

WITCHCRAFT & METAPHYSICS

Magic pack for May 2024



Making MEANING with MAGIC

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WELCOME TO WITCHCRAFT & METAPHYSICS DOWNLOADABLE PACK FOR MAY 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 and Meaning this month, I decided to use the structure of the tarot court cards.

- Week one is the level of the Page, the one who goes deep into the question of: what is meaningful to me?
- Week two is the level of the Knight, the one who goes out to find meaning in the world around them.
- Week three is the level of the Queen, the one who turns inward to find the connection between meaning and intention.
- Week four is the level of the King, the one who provides meaning to others.

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

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Beltane Ritual	2	3 What Breaks My Heart?	4	5 Best Possible Future Self
6	7 What do I Cherish?	8 <i>New Moon</i> Week 1 journaling and dream guidance	9 Create Fulfillment Amulet	10	11 Synchronicities and Signs	12
13 Three Pictures a Day	14	15 Week 2 journaling and dream guidance	16 Cultivating Meaning Card Spread	17	18 Mastering Intention Setting	19
20 Listening for Your Soul's Intention Ritual	21	22 Week 3 journaling and dream guidance	23 <i>Full Moon</i> How Am I Already An Adept At What Brings Me Meaning?	24	25 Send Meaning to Others Ritual	26
27 Cauldron of Meaning Ritual	28	29 Week 4 journaling and dream guidance	30	31		

MAKING MEANING WITH MAGIC



“Life is not primarily a quest for pleasure, as Freud believed, or a quest for power as Alfred Adler taught, but a quest for meaning. The greatest task for any person is to find meaning in his or her own life.” —Viktor Frankl

Meaning seems like a really big deal, but what is it exactly? The standard definition is that meaning is the sense and significance of something. I actually like this definition. But I would expand it a little to say: meaning is the sense and significance of something, and includes the symbolic level of experience.

I learned from Caroline Myss about the three levels of experience, which are the literal, inner, and symbolic levels. We progress through these three levels in a journey from outer to inner back to outer again. It's not a process that's ever really finished, nor is it a hierarchy. We move through these levels in waves, depending on many factors, like how we're feeling and what's going on in the world. I find this to be a beautiful framework of understanding and it goes like this:

- The literal level is our external physical reality. Here we are outwardly focused and experience things in a very personal, literal way.
- Then there is the inner level. When we've been in a literal situation long enough, something prompts us to shift our attention. Rather than just enduring and reacting, we get to a point where we tell ourselves, “Okay, enough of this. It's not working. I HAVE to start looking at this differently.” So we turn inward and think about how we're going to respond. Here we claim our power of choice.
- Then, finally, once we're solid in our power of choice, we move to the symbolic level. At this level, we can turn our focus again to the outside world, only now we see it with symbolic sight. We see the underlying patterns, the interconnectedness and significance of things. Here we can see that nothing is independent of context. It is at the symbolic level that we consciously discover meaning.

I believe that somewhere, deep within each of us, we're hardwired to understand this, even if it's on an unconscious level. We inherently know when something is meaningful to us. We can feel it on a soul level.

One problem that I keep seeing, however, is that we've come to entangle meaning and purpose. Instead of seeking to discover the sense, significance and underlying symbolism of ourselves or a situation, we have a tendency to want to know its purpose first.

Purpose is more action-oriented than meaning. It's more about doing. When we're asking about the purpose of something, really what we're asking is: what is it achieving? Focusing on this first can lead to unnecessary pressures and a lack of fulfillment.

Meaning, on the other hand, is the underlying impulse. One way of looking at it is to say that meaning is the cause and purpose is the effect. Or another way, is to say that the purpose of anything is to bring about meaning.

So, then, how do we find meaning?

In his book, *Man's Search for Meaning*, Viktor Frankl writes that there are three primary ways through which we discover meaning: through work or creating; through love; and through suffering.

Now I would add a fourth: THROUGH MAGIC!

Actually, we can add Magic to work, love, and suffering too if we wish.

In short, our relationship with Magic is the perfect avenue for discovering meaning in our lives.

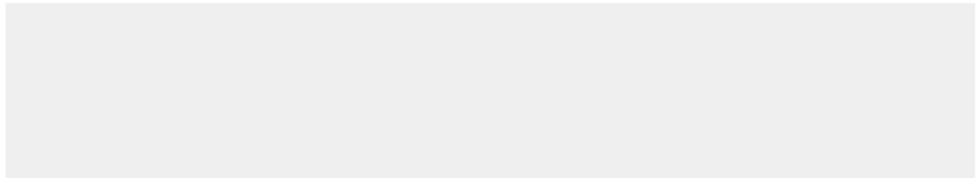
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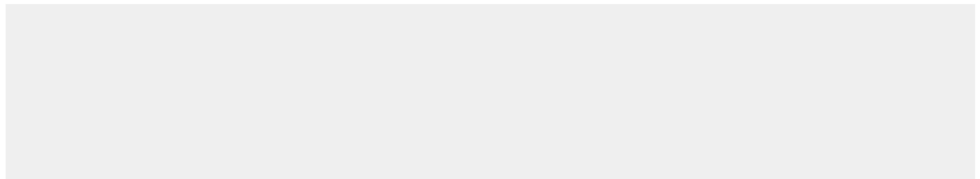
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WEEK ONE MORNING RITUAL

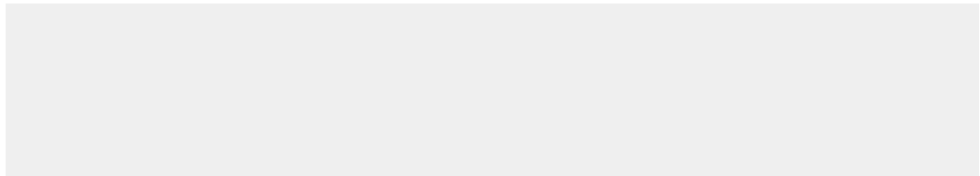
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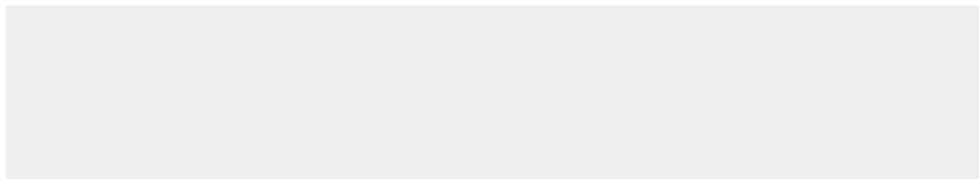
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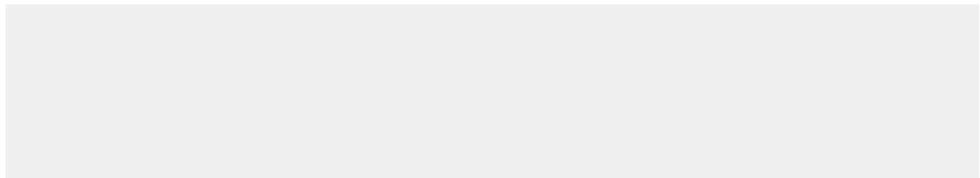
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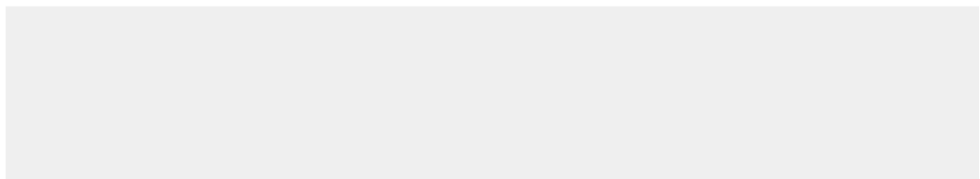
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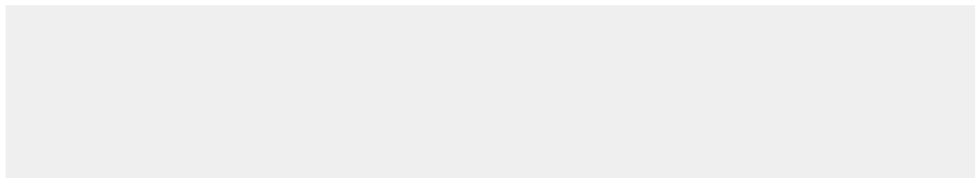
FRIDAY



