

The background of the entire image is a top-down view of various succulent propagation elements. It includes several small, round, green leaf cuttings scattered across a light green and white surface. There are also several small, rooted succulent plants, some with thick, fleshy leaves and others with more delicate, trailing stems. The plants are shown with their root systems exposed, some still in dark brown soil. The overall aesthetic is clean and minimalist, with a focus on the natural textures and colors of the plants.

ELEMENTS

MADE

EASY

THE WORKBOOK

AVERY HART

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To my crazy, eclectic, patchwork family. I'm so glad
that you each found your way into my life.

I love every last one of you.

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HOW TO USE THIS BOOK

The use of this book, much like the craft itself, is meant to be adaptable to the witch using it. Though I present the elements in a particular order, you do not need to follow this order. You can begin with any element that calls to you and proceed as you please. Likewise, you do not need to complete an entire elemental section before moving on to the next, feel free to jump around from one section to the next, follow your intuition and your whims. Remember, this is your craft, you make the rules!

The one thing I will suggest is that you work through the exercises slowly. Taking time in between elemental exercises allows your body and your personal energy to acclimate to what you've learned and discovered. You will be able to develop a deeper connection with each element if you spread your study out over a week or two for each element.

If you find yourself having trouble with a particular exercise I would encourage you to wait and come back to it later. Listening to yourself as you go through this book is vital to your connection to each of the elements, going through the motions will not build the connection that you're seeking. Give yourself the space and the time to work on each exercise when you can give it the proper focus and feeling to get the most out of every exercise!

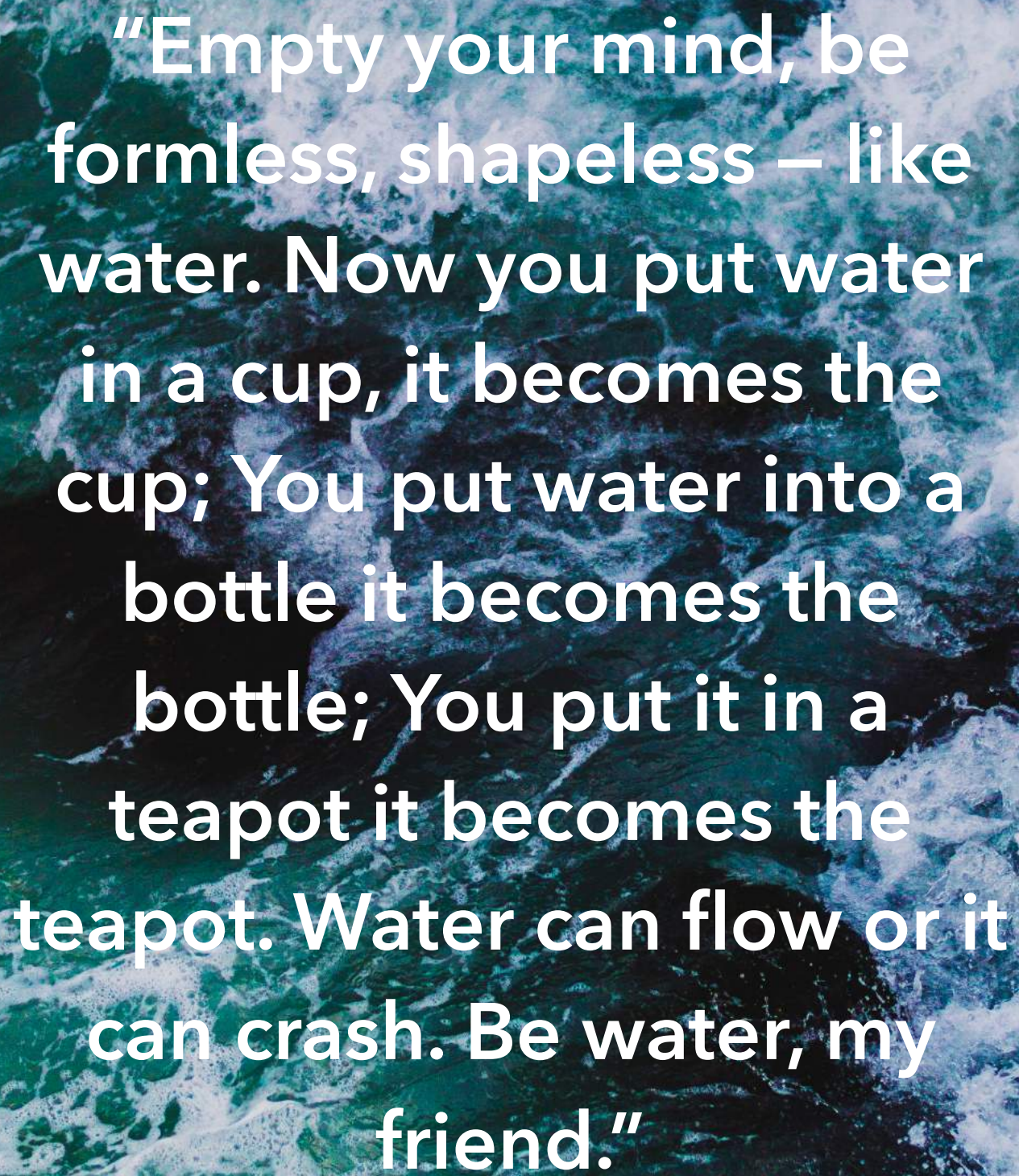
ON SPECIALIZING

Many witches approach elemental magic with an eye to specializing in a single element. While this can be a beautiful way to structure a magical practice I would encourage you not to skip over elements because they're not the one you're interested in specializing in.

Having a specialization or a personal path in your witchcraft can be a wonderful thing but unless you just KNOW right from the jump what kind of specialty is for you there's no need to get wrapped up in those sorts of details. The important thing is that you keep learning.

For the majority of people, their path unfolds in the natural course of events. Every individual witch will find their own path which, while they may choose to call it by a recognizable title, will be entirely unique to them. Finding your path is not about choosing what kind of witchcraft you want to practice, it's about allowing your craft to develop its own flavor and personality as you learn and grow.

In order to find your path, you must let go of the imposed boundaries of titles. Titles can be useful in many ways but for newer witches, they can be limiting. Witchcraft is a way to claim your power! Why limit yourself in that pursuit?



"Empty your mind, be
formless, shapeless – like
water. Now you put water
in a cup, it becomes the
cup; You put water into a
bottle it becomes the
bottle; You put it in a
teapot it becomes the
teapot. Water can flow or it
can crash. Be water, my
friend."

- *Bruce Lee*

Water

Water is the element of emotion. It calls us to be fluid and adaptable and to connect with our inner voice for guidance.

Introduction

Water is an element that embodies change and fluidity. It can be solid, vapor or liquid; it can be still and calm or violently turbulent. These qualities can make water a tricky element to connect with but the magical benefits are vast. Water can grant deeper understanding of self and more flexibility in spell casting as well as a powerful ally in spiritual growth.

Do you feel connected to water right now or is fluidity something you're unfamiliar with?

Which of water's 3 forms (liquid, solid, & vapor) do you feel most connected to? Why?

In what ways do you use water in your craft already?

Free Association: Use this space to put down all of your thoughts and associations with water. You can write, draw, or collage, just get your thoughts on paper!

Water Meditation

Begin by sitting somewhere comfortable and quiet. Relax each part of your body, starting at the top of your head and working down. Allow the muscles of your face to relax, your shoulders, arms, and fingers. Relax your back and abdomen, feel your legs sink into the surface beneath you as you let all of your tension melt away.

Imagine you're sitting next to a body of water, it can be any kind of water you like, a pond or lake, a river, the ocean, whatever feels best to you. Immerse yourself in the sounds, smells, and feelings of that setting. Walk down to the edge of the water and dip your feet in. Feel the cool, refreshing water run over your feet, see how it splashes up your leg as the water moves around you. Perhaps you walk deeper into the water if you're comfortable, and allow the water to run over more of your body. Reaching up to your knees or your thighs, maybe you feel like sitting in the water and letting it flow over most of your body or perhaps you even feel like swimming and immersing yourself completely. Please don't forget to breathe normally even if you immerse completely.

