



The
Moonlight Post

THE **HEALTH** ISSUE

6 SELF-CARE TIPS

ANCIENT HEALTH DEITIES

CHAKRAS & HEALING

HEALING HERBS

+ MORE INSIDE



The
Moonlight Post

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I AM WICKED.



I AM WIGGA.



I AM WACKY.

BE DYNAMAGICK.



MERRY MEET!

WELCOME TO THE 30TH ISSUE OF *THE MOONLIGHT POST*. IN THIS EDITION, WE ARE GOING TO TALK ABOUT SOMETHING YOU MAY SOMETIMES OVERLOOK, BUT IS ESSENTIAL TO YOUR BEING - YOUR HEALTH!

OFTEN WHEN YOU TALK ABOUT HEALTH, AN ELABORATE PICTURE COMES TO MIND - BUSY HALLWAYS, ROOMS FILLED WITH FLOWERS FROM WELL-WISHERS, BRIGHT LIGHTS, AND PEOPLE IN WHITE. YOU MAY HAVE BEEN UNCONSCIOUS OF IT AT FIRST, BUT YOU'VE COME TO ASSOCIATE YOUR HEALTH WITH OUR SOPHISTICATED (AND COSTLY!) HEALTHCARE SYSTEM.

NOW, CLOSE YOUR EYES AND IMAGINE THIS INSTEAD PICTURE YOUR HEALTH AS A VIBRANT PICTURE OF THE OUTDOORS - OF YOURSELF BASKING IN THE NURTURING RAYS OF THE SUN WHILE DOING RELAXING YOGA POSES. IMAGINE YOUR HEALTH AS ALL THE CHAKRAS IN YOUR BODY OPEN AND FULLY ALIGNED. IMAGINE YOUR BODY AND SOUL BEING NURSED BACK TO HEALTH BY NATURAL HERBS AND SPICES.

THAT'S A BETTER PICTURE, ISN'T IT?

HERE'S THE GOOD NEWS. LIVING HEALTHY AND AVOIDING MONSTROUS HOSPITAL BILLS IS DEFINITELY POSSIBLE! WICCA IS RICH WITH INDIGENOUS AND TRADITIONAL KNOWLEDGE - HEALTH SECRETS THAT OUR ANCESTORS HAVE PASSED ON TO US. IN THIS ISSUE, WE ARE SHARING THESE SECRETS WITH YOU.

HAVE A GOOD TIME READING THIS ISSUE THAT WAS CRAFTED WITH LOVE AND BRIGHT BLESSINGS. AND REMEMBER, HEALTH IS WEALTH!

BLESSED BE!



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Habits you can
START TODAY
to be a

HEALTHIER WITCH

ALONG WITH THE USUAL BALANCE OF DIET AN EXERCISE, HERE ARE THREE HABITS THAT YOU CAN GET INTO. BE A HEALTHIER WITCH STARTING TODAY!

There is no greater feeling in the world than being free from physical pain and mental agony. When you have poor health, all other aspects of your life suffer. On the flip side, wellness in mind and body can

yield the best in everything. It makes you live life to its fullest potential. Along with the usual balance of diet and exercise, here are three habits that you can get into. Be a healthier witch starting today!

1. MEDITATION

For thousands of years, meditation has been practiced in many cultures all over the world. Every major religion – including **Buddhism** and **Hinduism** – have been using meditation for religious purposes.

However, not every type of meditation is religious in nature. One major purpose of meditation has to do with health and wellness, and it is said to be very effective!

SO WHAT EXACTLY IS MEDITATION?

Meditation is a set of techniques that gives a person a higher sense of awareness and focus. There are 2 main types: concentrative and mindfulness.

Concentrative meditation is the act of tuning out everything else while focusing on a single object. You





—

You can focus on your breathing, a sensation in your body, or a mantra.

Mindfulness meditation, on the other hand, entails you to be in the present moment. Activities under this type of meditation include paying attention to the various sounds around you while taking deep breaths.

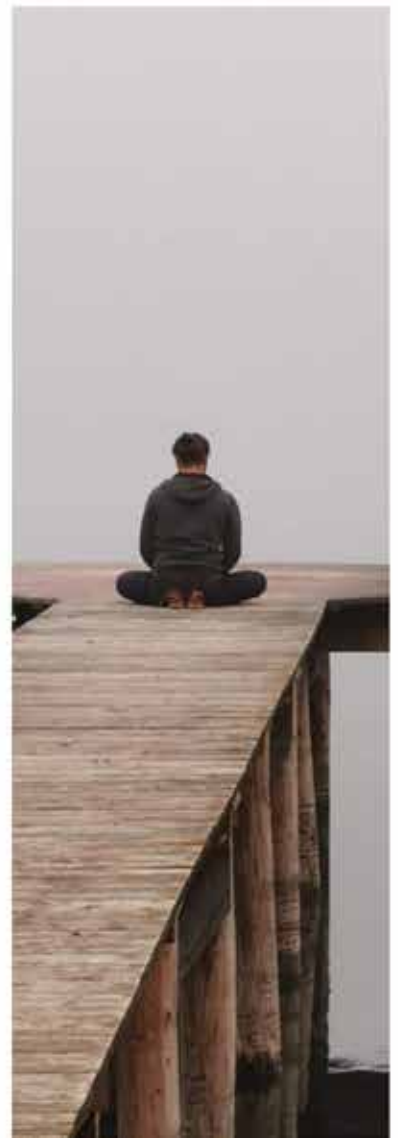
WHY SHOULD YOU START MEDITATION?

Studies have proven meditation to be a super stress-buster. Less stress means lower risk of heart disease, among others. Other physical effects of meditation are reduced respiration rate, lower heart rate, and better circulation.

If you're having trouble controlling your emotions, you might want to try meditating before you start your day. Meditation is a great way to increase self-awareness, improve your emotional well-being, and

"MEDITATION IS A GREAT WAY TO INCREASE SELF-AWARENESS, IMPROVE YOUR EMOTIONAL WELL-BEING, AND CURB ANXIETY."

curb anxiety. You will also notice a vast improvement in your memory, intelligence, and focus. Make meditation part of your morning routine! It's best to do it right after you wake up. Ten minutes is a good start. If you can't squeeze it in the morning, try meditating when you get home after work, or whenever you can sneak in a few quiet minutes for yourself.



2. YOGA

What exercise program has been around for 5,000 years, yet it endures as one of the most popular types of workouts?

If you guessed yoga, then you're 100% correct! As a total mind-body activity, it is definitely a habit that you should be doing starting today.

WHAT EXACTLY IS YOGA?

Yoga is a combination of stretching exercises, deep breathing, and meditation. Its origins trace back to the ancient times, when the term "yoga" appears in India's oldest scripture called the Vedas.

With more than 100 forms of yoga, the workouts range from intensity level and the area you want to focus on (e.g. core, arms, back). What's great about this exercise is that you'll just need a mat for equipment. And you can do it whether you're indoors or out in your garden!



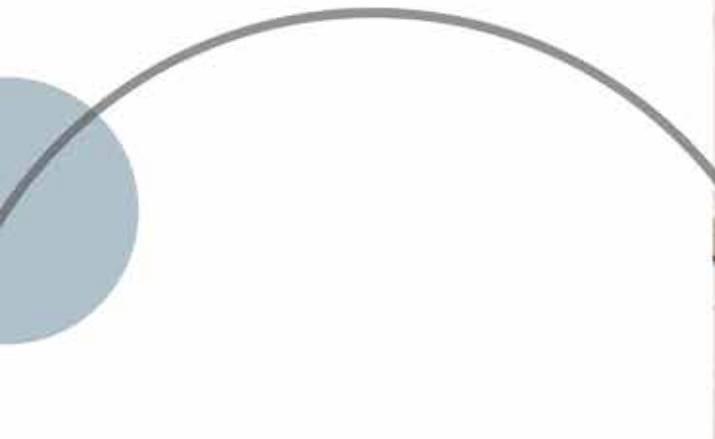


WHY SHOULD YOU START YOGA?

No other exercise gives you a greater mind-body connection than yoga. It's hitting two birds with one stone, really!

The benefits it has on your physical health include, but is not limited to, greater flexibility and strength. Yoga can be just as effective as aerobic exercise when your goal is to improve your overall health. It is perfect for people with conditions like high blood pressure, diabetes, and high cholesterol.

For improved mental health, yoga is the go-to exercise. It helps you relax more and gives you the headspace to deal with stress better. Having trouble focusing and remembering things? Yoga helps with that, too.



3. GOING OUTDOORS

"...EXPLORING OUTDOORS CREATES A WONDERFUL, ALMOST SUBLIME CONNECTION BETWEEN YOUR MIND, BODY, AND NATURE!"

