

AWAKENING
THE
WITCH WITHIN
PART III



WELCOME TO ROOTS OF MAGICK

Welcome, seeker. You are standing at the threshold of something ancient, powerful, and deeply personal. This workbook is here to guide you through your first steps into the world of witchcraft. There's no one right way to be a witch; this is your journey. Use this workbook as a mirror, a guide, and a safe space to explore.

You'll find:

- Guided teachings for each module
- Journal prompts to reflect and deepen your understanding
- Simple activities and rituals to put your learning into practice
- Room to record your thoughts, signs, and spells

Set your space, light a candle, and let your journey begin.



WHAT'S INCLUDED

1. **Magickal Tools & Symbols** - Introduction to the tools of the craft, such as crystals, herbs, candles, and elemental energies. Learn how to use them in a way that connects you to the natural world.
2. **The Elements & Nature** - Begin working with the elements (earth, air, fire, water) to deepen your connection to nature's forces, learning how they can guide and support your practice.
3. **Correspondences** - Magickal correspondences are the energetic relationships between objects, colors, days, moon phases, and more. Find out common correspondences and how to come up with your own.



MAGICKAL

TOOLS & SYMBOLS



MAGICKAL TOOLS & SYMBOLS

Magick is everywhere. It's in the flame of a candle, the scent of a herb, the glimmer of a crystal, and the whisper of a breeze. Tools and symbols are not what create magick—they help you channel and focus it. In this module, we'll explore common tools of the craft and how to use them with clarity and confidence. You'll also learn how to connect with everyday items in meaningful, magickal ways—because your energy is the most important tool of all.

INTRODUCTION TO CRYSTALS, HERBS, CANDLES, AND TOOLS

Crystals, herbs, and candles are beloved in witchcraft for their natural energies and symbolic meanings. Each one holds unique properties you can tap into for spells, healing, or intention-setting. These tools are extensions of your energy and intention, not requirements. Start with what speaks to you.



INTRODUCTION TO SIGILS

A sigil is a magickal symbol created to represent a specific intention or desire. Unlike ancient runes or traditional symbols, sigils are personal and unique—crafted by you, for your energy, to charge with your will. Think of them as energetic shortcuts: compact, powerful symbols that bypass mental clutter and speak directly to the subconscious and the universe.

CRYSTALS - EARTH'S MAGICKAL MEMORY KEEPERS

Crystals are ancient allies formed deep within the Earth over thousands or even millions of years. Each crystal carries its own vibration and energetic blueprint, making it a powerful tool in witchcraft. They can help you raise your energy, focus your intention, protect your space, and amplify your magick.

Working with crystals isn't about memorizing long lists of properties. It's about tuning into their energy and forming a personal relationship. You might be drawn to a stone without knowing why—and later discover it aligns perfectly with what you need. That's intuition at work.

HOW TO USE CRYSTALS IN YOUR PRACTICE

- Hold during meditation to amplify clarity, peace, or focus
- Place on your altar to represent elemental energy or support a spell
- Carry in your pocket or pouch for daily support and protection
- Add to spell jars or mojo bags to boost intention
- Sleep with a crystal under your pillow for dreams and healing
- Create crystal grids to focus energy on a goal or manifestation

CLEANSING & CHARGING YOUR CRYSTALS

Because crystals absorb and shift energy, it's important to cleanse them regularly, especially before or after spellwork. Try:

- Smoke from incense or herbs (like sage or rosemary)
- Moonlight (especially during the full moon)
- Sound (bells, chimes, singing bowls)
- Running water (if the crystal is water-safe)
- Salt or soil (place in a bowl for a few hours or overnight)

Once cleansed, you can charge your crystal with a specific intention. Hold it in your hand, speak your intention aloud, and visualize the energy flowing into it.

This 'programs' the crystal to support your magickal goal.

CREATE A CRYSTAL GRID

A crystal grid is a beautiful and powerful way to direct energy toward a specific goal. By combining sacred geometry, crystals, and intention, you create an energetic map that amplifies your desires and sends them into the universe.

Think of a grid as both a spell and a living altar: each stone plays a role, and the arrangement holds a frequency that supports your magical work.

HOW TO USE CRYSTALS IN YOUR PRACTICE

- Manifesting abundance or love
- Protection for a space or journey
- Healing—emotional, spiritual, or physical
- Support during a moon phase or seasonal shift
- Deepening connection to an element or intention

WHAT YOU NEED

- A flat surface or sacred space
- A center stone (the “anchor” or focus)
- Supporting stones (3, 6, or more)
- Optional: grid cloth or printed pattern (flower of life, pentacle, etc.)
- Your intention (clearly written or spoken)



CREATE A CRYSTAL GRID

1. Clarify Your Intention

Write down or say aloud what you wish to manifest. Use a present-tense affirmation (e.g., "I am grounded and protected" or "Abundance flows to me with ease").

2. Cleanse Your Crystals

Use smoke, sound, or moonlight to energetically clear your stones before beginning.

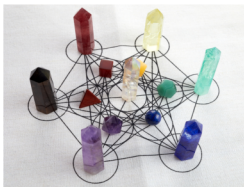


3. Choose Your Center Stone

This is the main energy amplifier. Choose a crystal that aligns closely with your goal—like Clear Quartz (amplification), Rose Quartz (love), or Citrine (manifestation).