Feel the push and pull of the water around you, how the water moves around your body and with your body. Allow the water to move you, relax into the flow and become fluid. Feel how naturally the water moves, no resistance, no pause, just simple ebb and flow with each passing moment. Stay here and experience the movement of the water as long as you like. When you are ready to end your meditation, walk or swim back to the shore, lay on the solid ground and gently bring your awareness back to your body and the room you're sitting in. Open your eyes when you are ready. Enjoy bringing more fluidity and adaptability into your life and repeat this exercise whenever you feel you need to connect more with the nature of water in your life.

Meditation Review

Water meditations can vary greatly from day to day. One day you might be in a calm lake, the next you might find yourself in more turbulent waters. These variations are good! Allow your mind to create the environment it needs and try to reach a place of acceptance and fluidity no matter where your mind takes you. If the waters are too turbulent for you though, it's ok to come out of the meditation and try again when you are ready. Use the following questions to work deeper into your meditations.

What kind of water did you choose? Was it a large or small body of water? How calm or turbulent was it?

Did you have trouble letting go of resistance or did fluidity come easily for you?

Describe how you felt during the meditation.

How do you feel now?

Wishing Well Spell

You Will Need:

- New Moon Water
- Pebbles (one for each wish)
- A bowl or container large enough to hold the water and all of your pebbles. It should be fairly sturdy.

Step One:

New Moon Water is simply water charged under the energies of a new moon, there are a few easy ways to accomplish this. You can set the bowl filled with water outside under a new moon or if you prefer, you can put your water in a mason jar on a windowsill to charge overnight.

Step Two:

On the following morning, create a sacred space for yourself. For those of you who are ambitious, dawn is an optimal time for this ritual but it isn't necessary if you, like myself, are not naturally an early riser.

I like to work outdoors but if your environment isn't suitable for this (inclement weather, apartment living, nosy neighbors, etc.) then simply create your sacred space indoors. Play some music, tidy the space, light incense or candles, do whatever makes your working space feel special to you. Often I also like to take a bath before spells of this variety so that I feel clean and refreshed as I'm working.

Wishing Well Spell

Step Three:

Assemble all of your items now. Bring your bowl of water to your sacred space or if you've charged your water indoors it's time to transfer the New Moon Water into your bowl.

Gather your pebbles and get comfortable, either standing or sitting, in front of the water. Begin meditating on the movement of time and the time of change that you're currently in. Think about your desires for the next year and, if you like, note each of them down on paper.

Step Four:

When you are ready, you will charge each pebble with an intention for the time ahead.

As examples...

"My grades are a source of pride"

"I grow in self-love with every passing day"

"Abundance flows into my life"

"I attract kind and loving people"

"I accept myself for who I am"

Just be careful to phrase your intention in the present tense and keep them all positive. Negative intentions (ex. "I won't be lazy anymore") have a nasty habit of drawing exactly what you DON'T want into your life. Focus on what you do want.

As you finish setting the intention for each pebble drop it into the water. Repeat until you are out of pebbles. I would suggest that you use a nice sturdy container for this reason, anything easily breakable might be chipped or cracked by the falling stones.

Wishing Well Spell

Step Five:

When you've finished you have a few options for completing the spell.

Option #1 - If your climate is warm and dry currently (and not prone to mosquito breeding) you can leave the entire thing outside until the water evaporates, carrying your intentions out into the world. When the water is gone take your pebbles inside and keep them somewhere safe.

Option #2 - If your climate is NOT warm/dry and also NOT freezing you can leave the bowl out (or on a windowsill) until the next full moon. On the full moon, return the water to the earth and take your pebbles inside to keep somewhere safe.

Option #3 - If your climate is freezing I would not suggest leaving your pebbles outside (you don't really want your intentions put on ice). Keep the water for renewing the spell or for use in other spells and put your pebbles somewhere safe.

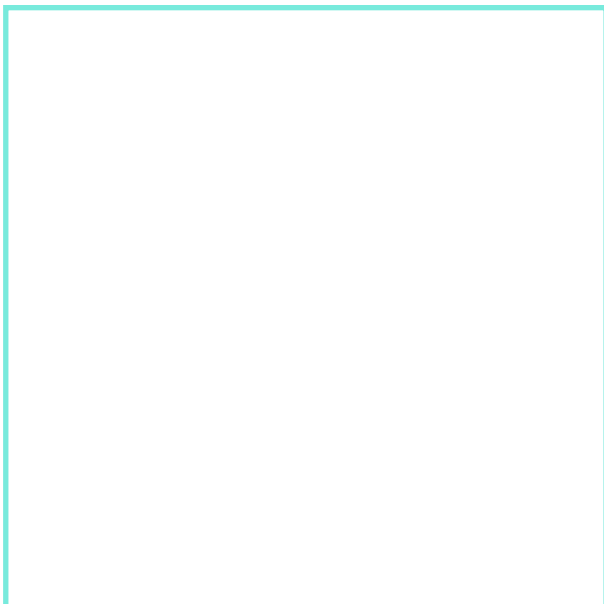
I like to break my pebbles out anytime I'm in a rough patch. I'll use them as fidgets, arrange and rearrange them around my room, occasionally if I'm in a REALLY rough patch I'll toss them in some sort of box or bag and shake them around until I feel better. If there's one intention that's particularly dear to you, you can carry it with you until it's realized (perhaps plan to use a more memorable pebble for it so you can find it after your ritual).

Creative Exercise

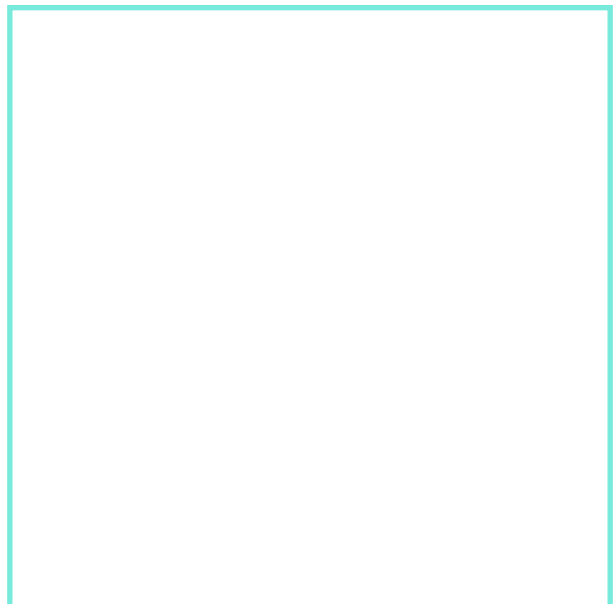
Since water is the language of emotion tapping into your emotions can be an excellent way to connect with this element. For the following creative exercise feel free to use whatever medium(s) you like (colored pencil, paint, markers, pens, etc)! Be as abstract as you like, the aim is to represent your emotions with color and shape rather than to draw a picture. Fill out each of the smaller boxes and then combine them together on the final page to create a visual representation of your emotions.

Without thinking about it too hard, write down 3 things that you're feeling right now.

What color is the first feeling?

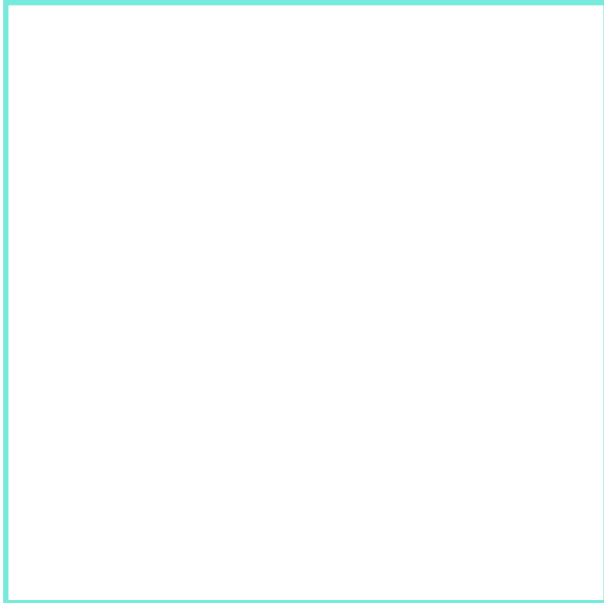


Turn the second feeling into a pattern.

