

WITCHCRAFT & METAPHYSICS

Magic pack for March 2024



MAGIC in PARTNERSHIP

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WELCOME TO WITCHCRAFT & METAPHYSICS DOWNLOADABLE PACK FOR MARCH 2024



If you are not familiar with what we're doing at Witchcraft & Metaphysics, be sure to check us out and subscribe at:
witchcraftandmetaphysics.substack.com

Witchcraft & Metaphysics is a place to learn about:

- Spirituality and magic as my guides have taught me, often through the lens of history, myth, and synchronicity.
- Some of the many ways the Divine communicates with us.
- Animistic values and being in relationship with the spirits.
- How to deepen a sense of fulfillment through practical applications of all of the above.
- And so much more!

Thank you SO much for being a subscriber!

Paid subscribers make it possible for me to dedicate my time to creating posts, rituals, and other content that helps YOU cultivate your practice and grow your own relationships with spirit. The more paid subscribers I have, the more I can focus on the flow of information coming directly to you.

As you work your way through this month's pack, know that you are not alone. Please bring any and all questions and comments to the post where you downloaded this, or feel free to email me directly at witchcraftandmetaphysics@substack.com.

Let's make some magic together!

YEAR-LONG DOWNLOADABLE SCHEDULE

- SEPTEMBER 2023—MAGIC & IDENTITY
- OCTOBER 2023—RESOURCES OF MAGIC
- NOVEMBER 2023—MAGIC AND MINDSET
- DECEMBER 2023—AT HOME WITH MAGIC
- JANUARY 2024—THE JOY OF MAGIC
- FEBRUARY 2024—THE MAINTENANCE OF MAGIC
- MARCH 2024—MAGIC IN PARTNERSHIP
- APRIL 2024—TRANSFORMING SHADOWS WITH MAGIC
- MAY 2024—MAKING MEANING WITH MAGIC
- JUNE 2024—EXPANDING MAGIC'S POTENTIAL
- JULY 2024—MAGIC AND COMMUNITY
- AUGUST 2024—MAGIC AND THE DEPTHS

HOW TO USE THIS PACK



WEEKLY SUB-THEMES

For our exploration of Magic in Partnership this month, we'll be spending one week on each of the following sub-themes:

- Week one we'll be getting clear on what we're looking for in partnership and our own motivations for wanting partnership.
- Week two will explore ways that Magic can help us move from reactivity to curiosity in our partnerships.
- Week three is dedicated to Magic practices for enhancing communication in partnerships.
- Week four puts the icing on the cake with various practices to add Magic into existing partnerships.

MORNING RITUAL

At the beginning of each week, you will find a place to record your morning rituals. The morning ritual is a very important part of coming into relationship with magic and it is my hope that you will commit to doing this every morning for thirty days.

Just as we wash our faces and brush our teeth to begin each day, it's wonderful to start with connected, clean, Magic-filled energy. Doing this every morning helps us get really acquainted with—and make a lifelong habit of—connecting with Magic. It builds our relationship. We get to know magic and how it communicates with us, and how we communicate with it. This is a critical first step because we need to know how to communicate with magic in order to go deep in this practice. We need to be able to recognize the voice of Magic when it speaks to us, or even to be aware of when it's knocking on the door, asking for a visit.

The morning ritual is also a very potent container and can become a sanctuary in times of trouble. Let it be an anchor for you. Let it be the ground when you find yourself in free fall. It really is the ideal container for learning to let the sacred hold us.

What you do for your morning ritual is up to you. The intent is to begin the day consciously connecting with Spirit, or Magic, in whatever way feels good to you. For me, my morning ritual usually consists of a song and/or prayer of devotion followed by giving an offering. But sometimes the most I can do is quietly ask for support and let myself be held. The important thing is simply to show up and connect with Spirit.

Even if you can only spare two minutes in the morning, try your best to make it a priority. Each week in this pack begins with a page to track your morning rituals. Fill in the box for each day however you like...with a simple checkmark; a brief note for what you did as your morning ritual; a note about any guidance you received; or anything else that feels right.

EXERCISES AND ACTIVITIES

Beyond the morning ritual, there are a few activities, exercises, and/or rituals for each week. These are designed to deepen your exploration of the theme for the month. They are not all required if it feels like too much. Do the ones that call to you and spend a day or two with each.

JOURNALING AND DREAM GUIDANCE

At the end of each week, you will find a few journaling prompts for further exploration of the month's theme. If it feels good, I'd love for you to share some of your thoughts from these in the comments on Substack!

The last section for each week is a space to record any guidance you might have received from dreams. I believe that dreams are messages to us from Spirit and are always relevant to whatever we might be exploring. Again, please do share this guidance with the group if you feel called to do so.



On the following page, you will find a calendar that includes a suggested plan for working through the activities and rituals for the month. Use it if it's helpful and feel free to change the order as you see fit.

Make this process your own and, most importantly, enjoy!

Again, please don't hesitate to reach out with any questions. You can email me at: witchcraftandmetaphysics@substack.com

MARCH 2024



MON	TUE	WED	THU	FRI	SAT	SUN
				1 Getting Clear on what I want in partnership worksheet	2	3
4 Create an ideal partnership amulet	5	6 What are my motivations for partnership exercise	7	8 Week 1 journaling and dream guidance	9 Read 'Curiosity instead of Reactivity' overview	10 Pause Before Responding card spread
11 A ritual to practice the skill of Unknowing <i>New Moon</i>	12	13 Meet your Curiosity Guide	14	15 Week 2 journaling and dream guidance	16 Create a Clear Communicator Talisman	17
18 Open Ears, Open Mind ritual	19 Enhance communication with the clairs	20	21 Spring Equinox Ritual	22 Week 3 journaling and dream guidance	23 Read 'Enchanting an Existing Partnership' overview	24
25 Create a partnership altar <i>Full Moon</i>	26	27 Spell to spice up a partnership	28 Spell to smooth rough waters in a partnership	29 Week 4 journaling and dream guidance	30	31



MAGIC IN PARTNERSHIP



When I set up my year-long calendar for these downloadable packs, I was especially looking forward to this month all about Magic in Partnership. As you may or may not know, I believe that we are collectively moving towards a time of more relationality. I'm on a mission of sorts to do my part to help usher in this new way of being. The whole idea of partnership is right in line with this...our one-on-one relationships provide the perfect container to practice relating well.

