



# JANUARY



## *It All Begins with Me*

The [Introductory PDF](#) that you received upon your entry into this class ended with the words "*It all begins with me*".

That was a little hint of things to come, a siren song to lure you in. It all, with 'it' being the soundness, rightness, or wellness of 'all', being life, the universe, and everything, begins with you, with me, with our work in this world.

Let's be here in the place where we have the most power, maybe the only power. Here. At home. In this cave of bone. Our own skin. Our own flesh. Our own presence in this moment as our eyes move across the page. A recognition of our own power to change the world will grow with time. For now, we'll begin right here.

### First Rites

In your Introductory PDF (look under the unit entitled "INITIATION"), you were encouraged to perform space, and personal clearings to prepare the way for December 31st, for the stroke of midnight where, as a culture, we cross the threshold from the old year to the new. The emphasis on 'home' was purposeful. Everything, they say, begins at home. You were also encouraged to create (or select) a notebook and an art journal. In these first acts of magic, you cleared and created physical and psychic space. These were your 'first rites' as art witches in this program.

Congratulations!

Nature abhors a vacuum, and whatever is empty begs (wants, desires) to be filled. When we clear or create physical or psychic space, we are creating a void, an emptiness into which new things may come. This void is fertile ground. It lays in wait for something new, like an empty canvas waiting for the first stroke of paint. Having cleared our space, and our selves, we can now begin to put things back in. Things that actually belong there. We cleared out the lamp we hate. It's time for a new one. We cleared the story about never finding love. We set about finding it. We don't start by clearing 'the world' and 'all of humanity'. We can't. We start with the deeply personal, microcosmic, little life we call our own. We start with the room we're in. We start at home within our own skin, and with the being that inhabits it.

*Just a note here from me in 2024 - if you haven't started this process yet, please don't stress about it. As you indulge your time in this program, you will start to feel moved to do what's right for you in the moment. Start small, by considering what feels easy and doable, and proceed from there in the realm of cleansings and clearings. I don't expect you to have a pristine environment in order to begin!*

January is steeped in traditions that delight me. I love the idea that whatever you're doing as the clock strikes midnight is what you'll be doing all year. This is why we kiss at the stroke of midnight, and why we spend the first hours of the year feasting, drinking, and making merry. We don't think of it as magic (unless we're versed in magic) but it is. It is a signal to the universe. 'This is what I desire this year.' we tell the universe. 'This is what I want to do with my time. Play ball with me, Universe, and give me kisses, feasting, and making merry.'

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New calendars, journals, and planners are also a form of magic. They are symbols of fresh starts, blank pages, clean slates. They let us be done with past failures and disappointments and dream anew of a brighter, more hopeful future. Planning is magic. Setting intentions is magic.

Having spent some time creating a space for the new year, and all it might bring, we can now exert our power to fill that space with what actually belongs in it, and that requires the use of another of our inherent powers. **That is, the power to want things.**

This is tricky for some of us. I don't know about you, but I wasn't raised to want things. I was raised to be grateful for what I had. Wanting was bad luck, and it was highly discouraged as a way of being in the world. I was raised with the words "be careful what you ask for". Asking for things was dangerous. Wanting them, even more so.

But even if we've suppressed the awareness that we want things, we *do*, in fact, absolutely want things\*. Our bodies are adept at and wired to want. When we are born, if we're born healthy, we are born rooting around for the breast. We don't have to be taught to do that. In fact, if you put a newborn baby on her mother's belly, she will push herself up toward the breast with all her little might.

We want to be fed, we want it now, we are born wanting it, and if it isn't forthcoming, we were born knowing exactly how to get it.

*I want you to breathe that in for a moment.*

We're born both knowing how to want, and how to ask for what we want.

When we are healthy, we experience wanting all day every day. We want food. We want water. We want comfort. We want sex. We want shelter, a sense of safety. We want to be understood, to be seen, to be loved. We want a hug. We want a lover. We want a child. We want to create a body of work, or write a book, or plant a garden. We want things that represent things, too. We want the shoes that make us feel sexy, because we want to feel desirable. We want the room of our own because we want to feel a sense of self-possession. We want more money so we can work less, so we can have more time to ourselves, because we want to be able to hear ourselves think.

