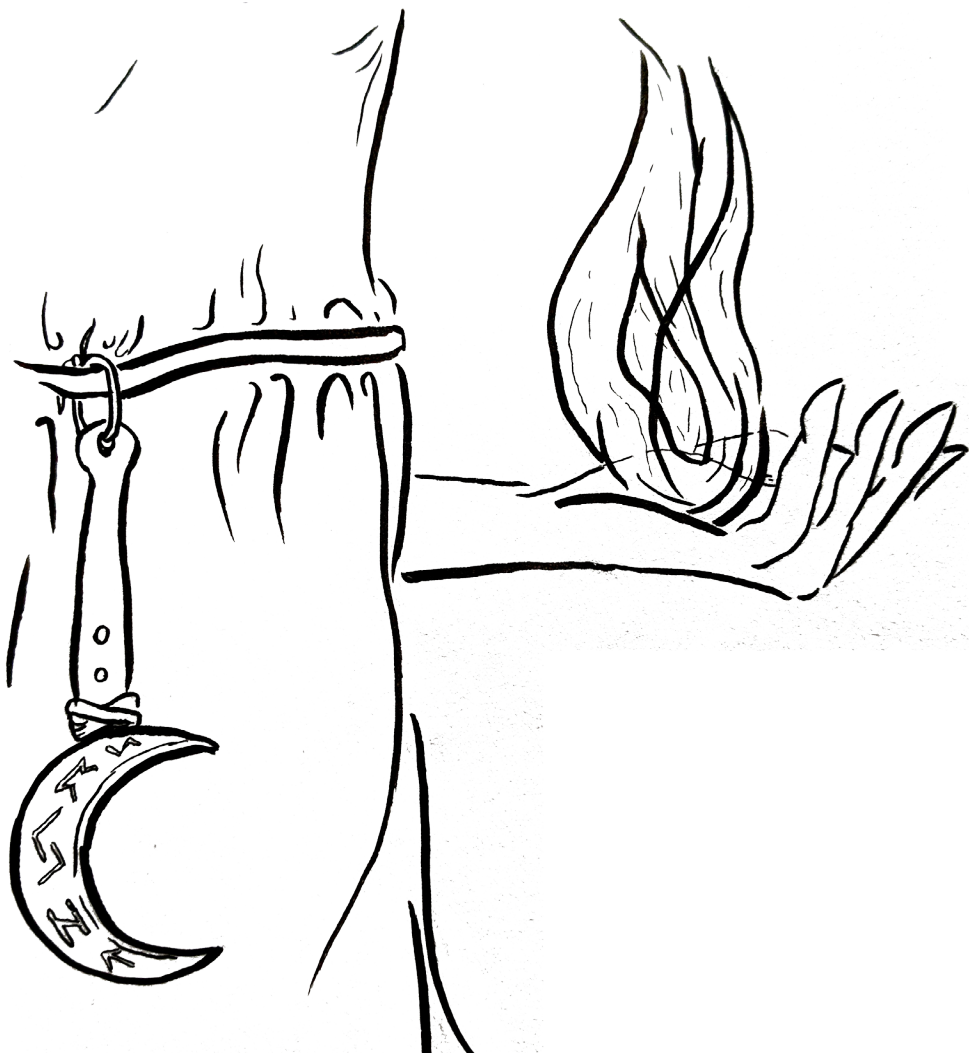


Crone Vibes

A Year of Recipes & Rituals



By Kathy Zadrozny

“Nature has taught me so much about moving with the seasons, that we need to honor times of harvest and times of rest. That the frenetic pace of doing, doing, doing, without being present with each other and the season we are in, what is happening around us, is unnatural and counter to life. So it has made me realize how important community ceremony and celebration is to our efforts to transform the world.”

- Brenda Salgado

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Introduction

This little booklet is a record of select kitchen witchery and rituals I did in 2018. My family came from Yugoslavia and Italy by way of South America, so we've always done "weird rituals" (at least by American standards). This book is a combination of my family traditions, recipes I've perfected, and rituals that I cooked-up myself. I'd love to hear how you use and adapt the recipes and rituals included within.

Using this Book

I've broken the recipes and rituals out by season and have included specific sabbats or dates if the ritual corresponds to one. I have left the rituals without any religious or deity connections so that you may apply them per your practice.

