

West Midlands

WITCHCRAFT

Magazine

Moon Magick

The Magick of Herbs

Witchcrafter Art

The Goddess Circe

The Art of Gemma Newey

Imbolc Spells and recipes

The Goddess Brigid



Issue 1 / January 2020

West Midlands Witch

Featuring...

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Wolf Moon Lunar Eclipse

Witchcrafter Art

The Goddess Circe

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Brigid

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Welcome to the first issue of West Midlands Witch.

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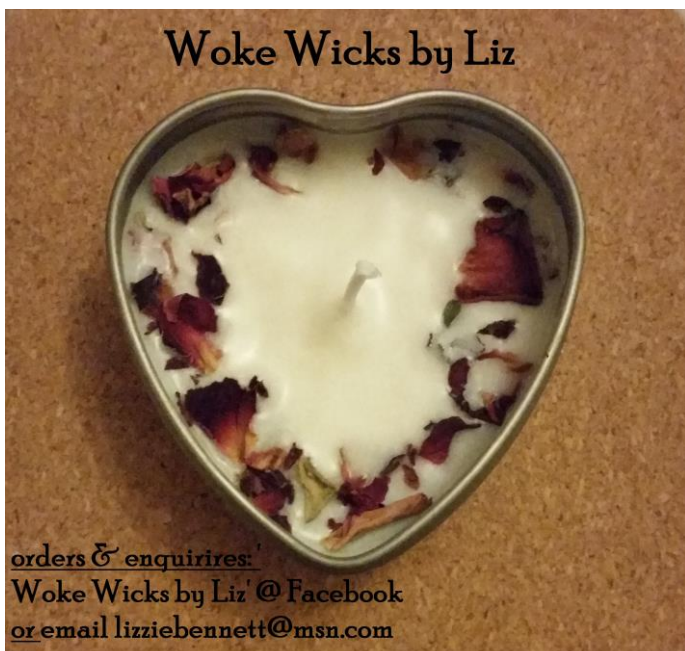
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DRAWING DOWN MOON MAGICK

BY JENNY NÍ FIONNUSA

Were you aware today is a full moon? It is the first one of 2020, 12 more will follow. Yes! 2020 will have 13 full moons and 12 new moons. Each an opportunity to draw down some moon magick! If you are new to working with moon you may wish to learn more about its symbolism of divine and feminine energy. The moon is symbolic of the triple goddess, and the archetypes the maiden, mother and crone. Each of which mark very significant phases in a woman's life. Women are naturally synced with the phases of the moon, the moon and menstrual cycle both occur within the month.



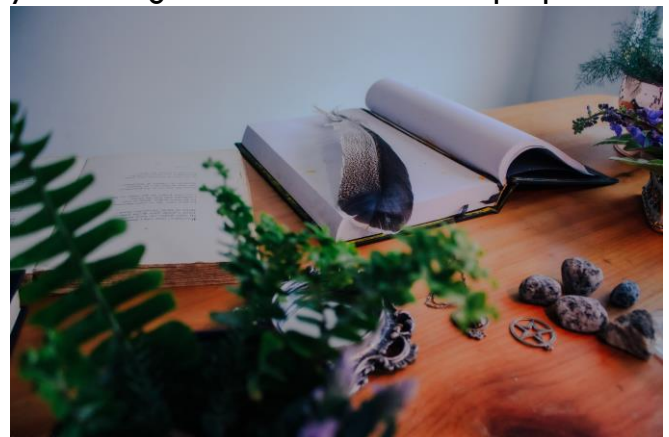
The moon reminds us that transitions and change are a constant in life. Following the moon can assist in navigating your spiritual path. It is a natural marker of time and space, and the moments of meaning in-between. Even if you knew nothing of the moon you would notice it is sometimes full and sometimes crescent and sometimes not visible at all. These phases are called the full, waning, waxing and a new moon. The more aware you become the more you begin to pay attention to the phases and your inner world.

Essentially aligning you with nature. Each phase has its own energy and offers you something, an insight into your energy as it changes from one moon to the next. Tuning in will help you know what you can do, in each of your own phases.

It is a very powerful action to work with the moon, it offers you a time to set intentions and a time to release what no longer serves your higher good. When you commit to completing a moon ceremony you align with nature and open an emotional and intuitive headspace. Intention and action brings forth magick! The intentional action of a moon ceremony is a powerful way of delving into your deep imagination and waking up your inner desires. This can help you manifest the changes you want in your life. It is taking the time to think about what your doing, your goals and desires and what might be holding you back. It is essentially moving the energy of your thoughts and emotions with purpose.

The full moon and the new moon offer different energy. The full moon is a time to release what no longer serves you.

This could be any obsessions or addictions, release pain of other emotional wounds or the ending of relationships. It is a good time to show gratitude for the good things that have come about. The new moon is a time for journeying into the dark, and a chance to start again. It is a time for setting intentions, manifesting and new beginnings. You can plant the seeds of what you want to grow. Maybe call in your heart's desire.

