

# WITCHCRAFT & METAPHYSICS

Magic pack for September 2023



## MAGIC and IDENTITY



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# WELCOME TO WITCHCRAFT & METAPHYSICS DOWNLOADABLE PACK FOR SEPTEMBER 2023



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](http://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 paid 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 rather than on marketing my projects.

Another benefit of being a paid subscriber is this downloadable pack that you're reading right now!

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 group chat for this month, or feel free to email me directly.

Let's make some magic together!



# YEAR LONG PLAN OF DOWNLOADABLES

- SEPTEMBER 2023—MAGIC & IDENTITY
  - Group Ritual—September 27, 2023 at 6:00 p.m. MDT
- OCTOBER 2023—RESOURCES OF MAGIC
  - Group Ritual—October 25, 2023 at 6:00 p.m. MDT
- NOVEMBER 2023—MAGIC AND MINDSET
  - Group Ritual—November 29, 2023 at 6:00 p.m. MST
- DECEMBER 2023—AT HOME WITH MAGIC
  - Group Ritual—December 27, 2023 at 6:00 p.m. MST
- JANUARY 2024—THE JOY OF MAGIC
  - Group Ritual—January 31, 2024 at 6:00 p.m. MST
- FEBRUARY 2024—THE MAINTENANCE OF MAGIC
  - Group Ritual—February 28, 2024 at 6:00 p.m. MST
- MARCH 2024—MAGIC IN PARTNERSHIP
  - Group Ritual—March 27, 2024 at 6:00 p.m. MDT
- APRIL 2024—TRANSFORMING SHADOWS WITH MAGIC
  - Group Ritual—April 24, 2024 at 6:00 p.m. MDT
- MAY 2024—MAKING MEANING WITH MAGIC
  - Group Ritual—May 29, 2024 at 6:00 p.m. MDT
- JUNE 2024—EXPANDING MAGIC'S POTENTIAL
  - Group Ritual—June 26, 2024 at 6:00 p.m. MDT
- JULY 2024—MAGIC AND COMMUNITY
  - Group Ritual—July 31, 2024 at 6:00 p.m. MDT
- AUGUST 2024—MAGIC AND THE DEPTHS
  - Group Ritual—August 28, 2024 at 6:00 p.m. MDT



# HOW TO USE THIS PACK



## WEEKLY GUIDING QUESTIONS

Each week of the month begins with a guiding question (or two). This is a sort of sub-theme to sit with and contemplate as we go about that week. It helps us get into the practice of “living the question,” which means not having a particular need for an answer. It is, instead, a call to explore the depths of wondering.

For September 2023, we are using the framework of something I call "The 5Cs of Relationship" and it breaks down like this:

Week one—Curiosity and Consent

Week Two—Compassion

Week Three—Communication

Week Four—Container tending

## MORNING RITUAL

After the guiding question(s) for the week have been introduced, 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 month's group chat!

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.

Be sure to mark on your own calendars that **the group ritual will be held on September 27, 2023 at 6:00 pm MDT**. It will be recorded if you're not able to attend live.

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](mailto:witchcraftandmetaphysics@substack.com)



# IDENTITY AND MAGIC



Identity is the expression of the Self.

Through our identity, we express our own personal beliefs and histories as well as those of our ancestors and our culture.

Another thing to consider is: who is it that's doing the expressing? It might not always be OUR Self doing the expressing. In many ways, our identities are expressions of something bigger than us—Ancestors, Divinity, Spirit, Presence, Place, etc.



And then, just to be sure we're good and uncertain about identity—here's the clincher—in reality, **our identities are always changing**. This is what we're going to explore together as we go through this pack for the month.

Why does it matter that we come into a deep understanding of the role of identity in our magical and spiritual practices?

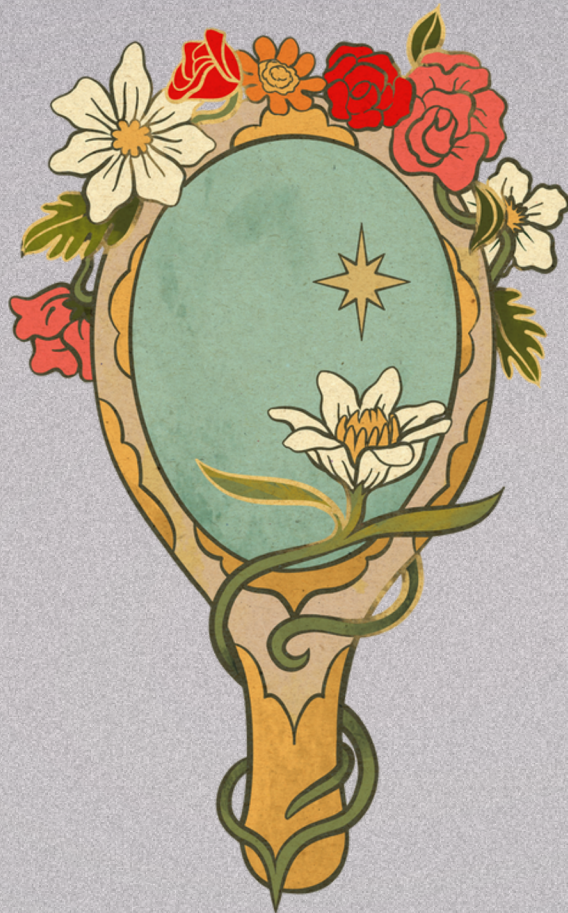
For one thing, awareness always lends itself to the power of choice. The more we know WHY we are expressing ourselves in a particular way, the more ability we have to choose a different expression if we want.