Rituals are very personal, so please adapt what I have included to fit your needs or simply use them as a base. What makes a ritual powerful is your intent, so change things until they feel right for you. It is assumed that you will use whatever method you prefer, if any, to create your sacred space before doing any of the rituals.

I have included variations to recipes and rituals, when possible, at the end of the entries. There are also footnotes with my comments, an appendix with further info, a bibliography, and a further reading list so you can do more research on your own.

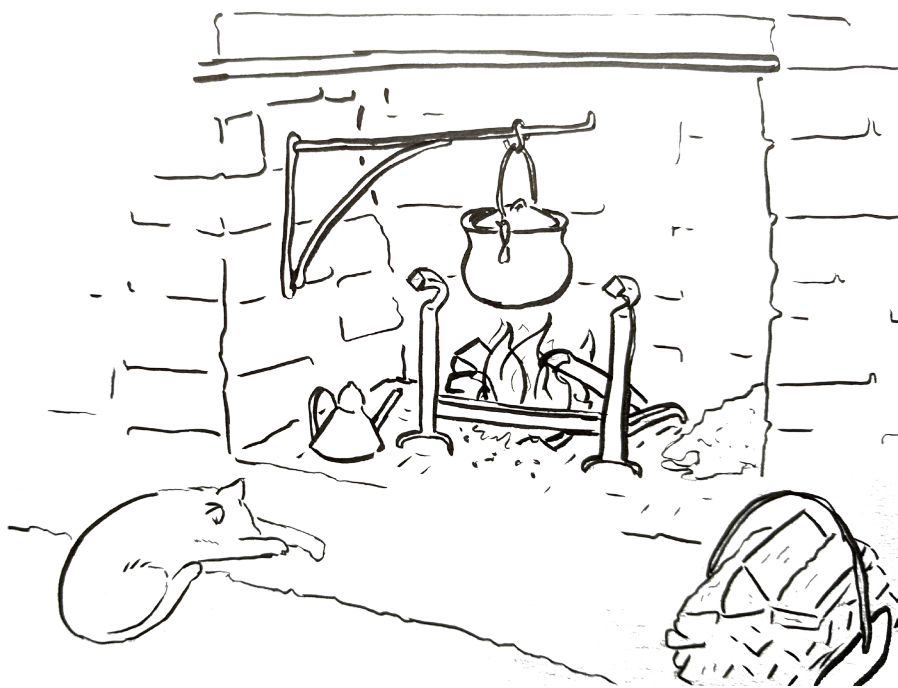
A Caution on Using Herbs

Please do not use any herbs without consulting a medical doctor. Just because herbs are natural does not mean they can't hurt you. Many herbs can interact with medicine or other herbs poorly and lead you to the hospital or worse. Practice safe herb use and always do your research before using any herbs or essential oils.

If consuming herbs, make sure you are using high quality food-grade herbs purchased from reputable companies that and do not use pesticides. Purchase herbs from individuals/companies that practice sustainable harvesting.

Winter

Rebirth | Compassion | Gratitude | Sleep



Good time for

Communal celebration, contemplation, meditation, hibernation

Colors

Green, gold, red, white

Scents

Cardamom, cinnamon, cloves, evergreens, wood smoke

Yule Log

- > For Yule, Anytime between Dec 20-23rd
- > To say goodbye to the past year

This ritual relies on your having a place to burn a log or stick(s) in a safe manner, be it in a fireplace, fire pit, or bonfire. I have included a variation at the end for those who do not have access to these areas.

Log or sticks¹

Paper

Thread

Whiskey, rum, or other liquor of choice

Something warm to drink (or more brown liquor for yourself)

Setting Up

Put your log or sticks in an area that is comfortable to work in and you don't mind getting dirty. Write your hopes and/or accomplishments for the new year on pieces of paper. Tie these papers on your log or sticks. If you are using small sticks, you can roll the paper around the stick and use the thread to tie and secure the paper.

If you are doing this activity with other people, talk about the year that has passed—the good and bad. You are spending this time to say goodbye to the year that has just passed. When you are ready, drop a bit of brown liquor of your choosing on the log or sticks and give thanks for the growth and experience this year has given you.