We have very pure and simple wants, and we have complex, multi-layered wants, and both kinds of wants are valid, and more than that, necessary, and more than that, glorious. All life flows from wanting. All attainment emerges from wanting. It is the impulse through which we create and sustain our creations.

Whatever we've been told about wanting, whatever we might feel or believe about wanting, we're here to deal in truth, and the truth is, whether we know it or not, whether we admit it or not, we want things.

### It's Good To Want Things.

Something I've witnessed in my years doing what I do (building community, facilitating creative practice) is that we don't always feel safe admitting that we want things. Often, our wants are squashed by things like 'being reasonable' or 'wanting to be nice' or 'not wanting to be greedy'. I've known people who aren't even aware that they want things - mostly depressed people, mostly women - and I've often wondered if those who profess to wanting nothing have really just turned off that part of themselves because wanting has never gotten them anywhere. I used to be one of them, so I'm speaking from experience here. My work with [Renee Magnusson](#) around wanting and 'covet lists' has really helped me get over my issues with wanting. If you get a chance to work with her, I highly recommend it.

If we've lost touch with our wanting, or if we are aware of wanting things, but we never admit to it, we're suppressing our power to *\*get things\**, and I propose to you now that this is no way to live. It's true that wanting is risky. There is always the risk that you won't get what you want. There is always the risk that wanting will dance you right up face to face with your issues around worth or lack thereof and that you'll, then, have to finally tackle that briar patch full of stuff that caused that issue in the first place. Omgdoom! But wanting things also sets us for figuring out a way from here to there. It positions us to *\*get things\**. And getting things - our needs, met, our dreams, fulfilled, our souls, nourished, our spirits, drenched in connection and beauty, is a big part of what life is all about.

Isn't it? I mean, I don't know about you. Maybe your life is about something else. But my life? It's about getting where I want to be, having what I want to hold, and living the ever-loving stuffing out of every moment I've got until I've got no more left to live.

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So let's begin by wanting things.

Exercise: All I Really Want.

Grab your notebook and a pen, set a timer for fifteen minutes (the one on your phone works great), and start with these words: "All I really want..." and then make a list. If you can't think of anything at first, make stuff up. Chances are, the stuff you're making up are secret wantings anyway, so feel free to be ridiculous. I tend to write 'freestyle', by which I mean I don't censor, edit, or think too much about what I'm scribbling. This often leads to things that read a bit like nonsense or poetry or both. This delights me.

You may find it helpful to move in a spiral from the inside out - by which I mean, start with what you want in this precise moment (a cup of coffee? a hug?), and then spiral outward to bigger and bigger wants (social justice? unshakable certainty?) - or you may find it easier to reverse that, start with the big stuff, and then spiral in to more precise, immediate wants. I tend to let my wants meander all over the place without assigning any kind of priority to them. You'll get better at this as you practice.

The most important 'rule' here is to refrain from judging your wants. Don't talk to yourself at all about how you feel about them. Don't apply labels to them or to yourself for having them. And please note: you will not be required to share this list anywhere, so be bold, art witch! Be brave!

*Note: If you are a returning art witch, please do this exercise again without referring to your original lists.*

*This exercise takes courage.*

It can be an incredibly vulnerable act. As you look over your list, ask yourself how brave you were in making it? How willing were you to face your own wants? Only you can be the judge of how deeply you burrowed into the subject of your wanting. If you feel like you could have done better, go back and do it again.

Now that you have a working list, walk away for at least 24 hours. Stick the list in a drawer and put it out of your head. When you come back to it, read it over. Ask yourself what wants you'd be willing to share with a close friend. Make another list that includes only these less secret wantings. Put it in a drawer. Walk away. Let it cook. Come back to it again, and read it over. Ask yourself what wants you'd be willing to share with the world at large. Make a third list that includes only these wantings. Shove it in a drawer. Give it a day or two. Then, circle back and make a note of what didn't make it onto either of the two most recent lists.

Pay the most attention to your most secret, most vulnerable wants, since these are the most potent yearnings of your deepest heart. What you're doing here is 'drilling down' to discover the wants beneath the wants. A surface want might be easy to own, but a deeper one might create a sense of fear (what if I never get it? What if I don't deserve it?) These are the 'wants' you're going to be working with when we cycle.

