

MOON WITCH ORACLE DECK
CONSISTS OF 42 CARDS AND IS
DIVIDED INTO 4 SUITS:
ACTION, CONNECTION,
INSIGHTS, MESSAGE.

EACH CARD OFFERS A RITUAL
OR SPELL TO STRENGTHEN
YOUR CONNECTION TO YOUR
INNER-WITCH AND
DEEPEN YOUR SPIRITUAL
PRACTICE.

MAY THIS ORACLE DECK
INSPIRE YOU TO LIVE MORE
IN-TUNE WITH THE CYCLES OF
NATURE AND THE MOON.

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COSMIC VALERIA

MOON WITCH ORACLE GUIDEBOOK





MOON WITCH

ORACLE CARDS GUIDEBOOK

WRITTEN BY COSMIC VALERIA

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MOON WITCH

She is an old soul, a healer.
She is in-tune with the moon
and flows through her phases
with grace.

She is the speaker of truth
and the voice of the weak.

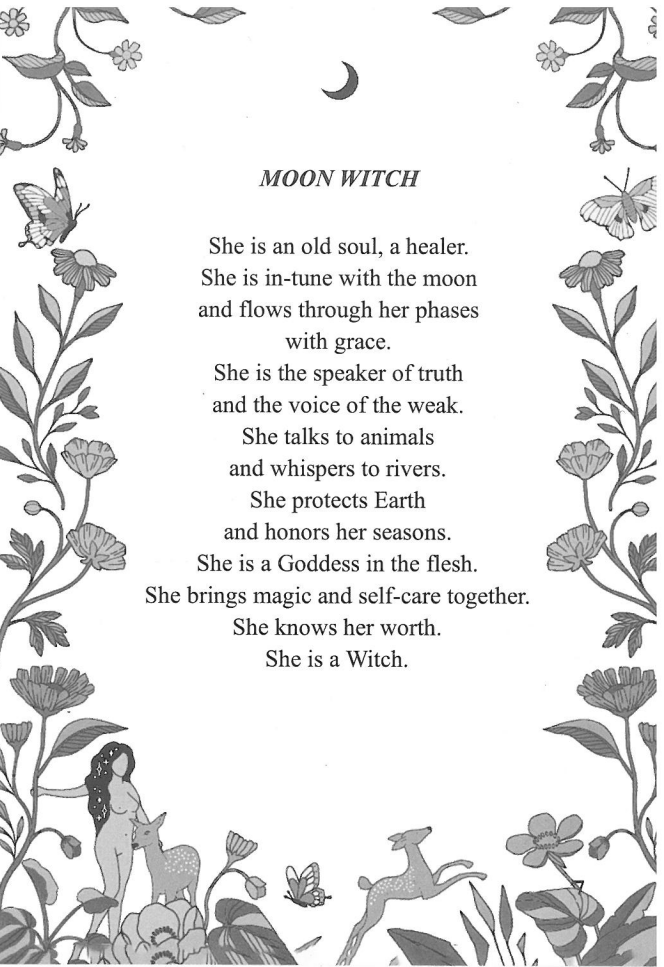
She talks to animals
and whispers to rivers.

She protects Earth
and honors her seasons.

She is a Goddess in the flesh.
She brings magic and self-care together.

She knows her worth.

She is a Witch.





WELCOME

The Moon Witch Oracle was inspired by the exploration of femininity and the source of all feminine powers: The Moon.

This deck consists of 42 cards and is divided into four suits: Action, Connection, Insights, and Message. Each card offers a ritual or spell to strengthen your connection to your higher-self and inner-Witch while deepening your spiritual practice and allowing you to see things more clearly.

May this Oracle deck inspire you to live more in-tune with the cycles of nature and the Moon as you learn to honor and celebrate your feminine powers.

SUIT 1: ACTION CARDS

Action cards are *Moon Cards*. These cards are an invitation to reflect and examine all aspects of your life; but most importantly, this is an invitation to act.

There are **two ways** you may work with Action or Moon Cards:

1. As the Moon goes through her phases, take the card that corresponds with the current lunar phase and place it on your altar, sacred space, or anywhere in your house you frequent. Look at the illustrations, meditate on the card, or even place it under your pillow before you go to bed. What comes to mind? Do you feel excited or resistant? Pay close attention to the emotions that are evoked.
2. Use these cards normally and do not separate them from the other cards in the deck. These cards offer guidance on what actions to take, regardless of the current moon phase.

SUIT 2: CONNECTION CARDS

Connection cards are ***Moon Goddesses Cards***. This Suit presents nine Goddess Archetypes that each have their own connection to the Moon. These ancient archetypes and Goddesses are all

alive within us. Through understanding and connecting with them, we can reconnect with our own inner-wisdom and reveal intimate truths about others and ourselves.

Each Goddess Card offers a ritual or spell to further connect to and invoke your inner-Goddess. If a Goddess Card chooses to reveal itself during a reading, do not disregard it too quickly. Research the Goddess Archetype you pulled; place the card on your altar or under your pillow; meditate on the illustration or meaning of the card. Goddesses offer so much knowledge and wisdom. They teach us to increase our self-awareness, discover our true nature, identify our gifts and abilities, and recognize areas for potential growth.

SUIT 3: INSIGHT CARDS

Insight cards are *Witchy Wisdom Cards*. These cards provide guidance, invoke healing, encourage inspiration, and help quiet external noise so you can hear your inner voice more clearly. Insight Cards are little bits of Witchy wisdom passed down through generations. Every time an

Insight Card chooses you, take a breath and listen to your body. Listen to your intuition. If you are feeling resistant toward the card, do not rush to pick another one; spend some time with the card, journal about your feelings, meditate on the image or meaning, and see what you uncover. You might be incredibly surprised by what you discover.

SUIT 4: MESSAGE CARDS

Message cards give you a clear message from the universe. They are short and simple, but they hold *limitless potential*.



MOON WITCH

ORACLE SPREADS

Here are some of our favorite easy-to-use spreads for the Moon Witch Oracle user. Choose one that suits your intention, question, or purpose best.

There is no wrong way to use Oracle cards! Everyone has their own unique technique, and everyone interprets the meanings in the context of their own experience. Rather than focusing on theory or guidelines, find a way to personally connect with your cards, wake up your intuition, and invite your guides to speak through the Oracle. Oracle cards are such a powerful and magical tool. They always show you what you need to know in that moment.

“QUICKIE” – one-card spread.

A single card reading is best suited for specific questions or situations.

- ☾ Mindfully shuffle the cards.
- ☾ Ask the question. You may speak the question silently or out loud.
- ☾ Split the cards into three piles and then gather them back into a single pile in an order that feels right to you.
- ☾ Spread the cards out in front of you, hover your hand over the cards, and pick one card.
- ☾ Sit with the card for a moment. Tune-in, reflect, and listen to your inner-voice.

INTENTION – one-card spread.

This is a simple pull of one card to help gain insight or set intention for the day, month, or healing session.

- ☾ Mindfully shuffle the cards.
- ☾ Ask for guidance or set your intention. Speak this silently or out loud.
- ☾ Split the cards into three piles and then gather them back into a single pile in an order that feels right to you.
- ☾ Spread the cards out in front of you, hover your hand over the cards, and pick

one card.

- ☾ Sit with the card for a moment. Tune-in, reflect, and listen to your inner-voice. Set your intention.

PAST - PRESENT - FUTURE – three-card spread.

This three-card reading is best suited for an overview of any current challenges, opportunities, or situations.

- ☾ Mindfully shuffle the cards.
- ☾ Ask the question or describe the challenge. You may speak silently or out loud.
- ☾ Split the cards into three piles and then gather them back into a single pile in an order that feels right to you.
- ☾ Spread the cards out in front of you, hover your hand over the cards, and pick three cards.
- ☾ Turn the cards over one at a time.
- ☾ The first card represents the Past.
- ☾ The second card represents the Present.
- ☾ The third card represents the Future.

