

The Magical Energy of The Rose

Roses in any form (tea rose, wild rose, climbing rose) will offer you
a direct connection to the Divine Feminine.

They embody the energies of the Goddess archetype, especially the Mother Goddess.

Roses also enhance our psychic abilities
and are especially useful before doing any divination.



Here are just a few suggestions to bring rose energies into your magical practice

Keep rose quartz on your altar to bring a loving energy to your space.

Use rose water as a space spray when you work with the goddess.

Try drinking rose tea with a little honey – you could also use rose tea as an offering.

Remove any thorns (carefully!) from cut roses – thorns symbolise magical protection.



Magical Uses for Bay Leaves

Add crumbled bay leaves
to space clearing incense
to boost its effects



Burn before divination to
clear the energy and
enhance clairvoyance



For speedy spell-working:
Choose a word or two to
summarise your intent, then
write them on a bayleaf and
burn the leaf to send the spell
on its way



If you need guidance on a
situation; Place a few bay
leaves under your pillow and
ask that your dreams provide
the guidance you need



Self Care Potions

Glowing Inner Light Potion

Make a cup of rosebud tea

Add a couple of cardamom pods

Pop in a sliver of fresh lemon peel.

Visualise an intense beam of light coming
from above and charging the blend.
As you drink, feel your inner light
growing brighter and brighter.

A Warm Hug Potion

Pour a mug of your favourite milk into a
heatproof container.

Add a cinnamon stick, a couple of drops of
vanilla essence, a big dollop of honey and a
tiny pinch of white or black pepper.

Warm the mixture through, stir well and
pour into your favourite mug.

Let the spicy sweetness warm your heart!



A space for your own
recipe

Trace your finger around the spiral and say each phrase as you go.
The phrases work whichever way your finger travels...



Spirit of Green Spaces
I walk with you
Among the trees and mosses
I give thanks for you
In awe of nature
You soothe my soul
You heal my hurts
Thank you, Spirit of Green Spaces



Flower Essences for Healing Spells

Flower Essences for Easing Grief Spells

Star of Bethlehem

Sweet Chestnut

Water Violet

Honeysuckle

Flower Essences for Easing Heartbreak Spells

Walnut

Gorse

Star of Bethlehem

Agrimony

Flower Essences for Easing Loneliness Spells

Water Violet

Chicory

Mimulus

Sweet Chestnut

More information at
sashamacdonald.com/flower-essences

Gardening By Moon Phases



Crescent Moon

Rising energies & upward growth
Plant anything that is harvested above ground.



First Quarter Moon to Gibbous Moon

Plant anything that is harvested above ground
Bad time to plant root crops
Take cuttings but don't prune



Full Moon

Fertilise crops
Take cuttings but don't prune
Re-pot plants and seedlings



Disseminating Moon to Last Quarter Moon

Drawing down energies & slower growth
Plant crops that are harvested for roots



Balsamic Moon to Dark Moon

Dormant stage of low energies
Bad time for planting
Good time for harvesting
Good time for pruning
Good time for fertilising

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Tea Magic

A Tea-Break Spell – a simple ritual of positive intent

This is a great way of learning how a simple ritual feels. Due to its simplicity, it's also a useful mindfulness meditation. For the purposes of this ritual, I will use tea as the focus – feel free to use any kind of tea you like, as long as it's in a teabag.

You will need

Fresh water
A way of boiling the water (kettle/pan/stove etc)
A teabag of your choice
A spoon or stirring tool
A cup/mug
A saucer/bowl/small plate
Milk / plant milk / sugar / lemon / honey if you wish
A small area to work in



Tea Magic

Method

Choose a time when you will be alone or undisturbed for around 10–15 minutes.

Choose a simple, positive intention for the ritual (for example: "I direct my positive intention into this ritual so I may grow in confidence and develop a deeper understanding of my path")

Gather all the objects you will need into one area (this is so your focus isn't broken by leaving the room or area during the ritual)

Take a moment to acknowledge the provisions you have in front of you and give thanks to the universe (or any source you want to thank)

As you fill the kettle, appreciate the blessings of water, see the water's energies bringing a positive flow to your tea.

When you have put the kettle on to boil, acknowledge the power of fire/heat in the process.

Visualise the fizzy spark of the fire's energy contributing to your positive brew.

While the water boils, take a teabag and hold it in your hands (however feels right)

Focus positive thoughts into the teabag, following the intention you chose at the start of the ritual.

Appreciate the earthy plants in your hands and when you feel ready, place the teabag in the cup.

Once the water has boiled, pour it into the cup, visualising the energies of the water and fire adding to your blessed, earthy tea.

As the tea swirls from the teabag in to the cup, visualise your intention becoming true, as the elements begin to mingle and spark in the cup.