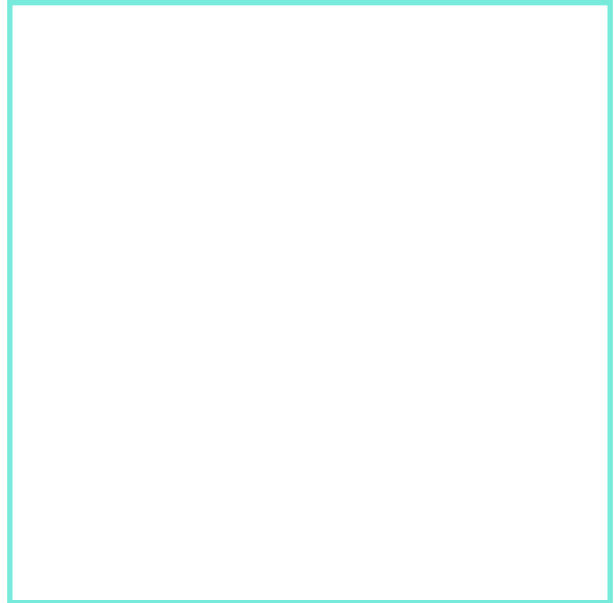


Creative Exercise

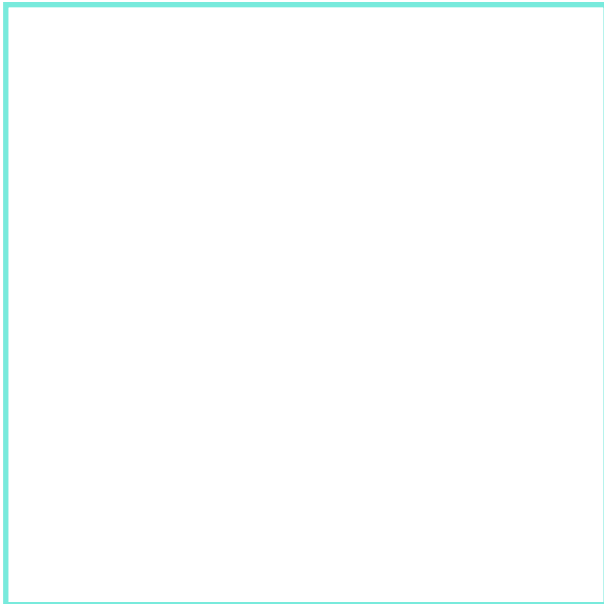
Visually represent how the third feeling makes you feel physically.

A large, empty square box with a thin black border, intended for a drawing that visually represents how a specific feeling makes one feel physically.

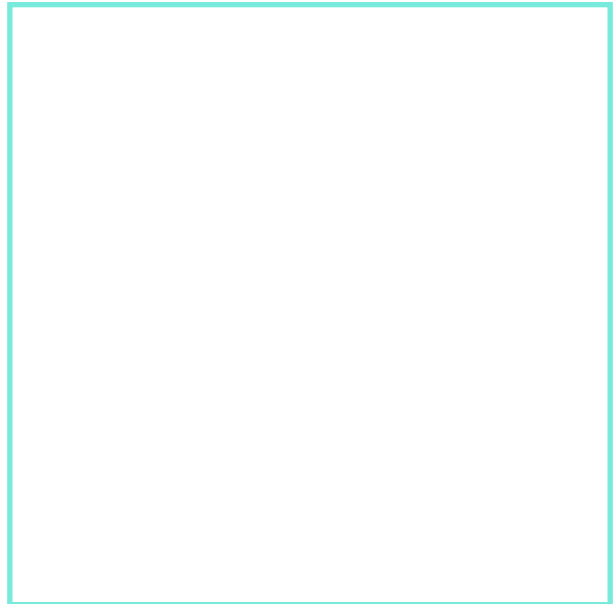
Choose any of the feelings and draw it in a way that shows movement.

A large, empty square box with a thin black border, intended for a drawing that shows movement associated with a chosen feeling.

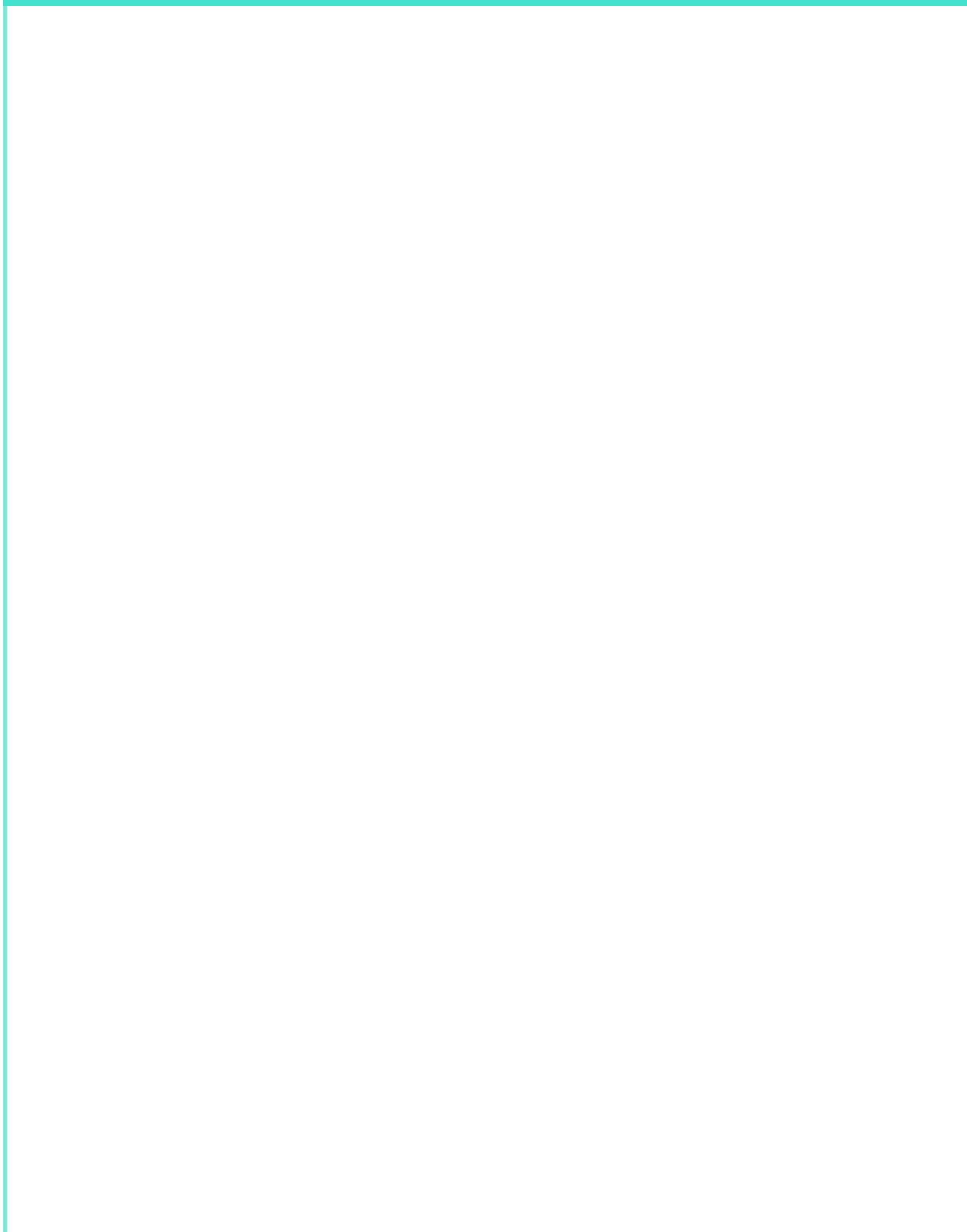
Create a symbol for the one of the feelings.