*NOTE: If you are a returning Art Witch, please retrieve your want lists from previous years and review them. Make sure you note what 'wants' you listed that have manifested for you, and which of your 'wants' have shifted.*

Having made these lists, I want to encourage you to sit with how it feels to have made them. I don't want you to do anything with them at this time. Just be with the wanting, and let yourself experience how that wanting feels in your body. If big stuff came up for you - wants you didn't even know you had, shame about something you want that blindsided you, feel free to journal about that, or take it to therapy, pastoral care, or a very good & intimate friend, but try not to 'discharge it' or 'bypass it' by doing anything with it. Let it cook. It might be uncomfortable. That's okay. There's a lot of power in that, too.

You'll be referring back to these wants lists to establish what you want to work on from cycle to cycle so keep this list with your Moonshine notes.

In the meantime, keep reading and you will find your January correspondences and other information you might want to use to inform your work, suggested activities, suggested reading/resources, art witchery to try, spell work to try, the essential oil blend for the month, a tea recipe & botanical colouring page, some herbal & stone lore, and quotes & wisdom sayings.

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Remember to embrace your inner corvid and engage what is shiniest and most attractive to you. You do *\*not\** have to do it all, but I do recommend picking at least *\*one\** thing that you're really excited about, and at least one thing you feel resistant about. Sometimes those are the thing that crack us open and provide us with portals to deeper experiences and wisdom.

## 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 'magpie 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.

### The Names Of The Moon

Wolf Moon, Quiet Moon, Cold Moon

**Suggested Activity:** Sit with these names for the moon 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. [Farmer's Almanac](#) is a great place to start with regards to the names of the moon, and where these names come from.

**Journal Prompt:** If you could name the full moon in January anything, what name would you give it? Why? What does January's full moon '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 January.

### Celtic 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. Work with the tree calendar 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.

### Birch/Beth

**December 24 - January 20**

Good for workings associated with purification/clearings, and new beginnings. Birch gives a powerful 'push' toward any desired outcome.

**Journal prompt:** What do need to clear? What do you want to leave back there in the previous year? What do you want to begin? What feels fresh, new, and bursting with potential as you enter the new year?

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**Art prompt:** Create art that focuses on what you wish to begin. Use images that represent or symbolize new beginnings.

Rowan/Luis

**January 21 - February 17**

Good for workings associated with protection. Rowan is known to ward off negativity.

**Journal prompt:** What do you value? What wants/needs your attention and protection?

**Art prompt:** Create art that focuses on the things/people/places you want to protect. Do a spread about those things you would stand up for/protect at all costs. Make sure to include yourself on the list.

## January Correspondences

Colours: violet, brilliant white, black

Herbs/Plants: thyme, winter savory, marjoram, angelica root, nuts, cones, ever green

Flowers: crocus, violet flowers, white flowers.

Scent: musk, pine, juniper

Stones: garnet, onyx, jet.

Animals: fox, coyote, blue jay, pheasant

Nature spirits: brownies, House spirits, Gnomes

Season: winter (Summer in the Southern Hemisphere)

Celebrations: New Year's Day, Wassailing, Twelfth Night, Burns Night, Imbolc Eve

If a correspondence feels particularly resonant for you (example: the colour 'violet'), make sure and research it as well so you can deepen your understanding and insight. Exploring correspondences ('things like') is a great way of seeding your subconscious so you have an ever ready well of inspiration to draw upon in your workings. As you read through this list, ask yourself how it might inform or enhance your creative practice. What if you put a sprig of thyme in your paint water? What if you researched the psychological or magical associations of the colour 'violet'.

As always, remember to gut check all of these associations, and add your own. January 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 (what we call The Powers That Be) 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.

NOTE: Working with correspondences is what allows you to pack your workings with 'things like' the thing you are working towards. This creates an energetic magnet that will 'draw in' or 'call' your desired outcome. Colour & symbol are the most readily available 'things like' for art witches, but there are many others that you could investigate. This is [my favourite book of correspondences.](#)

## Art and Other Witchery

These suggestions for workings are not specifically moon phase or art journal related, but I'm including them here so that you have a well-rounded experience of attuning with your own inner landscape, and the landscape and energies around you throughout the year. Some of these practices will naturally lend themselves to making art or crafts, and others may be simple little practices you can incorporate into your daily life. Experiment. Find what makes your soul sing, and put them to good use. Before you adopt a practice, ask yourself why it's working for you. Before you reject a practice, ask yourself where your resistance to it is coming from. Remember the 'resistance and resonance are equally

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fertile' rule of thumb.