4. Select Supporting Stones

Pick 4-12 stones that harmonize with your intention. These will form the outer structure of your grid. You can use the same type of crystal or a combination.



5. Place Your Grid

Lay down your grid design or simply form a symmetrical pattern. Start with the center stone and then place supporting stones in a radiating shape.

6. Activate the Grid

Using your finger, wand, or a clear quartz point, "connect" the stones energetically. Start at the center and draw invisible lines to each supporting stone, following the flow of energy. As you do, hold your intention clearly in your mind or speak it aloud.



HERBS - GREEN MAGICK & PLANT WISDOM

Herbs are one of the most ancient and beloved tools in the witch's toolkit. They are living beings infused with Earth's energy, elemental power, and spiritual intelligence. Each herb has its own vibration, correspondences, and magickal gifts—and when you work with them, you enter into a sacred relationship with nature herself.

Whether used in teas, incense, baths, spell jars, charms, or offerings, herbs allow you to harness the healing, protective, and transformative forces of the natural world. They don't just support your magick—they are magick.

WHY USE HERBS IN WITCHCRAFT

Herbs can:

- Support your intentions through their natural properties
- Call in elemental energy (Earth through roots, Fire through spices, etc.)
- Cleanse spaces, tools, and auras
- Strengthen spells and rituals
- Create deeper connections to nature and ancestral traditions
- You don't need an entire apothecary to begin—even 3 to 5 herbs used with intention can work beautifully.

HOW TO WORK WITH HERBS MAGICKALLY:

- **Smoke Cleansing:** Burn dried herbs like rosemary or mugwort to clear energy
- **Infuse in Tea:** Sip herbal tea with focused intention or moon-charged water
- **Add to Spell Jars or Mojo Bags:** Combine herbs with crystals and charms
- **Create Ritual Baths:** Add herbs to warm water for cleansing and intention-setting
- **Dress Candles:** Roll candles in oil and herbs to boost their magickal charge
- **Make Tinctures or Oils:** Infuse herbs for anointing or healing rituals
- **Offer to the Earth or Spirits:** Use herbs in offerings on altars or at sacred sites

CANDLES - FLAMES OF INTENTION

Candle magick is one of the simplest and most powerful forms of spellwork. A candle represents all four elements: earth (wax), air (smoke), fire (flame), and water (melted wax)—making it a complete tool for transformation. When you light a candle with focused intention, you are sparking energy into motion and inviting the universe to co-create with you.

A candle is more than wax and wick, it's a vessel for your desire, a beacon to the unseen, and a sacred flame that bridges the spiritual and physical worlds.

WHY USE CANDLES IN WITCHCRAFT

Candles can:

- Focus your intention and attention
- Represent the energy of a spell or goal
- Invoke elemental fire for action, change, and clarity
- Symbolize spiritual presence, deities, ancestors, or guides
- Add color, scent, and ritual depth to your practice

CANDLE MAGICK TIPS

- Write your intention on a slip of paper and place it beneath the candle
- Use candle holders that match your altar or intention (glass, stone, etc.)
- Observe the flame—a flickering flame, sudden sputter, or strong burn can all be signs or messages
- Snuff (don't blow out) a candle if ending a spell before it's complete



HOW TO USE CANDLES IN MAGICK:

1. Choose a Candle

Select the color, size, and scent (if desired) that matches your intention. Small chime or tealight candles are great for single-use spells.

2. Cleanse the Candle

Remove old energy by passing it through incense smoke, moonlight, or rubbing it with salt or water.



3. Dress the Candle (optional)

Anoint your candle with oil and roll it in herbs or glitter to amplify your spell. Rub oil from top to bottom (to bring in) or bottom to top (to release).

4. Carve or Mark Symbols

Use a toothpick or nail to inscribe names, sigils, or words of power into the wax.

5. Set Your Intention

Hold the candle in your hands. Speak or think your desire clearly and vividly. Imagine your energy flowing into the wax.

6. Light the Candle

As the flame rises, see it as the ignition of your spell. Stay present, meditate, or speak your intention aloud.

7. Let the Spell Unfold

Allow the candle to burn down safely or extinguish it with gratitude. Always follow fire safety and never leave burning candles unattended.



INTRODUCTION TO SIGILS

A sigil is a magical symbol created to represent a specific intention or desire. Unlike ancient runes or traditional symbols, sigils are personal and unique—crafted by you, for your energy, to charge with your will. Think of them as energetic shortcuts: compact, powerful symbols that bypass mental clutter and speak directly to the subconscious and the universe.

Sigils are especially loved by modern witches because they're discreet, customizable, and potent. They can be drawn on paper, carved into candles, traced in the air, added to spellwork, or even worn as talismans. Once charged with intention, a sigil becomes a kind of spiritual "command," humming quietly beneath the surface until it activates the shift you've set into motion.

Creating sigils blends art, intention, and energy into a single sacred act. It's a practice that calls on your inner magic and creativity, reminding you that you are both the writer and the spell.

HOW TO CREATE YOUR OWN SIGIL

Step 1: Write Your Intention as a Statement

Start by clearly writing what you want your sigil to represent—state your intention in the present tense and in positive form. Choose a phrase that feels empowering and aligned.

Examples:

- "I am focused and productive."
- "I am protected and grounded."