As I was preparing this downloadable pack, I came across a theory called the Law of Three that I felt perfectly described the role of Magic in our partnerships. For my readers on the witchy path, you are probably familiar with the Rule of 3 that basically states whatever you put into the universe will come back to you times three. But what I'm talking about here is something a little different.

Cynthia Bourgeault writes about it in her book "The Corner of Fourth and Nondual". She says:

"Every phenomenon, at whatever scale (from the subatomic to the cosmic)...arises from the interaction of three independent forces. These are variously known as 'affirming' 'denying' and 'reconciling', or sometimes simply 'first' 'second' and 'third.'"

The labels of "affirming" "denying" and "reconciling" are much more nuanced than they might first appear. To me, this isn't about opposing forces necessarily, rather the main point is that whenever two things come together a third force is needed to help them combine into something new.

I like to picture this as two cables coming towards each other. On their own, they can't really do much but bump into one another. But when a pair of invisible hands (the third force) comes along, the two cables can be woven together into something new.

What does this have to do with Magic and Partnership? I see the two cables as me and my partner, while the invisible pair of hands is Magic itself. Magic can help us create partnerships with others and can then enhance these partnerships in all sorts of ways.

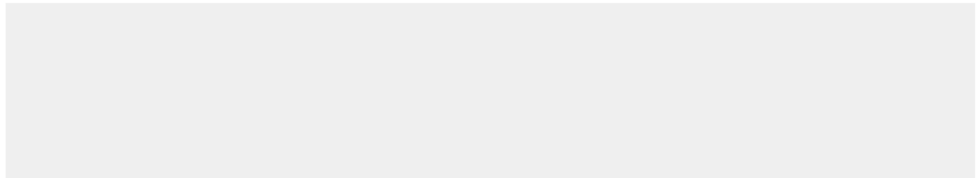
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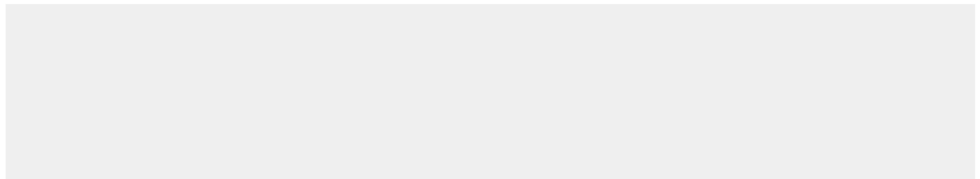
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WEEK ONE MORNING RITUAL

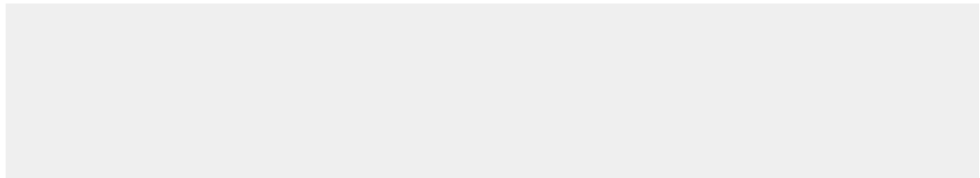
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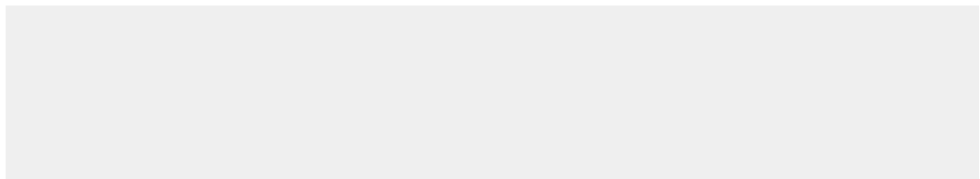
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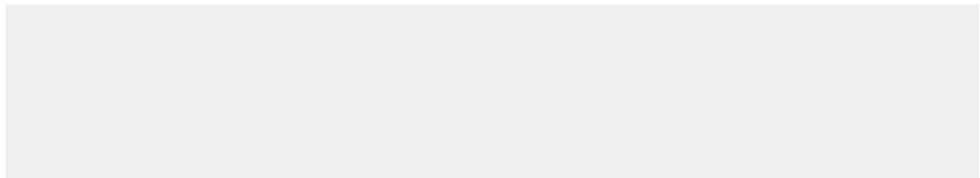
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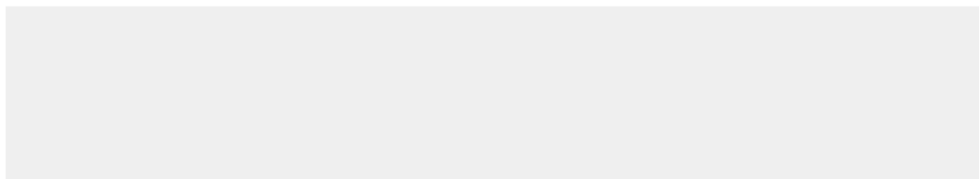
THURSDAY



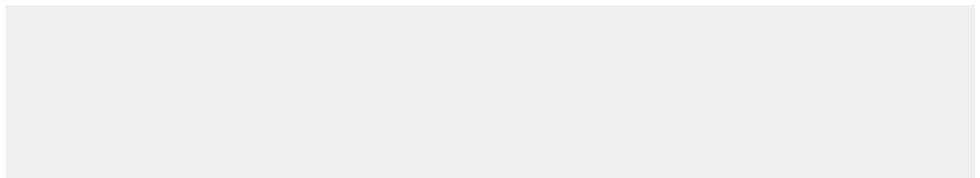
FRIDAY



SATURDAY



SUNDAY



GETTING CLEAR ON WHAT I WANT IN A PARTNERSHIP

In past partnerships

What worked well:

What didn't work at all:

When I think about people I admire, the traits they have are:

These traits matter to me because:

How do I want to feel in my partnership right now?