## The New Year's Oracle Reading

One of my annual traditions is to do a spread at the beginning of the year that will give me some insight into the year ahead. There is one included in your Introductory PDF (find that under "INITIATION" In your classroom), but there are also many other spreads out there that have been designed for this purpose. Just use the search term "Year Ahead Tarot Spreads" in Google to find more.

My primary oracle is [tarot](#), which I've been using since the late 1980's, but please use whatever oracle you prefer. Runes, Ogham, and oracle cards of any kind can be used in the spreads listed below. Just draw and place whatever oracle you're using in the card positions and read accordingly. I prefer visual oracles as opposed to using ones that feature symbols, because they lend themselves well to art witchery.

It's important to record these spreads in your journal so that you can reflect back on them throughout the year.

**Art Prompt:** Create an art journal spread, painting, mood board, or vision board based on the insights you've gleaned from your reading.

## A Basic Ritual Format For The Art Witch

When we hear the word 'ritual', we tend to think of big events with lots of pageantry, but in reality, rituals can be simple little things we do - habits, really - that prime the creative pump and ready us for work. While it is true that we are the only tool we need to do magic, ritual objects, like candles, incense, and other props, can help put us in the right frame of mind. Symbols bypass the rational brain and cut straight through to the part of ourselves that is more visual, more poetic. Engaging this part ourselves before any creative activity can activate heretofore unknown wellsprings of inspiration.

**Here's a little 'getting started ritual' that I like to use before I start painting.**

Light a candle and some incense if you like.

Sit or stand with your substrate before you on the easel or in front of you on your painty table.

'Gather up' by feeling & thinking all the things that are currently on your mind or in your way, including the inner critic.

Blow it all out in a nice deep breath aimed upward. I like to imagine that I'm 'letting go and letting God(s)dess when I do this. S/he can take it.

Breathe a few more times in this way until you feel a sense of release or relief. (This is a 'breath clearing'.)

Put your hands on the paper or canvas or journal, and continue to breathe softly and slowly for a little while.

Let your mind still. Let your body relax.

When you feel ready, with your hands still on the paper/canvas, say the following or similar incantation:

*"I name you 'portal', through which this work may come. And so it is."*

...and then grab the first colour/medium/tool that captures your attention and begin.

Adapt according to your own preferences. Everything is up for your personal interpretation in this class. Be bold in making any necessary tweaks. **You are your own authority.**



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## Grounding for Art Witches

**This can be done whenever you need extra oomph for your workings, be they sacred or mundane. I do this regularly, because it helps me feel energized, and ensures that I'm not just using my own (sometimes rather limited) energy.**

Before a working of any kind (including painting), ground into earth and sky as follows.

Drop an imaginary root from your tail bone into the earth. Draw earth energy. Just imagine this. As you do this, imagine you are filled with the energy of the earth, and let it rise up until it breaches the top of your head. Imagine you have branches reaching to the heavens. Draw down sky energy - sun, stars, moon - they're all there no matter what time of day or night you're working. Let the two currents mingle in your body until you feel full to bursting.

Say "Thanks!" in whatever way best suits you, and proceed with your work.

When you're finished, put your hands on your work surface and imagine any 'excess' energy draining out of you and into the work. Say "Keep some for me". I do this so that I remember, always, that I am a child of the universe, and I'm entitled to the energy I draw from it. It also allows me to remain energized to the degree I need to be to get through my daily life.

If you feel spacey, or tranced out or spacey, go eat something (nutritious, preferably, and low in sugar). Eating is a way to settle your psychic energy and bring you back 'into the body' after a working.

You can find much more elaborate versions of this "Tree Of Life" grounding exercise in many books/on many websites. Look for one that really appeals to you and adapt accordingly.

**NOTE:** I work with triple soul alignment and Kala as part of my daily spiritual practice. These two practices, which I learned in several variations from T. Thorn Coyle, Karina Blackheart, and Storm Faerywolf, are fundamental for me. I am not a Feri initiate, but I have engaged many Feri resources, including books by all three aforementioned teachers, training in the Black Rose system of Feri, and training in the Black Heart system of Feri.

Practiced daily, alignment and Kala help us to get out of our own way so we can be clear channels for the powers that wish to work with us. You will find an essay on the [triple soul' & triple soul alignment here](#), and my [favourite version of the Kala rite over here](#). These practices are optional, as are any of the practices I highlight or recommend. You are your own authority. Take what works for you, and leave the rest.