SATURDAY



SUNDAY



BELTANE RITUAL



If you've been following along with these seasonal rituals, you'll remember that we spent the winter deep in a cave. At Imbolc (the beginning of February), we began gathering our things and preparing to emerge from the cave. Then, at Spring Equinox, glimpsed the first light as we stepped from the cave. Now, at Beltane, we are fully in the light. This is a joyful time of fertility and budding new growth, of community and celebration. Here we begin to make the memories that we will take with us back into the cave next winter.

First up, gather your magical toolkit. You don't need anything fancy; look for items that resonate with the energy of Beltane. Think greenery, flowers (especially those that are in season like daisies, lilacs, or any local blooms), and candles in the vibrant hues of spring—greens, yellows, pinks, and whites. These elements symbolize the life-force that's in abundance at Beltane. If you're feeling particularly witchy, include crystals like rose quartz for love or malachite for transformation and growth.

Now, create your sacred space. This can be indoors or, better yet, outdoors to truly connect with the spirit of Beltane. Arrange your gathered items in a way that feels right to you, perhaps in a circle to represent the cycle of life and the seasons. Light your candles and take a few deep breaths to center yourself. As you light each candle, imagine the fire's warmth nurturing and awakening the earth, just as the sun does.

Here comes the fun part: the celebration! Beltane is all about vitality, so your ritual can include dancing around a Maypole (if you have one), singing, or even just moving your body to feel the joy of life pulsing through you. You might also want to plant something as a symbol of new growth and intentions. Speak your desires and dreams out loud, and imagine them taking root in the fertile ground of Beltane's energy.

To close your ritual, express gratitude to the earth and any spiritual guides you work with. Acknowledge the connections and relationality between you, the earth, and the wider web of existence. Extinguish your candles safely, and take a moment to ground yourself, perhaps by eating something or sitting quietly for a few minutes.

Remember, Beltane is a celebration of connection, fertility, and the vibrant force of life. Let your ritual be a reflection of these themes, in whatever way feels most authentic to you. Happy Beltane!



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WHAT BREAKS MY HEART?



For this exercise, we're going to be taking a look at what breaks our hearts in the world around us. Maybe seeing graffiti or garbage on the street breaks your heart. Or maybe the suffering of animals. Or witnessing a tree being cut down. Or unfair treatment of children.

The point of this is not to get stuck in the feelings of grief that come up when we think of these things, but to understand that our experience of heartbreak points us toward what is truly meaningful to us.

In the left column, make a list of what breaks your heart. Then, in the right column flip the statement into its positive underlying meaning. A couple examples have been done for you.

WHAT BREAKS MY HEART

WHY IT BREAKS MY HEART (THE UNDERLYING MEANING)

The conditions in America's prisons

All people deserve to be treated with dignity.

Too many stray animals in my city

I want all domesticated animals to be safe and cared for



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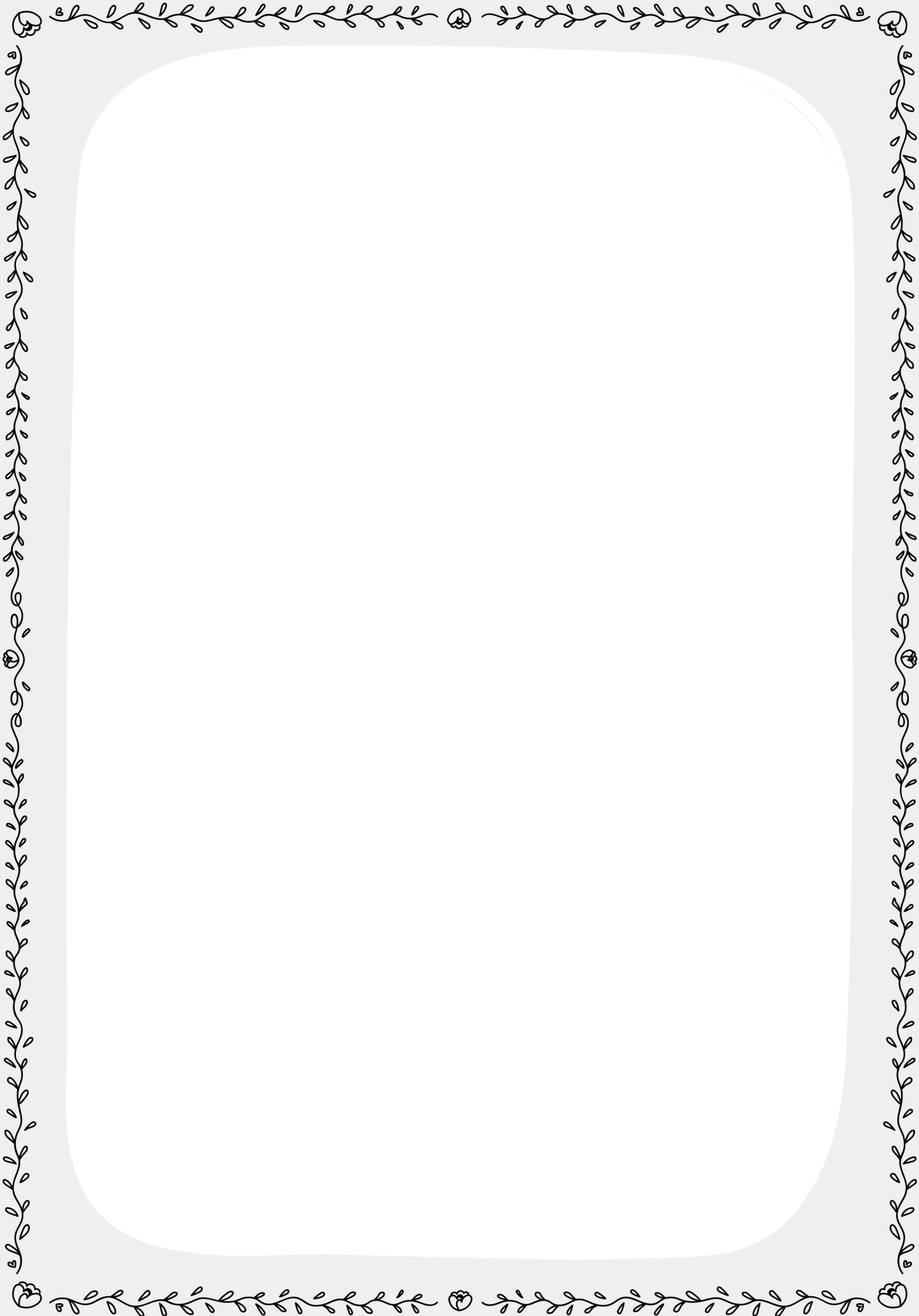
BEST POSSIBLE FUTURE SELF



This is one of my favorite exercises for helping to increase the meaning we find in everyday activities. It encourages us to live more intentionally and make choices that align with our deepest values and aspirations. This practice is not just about achieving future goals but also about appreciating the journey along the way.