As Wiccans, our closeness with the natural world knows no bounds. You must love the outdoors as much as you love our pet cat (who also prefers being out and about)!

However, doing moon rituals or having bonfires aren't the only outdoorsy things you should be doing regularly. Take some time off to do activities that break a sweat and also allow you to get in touch with Nature.

There's a whole array to choose from: hiking, swimming, jogging, riding a bike — you name it! Whatever you do, you'll know it's worth it once you fill your lungs with fresh air and soak in the radiant sun rays.



WHY SHOULD I DO MORE OUTDOOR ACTIVITIES?

It's pretty simple, really. Much like yoga, exploring the outdoors

creates a wonderful, almost sublime connection between your mind, body, and Nature! It will help you live in the present and teach you to appreciate the simpler things in life. Even a quick 20-minute walk every morning can reap enormous benefits to both your physical and mental health!





PLANNING SOME DESSERTS FOR A YUMMY SHABBAT DINNER, BUT STILL WARY OF ALL THE SUGAR YOU'RE GONNA TAKE IN? NOT TO WORRY, BECAUSE THERE'S A WAY AROUND THAT!

ZERO-GUILT

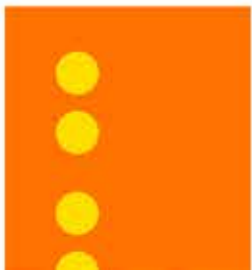
APPETIZERS & DESSERTS



YOU CAN
MAKE FOR

THESE 4 CLASSIC DESSERTS HAVE BEEN HEALTH-IFIED BUT THEY'RE SO GOOD THAT YOUR GUESTS WON'T EVEN NOTICE THE DIFFERENCE 😊

SABBAT PARTIES



CHOCOLATE CHIP COOKIES

WHEN YOU WANT TO BE HEALTHY, SOMETIMES YOU HAVE TO COMPROMISE ON TASTE. THIS ISN'T ONE OF THOSE INSTANCES, BECAUSE THESE CHOCOLATE CHIP COOKIES ARE JUST AMAZING!

INGREDIENTS

- 6 TBSP SOFTENED UNSALTED BUTTER
- 1 TSP SUGARLESS SWEETENER OF YOUR CHOICE
- 1 TSP VANILLA EXTRACT
- 1 LARGE EGG
- 6 OZ BLANCHED FINELY GROUND ALMOND FLOUR
- 1/4 TSP KOSHER SALT
- 1/4 TSP BAKING SODA
- 3 OZ CUP DARK CHOCOLATE CHIPS



METHOD

1. PREHEAT THE OVEN TO 350 DEGREES F. PLACE PARCHMENT PAPER ON A COOKIE SHEET.
2. WHIP THE BUTTER, SWEETENER, VANILLA AND EGG TOGETHER USING A HANDHELD ELECTRIC MIXER. WHILE MIXING, GRADUALLY ADD THE ALMOND FLOUR UNTIL IT'S WELL-BLENDED. ADD THE SALT AND BAKING SODA.
3. ADD IN THE CHOCOLATE CHIPS AND DISTRIBUTE THEM THROUGHOUT THE DOUGH USING A RUBBER SPATULA.
4. USING A 2-TABLESPOON SCOOP, CAREFULLY DROP THE DOUGH ON THE COOKIE SHEET. GENTLY FLATTEN THE DOUGH WITH YOUR HAND.
5. IT'S TIME TO BAKE THE COOKIES! TIME IT 12-15 MINUTES, OR UNTIL GOLDEN BROWN.
6. GET THE SHEET OUT OF THE OVEN AND LET COOL. ENJOY 12 DELICIOUS AND HEALTHY COOKIES.



SMOKED PAPRIKA LENTIL DIP

THIS SMOKY DIP IS GOOD FOR ANY TIME OF THE YEAR. YOU CAN ADD A LITTLE FOOD COLORING FOR SOME HOLIDAY FUN — GREEN FOR BELTANE, ORANGE FOR SAMHAIN, AND SO ON!

INGREDIENTS

2 CUPS OR 280 G LENTILS (COOKED)
2 CLOVES GARLIC (MINCED)
2 TBSP OR 5 GRAMS SMOKED PAPRIKA
1 TBSP OR 15 ML LEMON JUICE
1 TBSP OR 15 ML OLIVE OIL
SALT (TO TASTE)

DIRECTIONS

1. MIX THE LENTILS AND GARLIC IN A BOWL.
2. IN A SEPARATE BOWL, WHISK THE PAPRIKA, LEMON JUICE, AND OLIVE OIL. POUR OVER THE LENTILS AND MIX UNTIL COATED.
3. SERVE WITH WHOLE GRAIN PITA CHIPS, OR AS A FILLING FOR WRAPS!



VEGAN DONUTS

"HOLE-Y SMOKES! DID I JUST READ 'VEGAN DOUGHNUTS'?" YOU SURE DID!

INGREDIENTS

2 CUP 2 TBSP (= 2 HEAPING CUP) GLUTEN FREE 1:1 FLOUR
1 TSP BAKING SODA
1/2 TBSP BAKING POWDER
1/4 TSP KOSHER SALT
1 TSP OF ALMOND OR VANILLA EXTRACT
1/2 CUP COCONUT SUGAR OR RAW SUGAR (ADJUST TO YOUR LIKING)
10-12 OUNCES (1 1/4 CUP) ALMOND MILK OR NON-DAIRY MILK
1/4 CUP NATURALLY REFINED COCONUT OIL (LIQUID) OR
1/4 C MELTED VEGAN BUTTER (IF YOU WANT A RICHER TASTE)
1 TSP APPLE CIDER VINEGAR OR LEMON JUICE

FOR TOPPINGS:

MINI CHOCOLATE CHIPS AND DARK CHOCOLATE CHIPS
VEGAN/GLUTEN FREE CHOCOLATE CHIP COOKIES OR SUGAR COOKIES (CRUMBS)
COCONUT WHIP FROSTING MIXED WITH STRAWBERRY PUREE OR RASPBERRY FOR COLOR
AND TASTE
UNSWEETENED DUTCH COCOA POWDER
CHOCOLATE DONUT FROSTING
SPARKLING CANE SUGAR
LAVENDER AND/OR EDIBLE FLOWERS
MELTED VEGAN DARK CHOCOLATE TO DRIZZLE



METHOD

DONUTS

1. PREHEAT THE OVEN TO 400F. SPRAY A DONUT PAN WITH OIL AND SET ASIDE.
2. IN A LARGE BOWL, ADD THE FLOURS, BAKING SODA, BAKING POWDER, SALT, AND SUGAR. MIX THEM TOGETHER THOROUGHLY.
3. IN ANOTHER SMALL BOWL, MIX TOGETHER WET INGREDIENTS; MILK, EXTRACTS, OIL OR BUTTER, LEMON JUICE.
4. COMBINE THE WET INGREDIENTS WITH THE DRY FLOUR MIX. MIX THEM TOGETHER UNTIL YOU HAVE A BATTER SIMILAR TO CAKE BATTER — NOT TOO THICK BUT OR THIN.
5. PLACE BATTER IN A PIPING BAG OR ZIPLOCK BAG WITH ONE CORNER CUT AND PIPE THE BATTER INTO THE DONUT PAN, FILLING ABOUT 3/4 OF THE WAY FULL. USE A SPOON OR A ZIPLOCK BAG IF YOU DON'T HAVE A PIPING BAG. DON'T GO BEYOND 3/4 OF THE WAY FULL BECAUSE THE BATTER WILL RISE!
6. BAKE FOR 11-13 MINUTES OR UNTIL THE EDGES ARE LIGHTLY GOLDEN BROWN. LET IT COOL FOR 5 MINUTES IN THE PAN BEFORE TRANSFERRING TO A WIRE RACK.

TOPPINGS

PREPARE YOUR TOPPINGS WHILE THE DONUTS COOL. YOU DON'T NEED TO USE ALL THE TOPPINGS. YOU CAN MIX AND MATCH ACCORDING TO YOUR FAVORITE WICCAN IMAGES!