Burning

When you are ready, place the log or sticks in your fireplace/fire pit/bonfire and light it on fire. Sit with a drink and say farewell to the year. You can take this time to visualize or discuss your plans for the year ahead. This can be goals, banishments, or just day to day things. Enjoy the time and savor the closing of this year.

1 Tradition states that the log is from "last year's woodpile," but if you have a good log that seems to work, go with it. You can make your own tradition.

Yule Log Variation: If you don't have a safe place to burn a log or sticks, you can do this ritual with just folded-up paper. Instead of tying the items to a log, you fold it up and dab some of the liquor on the papers as you say goodbye to the year. You can burn the papers into a cast-iron pan or bury it into the earth.

Glühwein (Mulled Wine)

> *For keeping warm*

I normally do this in my slow cooker and keep it on warm. If you are making this on a stove top, make sure not to let the wine boil.

- 2 medium lemons
- 2 medium oranges
- 10 whole cloves
- 5 cardamom pods
- 1 1/4 cups granulated sugar
- 1 1/4 cups water
- 2 cinnamon sticks (each about 3 inches long)
- 2 bottles dry red wine (Box wine is great for this; 1500 milliliters total)
- 1/2 cup brandy

Cut the lemons and oranges into half circles, about 1/2" thick. Remove any seeds from the citrus meat. Push the cloves into the skin of the oranges, so they look like studs in the orange peel. (I normally do about 3 cloves per slice.) Add the wine, brandy, and citrus slices to your slow cooker (set to low) or a saucepan (over medium heat).

Add the sugar, water, cardamom pods, and cinnamon sticks to the wine. Allow the mixture to warm to a simmer, stirring to dissolve the sugar. Let it sit for about 20 minutes before turning the slow cooker to warm or removing your saucepan from the heat.

New Year Ritual for Letting Go

> *For New Year's Eve or New Year's Day*

1 Gold or yellow candle²

Paper(s) of your choosing

Pen or pencil

If you feel the need, dress the candle as you wish.³ Light the candle and meditate on the year that has just past. Consider the things you would like to release. When you are done, write the things you would like to release on your piece(s) of paper.

When you are ready, burn the piece(s) of paper and say:⁴

"I release these to the return of the light."⁵

Visualize these elements separating from you. Acknowledge that they have been part of you, made you who you are today, but that that you have had your use of them.

If you wish, you can let the candle burn down and continue to meditate, pull cards, or other activities you wish to do to prepare for the new year. Otherwise, you can extinguish the candle with thanks.

New Year Ritual Variations: Choose a taper or seven day candle, lighting it for a few minutes each day. During each of these moments, meditate on what you want to release. If you don't have a safe place to burn the paper, you can bury it in the earth.

2 Instructions on choosing a candle is covered in the Appendix, pg 25.

3 Instructions on dressing candles is covered in the Appendix, pg 24.

4 Or say whatever feels right. Heck, recite a poem; do what you need to make it yours and add the intent you need.

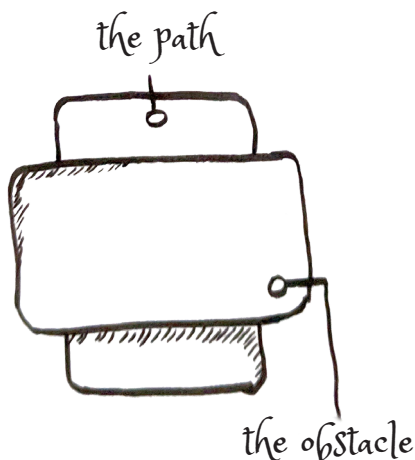
5 "The return to the light" references Winter Solstice and how we are gaining more daylight, building into summer. This mirrors your growth in the releasing of these things from your life.

Card Spread: The Path / The Obstacle

> For gaining insight and focus

I am a fan of the one card pull for tarot or oracle decks. It is a great way to get focus for the day or the task at hand. When you want to work on something larger, one card isn't always enough. This is when I do a path/obstacle spread.⁶ It is still simple, but allows for depth of understanding with the question at hand.

Focus on the question while you shuffle the cards as many times as you wish.⁷ When you are ready, layout two cards as shown in the diagram below. The path to your answer/resolution is the bottom card; the obstacle to that answer/resolution is on top. Find your way with the help of these cards.