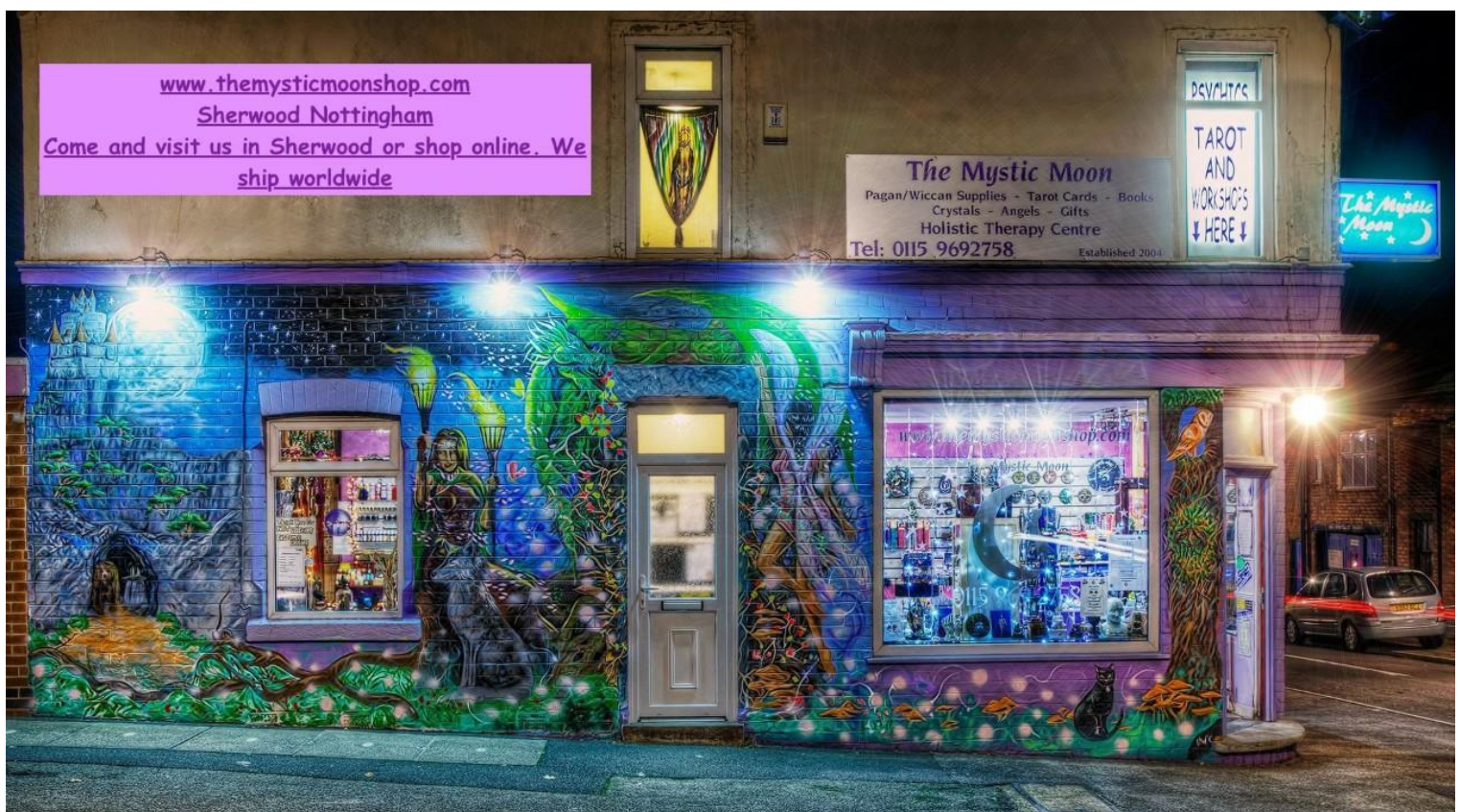


Prepare for your ceremony intentionally. Know its purpose. Create an opening and closing to mark your ritual. The ritual itself happens within the liminal space of 'before' and

'after'. Prepare the space (alter); put effort into its creation, because that creation and intention is energy. Include symbols for the 4 directions and 4 elements. There are variations for each direction and element. Getting started you might have candle for fire. Burn incense for air, water in a small bowl and represent earth with salt or crystals. You could bring in natural elements such as flowers, leaves, pinecones or seashells. You might also place significant items such as pictures, jewellery, and oracle cards. You can also put an offering such as food /chocolate if you wish to work with a deity. When ready cleanse your space with sage and open by calling in the four directions. With endings give thanks to the four directions, and any deities you worked with. This keeps you in high vibration, which is great for manifesting.

Whether it's your first moon ceremony or you're already on the path I wish you well.

Blessed be.