1. PLACE 1/2 CUP OF YOUR FAVORITE TOPPINGS IN A MEDIUM PLATE OR BOWL.
2. MAKE 2 CUPS COCONUT WHIP THEN DIVIDE IT INTO 3 BOWLS TO FLAVOR OR ADD COLOR. IF YOU DON'T HAVE IT, USE PRE-MADE VEGAN FROSTING OR WHIPPED CREAM.
3. MAKE THE FROSTINGS – 1/2 CUP COCONUT WHIP FROSTING MIXED WITH 1 TBSP + COCOA POWDER, 1/2 CUP MIXED WITH MAPLE SYRUP AND VANILLA, AND 1/2 CUP BLENDED WITH 2-4 TBSP MASHED RASPBERRY OR STRAWBERRY (FOR COLOR).
4. GET A SEPARATE BOWL FOR THE CHOCOLATE CHIPS, COOKIE CRUMBS, AND CANE SUGAR. PLACE THE SLICED STRAWBERRIES AND MELTED DARK CHOCOLATE IN A SMALL CUP (TO TOP FOR LATER).
5. DIP THE DONUTS INTO YOUR FAVORITE FROSTING AND THEN TOPPING OF CHOICE. I.E COOKIES, CHOCOLATE CHIPS, ETC. FOR THE STRAWBERRIES AND CREAM, DIP THE DONUT IN THE VANILLA FROSTING THEN ADD SLICED STRAWBERRIES ON TOP. IF YOU'RE MAKING THE CHOCOLATE DONUTS, DIP IN THE CHOCOLATE (COCOA MIXED COCONUT WHIP) AND THEN THE DARK CHOCOLATE CHIPS. DRIZZLE MELTED DARK CHOCOLATE ON TOP OF THE DONUT.
6. FEEL FREE TO SPRINKLE EACH DONUT WITH SPARKLING SUGAR FOR A MORE FESTIVE LOOK!

MORE WAYS TO SHOW OFF YOUR WICCA N PRIDE!!!



Wiccan Flags

AVAILABLE IN STYLES: HOUSE FLAG & GARDEN FLAG


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PUMPKIN PIE

LOW-CARB? CHECK! SUGAR-FREE? CHECK! DAIRY-FREE? CHECK! NEED I SAY MORE?

MAKING THE PIE CRUST:

INGREDIENTS

100 G ALMOND FLOUR
65 G TAPIOCA STARCH
3 TBSP OR 21 G COCONUT FLOUR
2 TBSP SUGARLESS SWEETENER OF YOUR CHOICE
3/4 TSP SEA SALT
5 TBSP COLD BUTTER (CUT INTO TINY PIECES)
1 EGG YOLK
2 TSP ICE WATER



METHOD

1. USE PARCHMENT PAPER TO LINE THE BOTTOM OF A 9-INCH PIE PLATE.
2. MIX TOGETHER THE ALMOND FLOUR, TAPIOCA STARCH, COCONUT FLOUR, SWEETENER, AND SALT IN A LARGE BOWL.
3. CUT IN THE BUTTER, UNTIL IT IS BROKEN DOWN INTO PEA-SIZED BALLS AND THE MIXTURE IS CRUMBLY. YOU CAN USE YOUR HANDS OR A PASTRY BLENDER.
4. ADD THE EGG YOLK AND ICE WATER AND USE YOUR HANDS TO MIX UNTIL IT FORMS A BALL, MAKING SURE YOU GET THAT EGG YOLK NICE AND MIXED. PAT IT INTO A DISC, WRAP WITH SARAN AND CHILL FOR AT LEAST 2 HOURS
5. ONCE CHILLED, ROLL IT BETWEEN 2 LAYERS OF PARCHMENT PAPER TO JUST UNDER 1/4 INCH THICK AND PREHEAT YOUR OVEN TO 375 DEGREES.
6. GENTLY FLIP THE PARCHMENT PAPER RIGHT OVER ONTO THE PREPARED PIE PLATE AND (VERY GENTLY) PULL THE PARCHMENT OFF, USING YOUR HANDS TO FIX ANY CRACKS, AND SHAPE THE SIDES. THE CRUST WILL STICK IN SPOTS, SO JUST BE VERY GENTLE PULLING THE PARCHMENT OFF.
7. POKE HOLES ALL OVER THE BOTTOM WITH A FORK AND BAKE UNTIL THE BOTTOM IS

LIGHTLY GOLDEN, AND THE SIDES ARE A DEEP GOLDEN, ABOUT 15-17 MINUTES. IF YOU DON'T WANT THE CRUST TO BROWN TOO MUCH BEFORE BAKING AGAIN WITH A FILLING, BAKE IT FOR 8 MINUTES AND THEN GENTLY TENT TIN FOIL OVER TOP AND BAKE AN ADDITIONAL 9-10 MINUTES UNTIL LIGHTLY GOLDEN.

8. LET COOL.

MAKING THE FILLING:

INGREDIENTS

- 1 CAN CANNED PUMPKIN PUREE (15 OZ)
- 1/2 CUP SUGARLESS SWEETENER
- 1/2 CUP FULL-FAT CANNED COCONUT MILK
- 2 LARGE EGGS
- 1 TSP CINNAMON
- 3/4 TSP GROUND GINGER
- 1/2 TSP GROUND NUTMEG
- 1/4 TSP GROUND CLOVES
- PINCH OF SALT


METHOD

1. PREHEAT YOUR OVEN TO 350 DEGREES.
2. WHISK ALL THE INGREDIENTS TOGETHER IN A LARGE BOWL AND POUR INTO THE PREPARED, COOLED PIE CRUST.
3. LIGHTLY COVER THE PIE WITH TINFOIL SO THE CRUST DOESN'T FURTHER BROWN AND PLACE INTO THE OVEN. BAKE UNTIL THE CENTER JUST HAS A LITTLE JIGGLE, AND A KNIFE INSERTED AN INCH FROM THE CRUST COMES OUT CLEAN, ABOUT 45-50 MINUTES.
4. TURN THE OVEN OFF, OPEN THE OVEN DOOR, AND LET THE PUMPKIN PIE SIT INSIDE FOR 30 MINUTES.
5. AFTER 30 MINUTES, LET THE PIE COOL ON THE COUNTER FOR 2 HOURS, THEN REFRIGERATE FOR AT LEAST 1 HOUR.
6. SERVE WITH SUGAR-FREE WHIPPED CREAM IF YOU WANT!



WHAT YOUR LIFE PATH SAYS ABOUT YOUR HEALTH

IF YOU WANT TO KNOW YOURSELF DEEPER, YOUR NUMEROLOGY CHART CAN TELL YOU WHAT YOUR STRENGTHS AND WEAKNESSES ARE, AS WELL AS YOUR INBORN TALENTS AND THE TRIALS THAT YOU'RE CONSTANTLY FACING.

A woman in a white dress is walking away from the camera down a path in a field of lush green plants. The sky is filled with dramatic, dark clouds, suggesting a storm or late afternoon light. In the background, a line of utility poles stretches across the horizon.

For thousands of years already, people have turned to the ancient art of Numerology to see into their inner worlds – worlds that map out a person's life in all its aspects.

It was the Greek philosopher and mathematician Pythagoras who believed that our material world was made up of the energetic vibrations of numbers.

If you want to know yourself deeper, your Numerology chart can tell you what your strengths and weaknesses are, as well as your inborn talents and the trials that you're constantly facing.

This is the same for troubleshooting any issues you may have with your physical health. Your **Life Path Number** will tell you more about what type of afflictions you're most likely to develop, as well as how you can avoid them!

HOW DO YOU CALCULATE YOUR LIFE PATH NUMBER?

To know your Life Path Number, simply add all the digits of your birthday (month, date, year) and add the sum together until you reach a single digit.

For example, if you were born on November 29, 1982, you would calculate your Life Path Number as follows:

THE MONTH, NOVEMBER, IS 11 (1 + 1) = 2

THE DATE IS 29 (2 + 9) = 11, WHICH YOU ADD TOGETHER TO GET 2

THE YEAR IS 1985 (1 + 9 + 8 + 5) = 23, WHICH YOU ADD TOGETHER TO GET 5

Add the three single digits together (2 + 2 + 5) = 9 → Your Life Path Number!

Note on Master Numbers: If the sum of the digits from your month, date, and year of birth is 11 or 22, there's no need to reduce to a single digit. Those numbers are your Life Path Numbers.

Once you have your Life Path Number, take a look at this guide (on the next page) to know what kinds of health issues you're prone to, and how you can overcome them!

POTENTIAL HEALTH ISSUES IN:

HEART

HEAD

LIVER

STOMACH

WHAT YOU NEED TO DO:

Get enough rest and exercise. Start your day with meditation and cardio exercise. Are you the type to get cold easily? Carry around a jacket, because it's important that you stay warm. If you're stressed at work, make it a point to take a break.



LIFE PATH

POTENTIAL HEALTH ISSUES IN:

HEART

THROAT

JOINTS

STOMACH



WHAT YOU NEED TO DO:

A sense of community is important to you, so sign up for group therapy or any kind of activity that brings people together. You easily get stressed with dark and dirty places, so it's best if you maintain a clean workspace or home.