Seasonal Note

Although we slowly gain daylight during the Winter, it definitely feels like we spend most of this season in darkness. Instead of fighting against it, embrace it. Consider winter as time spent in more moonlight rather than an the absence of sunlight.

⁶ This spread, and other lovely ones, can be found in Kim Krans' *Animal Spirit Guidebook*. The accompanying oracle cards are a great addition to your tools.

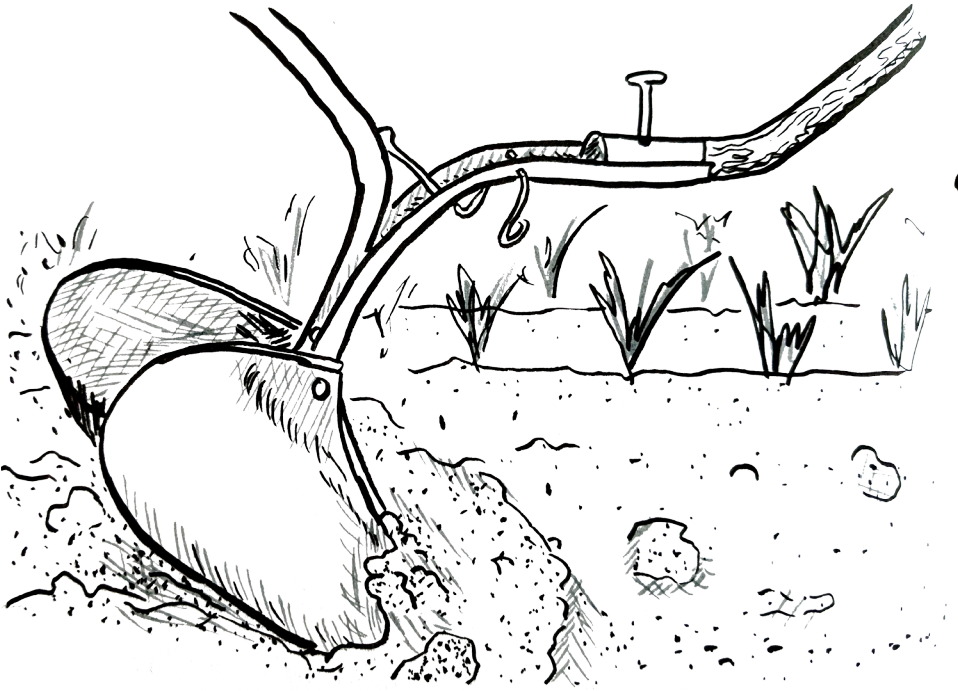
⁷ I find your non-dominant hand is better for splitting the deck.

“Life creates an opening and you can step inside it and choose magic, or you can ignore it and carry on as you were.”

- Rebecca Altman

Spring

Cooperation | Love | Manifestation | Protection



Good time for

Giving offerings, protection work, cleansing

Colors

Brown, green, pink, white

Scents

Lemon, mint, rose, ylang-ylang, honey

Red Egg Ritual

> For Easter/Ostara, March 19-22

> To bless your home

This ritual creates a “house egg” that welcomes happiness and abundance for the year. It is a tradition from the Serbian side of my family. I always forget to plan for until a day before Easter/Ostara. Cue me trying to find anything in my kitchen that may be used to dye an egg red or any tint close to it.

1 hard boiled egg, dyed red (or as close as you can get it)

Yourself and any willing family members or friends

1 container you are willing to throw away

Rub the point of the egg onto the following parts of the willing person's face while saying the related phrases in this order:



Forehead Be as prosperous as an egg

Chin Be as round as an egg

Right cheek Be as happy as an egg

Left cheek Be as healthy as an egg

Nose All year long¹

¹ I will admit that the sayings don't make exact sense, so I think there must have been something lost in translation from Serbian to English.

Repeat for all willing people and ask someone to do the same to you. If you are doing this by yourself, a mirror will save you from bumping yourself in the eye.