A large, empty square box with a thin black border, intended for creating a symbol for one of the feelings.

Choose two feelings and show them interacting using shape and color.

A large, empty square box with a thin black border, intended for showing two feelings interacting using shape and color.

Combine the images in each of the 6 boxes here.
You can shrink or enlarge them, rotate them or
even elaborate on them. Have fun!



Energy Work: Water

Begin by identifying the places in your body where you're holding your emotions. Does your chest feel hot? Is your throat tight? Are you holding tension in your shoulders? Do you have a headache? Make a mental list (or jot down a few notes) about every place that you feel you're holding your emotions physically.

Healing emotional pain with water energy is a powerful form of energy work. You can practice this anytime you find yourself overwhelmed with unpleasant emotions or daily to maintain your emotional wellbeing.

Now imagine your hand is coated in water energy (either hand works). Visualization is not the only way to achieve this if it's easier you can imagine sensations or any other stimulus that helps you. This water energy has the same potential to wash away and cleanse whatever it touches just like physical water does. When you feel comfortable holding this energy in your hand begin to move your hand over every part of your body that you're holding your emotional pain. The energy will move over your skin and through your energy field, drawing out the painful emotions and nullifying them, making them neutral again.

You do not need to focus on the cause of the emotional pain for this to work but you may experience some emotional reactions as you perform your energy work. This is ok! Be fluid like the water and allow your emotions to happen, simply go with the flow and try not to resist.

Energy Work: Water

Where in your body are you holding emotional pain?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What emotions are you feeling? (before your energy work)

☐

Sad

☐

Hopeless

☐

Angry

☐

Anxious

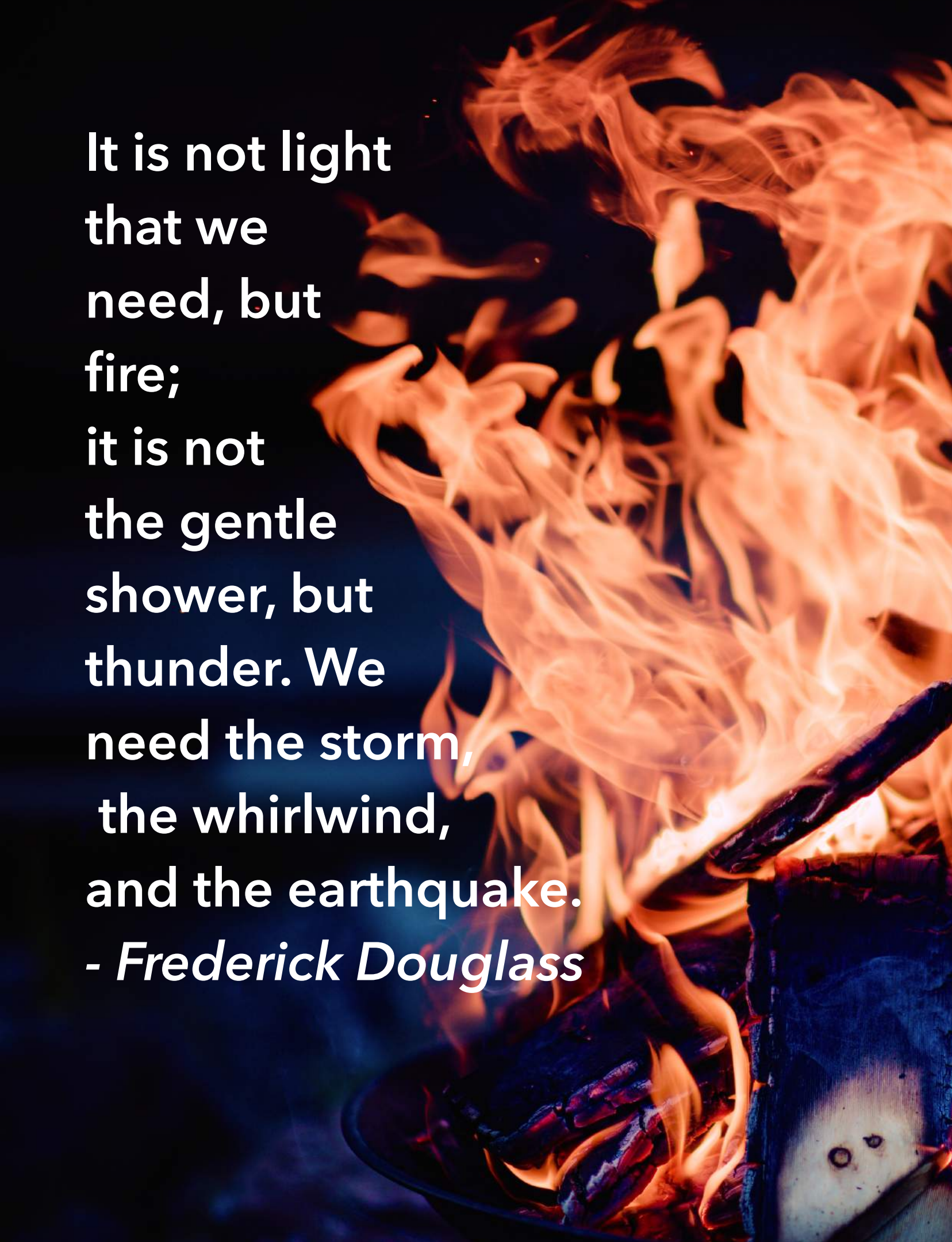
☐

Betrayed

☐

Other: _____

Describe what you felt during your energy healing.



It is not light
that we
need, but
fire;
it is not
the gentle
shower, but
thunder. We
need the storm,
the whirlwind,
and the earthquake.
- *Frederick Douglass*

Fire

Fire is the element of passion and destruction. It is the drive to live, the will to succeed and the courage to try again when the world burns down around us.

Introduction

Fire embodies the forces of willpower and destruction but despite its tendency to destroy it is also a force of life. Fire gives us the ability to cook, it gave us light and protection and it still warms the homes of many. This duality is integral to the elemental force of fire, you cannot utilize its warmth if you are not respectful and careful of its ability to destroy.

Do you feel connected with fire right now or does the destructive potential cause you to shy away from it?

In what ways do you use fire in your craft already?

If you are under the age of 18 please do not use fire without the help of an adult!

Free Association: Use this space to put down all of your thoughts and associations with fire. You can write, draw, or collage, just get your thoughts on paper!



Quick Tip:
Fire magic doesn't
have to be
complicated! Lighting
a candle and taking a
moment to focus on
your intention in the
evenings can be an
excellent way to bring
a little extra fiery magic
into your day!

Fire Safety

Witchcraft often involves the use of candles, burned herbs and other potentially hazardous practices. Make no mistake, while they may seem innocuous these things can be VERY DANGEROUS if not handled properly. Minors should not attempt any magic involving fire without adult help and supervision. Proper care and handling are mandatory for ensuring your safety in this practice.

All fires, incense, smoke bundles and candles MUST be used with heatproof containers. Materials that are unable to withstand the heat will pose a fire hazard and materials like glass and ceramic can shatter causing injury.

Keep all burning items on stable, heatproof surfaces while they're lit. If you have a stone or brick hearth that is an ideal place to work with fire but otherwise heatproof pads or trivets must be used to protect countertops. Do not place hot items directly on any surface that is covered in cloth or made of wood. You should take care not to light fires near anything flammable like curtains, blankets, etc. Avoid wearing loose clothing and keep your hair tied back if it's longer.

