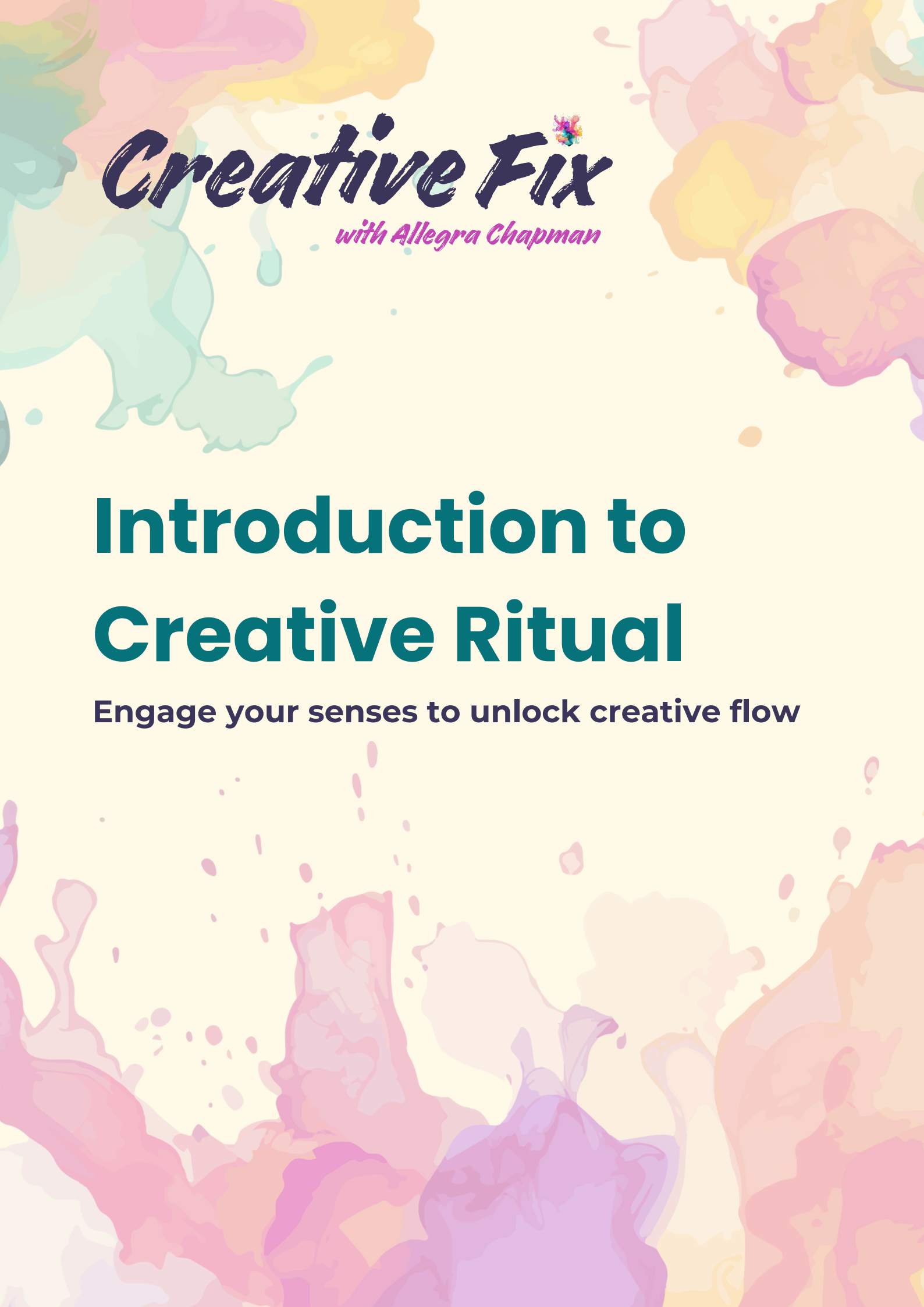




Creative Fix
with Allegra Chapman

Introduction to Creative Ritual

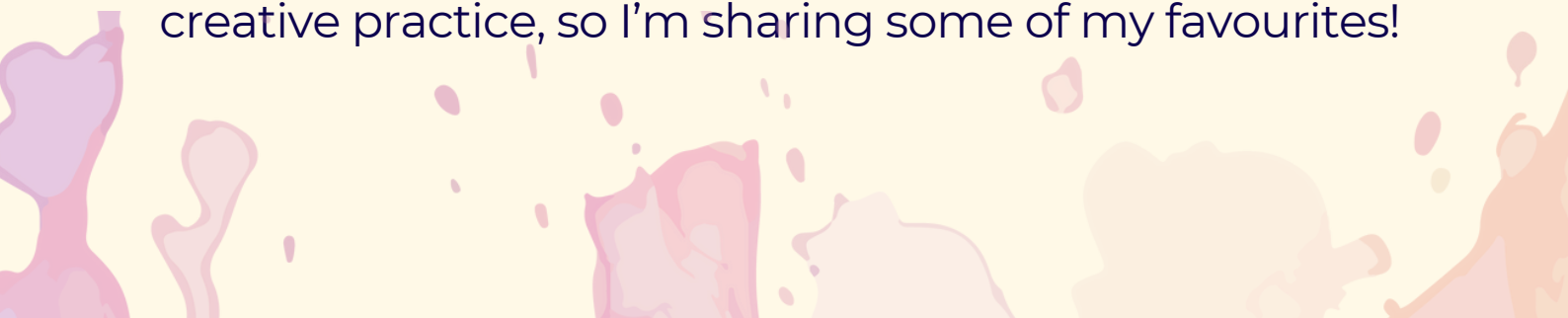
Engage your senses to unlock creative flow



— Hi, I'm Allegra Chapman —

I'm an author, columnist, and creative wellbeing practitioner. I help people unlock their inner creativity, and enjoy creative fulfilment.

I'm also an AuDHD mother of two, and a witch. The sensory-seeker *and* the nature lover in me find herbal remedies, scents, oils and rituals massively support my creative practice, so I'm sharing some of my favourites!



Creativity and magic

Creativity is a kind of magic.

Bringing into being worlds, people and places. Transporting an audience through time and space ... pure witchcraft.

It's not such a stretch, then, to integrate a little magical work into your creative practice.

Creativity loves ritual

The alchemistic, mysterious nature of creativity cries out for ritual to ignite it.

Plus, routines are hard. Life, health, needs and neurological wiring all get in the way, and consistency can feel pressuring.

Gentle rituals, however, can be held lightly, invoked at a time to suit you, and bring you into a creative mindset in a way that feels playful, joyful and expansive.



Using this guide