When you are done with the egg/face rubbing, place the egg in a container that you are willing to throw away later on. This can be a plastic bag or discarded small box. Put the egg in the container and then put it somewhere where it will not be disturbed (think far corner of a high cabinet). Keep the egg until next Easter/Ostara when it will be replaced by your new house egg. Yes, last year's egg will be gross. Just hold your breath and go with it.

Juniper Garland

> *For home protection & decoration*

This is an easy way to add some protection to your home while hiding it under the guise of seasonal decor. I chose juniper because it is purifying and cleansing and hops because they are relaxing and calming, but feel free to add whatever dried items you wish.

Dried hops flowers

Dried juniper berries

Thread of your choosing

Good sewing needle (not super thin)

Use your needle and thread to poke your hops and berries into a garland. Create whatever pattern you wish and make it as long as you wish.

Hang out of reach of cats, as it will be whopped otherwise. I hung mine on my front door as a protection garland.

Beware: Sewing needle will get gummy, so have a cotton ball with rubbing alcohol on it to clean it off as needed.

Beltane Ritual

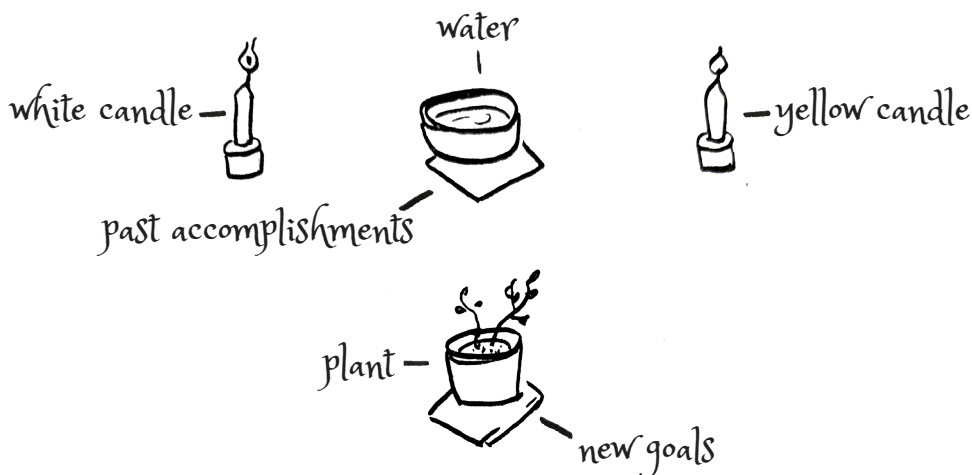
- > For Beltane, May 1st
- > To set goals / aspirations for the season

- 1 white candle (represents the moon/your past)
- 1 yellow or gold candle (represents the sun/your future)
- 1 plant per person participating
- Bowl of water
- 2 pieces of paper per person participating

Feel free to dress your candles as you wish.² Arrange the candles, plant, and bowl of water per the drawing, creating a “T” formation. If more than one person is participating, line-up the plants in a row.

On one piece of paper write your past accomplishments, thinking about how you have grown.

On the other piece of paper write your new accomplishments or goals for personal growth that you want to achieve this season.



² How to dress candles is covered in the Appendix, pg 24.

Place past accomplishments under the bowl of water and light the white candle. Place your new goals under your plant. Water plant from the bowl of water with a spoon or similar tool.³ Light yellow candle and meditate on your new goals.

Allow candles to burn down or blow out with thanks. After the ritual is done, place your plant in a sunny spot, keeping your goals underneath it. (These goals are reused in the Mabon Ritual, pg 20.)

Note: You do not have to meditate the entire time the candles are burning, but it is good to stay in a thoughtful mindframe—journal, bake, read a book. If you blow out your candles, relight them over the next few days as a reminder of your goals until they eventually burn down. Do not use the candles for anything else.

Orange Peel Cleaner

- > For natural home cleaning
- > Takes a few weeks to make

This is a great way to repurpose “scrap” into something to help keep your home tidy. The citrus in the orange/lemon peels is a natural degreaser, making it great for kitchen use.

Orange peels and/or lemon peels
Dried rosemary (Optional)
Distilled vinegar

Put orange peels in a glass jar, sprinkle some rosemary on top and then top off with the vinegar. Let the mixture sit in a sunny window for a couple of weeks.