For another thing, knowing who we are helps us relate better. As we mentioned above, our identity is always going to be changing. Paradoxically, the more we allow for this, the better we come to know ourselves. And the better we know ourselves, the better we can relate with others.

Including Magic.



WEEK

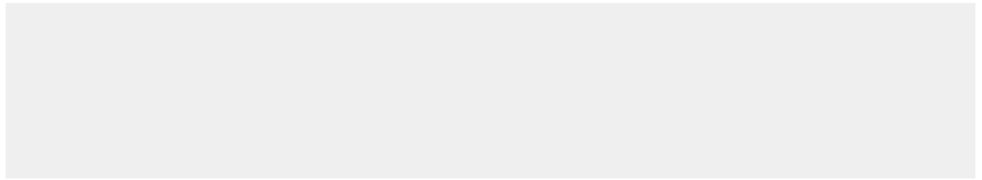


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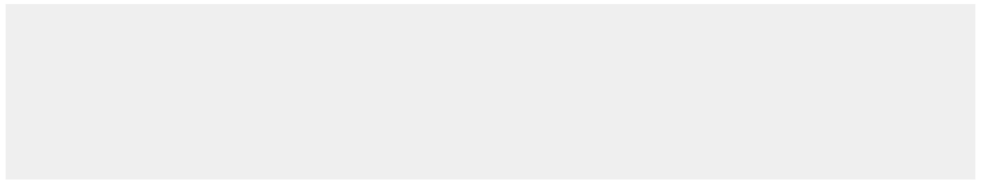


# WEEK ONE MORNING RITUAL

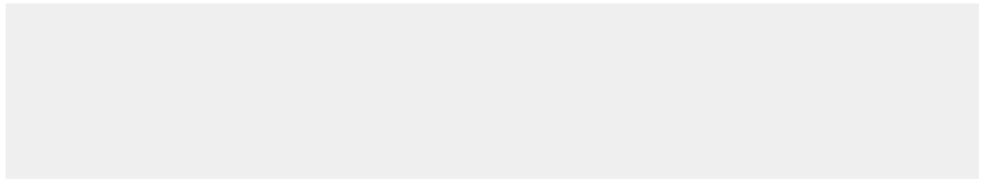
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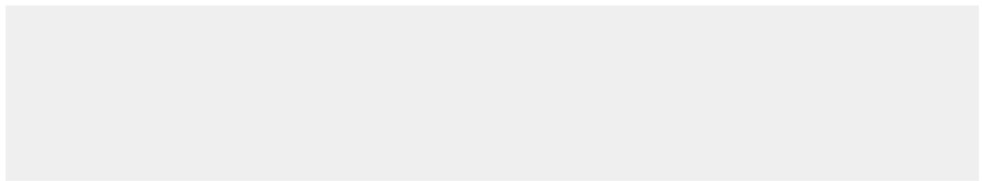
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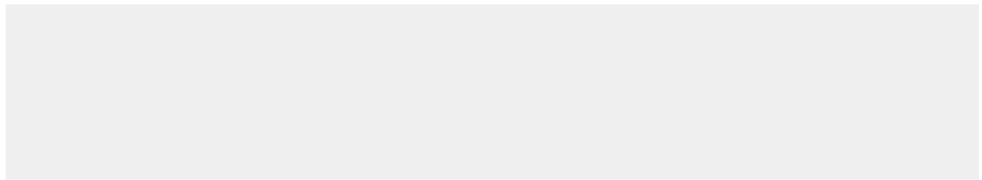
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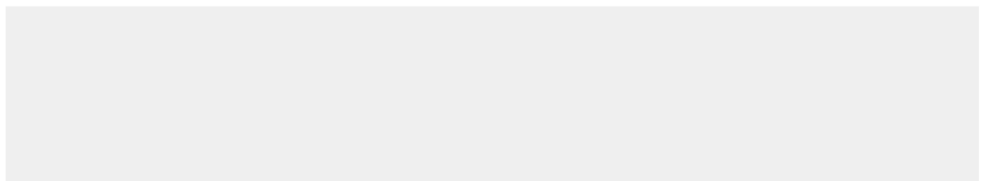
THURSDAY



