



MARCH

Know Thyself



The Art Witch Primer that you received in February ended with the words "Knowing yourself is the beginning of all wisdom." This quote from Aristotle, will be our guide this month since it beautifully expresses what we are doing here in this class; developing a loving relationship with *ourselves* that allows us to connect with all of our parts.

There is another saying that I am very fond of that comes to me from Feri: "I would know myself in all my parts." This is the most pressing, most important, most foundational aim of any witch, because when we become deeply intimate with the microcosm (ourselves), we become deeply intimate with the macrocosm as well.

While there are many different ways to 'know oneself' - therapy, journaling, meditation, mindfulness - there are two I want to hone in on this month. **Knowing where you come from, and knowing what's going on inside of (and around) you.** These two, when married together, can give us deep insight into what will and will not work for us in terms of spiritual practice. It will also give us some sense of what, among all the choices we could make in terms of spiritual practice, are actually ours to choose according to our ancestry and our resonance.

The tools we're going to focus on this month are twofold: **oracles, and origin stories.**

Reminder: You Are Your Number One Resource.

You've already heard me say that you are the seat of your own power. Similarly, you are also the source of your own wisdom. We, as human animals, are living, breathing antennae, tuned in to all the messages coming at us from a variety of sources. We are all born sensitive to the energies swirling around us. We all have access to the kind of knowing that comes from observation, research, learning, and skills development, and we all have access to the kind of knowing that comes from *just knowing*. I believe (and have come to know through practice) that spiritual practice allows us to have greater access to this way of 'just knowing'. I've also come to believe that spiritual practices that are related to our ancestry (rather than those we misappropriate from colonized or oppressed living cultures) are especially powerful, because the spiritual practices that belong to our ancestry, that can help us foster our ways of knowing, are encoded in our physical and spiritual DNA.

Developing your intuition, and discovering your origin story are two ways of 'coming home to yourself'. You may find yourself more attracted to one or the other, or you may have serious obstacles that prevent you from exploring one or the other. Maybe you were adopted, which makes knowing your origin story difficult. Maybe the spiritual modalities you grew up with included beliefs or taboos about oracles that make you uneasy about employing them.

Wherever you find yourself on this journey of knowing yourself through these two different ways in, I welcome you to explore what your obstacles might be, go where your resonance is most powerful, trust yourself, and work with your own gut instincts with regards to what's going to work for you, and what isn't.

Part One: Oracles

One of the things we learn to do in childhood is to 'turn the volume down', on our ability to know things so that we aren't continually inundated with contradictory information. Our survival depends on it, because saying 'yes' to the inner nudge and 'no' to the people in charge of our welfare and safety is not going to work while we are dependent on those people. Unfortunately, for some of us, our ability to 'turn the volume back up' gets forgotten, and after years of having no choice but to tune into *what other people* tell us is really going on, we forget that we have built in ways of knowing what's going on that don't require any one else's interpretation.

Oracles can help us 'turn up the volume'.

When we work with oracles to develop and embrace our intuition as a valid way of knowing, we are engaging in a kind of a 'remembring when' we just 'felt' things or 'knew' things. It acknowledges the gifts we were all born with *to know*. Learning to tune back into these feelings and knowings is the work of a lifetime, but we can make a good beginning here and now by acknowledging that we do have these ways of knowing. We all do. All of us. Without exception. Maybe you doubt it, and that's okay, because 'faith' or 'belief' in this is not necessary to fostering it. What is necessary is a willingness to play with it, to experiment, and to let your own experiences inform you.

It's true that someone else can make a pretty good guess at what might be right for you. They can, after gathering information about your situation, even suggest what they think might be going on for you, and how you might navigate it. Someone else might even guess 'rightly', if they are empathic or intuitive, and know you or your circumstances very well, about what is true for you, but unless you are suffering from a condition that breaks your connection with reality, (and I'm hoping that if you are suffering with such a condition, that you are being properly treated for that condition), there is never going to be anyone with as much authority, as much knowing, as much wisdom about you AS you, and the more you come to depend on yourself for that knowing, the less dependent you will find yourself on other people's authority. Working with oracles helps us rebuild trust with ourselves around the things we know so that we can engage that knowing in all our affairs.

Remember: the witch is not subject to anyone else's authority. We do not seek mediators between ourselves and the divine who will tell us the 'right' way to do things. We don't need priests or priestesses to establish our moral code. We are our own priest/ess. The laws are already written in our hearts. We don't need a stone tablet of thou shalt and thou shalt nots to guide us. We are subject **only to our own authority**, and as we experiment and play, we learn to trust that authority, those inner nudgings that direct us and guide us and keep us on our own rightful path.

That being said, there are spiritual and social consequences for appropriating closed practices, so please be mindful of that as you proceed in building your own systems. Note that all "art witch" practices I present you with are ethically sourced and developed.

The really great thing about experimentation and play as our own authorities is that we get to give ourselves credit when we get it right. We are solely responsible for the path we have forged for ourselves. We get to throw our own victory party. The really difficult thing about this is that we have to hold ourselves responsible when we miss the mark. We only have ourselves to look to in order to figure out what went wrong. We are the only ones, ever, who can truly nudge us to correct our course. In time, I learned to see this as a huge boon, because if I'm in control of my own missing or making the mark, I can improve my aim. If someone else is in control, well, I'm powerless. A subject instead of a queen. A follower instead of a leader.