LIFE PATH

POTENTIAL HEALTH ISSUES IN:

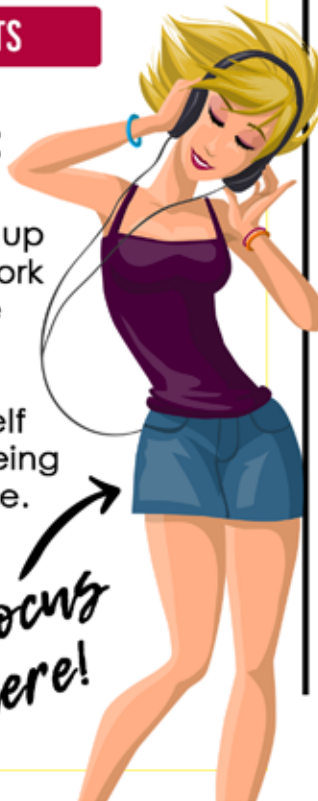
THIGHS

HIPS

JOINTS

WHAT YOU NEED TO DO:

Find a way to release energy that can build up from a monotonous work environment! Because you are the creative, free-spirited type, you have to express yourself by creating art and being alone from time to time. Paying attention to the hips and joints (dancing helps!) would also do you good.



Focus here!

LIFE PATH

POTENTIAL HEALTH ISSUES IN:

KIDNEYS

ANKLES

LOWER BACKS

URINARY TRACTS

WHAT YOU NEED TO DO:

Keep your metabolism and circulation flowing by getting enough exercise. For people with the Life Path 4, it helps to avoid addictive foods like coffee, sugar, and salt. Eating too much of these may cause some problems with the kidneys later on in life.



LIFE PATH



POTENTIAL HEALTH ISSUES IN:

ARMS

WRIST

NERVOUS SYSTEM

MEMORY

WHAT YOU NEED TO DO:

People with the Life Path Number 5 are restless, and therefore need a lot of variety. Try to switch up your routine by including travel, exercise, and a lot of fresh air. Avoid skipping meals, as this can build up your stress levels easily.

5
LIFE PATH

POTENTIAL HEALTH ISSUES IN:

HEART

THROAT

LUNGS

LOWER BACK

RESPIRATORY ORGANS

WHAT YOU NEED TO DO:

Getting enough rest is really important with people with this Life Path Number. Your wellness stems from activities that make you happy and relaxed, so spend time doing this. Don't sweat it if everything isn't perfect; remember that tension can accumulate when you worry too much.



8
LIFE PATH

POTENTIAL HEALTH ISSUES IN:

LUNGS

FEET

NERVOUS SYSTEM

WHAT YOU NEED TO DO:

Clean and orderly environments are important to you. As much as possible, avoid processed foods and fumes coming from highly urbanized areas. You should also get enough fresh air, sleep, and rest.



LIFE PATH



POTENTIAL HEALTH ISSUES IN:

LEGS

JOINTS

MUSCLES

WHAT YOU NEED TO DO:

People with this Life Path Number are very active, working really hard to achieve their goals. But you must remember that even the strongest of us need time to breathe. Also, make sure to eat a balanced meal that includes plenty of leafy greens.



LIFE PATH

POTENTIAL HEALTH ISSUES IN:

HEAD

FACE

SHOULDERS

HEART

WHAT YOU NEED TO DO:

Do you always feel tension around your neck and shoulders? That's your body telling you that you need to have more massages! Treat yourself to R&R regularly and always remember to slow down. It's also helpful to drink lots of water to flush out toxins.

9
LIFE PATH

LIFE PATH 11

Read up on the sections for Life Paths 1 and 2.

LIFE PATH 12

Read up on the sections for Life Paths 2 and 4.

LIFE PATH

11/12



A SIMPLE SPELL TO JUMP BACK TO HEALTH



Ask anyone what their greatest wish is, and I'm sure "good health" would be in the top five! Whether it's recovering from a bout of flu or resetting your body from tremendous stress, this spell is right for you. Just like a regular checkup, do this twice a year for optimum results!

WHAT YOU WILL NEED:

3 white candles
white rose petals
essential oil
push pin

PERFORMING THE SPELL:

Using a push pin, etch your name on the side of each candle.

Leave the candles while you meditate for 25 minutes. Focus on your breath, noticing when irrelevant thoughts enter your mind. Meditate on your healing. If you have a hard time focusing, try guided meditation.

After meditating, charge the candle and picture yourself regaining your health — strong, happy, free from sickness. Anoint the candle with oil. Charge the candles.

Once you've charged the candles, you can now light them under the moonlight. As you light the candles one by one, recite the following chants:


First candle: "This candle will heal me of all my afflictions."

Second candle: "This candle will restore my strength from head to toe."

Third candle: "This candle will protect me from any kind of disease."

Watch the smoke from the candles rise to the Moon.



The image features a central text box with a green border containing the text "HEALING HERBS YOU SHOULD ALWAYS KEEP IN YOUR CUPBOARD". Surrounding the text are various natural ingredients: a whole garlic bulb with a red-tinged clove on top left, a pile of brown powder on the top right, a piece of ginger root on the bottom right, and a sprig of rosemary on the bottom left.

**HEALING
HERBS YOU
SHOULD ALWAYS
KEEP IN YOUR
CUPBOARD**

One of the perks of being close to Nature is that you have almost unlimited access to the wonders it brings.

I'm not only talking about the magnificent outdoors — the rolling hills, meandering rivers, the tall and steadfast trees. But if you look closely enough, Nature is a big pharmacy...and it doesn't even charge us impossible fees!

When it comes to healing the natural way, here are the top herbs that you should always keep in your kitchen cupboard.

TURMERIC

You may recognize turmeric as the main spice used in curry. Commonly used in Asian cooking, this yellow spice isn't only a culinary superstar — it is also a superhealer!

Used in medicine for: Easing pain and inflammation, like alleviating arthritis pain. This is because of an anti-inflammatory element called curcumin. The spice

is used in treating hay fever, depression, and itching as well. Studies also point to evidence linking turmeric with preventing colon cancer and Alzheimer's disease.

How to use turmeric: Add a little spice to your life (literally) by adding turmeric to your meals as often as possible. A therapeutic dose should contain 400 mg thrice daily. Turmeric teas and powders are readily available in stores.





GINGER

No wonder turmeric is super powerful! Its relative, ginger, is the go-to natural remedy for stomach problems, plus a host of other diseases.

Used in medicine for: Healing stomach pain and nausea. Ginger has been proven effective in easing nausea due to pregnancy, motion sickness, and chemotherapy. Some studies have also noted that ginger has properties that can help prevent certain cancers.

How to use ginger: For motion sickness, drink a cup of ginger tea at least 30 minutes before travelling. For nausea and general health, you can chew on cut-up slices of ginger or make tea by steeping the ginger slices in hot water for five minutes.

GARLIC

What's a little garlic breath if in return, you're getting all the benefits from this famously pungent spice? It boasts of over 40 healthy compounds and antibacterial properties!

Used in medicine for: Lowering cholesterol levels and prevention of heart disease. When used as a side treatment, garlic is effective in lowering blood pressure. It also helps stop blood clots and keeps arteries open. Garlic is also said to lower blood sugar, but further tests are still in order.

How to use garlic: Eating five cloves of freshly cut-up garlic is the best way to go. Chewing on lettuce or raw mint leaves usually covers up the smell in your mouth. However, the more convenient method would be to buy aged garlic extract capsules (1000 mg).



ROSEMARY

This fragrant, woody herb is a staple in Italian cuisine — and for good reason! It gives a delightful flavor and aroma to any kind of cooking. What's best is it has an array of health advantages, too.

Used in medicine for: Lowering the risk of cancer. Cooking meat at high temperatures yield potent carcinogens (cancer-causing chemicals). Thankfully, studies have found that mixing rosemary powder into beef before cooking greatly reduces these carcinogens. Rosemary is also known to boost brain function, such as memory, alertness, and focus.

How to use rosemary: In order to reduce potent carcinogens in your food, you should marinate meats with rosemary, which you can mix with other spices like basil, garlic, onion, and oregano.



CINNAMON

Good news for those with a sweet tooth: You can eat that extra cinnamon bun, because cinnamon can actually tame blood sugar levels!

Used in medicine for: Lowering blood sugar. A study of Type 2 diabetics resulted in decreased sugar levels — up to 10% — after taking cinnamon extract daily. This aromatic spice may also reduce cholesterol levels, with one study resulting in a 13% decrease in cholesterol and 23% decrease in triglycerides.