- ☾ Sit with the cards for a moment. Tune-in, reflect, and listen to your inner-voice.

RELATIONSHIP – three-card spread.

This three-card reading can help shine a light on any kind of relationship: romantic, friendship, family, etc.

- ☾ Mindfully shuffle the cards.
- ☾ Ask the question or describe the challenge. You may speak silently or out loud.
- ☾ Split the cards into three piles and then gather them back into a single pile in an order that feels right to you.
- ☾ Spread the cards out in front of you, hover your hand over the cards, and pick three cards.
- ☾ Turn the cards over one at a time.
- ☾ The first card represents you.
- ☾ The second card represents the other person in the relationship.
- ☾ The third card represents your relationship as whole.
- ☾ Sit with the cards for a moment. Tune-in,

reflect, and listen to your inner-voice.



SUIT 1

ACTION CARDS

MOON PHASES



Dark Moon

Pause and rest. You deserve it.

You are being called to soul-search, think, reflect, and perhaps cancel your plans and just rest. Real growth occurs in moments of silence. Quiet moments bring us clarity. It is when we are absorbing everything that we learn and gain. No matter the path before you or what you have already experienced, do not skip this important phase of your growth. Learn from the Moon.

The Dark Moon is the Savasana of the

moon cycle. It only lasts a moment when the Moon completely disappears from the sky. So, pause, bask in the silence, relax, and let all the lessons take root.

Dark Moon Ritual Bath

- ☾ Set your intention and draw a warm bath.
- ☾ Light your favorite candle or incense to set the mood.
- ☾ Add one cup of your favorite salt to help relax your hardworking body, such as Epsom, Himalayan, Dead Sea, etc.
- ☾ Add a few drops of your favorite essential oil to stimulate your senses and encourage deeper sleep.
- ☾ Add a handful of flowers (fresh or dried).
- ☾ Remember to bring a tall glass of water to keep your beautiful skin hydrated.
- ☾ Get in the tub, and if you do not mind your journal getting a little wet, reflect for five minutes. What lessons did you learn this month? What would you like to leave behind or release?

☾ Relax and soak in the magic of the Dark Moon.

*If you do not have a bathtub, try a footbath instead.
It is just as magical and beneficial as a full bath.*



New Moon

Fresh start. New beginnings.

You are being called to not worry about missed opportunities. You are about to start fresh.

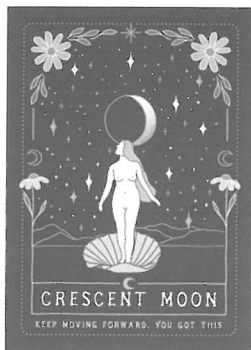
The New Moon represents birth and a clean slate. It is a second chance you are given over and over again. The New Moon is the very first sliver of illumination that shines the light on our true desires and goals.

Do not waste your time and energy on missed chances or failures. Get up and feel the

invigorating burst of energy and initiative the New Moon brings. Set your intentions, plant the seeds and take little steps at the time. You can do this. And before you know it, your seeds will bloom into your reality.

New Moon Ritual

Sit down with a pen and paper. Write down your intentions for the next month. When we write things down, we are more likely to remember them and take action. Spend time with what you have written. Read it aloud. Keep the list of intentions with you for at least one moon cycle. Revisit it frequently and adjust, if needed.



Crescent Moon

Keep moving forward. You got this.

You are being called to keep going, to not give up, and to have faith. The Waxing Crescent Moon represents faith, courage, and the momentum of continuing forward.

Life is full of lessons, obstacles, and miracles. Give your dreams and intentions the space and time to bloom and flourish. Even if you are not able to see the fruits of your hard work, do not give up. Keep going. Chase your dreams. To

obtain something you have never had, you must be willing to do something you have never done. Sometimes this requires challenging yourself or working harder than usual; sometimes it is being patient and delaying gratification. No matter where you are in your journey, do not give up. Good things are just around the corner.

Courage Spell

The Waxing Crescent Moon is the best lunar time for courage-enhancing practices. For thousands of years, thyme was a symbol of courage and bravery in many European societies. Ancient Greeks, for example, mixed thyme into their bath water. They also used it as incense at their places of worship. Their use of thyme stemmed from the belief that thyme was a source of bravery. Women would often give knights departing for war thyme leaves as gifts, as it was believed to bring great courage to the wearer.

For this spell, you will need:

- ☾ 1 glass jar with lid
- ☾ water
- ☾ a sprig of organic thyme

Place a sprig of thyme into the jar. Fill the jar with water and seal tightly. Place the jar outside, under the moonlight, for the thyme to infuse its properties into the water. Leave overnight. In the morning, strain into a clean jar. Store water in the fridge until use. (Make sure to use it soon). You may drink this liquid courage or add it to your bath.



First Quarter

It is time to commit.

You are being called to commit to your goals fully. 100%. It is time to go all in.

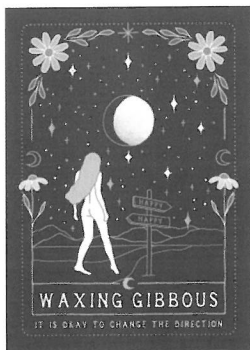
The Moon in her First Quarter is an intoxicating beauty with half of a disk floating in the night sky. The visible half of the First Quarter Moon represents actions, decisions, confidence, and commitment. The invisible, dark side represents challenges.

Challenges and every little bump on the

road are an important part of the journey. So, keep moving forward, despite any obstacles or fears that may arise. You never know if something is a real challenge; it might be the Universe playing with you and testing your commitment. So, commit! Give it everything you have! Be unstoppable! Do not doubt yourself!

Daily Planning Ritual

To stay on track with your intentions and commitments, write yourself a daily to-do list and cross-off things as you complete them. You will experience a sense of satisfaction as you witness your list dwindle with every accomplishment. Keep track of your hard work; reflect on your achievements.



Waxing Gibbous

It is okay to change the direction.

You are being called to look closely at the path you are on. Examine your goals and vision. If you feel like you need to make some changes to achieve your goals, do them NOW. Now is the perfect moment. Now. Do not waste any minute. Time is precious. Life is precious.

The Waxing Gibbous Moon is the last phase before the moon reaches its fullness. It represents adjustments, refining, and editing.

Things do not always work out the way we planned, and it is acceptable and expected to change the direction sometimes. Trust that the Universe will support you through every journey you take. Trust the redirection. Most importantly, trust yourself.

Clarity Spell

Sit down with a pen and paper. Write the goal, situation, or vision you need clarity on. Before going to bed, put it under your pillow. The minute you wake up in the morning, journal. Write down everything that came to you during the night. What did you see? How did it feel? Sometimes you receive a clear answer; sometimes you receive symbols and signs to investigate. Take the time to analyze the message you have been given. Within it is the answer.



Full Moon

Harvest the fruits of your hard work.

The Full Moon is the time when everything comes to the surface: your efforts, actions, and emotions. Nothing and no one can escape from the all-seeing eye of the Full Moon. This is the peak of the cycle.

You are being called to look back at the past month and examine your growth and achievements. Did your seeds come to fruition? Did you manifest everything you desired? If so,

this is the time for celebrating, honoring, and treating yourself.

If something did not manifest, shine the bright light of the Full Moon on it and look closely; did you put in enough effort? Is this something you truly desire? What could you have done better? Pause and reflect. It is important to remember, this is not a time for being hard on yourself or becoming attached to the results. Learn the lesson, let go, and celebrate yourself. You are doing the best you can.

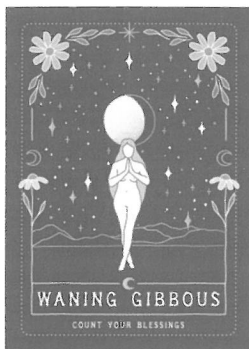
Full Moon Ritual Bath

- ☾ Set your intention and draw a warm bath.
- ☾ Add one cup of your favorite salt for your hardworking muscles, such as Epsom, Himalayan, Dead Sea, etc.
- ☾ Add a few drops of lavender essential oil to stimulate your senses and encourage deeper sleep.
- ☾ Add a sprinkle of rosemary or a slice of lemon for good luck.
- ☾ Remember to bring a tall glass of water to

keep that glowing skin hydrated.