Undertaking this path means we are going to fail, learn from our failures, course correct, try again, and so on and so on. Doing this with self-compassion and at least a smidgen of humour will build trust with ourselves. Doing it with self-denigration will build fear with ourselves. Intuition blooms in an atmosphere of trust. It withers in an atmosphere of fear.

The Tools Are Extensions Of The Self

While there is magic in a deck of cards or a pile of stones or a set of Ogham staves, these tools need the witch to activate them. These objects are not, on their own, of any actual value until we actually interface with them. They need the witch and their energy to "make them go vroom". They need us, our eyes, our intentions, our knowing, to tell us anything. That being said, using them can help us develop a working relationship with our intuition by providing us with a language we can learn to speak. When you learn the language of the oracles, you will find yourself thinking in that language, painting in that language, communicating with yourself through that language.

Example: you become adept (over time, and with practice) with your chosen oracle. You find yourself in a sticky situation without any conscious awareness of which way to turn. You get quiet. You contemplate. In the beginning stages of your intuitive development, you draw cards or throw stones, but later, as you develop a fluency with the language of your chosen oracle, you won't need it any more. An image will arise. Maybe a key word. Maybe a feeling. The answer will be there, and you will choose to heed it or not according to your own faith in yourself.

You may, as you are in the beginning stages of developing a relationship with the One Who Knows within you, doubt the veracity of the answer, but in time, you'll learn to trust those nudges, heed them, and choose accordingly. Sometimes you'll interpret those nudges correctly. Sometimes, you won't.

The time between **now**, when our intuition feels 'freshly hatched', and **then**, when we trust it implicitly because our own experience with it has proven its trustworthiness, is a dance we all do wherein we must fail and try and fail again in order to learn how to let it lead. You're going to stumble. You're going to step on your own toes. But without practice, you'll never learn the dance.

I want to paraphrase and repeat that because it's super important: you will fail at this. You will not get it right the first or twentieth time. You will misinterpret. You will ignore your own wisdom in favour of some erroneous message from 'out there' or ego again and again. And this is perfect, because this is exactly how you build the intuitive muscle. This is how it's done. Try, fail, try, fail, try, fail a little less and a little less until one day you mostly heed it, and trust it, and live your life by it.

The Tools Are Super Fun

The fantastic thing about most of the tools we have access to that will help us nurture our own intuition is that there are many that are visual. This is perfect for the art witch who strives to build her own visual language comprised of symbols, shapes, colours, and designs that are imbued with personal, cultural, and universal meaning. When we work with these tools, we are seeding the subconscious. We are also creating channels between our waking, ordinary-reality-dwelling self, our wild self, and the divine.

My 'Go To' Tools

My 'go to' oracles are Tarot for daily guidance with Tarot + numerology for knowing myself. [Tarot For Yourself by Mary K Greer](#) is an excellent guide on using Tarot this way! Occasionally, I'll use a pendulum for clarity, especially if I'm confused by a tarot reading, but I admit I'm more likely to pull what I call a 'medicine card', which is simply an additional card drawn to illuminate whatever cards are confusing me.

I develop my relationship with oracles by drawing one in the morning and making my notes (first impressions, what the guidebook says, etc.) and then revisiting it later in the day to follow up with how the oracle 'showed itself' in my day. Sometimes, I can't discern how until days or weeks later, but having the record is very helpful. Sometimes, the oracles show themselves in obvious, delightful ways that gave me goosebumps. THIS IS SUPER FUN. I highly recommend it.

NOTE: The best beginner's tarot deck is the [Colman Smith - Waite deck](#), because most study guides out there use it in their texts. The cards are clear, and you can 'read' them just by looking at them. If you find yourself drawn to other versions, that's lovely. Just use both that version and the Rider. Pull from your chosen deck, and then pull the same card from the Rider. Compare them. See what story they are both telling. This will increase your fluency with them much faster than working with a contemporary deck that may have missed some of the more subtle nuances included in the Rider. As an added benefit, the images found in the Rider deck are no longer subject to copy-right, so you can play with the imagery in your own art.

As for other oracles, I'm not adept with them, but Google is. :) Whatever you feel drawn to, enter into a relationship with it via re-search and practice, and you'll become fluent with it in no time. I've included a list of oracles in your art witch primer for this month. Go with what resonates. Enjoy the journey!

Exercise: When have I known?

Sit with your journal and write down any stories that come to mind wherein you absolutely knew the right thing to do/direction to take and heeded that knowing. How often have you been right? How often have you been wrong? Also write down any stories that come to mind wherein you absolutely knew and ignored that knowing.

Art Journal Prompt: Paint a portrait of The One Who Knows who resides within you. Be sure to include symbols or images that represent intuition, inner knowing, or wisdom. You can print her out and put her on your altar if you like!