For this exercise, we're going to imagine ourselves and our lives in an ideal future, one where everything has worked out exactly as we want.

- To begin, find some uninterrupted time in a quiet, comfortable space where you can reflect deeply. Take some deep breaths and connect to your heart space.
- Next, imagine yourself in the future, say in five or ten years, living your best possible life. Consider all aspects of your life - personal, professional, relationships, health, and hobbies. Envision yourself having achieved your goals and living according to your highest values. Be as detailed and vivid in your visualization as possible.
- Once you have a clear vision, write or sketch it on the following page. Describe your best possible future in detail, including how you feel, what you are doing, who you are with, and where you are. This not only makes your vision more concrete but also helps in internalizing what is most meaningful to you.
- You can end this part of the exercise here. Or, if you wish, spend some time reflecting on the steps you can take towards making this vision a reality. Be kind with yourself here and let it feel inspiring rather than daunting.



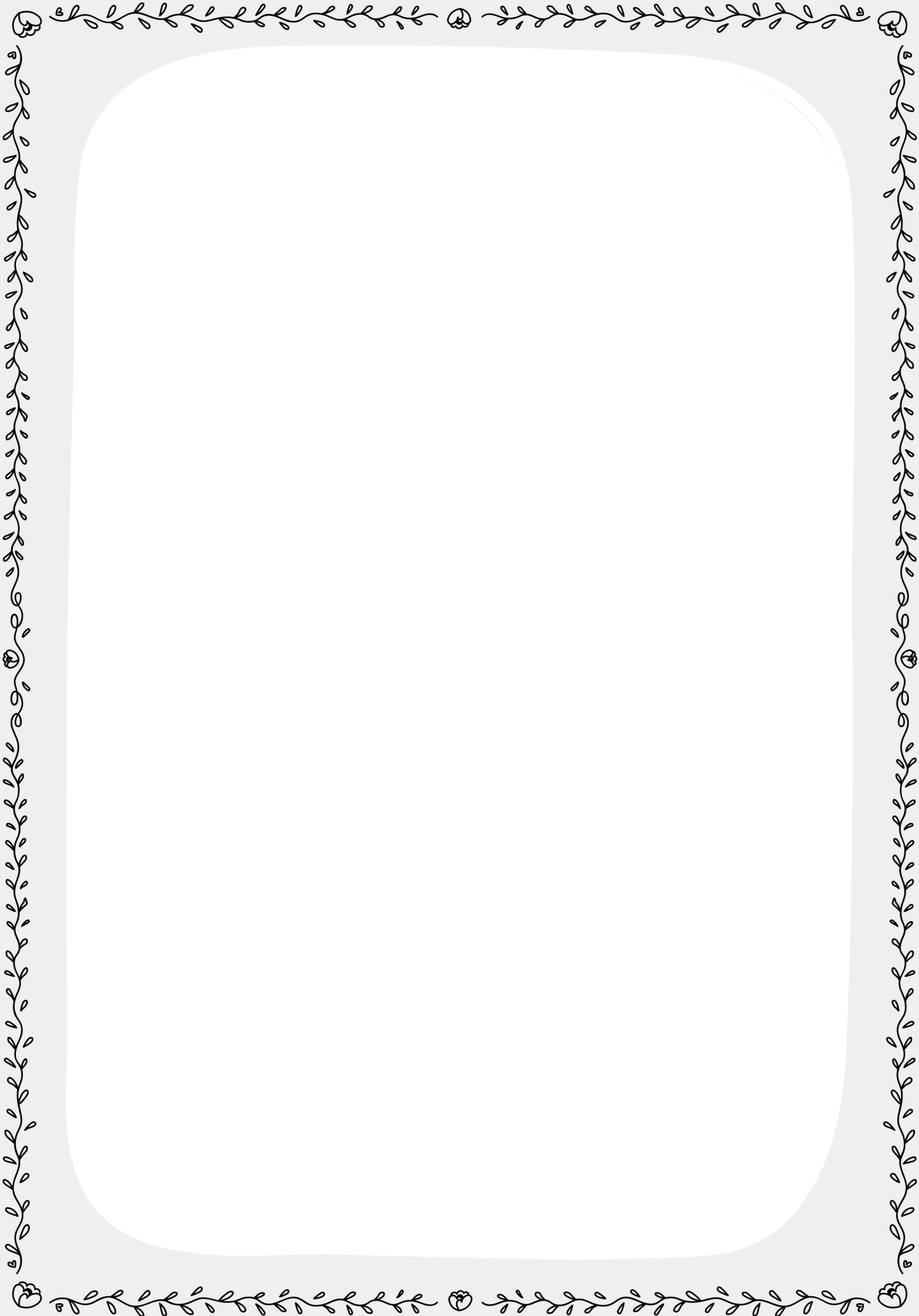
Read back through your Best Possible Future Self with an eye for excavating what is truly most meaningful. Are there specific relationships that mean the most to you? What are you doing in your future life? If you had unlimited resources, what would you spend your time doing? Write the things that give you the most meaning in the space below.



WHAT DO I CHERISH?

Having clarity on what we cherish adds profound meaning to our lives by ensuring that our actions and choices are deeply rooted in what matters most to us. It empowers us to live more intentionally, leading to greater satisfaction and a richer, more purposeful existence. This clarity acts as a buffer against the noise of societal expectations and pressures, allowing us to focus on cultivating joy, fostering meaningful relationships, and pursuing passions that feed our souls. In a world that often demands we spread ourselves thin, knowing what we cherish is the key to a fulfilling life. Below is an exercise for creating a list of what you cherish.

- **Set Aside Time:** Choose a quiet, comfortable place where you can reflect without interruptions. This should be a time for introspection and honesty with yourself.
- **Brainstorm:** Start by listing everything that comes to mind when you think about what you cherish. Don't censor yourself; include people, experiences, perception, feelings, objects, achievements, and beliefs. This is about quantity, not quality. Write this list on the following page.
- **Categorize:** Once you have a substantial list, begin to categorize these items into broader themes such as relationships, career, personal growth, etc. This will help you see where your values truly lie.
- **Prioritize:** Look at your themes and the items within them. Start to prioritize these based on what you feel is most important to your sense of happiness and fulfillment. Ask yourself why each item is on your list and what it brings to your life.
- **Reflect and Refine:** With your prioritized list in hand, reflect on how these cherished items are present in your current life. Are there areas where you're not living in alignment with what you cherish? Use this insight to refine your list, removing what may no longer serve you and adding anything new that resonates with your current self.
- **Action Plan:** Finally, create an action plan on how you can bring more of what you cherish into your daily life. This might mean setting new goals, changing habits, or making decisions that better reflect your values.





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WEEK ONE JOURNAL PROMPTS FOR FURTHER EXPLORATION

- What was your favorite thing to do as a kid?
- Why do you do what you're currently doing?
- What do you wish you had more time to do?