After a Few Weeks

Filter out the peels and rosemary and decant into a spray bottle. Use it to clean your home.

³ This represents how your past accomplishments feed your new goals.

Rainy Day Granola

> For happy breakfasts and snacks

3 cups oats

1 tsp kosher salt

1 cup pumpkin seeds

1/4 cup flax seeds

Cinnamon to taste

Cardamom to taste

Ashwagandha to taste

Astragalus to taste

Tumeric to taste

1/2-1/3 cup maple syrup or honey

1/4 cup olive oil

If including any dried fruit, do so **after** baking

Remove all pans from oven and preheat oven to 300°. Mix all ingredients together. Spray a rimmed baking sheet with oil or line with parchment paper. Put mixture onto sheet and spread out into a single layer.

Bake for 45 mins to an hour or until golden. Stir around and re-flatten mixture halfway through baking time. Once toasted to your preference, remove from oven, add any dried fruit you wish, and stir about. Allow to cool before decanting into jar of choice.

Rainy Day Granola Variation: The amount of ways you can personalize this recipe are endless: use sesame oil instead of olive oil, add dried cherries, use brown sugar, sprinkle edible flowers, etc. Just make sure to add dried and fresh fruit **AFTER** you take the granola out of the oven.

Summer

Beginnings | Energy | Renewal | Growth



Good time for

Healing, growth, empowerment, nature, bonfires

Colors

Red, gold, orange

Scents

Sandalwood, saffron, frankincense, laurel

Nonno's Bread

- > For Lughnasadh, Aug 1st (or whenever-it's yummy bread)
- > Plan a day ahead for the starter dough

My grandpa's recipe for bread that he makes up as he goes along. I wrote down this recipe while watching him make it one day, so this is just how he happened to make it on that specific day. Feel free to be like my grandpa and switch things up.

This recipe has a starter dough that needs to sit for at least 6 hours, so you'll have to plan ahead for this bread.

Biga (Starter Dough)

1 1/2 cups flour

1/8 tsp yeast

3/4 cup cold water

Mix ingredients until combined. Sprinkle with water and cover with a thick towel. Let rise, covered, for 6-12 hours. If needed, you can refrigerate for up to 6 days.

Dough

Set 1 of ingredients

2 1/2 cup flour (can mix with whole wheat flour, but no more than 1 cup)

1 1/2 tsp sugar

2 1/2 tsp dry yeast

Set 2 of ingredients

1 cup water (or less), room temp-ish (not cold)

1 1/2 tsp salt

2 tablespoon olive oil

Mixing and First Rising

Mix Set 1 of ingredients until blended. Add set 2 of ingredients into Set 1 until both are blended, adding water a little at a time. If dough is too dry, add more water; if starts getting sticky, stop adding water. (I find the amount of water I add changes by the season. I always need to use more water in winter.)

Add the *biga* (starter dough) to your mixture until everything is smooth. (You can do this by hand kneading or using a dough hook on a stand mixer.) Let dough rest for 5 mins, covered. Mix/knead mixture again for a couple minutes. Let it rise in an oiled bowl for 1 hour.

Second Rising

Shape dough into either: 2 loaves, 4 baguettes, or 1 country loaf. Make any slits on top, if wanted. Cover with towel and let rise for 2 hours.

...While waiting for second rising

Remove all pans from oven and preheat to 450°. Place a cast-iron pan or other oven-safe small pan in the oven while it preheats.

When Ready to Bake

Pour 1/8 cup water into the preheated pan and place your shaped loaves. (Leave “water pan” in oven while bread is baking. This will create steam to help make a crunchy crust.)

Bake at 450° for 15 mins, then lower heat to 375° and cook for 15 more mins or until the crust is golden brown. When done, remove from oven and allow to cool on a rack. Pairs well with *Mending Honey*, which you can find on the next page.

Mending Honey

> For making your guts and body feel better

Clean 4 oz jar

Honey

Damiana tincture (food grade)

Herb Notes

Damiana: Aids digestion, calms nerves, and aphrodisiac

Caution: Do not use if pregnant or breast feeding. Might affect blood sugar levels in people with diabetes.

Pour honey to fill half of the jar. Add 6-12 drops of damiana tincture and mix. Top off jar with more honey and carefully mix so as not to spill. Tastes great with yogurt, toast, or tea.