Exercise: Your Own Oracle

Work with a preexisting oracle, like tarot, runes, or ogham staves and choose a key word for each. Create a painting for each key word. Scan these paintings and resize to fit on a playing card or ATC. Print, glue, and voila. Your own oracle. You can see an example of how this might look in my own oracle decks, which I created in 2016 & 2018. [Here is the one from 2016 in PDF form.](#) [Here is the one from 2018.](#)

Art Journal Prompt: Do a spread in which you represent ONE keyword selected from your list of keywords. Let this jump start your oracle creation process without stressing about whether or not you'll actually complete the entire oracle deck. See how it feels to do just this one, and if it feels good, chances are, you'll want to do another.

Part Two: Origin Stories

Our second way in to knowing ourselves is researching our ancestry. This can give us deep insight into where we came from and how that informs our spirituality, and what ancestral practices might crack us wide open, or cause internal conflict. For example: if you want to work with Vodun, which is a gorgeous spiritual modality that comes out of Africa, and you are descended from slave owners, that's a thing you're going to want to know, because it could cause some deep internal conflict. If you are drawn to the indigenous practice of First Nations Canadians, and your ancestry is British or French Canadian, well, there's a huge conflict there. I am speaking from experience here - I am French, British, and Scandinavian. My ancestry is full of all the awesomeness of those origin stories - the voyagers, the settlers of Canada, the inventions, the discoveries - but also full of the horror of those origin stories - genocide, colonization, rape as a weapon, slave ownership, etc. All belong to my DNA. We don't get to cherry pick. We must, if we are to be whole beings, own ourselves & our lineages entirely.

When you know your origin story, you discover which spiritual modalities are yours to use with a reduced risk of internal conflict, and you also discover where you can begin to 'make right' with any ancestral wounds you might be carrying. That first part, that 'knowing what's yours to claim' part is within the scope of what we're doing here, especially in terms of witchcraft (which is derivative of and sourced from all of our indigenous, pre-Christian spiritual modalities PLUS personal gnosis & experiences). The second part is way beyond the scope of this class, but I'd like to get you thinking about it. I'd like to nudge you in the direction of wondering what work your blood (and other) lineage might have for you to do in the arena of making reparations with any of the horrific parts of your origin story.

Ancestry is complicated, and it can be both exhilarating, and painful.

I had my DNA done by [Ancestry.ca](#) and [23andMe](#) and while there were very few surprises (I knew, for example, that I was primarily British and French), it was very intense to discover that I had 1000's of first, second, and third cousins out there I'd never even heard of. It brought up an increased awareness of how broken my family of origin is and how little I really knew. It also made it possible to get correspondence from one of my cousins about ancestors who were lighthouse keepers in the St. Lawrence River for 130 + years. It was exciting, but also overwhelming.

That being said, it gave me insight into some heretofore bewildering aspects of my own likes, dislikes, resonances, etc. Why have I always been so attracted to Viking culture? Well, it turns out I'm part Viking. Why am I drawn to Ogham staves? Well, I'm British. Why do I love pickled herring when everyone around me thinks it's disgusting? I'm part Scandinavian. Why has Salem always called to me like the dickens? Turns out I have an ancestor who was hanged for witchcraft in Salem at the end of the witchcraft hysteria in 1692. It's also true that some of our resonances just *are* with no DNA link required, but the DNA stuff is fascinating and leads me to interesting discoveries about spiritual modalities that ring deep bells.

Some of the information you will glean from ancestral research will embolden you, but some might shock you. Be prepared for that. Be prepared for the consequences of knowing the truth about where your fleshly self comes from, and then, dive in to glean what practices might be written on your body as part of your blood lineage.

I want to note that this point that this is not about gatekeeping or purism. You may develop a practice that is a hodgepodge of things that resonate with you from various lineages (blood and other). You may seek training and initiation in a spiritual modality that has nothing to do with your blood lineage, too. I'm just asking you to source that training from qualified teachers rather than "Credit Card" style teachers (also known as "Plastic Shamans") who have no lineage in what they're teaching.

What If There's No Way To Know?

That can be really painful. If you were adopted, or if your family was so broken that you have no stories from them, and no way to research your ancestry, you can feel a bit 'cut off', lacking any culture to identify with, a rudderless ship, homeless...

If you can't (or don't want to) get a DNA test, you'll have to circle back to our first topic this month. Your intuition becomes even more important. Your resonances and hunches, your "I thinks" and "I suspects" and "I feels", will be even more important than it is for those of us who do have the stories of our origin at our fingertips.

It can also be liberating. You are a human being, origin unknown, free to travel according to your own chosen direction, to march to the beat of your own drum.

RESOURCES FOR ANCESTRY RESEARCH

[Ancestry.com](https://www.ancestry.com) - for both family tree research, and DNA programs.

[23 and Me](https://www.23andme.com) - For DNA programs.

What to do with what you learn.

Research the indigenous practices of your ancestors as best you can. Discover what resonates with you in terms of spiritual modalities, myths, legends, stories, heroes, landscape, and history. Find out when the indigenous practices succumbed (as most did) to Christianity, and see if you can discern what survived in disguise. (Example: many churches are built on on Pagan sacred sites, and many saints were adopted from the pantheons of the indigenous people of that land - eg. Brigid). If there is an oracle specific to your ancestry, check it out. See if it has a resonance for you. If you discover horror stories in your origin story (and it is likely that you will), meditate on how you might 'make right' with those stories. What can you do to make reparations? Again, this is beyond the scope of this class, but it's never a bad idea to ask yourself what you could be doing to make amends for your ancestors. Most of us in North America are living on land acquired through colonization and genocide, and cleared and cultivated through slave ownership. Do we acknowledge the bones of the dead where we stand? How would it feel if we did?