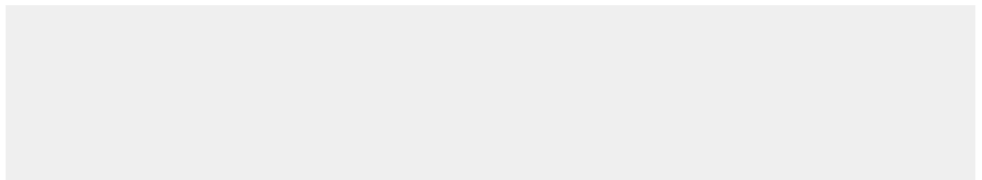
FRIDAY



SATURDAY



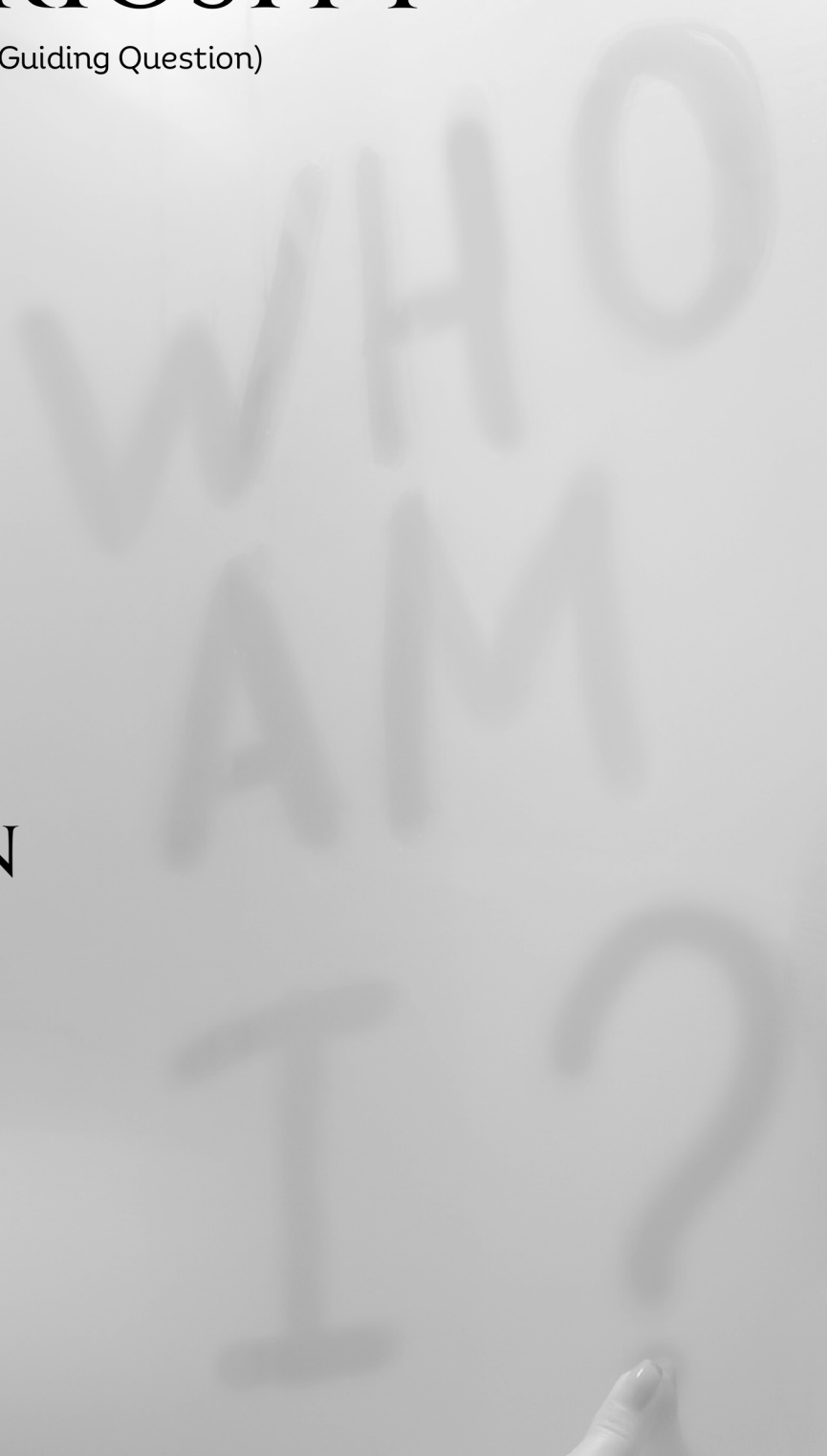
SUNDAY



# CURIOSITY

(Guiding Question)

LET YOUR  
IDENTITY  
BE AN  
ONGOING,  
UNFOLDING  
QUESTION IN  
EVERY  
MOMENT.