Step 2: Remove All Vowels

Cross out the vowels (A, E, I, O, U) in your statement. This helps break the phrase down into energetic building blocks.

I AM FOCUSED AND PRODUCTIVE → M F C S D N D P R D C T V
→ MF CSD ND PRDCTV

Step 3: Remove Duplicate Consonants

Now remove any repeating consonants so you're left with a core set of unique letters.

M, F, C, S, D, N, P, R, T, V

INTRODUCTION TO SIGILS

Step 4: Combine the Letters Into a Symbol

Now for the fun part! Begin creatively combining these letters into a unique symbol. You can:

- Overlap letters
- Mirror them
- Rotate or abstract them
- Stylize them into curves, lines, and geometric shapes

There's no wrong way, let your intuition guide you. Make it beautiful, weird, personal, and powerful. You may draw several drafts until one feels 'just right.'

Step 5: Charge Your Sigil

Once your sigil is created, it's time to activate or 'charge' it with energy.

You can do this in a few ways:

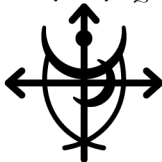
- Visualization: Hold your sigil and imagine it glowing with bright energy, pulsing with power and intention.
 - Elemental charging: Pass it through candle flame (Fire).
 - Breathe over it (Air).
 - Sprinkle water or anoint it (Water).
 - Place it on a crystal or the ground (Earth).
- Movement charging: Dance, hum, and sign to infuse your energy into it
- While charging, repeat your intention aloud or silently, feeling it vibrate through the symbol.

Step 6: Use Your Sigil

Now your sigil is ready to go! You can:

- Draw it on a sticky note and place it where you can see it
- Trace it with your finger on your coffee mug or water bottle.
- Add it subtly to your planner, whiteboard, desk decor, or even digital files.
- Tuck it inside a spell jar, under a crystal, or in your wallet or drawer.

The sigil continues working behind the scenes, subtly aligning your energy with your intention every time you glance at or touch it.



SIGIL CREATION PRINTABLE LAYOUT

My Intention Statement: _____

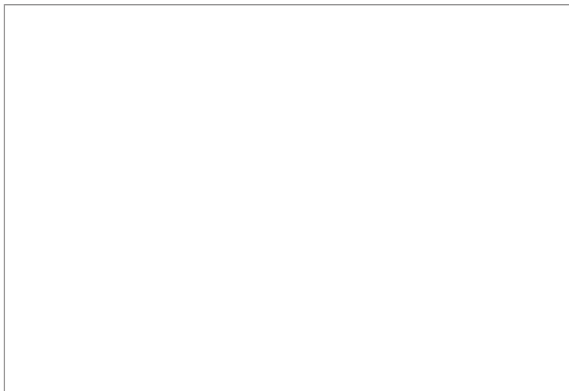
Vowel-Free Letters: _____

Unique Consonants: _____

Charging Method: _____

Where I'll Place My Sigil: _____

OWN SIGIL SKETCH BOX

A large, empty rectangular box with a thin black border, intended for sketching a sigil. It occupies the bottom half of the page.

USING WHAT YOU ALREADY HAVE

You don't need to buy anything fancy to be a witch. The most powerful tool in your practice is your intention. Let your creativity guide you, and know that resourcefulness is a form of magick too. Every item you use with reverence becomes sacred. For Example:

- A teacup becomes a chalice.
- A stone from your garden becomes a crystal ally.
- A birthday candle holds the same fire as any spell candle.
- A journal becomes your Book of Shadows.
- A kitchen spoon can stir in intention just like a wand.



ACTIVITY: USING WHAT YOU HAVE

What are things around your house can you use as part of your magickal practice? Look around our house and come up with 5 things that have both a magickal and mundane purpose:

WHAT IS IT?	MUNDANE PURPOSE	MAGICKAL PURPOSE

INTRODUCTION
TO
THE ELEMENTS



THE ELEMENTS & NATURE

Nature is the original teacher—and the elements are its most ancient language. In witchcraft, Earth, Air, Fire, Water, and Spirit are not just symbolic forces; they are alive within you and all around you. These elements form the foundation of many magical systems and can guide your practice, rituals, and understanding of energy.

Each element carries unique qualities, energies, and correspondences. Earth offers grounding and stability. Air brings clarity and communication. Fire fuels transformation and passion. Water holds emotion and intuition. Spirit is the connective thread that unites them all—your link to the divine, the cosmos, and your inner wisdom.

In this module, you'll get to know each element individually, learning how to sense their energy, work with their magical correspondences, and call on them for support in spells, rituals, and daily life. Whether you're lighting a candle with intention, standing barefoot in the grass, or stirring herbs into tea, you are engaging with elemental magic.

By deepening your relationship with the elements, you'll learn to move in harmony with nature, align with the rhythms of the Earth, and connect more fully to your own magical essence.



INTRO TO THE ELEMENTS

EARTH

Earth is stability, strength, nourishment, and support. It governs physical reality, the body, money, home, and long-term goals. It is the soil you walk on and the bones beneath your skin. Earth teaches you how to root, build, and grow. When you light a green candle for abundance, hold a crystal, or plant something with intention, you're working with Earth.