You should also take care to minimize the risk of the fire being knocked over by removing pets and children from the room and keeping the fire away from the edges of counters. Never leave lit fires or burning material unattended. This applies to any spell or ritual in which the instructions call for candles to be completely burned down. You MUST stay in the same room as the candle the entire time.

Always work in a well-ventilated area when using fire. Even though your fire may not be at risk of setting things on fire the smoke can still prove dangerous to yourself, children and pets. Never burn herbs without first checking their toxicity!

Fire Meditation

Begin seated comfortably in a chair or on a cushion. If you can, light a candle, turn off or dim the lights and place the candle in front of you. If you cannot light a candle simply close your eyes and use your imagination.

Allow your gaze to rest gently on the candle flame, breathe in and out deeply and slowly, allowing your body to be relaxed and comfortable. When you are ready begin to focus on the candle flame, see how it flickers and pulsates, jumping to life with passing air current. See the light it gives off, the gentle warmth that it radiates. Align your energy with this warmth and light, find your inner fire resting within your navel. It may be small like the candle flame or a larger flame, simply feel for what is and accept it. Feel how this inner fire radiates the same life-giving warmth and light as your candle. As you breathe, draw your breath down to this inner fire and stoke the flame, allow it to grow brighter and hotter with each inhale.

When you're ready, begin to think about all of the things in your life that are no longer serving you. Old beliefs, old habits, old ideas, identify anything that you are ready to release from your life and move on from. One by one, feed these concepts into your inner fire. Give them over to the internal cycle of destruction and creation and allow this process to open new space in your mind, in your heart, and in your life. As you cast each limiting and outdated belief or habit into the fire, thank it for being with you on your journey and bid it farewell as you move on to new things.

Gently bring your awareness back to your body and the room you're sitting in. Open your eyes and stretch when you are ready. Enjoy the newly opened space within you and the warmth and creative energy that flows out of you through your inner fire.

Meditation Review

This fire meditation can be highly cathartic, releasing those things that you've tied yourself to in the past can be a difficult and emotional experience so keep in mind that it's ok if it takes you more than one try to fully release something. You can return to this meditation as often as you like to release it again. If you're not sure what to give to the fire consider starting with small things, something that frustrated you today, any uncomfortable emotions that you may be feeling or an unkind thought are just as powerful.

How did your inner fire look and feel to begin with?

What did you release today?

What thoughts and feelings came up during the process of letting go?

How are you feeling now?

Creative Exercise

This exercise is all about power. Fire is the element of power, drive, and energy so I want you to explore what makes you feel powerful and assertive. Brainstorm a word or two that makes you feel unstoppable and confident. When you have your words it's time to start collecting your materials, this exercise is meant to be a collage project but if another medium suits you then you are welcome to use something else. In addition, I've provided space on the next page for your creative exploration but since this exercise is about empowerment I want you to take up as much space as you like, use larger paper, poster boards or other objects to create your collage on if you want.

What word(s) make you feel powerful and confident?

What images, colors, ideas and thoughts do you connect with those words?

Use this space to create your collage! You can use magazine clippings, drawings, words, leaves, pressed flowers, etc.



The Ring Of Fire

You Will Need:

- 6 candles (use electric if you have carpet to avoid a fire hazard)
- Matches or a lighter
- Salt
- A quiet area away from distractions, pets, or children

This protection spell draws on the power of the sun to create a powerful ward around the caster. Fire and solar energy are closely related but solar energy tends to lend a secure, stable element to fire magic. To take advantage of that this spell uses 6 candles since the number 6 is commonly thought to hold solar energies.

Step One:

Set up your candles in a circle, make sure that you have enough room to sit and move comfortably within the circle. Choose a candle to be your cardinal point, all actions and movements start here. Beginning at your cardinal point, sprinkle salt just outside the ring of candles moving in a clockwise direction, make three full circles this way (you should vacuum or sweep the salt up immediately after your spell is closed).

Step Two:

After your third time around the circle, when you come back to the cardinal point, pause and face the candle that designates this point. Take your matches and light the first candle saying, *"With this candle, I focus my intent, protect me from all that would harm."*

The Ring Of Fire

Step Three:

Work your way around the circle clockwise, at each subsequent candle stop, light it, and recite the corresponding verse of the incantation.

Candle 2: *"With this candle I call peace into my life, give me tranquility and safety from the chaos of the world."*

Candle 3: *"With this candle, I call energy to my work, may my spell be strong when I am weak and shield me when I need it most."*

Candle 4: *"With this candle, I add strength and stability, may my spell be unwavering in its protection."*

Candle 5: *"With This candle, I make my shields adaptable and versatile, any threat aimed at me shall fail."*

Candle 6: *"I call upon the power of the sun, with this final candle I seal my ward! Protect me from all that would harm!"*

Step Four:

Return to the cardinal point. You can stay in the spell and add more energy to it and meditate if you like. When you are ready to close the spell begin with the candle at your cardinal point, snuff that candle out first and work your way around clockwise, blowing the candles out as you go.

Energy Work: Fire

Begin by placing your attention on your breath. Breathe normally, simply notice each inhale and exhale for a few moments and get comfortable with where your energy is at currently.

How do you feel? Are you tired or do you feel awake? Are you energized? Distracted? Don't make any judgments, just notice.

Using the element of fire to build energy in the body can be incredibly effective. This method can be used before spell casting, rituals or simply in your day to day activities to infuse your work and your life with more energy.

Allow your next inhale to be relaxed, simply let your belly relax and your lungs to fill without putting effort into it. On your exhale, contract your abdomen sharply, forcing the air out of your lungs in one quick breath out through the nose. You should be able to hear the force of your exhale.

Repeat this breath; soft inhales and sharp exhales as quickly as is comfortable. There's no need to force your breath to be faster than feels natural within this exercise. You will very quickly begin to notice heat and energy building within you as you practice. This energy can be used to wake you up, charge a spell or refocus your day.

When you first begin to practice this breathing technique don't do it for too long! More than a minute can make many beginners lightheaded. If you find yourself feeling dizzy take a break! Your body will adjust to the increased oxygen levels over time.

Energy Work: Fire

How did you feel at the beginning of the exercise?

Did you find this technique easy or difficult? Was it uncomfortable or odd to you in any way?