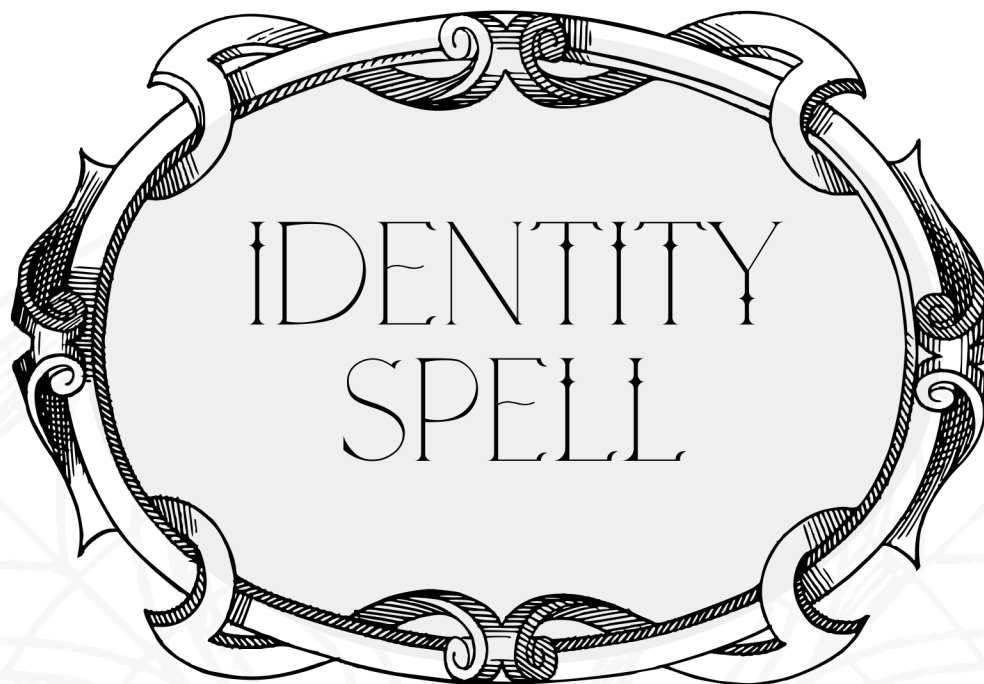
# CONSENT

(Guiding Question)

HOW DOES IT FEEL TO  
GIVE YOURSELF  
PERMISSION TO TRY ON  
DIFFERENT IDENTITIES?



I Agree



*A little bit of identity magic to carry with you throughout the month.*

## INGREDIENTS

*THESE ARE SUGGESTED INGREDIENTS, FEEL FREE TO USE WHATEVER CALLS TO YOU*

- Something reflective or shiny for mirroring the identity
  - examples: sequins, pyrite, hematite
- Something for clarity
  - examples: clear quartz and/or cleansing herbs like rosemary, bay, or mugwort
- An adaptogen for flexibility
  - examples: ginger, licorice, or cinnamon
- Something yellow to attune with and balance the third chakra
  - examples: dandelion, calendula, gold or citrine

## DIRECTIONS

- Place all ingredients in a jar, vial, or pouch and carry it with you throughout the month. You can even sleep with it under your pillow. This will help clarify and amplify your relationship with identity and magic.







# WHAT DOORS ARE CLOSED?



Some aspects of our identities are chosen by us, like our career identities or many of the subcultures we identify with (such as spiritual or political affiliations). When we choose to identify with, or as, something, we automatically close the doors on other possibilities (even if it's temporary). For example, if someone identifies as a priestess, it means the doors are closed on other possibilities like identifying as an atheist.

This is not inherently a bad thing and is, in fact, another divine paradox. We have to have some limitations in order to experience the fullness of life. But getting clear on what doors are closed once we've chosen to identify with something, can help give us wonderful insights into who we truly are. It can also bring awareness to any doors we've closed that we might wish to reopen.

Spend some time contemplating what doors might be closed to you based on some of your identity choices and record your notes below.

## NOTES

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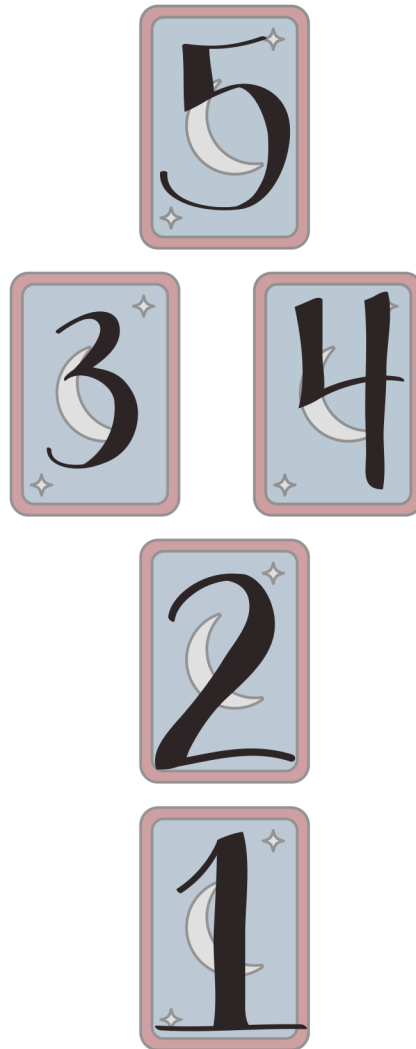
# NOTES

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# MONTHLY CARD SPREAD

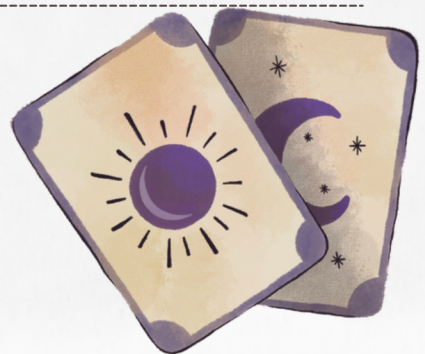
1. Who am I currently?
2. What do I not know about my identity (what part of me is in the shadows?)
3. What part of my identity should I leave behind for now?
4. What part of my identity should I develop now?
5. Who am I becoming?