AIR

Air is clarity, thought, communication, and inspiration. It governs the mind, ideas, knowledge, and truth. Air is the whisper of intuition and the wind that clears away confusion. You connect with Air when you speak a spell aloud, journal your intentions, burn incense, or simply breathe deeply before a ritual.

FIRE

Fire is transformation, courage, desire, and sacred action. It burns away the old and lights the path forward. Fire rules energy, willpower, sexuality, confidence, and creativity. You invoke Fire when you light a candle, set boundaries, dance with wild abandon, or channel passion into a spell. It reminds you that change is not only possible, it's necessary.

WATER

Water is intuition, healing, love, and deep emotion. It governs dreams, the subconscious, relationships, and cycles of renewal. Water teaches you to feel, release, and return to center. You call on Water through ritual baths, moon water, tears of release, or offering your energy to rivers, lakes, and oceans. Water connects you to your heart and your inner tide.

SPIRIT

Spirit, sometimes called Aether or Akasha, is the unseen force that holds all the other elements together. It is divine energy, cosmic consciousness, the breath of life. It exists in the spaces between, connecting all things. Spirit is what you feel when you're in flow, when synchronicities appear, or when your spellwork feels alive. It's the soul of your practice, the bridge between self and Source.

EARTH - THE GROUND BENEATH YOU

Element of Stability, Growth & Foundations

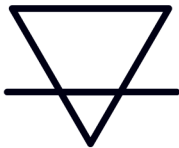
Earth is the element of structure, stillness, and deep strength. It is the quiet hum beneath your feet, the trees that root into the soil, and the slow, steady unfolding of time. In magick, Earth offers a grounding presence. It reminds you to come back to your body, to honor your physical needs, and to create solid foundations for your dreams.

Associated with the North, the color green, the season of winter, and the pentacle on the witch's altar. Earth is the element of manifestation. It governs home, money, security, food, health, and anything that takes time and care to build. Earth energy is protective, nurturing, and patient—it teaches you how to commit to your goals, honor your values, and find power in consistency.

 DIRECTION (North)	 SEASON (North)	 COLORS (Brown and Green)
 Tools (Salt, Soil, Rock)		 Tools (Pentacle, Salt)
 HERBS & PLANTS (Sage, Patchouli, Oak, Pine)	 CRYSTALS (Red Jasper, Moss Agate, Smokey Quartz)	 ANIMALS (Bear, Deer, Cow, Mole)

HOW TO WORK WITH EARTH

- Create a grounding pouch with stones and herbs and carry it with you
- Spend time in nature: touch trees, garden, or sit barefoot on the ground
- Use green or brown candles in abundance or protection spells
- Place crystals like hematite or moss agate on your altar or in your pocket
- Make offerings to the land, like seeds, water, or food with gratitude
- Begin a journaling or budgeting practice to care for your material world



JOURNAL PROMPTS

Where in my life do I need more stability or grounding?

What long-term seeds am I ready to plant and how can I nurture them?

AIR - THE BREATH OF CHANGE

Element of Clarity, Communication & Thought

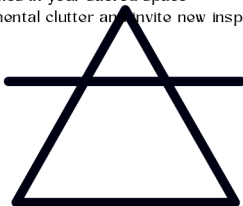
Air is the element of movement, breath, and inspiration. It rules the mind and all things unseen yet deeply felt—like thoughts, dreams, intuition, and the breath that sustains life. Air invites you to clear mental fog, speak your truth, and trust the messages that move through your inner knowing.

Associated with the East, the color yellow, the season of spring, and the wand on the witch's altar. Air is a force of awakening and insight. It brings fresh ideas, sharp perception, and the ability to connect with others and the divine through language, symbols, and spirit. When you light incense, pull tarot cards, or whisper your intentions to the wind, you are working with Air.

 <p>DIRECTION (East)</p>	 <p>SEASON (Spring)</p>	 <p>COLORS (Yellow, Pale Blue, White)</p>
 <p>Tools (Feather, Bell)</p>	 <p></p>	 <p>Tools (Incense, Wand)</p>
 <p>HERBS & PLANTS (Lavendar, Mint, Eucalyptus)</p>	 <p>CRYSTALS (Citrine, Sodalite, Quartz)</p>	 <p>ANIMALS (Bird, Butterfly, Dragonfly)</p>

HOW TO WORK WITH AIR

- Burn cleansing herbs or incense to clear energy
- Work with breathwork or meditation to access your intuition
- Write your intentions, spells, or affirmations and speak them aloud
- Use feathers or chimes in your sacred space
- Journal to release mental clutter and invite new inspiration



JOURNAL PROMPTS

What thoughts or beliefs are clouding my clarity?

How can I speak more truthfully and clearly both to myself and others?

FIRE - THE SPARK OF POWER

Element of Passion, Transformation & Will

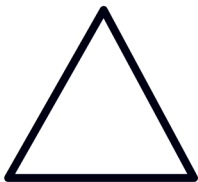
Fire is the element of action, energy, and sacred change. It burns away the unnecessary, fuels courage, and ignites purpose. Fire is fast-moving, alive, and sometimes unpredictable—but always transformational. It reminds you to be bold, to honor your desires, and to release what no longer serves.

Associated with the South, the color red, the season of summer, and the athame on the witch's altar, Fire governs willpower, creativity, sexuality, and transformation. When you light a candle to set an intention, dance to raise energy, or step fully into your power, you are invoking the spirit of Fire.