Wolf Moon Lunar Eclipse

BY MICHELLE ROSE BOXLEY

FOR SISTERS OF THE MOON

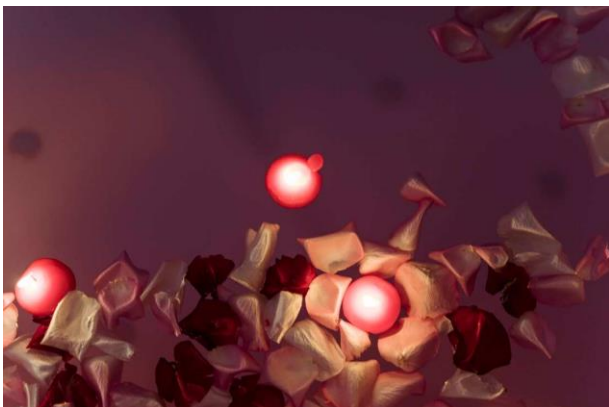
Dearest moonbeams, we are heading into a powerful full moon lunar eclipse in the sign of Cancer tomorrow. You may have already been feeling it's effects this week as the moon has been waxing. We're here for you with another lunar self care blog.

January's full moon is known as the Wolf Moon and this year we have a Appulse eclipse, meaning the moon is obscured by the Earth's shadow. Cancer is a feminine water sign ruled by the moon so expect to feel ALL the feelings. You may have already found yourself crying at the slightest thing this week and that's bound to increase as the moon reaches her fullness. Full moons always bring emotions up to the surface, this is heightened by both the fact that it's an eclipse and that the moon is in the deeply emotional and sensitive sign of Cancer. Self care, rest and nourishment couldn't be more important at this time.



Eclipses are always invitations to work with our shadow selves and full moons are a time of release, forgiveness and heightened power. New moon in Capricorn invited us to look at our soul purpose and balance between our spiritual life and daily life. The full moon in cancer can help us to see how much emotional baggage is standing in the way of us achieving our spiritual goals. Spend some time really sitting with your emotions and whatever is coming up for you during these full moon days, journal about your feelings. What patterns can you find within your emotions? What narratives can you see are on repeat? How much of this is your stuff or stuff that has been passed down to you? Can you cut the cords?

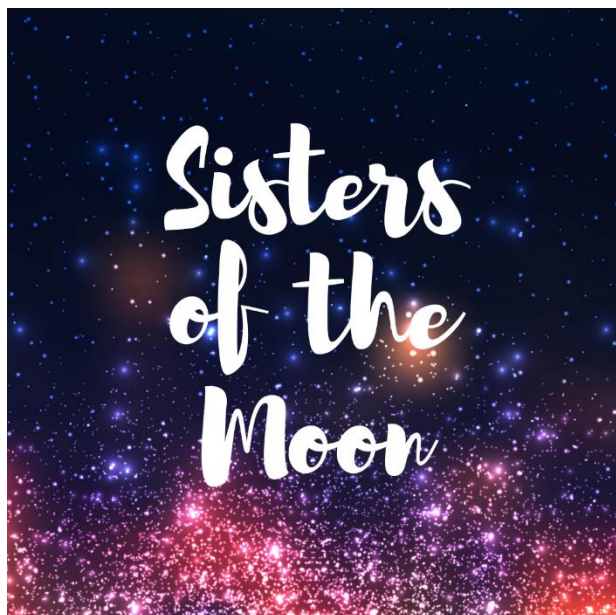
Full Moon Rose Water



Full moons are the ideal time to create moon elixirs. Place a bowl of purified water somewhere where it can absorb the moonlight/energy of the full moon. Place some fresh rose petals and a piece of rose quartz in the bowl and leave overnight. The next day, pour your infused water into a spray bottle with a little bit of alcohol or rose water toner to preserve your moon mist. Place a drop or two of rose essential oil into your spray bottle and shake. You can then use this as a heart chakra aroma mist, spray around yourself and take deep breaths or use to cleanse your space. Store out of direct light and label and date your mist.

This article was an excerpt from the Sisters of the Moon Blog – read the full thing here:

<https://sistersofthemoononline.weebly.com/blog/wolf-moon-lunar-eclipse>



Sisters of the Moon is an online community, magazine, and so much more!

You can find them at

<https://www.facebook.com/sistersofthemooncommunity/>

The first issue of the Sisters of The Moon is available to buy for the cost of a cup of coffee on Etsy – visit their Facebook page for more info and a link to purchase the Winter edition!

The first issue of Sisters of the Moon digital Zine, 54 pages of winter yumminess from recipes, to self care rituals, to astrology forecasts as well as interviews with incredible women from all over the country. This issue is inspired by Yule and the perfect way to help you connect to the winter solstice and seasonal self care.



The Witch Crafter Artist

THE ARTIST WITH A MAGICAL PAINTBRUSH



This image represents what can be the coldest time of the year. We often think that Yule is the cold month with Christmas card scenes of snow and robins and songs about the bleak midwinter.