How to use cinnamon: Mix in 1-6 grams of cinnamon powder to your food daily, or make tea with it. Be careful not to consume too much, as an overdose of cinnamon might induce allergies. Children, pregnant women, and breastfeeding women should avoid taking this without consulting a doctor first.



chakras & healing



CHAKRAS ARE A COMPLEX ENERGY SYSTEM THAT ORIGINATED IN INDIA. TRANSLATED AS "WHEEL" FROM SANSKRIT, . PICTURE CHAKRAS AS SPINNING DISKS OF ENERGY THAT ARE CONNECTED TO NERVES AND MAJOR ORGANS ALL OVER YOUR BODY.



crown chakra

third eye chakra

throat chakra

heart chakra

solar plexus chakra

sacral chakra

root chakra

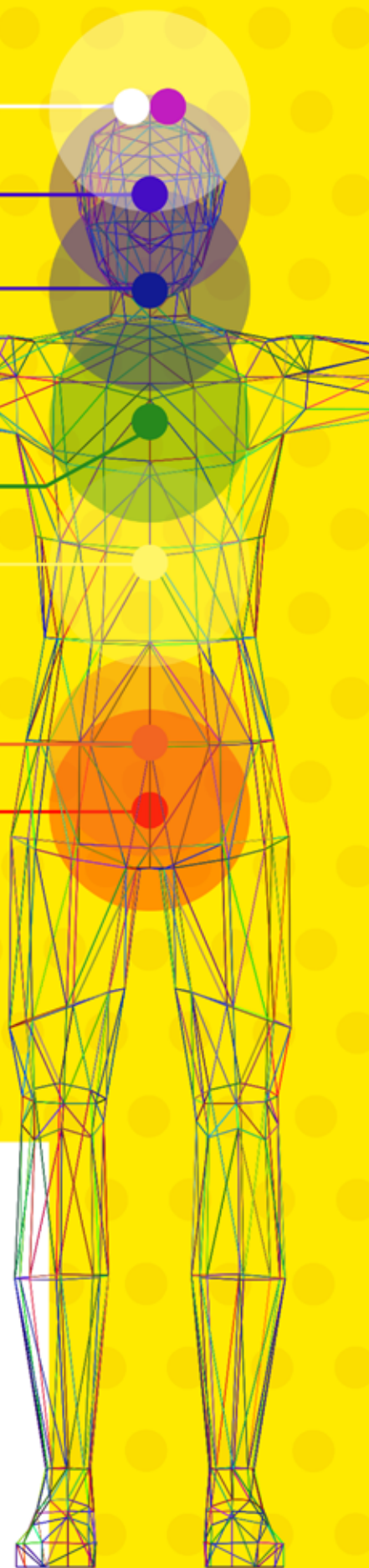
*Descriptions of each
chakras on the next page.*

Ever wonder what chakras are, and how they play a huge (but commonly unknown) role in your health?

Chakras are a complex energy system that originated in India. Translated as "wheel" from Sanskrit, picture chakras as spinning disks of energy that are connected to nerves and major organs all over your body.

These chakras affect your physical, emotional, and mental well-being, and therefore need to be always "open" and balanced. Most experts believe that there are 114 chakras in total, but you'll want to pay attention to the 7 major chakras that are found along your spine.

In this article, you will discover the meanings behind the 7 main chakras, as well as some tips on how to keep them open and balanced.



crown chakra

LOCATION: THE TOP OF THE HEAD

COLOR: WHITE OR **VIOLET**

MEANING: INTELLIGENCE

THIS CHAKRA IS CONNECTED TO EVERY OTHER CHAKRA IN YOUR BODY. IT IS THE CHAKRA OF ENLIGHTENMENT AND REPRESENTS YOUR LIFE'S PURPOSE. WHEN YOUR CROWN CHAKRA IS OPEN, IT WILL HELP KEEP THE OTHER CHAKRAS OPEN AND WILL ULTIMATELY BRING YOU BLISS.

KEEP IT OPEN:

- GIVE YOURSELF REGULAR HEAD MASSAGES.
- CLOSE YOUR EYES AND PICTURE A WHITE LIGHT COMING DOWN FROM THE SKY, INTO YOUR CROWN CHAKRA AND THROUGH YOUR ROOT CHAKRA, UNTIL THE LIGHT EVENTUALLY SEEPS INTO THE EARTH.
- SAY THIS AFFIRMATION IN FRONT OF THE MIRROR: "I AM CONNECTED WITH THE DIVINE. I AM EXPERIENCING MY DIVINE NATURE. I AM ONE WITH THE UNIVERSE. I AM BLESSED."



third eye chakra

LOCATION: ON THE FOREHEAD, BETWEEN THE EYES

COLOR: **INDIGO**

MEANING: INTUITION AND IMAGINATION

THIS CHAKRA CONTROLS YOUR INNER SIGHT AND PSYCHIC ABILITIES, GIVING MAJOR IMPORTANCE TO INTUITION. LEARNING TO BALANCE INTELLECT AND INTUITION WILL UNLEASH YOUR FULL POTENTIAL BOTH IN MENTAL AND EMOTIONAL INTELLIGENCE. WHEN THIS CHAKRA IS OPEN AND STRENGTHENED, YOU WILL HAVE VIVID, EVEN LUCID DREAMS, AND YOU MAY DEVELOP THE ABILITY TO SEE INTO THE FUTURE.

KEEP IT OPEN:

- PLACE AN AMETHYST CRYSTAL UNDER YOUR PILLOW
- CLOSE YOUR EYES AND IMAGINE A RAY OF LIGHT RADIATING FROM YOUR FOREHEAD INTO WHAT'S IN FRONT OF YOU. WHAT DO YOU SEE?
- TRUST YOUR GUT FEEL AND LISTEN TO IT MORE FREQUENTLY.
- KEEP A JOURNAL WHERE YOU'LL WRITE DOWN ANYTHING THAT COMES INTO YOUR MIND. DO THIS FOR AROUND 10-15 MINUTES A DAY UNTIL YOU MAKE A HABIT OUT OF IT.



throat chakra

LOCATION: THE THROAT

COLOR: **BLUE**

MEANING: COMMUNICATION

WHEN THIS CHAKRA IS OPEN, EVERYTHING YOU SAY COMES FROM A PLACE OF HONESTY AND CERTAINTY. YOU WILL SPEAK WORDS OF COMPASSION. IN CONTRAST, A BLOCKED CHAKRA SPOUTS GOSSIP AND HATEFUL WORDS. IT CAN ALSO DIMINISH YOUR CONFIDENCE AND MAKES YOU STUTTER OR ALWAYS CLEAR YOUR THROAT.

KEEP IT OPEN:

- SING — IN THE SHOWER, FOR YOUR FRIENDS, OR IN FRONT OF A LARGE CROWD!
- TAKE UP A PUBLIC SPEAKING CLASS OR ANY ACTIVITY THAT MAKES YOU SPEAK UP MORE
- TALK TO YOURSELF OFTEN. IT'S NOT AS CRAZY AS IT SOUNDS!





heart chakra

LOCATION: THE CENTER OF THE CHEST (RIGHT ABOVE THE HEART)

COLOR: GREEN

MEANING: LOVE, COMPASSION

OFTEN CALLED THE "HEART CENTER" AND THE "SEAT OF THE SOUL", IT SERVES AS THE BRIDGE BETWEEN THE UPPER AND LOWER CHAKRAS. IT CONTROLS THE MOST IMPORTANT EMOTION OF ALL: LOVE. WHEN THIS CHAKRA IS OPEN, YOUR CAPACITY TO SHOW COMPASSION AND INFLUENCE YOUR COMMUNITY IS GREAT. BUT WHEN THIS IS CLOSED, YOU MAY FEEL ALONE, INSECURE, AND VERY LONELY.

KEEP IT OPEN:

- LOOK IN THE MIRROR AND SAY THIS AFFIRMATION: "I LOVE. I AM LOVED. I AM OPEN TO GIVING AND RECEIVING LOVE. MY HEART IS HEALED. I LOVE MYSELF."
- FORGIVE — YOURSELF, FOR ANYONE WHO HURT YOU OR GAVE YOU A HARD TIME IN THE PAST. FORGIVENESS ULTIMATELY RELEASES PENT-UP FEELINGS OF RESENTMENT AND NEGATIVITY.
- IF YOU HAVE A CHILD OR A YOUNG NIECE OR NEPHEW, HOLD THEM TO ABSORB THEIR BRILLIANT HEART ENERGY.

solar plexus chakra

LOCATION: UPPER ABDOMEN (STOMACH AREA)

COLOR: YELLOW

MEANING: SELF-ESTEEM

THIS IS THE CHAKRA BEARING OUR PERSONAL POWER. IT CONTROLS OUR SELF-ESTEEM AND CONFIDENCE. WHEN THIS CHAKRA IS OPEN, YOU RADIATE POSITIVITY AND PEACEFULNESS. IF IT'S CLOSED, YOU MAY FIND IT HARD TO SPEAK UP, WHICH TAKES A TOLL ON YOUR SELF-WORTH.