Calming Herbal Oil

> For anti-inflammation and calming skin issues

> Takes 3-4 weeks

Clean glass quart jar

2 parts dried rosemary

1 part dried violet leaves

Apricot oil

Herb Notes

Rosemary: Anti-inflammatory, aids digestion, and relieves stress.

Violet leaves: Anti-inflammatory and helps skin irritations.

Fill glass quart jar halfway with rosemary. Add violet leaves until jar is three-quarters full. Fill the jar to within an inch of the top with apricot oil. Make sure oil covers all the dried herbs; herbs exposed to air will grow mold and you'll have to toss the whole infusion out. Place the jar in a sunny spot and let sit for 3-4 weeks.

After 3-4 weeks

Strain and pour into a glass jar or bottle. Store in a cool, dark location, where it will keep for a year. For external use only.

Calming Herbal Oil Variation: Use portion of the oil to make a salt rub or skin balm.

Candle Ritual for Travel

> For sane travel

This is a candle spell to encourage balance during travel. Everyone has different issues when traveling, so customize to your needs with specific stones or talismans.

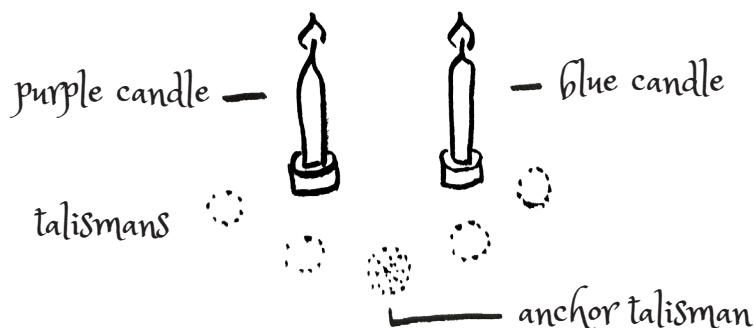
1 purple candle (for adventure and flexibility)

1 blue candle (for calmness, sympathy, and civility)

Stones or talismans to support your needs (to take on your trip)

1 stone/talisman you are willing to leave at home

Dress the candles as you wish, if you want to dress them.¹ Arrange your items as illustrated by the drawing and light the candles. Get ready for your trip in whatever way you feel like: washing clothes, packing, reading your travel guides, etc.



Let the candles burn down or blow out with thanks. Take all the stones or talismans with you except for one. The item you leave behind acts as an anchor to your home—to a space that you find comfortable. As you travel, you will be tethered to this comfort; it will be with you and you can call upon it when you need.

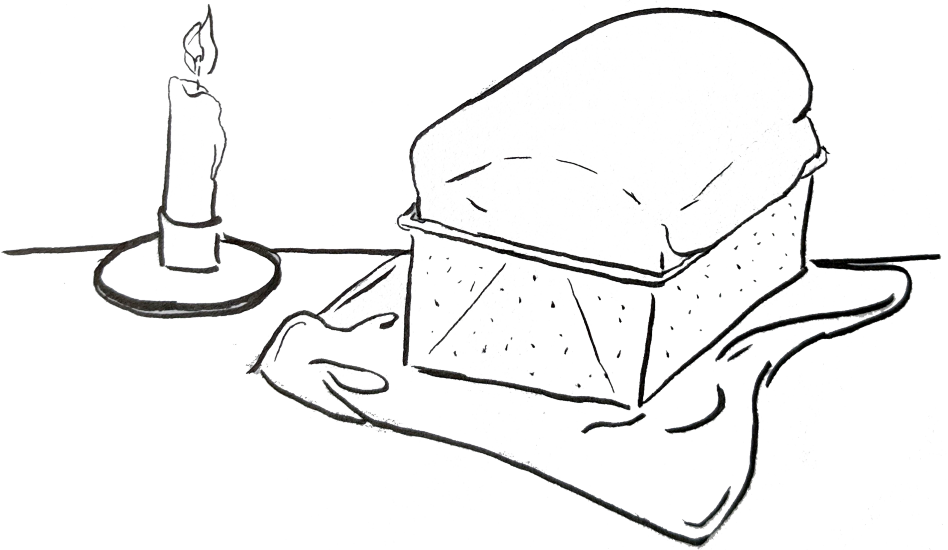
¹ How to dress candles is covered in the Appendix, pg 24.