- ☾ Get in the tub, place amethyst, rose quartz, or clear quartz on your chest.
- ☾ Do a few rounds of deep breathing.
- ☾ Relax and soak in the magic of the Full Moon.

If you do not have a bathtub, try a footbath instead. It is just as magical and beneficial as a full bath.



Waning Gibbous

Count your blessings.

You are being called to express gratitude. We are typically so preoccupied with our desires and goals that we often forget to acknowledge our accomplishments. So, stop for a second and reflect on what you have to be grateful for today.

The Waning Gibbous Moon represents acceptance, gratitude, and sharing. Instead of starting something new, take it easy and focus on gratitude. Gratitude is what connects us to the

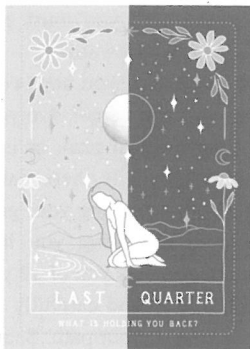
Divine.

“The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.”

- Douglas Wood

Gratitude Ritual

Sit down with a pen and paper and make a gratitude list. Write down 10 things you are most grateful for: family, supportive friends, sunlight, food on the table, etc. List anything that comes to mind. Reflect on your life and acknowledge what you have to be grateful for.



Last Quarter

What is holding you back?

You are being called to re-evaluate your goals, release what is no longer serving you and make room for forgiveness.

A half-point between the New and Full Moon, in her Last Quarter she represents reflection, re-evaluation, and forgiveness. This is not the time to rest or stop, but rather, to go deeper and ensure you are on the right path. Let nothing hold you back or stop you from achieving your highest self.

This is a crossroad, and you must evaluate your progress before moving forward.

Look at how far you have come. What is working? What will you carry? Are you realigning yourself with your original plan, or is it necessary to make an adjustment? Is there pain or trauma preventing you from achieving your goals? Is there anything that does not bring you happiness? Is there something that drains you of all your energy?

Listen deeply and carefully to your soul. Re-evaluate your plans, your path. See what is truly working for you and what is not. Forgive your nemesis; forgive yourself. Make sure everything is aligned with your highest self.

Cleansing Spell

Cleanse your space and your aura from negative and stagnant energy. You may choose to light your favorite candle, use palo santo or dried rosemary, mix mugwort with rose petals, sprinkle salt in every corner of your house, or simply open all the windows and invite fresh energy inside.



Balsamic Moon

Things come and go. Surrender to the Universe.

The balsamic moon, also known as a waning crescent, is the final sliver of light before the birth of the new moon. Metaphorically speaking, this is the time of death before rebirth. The old cycle is about to end, and a new cycle is near.

The word “balsamic” comes from the word “balsam,” which literally means “anything healing, soothing.” The Balsamic Moon represents

release, surrender, and soothing, just as its name implies.

Take this moment to withdraw from the world. Rest and renew yourself. Release and purge. Most importantly, let go. Letting go is a crucial part of the healing process.

Remember, you are about to start fresh. So, do not take any troubles with you. Get ready. Dream big. Prepare the seeds of your dreams.

Balsamic Moon Ritual Bath

Ingredients:

- ☾ 2 cups of Epsom salt
- ☾ 1/2 cup of apple cider vinegar
- ☾ 10 drops of your favorite essential oil
- ☾ Dried bay leaves

Ritual:

- ☾ Draw a hot bath, add salt, vinegar, essential oil.
- ☾ Grab a pen and bay leaves - write what would you like to release, to let go of.
- ☾ If writing your obstacles triggers too

much pain, simply write – *I am free, no obstacles on my path, thousand invisible hands support my journey, there is nothing holding me back.*

- ☾ Once finished, simply add bay leaves to your bath. Let the salt and vinegar do their magic (you may also choose to burn bay leaves).



Blue Moon

You are ready. Make your masterpiece.

You are being called to finish your project, creation, your masterpiece.

Is there something you started but never finished? What project was forgotten because you ran out of energy or creative spark?

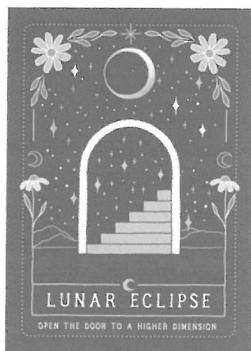
The Blue Moon is an amplified Full Moon. It is a Full Moon with twice as much power. Its energy is so strong and real, you can almost touch it. This tangible energy can bring anything to

fruition. The Blue Moon is a second wind. It is a powerful rush of energy and inspiration. Think of the Blue Moon as the final magical touch that completes a masterpiece.

The Blue Moon can be defined in a few ways, but it most commonly known as the second Full Moon to appear in one calendar month. It does not happen often, which explains the well-known saying "once in a Blue Moon."

Ritual of Harnessing Blue Moon Energy

The secret of harnessing such a powerful energy is simple: get inspired! It is important to keep your momentum going and avoid running out of steam while you are working and manifesting. So, create a list of inspiring ideas: opportunities, collaborations, new projects, trips, anything! You can even make a vision board of your success! Do anything you can to remain excited, inspired to keep moving forward and complete your masterpiece.



Lunar Eclipse

Open the door to a higher dimension.

You are being called to connect with your highest self. The Lunar Eclipse represents an energetic gateway, allowing higher frequencies and higher beings to reach, guide, and impact us. This might feel intense, but do not fear. Eclipses bring events that are part of the divine plan. It is time to leave what is safe and comfortable to align with your highest self.

You can tell when the door to the higher

dimension is open; necessary life changes are triggered, or things might feel accelerated around you. Maybe something you left in the darkest corners of your soul is resurfacing. When the door is open, the Universe is supporting and guiding you through a massive transformation. Trust in the direction this energy is guiding you. Focus on what you really want.

Eclipses are rare because they can only take place when the Sun, Earth, and Moon are aligned. A Lunar Eclipse happens when the Moon and Sun are on exact opposite sides. In most calendar years, there are two Lunar Eclipses.

Divine Connection Ritual

The higher dimension is silent. There are no words or chatter. Higher beings communicate telepathically. This is why the best way to connect to your highest self is through meditation.

Sit in a comfortable position – it does not have to be the lotus pose; the Divine does not care how flexible you are. Sit on a chair, sit in child's pose, sit cross-legged, or lay down. Just make sure

you are comfortable. If it feels natural, set a timer. While you sit or lay, observe your thoughts. No need to control or quiet them. Simply be an observer. There is so much wisdom and knowledge in silence.



SUIT 2

CONNECTION CARDS

MOON GODDESSES



Selene

Bring light into somebody's dark sky.

Selene is the Greek Goddess of the Moon. Among the Romans, Selene was known as Luna. She is widely worshipped by Pagans today. Selene is the Priestess of the Full Moon and is known as the “all-seeing eye of the night.” No one can escape her gaze. She has control over time and, like the moon itself, she is ever-changing. She inspires love and awakens intuition. She is passionate and devoted. Legends say Selene was in love with a

mortal man and would watch him each night as he slept amid his cattle. Eventually, they had 50 children.

Despite being a powerful and busy Goddess, every night Selene would pull the moon across the sky with her chariot and bring light into the dark night sky. Shine this same bright light on your life and look closer at your relationships. Are you being loving and caring with your family and friends? Are you connecting with them on a deeper level? Are you giving back to the community? Are you being kind and generous? Who in your life can benefit from just a touch more of your attention?