KEEP IT OPEN:

- BASK IN THE SUN FOR 20 MINUTES. CLOSE YOUR EYES AND IMAGINE THE SUN DRYING UP ALL THOSE MURKY BITS OF YOU — THOSE THOUGHTS, FEELINGS, AND PHYSICAL ACHES THAT GET YOU DOWN.



sacral chakra

LOCATION: BETWEEN THE BELLY BUTTON AND THE PUBIC BONE

COLOR: ORANGE

MEANING: SEXUALITY, PLEASURE, CREATIVITY

HEALTH PROBLEMS ASSOCIATED WITH THIS CHAKRA REVOLVE AROUND THE URINARY TRACT, LOWER BACK, AND REPRODUCTIVE ORGANS. WHEN THIS CHAKRA IS OPEN, YOU'LL BE AT PEACE WITH YOUR OWN BODY AND YOU CAN EASILY EXPRESS YOURSELF SEXUALLY AND CREATIVELY.

KEEP IT OPEN:

- CUT OPEN AN ORANGE AND BREATHE IN ITS CITRUS SMELL BEFORE EATING IT.
- TAKE DEEP BREATHS, NOTICING THE MOTION OF YOUR DIAPHRAGM AND SHOULDERS AS YOU BREATHE IN AND OUT.



root chakra

LOCATION: BOTTOM OF THE SPINE, AROUND THE TAILBONE

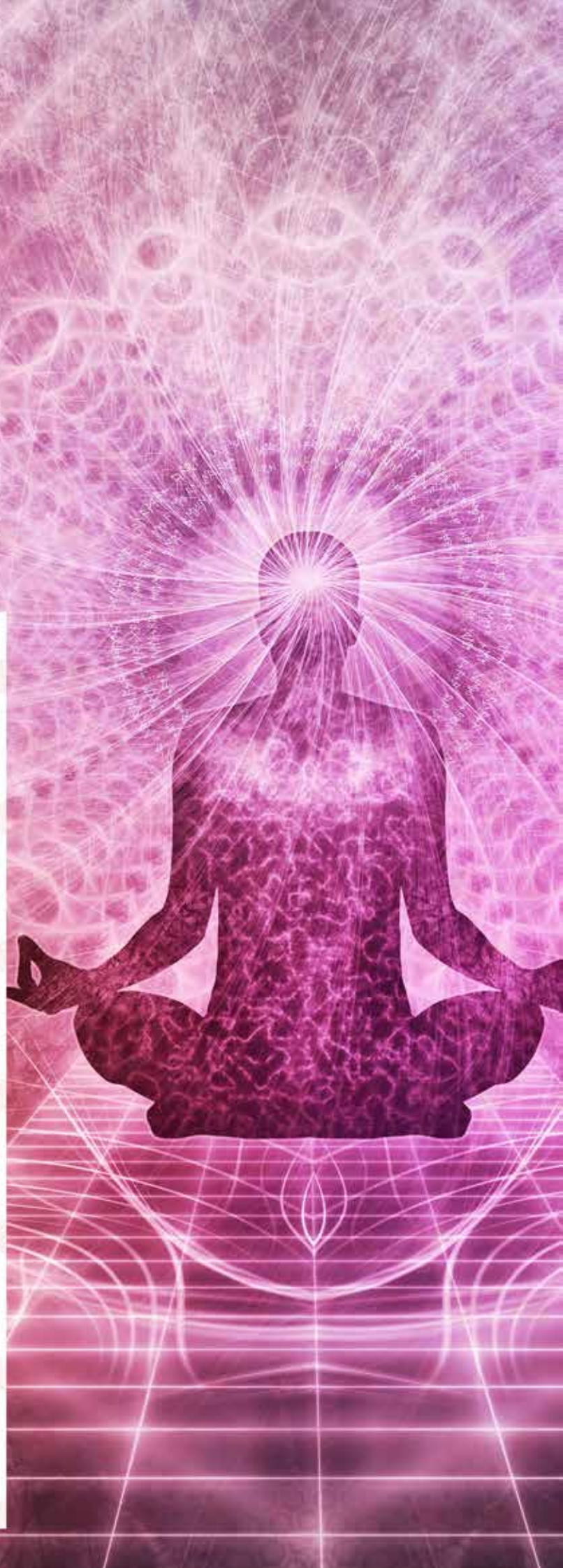
COLOR: RED

MEANING: STABILITY AND GROUNDING

WHEN THIS CHAKRA IS OPEN AND FLOWING, YOU WILL FEEL A WELL OF SECURITY IN ALL ASPECTS OF YOUR LIFE. YOU KNOW THAT YOU ARE GROUNDED WHEN IT COMES TO YOUR FINANCES, RELATIONSHIPS, AND HEALTH.

KEEP IT OPEN:

- TAKE A WALK TO GET FRESH AIR, OCCASIONALLY WALKING BAREFOOT TO ABSORB THE ENERGY FROM THE GROUND.
- JUMP AROUND OR STOMP YOUR FEET TO FEEL THE ENERGY FLOWING THROUGH YOUR BODY.





ANGELIC HEALERS

WHOM YOU CAN
PRAY TO



For us Wiccans, the Goddess and God primarily embody the female and male energies of the whole Universe. However, many Wiccans also recognize and worship deities who have existed thousands of years before.

When it comes to channeling Divine power for your health needs, here are the most well-known health deities you can pray to.

AIRMID

Airmid, or Airmed, is the Irish goddess associated with healing and resurrection. She has a vast knowledge of medicinal plants and knows exactly which herb is perfect for a certain ailment. Airmid is also a keeper of a spring that has powers of resurrection!

A popular story about Airmid goes



**"LIVING HIGH ATOP
A "HEALING
MOUNTAIN",
EIR IS SAID TO BE
VERY SKILLFUL WITH
HERBS, AND ANY
WOMAN WHO
CLIMBED THIS
MOUNTAIN WOULD
BE CURED OF ALL
DISEASES BY HER."**

like this: After her brother Miach was killed by their father, Airmid shed tears upon his grave, 365 herbs sprouted from the earth over Miach's body. Airmid gathered all of them inside her cloak. But just then, her father appeared and

scattered all the herbs. Because of this, nobody but Airmid knows all the secrets of the healing herbs.

EIR

Although it's still a debate whether Eir is a Norse goddess or a Valkyrie, what's sure is that she is a figure of life and health in Norse mythology. Eir translates to "help", very appropriate for a healer like her.

In the Prose Edda, she is referred to as the best physician among all the Norse gods and goddesses. Living high atop a "healing mountain", Eir is said to be very skillful with herbs, and any woman who climbed this mountain would be

cured of all diseases by her.

ISIS

The powers of Isis spread not just in Egypt, but throughout the Roman world as well. She is a mighty Goddess particularly known for her healing abilities, as well as her control over marriage, fertility, motherhood, and magic.

