

KITCHEN WITCH

Ritual Guide



SAGED



Kitchen Witchery

Embrace the magic of the hearth with the path of the kitchen witch. As a practitioner, you will find yourself immersed in the sacred art of blending culinary expertise with spiritual wisdom.

The kitchen becomes your altar, and each ingredient a potent spell component. By infusing your cooking with intention and mindfulness, you not only nourish the body but also the spirit. Through the rhythmic stirring of pots and the alchemy of flavors, you tap into ancient wisdom and connect with the energies of the earth.

The benefits of walking this path are manifold, as you cultivate a deeper relationship with the natural world, harness the power of herbs and spices for healing and manifestation, and bring harmony and intentionality into your daily rituals. As a kitchen witch, you embody the magic of transformation, turning simple ingredients into spells of abundance, protection, and love.

Kitchen Witch

In this box you'll find:

Crystal and Copper Coil Water Charger

Charge your water with the power of copper, crystal, and the shape of the spiral. You'll infuse your body with the power you need to stay aligned with your soul GPS.

Tea Towels

Use a tea towel to wipe down surfaces in your sacred space as part of kitchen ritual cleansing, or you could hang a tea towel over a doorway or window for protective purposes, similar to the traditional use of charms or talismans.

Crystal Kitty

An assortment of crystal kitties who aide witches in their spell casting. Symbolizing intuition and independence, these crystal kitties bring a playful energy, infusing the magical practices in the kitchen!

Home Spray

An herbal home spray is a wonderful way for a kitchen witch to infuse their space with positive energy, cleansing properties, and magical intentions!

Selenite

Its clearing, amplifying, and spiritually uplifting properties make it a wonderful addition to any kitchen witches toolkit!

Incense from Earth Elements

The burning incense's aroma helps in concentrating the mind and uplifting the spirit, bringing about a stronger bond and connection with the divine and earthly realms.

Incense Holder

Burning incense with incense holders can help purify the environment and create a more positive and harmonious atmosphere. The smoke rises as an offering to honor the sacred.

OPEN SACRED SPACE

Before performing any ritual, it's vital to open sacred space. And when you're finished, you must close the circle and protect your sacred space and the magic you made. To open sacred space, call in the directions and elements for guidance and support:

East // Air
South // Fire
West // Water
North // Earth
Center // Spirit

SET YOUR INTENTION

Begin by setting your intention for the ritual. This could be anything from inviting positive energy into your kitchen, or even just infusing your cooking with love and magic.

PREPARE YOUR TOOLS

Lay out your tea towel in a clean, open space. This will serve as your altar or sacred space.

Place your crystal kittY on your tea towel altar to enhance this sacred alchemy. Fill your copper vessel with fresh water. Copper is believed to have purifying properties, and using it to hold water can imbue it with cleansing energy.

CLEANSE

Light the incense and allow the smoke to waft through your kitchen, cleansing the space of any negative energy.

Spritz your home spray around the room, visualizing it purifying the atmosphere and filling it with positive vibrations.

Hold the copper vessel of water in your hands, focusing on infusing it with your intention for the ritual. You can say a simple blessing or affirmation as you do this.

Use this water for cooking or drinking throughout the ritual.

Sprinkle a few drops of the copper-charged water around your kitchen, symbolically cleansing and consecrating the space.

Spray your home spray all around your kitchen with a simple affirmation, such as "May this space be filled with love and nourishment" or "May my cooking bring joy and abundance to all who partake."

CRYSTAL MAGIC

Hold each crystal in your hands and take a few deep breaths. Close your eyes and visualize them radiating with light and energy. Feel their vibrations and allow yourself to connect with their healing properties. Fill a small bowl with water and place it in the center of your crystal arrangement. Take a moment to bless the water, either silently or aloud, by stating your intention for purification and renewal. Invoke the Power of the Crystals: Invite the energy of the crystals into your kitchen by speaking words of affirmation or simply acknowledging their presence. You might say something like, "I invite the healing energy of these crystals to bless and protect my kitchen."

DIVINE MAGIC

Take a moment to express gratitude for the abundance in your life and for the opportunity to perform this ritual. Remember, the most important aspect of any ritual is your intention and presence.

Embrace the magic and positive energy that you've infused into your kitchen.

Take a moment to soak in the atmosphere.

Close the ritual by extinguishing your incense or smudge stick and tidying up your space.

CLOSE SACRED SPACE

Center // Spirit

North // Earth

West // Water

South // Fire

East // Air



**Show us your
ritual and
win a FREE
\$500 bespoke
box!!**

Tag us in your posts
or stories so we can
see how you make
you own style of
magic!



@sagedapp



Love boxes & wanna save?

If you're not already subscribed to save \$11 and
receive ritual boxes monthly, we highly suggest it!
We sell out each month ... subscribe!

[subscribe to SAVE!](#)

sagedshop.com