/Anniversaries: \_\_\_\_\_  
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\_\_\_\_\_

Personal Associations: \_\_\_\_\_  
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New Moon: \_\_\_\_\_  
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Results: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

Paste an image of your working here.  
(journal spread, altar layout, oracle reading, etc.)

# WISDOM SAYINGS

# NOTES