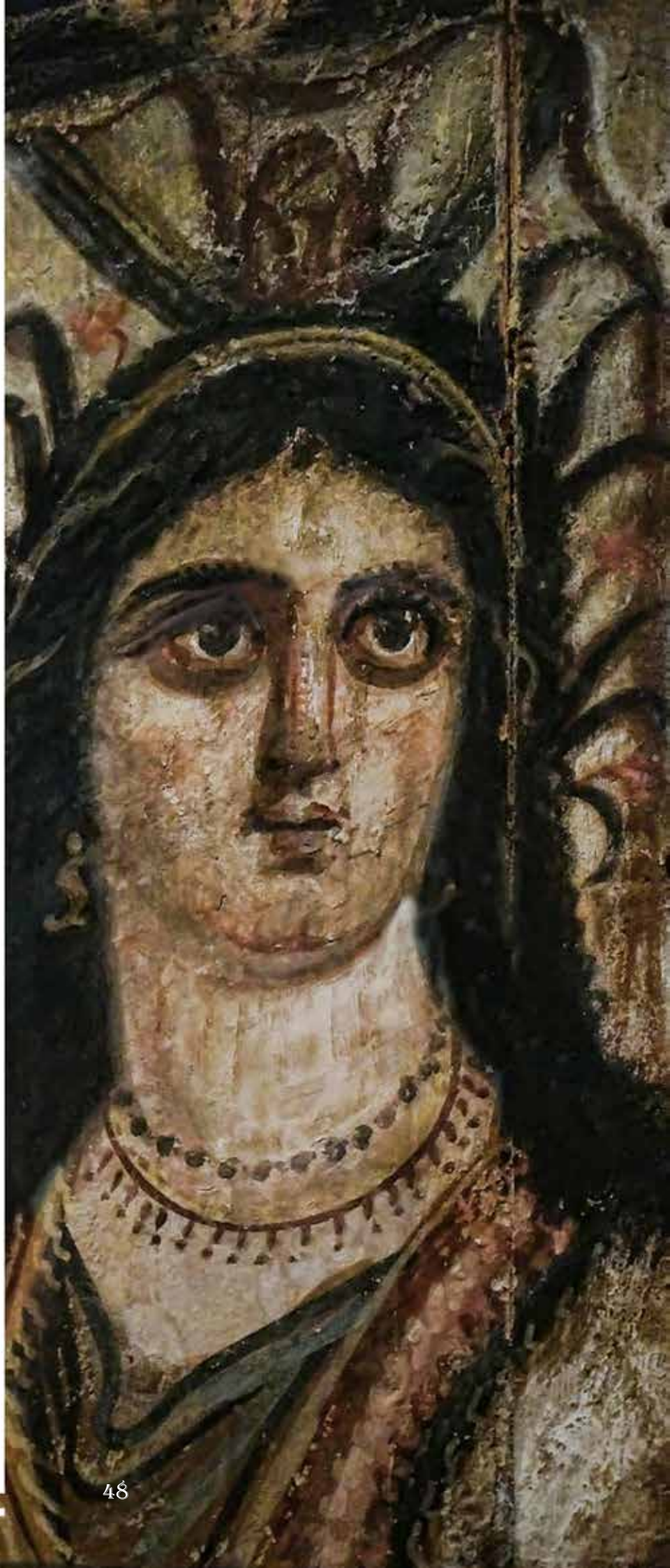
Isis brought back her husband and brother, Osiris, back to life after Set killed him. Ancient Egyptian records depict Isis and Nephthys together, as the two sisters are associated with the realms of life and death.

Isis is also known as "The Goddess With Ten Thousand Names". This is because of her many important roles, including The Queen of All Gods, The Maker of Sunrise, and Goddess of the Harvest.

APOLLO

The Greco-Roman deity Apollo may be best known as the Sun god, but he is also an important figure of healing and medicine. He is the first god mentioned in the Hippocratic Oath. Apollo is also famous as being the god of light, knowledge, archery, music, and poetry.

When it comes to healing, Apollo is double-edged in that – while he has the ability to restore anyone to health – he is also the bringer of disease and death, using his bow and arrow. This is documented in the Iliad, where he subjects the Achaeans to a nasty plague.







ASCLEPIUS

As the son of Apollo, it's almost apparent where Asclepius got his powers of healing from. However, he made a name for himself by being a very skillful physician. It seems that medicine runs in the blood, as Asclepius fathered two Greek doctors by the name of Machaon and Podalirius!

The rod of Asclepius, with a serpent coiled around it, is the only genuine symbol of medicine. The winged staff of Caduceus — the one with two serpents intertwined around it — is a commonly misplaced symbol for medicine. It is, in fact, the magic wand of the messenger god Hermes.

BRIGHID

Like Isis, the Celtic Goddess Brigid went by many names, including "The Bright One" and "Fiery Arrow". She reigns over healing, fertility, poetry, music, prophecy, agriculture, and smithcraft. When Brigid was born, flames were shooting out from her head. This is why she became united with the cosmos.

Brigid is often depicted as a red-haired woman with fire coming out from her head. While she is closely tied with the element of fire, many also call her the Goddess of the Well because of her affinity to the element of water. The well is considered holy because it comes from the womb of the earth, and Brigid is also Mother Earth or the Mother Goddess.

7 SEVEN REASONS WHY BEING WICCAN MAKES YOU LIVE LONGER & HAPPIER



WHEN YOU DECIDED TO FOLLOW THE WICCAN PATH, YOU PROBABLY DIDN'T SAY TO YOURSELF, "I'M DOING THIS SO I CAN BE PHYSICALLY, EMOTIONALLY, AND MENTALLY HEALTHY!"

YOU MUST HAVE HAD ANOTHER MAIN REASON FOR BECOMING A WICCAN. BUT GOOD NEWS — BEING A WITCH IS A HUGE HEALTH BENEFIT IN ITSELF!

HERE ARE 7 THINGS US WICCANS DO THAT MAKE US LIVE LONGER AND A LOT HAPPIER.



1 HARM NONE

*"An it harm none
Do what ye will"*

ONE OF THE VERY FIRST THINGS YOU LEARN ABOUT WICCA IS THE WICCAN REDE, FROM WHICH YOU GET THE MOST FAMOUS "RULE" ABOUT BEING A WITCH: "AN IT HARM NONE, DO WHAT YE WILL". WHO KNEW IT COULD BE APPLICABLE TO YOUR HEALTH, TOO?

WHEN YOU ONLY WISH GOOD UPON OTHERS — EVEN YOUR ARCHENEMIES — YOU WILL LET GO OF ANY ILL FEELINGS LIKE RESENTMENT, LIVE LIFE POSITIVELY, AND YOU WILL KEEP ON BECOMING A BETTER PERSON!



The Wiccan Rede

*Bide the Wiccan Laws ye must
In Perfect Love and Perfect Trust.*

Live an' let live

*Fairly take an' fairly give.
Cast the Circle thrice about*

To keep all evil spirits out.

To bind the spell every time

Let the spell be spake in rhyme.

Soft of eye an' light of touch

Speak little, listen much.

Deosil go by the waxing Moon

Sing and dance the Wiccan rune.

*Widdershins go when the Moon doth wane,
An' the Werewolf howls by the dread Wolfsbane.*

When the Lady's Moon is new.

Kiss thy hand to Her times two.

When the Moon rides at Her peak

Then your heart's desire seek.

Heed the Northwind's mighty gale

Lock the door and drop the sail.

When the wind comes from the South,

Love will kiss thee on the mouth.

When the wind blows from the East,

Expect the new and set the feast.

When the West wind blows o'er thee,

Departed spirits restless be.

Nine woods in the Cauldron go

Burn them quick an' burn them slow.

Elder be ye Lady's tree

Burn it not or cursed ye'll be.

When the Wheel begins to turn

Let the Beltane fires burn.

When the Wheel has turned a Yule,

Light the Log an' let Pan rule.

Heed ye flower bush an' tree

By the Lady Blessèd Be.

Where the rippling waters go

Cast a stone an' truth ye'll know.

When ye have need,

Hearken not to others greed.

With the fool no season spend

Or be counted as his friend.

Merry meet an' merry part

Bright the cheeks an' warm the heart.

Mind the Threefold Law ye should

Three times bad an' three times good.

When misfortune is enow,

Wear the Blue Star on thy brow.

True in love ever be

Unless thy lover's false to thee.

Eight words ye Wiccan Rede fulfill

An' it harm none, Do what ye will.

A woman with long brown hair, wearing a strapless floral dress and high-heeled sandals, is captured in a dynamic dance pose on a sandy beach. She is holding a large, flowing streamer of colorful fabric (pink, orange, yellow, green, blue) that arches over her head and extends across the top of the frame. The background shows a coastline with waves and a forested hillside under a bright sky with soft, out-of-focus light spots. The overall mood is joyful and celebratory.

2 BEING IN TOUCH WITH NATURE

THAT WICCA IS FUNDAMENTALLY ROOTED IN NATURE ENTAILS US TO GO OUTDOORS MORE. WHETHER IT'S DOING FORMAL RITUALS OR TAKING SOLITARY WALKS TO UNWIND AND REFLECT, THE EFFECT OF THESE ACTIVITIES CREATE A POSITIVE IMPACT ON OUR OVERALL WELL-BEING. THERE'S JUST SOMETHING ABOUT THAT RAY OF SUNSHINE, THAT FRESH AIR, AND THAT REVITALIZING FEELING OF PHYSICAL ACTIVITY THAT STIRS UP THE BODY AND SOUL!

LOTS OF SINGING 3 AND DANCING

THANK GOODNESS FOR THAT MAYPOLE! MANY WICCAN FESTIVITIES, LIKE BELTANE, INVOLVE SONG AND DANCE. DANCING IS ONE OF THE BEST FORMS OF CARDIO EXERCISE, AND CONTRIBUTES TO A HEALTHIER HEART, SHARPER MEMORY, SHARPER REFLEXES, AND A SUNNIER DISPOSITION!