Ritual of Random Kindness

To connect with Goddess Selene, do a random act of kindness. Leave a generous tip, buy coffee for a stranger, set up a bird feeder, etc. You do not need to spend money to be kind to others. Spend more time talking to your family, volunteer at the local shelter, connect with the elderly woman next door, or genuinely listen to your friend. Follow your heart and bring the light.



Hecate

Change is important. Release the past.

Hecate is the Greek Goddess of magic, witchcraft, crossroads, ghosts, herbs, and poisonous plants. She is the protector and liberator of women, and the breaker of the chains created by man. Free and independent, she is love and anger, light and darkness. She is the Priestess of the Dark Moon. Hecate is a Witch.

Hecate can see in all directions and all points of time: the past, the present, and the future.

She is here to remind you that changes are crucial for growth; she has seen it first-hand. Sometimes, she asks us to let go of what is familiar in order to travel to the darker places of our soul. But do not fear. Those who seek Hecate's protection can move safely in the darkness.

Crossroads Spell

If you are ever at a crossroads in your life and cannot make a decision, ask Hecate for guidance. Sit with a pen and paper on the darkest night of the month and write down your question. Once finished, leave the paper at the crossroads (or right outside your door, like in ancient times), together with an offering for Hecate and her dogs. She will travel to all parts of your timeline and will bring you the answer. When she returns, watch out for signs. Pay attention to your dreams and especially to her loyal messengers: dogs, horses, owls, bats, snakes, boars, raisins and currants, any night-blooming plants, cinnamon, myrrh, mugwort, honey, black tourmaline, black onyx, and smoky quartz.



Diana

Be one with nature.

Diana is the Roman Goddess of magic, witchcraft, women and children, wilderness, fertility, and hunting.

Like many goddesses, Diana is one of paradoxes and dualities. Though she is a virgin, she chooses to protect women during childbirth. Even though she is a hunter, she cares deeply for animals.

Diana shares the lunar trinity with Selene and Hecate and serves as the patron Goddess of

Witches. Diana represents the Crescent Moon and the color white.

Diana is a feminist, a protector of women, and a Witch. She knows what she wants and knows how to get it. She is owned by no man. Though a moon goddess, she confidently stands with her two feet on the ground. She is a free spirit running in the wild. She is one with nature.

Ritual to Connect to Your Inner-Diana

Go outside, talk to animals and plants, and listen to rivers. Run free through the forest. Whisper your prayers into crisp, cold morning air. If your diet consists of meat, say a prayer and thank the spirit of the animal.



Freya

You are worthy. You are loved.

Freya is the Goddess of Love and War in Norse mythology. She is also associated with sex, lust, beauty, witchcraft, fertility, abundance, and death. Freya is a seeker of pleasure, thrills, and passion. Some believe she only cares for the chaos of desire, but modern Pagans and Witches know Freya is much more than a lover or passing nightmare. She is a powerful, ancient goddess. She is a warrior queen, a shapeshifter, and a wild and

untamed force of nature.

Freya teaches us about self-awareness, self-worth, and self-love. She sees the beauty in everyone and everything. Freya loves all.

Freya reminds us to enjoy ourselves by singing and dancing and making love. Life is not just about the struggle of paying bills and losing weight. Learn from Freya; be present in your body and feel the emotions and sensations felt by human beings.

Freya's essence is represented by honey and she speaks the language of poetry. Her spirit animal is a cat, which is a sacred link to the Moon.

Honey Jar Spell!

There is a long history of Witches using sugar, honey, maple syrup, and other sweeteners in their spells and rituals. The purpose of sweetener in a spell is to promote love, kindness, joy, and harmony while delivering what you truly desire: an easier, sweeter, more fluid life with less obstacles.

For this spell you will need:

- ☾ 1 small mason jar with a metal lid
- ☾ a piece of paper and pen
- ☾ honey
- ☾ 1 small votive candle

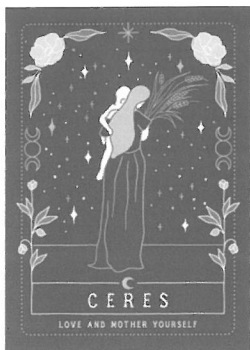
Sit down with a pen and paper and write down what your heart desires. It could be anything. "I want to love myself more." "I want to be a published author by this time next year." "I want to meet my soulmate." Whatever the desire, be as specific as possible.

Once finished, roll up the paper and place it inside the jar. Pour the honey over it until the jar is filled and then close the lid tightly. You may choose to add some herbs, crystals, or elements inside the jar. This is an intuitive part of the spell and depends on what kind of intention you are working with. If you are asking for love, you can include rose quartz or rose petals. If you are working with financial abundance, perhaps a dollar bill, coin, basil, etc. Listen to your inner voice.

Once finished, place a votive candle on top of the lid. You can ask Freya for guidance and support. Let the candle seal your spell by dripping

the wax down the sides of the jar.

You can keep the honey jar on your altar or bedside. Keep it for as long as you feel connected and aligned with everything you wrote, or until your wish comes true.



Ceres

Love and mother yourself.

Ceres is the Roman Goddess of grain, harvest, and a mother's love for her child. She is a goddess of the Full Moon, a mother, and a rescuer. She governs fertility and marriage, as well as the transitions that women experience from childhood to motherhood.

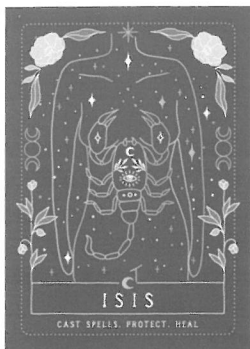
For six months, Ceres's daughter was lost to the God of the Underworld. While her daughter was away, Ceres sulked, which brought unto the

world the six months of autumn and winter. When her daughter finally returned, autumn and winter disappeared, and Ceres brought spring and summer in celebration.

Just like Ceres's daughter, we also experience dark and difficult times. At some point in our lives, we realize we cannot expect others to solve all our problems. We have to learn how to navigate our lives on our own by making our own mistakes, learning from them, moving forward, and not waiting for a savior. Although Ceres wants to look after all her daughters, she is also here to teach us to protect ourselves, to be strong, and to work hard.

Mothering Yourself Ritual

Mothering yourself means meeting your emotional, physical, and spiritual needs as an adult, the way your mother might have done when you were a child. Take the time to do a simple ritual of self-love. Stop the negative self-talk. Be kind to yourself in your thoughts and actions. Be kind to your body and nourish it with healthy, warm food. Know that you are always loved.



Isis

Cast spells. Protect. Heal.

Isis is the Egyptian Goddess of fertility, magic, and healing. She is Mother of the Egyptian Kings, as well as a Witch. Isis brings the power of both Lunar and Solar energies together to feed and heal her people. She represents the deep and ancient mystery of the feminine ability to create and bring-forth life, even from death, such as when she used her magical powers to resurrect her husband from the dead.

Isis is here to remind us that, as women, we have the power to heal. All we have to do is trust our knowledge and follow our intuition. Do not listen to people trying to tell you what you can and cannot do. Only you get to decide. You can achieve and manifest anything you put your mind to.

Ritual Bath for Protection and Healing

Isis believed in the power of milk and used it in many of her protection and healing spells. When her son, Horus, was wounded, she healed him with the power of her milk.

- ☾ Draw a warm bath.
- ☾ Warm 1-2 cups of your favorite milk and pour it into your bath.
- ☾ When you enter the tub, do a few rounds of deep breathing.
- ☾ Remember, you are a goddess in human form.
- ☾ Relax and soak in the magic.

If you do not have a bathtub, try a footbath instead. It is just as magical and beneficial as a full bath.



Lilith

Reclaim your power.

The origins of the goddess Lilith are shrouded in Jewish myths. Many of her stories are dark, such as searching for newborn children to kidnap, or sleeping with men with the intention of producing Demon children. But who is she? An evil Witch? Just another casualty of the patriarchy?

Lilith is the Goddess of the Night, Adam's first wife and equal. She is a screech owl. She is Queen of Vampires. She is every woman who has

been silenced, humiliated, and cast away from society. Lilith's anger is the anger of the women who have been hurt, bullied, and accused.