# NOTES

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# WEEK ONE JOURNAL PROMPTS FOR FURTHER EXPLORATION

- Is there a particular label I like (or don't like) for my identity in magic? Why or why not? Some examples: priest(ess), witch, medium, psychic, healer, mystic, initiate, adept, etc.
- How much choice, if any, do I have in my identity?



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# NOTES

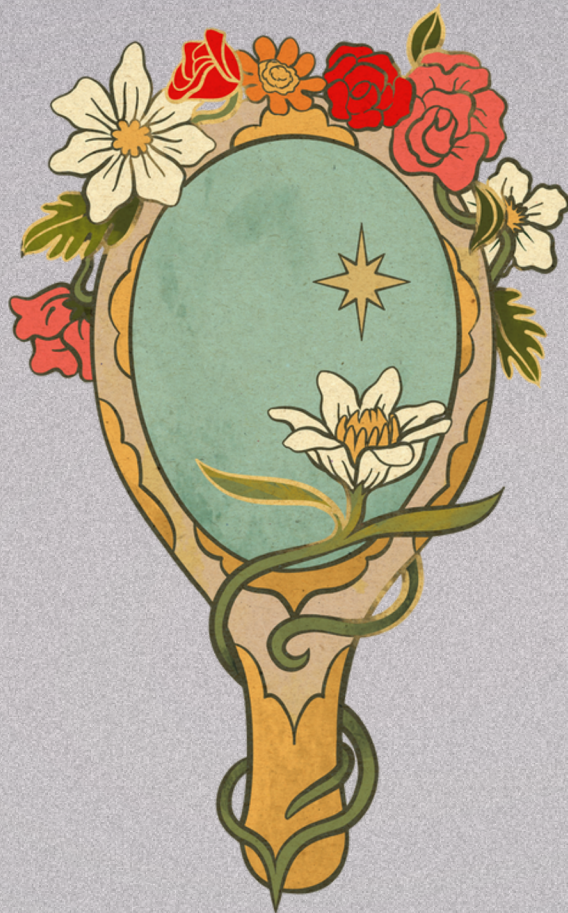
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WEEK



TWO



# WEEK TWO MORNING RITUAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# COMPASSION

(Guiding Question)

Can I fully accept the identities of all  
my parts?

A pair of hands, one above the other, holding a small, torn piece of white paper. The word "CARE" is written on the paper in a dark, hand-drawn font. The background is a soft, out-of-focus texture, possibly fabric or a wall, in a light, monochromatic tone.

CARE



# SELF AS COLLECTIVE

What are we really made of? Each of us reading these words is most likely in a body, so let's start there: what are our bodies made of?

Energy particles; atoms; elements; molecules; cells and all the organelles within them are some of our parts. Each of our bodies is composed of over 30 trillion cells of varying types: blood cells, bone cells, muscle cells, organ cells, skin cells etc etc. Then, on top of that, we are filled with microbes: mites, parasites, bacteria, viruses, and any number of other creatures.

Here's the really cool part: every single one of these bits that come together to make up our body has its own consciousness. It really does. Every bit of it has its own life plan and life span. It's time for us to stretch beyond the human-centric belief that we're the only ones with consciousness, or that we have more of it. Consciousness is consciousness, and every single thing in this realm has it.

Now let's look at what we're made of beyond our bodies. We are each made up of our own personal histories, memories and thoughts that, yes, have consciousness too. And, if that wasn't enough, we are also made up of the consciousnesses of our ancestors that come into us through our DNA, and the consciousness of the organism that is the human species. Even more, we are made of the consciousnesses of everything else that flows through our energy fields like archetypal patterns and the great divine powers.

We are collectives. We are configurations of parts. We are collaborations and harmonies. We are not single entities. What appears to be this single being is, in actuality, a manifestation of the relationships among a vast number of entities. It is no stretch to say: We are relationship itself.

As we explore our identities with Magic this month, it's important to keep in mind that there is no single answer to the question: Who Am I? Whatever this collective called the Self is expressing as identity at any given moment is dependent on myriad factors.

# A CHANTING MEDITATION FOR WORKING WITH THE SELF AS A COLLECTIVE

- 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 some centering breaths and spend a few minutes contemplating what it means to be a collective.
- If you like to chant along with drumming, begin your drum track now.
- Repeatedly chant the following phrase for as long as feels right to you.
- When you are complete, give thanks and close your sacred space.

**I am particles of energy, I am atoms, I am molecules, I am cells, I am microbes, I am bones, I am muscle, I am fascia, I am blood, I am ancestors, I am spirit guides, I am spirit, I am Divinity, I am particles of energy.**



# ANCESTRAL IDENTITY

We have many types of identities, including cultural and societal. Those are all worth exploring, but for this month I want to pay special attention to our Ancestral identities. I have learned in my healing work with the dead that we are the face of our ancestors. We are each the living, currently incarnated version of the ancestors. And they love us in a deep, profound way. We belong to them, and them to us, eternally. This belonging is right here, available to everyone. We don't have to earn it. It is our birthright.

In the space below, make some notes about what you already know about your ancestors and what steps you might take to learn more about them.