In five years?

In twenty five years?

My Emotional Needs

My Physical Needs

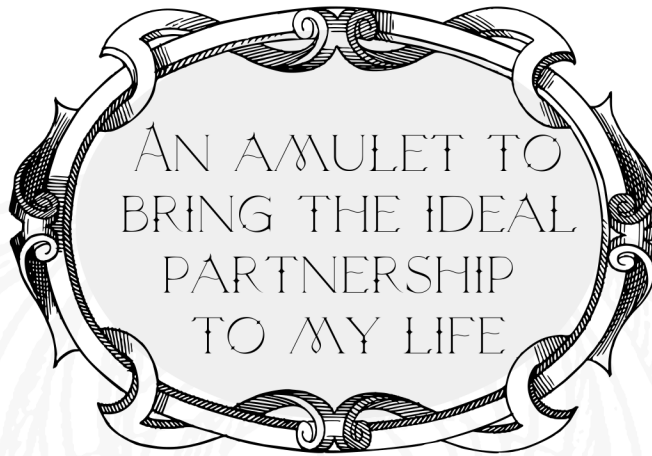
My Communication Needs



NOTES

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NOTE: THIS IS NOT ABOUT PUTTING A SPELL ON ANOTHER PERSON OR OTHERWISE PRACTICING BLACK MAGIC. THIS IS ABOUT ENHANCING THE BEST POSSIBLE QUALITIES OF EITHER AN EXISTING PARTNERSHIP, OR BRINGING A NEW ONE INTO YOUR LIFE.

INGREDIENTS

- A copy of the Two of Cups tarot card as an anchor for the energy of partnership.
- A small sketched map of your area to draw the partnership to your location.
- A piece of mirror or something reflective as a reminder of the importance of your own energy in the partnership.
- A crystal to amplify the energy of this partnership. Choose one with properties that most resonate with the type of partnership you're seeking.
 - For example: rose quartz for a romantic partnership; green jasper for a business partnership; sodalite for friendship and general camaraderie.
- Some herbs or flowers to purify the energy of this partnership (use your intuition here)
 - examples: basil, rosemary, sweet grass, rose petals, frangipani (plumeria)
- A few drops of an oil to concentrate the intention and smooth the way
 - You can use essential oils of any of the herbs or flowers listed above, Abre Camino (my personal favorite), or even a few drops of honey for sweetness (though not advised if you're using a porous pouch for your container.)

DIRECTIONS

- Place all ingredients in a jar, vial, or pouch. Speak into the container your intention to manifest the ideal partnership. Carry this with you throughout the month. You can even sleep with it under your pillow. This will help you release blocks and experience joy.

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UNDERSTANDING OUR MOTIVATIONS IN PARTNERSHIP



It is crucial for individuals to understand their own sense of wholeness before entering into a partnership with another person. The idea of being whole means that you have a strong sense of self-awareness, self-love, and self-worth that is not dependent on external factors or validation from others. Sometimes we unconsciously look to a partner to help us feel complete. But when we rely on our partners to fill the voids within us, it can lead to unhealthy power dynamics within the relationship.

This isn't about having to be whole before being in partnership. Most of us are always experiencing some level of fragmentation. Rather this is about seeing clearly where we are in our own wholeness and knowing that it is not our partner's responsibility to complete us. When we can come into partnership from this place of understanding, we are able to come together with our partners as equals and build a strong foundation based on mutual respect, trust, and support. Each person brings their own unique qualities, strengths, and interests to the partnership, enhancing the relationship rather than relying on it to define their sense of self-worth. This allows for a healthier and more fulfilling connection where both individuals can continue to grow and evolve independently while also growing together as a partnership.

On the following page is a list of prompts to help us get clear on our motivations for seeking partnership. Spend some time contemplating each one to see how much it resonates with you. If you find that your thoughts show a pattern of wanting a partner in order to feel whole within yourself, it might be worthwhile to take a step back and spend some time cultivating wholeness first.

- I depend on my partner for my self-esteem.
- I need a partner to make me happy.
- I am afraid to be alone.
- I am unable to be alone without distracting myself with something like TV or my phone.
- I feel threatened when my partner enjoys something without me.
- In order to feel a sense of achievement, I need my partner to be proud of me.
- I am only okay when my partner is okay.
- I am only okay when my partnership is okay.



For the prompt below, go as deep and get as specific as you can with this. If your answer is something general like “heartbreak” or “grief” ask yourself: What would be the worst thing about that? Keep asking yourself until you get to something specific.

- If my partner leaves me, what I’m most afraid of is...
 - If your answers have more to do with your partner or the partnership itself, like “missing them” or “ending the project” then it’s probably a reflection of healthy motivations.
 - If your answers have more to do with you, like “falling apart” “being alone” “I’ll never be happy without them” then it’s likely a reflection of seeking external mean of feeling whole.