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WEEK ONE GUIDANCE FROM DREAMS

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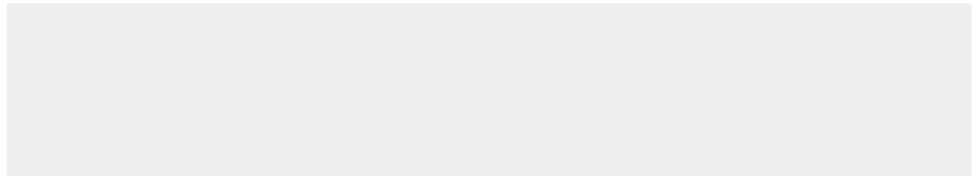
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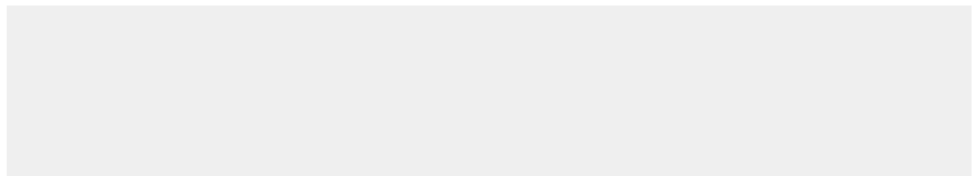
TWO

WEEK TWO MORNING RITUAL

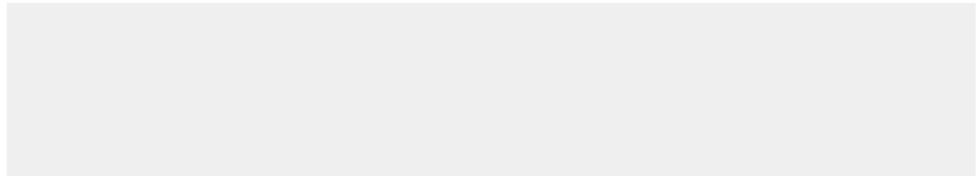
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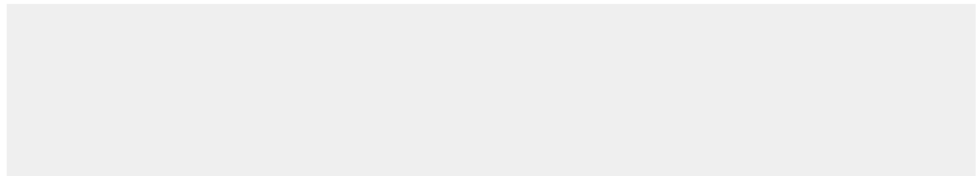
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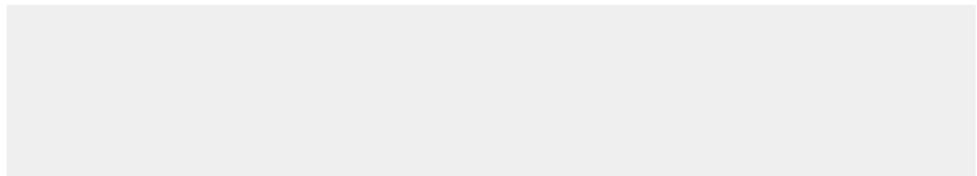
WEDNESDAY



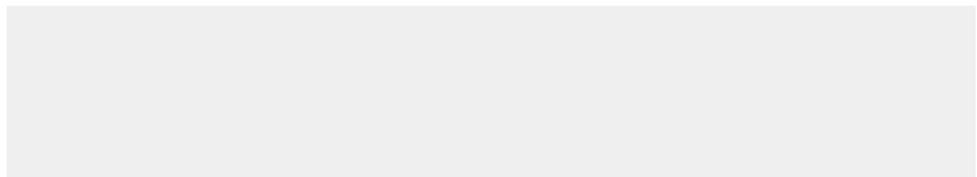
THURSDAY



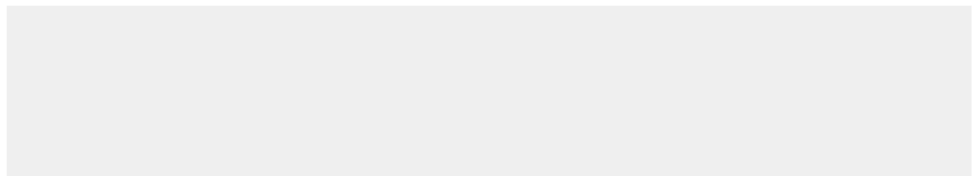
FRIDAY

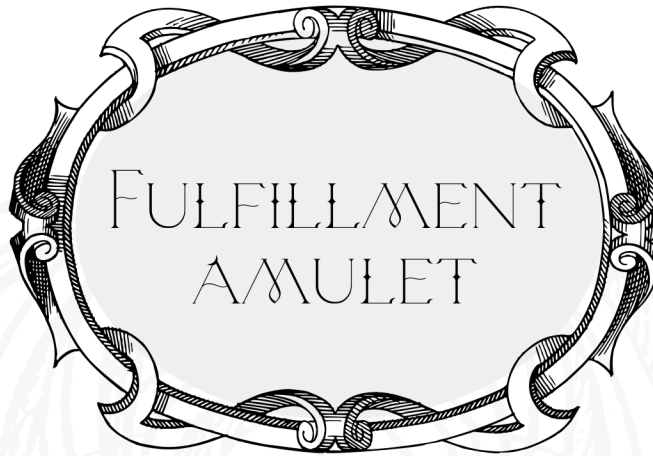


SATURDAY



SUNDAY





INGREDIENTS

- A small list of some of the meaningful things that you clarified in week one.
- Something to stay energetically connected to these meaningful things
 - Some suggestions: mugwort, cinnamon, dandelion root, lapis lazuli, carnelian
- Something to draw these meaningful things to you
 - Some suggestions: basil, bay leaf, balm of Gilead, citrine, green aventurine, a magnet
- Something to open your ability to notice that these meaningful things are all around you
 - Some suggestions: hibiscus, vervain, rosemary, clear quartz, amethyst, chalcedony
- 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 live a life filled with meaning. Carry this with you throughout the month. You can even sleep with it under your pillow.





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SYNCHRONICITY AND SIGNS



Have you ever noticed a certain number popping up everywhere you go, or perhaps a series of events that seem too connected to be mere coincidence? This isn't just your imagination playing tricks on you. In the world of witchcraft and the metaphysical, these are often seen as synchronicities and signs from Spirit. These little nudges from the universe can add a tremendous amount of meaning and guidance to our lives.

Synchronicities are more than just coincidences; they're like the universe's way of winking at us, letting us know we're on the right path or urging us to pay attention to something important. They can come in many forms - repeating numbers, encounters with certain animals, or unexpected meetings with people who bring significant messages or lessons into our lives. When we start to notice and acknowledge these synchronicities, we open ourselves up to a more connected and spiritually guided life. It's like being in on a secret conversation with the universe, where everything around us becomes more vibrant and filled with potential for magic and transformation.

To start seeing the synchronicities and signs in your own life, here's a simple exercise: keep a magic journal. For the next week, jot down any odd coincidences, repeating patterns, or anything else that strikes you as potentially significant. Don't filter or judge what you write down; if it caught your attention, it's worth noting. At the end of the week, review your journal and look for patterns or themes. You might be surprised at how the dots connect, revealing messages or guidance that you hadn't noticed in the moment. This practice not only helps in recognizing synchronicities but also enhances your intuition and deepens your relationship with the spiritual world. Remember, the universe is always speaking to us; it's just a matter of tuning in to the right frequency to hear what it has to say.