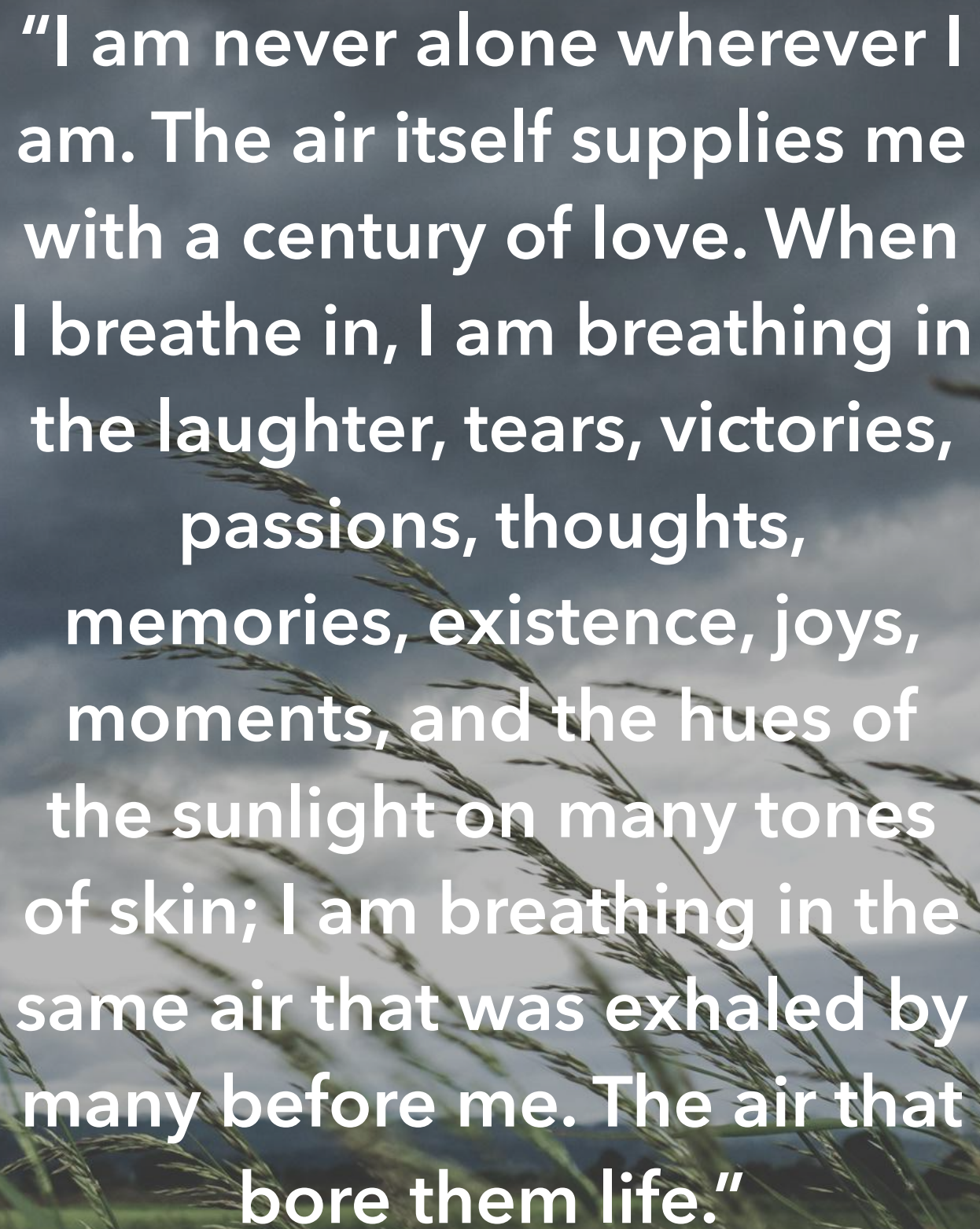
How do you feel after trying the breathing technique?

What are three situations that you think this technique would be useful in?

1. _____

2. _____

3. _____



"I am never alone wherever I am. The air itself supplies me with a century of love. When I breathe in, I am breathing in the laughter, tears, victories, passions, thoughts, memories, existence, joys, moments, and the hues of the sunlight on many tones of skin; I am breathing in the same air that was exhaled by many before me. The air that bore them life."

— *C. JoyBell C.*



Air is the element of
intellect,
communication, and
creativity. It calls us to
work with our minds and
our voices to affect the
world around us.

Introduction

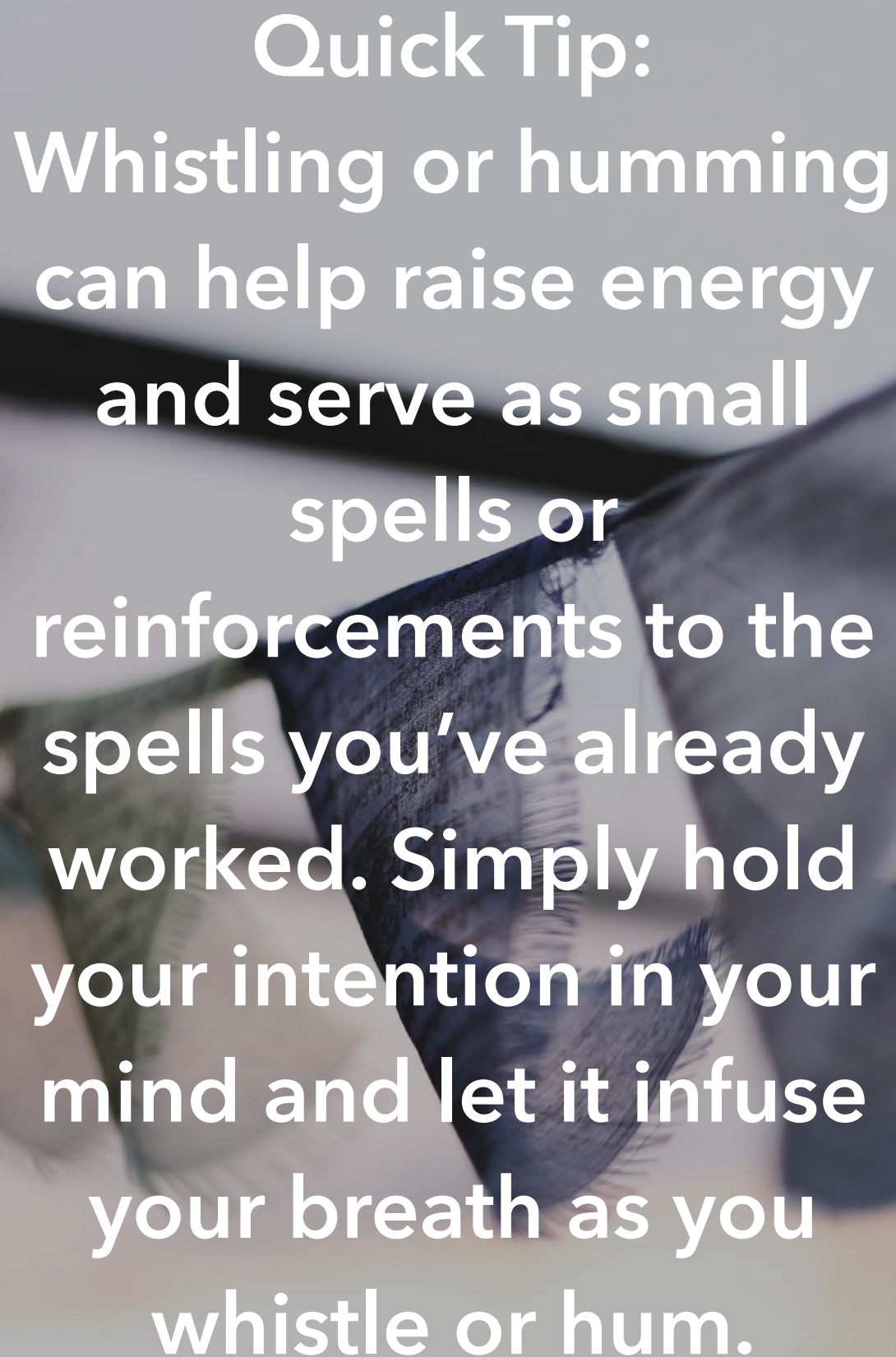
Air is an element that embodies the qualities of the mind. It rules over intellect, psychic powers, divination, communication, and travel. This can make air seem like an impersonal and unfeeling element to many people but it's just as integral to our beings as emotion and passion are. Air is what moves life forward, our breath is the basic foundation of life, we draw it in and exhale it again continuously throughout our entire lives. There is no life, no magic and no action without the element of air.

How do you feel about the element of air? Are you in touch with your intellectual and psychic powers?

What areas of your life feel most related to the element of air?

How do you feel about speaking and writing? Are you confident in your communication or shy?

Free Association: Use this space to put down all of your thoughts and associations with fire. You can write, draw, or collage, just get your thoughts on paper!

A person's hands are visible, holding a blue and white patterned cloth. A white text box is overlaid on the image, containing the following text:

Quick Tip:
Whistling or humming
can help raise energy
and serve as small
spells or
reinforcements to the
spells you've already
worked. Simply hold
your intention in your
mind and let it infuse
your breath as you
whistle or hum.

Creative Exercise

This creative exercise is all about letting air energy influence your life and your magic. For this craft you'll be creating a wind chime, you can use whatever you have on hand, bells, glass beads, old keys, shells, washers, bones, etc. Found items can make a lovely and powerful addition to your magical chime as well. Feel free to paint, draw, add items purely for color or because they're sparkly.