Lilith cannot be controlled or tamed. She is the voice of women, young and old. She is the Goddess of the Dark Moon. She brings healing, rest, peace, and rebirth as she reminds us to take back our power. She calls for us to stand in our truth and embrace our darkness and light equally.

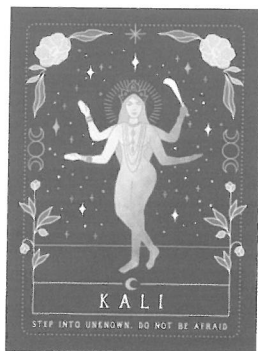
So, stop being afraid of judgment. Reclaim your power. Take back what is rightfully yours. This journey is for the brave of heart, but do not worry – Lilith is always by your side.

Rituals to Connect to Your Inner-Lilith

- ☾ Read about Lilith. There are so many stories that have been hidden from us, from Jewish folklore to Babylonian archaeology. Take the time to learn about her. Lilith offers so much wisdom and knowledge.
- ☾ Practice sex magic. Explore the abundance of information regarding sex

magic and rituals available online and in literature.

- ☾ If you need protection or guidance, write a letter to Lilith on the darkest day of the month.



Kali

Step into the unknown. Do not be afraid.

Kali is the Hindu Goddess of time, destruction, transformation, and revolution. Kali is tough love. She is the Goddess of the Dark Moon. Kali--the Destroyer, the Warrior, and the Dark Mother--is often harsh. Her skin is colored black or dark blue as a result of consuming all the darkness and negativity in the universe, leaving nothing but bliss behind. She has the power to destroy the world, returning it to the dark void and ashes. Yet,

at the same time, Kali creates life out of nothingness. She does not fear anything. Where there is pain, she dances to bring happiness. Where there is worry and uncertainty, she dances to bring courage and confidence.

Kali is here to remind us that everything in life has a cycle. The old must be cleared out to make room for the new. Ask yourself, are you afraid to step out of your comfort zone and into the unknown? Are you stuck in fear? Are your attachments holding you back? Kali is asking you to level up, evolve, and take the first step into the unknown. You have her support.

Ritual to Call on Kali.

When you are afraid to stand in your power, call on Kali. Sit down with a pen and paper and write down your negative and limiting beliefs. Visualize offering your limiting beliefs to Kali for her to destroy them. You can also use a black or blue candle to burn the paper (remember to have a bowl with water handy). Let the candle serve as a reminder that one tiny flame can consume the

darkness and illuminate the entire room, just like
Kali.



Sekhmet

Courage. Truth. Shadow work.

Sekhmet is the Egyptian Goddess of War and Destruction. She is the daughter of Ra, the Egyptian Sun God, and was once called the Eye of Ra. Egyptian mythology tells the story of Ra's attempt to punish humanity by sending down his daughter in the form of a lioness. It was only when she reached Earth that she became Sekhmet, a name which literally translates as "The Powerful One."

Sekhmet is a lioness. She is Fire. She is courage and bravery. Though Sekhmet is not considered a Moon Goddess, her dual nature is deeply connected to the Moon. In fact, the ancient Egyptians believed that Sekhmet took over the Sun during the day and gave birth to the Moon at night.

Sekhmet inspires you to live fiercely every single day, to follow your path, to speak your truth, to know your worth, and to unleash your rightful rage. Be ferocious and courageous as you awaken the lioness living inside you. Sekhmet also reminds us of our dual nature: our femininity and masculinity, our love and rage, our joy and sorrow... We are complex beings, and we do not have to choose between one extreme or the other. All of it can live within us at the same time, and it is okay. As a dark Goddess, Sekhmet helps with shadow work. She can guide you to the darkest parts of your soul. All you have to do is ask her for help. Sekhmet is always here for you.

Courage Candle Spell

If you ever feel the need for courage or

confidence, pray to Sekhmet and try this candle spell.

For this spell you will need:

- ☾ 1 small pillar candle and holder
- ☾ a knife (or something to carve with)
- ☾ a few drops of an oil of your choice

First, sit down and think about what courage means to you. What words or symbols represent it?

Next, carve words, symbols, or signs of courage onto your candle. You may use a knife or, for softer candles, a toothpick. Do not rush this process. Be mindful of every stroke you carve. Once you have finished carving, rub a few drops of your favorite oil on the entire candle to seal the spell. Light the candle and sit with it for some time. Gaze at the flame. Feel the courage filling your heart.



SUIT 3

INSIGHT CARDS

WITCHY WISDOM



13

Divine Feminine. Step into your power.

The number 13 is the number of death, rebirth, creation, fertility, and blood. It also represents femininity. It is a magical number with historical roots and powerful meanings.

We have 13 Moon cycles (almost) every year. The average woman also experiences 13 periods per year and ovulates on the 13th day of her cycle. In Pagan times, the year was divided into 13 months. The new month began every 28 days, in

accordance with the Moon and women's menstrual cycles. In fact, when a woman was bleeding, she was considered to embody the Divine.

Before modern patriarchal times, Friday the 13th was considered the day of the Goddess. It was a day to worship the Divine Feminine and to honor the cycles of life, death, and rebirth.

Do not let old tales and prejudices hold you back. Do not let anyone tell you how you are supposed to feel or behave. Do not force yourself to conform. Make your own rules. Step fully into your power. Remember this truth: you are a goddess in the flesh, and you have an untamed power no one can take away.

"I have called on the Goddess and found her within myself."

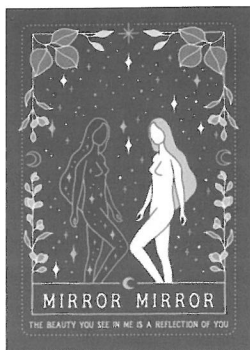
- Marion Zimmer Bradley

Ritual of the Magical Number 13

If you ever feel insecure or nervous, sit down with a pen and paper and make a list of 13

qualities you have that you are most proud of. Be honest with yourself. The list is only for your eyes.

When you are finished, keep the list in your diary or hang it on your mirror, so whenever you doubt yourself, you may return to your list. Let this list be your reminder of how incredible, strong, and capable you are.



Mirror Mirror

The beauty you see in me is a reflection of you.

Everyone in your life is a mirror reflecting parts of your own consciousness back to you, giving you an opportunity to really see yourself. This constant reflection is an opportunity to grow. The qualities we most admire in others are likely our own, and the qualities we dislike in others are often already present in ourselves.

Do you look at someone sometimes and think, “Damn, I wish I were that kind, generous,

and positive.” You *are* all those things. The only reason you can see someone as kind, generous, or positive is because you already have all those qualities. You could not recognize them if they were not within you. This is also the case for the qualities you dislike in others; oftentimes, we recognize them in our friends and family because we see these qualities in ourselves. So, pay attention to what is triggering you the most. Learn from your reactions. Rise up and treat everyone the way you want to be treated.

“The world is a great mirror. It reflects back to you what you are.”

- Thomas Dreier

Ritual of Observation and Reflection

Start by observing what kind of people, relationships, or qualities trigger either a positive or negative reaction in you. What annoys you? What inspires you?

For example, if your friend is overly kind and optimistic and you find their positive nature

frustrates you, it could mean you want to become kinder and more positive but are refusing to do so. Consider why you are resisting this change in yourself.

If someone treats you with disrespect, ask yourself who *you* treat with disrespect, whether it is a friend, a stranger, or yourself. The only reason these qualities are triggering you is because they are also yours. As long as you do not acknowledge them as your own, they will continue to frustrate you. Owning up to them provides you with the chance to grow. So, observe, dig deep, reflect, and evolve.



Coven

Power of Sisterhood

The only thing more powerful than magic is sisterhood. We all crave connection and belonging. Not surface-level, superficial connections, but deep and meaningful ones. True sisterhood allows us to see that we are not alone and that our problems and worries are valid. Sisterhood celebrates another woman's success without jealousy or envy. True sisterhood offers a shoulder to cry on and, when necessary, a kick in

the butt, reminding you to start moving and go after your goals.