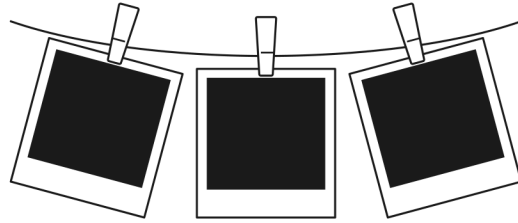


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THREE PICTURES A DAY



Imagine this: You're holding a magical lens in your hand, a tool that lets you capture not just images, but snippets of energy, moments of deep significance, and connections that bind the fabric of your existence. The exercise I'm inviting you to embark on is simple yet profound. Each day for at least one week, take three pictures of something that brings meaning into your life. These aren't just photographs; think of them as visual spells that encapsulate what truly matters to you.

In the realm of magic and witchcraft, we often talk about the power of intention and visualization. By choosing to photograph these moments, you're engaging in a form of modern-day magic. You're setting an intention to notice and appreciate the beauty and significance in your life. Whether it's the early morning sun casting a golden glow through your window, the laughter of loved ones, or even the serene stillness of your own company, each picture is a testament to the connections and relationships that weave through your life.

This exercise is more than just taking pictures; it's about pausing and reflecting on what gives your life meaning. It's a practice in gratitude and a reminder that magic isn't just found in grand gestures or elaborate rituals. Sometimes, it's in the mundane, the everyday, and the simple moments that we often overlook.

Here are some general guidelines for this practice:

- Create a folder in your phone's gallery or camera roll that's labeled: Meaning.
- Then each day, take a picture of at least three different situations that felt meaningful to you. As you take the picture, reflect on why it's meaningful to you. Spend some time really experiencing how this situation brings meaning to your life. Even better if you journal about it!
- Commit to this practice for at least a week, but the longer the better.



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WEEK TWO JOURNAL PROMPTS FOR FURTHER EXPLORATION

- When was the last time you felt “lit up”?
- Do you feel connected to the meaning in beauty?
- Do you find meaning in relating with the natural world?
- What do you love to learn about?





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WEEK TWO GUIDANCE FROM DREAMS

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WEEK

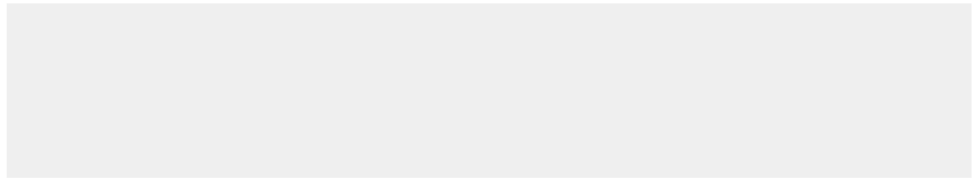


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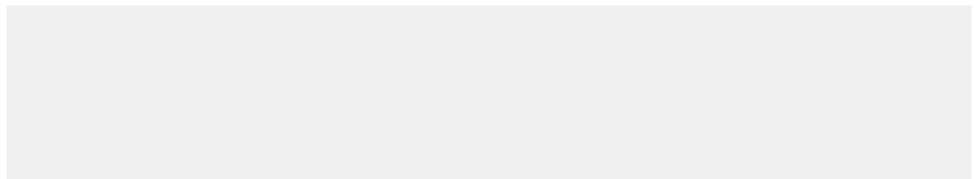
WEEK THREE

MORNING RITUALS

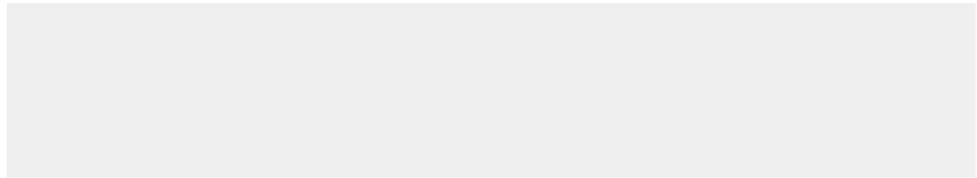
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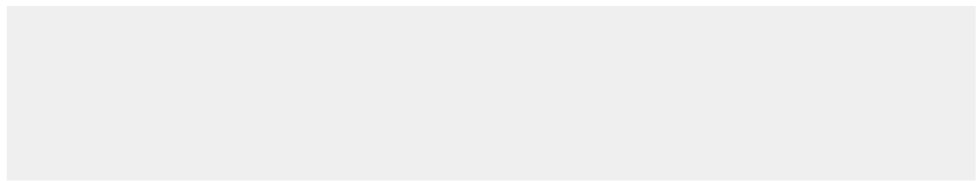
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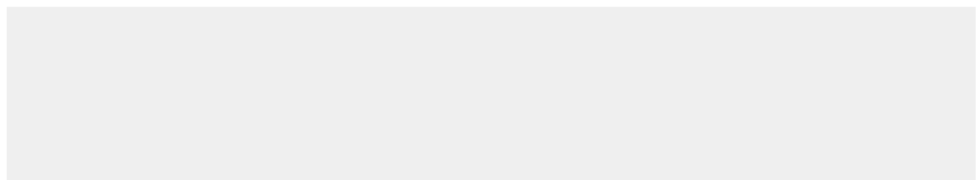
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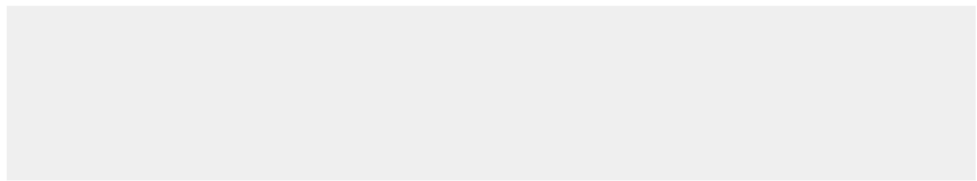
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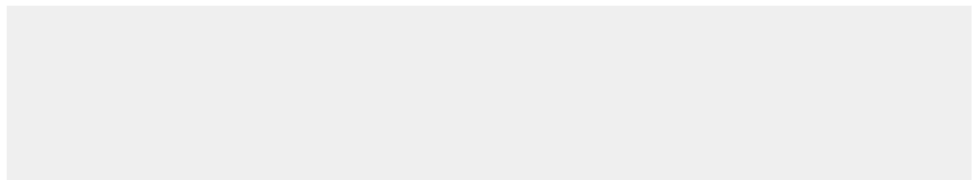
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SATURDAY