But February, when the lambing season starts, is often snowing, icy, cold and pure. I chose the classic flower for this season in the Northern Hemisphere, for my painting. The sight of their lovely white heads bowing signals to me the promise of new thoughts, actions and dreams.

The Barn Owl is my favourite of the Owls. I sponsor one at the Owls at the local Owl Sanctuary <https://www.theowlxperience.net> and I donated as much as I could when their sanctuary was flooded. I recently made a Barn Owl called Offcut (made from erm...offcuts of fabric and paper) and he has spent December in the Museum of Cannock Chase in the Staffordshire Wildlife Trust 50th Anniversary Exhibition. I have also included a photo of him and myself at the exhibition.

I am an artist, The Witch Crafter Artist - The Artist with the Magical Paintbrush. I paint what inspires me and I make crafts from up cycled materials and recycled objects. This image is also one of my Sabbat greetings cards that you can buy individually or in a pack of eight cards via my website <https://www.witchcrafterart.co.uk>.

I have a Facebook page <https://www.facebook.com/witchcrafterart/> and a Twitter feed <https://twitter.com/CrafterWitch> so please give me a like, share and follow. Keep an eye out for me at local Pagan themed craft shows.



The Witches of Classical Literature and Mythology:

Circe

BY FRAN JACOBS

Circe, daughter of the Sun God, is the oldest known witch in classical mythology and probably one of the most famous, because of her role in Homer's *Odyssey*. On their way home, after the Trojan War, Odysseus and his men land on her island. Odysseus sends out a scouting party who encounter Circe at her home, singing and working her loom. While all around her house are: "mountain wolves and lions that Circe had bewitched with her magic drugs . . . (they) rose on hind legs to fawn on them," (Homer, *Odyssey* book 10) before



Circe offers the men wine and food. But the wine is drugged, with herbs that make the men forget their home, and with one touch of her wand, the men are turned into pigs, which she then drives into her sty. Only one man, Eurylochus escapes to tell Odysseus what had happened. Odysseus goes to confront Circe and encounters Hermes on the way, who tells him to take a herb, moly, to counter Circe's drugged wine, and then to rush at her with a sword. They will then become lovers and his men will be turned back. Odysseus does as instructed, but before he takes Circe to bed he makes her promise not to use her magics to 'unman' him. She agrees and after they've slept together she turns the pigs back into men, only they look years younger than they had before.

Odysseus and his men stay on the island for a year. When it is time for them to leave, Circe tells Odysseus to consult with the ghost of Tiresias, the seer, to learn how to get home. She tells him how to summon his ghost, to dig a trench and fill it with the blood of a black ram and ewe, and to make certain promises, prayers and libations. She also tells Odysseus that he will need to keep back all the ghosts who come to drink the blood until Tiresias appears. She provides them, unseen, with the black sheep and a favourable wind to help them.

After speaking to Tiersias, Odysseus returns to Circe's island to bury a companion who had died there, falling drunk from her roof. Circe already knows everything that Odysseus was told by the seer, and tells him what dangers lie in wait on the next part of his journey home, and how to deal with them. She warns him of the sirens, the whirlpool Charybdis and dog headed monster Scylla. She also warns him that if he and his men eat the sun god's cattle, then they won't make it home, and if he is the only one to leave them untouched, then he will arrive home without his ship or men, which is exactly what happens.

Circe appears again in the *Argonautica* by Apollonius of Rhodes, which tells the voyage of Jason and the Argonauts. Jason, and Circe's niece Medea, land on her island on their

way home, seeking purification after the murder of Medea's brother, Apsyrtus. In Apollonius the creatures of the island aren't lions and wolves, but curious creatures, with a medley of limbs. Circe purifies them with blood and prayers, but on learning what they did, she drives them from her island.

The Roman authors elaborated on the idea of Circe as an erotic figure, but one that was also vengeful. In Ovid's *Metamorphoses* she transforms the nymph Scylla, a rival for the love of the sea god Glacus, into the dog headed monster that she later warns Odysseus about. She does this by tainting the pool where the nymph likes to bathe with 'evil herbs' and spells, taught to her by Hecate. She then sprinkles the pool with roots and casts her spell with "strange and riddling words." When Scylla gets in, her lower body becomes disfigured:

"When she looked for her thighs, her legs, her feet, she found, instead of her own limbs, gaping mouths like those of Cerberus." (Ovid Book 14)



Scylla's upper body is now rising up, standing on the back of those beasts, and it is out of revenge for what Circe did to her, that six of Odysseus' men are later eaten, one by each of her dog heads.

Circe also transforms the handsome youth, Picus, into a woodpecker. She sees him out hunting and falls in love with him. She sends a phantom boar to lead him

away from his men, then prays to the "mysterious gods" for darkness and draws a veil of clouds across the sky. Picus' friends become lost and she approaches him with her declarations of love. He rejects her and she turns him into a bird. When his friends demand to have him back, she sprinkles drugs on the ground, summons Night, and prays to Hecate. "The grass...was wet with drops of blood, the stones seemed to utter hoarse rumblings, dogs barked, the earth crawled with snakes and shadowy ghosts fluttered noiselessly here and there." Circe then touches the terrified men with her wand and they become wild beasts.