Do not let your fears, insecurities, or need to be in control get in the way of connecting to other women. Choose to be a sister to every woman you meet because you are connected. We are all sisters, and we all need each other. Vulnerability can be scary, but so is a life without the support of your sisters.

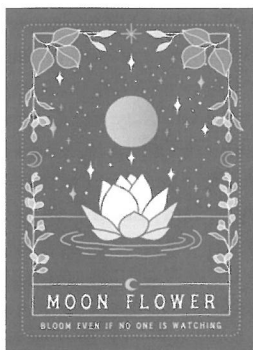
“Women instinctually know how to nourish each other, and just being with each other is restorative.”

- Tanja Taaljord

Rituals for Sisterhood

If you have not found your sisterhood yet, do not worry. Do what you love, and you will find the people you love. Be true to yourself and be authentic. Your vibe will attract your tribe. Remember, those you seek are seeking you. So, show up and be brave. Sign up for retreats, classes, and activities that empower and inspire you!

If you already have a tribe of sisters,
cherish and love them deeply. Make the effort to
stay in touch by asking questions and truly listening.
Life can be hard at times, but if you are pulled apart,
make a conscious effort to stay in touch. Create a
monthly gathering, host Full Moon circles, book
clubs, etc.



Moon Flower

Bloom even if no one is watching.

Who are you in your quietest moments? Who are you when no one is looking? What ignites your soul? What are you most passionate about?

The Moon Flower endures the strength of all elements and experiences so much hardship, using only moonlight to grow; yet she is incredibly beautiful. She blooms silently for no one but herself.

Growth is never linear; for every step

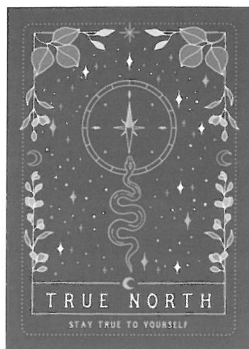
forward, sometimes you fall two steps back. Do not worry about what you cannot control, such as the judgment of others. What matters is your progress. Work on your growth. Stay true to yourself. Master your craft and be the best version of yourself. Just like the Moon Flower, bloom in silence. Every success and every story starts with you. Everything else will follow.

“Just like the lotus, we too have the ability to rise from the mud, bloom out of the darkness, and radiate into the world.”

- Buddhist Proverb

Ritual of the Moon Flower

Sit down with a pen and paper and ask yourself, “What would I do if I knew I could not fail?” If you knew the Universe supported your beginnings, would you be brave enough to live your life to the fullest?



True North

Stay true to yourself.

True North is your internal compass, unique to you. It represents who you are at your deepest level. It is your fixed-point in a spinning world. Your beliefs and values stand at the core of your True North.

Life can be confusing at times, pulling us in every direction. In these moments of chaos, we need to stand firm and make decisions that come from our heart and soul. We cannot allow external

sources, such as our parents, relatives, friends, lovers, or culture, influence our decisions. When we ignore our True North to listen to others, we are no longer aligned with our true self and our ultimate life purpose.

Take responsibility for your happiness. Stop living your life based on the expectations of others. Get out of your head and into your heart. Let go of negative self-talk. Love yourself. Stick to your True North. Trust your intuition. Dare to dream big.

“A ship is always safe at shore but that is not what it’s built for.”

- *Albert Einstein*

Ritual to Find Your True North

Sit down with your journal and reflect on the questions below. These simple, meaningful questions will guide you toward your true north.

- ☾ What was your favorite activity as a child?
Do you still do it today?
- ☾ How would your friends describe you?

- ☾ How would you describe yourself?
- ☾ What energizes and inspires you?
- ☾ What depletes you?
- ☾ What keeps you up all night?
- ☾ Which of your qualities are you most proud of?
- ☾ What is the purpose of life?
- ☾ What are the most important things in your life? (Take a little extra time for this question. Remember, no one will see this list, so it is best to be honest with yourself).
- ☾ Who are the top three people you spend the most time with? Are you yourself around them? Do you have the same values?
- ☾ Who compliments you the most?
- ☾ If money were not an issue, what would you do?



Manifestation

What you seek is seeking you.

Manifestation is the practice of turning your thoughts into reality. You have done it 100,000 times before and you continue to do it every minute of your life, whether consciously or subconsciously. With manifestation, whatever you focus on is what you bring into your reality. For example, when we seek happiness and truly work for it, we receive happiness.

If you focus on whatever you truly desire,

the laws of nature will work to deliver it to you. You are part of nature and the Universe, so manifestation starts with you.

Focus on happiness. Focus on your goals and desires, instead of the problems and obstacles you might face. Take the first step toward your goal. Stop negative self-talk and be brave. The Universe is always on your side.

“When you want something, all the universe conspires in helping you to achieve it.”

- Paulo Coelho

Manifestation Ritual

Make a vision board. Vision boards are a powerful manifestation and visualization tool. Visualization also magnetizes and attracts the people, resources, and opportunities you need. So, visualize your ideal life. Imagine every detail. How would it feel? How would it smell?

Find pictures that represent your goals and inspire you. (When looking for pictures in magazines, look for ones that immediately make

you say, “Yes! This is what I want!”). Remember to include a picture or words that represent how you want to feel: loved, abundant, relaxed, healthy...

To fully benefit from your vision board, place it where you can see it every day, so you remain inspired, productive, and continue to send signals to the Universe.



Transformation

Shed. Let go. Make room for greatness.

When something no longer serves you, it holds you back from achieving your full potential.

We all have a set of beliefs, habits, goals, ideas, layers, and masks that we grow-up with. These are typically things society projected onto us. They feel familiar and safe, but as you shift your focus and change directions, many things are no longer helpful. It is okay to let them go. It is okay to admit that something no longer serves you. It is

okay to change. Change is required for growth.

Take an honest look at all the areas of your life: health, career, relationships, spirituality... Is there something that is holding you back? Is there something you want but you are scared to let go of? Be gentle with yourself. Growth can be painful, but it is always worth it in the end. There is so much potential and greatness within you. Do not let anything or anyone stop you from achieving your dreams and your highest self.

"In the process of letting go, you will lose many things from the past, but you will find yourself."

- Deepak Chopra

Elemental Spell for Letting Go

Light a candle and sit down with a pen and paper. Write down 10 things you would like to release from your life. It can be anything, from annoying habits to outgrown relationships.

Once finished, light the paper and burn it completely (remember to have a bowl with water handy). If fire is not your favorite element, you

may choose to bury the paper in the ground, releasing everything back to the earth. You may also choose to offer it to the nearest body of water or tear it into small pieces and release them into the air.



Movement

Inspiration is drawn to motion.

Our bodies and souls thrive on movement. If you feel that inspiration has left you, or if you cannot seem to find a solution to your problem, or if you simply do not have the energy to start something, get up and move! Stagnation is the opposite of creation.

You might think this is a waste of time, but it is not! Creativity and inspiration need movement in order to flow! Take a break, go for a

walk, change the scenery, do a different activity, or give your body and brain a little boost. Let inspiration and new ideas flow through you.

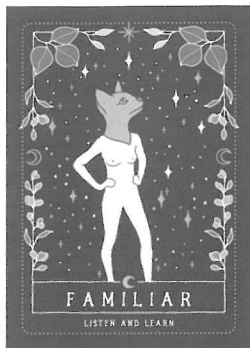
“All creative activity begins with movement.”

- Joseph C. Zinker

Ritual for Attracting Inspiration

Simply get up and move! Go for a short walk, change the scenery, get your nails done, breathe some fresh air, stretch those sore muscles, or sign up for an online yoga class and sweat.

Most importantly, schedule days when you are not required to think about your business, creation, project, job, or plans. Instead, focus on something different. Pausing to relax or do something different gives your brain a chance to rest and recover, which boosts your productivity.