## Suggested Activities For January

Investigate purification/clearing rituals/spells and see if any really appeal to you. Play with them before adding them to your repertoire. Which ones feel especially relevant to your creative practice? Which feel more appropriate for general use?

Add things to your altar that feel resonant with the energies that are currently present for you. Take things off your altar that no longer feel like they belong there. Altar making and maintenance is an art form in itself. Make it beautiful, inspiring, and most of all, relevant to you. If you are unsure of how to go about creating an altar, use your GoogleFu, but please don't let anyone else tell you how it \*must\* be done. Take everything as a suggestion.

Ask yourself (journal or contemplate) what mundane clearing/cleaning activities you regularly perform that could be imbued with purification magic? (Dishes? Laundry? Bathing?).

Ask yourself (journal or contemplate) how your space (psychic, emotional, literal) is feeling to you right now? What needs clearing? What can be let go?

Pay attention to what's happening outside your window. What is the weather doing? What is the plant & animal life doing?

If you haven't already, decide on an oracle to use throughout this year, and begin to get to know it. Draw one a day, take notes, contemplate its meaning for you, sit with it. This is a relationship that will stand you in good stead

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throughout your life if you let it. Tarot, ogham, runes, other oracle decks can be prompts for journal spreads, or allow you to access your inner wisdom.

Work with the wisdom sayings that you'll find in this document and create journal spreads that include them.

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.

Set out a clear glass of water on the Full Moon this month, and save it to use in future workings. Label it with the sign the moon was in, and research the energies associated with that sign. Also, Google "Working with moon water" for more suggestions on this lovely, easy way to attune with our moon.

## January Recommended Reading

### [Moon Magic by Rachel Patterson](#)

This is an 'all you need to begin' resource that explores the moon in all its phases, includes Celtic Tree lore, and the moon in astrology. Suggestions for workings are included. You could do this entire class with \*only this little book\* as a supplementary guide. HIGHLY RECOMMENDED, YO! :)

### [Moonology by Yasmin Boland](#)

Also highly recommended. This is one of the three books I most turn to for information on the astrology associated with the new and full moon.

### [New Moon Astrology by Jan Spiller](#)

A fantastic resource if you want to explore what intentions, wishes and wants to work with during each new moon.

### [To Bless The Space Between Us by John O'Donohue](#)

A gorgeous book of blessings that can be read, enjoyed, employed in art journal spreads, or adapted to use in ritual and ceremony.

### [Betwixt and Between by Storm Faerywolf](#)

For more on Feri/Faery, which is one of my favourite traditions of witchcraft. Some of my 'go to' practices and world-views are informed by this teacher. You may also find [Black Rose Witchcraft](#) of interest if you are looking for a complete training system that has roots in Feri/Faery.

Also check out the recommended resources for new witches in "Our Guide, The Moon". There is information in those books on things like creating sacred space, choosing a 'witch' or 'Craft' name, and much much more of interest to the art witch.

## Quotes & Wisdom Sayings

"Within every woman there is  
a wild and natural creature, a powerful force,  
filled with good instincts, passionate creativity,  
and ageless knowing.

Her name is Wild Woman,  
but she is an endangered species."

**Dr. Clarissa Pinkola Estes**

"What is this flower above me?

and what is the work of this god?  
I would know myself in all my parts."

**Traditional Feri Prayer**

*Stay Wild, Moon Child!*

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# Art Witchery

## Cleansing & Charging Your Tools

In most witchcraft beginners books, there is a chapter on the tools of the craft, and how to prepare them for our use. Many (but not all) witchcraft traditions have representations of the elements - earth, air, water, fire, spirit - on their altars or in their witchy tool kits, because it is thought that everything can be broken down into those building blocks of creation. When we work towards manifesting our own desires, we can use these tools that represent the building blocks of creation to 'attract' the things we wish to manifest or 'call in'. You'll notice that the tarot, which is an oracle we widely use here in Moonshine, includes these elements as symbols as well. Swords are air, wands are fire, cups are water, and pentacles are earth. The entire Major Arcana are spirit. The Magician (the first numbered card in the major arcana) is depicted with all of these symbols on an altar before him. This card represents having all of what one needs at hand to create whatever it is one wishes to create.