If your ancestry is that of presently oppressed people - African descent, First Nations descent, etc. (essentially, if your people were a shade of something other than pink), how does it feel to you to use the spiritual practices of your oppressors? What parts of your traditions or culture would you like to reclaim? What needs to be healed within you as it relates to the world you live in and how that world impacts you?

I also want to note that this is all very complicated. I may be proud of my Viking lineage, but I must remember that Vikings were also slave traders. My Irish ancestors may have been indentured servants. We all have woundedness in our lineage - wounds of the oppressed, and the spiritual consequences of being colonizers and oppressors. What I'm asking for is awareness of all of this as you develop a witchcraft practice that is as unique as you are.

Exercise: Who am I? Where do I come from?

Write out what you know about your origin story. Ask yourself what piques your curiosity about your history/family stories/ancestry. Ask yourself what you feel conflicted about, or what gives you pause. Explore which spiritual practices feel like they 'belong to you' and which don't. Explore the whys and why nots. Explore and learn more about the geographical origin of your ancestors. What draws you in? What leaves you cold?

Art Journal Prompt: Explore your family tree in an art journal spread. Create a tree that includes your blood ancestry (if possible) in the branches of a tree, and your spiritual lineage (teachers, poets, musicians, artists) in the roots of a tree.

Exercise: Mirror, mirror

Find or buy a table top mirror. Create sacred space in whatever way feels best for you. Sit before your table top mirror, and gaze into it. Lovingly ask the question 'who are you'? Sit with that for as long as you can. It may feel very uncomfortable, but push through if you're able. As you gaze, nudge yourself in the direction of self-empathy. If judgments arise about your appearance, dismiss them. If you feel like crying, that's okay. Cry. If you feel like laughing, that's okay. Laugh. Allow yourself to give yourself your own fully attentive gaze, as though you are a devoted parent

and that being before you is your beloved child. Listen to whatever is arising. Love that being you see before you. When you're ready, blow yourself a kiss, and move into the journal (either written or art) with whatever came up for you.

Make this a regular practice if you can. I admit this is difficult for me, but I do it while I'm brushing my teeth or putting on make up. I don't just avert my gaze. I look deeply into my own eyes. I see myself. I practice loving myself.

Exercise: Magical Roots

You may have noticed by now that there is a lot of wiggle room in this class with regards to the practices we undertake in our between times. There's a reason for that. There are as many ways of engaging the divine as there are people on the planet, and then some. What I want for us all is to create a space in which we can develop deeply personal practices that resonate with us, that feel like they belong to us. One of the best ways I know of to do this is to try things on. Spiritual practice 'window shopping' is how we figure out what gives us goosebumps, what sings in our bones, what feels sustainable as daily practice, what feels good.

There is a challenge called [#30daysmagicalroots](#) that I like to at least skim yearly in order to sort out where my practice is working and where it isn't. I thought it might be really fun, and useful for us to engage it as a coven, so I'm sharing it here as an optional exercise for March. The thing I really like about this challenge is that it is a doable bite of research a day for thirty days that will get you digging into what parts of witchery and magick work for you, and what parts leave you cold.

If you work through the challenge, at the end of thirty days you should have a fairly well-rounded understanding of what kinds of magick feel good to you, embolden you, inspire you, and empower you.

NOTE: This is not mandatory, and no one will be keeping score of how you do. Engage it if you wish, leave it if you prefer.

Art Journal Prompt: Track your progress with the [#30daysmagicalroots](#) challenge in an expressive way using your Moonshine journal to document your daily encounter with spiritual practice. Make this as elaborate or as simple as you like.



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.

The Names Of The Moon

Crow moon, Seed Moon, Worm moon, Moon of Winds, Plow moon

Suggested Activity: As we do every month, 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 March? Why? What does March '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 March.

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.

Ash

February 18 - March 17

Good for workings associated with the relationship with the inner self, spiritual journeys, dream work, prophecy/psychic development, and magical tool making.

Journal prompt: How intimate are you with your self? How well do you know yourself? How well do you trust your own intuition?

Art prompt: Create art that represents yourself as being open to spiritual nudges and intuition. Work with the idea of 'parts of self' in the journal. Paint your dreams.

Alder

March 18 - April 14

Good for workings associated with the development of your own intuition or psychic abilities, divination, prophecy, magic to stay 'on track', balanced, and grounded.

Journal prompt: What is your relationship with your One Who Knows? How well does your intuition serve you? How much do you trust it?

Art Prompt: Create an expressive painting of yourself as you would appear if you were 'on track', balanced, and grounded. Work with sigils or symbols of inner knowing and intuition.

March Correspondences

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

Colours: Pale green, white, violet, red-violet.

Herbs/Plants: Broom, yellow dock, wood betony, Irish moss.

Flowers: Daffodils, crocus, violet, primrose.

Scent: Honeysuckle, rose, jasmine, citrus.

Stones: Aquamarine, bloodstone.

Animals: Hedgehogs, badgers, bear, hare, blackbird, crow.