This guide will help you to create your own creative rituals.

A ritual is a way to indicate to your brain that it is time to create. It brings you into a creative mindset, a feeling of calm, confidence and expansion.

It also engages your senses. This can be highly pleasurable and energising for those of us who are sensory seekers, but also wakes up the parts of you that interact with the world so that you can create from a place of greater depth and connection, harnessing your sensory experience more powerfully and taking action as your whole, embodied self.

Use what is available to you

I will share herbs, oils and crystals most associated with creativity and other relevant states, but you don't have to follow my instructions precisely.

Feel free to substitute ingredients for ones that are more available to you, or that resonate more deeply with you. If you can't get hold of something, leave it out. It's more about your intention and energy than the thing itself. This is your practice - your rules.

Creative keys

Key elements linked to creativity:

Herbs

- Basil
- Bay
- Mugwort
- Rosemary
- Wood Betony

Crystals

- Carnelian
- Citrine
- Labradorite

Essential oils

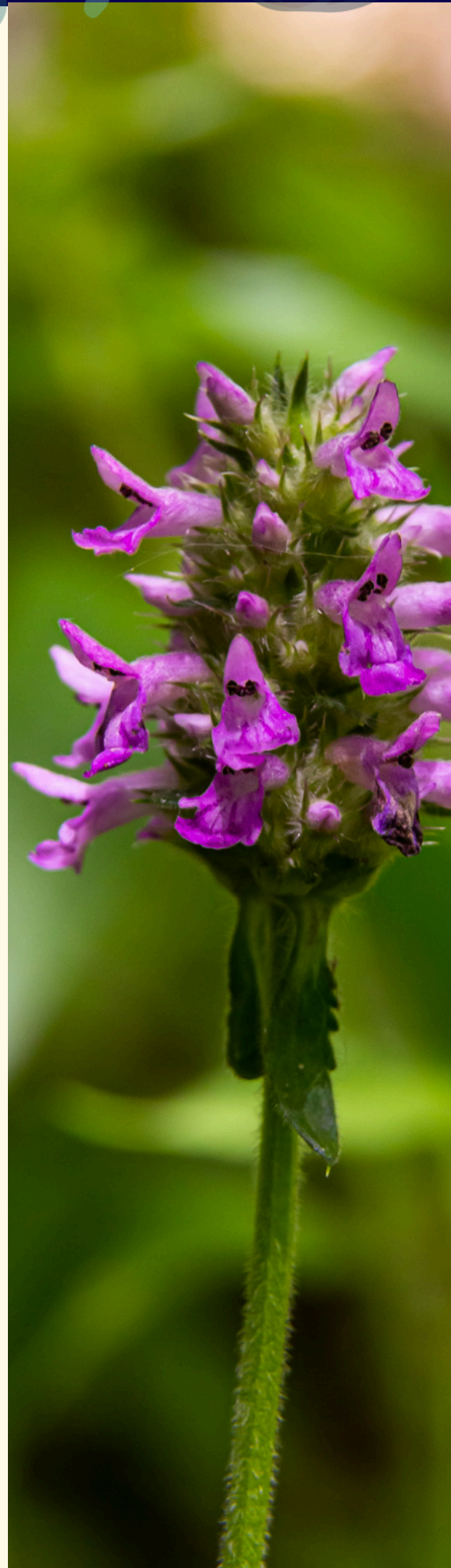
- Eucalyptus
- Lemon
- Orange
- Ylang-ylang