Fran Jacobs lives in Retford, North Nottinghamshire, with her three cats, Medea, Malcom and Kitten, where she makes unusual gothic and fantasy jewellery. She has a masters degree in ancient history, is the author of a handful of dark fantasy novels and short stories, and has a love of all things horror and the macabre.

Find her jewellery at <https://www.etsy.com/uk/shop/megaerasrealm> and learn more about her writing, on her woefully in need of updating website: www.franjacobs.com

The Magic of Herbs BY VANESSA COOK



Herbs truly are magical pockets of energy. They grow in relatively poor soil and often in barren conditions. They require little or no tending yet they flourish, drawing all their energy from the earth and sun.

These beautiful little pockets of earth's energy can be harvested, (giving thanks of course!) and earth's magic can be used through them in medicines, rituals and spells.

Harvesting herbs.

Herbs are best harvested early in the morning, once the sun has dried the dew from the leaves or on a night of a full moon if they are to be used in rituals or spells, this intensifies their magical properties.

Thanks should always be given and water given to the remaining plant afterwards, but only if soil is dry.

Secret Names.

We are all familiar to references made to witches casting spells and using weird and wonderful ingredients. Even Shakespeare made reference in his play Macbeth, "eye of newt", "toe of frog" and "adders foot". Names of body parts were often references to the part of the plant being used;

Foot=root.

Gut=stem.

Eye=flower.

Although interesting, fun and a little mysterious it's easy to see how these common folk traditions and names could have been misunderstood by others less familiar leading to suspicions that local wise women were doing "the devil's work", when in fact they were working with nature to cure ills and do good in the local communities.

Historical magical names of herbs.

Holly- Bat's wings

Ladies mantle- Bears foot.

Lupin- Blood from head.

Foxglove – Fairies finger.

Yarrow – Bloodwort.

Hawthorn – Bread and Cheese.

Snapdragon – Calfs Snout.

Ground ivy – Cats paw.

Rosemary – Dew of the Sea.

Common Daisy – Eye of the day.

Dandelion – Priests crown.

Wild garlic – An Eagle.

Wild Geranium – Cross foot.

Stone top – Mouse's Tail.



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Gemma Newey from Mythica Studios.

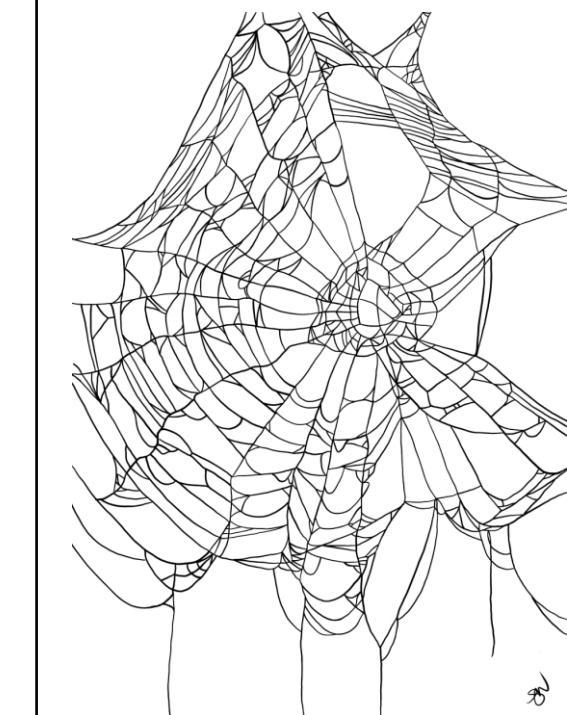
Artist Statement:

Sculptor, mother and misfit. Gemma is lover of brightly coloured hair, gothic clothes and cyber/steam punk accessories. She is currently completing her degree in Ceramics & Glass at University of Wolverhampton, and aspires to be a combined glass and ceramic artist/sculptor with a mythological and physiological 'meaning of life' twist to her work. Her current work focused mainly in mythological, and is very much trial and research pieces, which will lead to larger and more impressively unique works.

About me and my pieces:

I'm a mother, an eccentric, an artist and a misfit. I live in Wolverhampton with my husband and two boys. I've recently started my University Degree in Ceramics and Glass, and I'm developing my new found skills.

As a student of the arts, I'm currently developing my skills in the area of glass and ceramics. I'm really fascinated by mythology, cultural history, the mind and, since meeting my husband, psychology. My current pieces of work revolve around mythology and my rendition of said myths and folklore. I working monochrome for most things. I'm developing a series of work whereby I sandblast glass with my own interpretation of mythical creatures. My interest is both in sculpting with clay, sandblasting but I've also gained an interest in a technique called Pâte De Verre, which I can't wait to explore in more detail.