NOTES

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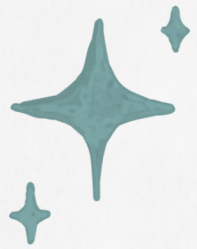
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WEEK ONE GUIDANCE FROM DREAMS

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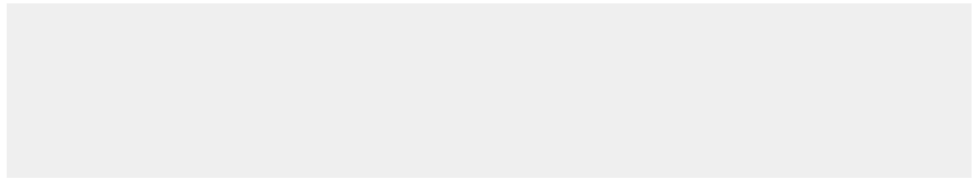
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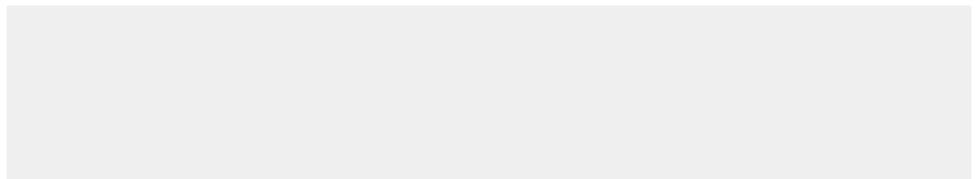
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WEEK TWO MORNING RITUAL

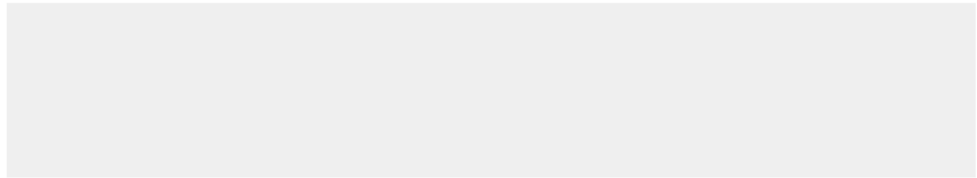
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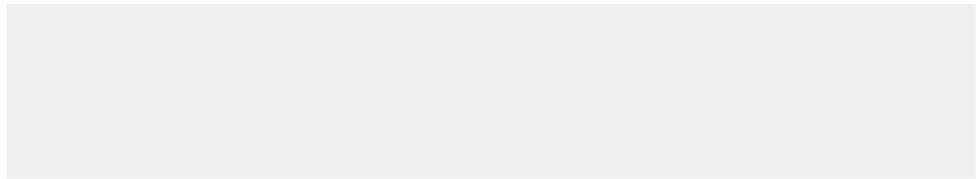
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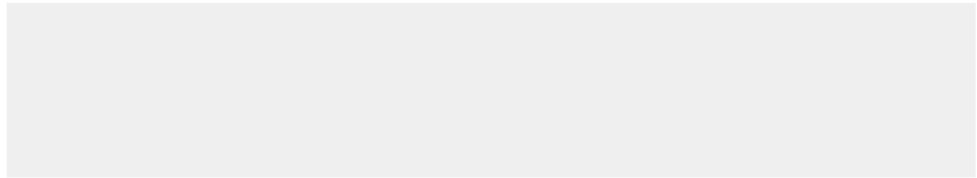
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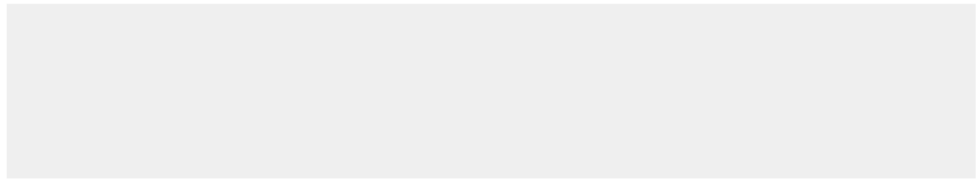
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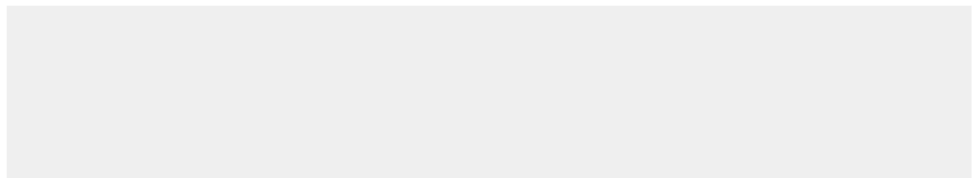
FRIDAY



SATURDAY



SUNDAY



CURIOSITY INSTEAD OF REACTIVITY



Curiosity and reactivity are two contrasting approaches that can greatly influence the dynamics of partnerships. Curiosity involves a genuine interest in understanding your partner's perspective, emotions, and needs. It fosters open communication, empathy, and a deeper connection between partners. On the other hand, reactivity often involves quick, emotional responses triggered by external stimuli, which can lead to misunderstandings, conflict, and a breakdown in communication.

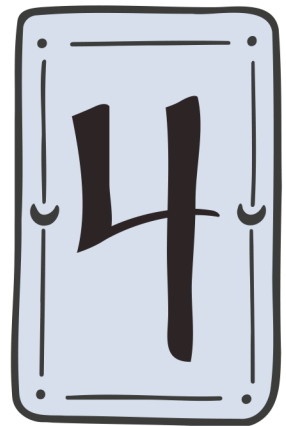
When partners choose curiosity over reactivity, they create a space for mutual respect and growth within the relationship. By approaching situations with curiosity, partners can explore underlying issues, uncover hidden motivations, and work together towards finding solutions. This proactive approach not only strengthens the bond between partners but also allows for personal development and a deeper understanding of each other.

This week we're going to explore a few ways to cultivate a habit of curiosity in our partnerships.

PAUSE BEFORE RESPONDING CARD SPREAD

You know those times when we feel hurt, angry, or otherwise upset by something our partner said or did? Instead of rushing into reactivity, take a minute to let your cards help you feel curious.