The traditional witch might have a collection of tools that include a chalice, a black handled knife, a white handled knife, a wand, a pentacle, a cauldron, and other bits and bobs. When a witch is working with a particular tool, she understands what 'power' or 'energy' she is working with. She understands that when working with the chalice, we are working with the element of water, when we're working with the blade, we're working with air, when we're working with the wand, we're working with fire, and when we're working with the pentacle, we're working with earth. She also understands what those elements 'stand for', so when working with water, she may be working with love, intuition, empathy, or emotional healing. If working with fire, she may be stirring passion, or creativity. If working with air, she may be calling in clarity or understanding. The point here is that in a witches tool box, a cigar is never just a cigar. Everything means something. Everything calls something in.

The thing that doesn't often get mentioned, though, is that anything can be a tool of the craft, and they can all be prepared for our use in the same way one might prepare any so-called 'sacred' object.

Stones, herbs, and natural objects are often resonant with the sacred on their own, but all of the objects we use need to be activated to our purpose. It is our will and intention that make the objects work for us.

The art witch may also have all of the tools mentioned above (especially if she has a working altar), but we also have paintbrushes, palette knives, pens, water vessels, journals. All of these can be cleansed and charged for our use in our art, and this will serve to alert our subconscious mind (the part of us that responds to magic and ritual) that when we are creating, we are also making magic.

When you begin to use art intentionally, as we do in this class, you may want to perform cleansings and chargings on your tools. You can do this on all of your tools, or have specific tools that will 'stand in' or represent all your tools. I use a pen to represent air, a paintbrush to represent fire, a water jar to represent water, and my journal itself represents earth. I bring the element of 'spirit' into the mix with my own creative force, and voila. These become tools of my craft.

We cleanse the tools, not because they are 'dirty', but because tools that have been used without intention might have energetic residue in them (like a memory) that will not suit our purposes. I like to cleanse my tools by passing them through smoke (fire and air) and sprinkling them with salt water (water and earth). I do this with the intention of clearing them of any residual energy. Then, I will raise my own energy by rubbing my hands together vigorously to build up heat, and 'blast them' with my intention, which is that they now work for me as the tools of my craft. You can get fancy with this and say something like: "I name you, pen, as tool of air to bring clarity, clear communication, and the powers of invention. I name you, brush, as tool of fire to bring passion, will, and creativity. I name you, water jar, as tool of water to bring love, intuition and empathy. I name you, book, as tool of earth to bring nourishment, rootedness, and certainty."

Using your own words is always best, but you're welcome to riff off of my words if you like.

You can also just breathe your intention into your tools without using any words at all. "Blast them", by which I mean imagine that you are filling the tool with your energy and power, and then breathe onto them while thinking about what they are now meant for.

This can be done with anything. Your cooking spoon. Your makeup brush. Your shoes. Decide what they are tools of and then cleanse, charge, and name them. This is a lovely way to get magic into your every day experience.

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Exercise

Consider the objects that you use on a regular basis. Keys? Your phone? A hair brush? Ask yourself what they might be good tools for in a magical sense. Keys could be way makers, easing your journey. Your phone could be a tool of communication, to help you attain clarity in your the way you express yourself. Your hair brush could be a tool for opening up your crown chakra, or reminding you of your personal soverienyty. Charge these things accordingly, and see what a difference it makes in how it feels to use them.

**Remember:** you are using your imagination, but just because you're imagining it doesn't mean it isn't real.

Notes

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Mandala By Tina Stanley

January 2024

Print and colour as a form of contemplation, meditation, or just for fun!



[DOWNLOAD TO PRINT & COLOUR](#)

More About Tina:

Artist, photographer and creative tinkerer.  
Finder of inner truths and seeker of things unknown.  
Mom of 3, Nani of 7... and a full time student at 51 years young.

Guess what? I've only just begun... there is so much more out there that I want to sample.

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# Essential Oil Of The Month

with Kimi Bois



Sweet Marjoram (*Origanum majorana*) is a very aromatic plant with greyish-white flowers and often confused with oregano. This is because the common names are often intermixed for *Origanum vulgare* (oregano) and French marjoram (*Origanum onites* or *Marjorana onites*). Both are hardy plants with a strong aromatic base.