Colours

- Purple
- Yellow

Stars

- Waxing moon
- Venus
- Neptune





Herbal teas

Great for stimulating a creative mindset, and sustaining your work.

Place fresh or dried herbs in a teapot (if you have a strainer) or in a biodegradable tea bag. Add boiling water and allow it to brew.

Add honey to sweeten, if desired.

If you are pregnant, breastfeeding, taking medication or have health conditions or allergies, check with your doctor before trying these.

Mental Focus Tea

1 part rosemary
½ part mint

Inspiration Tea

1 part basil
1 part rosemary
½ part chamomile
Orange zest

Calming Fears Tea

1 part chamomile
1 part lemon balm
Pinch of lavender

Incense

You can burn incense as part of your ritual to open creative space, and the scent will support you as you work.

To make your own incense, using a base resin can help it to burn for longer and smell nicer, although they are not essential. Copal, frankincense or sandalwood make good base resins for creative endeavours.

Use dried herbs rather than fresh (or dry your fresh herbs in advance), and grind your mixture with a pestle and mortar (if you're using a resin, be careful not to overgrind as it can become sticky). You can add a couple of drops of essential oil if you like.

Keep your incense in a jar or container (label it if you're making more than one!) and store it in a cool, dry, dark place.

When you're ready to use your incense, place a small, self-igniting charcoal briquette onto a fireproof dish or censer.

Put a layer of earth or sand in the dish underneath the charcoal, and/or a heatproof mat underneath the dish or censer for safety. Keep some water or more earth / sand nearby, and make sure the room is well ventilated.

Long matches or long barbeque lighters are best for lighting charcoal. Either leave it on the dish and hold the flame to it, or lift the charcoal up with tongs. Don't hold it with your fingers! When it's lit, sparkles will move across the surface.



Incense

To burn, add a teaspoon of incense onto the lit charcoal. You can add more as you go, but a little goes a long way.

Wait until the charcoal has turned to grey ash and is completely cool before you dispose of it.

Creative Flow blend

1 part frankincense
2 parts lavender
2 parts rosemary
1 part cinnamon

Big Vision blend

1 part frankincense
1 part sandalwood
2 parts juniper
½ part mugwort
1 part lemon peel

Bold Energy blend

1 part frankincense
2 parts cinnamon
½ part bay leaf
1 part basil

Balms and oils

Essential oils can be used in a ritual to open creative space by adding them to an oil burner, or as part of a balm to anoint your skin.

Scent can stimulate, energise, inspire or relax you, depending on the blend.

For a balm, oils need to be pure, good quality and skin safe. Dilute them in a carrier oil (like sweet almond, coconut, or jojoba) first - you only need about 6 drops of essential oil for 30ml of carrier oil.

You can also make oil blends by soaking herbs / flowers in carrier oil for 24 hours, then strain the oil through muslin or a paper towel to remove the plant matter.

Do not use oil on sensitive skin.

Do a patch test to check for reactions before using large quantities.

If you are pregnant, check with your doctor before applying oils to the skin. Essential oils on the skin are not recommended for young children.





Balms and oils

Here are some recipes:

Inspire Oil

2 drops clary sage

1 drop basil

2 drops lemon

1 drop peppermint

Create Oil

2 drops rosemary

2 drops lavender

1 drop ylang-ylang

Confidence Oil

3 drops sweet orange

1 drop cinnamon

1 drop ginger

1 drop bergamot

Focus Oil

2 drops rosemary

2 drops pine

1 drop peppermint

1 drop eucalyptus

Calm Flow Oil

3 drops lavender

2 drops frankincense

1 drop sandalwood



Creative Fix

*Find more
creative magic at*

YourCreativeFix.Substack.com

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