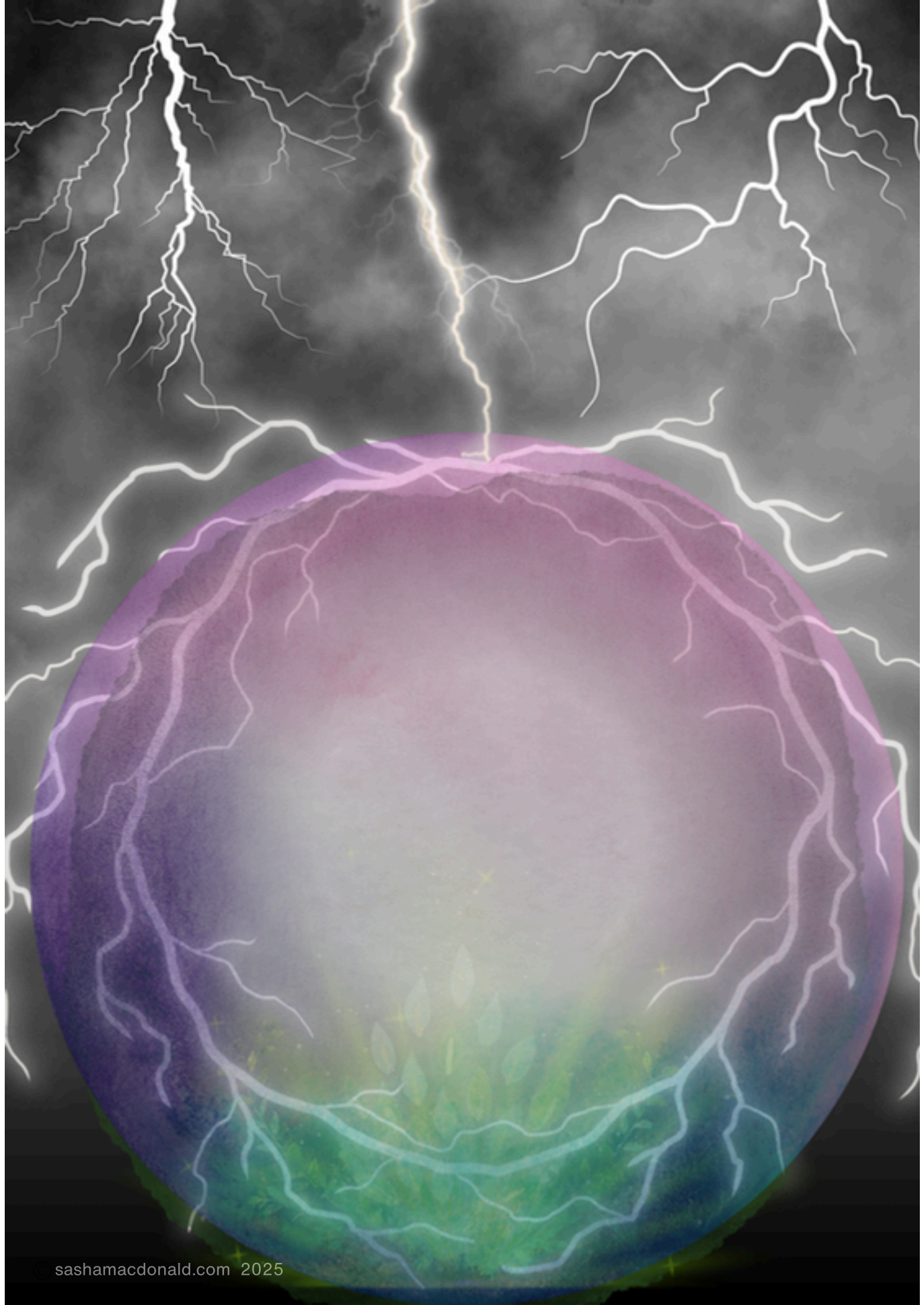
Take the spoon and slowly stir the tea clockwise as you calmly repeat your intention for the ritual (you can say it in our head or out loud).

When you feel ready to stop stirring, remove the teabag, put the spoon down and gently blow on your tea, sending the steam spinning into the air. As you blow, send your final positive thoughts into the tea, feeling the airy power of your breath activating the last part of the ritual. Visualise all the energies spinning within your cup as you gently blow.

Now it has all come together – earth (tea), air (breath), fire (heat) and water. You have brought the elements together with your chosen intention, congratulations! You're welcome to add any extras at this stage if you like (eg: milk, honey etc)

Now you can truly immerse yourself in the most wonderful brew you've made! As you sip each mouthful, visualise or sense the positive intention working its magic...





Plant Magic Notes





Shadow work