Marjoram used as the herb is often added as a kitchen spice (I especially love it in chicken dishes with basil and thyme). The essential oil is often added to blends for muscle aches and arthritis pain.

Emotionally marjoram relaxes the body and soothes the mind, even helping to relieve insomnia. It calms emotions and minimizes emotional overload, making it very useful in these stressful times.

It has been known to help strengthen willpower, even to the point of controlling sexual desire. (I caution that overuse of this essential oil can impair sex drive and numb sensations).

## Recipes

### New Moon In Capricorn: Ambition

- 1 drop cinnamon
- 2 drops eucalyptus
- 1 drop clove
- 2 drops marjoram

There is a lot of going on in the world today, with the accompanying stress as well. Though the name of the blend is ambition, it is not a high drive to succeed that calls to us with this blend, but rather the ambition to see things through, to seek out the supports we need when we need it, to trust in our own inner values and to make plans, slow and steady for the year (or moment) to come.

Other oils you can use are: turmeric, cedar, nutmeg, vetiver, coriander

### Full Moon in Leo: Confidence

- 2 drops jasmine
- 1 drop spearmint
- 1 drop marjoram
- 1 drop ginger
- 1 drop orange
- 1 drop lime

Use this in any way that brings a sense of self care, whether that be diffusing it in the air as you move about your day, soaking in the tub, rolling on your skin and inhaling deeply. However makes you feel confident.

Other oils you can use are: peppermint, rosemary, lemon, cinnamon, juniper, nutmeg

### 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.

[Facebook](#)

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# Botanical Of The Month

with Airmid Wylde

## Lotus

Welcome to a new year, lovelies!

Lotus has been used for thousands of years across the world, not just as a medicine but also as a food. The pink lotus recognized in most art and decor is the lotus we are focusing on here, as it has medicinal value. Lotus is rich in vitamin B, iron, vitamin C, phosphorous, copper, manganese, potassium, sodium and dietary fiber, and is super nourishing for your blood and circulatory system.

Lotus is great for fluid balance as well we nervous system balance within the body, and can help out where other systems and the things we take in are involved - upset stomach, vomiting, kidney imbalance, dehydration, appetite loss, regulating blood sugar, lowering blood pressure etc. It contains isoliensinine and liensinine, which possess antidepressant effects, making lotus great for anxiety and as an antidepressant (my favorite use for lotus tea!). Lotus seeds and leaves are both rich in protein and can be used in foods.

So what can we do with lotus? First, you can snag lotus pretty much anywhere online. It's an easily accessible herb compared to some. You can:

Stir fry sliced lotus root in a mixture of soy sauce and brown sugar with some garlic and bell peppers for an excellent stir fry

Steep lotus flowers and pollen in hot water, add honey or sugar to taste.

Lotus and lavender make a great sleepy time tea - add chamomile for more sleepy, and mugwort and/or damiana for vivid/lucid dream type of sleepy.

Drink lotus root + ginger tea when you have an upper respiratory infection to help your breathing and airways.

And a ton more! A quick google search will result in endless options for lotus, which is awesome considering how available it is in the online shopping world.

Let me know of your experiences with lotus in the group!

Love you, Humans!

xo Airy Wylde



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# January Tea

## Warming Tea

3p Black tea leaves  
2p Crushed cardamom pods  
1p Ginger  
1p Cinnamon

Optional: milk, honey, clove

A cozy spice tea, full of anti-inflammatory and warming herbs that help get our internal waters warmed up and moving during the cold, dry months.

## 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 on Facebook.

*Disclaimer: These statements have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease. All information provided is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional.*



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## Crystals by the Moon

with Rachael Caringella

Wolf Moon, Old Moon, Ice Moon, Winter Moon

**Smokey Quartz:** Helps ground your energy to Mother Earth. Opens your root chakra and solar plexus. Helps clear your mind so you can focus and manifest your goals and dreams. Soothes the mind and brings emotional clarity and calmness. Promotes positive thoughts and helps you want to take action on your goals.

Smokey Quartz is a great anchor stone.



## 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 gateways 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

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# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 <a href="#">Live Activation 1 p.m.</a>
7	8	9	10	11 New Moon Capricorn	12	13 <a href="#">New Moon Gathering 1 p.m.</a>
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				31 Full Moon Leo		
28	29	30	31			

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
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1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

- 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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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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: \_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

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

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

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

# WISDOM SAYINGS

# NOTES