 <p>DIRECTION (South)</p>	 <p>SEASON (Summer)</p>	 <p>COLORS (Red, Orange, Gold)</p>
 <p>Tools (Candles, Matches)</p>	 <p>Tools (Charcoal, Cauldrons)</p>	
 <p>HERBS & PLANTS (Cinnamon, Chili, Clove, Rosemary)</p>	 <p>CRYSTALS (Carnelian, Sunstone, Pyrite)</p>	 <p>ANIMALS (Lion, Phoenix, Salamander, Hawk)</p>

HOW TO WORK WITH FIRE

- Light a candle with intention and speak your desire
- Dance, chant, or move to raise energy
- Burn something symbolically to release it (safely)
- Create a sun altar or use fire-colored crystals in spellwork
- Perform a fire spell to ignite confidence, transformation, or drive



JOURNAL PROMPTS

What do I need to release in order to step into my power?

Where am I ready to be bold and take inspired action?

WATER - THE FLOW OF FEELING

Element of Emotion, Intuition & Healing

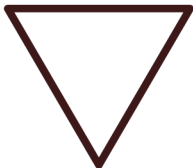
Water is the element of the heart, of deep feeling, dreams, and sacred flow. It teaches you to surrender, soften, and trust your inner tides. Water heals, cleanses, and connects—reminding you that vulnerability is strength and intuition is your soul's language.

Associated with the West, the color blue, the season of autumn, and the chalice or cauldron on the altar. Water governs emotion, psychic ability, love, and healing. It invites you to feel fully, release gently, and move with compassion. When you take a ritual bath, cry in ceremony, or stir moon water with a wish—you are moving with Water.

 <p>DIRECTION (West)</p>	 <p>SEASON (Autumn)</p>	 <p>COLORS (Blue and Silver)</p>
 <p>Tools (Bowls of Water, Shells)</p>	 <p>Tools (Chalices, Mirrors)</p>	 <p>Tools (Chalices, Mirrors)</p>
 <p>HERBS & PLANTS (Chamomile, Willow, Lotus)</p>	 <p>CRYSTALS (Aquamarine, Moonstone, Blue Lace Agate)</p>	 <p>ANIMALS (Dolphin, Frog, Turtle, Whale)</p>

HOW TO WORK WITH WATER

- Charge and sip moon water or herbal tea with intention
- Take a ritual bath with herbs, oils, and crystals
- Cry and release with sacred witnessing or journaling
- Work with dream interpretation or divination tools
- Use seashells or water bowls in altar work



JOURNAL PROMPTS

What emotions am I being asked to honor and release?

How can I nurture my inner waters with softness and care?

SPIRIT - THE THREAD THAT BINDS

Element of Connection. Mystery & Magick

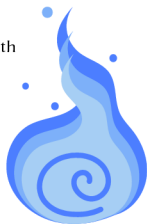
Spirit is the mystical essence that connects everything. It is beyond direction, beyond time—it is the cosmic breath, the source of intuition, and the force of unity. While the other four elements represent tangible forces, Spirit holds the intangible—the divine spark, your soul, your connection to Source.

Spirit doesn't need correspondences—it is the correspondence. When you feel called to a ritual, when synchronicities show up, when you feel deeply at peace in nature or wildly inspired—Spirit is present. It reminds you that you are never alone, and that your practice is part of something larger than yourself.



HOW TO WORK WITH SPIRIT

- Meditate in silence or with a guiding intention
- Call in your guides, ancestors, or higher self
- Sit in sacred space and listen—without agenda
- Follow intuitive nudges, signs, and synchronicities
- Offer gratitude for the unseen forces guiding your path



JOURNAL PROMPTS

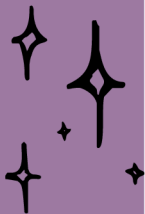
When have I felt most connected to the divine or to something greater?

How can I honor my spiritual essence each day, in simple ways?



MAGICKAL

CORRESPONDENCES



MAGICKAL CORRESPONDENCES

Magickal correspondences are the foundational energetic links between the elements we work with and the intentions we seek to manifest. These connections, between colors, days of the week, moon phases, herbs, crystals, and more, create a bridge between the physical and spiritual realms, allowing us to tap into the natural rhythms of the universe. When we align our spells, rituals, and daily practices with these correspondences, we amplify their potency and deepen their resonance.

Understanding and using correspondences isn't about rigid rules—it's about tuning in. Color becomes a vibration. A day becomes a frequency. A crystal becomes a conduit. A herb becomes a whisper from the earth. By choosing tools that align with your purpose, you're not only enhancing your magick—you're crafting with intention, flow, and clarity.

In this section, you'll find practical guides to some of the most commonly used and accessible correspondences:

- ✦ Colors and the energy they radiate
- ✦ Days of the week and their planetary influences
- ✦ Moon phases and their shifting power
- ✦ Common magickal symbols
- ✦ Crystals and their vibrational support
- ✦ Herbs and their earth-born wisdom

Use this as a resource to strengthen your intuition, deepen your connection to nature and time, and bring harmony and meaning to every spell, altar, and sacred moment. Magick is most powerful when it's aligned and this is where that alignment begins.

COLORS

Colors are more than visual, they're energetic tools that carry vibration, emotion, and intention. Use this guide to align your magic with the frequency of each color and amplify the power behind your spells, rituals, and everyday actions.