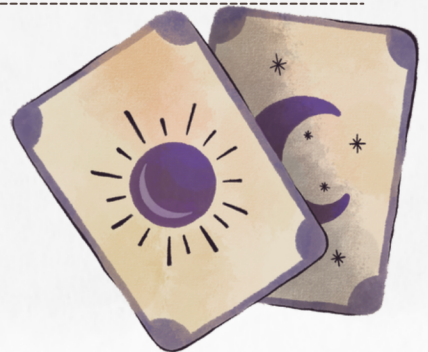
1. What is real about this?
2. What is underlying my partner's perspective?
3. Where do I need more information?
4. Is now the time to act?
5. Why is this situation triggering to me?





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A RITUAL TO PRACTICE UNKNOWING



Unknowing is a choice we can make to become open to possibility and meeting life as it comes. Instead of approaching a situation with preconceived ideas based on the past, we can come to it as a blank slate. When we practice this skill on a consistent basis, we can bring it into our partnerships, helping to foster more curiosity, better communication and less reactivity. Below is a simple, guided ritual for practicing unknowing.

- Open your sacred space however you like.
- Invite in your primary helper spirits and ask them to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Take a few deep centering breaths.
- Close your eyes and imagine something mundane that you see in your everyday life. Perhaps a street sign you pass on your way to work, or one of your houseplants, or your favorite piece of clothing. For a moment, just be with this object in your mind.
- When you feel ready, begin to release everything you already know about this object. If you're a visual person, you can picture this as balloons floating away. If not, just sense the energy of your knowledge dissipating until you feel that you know nothing at all about the object.
- Now, open your mind to curiosity about the object. Try to imagine or wonder about its entire history. If it's a manufactured item, wonder about where the materials it's made from originally came. Wonder about all the people necessary in inventing the thing and bringing it into form, as well as how it got to you. Wonder about the object's perspective. How does this thing see you? What does this object wonder about? Try to be as openly curious about the object as you can be now that you've released all your knowing about it.
- When you feel complete, make some notes about your experience, paying special attention to any new ways you might view the object you worked with.
- Offer gratitude and close the space.



MEET YOUR CURIOSITY GUIDE

Did you know that we have spirit guides that can help us amplify parts of our lives that might feel a little deficient? If you're having trouble tapping into curiosity in your partnerships, connecting with a curiosity guide might be just the help you need. Once you are connected to this guide, you can ask them to support you in expanding your sense of curiosity.

- Open your sacred space however you like.
- Ask your divine powers to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Take a few centering breaths and feel your energy throughout your whole body.
- Recall a time when something made you feel deeply curious; something you couldn't stop wondering about.
- When you have this thing in mind, let it spark a feeling of curiosity within you. Once you can feel that, see if you can expand it so that the feeling of curiosity is running all through you.
- From this place of being infused with curiosity, say aloud to your primary spirit guide(s) and allies that you want to meet your Curiosity Guide.
- Guides can come to us in any form, including an image, a sensation or a knowing. Be patient and open to whatever happens.
- When your Curiosity Guide arrives, feel the energetic connection between you. Feel them around you. Listen and otherwise sense anything they might be telling you.
- Know that this connection will grow stronger each time you repeat this practice.
- Once you feel strongly connected to your Curiosity Guide, you can ask them questions like what are their names and what would they like you to know about them.
- You can call on your Curiosity Guide anytime you want a boost in this powerful feeling.
- When you feel complete in this ritual, offer gratitude and close the space.



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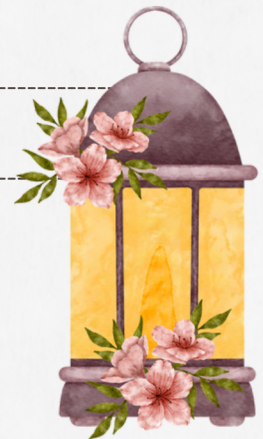


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WEEK TWO GUIDANCE FROM DREAMS

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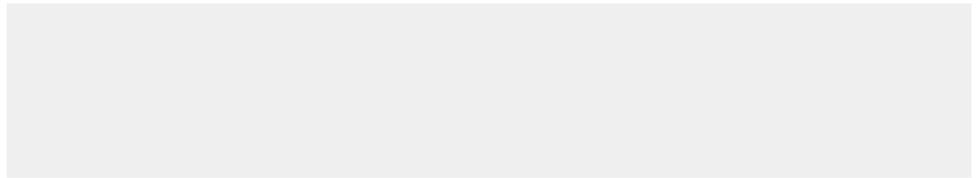


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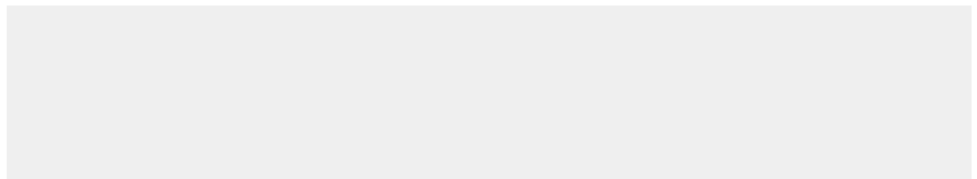
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MORNING RITUALS