You may be wondering what inspires me to create work based on mythology and that all stems from my childhood. My mom loved anything to do with ancient Egypt and my older brother had a strange obsession with vampires and werewolves. With that influence in my life, my interests turned to mythology and folklore. I don't think I would have found such a passion about



mythology or folklore if it wasn't for those in my life and I can never thank them enough. It is my husband that has evolved that interest and influenced it with psychology and meaning of life stuff – 42 is now my favourite number. I hope to continue to include these influences throughout my artistic career.

Tears of Gaia is representative of the decline of the earth and everything living on it,

the plants, animals and creatures from the smallest insect to the planet itself. I did her in pencil without colour because I didn't want to detract from the image itself with colours.

My monochromatic designs are done digitally and each one is unique. I try to capture mythical creatures but how I see them. They are black and white images because they are designs to be sandblasted on glass and as such, I don't need colour, I just use simple black and white designs. I'm hoping to create some unique sculptures in both glass and clay in the future.



Social Media:

GEMMA.MYTHICASTUDIOS@GMAIL.COM - [FACEBOOK.COM/MYTHICASTUDIOS](https://www.facebook.com/mythicastudios)

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Events Listings

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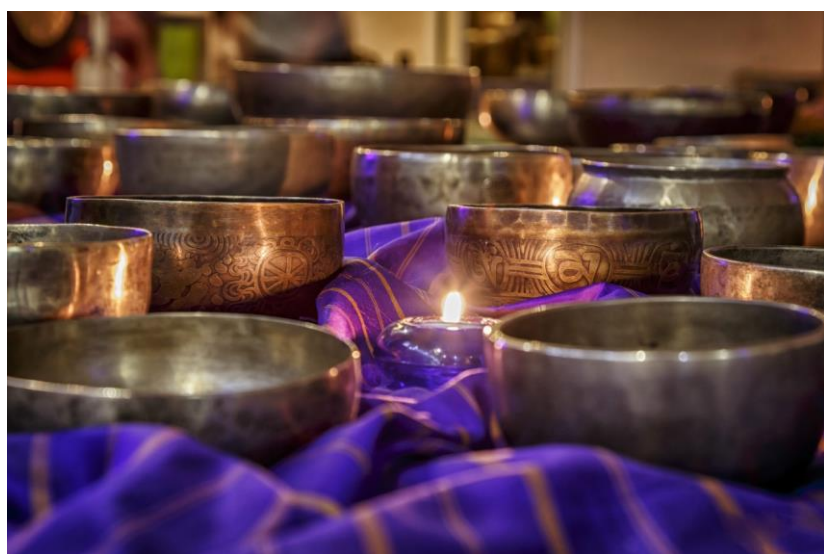
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Tarot Talk

BY ESME KNIGHT

Each month we will discuss the cards, suits and interpretations of the tarot to aid you in your tarot readings.

THE MOON

When the moon appears in your spread it is heralding a period of reflection. Look both within and without for the answers to your questions. We, as the moon, go through phases in life. The big things like the physical changes that come with the passing of time, the lifestyle choices brought about by health, wealth or maturity alongside the small subtle sentimental things that shape us. These are the lessons this card are bringing to our attention. The balance between action and reaction, projection and reflection, object and subject, understanding the connection between the significant and the trivial and the part they have play as we wax and wane through life.

Sometimes we are full of light and happy to pay forward the good energy that has been shone on us by others, soaking it up and bouncing it back bathing all who cross our path in silvery glory. Then comes the dark half of the phase, just as intense, leading you into your own thoughts down shadowy twisted paths that counsel introspection. Here, balance is the key. Extremes are no good in moonlight; The light that illuminates the prey also reveals the hunter.

Remember the Moon is also a trickster. A dead rock reflecting stolen light whose hold over our oceans is parallel to the sway it holds over us. The ebb and flow, the shine and shade of Her rotating faces.

Winter also offers a time of dormancy, a time to rest, reflect, heal. While the lands rests under Her frosty blanket awaiting the turn of her next phase, so must we.



SUIT OF CUPS

Continuing our theme of the moon, the oceans and our own emotional landscape we are going to explore the tarot suit ruled by water – The Cups.

As with all suits of the tarot The Cups consist of fourteen cards, nine 'pipped' cards, four court cards and an ace. The court cards are a page, a Knight, a queen and a king and while they can represent people and personalities they can also take on abstract meaning.

Cups are ruled by water and in turn represent emotional events and conflict that come into our lives. From tumultuous to stagnant, emotions are the highs and lows that bring colour to our experiences can be confusing, painful, joyous, and myriad other feelings in a single fleeting moment, or adversely can stay with us until the end of our days.