Red

Passion • Courage • Power

Chakra: Root
Element: Fire
Planet: Moon

USES

PASSION • STRENGTH • VITALITY • PROTECTION • LUST • COURAGE

SPELL WORK

POWER • BANISHING • ATTRACTION • MOTIVATION • BOLDNESS



Orange

Passion • Courage • Power

Chakra: Sacral
Element: Fire
Planet: Sun & Mercury

USES

CREATIVITY • CONFIDENCE • JOY • ATTRACTION • CELEBRATION • SUCCESS

SPELL WORK

MOTIVATION • MANIFESTATION • GLAMOUR MAGIC • ENERGY BOOST • COURAGE IN COMMUNICATION



Yellow

Clarity • Confidence • Success

Chakra: Solar Plexus
Element: Air
Planet: Sun & Mercury

USES

CLARITY • CONFIDENCE • SUCCESS • COMMUNICATION • JOY • FOCUS

SPELL WORK

STUDY SPELLS • GOAL-SETTING • ABUNDANCE WORK • UPLIFTING ENERGY • POSITIVE MINDSET



Green

Abundance • Healing • Growth

Chakra: Heart
Element: Earth
Planet: Venus & Mercury

USES

ABUNDANCE • HEALING • GROWTH • LOVE • FERTILITY • GROUNDING

SPELL WORK

MONEY MAGIC • SELF-LOVE • PROSPERITY ALTARS • HEALTH SPELLS • EARTH-BASED RITUALS

COLORS



Pink



Love • Compassion • Self-Worth



Chakra: Heart
Element: Water
Planet: Venus



USES

SELF-LOVE • ROMANCE • EMOTIONAL HEALING • COMPASSION • BEAUTY
• KINDNESS

SPELL WORK

SELF-WORTH RITUALS • LOVE DRAWING • INNER CHILD WORK •
FRIENDSHIP SPELLS • PEACEFUL ENERGY WORK



White



Purity • Protection • Possibility



Chakra: Crown
Element: Air & Spirit
Planet: Moon



USES

PURIFICATION • PROTECTION • PEACE • CLARITY • SPIRITUAL
CONNECTION • VERSATILITY

SPELL WORK

LEARNING RITUALS • NEW MOON CEREMONIES • SPIRIT
COMMUNICATION • BLESSINGS • UNIVERSAL SUBSTITUTION



Brown



Stability • Grounding • Home



Chakra: Root
Element: Earth
Planet: Saturn



USES

GROUNDING • STABILITY • HOME & HEARTH • ANIMAL MAGIC •
ANCESTRAL WORK • PRACTICAL MANIFESTATION

SPELL WORK

PROTECTION FOR PETS • HOUSE BLESSINGS • GROUNDING RITUALS •
NATURE CONNECTION • STEADY PROGRESS



Purple



Intuition • Wisdom • Spiritual Power

Chakra: Third Eye & Crown

Element: Spirit & Air

Planet: Jupiter & Neptune



USES

INTUITION • PSYCHIC AWARENESS • WISDOM • SPIRITUAL GROWTH •
DREAMWORK • DIVINE CONNECTION

SPELL WORK

MEDITATION • DIVINATION • THIRD EYE ACTIVATION • DREAM MAGIC •
RITUALS FOR SPIRITUAL EXPANSION



Black



Protection • Power • Transformation

Chakra: Root

Element: Earth

Planet: Saturn & Pluto



USES

PROTECTION • BANISHING • SHADOW WORK • GROUNDING • WARDING •
TRANSFORMATION

SPELL WORK

BINDING • CORD CUTTING • ANCESTRAL WORK • RELEASING RITUALS •
DEFENSIVE MAGIC



Silver



Intuition • Moon Magick • Reflection

Chakra: Third Eye & Crown

Element: Water & Spirit

Planet: Moon



USES








INTUITION • MOON MAGIC • PSYCHIC AWARENESS • FEMININE ENERGY
• REFLECTION • DREAMWORK

SPELL WORK

LUNAR RITUALS • MIRROR MAGIC • DIVINATION • SPIRIT
COMMUNICATION • ENHANCING INTUITION

DAYS OF THE WEEK

Each day of the week carries its own unique energy, influenced by planetary rulers and magical tradition. Use this guide to align your spellwork, rituals, and intentions with the natural rhythm of time for greater harmony and power.