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# RITUAL TO MEET AN ANCESTRAL GUIDE

For this ritual, you will need to have a vessel of drinking water on hand.

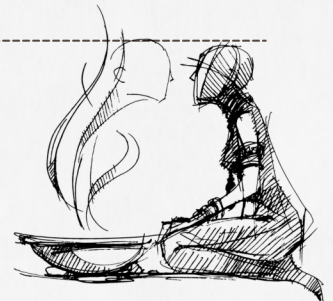


- Open your sacred space however you like.
- Invite in your primary helper spirits and ask them to resource you with clearing and protection.
- Now focus on your energetic boundary. Try to really feel this sphere of protection that encircles you. Notice if there are any weak spots and ask your spirit helpers to strengthen this for you.
- Take a breath and say aloud, "I breathe the air that my ancestors breathed."
- Take a drink of water and say, "I drink in the water that was in the bodies of my ancestors."
- Say aloud, "I am now in remembrance of our connection."
- Ask aloud to be connected with a wise and well ancestor guide; one that is willing and able to help you explore your ancestral identity.
- Be open to whatever comes. Guides can come to us in any form, including a sensation or knowing.
- When you feel that your guide has arrived, ask them to show you anything you might need to know about your ancestral identity. Maybe you'll get a feeling about a certain place that was an ancestral homeland, or maybe a message about inherited talents, maybe you'll be shown a way of more readily connecting with your heritage.
- When the journey is complete, make detailed notes about the experience.
- Thank the guide and the elements and all the helper spirits. Give an offering if that feels right.
- Now that you are connected with an ancestral guide, you can return to this practice as often as you'd like. The more you relate, the stronger your connection will become.
- Close your sacred space.



# NOTES

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# I ✦ AM ✦ THE ✦ ONE

In each of the areas of life below, fill in the blank with the identity or role that first comes to mind.

## HEALTH

- I am the one who was \_\_\_\_\_
- I am the one who is \_\_\_\_\_
- I am the one who will be \_\_\_\_\_

## LOVE

- I am the one who was \_\_\_\_\_
- I am the one who is \_\_\_\_\_
- I am the one who will be \_\_\_\_\_

## FAMILY

- I am the one who was \_\_\_\_\_
- I am the one who is \_\_\_\_\_
- I am the one who will be \_\_\_\_\_

## CAREER

- I am the one who was \_\_\_\_\_
- I am the one who is \_\_\_\_\_
- I am the one who will be \_\_\_\_\_







# NOTES

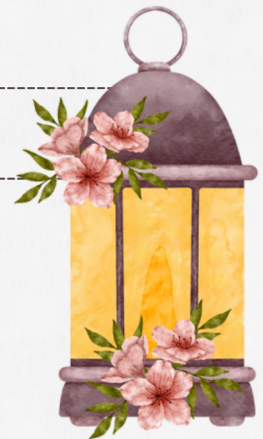
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# WEEK TWO GUIDANCE FROM DREAMS