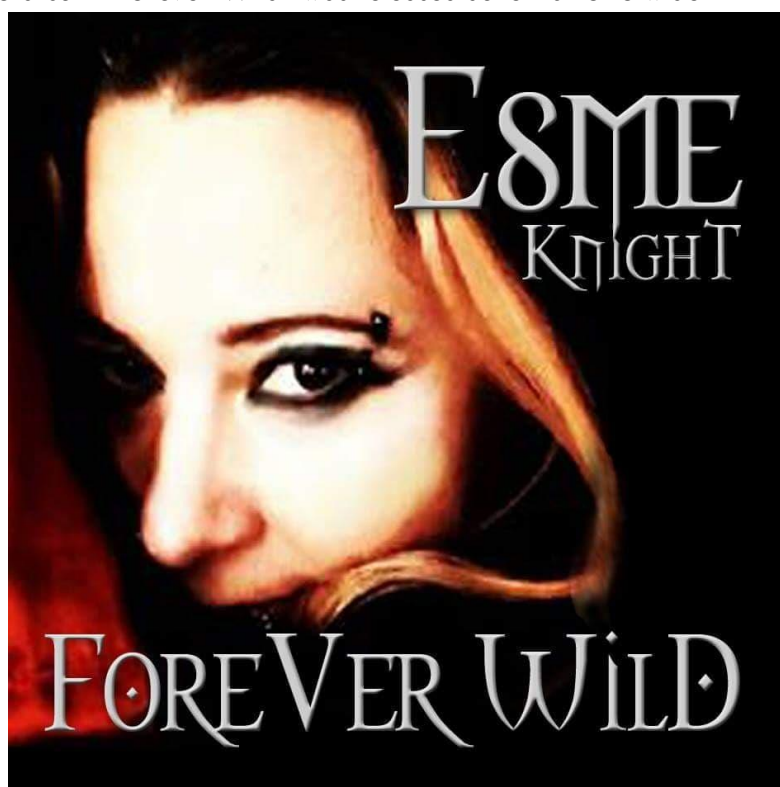
Beginning with the Ace, a chalice overflowing with all our hopes and desires, emotions flow through the cards like a river winding its way from its source to the sea. The desire for companionship and connection, the pride in our work, fear and loss, yearning, pain and sorrow, ambition, and if we are blessed all the way to love and happiness. The Page has a naivety and walks the world loving in abundance, the Knight brings a proposal or an offer; there is a deal to be made. The Queen is an artist and passion and expression are her tools, while the King is a dreamer and a protector.



Beware, if a card appears in the spread reversed, look for inversion in meaning or a blockage or conflict with the issue at hand.

The depths of feeling can be navigated, trust the cards but even more so; trust yourself.

Esme Knight is a Yorkshire born musician, witch, fire performer, artist, writer and community leader living in Nottingham. Primarily a musician, Esme's original material is a mix of dark and sassy rock songs blended with modern gothic folk ballads. Following years of bands, collaborations and cover gigs she decided to focus on her original material and her debut solo album "Forever Wild" was released June 2018 to wide acclaim, containing tales of joy, sorrow, reflection, death and the wildness in all of us. Moving to Nottingham in 2008 from London where she was Retail Manger of the famous and gruesome London Dungeon, she began her work with the Pagan community and founded Pagan Pride UK, championing accurate representation for modern Pagans and hosting the UK's largest Pagan event attended by over 3500 people every year. Her community work earned her an International Women's Day award marking the centenary in 2011, and recently Pagan Pride UK's annual festival in Nottingham won the Pagan Federation's 'Best Large Outdoor Event 2018'. Esme Knight is a Dragon Shaman and a member of Clan Dolmen, regularly performing and speaking at their events, including their fire rituals, working with fire, drums and body movement to conjure the dragon within.



Brigid

BY BEKKI MILNER



Right across Ireland on the 1st of February, many will celebrate the feast of St. Brigid. Her cross would have decorated many a doorway, in belief that the Saint would protect the household and their livestock from evil and misfortune. And on her feast day, mass will take place at a shrine that sits not far from the Cliffs of Moher in County Clare.

In the past, this sacred site was more well known for the celebration of a festival far older – Imbolc, or sometimes Imbolg, a pagan festival that takes place the same day as the celebration of the Saint. The 1st of February is also the celebration of the Goddess Brigid. To many, the Saint of the same name is a Christianisation of the Goddess, for they share many attributes along with their date of veneration.

The Goddess Brigid was the daughter of Dagda, and patron of, amongst other things, poetry, blacksmithing, cattle, arts and crafts, sacred wells and the arrival of early spring. My earliest encounter of the Goddess actually took place in Ireland, at St Brigid's Well in Liscannor, County Clare.

At the well, the sacred circle outside houses a statue, clothed in black, encased in glass. The well itself resides at the end of a short tunnel, a grotto lined with offerings of all kinds, trinkets, statues, letters, cards, candles, prosthetic limbs, all crowded upon the walls and ledges, prayers and petitions dripping from every possible surface. A recess in the wall allows space for a pilgrim to light a candle, and if you were to look into the dark waters of the well and see an eel, you would surely be blessed with good luck.