Nature spirits: Water spirits/devas

Season: Winter/Spring (Summer/Fall in the Southern Hemisphere)

Tree: Ash/Alder

Workings: Fertility, prosperity, 'seed sowing', psychic development, priestess-hood.

Celebrations: Spring Equinox (Fall Equinox in the Southern Hemisphere)

Symbols: Eggs, spring flowers, hares/rabbits, 'signs of spring' of all kinds.

This Month's Altar

Think "Spring" (or "Fall" if you are in the Southern Hemisphere) and decorate accordingly. Images of baby animals, spring flowers, decorated eggs (check out Pysanky, which is a lovely spring activity), bowls of seeds to be blessed before planting, seed pods, white, violet, or pale green candles, dairy products (as offerings), images of caterpillars or cocoons, feathers, any symbols relating to air (we're entering the elemental season of 'air' as we move from winter to spring), images of your wild self, images of your 'one who knows', symbols that represent or honour your understanding of the divine, a print of your intention spread from last new moon, etc.

Choosing And Working With Oracles

If you already have a curiosity about particular oracles (and I'm going to assume you do), list them and research them. Which ones are most attractive to you, and why? Which ones are 'calling your name'? Which ones seem better designed for 'knowing yourself' vs. those that feel better designed for 'knowing what's going on'. (Example: Numerology helps me know myself, as does Astrology. I don't use either for daily guidance, though if I wanted to work with them that way, I could. Tarot + numerology worked together help me know myself AND Tarot on its own provides me with daily guidance. Ogham provides me with guidance.) Ensure that you pick something that allows you to develop a deeper knowing of yourself AND that can provide you with daily guidance. If you're brand new to working with oracles, limit yourself to two maximum to begin with. Get really comfortable with those two before you move on to new ones. HINT: Tarot is a fantastic beginner's oracle because it is multi-purpose and there is a lot of free information on it at your fingertips. If you already have the oracles you want to work with, begin practicing with them - daily if possible - in order to develop a relationship with them. If you don't yet have them, get or make them.

Here's a list of oracles I've used and am relatively familiar with. Be sure and add any you're aware of that I may have missed:

- Tarot
- Other oracle cards (angel cards, animal oracle cards. etc.)
- Runes (Elder Futhark or Witches Runes. Also available as cards, but I prefer stones or wooden disks)
- Ogham Staves (Also available as cards, but I prefer the staves)
- Pendulums
- Tea leaf/Coffee ground reading
- Bibliomancy (randomly turning to a page in a book and picking a passage to act as an oracle)
- Astrology
- Numerology
- Dream Interpretation
- Deep listening in an altered state (meditation in trance, or under the influence of psychotropic substances in order to receive answers, visions, or knowings - this is pretty advanced stuff)
- Signs and Omens (paying attention to the world around you - the weather, the presence of the furry or feathered, found objects, etc, as well as internal whisperings, serendipity, etc. - the most underrated oracle around, and one of the hardest to master. When is a cigar just a cigar? When is it a message, and when is it just the world doing its thing?)

For the purposes of this class, the more visual the oracle, the better, since symbols are much easier to integrate into our painting practice than abstract concepts. Example: It's easier to work with the image of The Lovers than it is to work with the 'yes or no' answer provided by a pendulum.

Art Prompt: Create a 'daily reading' page that you can scan and print for your personal use. Include a space for the date and time, the moon phase and sign, your initial impressions & notes, and a space for 'follow up' notes. Make this page inviting so you'll really want to work with it.

Intuition Journaling

Whenever you are wondering about something, pause before looking it up or asking someone else. Ask yourself (or your "One Who Knows") what you already know. Record any impressions you might have *before* you go looking for the answer outside of yourself. As an extension of this, start paying attention to your inner knowings, nudges, whispers, etc. and record them as often as you're able, like this: "I'm pretty sure I'm not supposed to do X" or "I have the feeling that Y is being dishonest with me" or "I feel like I'm supposed to try Z". Keeping track in this way will help you build trust with your intuition.

CAUTION: Sometimes, what we think is our intuition is really our conditioning/triggers in disguise and figuring out which is which is important. Doing this kind of documentation will help you begin to discern between the two. HINT: Sometimes, your intuition will feel like fear or anger or dread. It's not always a 'soft' knowing. That being said, it *is almost always* calmer, and less 'reactive' than conditioning/triggers. If you're triggered, (feeling very anxious or urgent or upset), work to get through the trigger before you act upon your knowing. Triggered 'knowing' can be incomplete or even inaccurate, whereas intuitive knowing is more often accurate, and relevant to the present moment.

Intuitive Painting

Begin to apply this to your art practice. Begin your painting practice with the intention of obeying every impulse. Heed whispers like "My body really wants this colour" or "I'm really feeling like scribbling right now..." Embrace any ugly paintings that result as valid and useful. I like to work intuitively until something starts really wanting to come into being, and then I'll switch gears into a much more composed and intentional way of working so I can 'fix' things, tend things, and create something that appeals to me.