DAY	ELEMENT & PLANET	ENERGIES	WORKINGS TO DO
SUNDAY		CREATIVITY, EXPRESSION, VITALITY, MOTIVATION, DIVINE MASCULINE, ENJOYING LIFE	SUN MAGICK, CANDLE MAGICK, FIRE MAGICK, EARTHING, HONOR DIVINE MASCULINE, GET CREATIVE, WEEKLY PLANNING
MONDAY		PSYCHIC ABILITIES, INTUITION, DIVINATION, DIVINE FEMININE, DREAM MAGICK, FEMALE EMPOWERMENT	DIVINATION, DEVELOP PSYCHIC ABILITIES, HONOR DIVINE FEMININE DEITIES, FEMALE EMPOWERMENT SPELLS
TUESDAY		COURAGE, STRENGTH, SUCCESS, POWERFUL PROTECTION, LEADERSHIP	COURAGE AND STRENGTH SPELLS, PROTECTION WARDING, RITUALS FOR SUCCESS AND LEADERSHIP
WEDNESDAY		COMMUNICATION, WISDOM, KNOWLEDGE, TEACHING, SHADOW WORK	COMMUNICATION SPELLS, TRAVEL MAGICK, SHADOW WORKING, HEALING SPELLS, JOURNALING, EXPANDING KNOWLEDGE
THURSDAY		ABUNDANCE, SUCCESS IN WORK OR CAREER, BUSINESS MATTERS, MONEY, FINANCES, WISDOM	MONEY SPELLS, ABUNDANCE SPELLS, CAREER GOAL SETTING, SUCCESS AND CAREER RITUALS, CAREER ADVANCEMENT, LEGAL DEALINGS
FRIDAY		LOVE, SELF-LOVE, BEAUTY, COMPASSION, FERTILITY, FRIENDSHIP, SEXUALITY	SELF-LOVE SPELLS, FERTILITY RITUALS, SEX MAGICK, FRIENDSHIP RITUALS, GLAMOUR MAGICK, RITUAL BATHS
SATURDAY		PERSONAL TRANSFORMATION, SELF-DISCIPLINE, TRUTHS, BANISHING NEGATIVITY, PROTECTION	TRANSFORMATION RITUALS, PROTECTION SPELLS, CLEANSING AND BANISHING RITUALS, SETTING PERSONAL GOALS

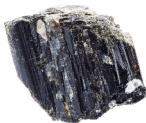
CRYSTAL GUIDE (TOP 6 CRYSTALS)

Clear Quartz: Clarity, Focus, Amplification.
Known as the “Master Healer,” Clear Quartz enhances clarity of thought and intention. It amplifies the energy of other crystals and helps align your mind and spirit for a productive day.



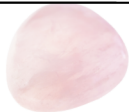
Amethyst: Peace, Intuition, Protection.
Amethyst soothes stress and promotes calm, making it ideal for starting your day with a clear mind. Its intuitive energy can help guide decision-making and protect against negativity.

Citrine: Positivity, Abundance, Motivation.
Citrine brings uplifting energy, encouraging confidence and creativity. It's perfect for manifesting success and approaching the day with optimism and focus.



Black Tourmaline: Grounding, Protection.
This powerful grounding stone helps shield you from negative energy and keeps you centered. Use it in your morning routine to feel protected and rooted in your intentions.

Rose Quartz: Compassion, Self-Love, Harmony.
Rose Quartz radiates gentle, loving energy, fostering kindness toward yourself and others. Start your day by connecting with this crystal to encourage harmony in relationships and within yourself.



Fluorite: Focus, Clarity, Mental Balance.
Fluorite is a crystal of organization and calm, helping to clear mental fog and enhance concentration. Its stabilizing energy supports decision-making and keeps you aligned with your goals. Keep Fluorite at your desk to stay focused and mentally balanced throughout your workday.

HERB GUIDE (TOP 6 HERBS)

Rosemary: Clarity, Memory, Protection.

Rosemary is a staple for focus and mental sharpness, making it ideal for meetings, presentations, and deep work. Burn a sprig before your day begins or keep a small sachet nearby to stay clear, confident, and protected from energetic clutter.



Basil: Abundance, Confidence, Motivation.

Basil invites prosperity and personal power—perfect for manifesting success in your career. Keep a basil leaf in your wallet or near your computer to attract abundance and energize your productivity.



Peppermint: Energy, Communication, Fresh Thinking.

Peppermint refreshes your mind and lifts your spirit, making it great for brainstorming sessions or quick midday resets. Inhale its scent or keep a peppermint oil roller at your desk for a burst of clarity and confident expression.



Lavender: Calm, Harmony, Stress Relief.

Lavender soothes the nervous system and helps maintain balance in high-stress environments. Place dried lavender in a drawer or diffuser to encourage emotional stability, peaceful interactions, and calm focus throughout the day.



Cinnamon: Drive, Courage, Fast Action.

Cinnamon carries fiery energy that boosts motivation and assertiveness. Sprinkle a pinch on your morning coffee or tea (with intention!) to light up your inner fire and power through your to-do list with bold, inspired action.








Bay Leaf: Vision, Goal-Setting, Success.






Bay is a powerful herb for intention and manifestation. Write a goal or affirmation on a bay leaf and keep it on your desk or in your planner as a subtle spell to stay aligned with your highest professional vision.



MOON PHASES & MEANING






Moon Phase	Meaning	How to Embrace It
NEW MOON 	New moons are about new beginnings, planting new seeds, and envisioning new possibilities	<ul style="list-style-type: none">• Set intentions for the month.• Write or draw your dreams.• Meditate on what you want to manifest.
WAXING CRESCENT 	A phase for building momentum and taking the first steps toward your goals.	<ul style="list-style-type: none">• Create a vision board.• Take small, meaningful actions toward your goals.• Journal about your progress.
FIRST QUARTER 	A time to face obstacles, make decisions, and stay committed to your intentions.	<ul style="list-style-type: none">• Reevaluate your plans and adjust as needed.• Practice perseverance.• Use affirmations to stay motivated.
WAXING GIBBOUS 	A phase for fine-tuning your efforts and preparing for success.	<ul style="list-style-type: none">• Reflect on what's working and what isn't.• Focus on aligning actions with your goals.• Practice gratitude for progress.
FULL MOON 	A time of illumination, peak energy, and manifesting results.	<ul style="list-style-type: none">• Celebrate your achievements.• Release what no longer serves you.• Perform gratitude and release rituals.