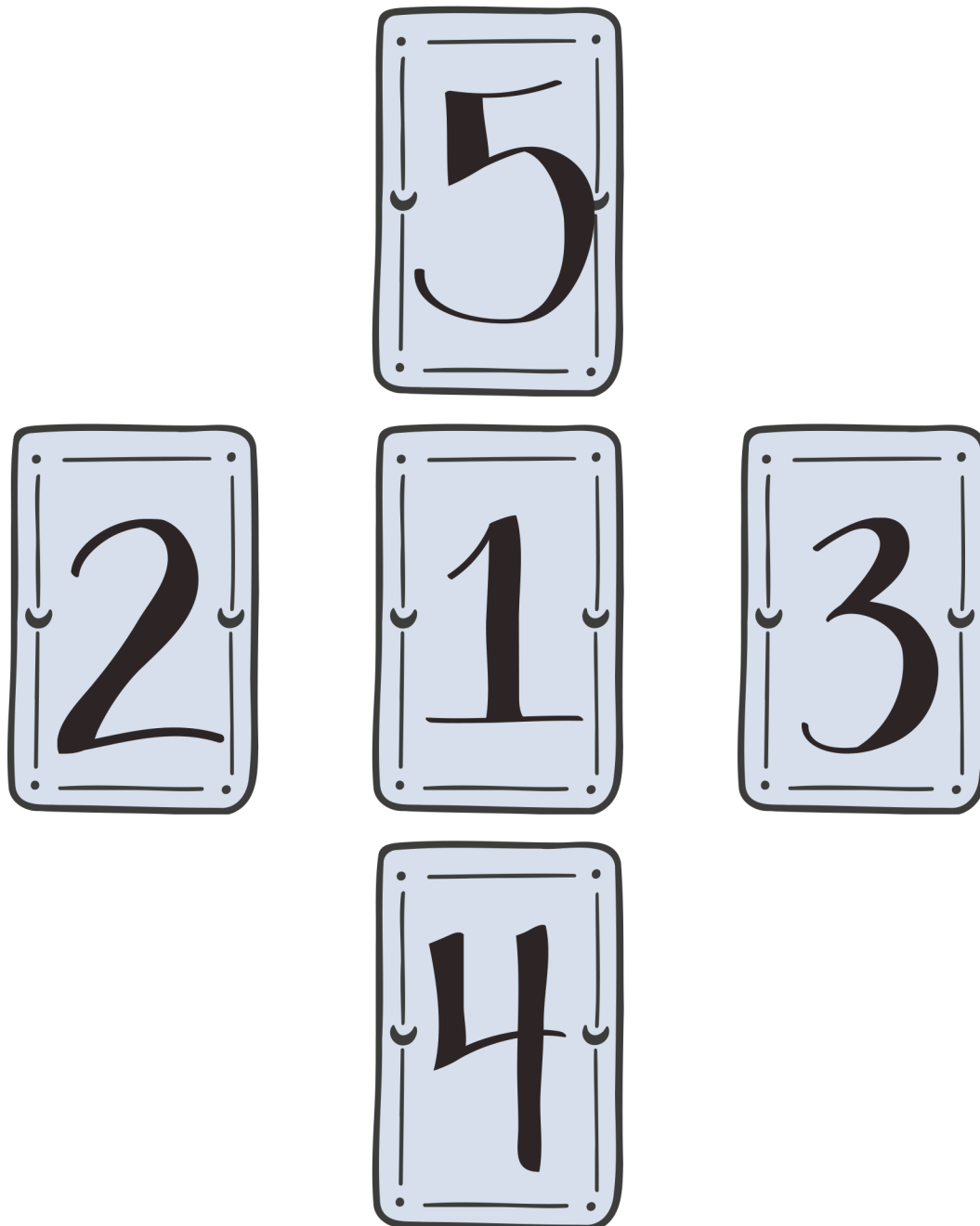


SUNDAY



CULTIVATING MEANING CARD SPREAD

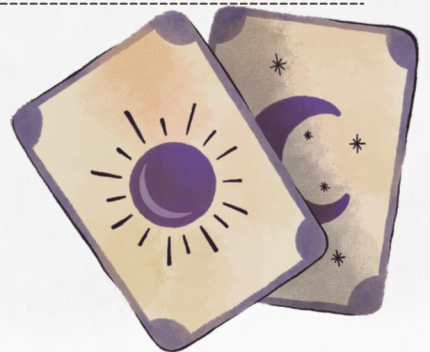
1. How am I aligned with what is meaningful in my life?
2. What is the challenge, block or struggle with this?
3. What is the best action for me to take to cultivate meaning?
4. Where can I find the best support with this?
5. What do my guides most want me to know about what I find meaningful?





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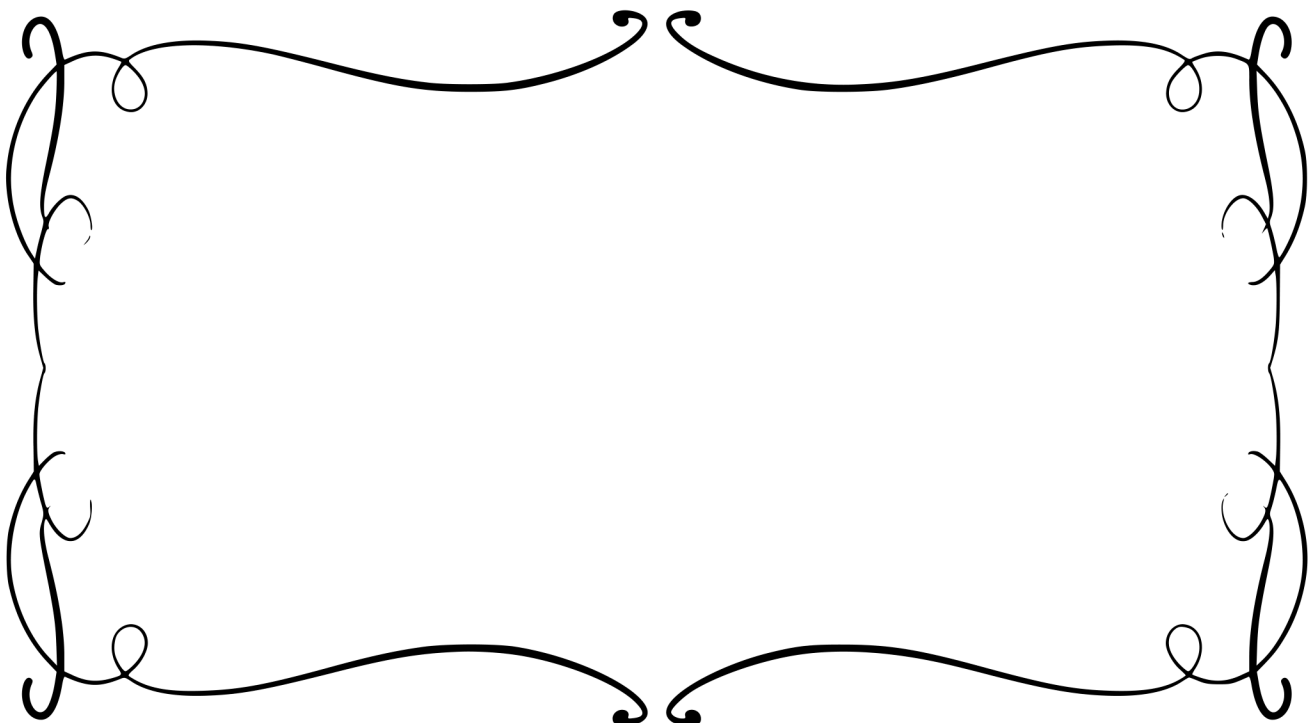


INTENTION SETTING

Intention setting really is the foundation of a fulfilling relationship with Magic. Setting intentions in witchcraft is like planting seeds in your magical garden. It's all about focusing your energy and desires into something tangible that the Universe can understand and act upon. Intention is the reason we give for doing a ritual or spell and the clearer we can be with it, the better. Intention setting is both a skill and an art that we can practice. Below are some guidelines to help you get started.