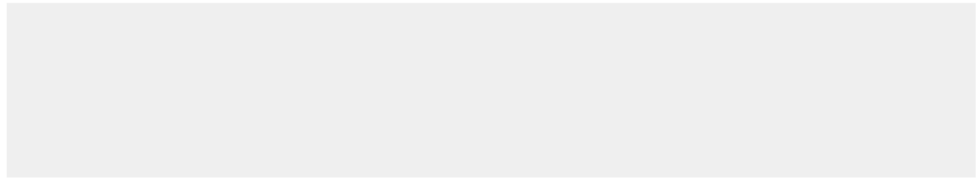
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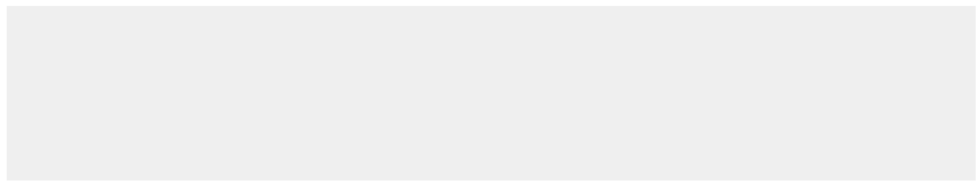
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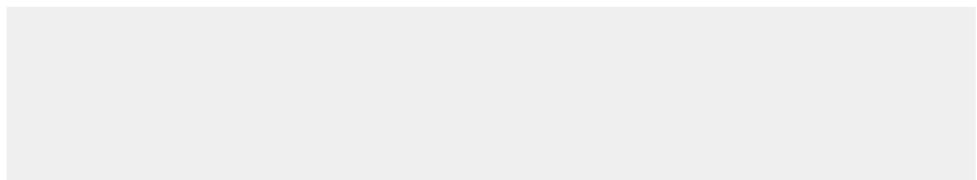
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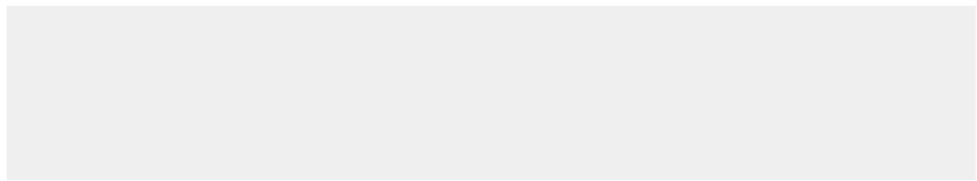
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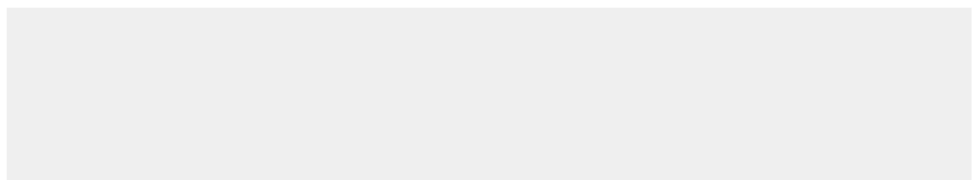
FRIDAY



SATURDAY



SUNDAY





WEAR OR CARRY THIS TALISMAN ANYTIME YOU WANT TO ENSURE CLEAR COMMUNICATION, OR OPEN A CHANNEL OF COMMUNICATION, BETWEEN YOU AND A PARTNER. IT'S ESPECIALLY USEFUL TO HAVE ON HAND DURING A BIG TALK, MEETING OR CONFRONTATION.

WHAT YOU NEED:

- An object in which to infuse the intention of clear communication. It can be a piece of jewelry or something small enough to carry in a pocket or hold discreetly in your hand.
 - Some crystals that work well for this are: lapis lazuli, aquamarine, amethyst, or clear quartz.

PROCESS:

- If you created a 3-in-1 tool from the Maintenance month, this is a great opportunity to use it. Simply place your chosen talisman object on it and make the declaration:
 - This object holds the power of clear communication. All those near it listen with open minds; and speak with honesty, clarity and kindness.
- Spend a moment imagining (visualizing and/or sensing) a scenario where a clear, productive, satisfying conversation takes place. Now feel the power of that scenario fill up your talisman object.



OPEN EARS, OPEN MIND RITUAL



- Open your sacred space however you like.
- Ask your divine powers to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Take a few centering breaths.
- Close your eyes and envision a bright light entering your ears and mind, clearing away any blockages or limitations. Imagine your ears becoming more receptive to hearing new perspectives and your mind expanding to embrace fresh ideas.
- Speak aloud your intention to have open ears and an open mind. You can say phrases like "I am open to new ideas and perspectives" or "I listen deeply and with compassion" or "I listen to understand, not to reply." Or, if you'd prefer to recite an incantation, you can chant the following:

I open my ears and open my mind,
through listening, wisdom I will find.
To truly understand, I must hear,
let empathy and kindness be near.
With open ears, the world reveals its song;
every voice unique and strong.
Open mind, a gateway to insight;
embracing differences, I see the light.
May I listen with intent,
open ears, open mind, I am content.
- With every recitation, feel yourself becoming a better and better listener.
- Sit still for a few moments in this new receptive energy, deeply listening to the ambient sounds around you.
- When you feel complete in this ritual, offer gratitude and close the space.



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MAGIC AND COMMUNICATION WITH OUR PARTNERS



One of the ways that Magic can help us better communicate with our partners is through understanding what is known as the clairs. The clairs are extrasensory ways of both giving and receiving information. Everyone utilizes all of the clairs (even if they don't know it), but, we tend to have one or two that we use more predominantly.

When we come to know which clairs we more naturally gravitate towards, and which clairs our partners prefer, we can cultivate these forms of communication for better understanding. For example, if my predominant clair is clairvoyance (clear seeing), then I can ask my partner to communicate in more visual terms and, likewise, if my partner's predominant clair is clairsentience (clear physical feeling) then I can utilize touch in my communications.

On the next page is a list of the clairs to help you get started. Once you've read through the list, call to mind a pleasant memory of yours that contains noticeable sensory information. Some examples might be decorating a Christmas tree, or walking through a park in Autumn, or baking a pie with your grandmother. When you think about it, notice if you see it, hear it, know it etc. Notice which one or two of these resonate most strongly with you as the way(s) you tend to perceive. Then share the list with your partner and have them go through the same process.



Clairvoyance
(Clear seeing)

Perceiving in mental images like a photograph or movie in the mind



Clairaudience
(Clear hearing)

Psychically hearing messages, tones, or other information.