You Will Need:

- Noisemaking items (sea glass, washers, keys, etc)
- A fallen branch/stick OR an embroidery hoop
- Twine, jute cord, or yarn
- Decorative items (paint, pens, feathers, sparkly objects, etc.)

Each noisemaking item is going to have an intention, something that you want to draw more of into your life. Use the spaces below to list each item and what intention it will have. Use as many or as few of the spaces as you need.

Intention

Creative Exercise

Step One:

Assemble all of your materials. The noisemaking items are the key pieces but the rest of the pieces can also hold significance for you! The color of your yarn, the type of wood the stick is made out of, what kinds of decoration you opt to include, all of these things can add to the energy of your wind chime.

Step Two:

Cut lengths of cord or yarn, the length is up to you, you can thread one or multiple items onto each cord just be sure that the lengths will allow the items to clink together when assembled.

Begin threading or tying your noisemaking items and decorations onto the cords, stating the intention you have for each item as you do so. After finishing each cord tie it onto the branch or hoop.

Step Three:

Continue until all of the noisemaking items are hanging the way you want them. Feel free to add ribbons, paint and other decoration at this point. Tie each end of a length of cord to opposite sides of the chime so that you can hang it up. Hang it outside where the breeze will catch it and send your intentions out into the world.

Air Meditation

Begin by sitting somewhere comfortable and quiet. Relax each part of your body, starting at the top of your head and working down. Allow the muscles of your face to relax, your shoulders, arms, and fingers.

Relax your back and abdomen, feel your legs sink into the surface beneath you as you let all of your tension melt away.

Place your focus on your breath. Don't change it, simply observe your breathing. Notice how the air fills your lungs and leaves again. Feel how it moves your body, expanding and releasing, taking in life and breathing out what is no longer serving your body. Feel how intimately connected you are to this most essential of life-giving forces.

Move your focus to your thoughts, what thoughts are present in your mind today? Take a few moments to simply observe them without interfering or trying to control them. Feel how your thoughts move swiftly, often changing directions unexpectedly like a brisk wind. Let yourself be carried along with the current of your thoughts, try not to resist too much but avoid letting your thoughts carry you into uncomfortable or distressing topics unless you are here to address those topics today.

Are there any thoughts in particular that intrigue you today? Give the threads of your ideas a gentle tug, stretch your mind and see what it is capable of. This is a time to allow ideas to spring into your mind unbridled and simply see what your mind has to say to you. You can write these thoughts down as you have them if it helps you to focus and keep track of them.

When you are ready to end your meditation bring your attention back to your breath. Allow your mind to quiet before bringing yourself out of the mind and back into the room you are sitting in. Gently stretch and take a few deep breaths before returning to your daily life.

Meditation Review

Intentionally observing our thoughts allows us to learn about ourselves and gain a better understanding of how we think and function. This meditation can help to give you a sense of familiarity and deeper control over your thoughts when practiced regularly. Give the meditation as much or as little time as it needs. The simple act of taking time to get in touch with this process can be incredibly powerful and lead to many solved problems, new ideas, and creative advances.

**How were your thoughts when you first began observing them?
Were they racing? Sluggish?**

Were your thoughts focused or scattered?

What thoughts captured your attention most? Why were they significant?

Energy Work: Air

Begin seated somewhere comfortable, you should be able to move a bit for this exercise so avoid doing this anywhere you might bump into something. Bring your focus to your breath and begin to notice the air currents around you. They may be small, such as from a fan, a heater or movement in the room, or they may be large and easy to feel if you are outside.

Try not to judge your movements or your energy as you do this! Judgement can block the flow of energy that you're creating. Be in the moment and in your body and try not to let your mind get in the way of your movements.

Allow your body to begin swaying slightly in response to each air current, let it gently move you like a blade of grass. Feel the areas of resistance in your body, where does your energy stick? Where does it pool and stagnate? Where is it concentrated or uncomfortable? Feel all of this as the air moves your body, don't force movements or exaggerate them, it's perfectly ok to move only a very slight amount if the air is quite still.

Let the movement of the air begin to loosen these areas of stuck energy as you sway. Feel the currents of energy move through you, gently releasing the parts of your energy that have become troublesome. If any thoughts or emotions come up while you are doing this it's ok, observe them but try not to get caught up in them. These are old thoughts and feelings that are being released as your energy begins to move again.

If at any point you begin to feel uncomfortable, light-headed, or upset it's ok to stop and take care of yourself. Grounding, eating food or taking a bath can all help to bring you back to a place of comfort after stirring up old energies like this.

Energy Work: Air

How did the swaying feel? Did it feel natural or take some getting used to?

Where in your body did you feel resistance and stuck energy?

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What thoughts or emotions came up while you were doing this exercise?

Mercury Powder

Mercury is the planet associated with the element of air. It's good for all things associated with communication, psychic powers and thought. This spell is used to create clarity of sight using these three avenues. It will help you make sense of and understand difficult situations in your life.

Spell powders are a lovely way to work with the element of air. These spells are made by ritually combining powdered ingredients in order to carry them with you, sprinkle over doorsteps or blow them into the wind to release the magic. They're incredibly portable and make for excellent "make ahead" spells for when you need magic at a moments notice!

You Will Need:

- Sea Salt
- Dried Lavender
- Dried Lemon Verbena
- Dried Rosemary
- A mortar and pestle or a spice/coffee grinder

Step One:

In order to create the powder, you'll simply need to grind about a teaspoon of each ingredient together in your mortar and pestle (a coffee or spice grinder works as well). If you like, you can pass the powder through a fine mesh strainer in order to remove any remaining chunks that didn't quite powder finely enough. Rosemary and lavender can be challenging to powder so I suggest giving them a pulse in your blender if you don't have a spice grinder.

Mercury Powder


Step Two:

After the powder is made it can be stored in glass jars or you can use it immediately. To use this powder simply take it in the palm of your hand and focus on the situation that you wish to bring clarity to. When you've imbued the powder with your intent throw or blow it into the wind.

CAUTION! Make sure you check the direction of the wind first! Getting a handful of dirt and salt blown back in your face isn't anybody's idea of a good time.

Step Three:

I like to make a large batch of this ahead of time so I'm never without it. My main jar of Mercury Powder stays at home and I keep a little glass vial of it with me in case I need to use it when I'm on the go.



"The Earth
does not
belong to us:
we belong
to the Earth."
- *Marlee Matlin*

Earth

Earth is the element of growth and stability. It is the foundation on which all life is built, it provides strength and healing and provides us with protection when we seek it.

Introduction

Earth is an element that embodies upward growth, a nurturing environment, and a stable foundation. It is both the place where life begins and where it ends. It is the dirt beneath your feet and the soil that all of our food springs from. The earth keeps a natural balance with all life and seeks to nourish and protect us throughout our time on the planet.

Do you feel grounded in your life or do you feel unsteady and off balance?

When was the last time you were in contact with the earth? (think walking barefoot, gardening, etc.)

In what ways does the element of earth influence your craft already?

Free Association: Use this space to put down all of your thoughts and associations with fire. You can write, draw, or collage, just get your thoughts on paper!

Energy Work: Earth

Ideally, this exercise is performed barefoot on grass or bare earth, but practicing with shoes on or indoors will still provide you with benefits. Begin standing comfortably, relax and place your attention on the soles of your feet where they connect with the ground. Feel the connection between yourself and the earth, the weight of your body pressing into the ground and the earth pressing up to meet your feet.

Grounding is a vital part of learning to practice magic in a safe and healthy way. The term comes from the process of grounding an electrical circuit. Essentially if an object is negatively charged, grounding allows excess electrons to flow from the object into the earth, and if an object is positively charged, electrons flow from the earth into the object. It's a method of balancing and equalizing the flow of energy.

On an exhale, imagine your energy reaching down into the earth like roots. Burrow your roots deeper into the ground with each exhalation, integrate yourself into the soil and rocks and feel the life and energy of the earth.