- Begin by getting really clear on what you want. This is the bulk of the work of intention setting. In order to avoid some of the pitfalls of intention setting, my preference is to get clear on the way I want to FEEL in a given situation.
- Next, get specific. Instead of an intention of "I want to feel good in my marriage" say something like "I want to feel valued in my marriage" or "I want to feel desired in my marriage."
- Now, drop any language like "I want" or "I need" etc. If we include these sorts of phrases, what we might get as a result is the wanting and needing. Along with this, always use the present tense. If we use the future tense (such as using the phrase "I *will* feel valued in my marriage") then we run the risk of always pushing that energy into some unrealized future time. Using the examples above, we'd change it to: "I feel valued in my marriage" or "I feel desired in my marriage."

In the space below, practice using this format to write intentions based on the meaningful things you clarified in week one. Then on the following page you'll find steps for doing magic with your new intention.



Now that you have your intention clarified, use it for the following ritual.

- 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 your intention and infuse it into something that can help amplify its energy. Some suggestions might be: Write it down on a piece of paper, carve it into a candle, whisper it into a crystal, or simply hold it in your mind's eye.
- Now, raise the energy. This is where the magic really happens. There are countless ways to raise energy for your intention. You might meditate, dance around your room, chant, or visualize a bright light filling you up with power. You can also use the elements. For example, carefully hold the intention-infused object over a candle flame to allow fire to raise its energy. Or pour water over the object, like you would to grow a seed. You can also call in other allies like energy-raising crystals, herbs and oils. You want the energy to be vibrant, buzzing, and ready to ignite your intention into reality.
- Once the energy is charged up, it's time to release your intention into the universe. Picture your intention leaving your body, or the candle, or piece of paper, and floating up into the cosmos, ready to be received. Some witches like to burn the piece of paper they wrote their intention on, watching as the smoke carries their wishes upwards. Others might bury it in the ground, letting the earth nurture it. Whatever method you choose, do it with conviction, knowing that you're putting your intention out there, ready to be manifested.
- The final step is to trust the process and let go of your attachment to the outcome. This can be the hardest part, but it's crucial. Obsessing over when and how your intention will manifest can actually push it away. Think of it like planting a seed - you water it, make sure it has enough sun, but then you have to let nature take its course. Trust that the Universe has received your intention and will deliver it in the right time and way.
- When you are done, offer gratitude and close your space.

Remember, intention setting is deeply personal and there's no one-size-fits-all method. Feel free to adapt these steps to fit your own practice, beliefs, and traditions. The most important thing is that you're putting your heart and soul into it and allow yourself to discover true meaning in the process.



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CONNECTING WITH THE HEART TO DISCOVER YOUR INTENTION



Discovering your true intention can sometimes feel like trying to catch moonbeams in your hands—elusive, magical, and a little bit mysterious. But just like any seasoned witch knows, with the right ritual, even the most hidden desires of your heart can be revealed. So, let's brew something special together, a spell, if you will, to connect with your heart and uncover your deepest intentions. You won't need a wand or a cauldron for this; just an open heart and a quiet space.

First things first, find a space where you feel safe and at peace. This could be anywhere that lets you breathe a little easier—the corner of your room, a spot in your garden, or even a cozy nook in your local library. Once you've found your sanctuary, take a moment to ground yourself. Imagine roots growing from the soles of your feet, deep into the earth, anchoring you firmly to the ground. Breathe in the earth's energy, and as you exhale, let go of any doubts, fears, or preconceived notions. This is your time to connect, truly and deeply.

Now, with your mind calm and your heart open, take a small object that will represent your intention. It could be anything—a stone, a ring, a feather, or even a piece of paper. Hold this object in your hands, and close your eyes. Visualize a warm, golden light emanating from the object, surrounding you, filling you with warmth and love. This light is the essence of your intention, pure and unfiltered. As you hold this visualization, ask yourself, "What is my true intention?" Don't rush this part. Let the answer bubble up from the depths of your heart, like a spring of clear, cool water. It might come as a word, an image, or a feeling. Trust whatever comes.

Finally, when you feel ready, slowly open your eyes and return to the present moment. Write down the intention that came to you. You can carry the object that symbolizes this intention for as long as it feels right. Remember, this ritual isn't a one-time charm. It's a door to deeper understanding and connection with your heart. Repeat it as often as you need, especially when you feel lost or disconnected from your path. With each repetition, you'll find that your true intentions become clearer, guiding you like the North Star on your magical journey through life.



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WEEK THREE JOURNAL PROMPTS FOR FURTHER EXPLORATION

- What would you regret not doing, being, or having in your life?
- If you could invent anything (even something from the world of fantasy), what would it be?
- Can you find clues about your deepest intentions in the way your home is decorated?





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WEEK THREE GUIDANCE FROM DREAMS

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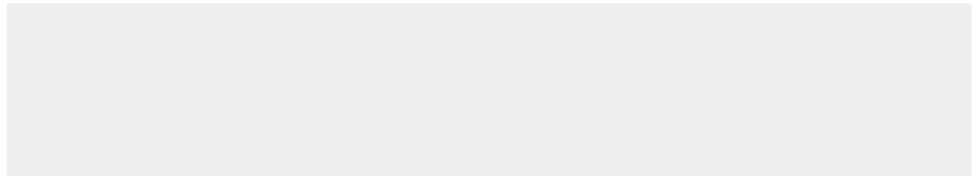
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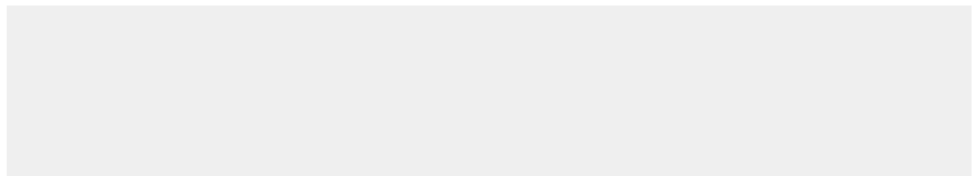
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WEEK FOUR MORNING RITUALS