Clairsalience
(Clear smelling)

Smelling things that aren't physically present, like ghostly cigarettes or perfume.



Clairgustance
(Clear tasting)

Receiving a taste impression without actually eating anything.



Clair empathy

Experiencing the thoughts, attitudes or emotions of another being.



Claircognizance

Having a sudden knowing or flash of insight that seems to come out of nowhere.



Clairsentience

The ability to physically feel psychic information with the body.

SPRING EQUINOX RITUAL



If you've been following along with these seasonal rituals, you'll remember that we spent the winter deep in a cave, making meaning--or storying--our experiences from last summer. At Imbolc (the beginning of February), we began gathering our things and preparing to emerge from the cave. Now, at Spring Equinox, we finally emerge into the light.

- Begin by creating a sacred space for your ritual. This could involve cleansing the area with sage or incense, setting up an altar with symbols of spring such as flowers, eggs, and seeds, and lighting candles to represent the returning light.
- Call upon the energies of spring, growth, and renewal. You can do this by speaking a prayer, chanting, or simply setting your intention for the ritual.
- Let yourself imagine the journey out of the cave. What do you see as you emerge? What plans or projects come to mind in the newness of the light?
- As you move from darkness to light, you may want to leave behind any heaviness or negativity from the winter months. You could write down things you wish to release on a piece of paper and burn it in a fire, or bury it in the earth.
- Then welcome the energy of spring into your life. Try to feel your skin warming as you envision the sunshine upon it and let that radiance permeate every cell of your being.
- Finish the ritual by expressing gratitude for the changing seasons and the opportunity for growth and transformation.

Remember, rituals are deeply personal and can be adapted to suit your own beliefs and practices. Enjoy the process of transitioning from winter to spring and embracing the light and new beginnings that come with the spring equinox.



WEEK THREE GUIDANCE FROM DREAMS

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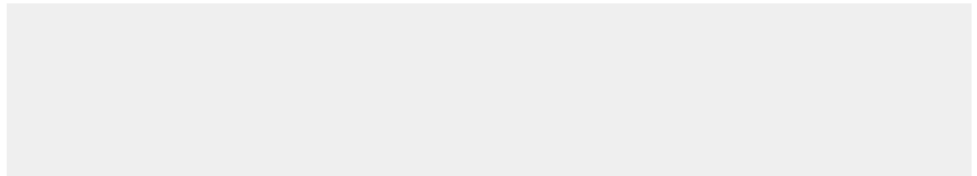
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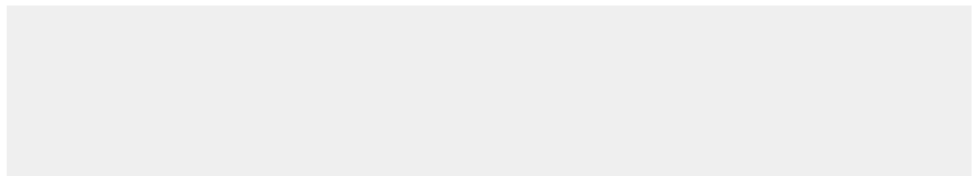
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WEEK FOUR MORNING RITUALS

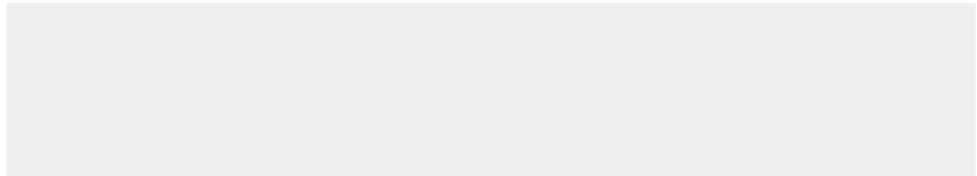
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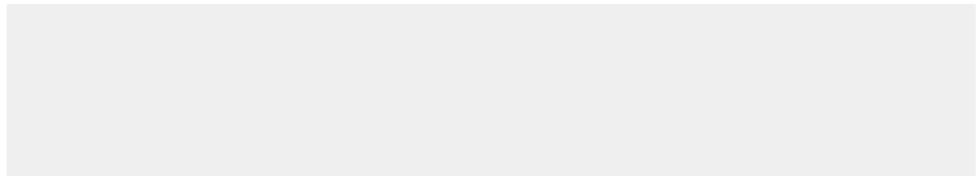
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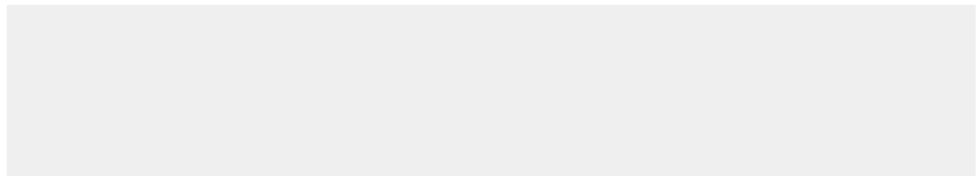
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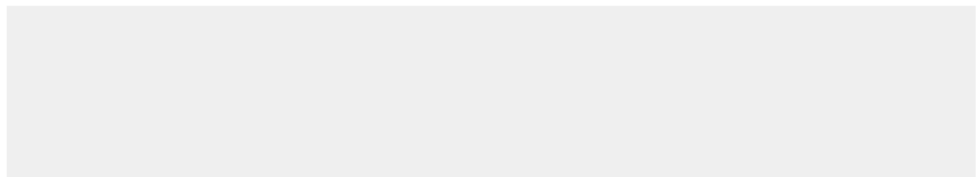
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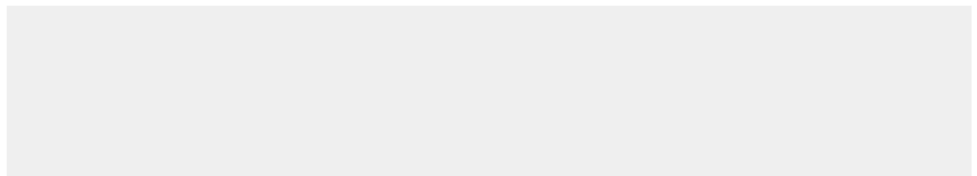
FRIDAY