4 MEDITATION



A LOT OF WICCANS PRACTICE MEDITATION. WHEN YOU FIND OUT ABOUT THE BENEFITS OF MEDITATION, THIS IS ONE BANDWAGON YOU'LL WANT TO JUMP ON! MEDITATION HAS BEEN PROVEN TO LOWER STRESS AND MITIGATE ANXIETY AND DEPRESSION. IT HAS ALSO HELPED PEOPLE WITH HIGH BLOOD PRESSURE AND DIGESTIVE PROBLEMS.

BEING PART OF A CLOSE-KNIT COMMUNITY

5



IT'S TRUE — NO MAN/WOMAN IS AN ISLAND. WITCHES AREN'T EXEMPTED! AND WHILE MOST WICCANS ARE SOLITARY PRACTITIONERS, ONE CAN'T DENY THAT COMPANIONSHIP AND INTERACTION CAN POSITIVELY IMPACT A PERSON'S OVERALL HEALTH. IT DOESN'T MATTER IF IT'S THROUGH A COVEN, OR EVEN AN INFORMAL STRUCTURE LIKE A GANG OF WICCAN FRIENDS OR A FACEBOOK GROUP — WE ALL NEED THAT LOVE!

6

GOING HERBAL

"A CUP OF WITCH'S BREW A DAY KEEPS THE DOCTOR AWAY!" SAYS THE WITCH WHO HASN'T USED PRESCRIPTION DRUGS SINCE SHE DISCOVERED THE WONDERFUL MAGICK OF TEAS, POTIONS, AND ELIXIRS! THE BEST TYPES OF MEDICINE ARE FOUND IN NATURE, IN THE FORM OF HERBS AND SPICES. GOT A COLD? WHIP UP SOME TEA AND HEAL THE NATURAL WAY.

7

WEARING THEIR SOURCE OF PROTECTION

MANY WICCANS ARE WITNESSES TO THE SHEER POWER OF THEIR AMULET. THE AMULET, WHICH ANCIENT EGYPTIAN WARRIORS WORE DURING WARTIME, CAN BE A NECKLACE, BRACELET, RING, OR ANYTHING THAT YOU CAN WEAR AND HAS BEEN BLESSED. HAVING ONE KEEPS YOU BALANCED, GIVING YOU THE PEACE OF MIND TO CARRY ON CHEERFULLY THROUGHOUT THE LONG DAY!

FEELING FRAIL?

TRY THIS FULL MOON RITUAL FOR ENERGY!

What do you do when the Full Moon rises and reigns over the night sky?

Bask in its power, of course!

The Full Moon is a time of abundance. The Mother Goddess radiates her full glow to everyone below her. Thus, this is a good time to do rituals that deal with personal and spiritual growth.

When you find yourself feeling frail — there's a trusty old ritual to get you back on your groove. Do this when you want a boost at work, in your personal relationships, and in your spiritual practice.

YOU WILL NEED:

- 3 silver candles (2 small, 1 large)
- 3 silver balls (2 small, 1 large - balls formed from silver foil is okay)
- 3 silver-colored bells
- 3 sticks of essence of mimosa
- A branch of willow (or any branch whose tree grows near water)
- Hand mirror (silver, if possible)
- Silver thread or ribbon

PERFORMING THE RITUAL:

This ritual is best performed on the night of the Full

Moon. If not, do it the night before or the night after.

Light a row of three silver candles — two of the same size for the waxing and waning phases, and a larger one for the Full Moon.

Light three sticks of essence of mimosa.

Using the silver thread, tie the bells and balls to the branch of willow. Then, holding the branch with one hand and the mirror with the other, direct the light of the full moon to the branch by angling the mirror towards it.

Recite the following:

*Isis, Mother of the Moon,
your power this night bring to
me soon.
Your silver radiance on me
shine,
your fertile light now
strengthen mine.*

*Full Moon, full glory, fill my
heart,
your loving wisdom to me
impart.
Mother Isis, your child I call,
uplift and guide me lest I fall.*

(You can also invoke your own choice of Moon Goddess, or just call on the Moon Mother.)

Using the thread or ribbon, add 9 loose knots to the branch and recite the following:

*I bind your tree with tasks
undone,
Maiden, Mother, not yet
Crone.
I bind your strength my race
not won,
I take the power and it is
done.*

Then, pull all the loose knots, one after the other. Shake the branch so the bells ring and the energy is released.

After the ritual, hang the branch inside your home for up to a week, the bells and balls intact. Set aside time during this week to light a silver candle and just focus on all the possibilities ahead of you because of your renewed energy.

THE
MOONLIGHTSHOP
• YOUR ONE STOP WICCAN SHOP •





5

SELF-CARE

TIPS

FOR THE

BUSY

WITCH

MOST OF THE TIME, YOU FIND YOURSELF SO CAUGHT UP IN THE BUSTLE OF MODERN LIFE, THAT YOU RUN THE RISK OF WEARING YOURSELF OUT — BOTH PHYSICALLY AND MENTALLY!

DON'T LET THAT HAPPEN, BECAUSE NO MATTER HOW MANY TIMES YOU HEAR IT, THE PLAIN TRUTH IS...HEALTH IS WEALTH!

IF YOU ARE A BUSY WITCH, TRY PRACTICING THESE 5 SELF-CARE TIPS AND SEE THE DIFFERENCE IN YOUR OVERALL WELLNESS.



1. Rest

No other self-care tip could be more simple and more effective. Rest is very underrated in this fast-paced world, so we should give it the attention it deserves!

Zooming through your day and trying to get everything done without stopping is actually counterproductive. Set a specific time frame, like resting for 5 minutes for every 30 minutes' worth of work. Use your break to rest your eyes, stretch, or check your phone.

If you include rest in between hard work throughout your day, notice the improvement from your productivity to your mood! The best thing about this is when you get home after work, you'll still have the energy to do simple witchcraft.

So please – rest, take a power nap, enjoy that cup of tea without frantically replying to emails. You deserve every minute of it!



2. Have a creative outlet



Everyone has a creative bone in their body. If you're into any kind of artistic pursuit — like dancing or writing poems — then by all means, do it more often!

Creating something with your hands is a great deal rewarding and therapeutic. According to research, making art is super effective in reducing stress, developing problem solving skills, and emotional healing.

And don't even worry about expectations! You're doing this for yourself, not for anybody else.

Try to carve out time each day for art, until you develop a habit of it. It will do wonders, just like regular exercise and a healthy diet!

3. Maintain a Book of Shadows

As a Wiccan practitioner, a Book of Shadows is probably the most important notebook that you'll ever own. It serves as a guide and a source of inspiration, so that you'll continuously grow deeper in your spiritual practice.

There are no hard and fast rules when it comes to making a Book of Shadows. Although, the very basic contents of a BoS are (1) a manifesto of your beliefs, (2) your favorite spells and rituals — including the ones that you yourself created, and (3) chants, poems, and artwork that motivate you.



4. See all the magick around YOU

Sometimes, your stress can stem from lack of time to practice witchcraft. One simple hack is to not think of witchcraft as something you can only do on your altar. If you look closely, magick is all around you!

Try and do the following:

- Cast shower spells when taking a bath.
- Add magickal herbs and spices to your meals.
- Get rid of unwanted energy and welcome good vibes whenever you're sweeping the floor.
- In place of more formal rituals, simply sit by the altar and recall your day.

Of course, you'd have to actually schedule in rituals during special days like Samhain and be there as much as possible. But the more you find magick in everyday chores, the more you'll see how it's such a rewarding experience.





5. Be more self-aware

One thing people do everyday that builds up stress is moving around mindlessly. We tend to lose sight of the ultimate purpose of our daily activities – "What do I wake up for? What are my goals?"

Being more self-aware is looking at the big picture while poring over the day's tasks. Think of it as having two powerful optical tools – the telescope and the magnifying glass. Use the telescope as a viewfinder to see your goals. You'll get there soon! And in order to get there, you have to attend to the little things that make up the big things. And that's where the magnifying glass comes in handy!

More importantly, self-awareness is being grounded. When you're grounded and confident about yourself, you can almost physically feel the power emanating from inside you! A talisman, like a necklace or a ring, usually serves as the center of that power from which it radiates.



MAGICK

LEFT TO RIGHT

EXCLUSIVELY ON:


THE
MOONLIGHTSHOP

FREE PENTACLE

OF THE BLACK ONYX

1.

RECORD A SHORT VIDEO REVIEW OF THE MAGAZINE

(BE SURE TO SHOW THE MAGAZINE ON YOUR TABLET, COMPUTER, IN KINDLE OR PRINT)

2.

**POST IT ON YOUTUBE AND SEND THE LINK TO:
INFO@THEMOONLIGHTSHOP.COM**

(INCLUDE THE LINK: [HTTP://THEMOONLIGHTPOST.COM](http://themoonlightpost.com) IN THE VIDEO DESCRIPTION)

3.

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