Familiar

Listen and Learn.

A familiar is your guiding spirit, angel, totem, higher-power, friend, or teacher. It carries wisdom and brings attention to the aspects of your life that need acknowledgment, exploration, or change, but only if you are willing to listen. Your familiar is your messenger.

Some people spend their lifetime searching for their familiar, while others are born with confident knowledge of the details of theirs.

Your familiar is the embodiment of your subconscious mind.

Rituals for Familiars

If your familiar has not revealed itself yet, spend time outside, observe your surroundings, and pay attention to your dreams. You might be surprised to find a reoccurring animal present. Take note of repetitive encounters with animals as well, whether in physical or symbolic form, such as an object or image. Repetition may be a sign. You may also meditate on the details of your familiar. No matter what method you choose, be sure to not force anything. Your familiar will reveal itself when you are ready.

If you have already found your familiar, research the archetypal traits, qualities, and patterns your animal guide embodies. This will assist you in becoming more aware of its presence so you may start to understand which signs are messages. The traits of your familiar can have a profound impact on your life and often teach you lessons you may have otherwise missed. You can also work with your familiar through a meditation or prayer, asking it to show you a sign or provide guidance.



Vision

Get clear on what you want.

If you do not know what you want, it is practically impossible to obtain or request it. You need clarity. Your desire must be clearly defined.

Often, our vision clouds when we are busy, distracted, or overwhelmed. Having a clear vision means living life with less confusion and doubt, even in these times. Your desires are ever-changing. Sometimes you have the same desire for years and years, and other times your desires

change by the hour. So, whether it is something you have wanted all your life or something you have only just realized, clarify what you want at this moment. If anything changes in the future, simply adjust, pivot, or redirect. It is okay to change your mind.

If you want clarity on your vision, remove the excess. Find clarity regarding what matters by ridding yourself of everything that does not. Find the light. Create your space. Do one thing at a time. Eliminate distractions. It is time to experiment and challenge yourself.

"Vision is the ability to see potential in what others overlook."

- Rick Warren

Clarity Spell

Start this spell by cleansing and cleaning your space. If your home or work environment is cluttered and messy, you might experience brain fog. A deep clean will clear the air. Use the smoke of palo santo, sage, rosemary, or cinnamon and

open all the windows to invite fresh energy into your space.

Once finished, grab your journal and a pen. Write down everything your heart desires. Consider all the areas of your life.

In the morning, review the list and ask yourself if anything has changed since the night before. Maybe you need to add or subtract an item. This is normal. Create a habit of revisiting what you want on a regular basis; consistency encourages positive change.



Trust

The Universe has a plan for you.

The best way to trust the Universe is to learn how to trust yourself: your mind, your body, your heart, and your soul.

Sometimes, it is hard to let go of the steering wheel and lose our sense of control. This is especially difficult in a society that values a controlled, planned, and organized life. Unfortunately, this is an unrealistic ideal; no one is ever truly in control.

So, be patient. Ask the Universe for guidance. Do the work. Stick to your vision. Watch for signs and allow good things to happen. Learning how to trust yourself and the Universe takes practice.

Remember, sometimes *not* getting what we want is a blessing.

“Trust who and what you are, and the Universe will support you in miraculous ways.”

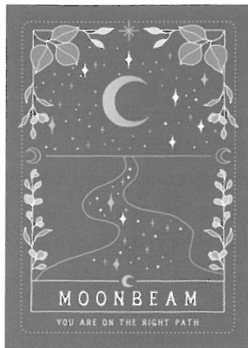
- Alan Cohen

Ritual of Trust

Trust is a lifelong journey without a destination. Here are some simple daily rituals that can help you learn to trust and rely on the Universe.

- ☾ Write a letter to the Universe and ask for something you truly desire. Try to be as specific as possible. Do not get caught up in how the Universe is going to deliver this to you; instead, just focus on asking. Trust in the Universe.

- ☾ Start your morning with a gratitude list. There is so much to be grateful for every day. Reflect on what you have asked the Universe for recently; have your wishes become reality yet?
- ☾ Do not give up when your path becomes difficult. It is possible the Universe is just testing your commitment to your goals.



Moonbeam

You are on the right path.

If you pay attention, you will notice the Universe sends you signals regarding your path and purpose. It shows you where you need to go and what you need to do.

“If you are not excited about it, it’s not the right path.”

- Abraham Hicks

Signs You Are on the Right Path:

- ☾ You feel motivated and excited.
- ☾ You experience déjà vu.
- ☾ You see number sequences like 111 or 11:11, 4:44, 13.31, etc.
- ☾ Obstacles do not slow you down.
- ☾ You do not do things that make you uncomfortable.
- ☾ Resources magically appear.
- ☾ You are tired sometimes, but not exhausted or depleted.
- ☾ You recognize your worth and see it mirrored by your environment.

Sometimes *not* receiving a sign is in fact a sign! When you ask for a sign and do not receive one, it could mean you are not aligned with your higher purpose, dreams, or intention. So, sit down and reevaluate your goals and course of action. Choose the bravest path!



Sun

Find a balance.

Life is all about harmony and balance: day and night, yin and yang, water and fire, masculinity and femininity, work and rest... Balance is not a final goal, but a lifelong journey. It is an essential part of life.

Balance manifests differently in everyone's life. Only you know what balance looks like for you and what you need to work on in order to obtain a balance. Are your work and

relationships out of balance? What about your creativity and responsibilities? Is it health and goals that need attention? Look for the warning signs that your life has become off-centered: are you overindulging in something? Are you constantly running out of time? Do you keep postponing your dreams?

Small daily actions help bring a greater sense of balance. Consistency is always key. So, take care of yourself, set realistic goals, remember your priorities, and plan ahead, but leave some room for the unexpected moments in life. Life is a balancing act, but an incredibly beautiful one.

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

- *Albert Einstein*

Balance Spell

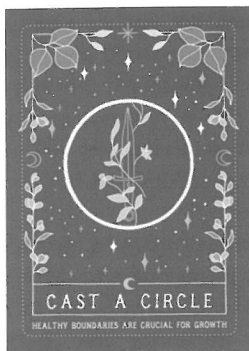
Sit down with a pen and paper. On the first page, write a list of things that are overwhelming you or that you are overindulging in. On the second page, write what you would like to

see more of in your life.

When your lists are complete, review them without judgment. Try to find the good in the bad, and the bad in the good. Be gentle with yourself. Recognize that everything on your list has its time and place in your life.

This step is not about punishing yourself for bad habits or making a minute-by-minute plan to stay productive. This is about seeing things closely and clearly. It is about finding your strengths and identifying areas for growth.

The next morning, do one thing from your second page and skip one thing from the first page. See how it feels. Adjust if necessary. Life is all about making mistakes, learning, and growing.



Cast a Circle

Healthy boundaries are crucial for growth.

Kindness toward others starts with kindness toward yourself. Compassion for others begins with self-compassion.

Setting healthy boundaries is a crucial step in any self-care practice. Having healthy boundaries not only helps you take better care of yourself, but it also allows you to be more reliable for others. Clear boundaries help you to tune into your real desires, feelings, goals, and needs.

Boundaries are not just a sign of a healthy relationship with the world around you, but they are a sign of self-respect and self-love.

Do not let your unclear boundaries hold you back from achieving your full potential. Give yourself the permission to set boundaries and work to preserve them.

Trust your intuition, needs, and feelings. They are just as important as those of others. Do not be afraid to say yes or no to something or someone. Let go of the guilt. It is not serving anyone. Growth can be painful, but it is always necessary.

“Walls keep everybody out. Boundaries teach people where the door is.”

- Mark Groves

Ritual of Loving-Kindness Meditation

During loving-kindness meditation, you are encouraging yourself to send kindness your way or toward others. Sit comfortably in a relaxed position. Close your eyes, relax your muscles, and

take a few deep breaths. Focus on your breath. Imagine breathing in love and breathing out all the worries and tension. Loving-kindness meditation is first practiced toward oneself, since we often have difficulty loving others without first loving ourselves.