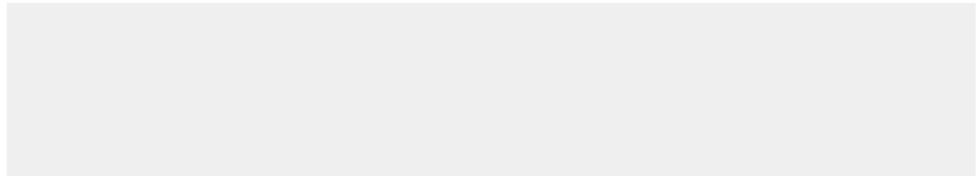
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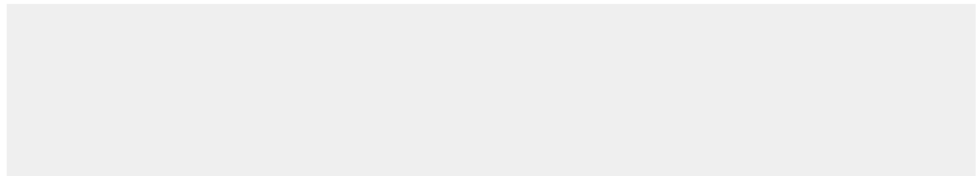
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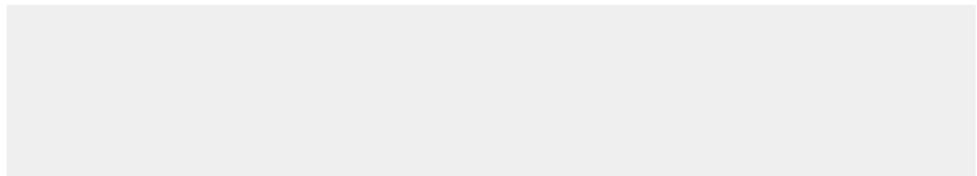
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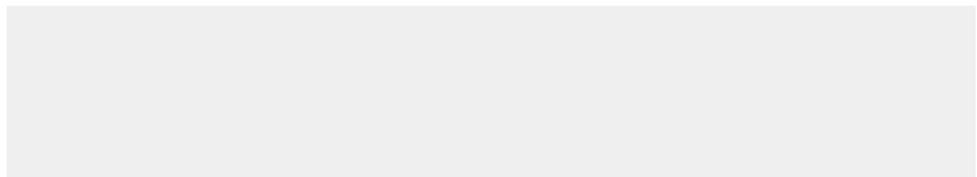
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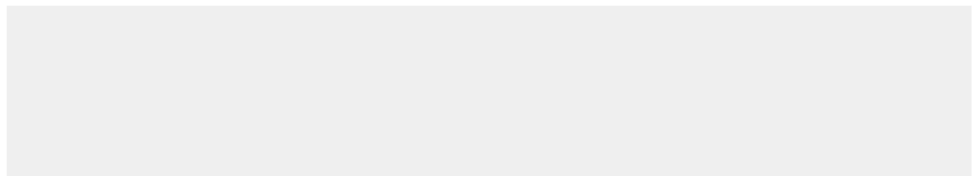
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SUNDAY



HOW AM I ALREADY AN ADEPT AT WHAT BRINGS ME MEANING?

Embarking on a journey to discover the magic you already weave into your life is like finding hidden treasures in your everyday existence. This exercise is a gentle guide to uncover all the ways you're already a master at infusing your life with meaning, using simple steps that connect deeply with the metaphysical realm.

First, grab your favorite notebook or a piece of parchment and a pen that feels enchanting to you—maybe it's one that flows effortlessly across the paper or one that just feels right in your hand. This is going to be your Book of Shadows for this exercise, a sacred space to record your discoveries. Now, find a cozy and quiet spot where you can be at ease, undisturbed, and really connect with yourself. This is your sacred space, a circle you cast around yourself to dive deep into your soul's wisdom.

Begin by lighting a candle or some incense if you like; these elements act as guides, illuminating our journey and inviting warm, positive energies around us. Now, close your eyes for a moment and take three deep breaths—inhale the possibilities around you and exhale any doubts. Open your eyes and at the top of your page, write this intention: "I see the magic I already create."

Now, call to mind the meaningful things you clarified in week one. Reflect on moments in your life when you've experienced these things. These moments are proof that you already know how to recognize when meaning is present. Write them down, no matter how small or grand they may seem. Do you notice any patterns emerging from these moments? Can you see that meaning wasn't simply handed to you, rather you were the one with the magic to see it? Can you see how gifted you are at discovering meaning?

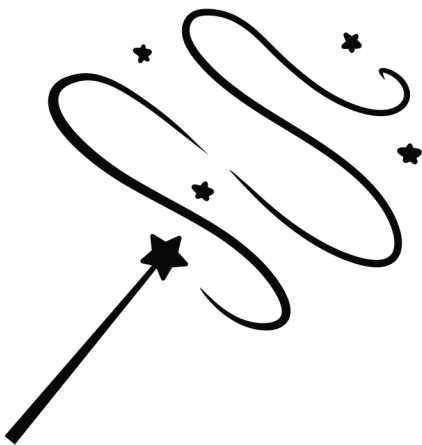


Next, consider the relationships and connections that bring you joy and strength. These are the circles of support that amplify your magic. Write about the people, animals, plants, and even places that contribute to your sense of belonging and power. Recognizing these connections reminds us that our magic doesn't exist in isolation—it thrives in relationality, in the give-and-take of energy and love.

Finally, acknowledge the challenges you've faced and the wisdom you've gleaned from them. These are your initiations, rites of passage that have tested and refined your ability to bring meaning into your life. Note how these experiences have shaped your understanding of yourself and the world around you. They are a testament to your resilience and your capacity to find light in the darkness.

Once you've completed these steps, take a moment to hold your Book of Shadows close to your heart. Feel the energy of your reflections, the spells you've identified, the communities you're part of, and the initiations you've undergone. Know that you are already an adept, a wise soul who brings meaning and magic into the world in countless ways.

Remember, this exercise isn't a one-time incantation but a spell to be revisited whenever you need to remind yourself of your inherent magic. Each time you engage in this practice, you'll uncover more layers of your power and depth, further weaving your unique magic into the tapestry of your life.





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RITUAL TO SEND MEANING OUT INTO THE WORLD

- 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 all the things you have discovered this month that have brought your life meaning. Let yourself feel wholly grateful for these things.
- When you feel ready, envision sending out into the world everything that brings you meaning so that others may also have the benefit of this experience. You can write or speak something like the following to amplify your intention:

From my core to the world, let my passions unfurl,
May the light of my joy, in others, swirl.
What's meaningful to me, I send on love's wing,
To land in their hearts, and make their souls sing.

- With this simple, heartfelt incantation, may the essence of what is meaningful to you ripple out into the cosmos, touching lives, uplifting spirits, and weaving a tapestry of connectedness that blankets the world in a warm, embracing glow.
- When you feel ready, offer gratitude and close your space.



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CAULDRON OF MEANING RITUAL

Creating a cauldron of meaning is a great way to bring the feeling of meaning into a tangible form. Think of it as putting together a magical elixir that you can have on hand to nourish yourself and others.

What you need:

- A cauldron (or other vessel), cleansed and charged
- Water (moon-charged water or florida water is excellent for this, just be sure it's potable)
- Another non-toxic liquid to represent each item of meaning you wish to include. Some suggestions:
 - food coloring, one color for each item of meaning you want to include
 - different kinds of liquor, again, one for each item of meaning you want to include
 - Food-grade essential oils. (Note: if you want to pour the contents of the cauldron onto a crossroads or other outdoor area, it's best to avoid essential oils as many are toxic to animals.)

-
- 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.
 - Return to all the ways you clarified what is meaningful to you this month. Choose one or more that really resonate with you at this time. Designate one non-water liquid for each meaningful thing you choose.
 - When you're ready, pour some water into your cauldron.
 - For each meaningful thing you want to add, place a drop of your chosen liquid while holding the intention. You can recite aloud an incantation such as the following:
 - This is meaning, hold it dear; bring to form in the waters here.
 - Using your wand or finger, stir everything together in a clockwise direction. Then, charge or seal the entire elixir by holding your hands over it and saying aloud your intention. One suggestion is:
 - This elixir holds the deep meaning of my heart and soul. Wherever it is poured, this meaning will blossom.
 - Feel the energy of your intention infusing the elixir.
 - When you feel complete, offer gratitude and close your space.
 - You can now drink the contents of your cauldron whenever you need to reconnect to the feeling of meaning. You can also offer this elixir to the land and share the blessing of meaning by pouring some at crossroads, your favorite places in nature, or your own yard.





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WEEK FOUR JOURNAL PROMPTS FOR FURTHER EXPLORATION

- What problem would you most like to solve?
- What do you really love to do for others?
- If you made a documentary, what would it be about?
- What do you feel devoted to?





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WEEK FOUR GUIDANCE FROM DREAMS

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