Activities And Ponderings For March

- Research your origin story and see if you can discover spiritual modalities or practices that resonate with you.
- Consider creating a 'roots shrine' where you can place images or symbols that relate to your ancestry.
- Learn about who inhabited the land you now live on. Are you native to this land, or are you a 'settler'? How might you acknowledge your roots? How might you acknowledge those who came before you in a way that honours them?
- Explore oracle systems and discern which ones are calling you to experiment with them.
- Start a 'daily reading log'. Make this as simple or as elaborate as you like.
- Research spring (or autumnal if you are in the Southern Hemisphere) festivals the world over and see what symbols/ritual elements seem to be a 'common thread'.
- Paint what spring feels like where you are (or autumn in the Southern hemisphere).
- Make moon water.
- Moon bathe, even if only through an open window. Sit in silence and bask in moonlight, whatever phases the moon is in. See how it feels. Make notes. Art it out after if you feel so inspired.
- March 21st is Spring Equinox (Autumn Equinox in the Southern Hemisphere). Is this a celebration you'd like to undertake? How might you celebrate?
- What other celebrations happen in March that appeal to you? If there are traditions that you've always celebrated in March, examine them for 'rightness' for you at this time. Tweak as needed.

March Recommended Reading

[Developing Your Intuition \(Free Web Resource\)](#)

[Tarot for Yourself by Mary K Greer](#) - A complete system for deeply knowing and using tarot.

[Learn Tarot \(Free Web Resource\)](#)

[Inner Work by Robert A Johnson](#) - on working with dreams and active imagination. This book will help you develop relationships with all your parts of self, but buyer beware - this work is *intense*, and you should probably be working in tandem with a therapist.

[The Life You Were Born To Live](#) by Dan Millman - My 'go to' resource for numerology.

[Hedgewitch Book Of Days](#) by Mandy Mitchell - For gentle and easy ways to imbue every day life with magick.

[A Religion of One's Own](#) by Thomas Moore - A guide to developing a spiritual life that is personalized.

Quotes & Wisdom Sayings

I am not fighting for my kingdom and wealth now.
I am fighting as an ordinary person for my lost freedom,
my bruised body, and my outraged daughters.

-Boadicea

Anger has been a really big deal for women: how can we express it without feeling that, as the physically weaker sex, we won't get killed. The alpha-woman was burned at the stake and had her head chopped off in days of old.

-Alanis Morissette

My darling girl, when are you going to realize that being normal is not necessarily a virtue? It rather denotes a lack of courage.

-From "Practical Magic" by Alice Hoffman

Fate whispers to the warrior
'You can't withstand the storm'
and the warrior whispers back
'I am the storm'.

-Unknown

Notes

March Art Witchery

With Effy Wild

Adult colouring has become a fabulously popular, super accessible hobby. New colouring books (both digital and hard-copy) are released every few minutes it seems, and cover every theme one could possibly think of. If you have an interest, there's a colouring book for you out there somewhere, whether you're into botanicals, swear words, pin up girls, cars, witchcraft, or Jason Momoa.

I have quite a collection of botanicals based colouring books, since I find those most soothing, though I also have some that are animal themed, doodle themed, and witchcraft themed ([Amy Cesari](#) is my favourite for those, and you all know how much [I love her planner!](#))

Colouring has been proven to calm the mind and aid in soothing the nervous system. It helps one to deal with anxiety and lower cortisol levels. Like any art form (and it is an art form!) it can be incredibly therapeutic, but also like any art form, it can be incredibly magical.

The first component of colouring that makes it usable as a magical tool is colour. Witches of all stripes use colours that correspond to their intentions by selecting candles, stones, and herbs (especially flowers) that correspond to whatever intention they're working with to 'boost' their magic for a reason. Colour is said to 'vibrate' at different frequencies and these frequencies are said to be magnetic or 'attractive' to different feeling states, like love, peace, a sense of physical well-being, abundance, etc. When you pick a colour according to its relationship to your desired outcomes, that in itself is an act of magic.

The second component of colouring that makes it usable as a magical tool is the subject matter in the colouring page. You can get literal with this, and find colouring pages that are set up for spell work (check Etsy), or you can choose to colour subjects that relate to your intention, such as specific crystals, flowers, animals, or other objects that are 'things like' whatever it is you are calling in.

The third component of colouring that makes it usable as a magical tool is the effort as offering inherent in spending time in a creative endeavour, especially if you set up your space and time as sacred and dedicate it to the attainment of your desire. While you will get all the usual benefits of colouring from simply plopping yourself down on the couch with a good show on Netflix, a lap desk, and a set of pencil crayons, if you set the scene for magic as you've been taught in this class, you will also get the benefit of raising energy with intention which you can then send on toward the attainment of your desire.

You can time your colouring sessions to the phases of the moon in the same way we do with our art journaling sessions in this class, or you can simply decide on a 'want' to work with as you colour. Choose your colours intentionally, including several that 'correspond' to your desire. Light a candle in an appropriate colour. Burn some corresponding incense or drink some tea that includes herbs that are associated with your desire. Invite the powers you wish to invite to aid your working and receive your effort. Turn on some music that puts your mind in a quiet and receptive state, and voila. Colouring becomes a ceremony, and not just a pleasant pastime.