SATURDAY



SUNDAY

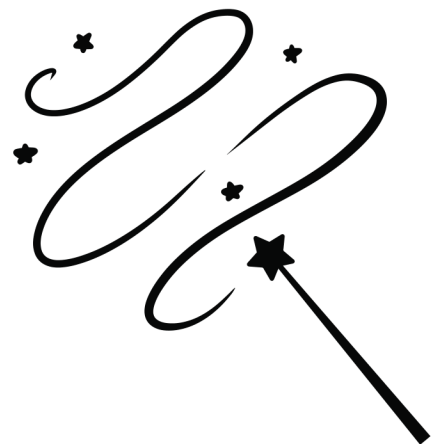


ENCHANTING YOUR EXISTING PARTNERSHIPS

Injecting Magic into partnerships can introduce a feeling of enchantment and thrill. It serves as a catalyst for creativity, urging individuals to explore unconventional ideas. By infusing Magic, relationships can be revitalized, leading partners to perceive each other differently and cherish their special bond. Through this magical touch, partners can forge a distinctive and remarkable connection that surpasses the mundane, making their partnership truly exceptional.

Some of the ways to invite Magic into your partnership on a daily basis could look like giving one another thoughtful surprises, going on shared adventures, or embracing wonder together. To go deeper with Magic in your partnership, the following pages include ideas for making a partnership altar, as well as two spells for enhancing your partnership through Magic.

With Magic as an ally, our partnerships are deeply enriched and can become profoundly fulfilling aspects of our lives.



CREATE A PARTNERSHIP ALTAR (EVEN BETTER IF YOU CAN DO THIS WITH YOUR PARTNER)



Setting up a partnership altar can be a beautiful and meaningful way to honor and strengthen the bond between you and your partner. To begin, choose a sacred space where you both feel comfortable and at peace. This could be a corner of a room, a shelf, or even a small table. Next, gather items that hold significance for both of you, such as candles, crystals, photographs, flowers, or meaningful trinkets. These items could represent your shared values, goals, or memories.

Arrange these items on your altar in a way that feels visually pleasing and harmonious to both of you. You may want to include symbols of love, unity, and partnership, such as hearts or a pair of doves. Lighting a candle together can symbolize the light and warmth of your relationship. You could also incorporate elements from your spiritual or cultural backgrounds to personalize the altar even further.

Finally, take a moment to consecrate the altar together. This could involve saying a prayer, setting an intention for your partnership, or simply expressing your love and commitment to each other. Regularly tending to your partnership altar, perhaps by lighting candles or leaving small offerings, can serve as a reminder of the love and connection you share with your partner. It can be a sacred space where you come together to nurture your relationship and celebrate your bond.



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A SPELL TO SPICE UP A PARTNERSHIP



What you need:

- A toothpick
- A chime or spell candle and lighter/matches
- Your favorite spicy, sensual or sexy essential oil

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- Open your sacred space however you like.
 - Invite in your primary helper spirits and ask them to resource you with clearing and protection.
 - Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
 - Choose a word for how you want to feel in your partnership. Since this is about spicing things up, some suggestions might be: enlivened, hot, passionate, turned on, etc.
 - Using the toothpick, carve that word into one side of the candle. Carve your partner's name into the other side.
 - When you are done carving, anoint the candle with your chosen oil.
 - Think of a time when you felt the feeling that you've chosen. Try to relive that moment. Really bring the energy of it to mind and try to feel it all over again.
 - Now light the candle. As you gaze into it, direct that energy into the flame.
 - Hold the intention that, as the candle burns, that energy goes into the ethers and weaves itself into your partnership.
 - When the candle is done burning, release your hold on the intention.
 - Offer gratitude and close your space.
 - As the energy of this ritual begins to transform your partnership, be sure to also do things to generate your chosen feeling within yourself.



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A SPELL TO SMOOTH ROUGH WATERS IN A PARTNERSHIP



What you need:

- A bowl of water
- A tea light candle and lighter/matches
- A glass of drinking water

-
- Open your sacred space however you like.
 - Invite in your primary helper spirits and ask them to resource you with clearing and protection.
 - Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
 - Speak your grievances into the water. Tell the water your whole story of this rough patch with your partner. Tell it all your feelings surrounding this experience. Take as long as you need, talking to the water until you feel complete.
 - Then light the tealight candle and have it nearby. Using your finger, stir up the water in the bowl. Really mix it up, make it as turbulent as you can, to reflect this rough time in your partnership. When you feel like the waters are good and stormy, remove your hand and immediately set the candle on the water.
 - Gaze at the candle flame as it swirls and spins in the water. Release all your inner turmoil and turbulence into the flame. As the candle slows its movements, feel your own sense of calm returning. When the candle is completely still and you have released your feelings of turmoil, blow out the flame and remove the candle from the water.
 - Take the bowl of water outside. Speak aloud an intention such as: “May these waters hold the turbulence of recent days so that only peace is left behind. As I pour this water onto the ground, may the energy contained within it become nourishment for this soil.” Pour the water onto the ground. Feel your grievances and turmoil ground into the earth.
 - Finally, take the glass of drinking water. Again, declare aloud something like, “May this fresh water replace the energy I have purged here today. May it bring clarity, peace and harmony to me, my partner, and our relationship.” Drink the water. Feel it shifting your energy within you.
 - Offer gratitude to your spirit guides and the elements for this ritual.
 - Close your space however you like.



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WEEK FOUR GUIDANCE FROM DREAMS

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