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WEEK

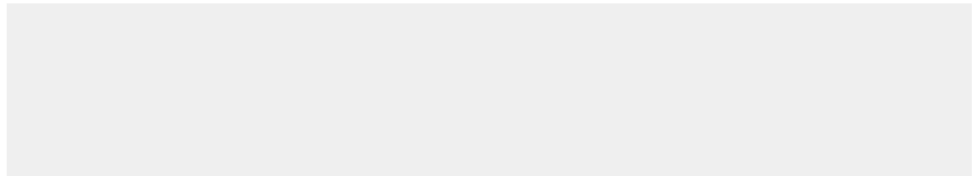


THREE

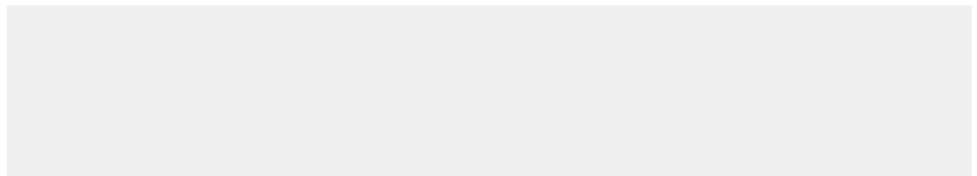
# WEEK THREE

## MORNING RITUALS

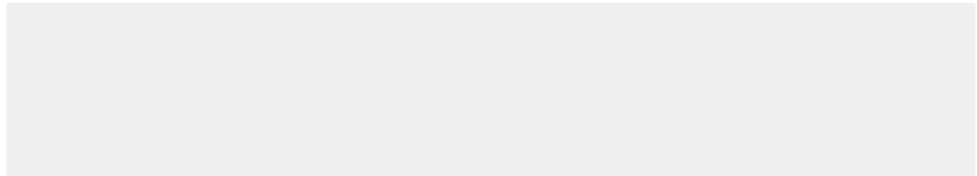
MONDAY



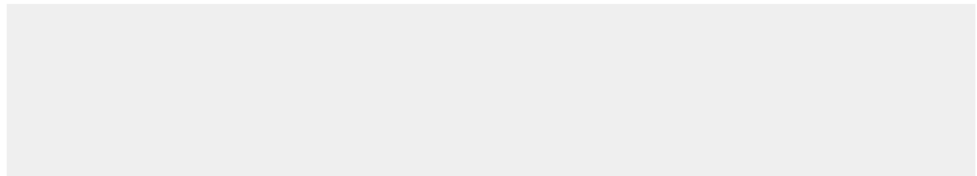
TUESDAY



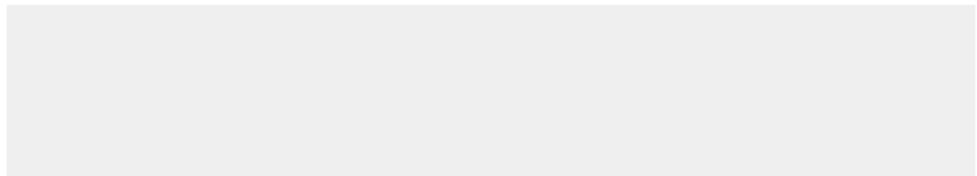
WEDNESDAY



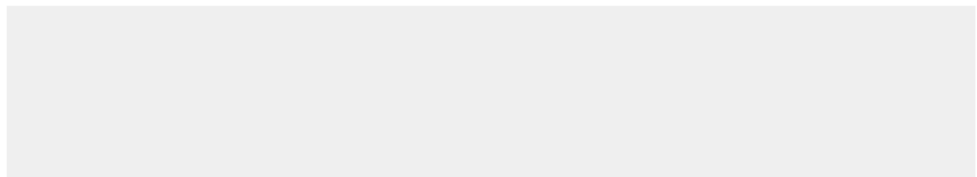
THURSDAY



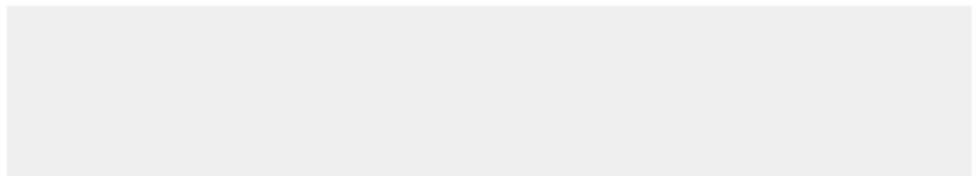
FRIDAY



SATURDAY



SUNDAY



# COMMUNICATION

(Guiding Question)



In what ways do I communicate or express my identity?



# IDENTITY AND FASHION

Whether we like it or not, the clothing we wear is an important non-verbal way that we communicate our identities. In our society, fashion choices can be expressions of things like age, gender, and subcultures. It can also be a reflection of our moods, preferences and proclivities. We tell ourselves, and the world at-large, something about ourselves when we choose to show up in sweatpants or in formal attire.

When it comes to our relationship with Magic, we can express our identity by dressing the part. For a long time, I had a judgment about this and felt like it was silly and costume-y; like I was too old for playing “dress up”. It also felt inauthentic, like I was putting on a mask or playing a part that wasn’t really me.

But then I realized that when I FEEL like a priestess, my connection to spirit is easier and stronger. I also realized that one of the quickest ways to feel like a priestess is to dress like one. At least a little bit. What worked for me was to find the level of *dressing the part* that I was comfortable with--the sweet spot that made me feel like a priestess without crossing the line into the territory of putting on a performative costume.

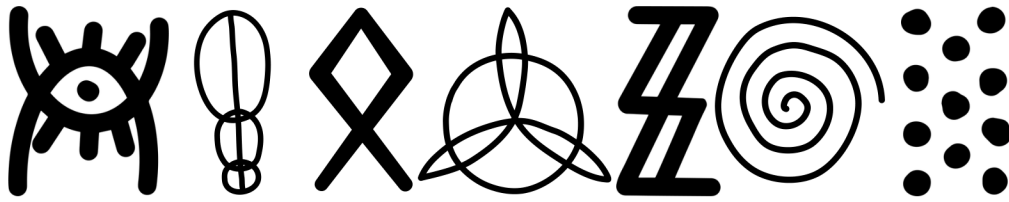
For me, this specifically looks like wearing my prayer shawl and my energetically-charged rings. That’s it. Pretty low key. But when I put those items on, I can feel that my identity instantly becomes Priestess.

When we intentionally put on the attire of a magical identity we want to embody, it tells our subconscious mind that we are now that magical being. This could be any clothing or accessory that makes us feel magical. When we embody this feeling, our ritual work is automatically more potent and clear.

Now it’s your turn. What ways can you explore fashion as an expression of your Self in terms of Magic? What level of *dressing the part* enhances your practice? On the next page, sketch, write about, or make a collage of some of your fashion choices.



# SYMBOL MAGIC



There is a way of relating with magic that uses symbols and is often called sigil magic. Traditionally, sigils were used to conjure spirits, but they have also been used as a powerful manifestation practice. We're not going to get into the ins and outs of sigil magic here, but if you want to explore it further, I recommend the book [Sigil Witchery](#) by Laura Tempest Zakroff.

What I do want to touch on is the inherent power in symbols. Think about some of the most famous spiritual symbols from across the globe: the cross, † the yin yang ☯, the om ॐ, the hamsa ॐ, and the lotus ॐ are just a few examples. These simple glyphs hold worlds of meaning within them. By attuning to them, we can infuse our energy with that same meaning.

