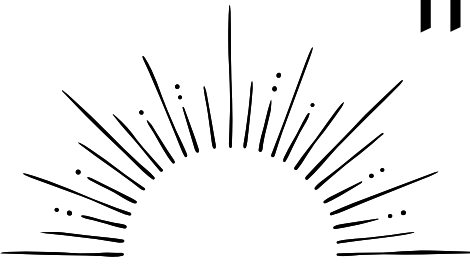


The Seven Sacred Days

Harnessing Their Energies



Days of the Week

Each day of the week carries unique energies that enhance your magical workings. Aligning your spells with these energies amplifies your intentions, creating a deeper connection to the universe.

Sunday

The Day of the Sun
Correspondences: Sun, Leo, fire, gold
Abundance, success, healing
Solar Infusion Tea
1 tsp dried rosemary
1 tsp dried calendula petals
1 tsp honey (for sweetness)
Boil water and steep the herbs for 10 minutes. Strain and add honey.

Thursday

The Day of Jupiter
Correspondences: Jupiter, Sagittarius, abundance
Prosperity, growth, legal matters
Abundance Jar
1 cup brown sugar
1 tsp cinnamon
A few coins (for prosperity)
Layer ingredients in a jar, visualizing abundance. Place it on your altar to attract wealth.

Monday

The Day of the Moon
Correspondences: Moon, Cancer, water, silver
Healing, intuition, dream work
Lunar Herbal Bath
1 cup Epsom salts
1 tsp dried chamomile
1 tsp dried lavender
Mix all ingredients in a bowl. Add to a warm bath and soak for at least 20 minutes, focusing on releasing emotional burdens.

Friday

The Day of Venus
Correspondences: Venus, Taurus, Libra, love
Love spells, beauty, harmony
Love Potion Tea
1 tsp dried rose petals
1 tsp dried hibiscus
1 tsp honey
Steep herbs in boiling water for 10 minutes. Sweeten with honey and drink while focusing on self-love and attracting love.

Tuesday

The Day of Mars
Correspondences: Mars, Aries, fire, red
Protection, courage, assertiveness
Protection Oil
2 tbsp olive oil
1 tsp crushed red chili flakes
1 tsp dried rosemary
Combine ingredients in a small jar and let sit for a week in a warm place. Use for anointing candles during protection rituals.

Saturday

The Day of Saturn
Correspondences: Saturn, Capricorn, earth
Protection, banishing, grounding
Banishing Salt
1 cup sea salt
1 tbsp black pepper
1 tbsp dried sage
Mix ingredients and sprinkle around your space to create protective boundaries. Use in banishing spells to clear negative energies.

Wednesday

The Day of Mercury
Correspondences: Mercury, Gemini, Virgo, air
Communication, learning, travel
Focus Blend
1 tsp dried peppermint
1 tsp dried ginkgo biloba
1 tsp dried green tea
Mix herbs and steep in hot water for 5-7 minutes. Drink while studying or during conversations to enhance clarity.

Practical Tips

Create a Weekly Ritual Schedule: Dedicate specific days to focus on certain aspects of your life aligned with the day's energy.
Moon Phase Awareness: Integrate the lunar phases with the days for heightened effectiveness
Intuitive Journaling: Reflect on how the energies of each day influence your feelings, thoughts, and actions.