MOON PHASES & MEANING

Moon Phase	Meaning	How to Embrace It
WANING GIBBOUS 	A phase for appreciating blessings, sharing wisdom, and giving back.	<ul style="list-style-type: none">• Practice acts of kindness.• Reflect on lessons learned.• Share your insights with others.
LAST QUARTER 	A time to let go of what's no longer needed and prepare for rest and renewal.	<ul style="list-style-type: none">• Declutter your space or mind.• Perform a forgiveness ritual.• Focus on self-care and releasing stress.
WANING CRESCENT 	A phase for deep rest, introspection, and surrendering to the flow of life.	<ul style="list-style-type: none">• Power down and practice self-care• Integrate lessons learned during the previous lunar cycle• Tie up any lingering loose ends.
CRYING MOON 	A time for release of any negative energy, people, situations, or emotions that do not serve us.	<ul style="list-style-type: none">• Let go of negativity• Practice shadow work• Release things you don't want
DARK MOON 	Dark Moons are best for resting, relaxation, and focusing on self-care.	<ul style="list-style-type: none">• Rest and relax.• Make plenty of time for self-care• Prepare for the new lunar cycle ahead.

COMMON MAGICKAL SYMBOLS

Symbols are powerful tools in witchcraft, each carrying deep energetic meaning that helps focus intention, connect with the divine, and guide ritual practice.

SYMBOL	CORRESPONDS TO	MEANING
<p>Pentagram</p> 	<p>Protection • Balance • Elemental Harmony</p>	<p>The five-pointed star within a circle represents the five elements—Earth, Air, Fire, Water, and Spirit—and the unity of all. It's one of the most powerful and widely recognized symbols in witchcraft, often used for protection, grounding, and balance.</p>
<p>Triple Moon</p> 	<p>The Divine Feminine • Moon Phases • Life Cycles</p>	<p>This symbol shows the waxing, full, and waning moon, representing the Maiden, Mother, and Crone aspects of the Goddess. It's often used in lunar magick and to honor feminine power, intuition, and transformation.</p>
<p>Athame</p> 	<p>Air (sometimes Fire) • Intention • Energy Direction</p>	<p>The athame is a ceremonial blade used to direct energy, cast circles, or symbolically cut ties. It's not used for physical cutting but as a tool of intention and focus in ritual work.</p>
<p>Besom (Broom)</p> 	<p>Cleansing • Thresholds • Transition</p>	<p>Traditionally used to sweep away stagnant energy, the besom is a symbol of purification and spiritual housekeeping. It's also placed over doors or altars for protection and to mark sacred space.</p>
<p>Cauldron</p> 	<p>Transformation • Rebirth • Creation</p>	<p>A symbol of the womb and the Goddess, the cauldron represents the alchemical process of change. It's used for brewing spells, burning herbs, or holding sacred fire or water during rituals.</p>
<p>Spiral</p> 	<p>Growth • Energy Flow • Spiritual Evolution</p>	<p>One of the oldest sacred symbols, the spiral represents the journey inward and outward—the cycles of life, death, and rebirth. It's used in meditation, healing, and energy work to connect with transformation and personal evolution.</p>

LEVEL I: FOUNDATIONS: AWAKENING THE WITCH WITHIN

This introductory course is designed for those who are new to witchcraft or curious about the path of the witch. 'Awakening the Witch Within' serves as the first step on your magickal journey, focusing on laying a strong foundation for your practice. In this course, you'll explore the core principles of witchcraft and begin to develop a personal connection to the world of magick. There are three different parts of the introductory course.

PART I

1. Understanding the Craft - Learn the history and evolution of witchcraft, what it means to be a witch, and the different types of magickal practices.
2. Personal Empowerment - Begin to cultivate confidence in your magickal abilities, learning how to trust your intuition and inner wisdom as you step into your own power.
3. Developing Intuition & Manifestation - Harness the power of your intuition and start practicing simple spells and manifestations. Learn how to align your intentions with the energies around you to create positive change.

PART II

1. Sacred Space - Discover the importance of creating sacred space, different types of altars and what they can include, and how to set up your own personal altar.
2. Introduction to Rituals - Rituals are intentional, symbolic actions that help witches connect to the unseen world, harness energy, and align with their desires. Learn how to start performing rituals that align with your intentions.
3. Book of Shadows - A Book of Shadows (or Grimoire) is your sacred record, a personal companion to your magickal journey. It's where you collect your insights, rituals, spells, dreams, symbols, correspondences, and reflections.

PART III

1. Magickal Tools & Symbols - Introduction to the tools of the craft, such as crystals, herbs, candles, and elemental energies. Learn how to use them in a way that connects you to the natural world.
2. The Elements & Nature - Begin working with the elements (earth, air, fire, water) to deepen your connection to nature's forces, learning how they can guide and support your practice.
3. Correspondences - Magickal correspondences are the energetic relationships between objects, colors, days, moon phases, and more. Find out common correspondences and how to come up with your own.



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at www.modernmagickalfamily.com and let the magic unfold!

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