You can use colouring in petition magic (in other words, when you're asking for something) or devotional magic (when you're expressing love or devotion for a particular power). You can also use colouring in a meditative way that invites wisdom to arise as you are working, especially if you need to make a difficult decision, or just want to increase the effectiveness of your internal guidance system. If you lack the space for full on ritual celebrations of The Wheel Of The Year, setting sacred space and colouring a page that feels relevant to the season can be a beautiful way to honour the holy day. You can do the same for Full and New Moon, and for any phase of your life that wants to be marked as sacred in some way.

Colouring Counts As Art Witchery

While the bulk of the 'art witchery' part of this class focuses on mixed media art journaling, colouring is a perfectly acceptable 'swap out' for that part of the class. If you're just not into mixed media, or you find it too time consuming, or become disheartened because you don't yet have the skills to make the kinds of paintings you want to make, colouring can replace art journaling altogether, and yes, it still counts as art witchery.

Remember that each month you get a botanical line drawing and a colouring page included in your art witch primer. What if that was all you did for your art witchery for the month? Could that really be enough? **Yes.**

There is a misunderstanding in the realm of magical practice that you must offer expensive, rare or sacred things, or undergo elaborate, time consuming ceremonies in order to get good results. There is a sense that you must 'sacrifice' in order to see your desires manifest. It is true that offering something in exchange for something is an effective way to 'witch things up', but you don't have to go broke or exhaust yourself to do it. My rule of thumb is to offer *the best I can* wherever possible. If all I've got is 15 minutes to spare, that's what I'll offer. If all I have the energy to do is colour a 5 x 5 picture of a love heart in shades of pink and green, that's what I'll offer.

The divine (whether you're working from a theistic or psychological perspective) can be seen very much as a loving parent who delights in your offerings, and who wants to put the grungy fist full of dandelions in a vase, that stone you found by the river on the mantle, or hang your crayoned masterpieces on the celestial fridge door. All effort is received with unconditional pleasure. There is no cosmic art teacher grading your work. It's all worthy. All of it.

Go forth Art Witch and Colour

Resources

Here's [a list of colour correspondences](#) to get you started.

Here's [an entire \(free\) class on colouring with Amy Cesari](#). I took it myself and it totally changed my colouring game.

Search terms for your GoogleFu:

Goddess Colouring Book

Animal Colouring Book

Mandala Colouring Book

Elements Colouring Book

Sabbats Colouring Book

Zodiac Colouring Book

Herbal Colouring Book

Tarot Coloring Book

Tree Colouring Book

Floral Colouring Book

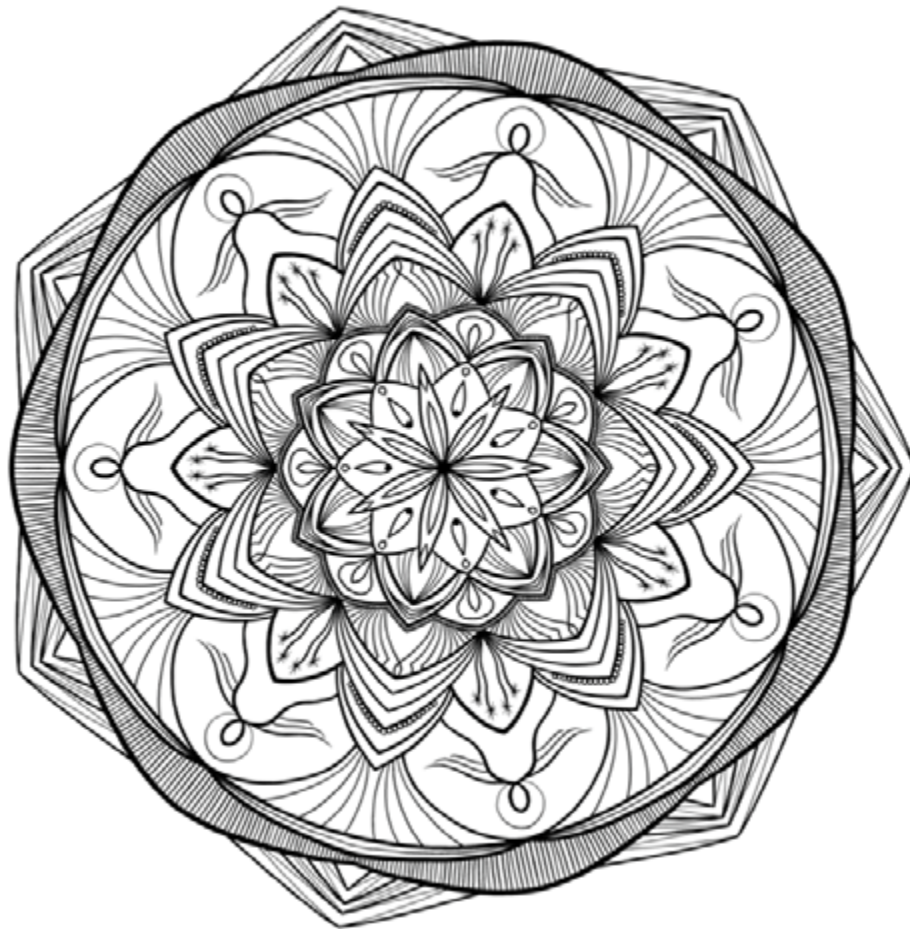
Chakra Colouring Book

Crystal Colouring Book

Mandalas By Tina Stanley

March 2024

New this year, we have printable mandalas designed by our very own Tina Stanley! 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.