I didn't see an eel in the pool at St. Brigid's Well. I was eleven years old, and had never seen a shrine or a sacred well, and found the whole thing particularly magickal, if not a little overwhelming. The prayers of the people who had left their offerings clung to the walls and statues, crammed in to every space, the sick, the weary, the devout, all leaving a part of themselves within the damp, dark grotto.

The well is rumoured to be one of the oldest in existence, its waters are said to have healing powers. It sits before an ancient graveyard, the resting place of clan leaders and mythical kings, and I remember the atmosphere and energy there very clearly, even if I was too young to understand fully what I was experiencing. My mother and father both treated the well with a certain level of respect, sacred, holy, like visiting a church.

As we left the well, my mother sent me back to close the gate (as I recall, though I haven't been back since then so I am not sure if there still is a gate). As I approached the gate, a woman wrapped in shawls smiled at me from the sacred circle. I smiled back, closed the gate and returned to my parents in the car. I told them about the nice lady who smiled, and they shared a look. They knew as well as I had, there had been no one else at the well during our visit.



Some years later, after the growth of the internet, I learned more about both St Brigid and the truth of the Goddess behind her. Shortly before my father passed away some 6 years ago, the woman at the well came up in conversation. My father said he had wondered if I remembered the incident, and (having been born and raised in the area) told me that she had been seen many times, but only by those that were virgins.

Coincidentally, the sacred flame of the Goddess was tended by 19 virgins – originally priestesses, and later, when they converted her to a saint, nuns. These fire keepers took it in turns to guard the sacred flame so that it never went out. No man was permitted to enter the sacred space within the hedge.

Sadly, my father knew no more about the woman at the well, and I have struggled to find anything online about a ghost or spirit that resides there. One day I will return to the sacred shrine, to the land of my ancestors. I will take spring flowers to the well and spend some time honouring the Goddess that came before the crucifixes and black nuns habit, and wonder who it was I saw that day, and if I'll ever have the privilege of meeting Her again.

Pagan Poetry – Blessings of Imbolc BY BEKKI MILNER

Through cold and rugged Winter creeps,
The Spring, through snow a snow-drop peeks
Through grey skies weighted down by cloud
The Sun is golden, wheel-round
Blessed Mother, blessed morn,
Love renewed and life reborn,
Imbolc, we dance as light returns ,
Within us all a fire burns
And Brigid, Lady of the flame,
Walks Spring across the hills again

Bless us Bride, bless our hearts
Bless our families and our hearths
Bless the livestock and the smith,
The artist and poet keep,
We bring you milk with honey sweet,
And bright flowers, laden at your feet,
The seeds of life through earth will break
Born of glory, the Maiden wakes
Imbolc, we dance as light returns,
Within us all the fire burns
And Brigid, Lady of the flame,
Walks Spring across the hills again



Grimoire

January 2019

Spiritual Spring Clean

Spring will soon be upon us, with the coming of Imbolc. The flowers will unfurl from their sleep, new growth and life will soon be all around us. Many of us will turn to spring cleaning – and it's a good time to include your sacred space and spiritual cleansing in this!

Clearing off your altar and freshening it up is a good place to start – fresh candles, a new altar cloth, clearing out former offerings for example. You may want to decorate with fresh flowers, burn sage or anoint surfaces and tools with your favourite oils for the job!



Brigid's Flame Blessing

Take three white candles. You can anoint them however you like – herbs, oils, sigils appropriate for spring or your favoured deities. You may wish to dedicate this mini-ritual to the Goddess Brigid as bringer of spring and Goddess of the sacred flame, whose festival is the same day as Imbolc.

Place the candles in a row – lighting the center one first, dedicate this candle to the Goddess or deity you chose to work with.

Taking that candle, light the candle to the right – and dedicate that candle to someone or something else – you might want to send blessings to friends or family, nature and her creatures, or across the world to bring peace, love and healing to those that need it.

Using the center candle again, light the candle to the left. This one you should dedicate to yourself. Whilst making your dedications, envision the light of the candle surrounding you and the people or places you have chosen to bless, healing them, helping them, and

bringing them peace. Leave the candles to burn out, or snuff them out. As always, take care when dealing with naked flames!

Brigid Blessing Bowl

Take a bowl and place it upon your altar or workspace. Fill it with water (you could use moon charged water, spring water or water collected from a stream) or you could use milk to symbolise the Goddess Brigid.



Add herbs or flowers that represent the Goddess - you could use dandelion heads for strength, nettle to guard against negativity, thyme for success, honeysuckle for love, or any yellow spring flowers around this time of year.

Add some salt to bring protection, and some honey for sweetness, prosperity or fertility.

The bowl can be left out or upon your altar for an offering, or you may wish to use it to anointing yourself in blessing.

Do you have a favourite spell or ritual you would like to share? Email them to thecrowsfeet@outlook.com and we will feature them in future issues!