Repeat three or four positive, reassuring phrases or mantras to yourself. Some examples of positive mantras are listed below:

- ☾ May I be happy
- ☾ May I be safe
- ☾ May I be healthy
- ☾ May I be strong
- ☾ May I be supported on my journey

Bathe in warm feelings of love and self-compassion for a few moments. After a period of directing loving-kindness toward yourself, bring to mind a friend, loved one, parent, or person you either love deeply or have difficulty with. Slowly repeat phrases of loving-kindness toward them:

- ☾ May you be happy
- ☾ May you be well
- ☾ May you be safe

☾ May you be peaceful and at ease

Love hard, repeat often.



Magic Wand

Focus your energy on one thing.

Success comes in many ways, but most of the time, success comes from a strong focus.

It is no secret that society forces us to multitask. We are expected to do more and achieve more every day. But, in reality, by going after too many things at the same time, we spread our energy too thin. As a result, we do not end up achieving much. Multitasking can slow you down. If you want to create a profound change in your life,

choose one thing. Deeply focus all your attention on this one thing.

You are a creative and passionate soul with brilliant ideas, but you cannot go after everything at once. In fact, you might not excel in any of them if you do not have the time and energy needed to master them.

You can achieve anything you want in your life. You have limitless potential. Chase your dreams! Start by doing one project at a time and focusing all your attention and energy on it.

“Where focus goes, energy flows.”

- Tony Robbins

Ritual for Limitless Focus

What do you genuinely want in this moment? What career do you want? What change in life do you want right now? Do you wish to write a book, invest in stocks, or create an online business? You could want all those things and more, but for now, focus on one thing. Decide on a time frame and commit to your daily practice. Spend at

least 30 minutes per day working on that one thing.
Do not allow yourself to become distracted.



Spells and Rituals

Bring magic and self-care together.

Self-care is sacred. Never underestimate its healing and protective powers. Self-care is your shield from unpredictable collective energy.

Self-care comes in a variety of forms and rituals. For an introvert, it could be tending to plants, cuddling with pets, reading a book, or organizing an altar. For an extrovert, it could be doing tarot readings with a group of friends, dancing, or going away for the weekend. Basically,

self-care can be anything. There is no such thing as a universal self-care ritual. You must listen to your heart and find the best practices for yourself. It does not have to be fancy, expensive, or Instagram-worthy. When you are charged, calm, and relaxed, you are in your fullest potential.

"Self-care is how you take your power back."

- Lalah Delia

Ritual Self-Care Bath

- ☾ Dim the lights, light your favorite candle, and draw a warm bath.
- ☾ Add 1 cup of your favorite salt for your hardworking muscles, such as Epsom, Himalayan, Dead Sea, etc.
- ☾ Add a few drops of a citrus essential oil (lemon, orange, grapefruit, etc.) to boost your mood and energy.
- ☾ Sprinkle in some rose petals (dried or fresh).
- ☾ Enter the bath and place selenite on the edge of your tub for protection and

healing. (Be careful not to submerge your selenite crystal, as it will dissolve under water).

- ☾ Do a few rounds of deep breathing.
- ☾ Relax and soak in the magic.

If you do not have a bathtub, try a footbath instead. Self-care is unique to every individual, so relax and find the practice that recharges you the most.



Witchy Medicine

Connect to Earth.

There is no greater medicine than Mother Nature. She has the power to heal and rejuvenate our body and soul. She connects us to something bigger than ourselves. Being connected to her is not just important, but essential.

Connecting to Earth and grounding ourselves also helps us get in touch with our true self. It allows our body and mind to access our true talents, hidden power, and visions.

If you find yourself distracted, anxious, or daydreaming, these are signs that you are not grounded. Go outside, breathe, attune yourself to the mother's heartbeat, and take care of nature. In return, she will take care of you.

"In every walk with nature one receives far more than he seeks."

- John Muir

Grounding Rituals

Grounding is the practice of bringing balance back into the body through connection to Mother Nature. Below are some simple grounding rituals that can help you reclaim your personal power, stay fully present, and improve your physical and mental health:

- ☾ Walking around barefoot, imagining long roots extending from the soles of your feet
- ☾ Gardening (preferably without gloves)
- ☾ Eating root vegetables
- ☾ Forest bathing or hiking

- ☾ Swimming in rivers and lakes
- ☾ Spending at least 15 to 30 minutes outside each day



Witch's Hat

Express yourself. Share your gifts with the world.

Self-expression is a crucial part of living a fulfilled and meaningful life. Self-expression allows us to feel confident in ourselves and our actions. When we express ourselves, we are experiencing our best self. It encourages us to contribute to our community and explore our lives, values, and ideas.

Self-expression is also an incredible way to release any negative, heavy, or stagnant feelings

before they take root and create additional problems.

Self-expression involves transferring our energy from our thoughts and feelings into something more concrete, such as art, clothes, make-up, writing, dancing, or singing.

Do not hide your light from the world. More people need to share their unique vision and gifts. We need your authentic self. Your gifts are meant to be shared. Tell your story and inspire others.

"Follow your inner moonlight; don't hide the madness."

- Allen Ginsberg



Curiosity

What sparks your interest?

Curiosity is one of the most important things when it comes to being open-minded and exploring different opinions, lifestyles, and topics. Curious people ask questions, read, and reflect.

Curiosity is what makes the mind stronger. The thought exercise of curiosity helps us consider new possibilities, try new things, and invite excitement into our lives. Curiosity helps us relate to others and become more self-aware. When

we are curious, we are more resourceful. We ask more questions, ponder more perspectives, and invent more ideas.

If you are feeling stuck, uninspired, or out of ideas, ask yourself, “Is there anything in my life that I am curious about?” Sometimes curiosity is like unravelling a ball of yarn; you never know where it will bring you. You might discover your lifelong passion or career, or you might end up in a place you never knew existed. People discovered electricity and entire continents just by being curious.

Be curious, explore, ask questions, and you might be surprised where curiosity will take you.

“I have no special talent. I am only passionately curious.”

- *Albert Einstein*

Daily Curiosity Rituals

- ☾ Train yourself to have a beginner’s mind and always be open to new perspectives

and ideas.

- ☾ Ask questions. What, why, when, who, where, and how are a curious person's best friends.
- ☾ Try something new. Take a different route home, read a book in a genre you usually avoid, or go somewhere you would not normally go. Each of these activities opens your mind to new points of view.



SUIT 4

MESSAGE CARDS

LIMITLESS POTENTIAL



Sign

If you are looking for a sign, here it is.

Here is your permission slip (if you think you need one) to start doing something and to live your life to the fullest. Time is precious. Do not waste any minute of it. Grab your magic wand, get up from the couch, and go chase your dreams! You have limitless potential. There are thousands of invisible hands supporting your journey.



Yes
Just go for it.

It is time to chase your dreams. You are capable of anything you put your mind to. Remember, the Universe supports your journey, your ideas, and your intentions. Let the momentum of the Universe push you to success. Today is the day to do it.



No

Sleep on it.

Though you might want a different answer, sometimes the answer is no. Not every idea is safe; not every risk is worth it. Today, the answer is no. Be patient. Take a nap or sleep on it. Tomorrow, things could change. An idea that is dangerous today might be fool-proof tomorrow.



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Thank you. I love you.



ABOUT THE AUTHOR



Cosmic Valeria is a modern witch, artist, writer, and owner of the “Flowers and Feelings Apothecary.” She helps women blend self-care and magic, reconnect with the energy of the Moon, and celebrate the Divine Feminine that lives in all of us.

Born and raised in Siberia, Russia.

She currently lives in the woods of Virginia, with her partner and two cats.

Find more witchy inspiration at:

[@cosmicvaleria](#)
cosmicvaleria.com