What we're going to experiment with this week is creating a symbol for the relationship between ourselves and magic. Once we have created this symbol, we can carry it with us; keep it on our altar; use it to charge our magical objects; focus on it when we need to feel reconnected; or any other use that feels right.

Start by making a symbol to represent yourself. You can make a design out of your initials. You can use a particular symbol that you cherish. You can use the symbol of your zodiac sign, or something that symbolizes your ancestry or vocation. Be creative and let it come from your heart (a heart is a great symbol too!).

Next, make a symbol that represents Magic. If you need some ideas, a quick internet search for terms like "magic symbols" "spiritual symbols" "symbols of power" can offer a plethora of suggestions. Looking to your own heritage or ancestry is another great way to find a symbol for Magic.

Finally, create a way to connect these two symbols. You can draw an 'X' pattern between them as though they are stitched together. You can nest one inside the other. You can overlap them. You can put them back-to-back. You can draw them both with a single line. The sky's the limit!



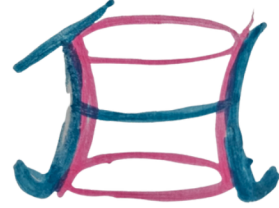
Here is my own personal example:



I used my initials  
J and H  
for this simple  
glyph.



The torus is the  
symbol I always  
associate with Magic.  
I decided to keep it  
simple and draw  
only the inner vortex.



I overlaid one atop  
the other and it  
worked out  
pretty well!

As you can see, it does not matter at all if you have any artistic talent.  
Have fun with this!

DRAW YOUR SYMBOL HERE

# I AM A PATH

What if our entire identity was actually an expression of Spirit? Contemplate the following statements and record your thoughts in words or drawing below:

*I am a path.*

*I am The Way the Divine moves  
in the world.*







# NOTES

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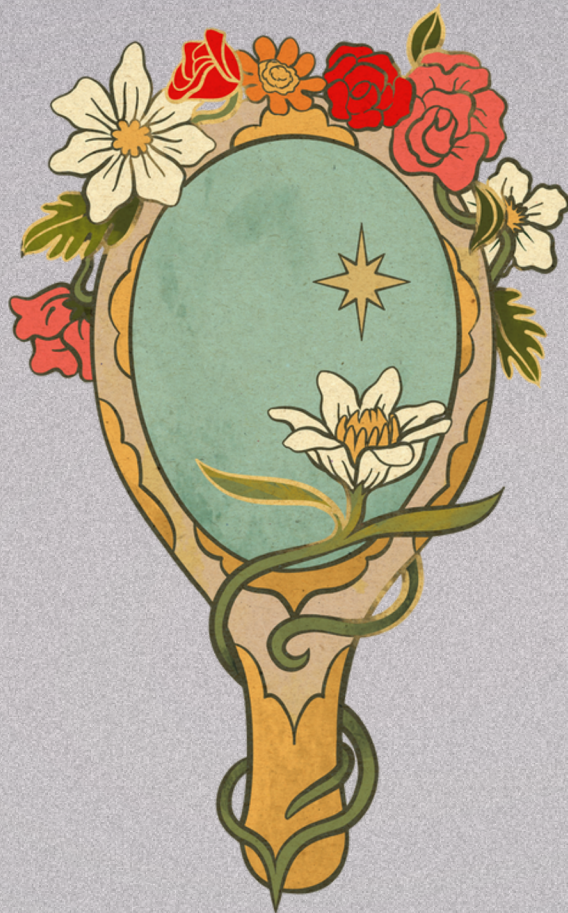
# WEEK THREE GUIDANCE FROM DREAMS

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WEEK



FOUR





# CONTAINER TENDING

(Guiding Questions)

What is the container of my identity (my body? my work? etc)?

What does it mean if my identity IS a container?

# WEEK FOUR

# MORNING RITUALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# AUTUMN EQUINOX



*In my ideal view of the cycle of time, the equinoxes are a return to center. After the Spring equinox, we go out, growing and cultivating our life experiences in the sunshine. Then we return to center at the Autumn equinox, deciding which of those life experiences to harvest.*

*These are the experiences we will carry with us down into the cave of winter in order to 'story,' or make meaning of them.*

*Let's honor this equinox by doing a brief ritual of exploring identity within this framework.*



- Open your sacred space however you like.
- Invite in your primary helper spirits and ask them to resource you with clearing and protection. Invite in the ancestor guide you met last week.
- 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 some centering breaths and spend a few minutes contemplating what it means to be in the balance between light and dark.
- Now imagine that your life experiences from the last six months lie in a big, fertile field. Rows and rows of experiences, all ready to harvest.
- Walk slowly through this field. As you walk, you begin to notice that some of these experiences had a particular impact on your identity.
- Choose three or four of these experiences--the ones that had the greatest impact on your identity--and harvest them. You can ask your guides to help you find the ones that had the most impact.
- Make notes on the experiences you harvested and the impact they've had on your identity.
- Offer thanks and close your sacred space.



# NOTES

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# NOTES

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# WEEK FOUR GUIDANCE FROM DREAMS

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