Essential Oil Of The Month

With Kimi Bois



Roses have always been an expression of love and affection through the ages. It is likely one of the most popular and well loved fragrances as well. It was a popular ingredient in England and its surrounding areas for its lush fragrant scent, beautiful petals and abundant growth in the area as far back as we can determine. Many if not most recipes for herbal sachets included rose petals, and was often found in potpourri, nosegays, herbal sachets, herbal pillows and incense blends.

As an essential oil, Rose is considered a base, with a strong and heady scent that helps to carry other scents with it for the long haul. Rose essential oil is considered a precious oil, as it takes so many petals to create such a small amount of concentrated essential oil (242,000 petals make 5ml essential oil) .

As a result, rose is often sold diluted in a carrier oil like jojoba. There are over 10,000 types of cultivated rose. Most common though is Damask rose *Rosa damascene* (also known as attar of rose) and cabbage rose *Rosa centrifolia* (also known as rose absolute, rose maroc, French rose). The latter is more commonly found.

Rosewater is made from the distillation of rose petals and is what the essential oil sits on when its completed. I love rosewater for my skin, especially on my face. I put it in my facial cleansers and toners and in my hair as a lightweight conditioner (rosewater and aloe make an incredible anti frizz for the hair)

Smelling rose, either in its flower form or as an essential oil is great for soothing emotions, like a great big hug wrapped around you is the way I feel it. It helps to lift depression and soothe anxiety. It is especially helpful for easing grief. I love its ability to help dissolve emotional blocks, like a comfort person cheering you on, and giving you strength at the same time.

Its ok to buy it diluted in jojoba oil, as the pure stuff is really expensive. It will still be very effective for what we are using it for.

Recipes

New Moon in Pisces: Perception

1 drop lemon
3 drops myrrh
2 drops rose

This blend is meant to be soothing, like a warm hug on a cold day (and I bet we all need that right about now) The lemon brings a little lightness, as well as some clarity. I love this as a body spray or in bath salts

Other oils you can use are: frankincense, eucalyptus, sage, davana, ginger, cacao, siamwood, jasmine, anise, lemon balm, tea tree, elemi. If you are looking for uber floral sweet warm soothing...try mixing myrrh, rose and jasmine together. Its heady, and wow.

Full Moon in Libra: Beauty

2 drops white thyme
1 drop vanilla
2 drops rose
4 drops neroli

Soak in the bath, roll it onto your body or just breathe it in. This blend is soft and soothing, warm and determined. Find the beauty things, as this blend will encourage; but soothing and gentle

Other oils you can use are: marjoram, catnip, spearmint, geranium, lemon, basil, mugwort, fennel, frankincense, lavender

I love the combination of rose, lavender and vanilla as well

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](#)

Moonshine Herbal
with Airmid Wylde

Daffodil

Welcome to March, lovelies! This month, we're exploring daffodils!

This one is going to be shorter than most because daffodils actually don't have much 'value' in the way of traditional medicinal medicine.

While the flowers and bulbs have been used to induce vomiting, doing so can be dangerous and accidental overconsumption of the bulbs can cause death. There are several universities currently extracting galatamine from the bulbs of daffodils and using it to help treat Alzheimer's, which I think is really cool.

I love that flowers and plants have been around longer than many modern civilizations, but we're still discovering new uses for them.

However, daffodils can be used as a poultice on wounds, and this comes in handy if you're injured while hiking or camping or, you know, during the zombie apocalypse.

Magically speaking, daffodils bring about love and abundance. It's a great flower to have on your altar this spring, whether potted or fresh cut. I like keeping daffodils around the house, as well as have some planted in my yard.

Let me know how you decide to use daffodils around your home and space this month!



[Download, Print & Colour](#)

March Tea

Cacao Mint

3p Chai or black tea
2p Cacao nibs
1p Mint
1p Vanilla bean
Optional: Lavender

This mint and chocolate tea is soothing and warm while also waking up our energy to meet the upcoming spring. Mint is calming and healing, great for meditation, but also uplifting. It's great for treating our personal energy to a little boost.

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](#).



[Download, Print & Colour!](#)

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.

Stone Of The Month

with Rachael Caringella

Hematite

Absorbs negative energy and helps calm the mind of stress and worry. A protective stone against negative energy and harmful electromagnetic fields. Hematite helps cleanse the environment of harmful energies as well as cleanses the blood and body of toxins. Hematite is a powerful stone for self confidence and can help boost your self esteem. Having hematite around is like having a shield or armor with you.



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](#)

03

MARCH
2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Live Activation Gathering 1 p.m. EST
3	4	5	6	7	8	9 Dark Moon In Pisces 1 p.m. EST
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

TO DO

NOTE

WEEKLY PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

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TODAY'S FOCUS

- TOP PRIORITIES
-
1. _____
 2. _____
 3. _____

- SELF-CARE
-
- _____
 - _____
 - _____

- TO-DO LIST
-
- _____
 - _____
 - _____
 - _____

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.): _____

Intentions, goals, wishes, and dreams: _____

Oracle Cards for this month: _____

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: _____

Personal Associations: _____

New Moon: _____

Results: _____

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

WISDOM SAYINGS

NOTES