Inhale and draw this earth energy up into yourself. How does it feel? What color is it? Fill your body up with the earth's energy, drawing energy up with each inhale and allowing it to flow back down your roots and into the earth on your exhale.

Repeat this cycle of inhaling energy into yourself and exhaling it back into the earth, feel the earth's energy carry away any energetic blockages, clear out old emotions, and open up new space for your energy to flow. When you're finished, allow your energy to settle back into a natural equilibrium with the earth

Energy Work: Earth

Do you notice any changes in your energy before and after exchanging energy with the earth?

Try this exercise in 2 or 3 different places. (outdoors, indoors, different geographic locations, etc.) Do you notice any change in the quality or feel of the energy?

What kind of roots did you have? Take note of how this visualization felt and looked in your mind's eye. Do you think this says anything about your personal energy?

Based on your results, in what ways do you think you could make use of this exercise in your magic and day to day life?



Earth Meditation

Begin seated comfortably. Relax your body and feel your weight pressing into the floor, feel how solid and supportive the world is to your body. Beginning at the top of your head, relax every part of your body, moving slowly down over your face and neck. Next, relax your shoulders, let all of your tension melt down into the ground beneath you. Relax your arms, your abdomen, your legs, all the way down to your toes.

Take a deep breath now and bring your attention back to the feeling of solidity supporting your body. Imagine you're sitting at the base of a mountain, it towers above you but you are safely cradled in its shadow. Feel your body begin to meld with the earth, becoming solid and strong. As you become one with the mountain, the mountain's consciousness becomes your own, you are no longer a small human sitting at the base but the mountain itself. Feel how grand you are, how immovable. Move your attention to the plants and animals that live on your slopes. Not only are you a pillar of strength and majesty but you are a giver of life. Every tree and fern, every cardinal, deer, and bear relies on your abundance and strength. Find an animal or a plant that speaks to you, be it a tree or flower, a bear, a fox, or mouse. Any animal or plant that calls to you will do. Move from the mountain to the animal or plant you have chosen, see how it sees the mountain. This mountain is your home, it is the place where you dig your roots deep into the earth or where you rest your head at night. Feel the reverence that you have for your home, explore and revel in the mountain as long as you like. When you are ready, find your human self, still sitting at the base of the mountain. Gently transfer yourself back into this form. Remember that you are just as much a part of this mountain as the stones, the plants, and the animals that inhabit it. Bring your awareness back to your body and at your own pace open your eyes, stretch and bring your meditation to a close.

Meditation Review

This earth meditation serves two purposes, it grounds the body and brings the mind into a stable state of being and it also reveals a lot about who you are in this moment. Part of coming into a space of comfort and ease with the earth is accepting who you are and the reality that you exist in. Magic is a practice of changing our realities but to do so we must first accept and know the reality that we wish to change! Feel free to use this meditation anytime you feel uncertain or your life feels turbulent and unsettled.

What plant or animal did you become in your meditation?


How do you feel about the creature that you became? Did it surprise you?

What do you think this creature says about who you are right now? Did you become a fierce predator? A more placid herbivore? Were you a cunning fox?

Meditation Review

Find a book or use the internet to research the symbolism associated with your creature. Use the space below to write down the associations that speak to you and how you feel they relate to your life at present.

[illegible]



Quick Tip:
**Going out and walking
on grass or dirt in your
bare feet can be an
amazing way to get in
touch with earth magic
in your day to day life!**

**This is a simple
method of grounding
that will help keep
your energy balanced
and clear.**

Decay & Transformation

This spell is used to transform anything that you want to change from a negative influence in your life into a positive one. This can be a habit, a situation, a person, pretty much any part of your life that needs to undergo a transformation. This spell is largely about trust. You'll be handing over the thing that you wish to change and giving it to the earth for her to transmute and give back to you in the form that is best for you. This may lead to unexpected results! Try not to be too controlling about the outcome.

You Will Need:

- A sturdy bowl
- Dirt or earth
- An item to represent what will be transformed
- A quiet place where the bowl will be undisturbed

Step One:

Gather all of your spell casting items together. This spell requires surrender so setting a mood can be particularly helpful. Lighting candles, playing some music or taking a few minutes to journal and find an emotionally vulnerable place can all be helpful. Make sure that you have enough dirt to nearly fill the bowl.

Place the bowl full of earth on your altar. Take a deep breath and bury your hands in the earth (if you have a small bowl a single hand or a few fingers will suffice). Allow yourself to feel the energy of the earth, how accepting and patient it is. This energy brings life into the world and provides the cradle of decay when it ends. This is the energy of transformation.

Decay & Transformation

Step Two:

Remove your hands from the dirt. Palm the item that you chose to represent your habit or struggle. This item can have significance to you but do not use anything that will be damaged by being in contact with the dirt for an extended time. Acorns, trinkets, buttons, stones, etc. all work well. Begin to focus on the situation that you wish to transform, pour those thoughts and emotions down your arm and into the item. Your aim is to tie this item to the thing that needs transforming and thereby create a physical representation of it that you can give over to the earth.

Step Three:

When you're finished tying the item to the situation that needs to be transformed it's time to surrender it. Create a hole in the center of your bowl, place the item in it and cover it in the earth. Place your hands over the earth and say:

*"I call upon the earth, ever strong and impartial.
As the decay of life becomes the growth of new beginnings
so too I ask of thee, transform this gift. Let it be undone
and become new again."*

Step Four:

Place the bowl and its contents somewhere safe. Do not disturb it until the situation is resolved. Remember, this spell relies on your trust! Give it to the earth and then leave it alone!

Use this space to sketch ideas for your amulet. Make notes about what you feel, try out designs and symbols and let your intuition come out to play!

Creative Exercise

This exercise is all about working with your hands and getting into contact with the earth. For many witches, typical earth based activities like gardening may not be possible or even something you're interested in, because of that this creative exercise focuses on working with your hands and really letting your physical body connect with the earth and your magic. Try to let your body intuition guide you!

You Will Need:

- Clay (air dry or oven dry)
- A space to work
- Paint (optional)
- A rolling pin or bottle
- Something to cut/shape your clay with

Step #1

Begin by kneading and warming your clay with your hands, feel how it resists and gives under your hands, how it takes on warmth from your body. Let your energy flow into the clay and turn it into an extension of your magic.

Listen to what your body is telling you. What is this project for? Do you need protection? Prosperity? Love or healing? Feel what your gut and magic are pulling you toward. That is going to be the spell you're casting! Feel free to take your time with this step, if you're new to listening to your body intuition it can take some time to drop into a meditative state and begin to notice how you feel. If at any point this process becomes uncomfortable or disorienting it's ok to stop and come back another time!

Creative Exercise

Step #2

When you've decided on your spell and infused the clay with your energy it's time to start making your amulet. This amulet can look like anything you want! I like to roll mine out as flat discs but you can cut other shapes, create pendants, inscribe symbols or images into it. Your imagination is the limit!

Feel free to continue following your body intuition if you're enjoying connecting with it. It can be incredibly powerful to simply let your body create magic without interruption from your thinking mind and you may discover personal associations, talents or techniques you didn't know you had in you!

Be sure to create some sort of hole or loop in the amulet that you'll be able to use to hang it.

Step #3

Bake or let your amulet dry thoroughly according to the instructions on the package. When it's finished you can paint or decorate it however you like. This amulet can be worn or hung in a window to activate the spell, simply thread a chain, cord, or leather thong through the hole and hang it however you like.

FINAL NOTES FROM THE AUTHOR

Well done on reaching the end of this workbook! I hope you've found it as fulfilling to work with as I did when creating it. As always, I truly hope you will continue your exploration and learning beyond the pages of this book. There are so many ways to connect with each of the elements and use these magical forces to enhance your life and your witchcraft.

The craft is an amazing and vast subject that can make your life a beautiful and fascinating thing to live if you let it. Devour books, talk with other witches, let your ideas and your imagination drive you to new heights, greater power, and deeper connection to the world around you.

This is truly just the tip of the iceberg.

xx

Avery Hart