I am living a life I don't regret
A life that will resonate with my ancestors,
and with as many generations forward as I can imagine.
I am attending to the crisis of my time with my best self,
I am of communities that are doing our collective best
to honor our ancestors and all humans to come.

- adrienne maree brown
Emergent Strategy, 55.

Autumn

Protection | Balance | Abundance | Strength



Good time for

Honoring ancestors, personal transformation, healing

Colors

Brown, orange, yellow, red

Scents

Warm honey, cinnamon, burning leaves, cedar

Mabon Ritual

> For Mabon, Anytime between September 21-24th

> To embrace accomplishments

This is best done outdoors, if weather permits. Consider going for a walk or hike. If friends or family participated in the Beltane ritual with you, invite them to close the season with this ritual. If burning things outdoors, please make sure you are doing so in a contained way, like in a wee cauldron. No need to take down a forest.

Your Beltane goals paper (from Beltane Ritual, page 10)

Matches, candle, fireplace, fire ring, or a way to burn things safely

Cakes and ale

Read your Beltane goals to yourself. Think about how you achieved the ones you completed and feel the warmth of accomplishment. Acknowledge the goals you did not get to without judgement. Consider ways you may achieve them in this next season.

After you are done with contemplation, burn your Beltane goals. You are releasing them into the universe. Pour yourself a drink or grab a sweet and cheers yourself for what you have accomplished. Welcome the cooler season that will allow you to rest and renew.

Calming Herbal Tea

> To calm your nerves and tummy

2 parts dried rosemary

1 part dried violet leaves

Herb Notes

Rosemary: Anti-inflammatory, aids digestion, and relieves stress.

Violet leaves: Anti-inflammatory and helps skin irritations.

Add to tea ball and brew with hot water for 10 mins.

Enjoy with a book and chill out.

Apple Cider Vinegar

- > To make use of those apple scraps
- > Takes 6-8 weeks to make

I love that you can turn things you would normally compost or throw away into something useful like vinegar. I collect my apple peels and cores in the freezer until I have enough to make a batch.

Clean jar and fermentation weight or second smaller glass jar
Organic apple scraps (peels and/or cores)
2 tablespoons sugar
2 cups filtered water
Cheesecloth/coffee filter with rubber band or fermentation jar top

Fill your jar 3/4 of the way full with your apple scraps. Make syrup by dissolving 1 tablespoon of sugar into 1 cup of warm water. Pour syrup over the apple scraps until they are completely submerged. (Add more water if needed to cover scraps.)

Weigh down the apples with a fermentation weight or with the small glass jar. (Any apples that are exposed to the air could mold.) Cover with the cheesecloth / coffee filter and secure with the rubber band or use a fermentation jar top.

Store in a dark place at room temperature, like a kitchen cabinet, and let sit for about 3 weeks. Check on it every few days to make sure the scraps are underwater and that no mold is growing.¹

After 3 weeks, strain the apples scraps and return the liquid to the jar and re-cover with cheesecloth/fermentation cap.

Put the jar back in a dark spot for another 3-4 weeks, stirring every few days. The vinegar is done when it reaches the tartness level you like. When ready, seal with lid or decant into a different bottle/jar and use as you see fit.

¹ The vinegar may grow a film on top, called "the mother." You can use this in your next batch to speed up the fermentation process.

Candle Making

> For Samhain, October 31 or November 1st

> To light your way

I was reading one of my witchy-ass books and found a lovely Irish tradition involving connecting houses via candle light:

“The woman of the house would then light that candle and take it to her neighbor, offering prayers of blessing. The neighbor would then light a candle she made from that flame, which she in turn gave to the next neighbor. Soon each house stood connected, light by light, from the passing of the candle to each household.”

- Samhain: Rituals, Recipes & Lore for Halloween, Diana Rajchel

Since my friends and I do not live ‘walk with a lit candle’ distance away from each other, I thought making candles together was the next best thing. That way, when we do light our candles, we all have the same wax, wicks, and energy in the candles, with our homes being connected that way.

Double boiler set-up²

Candy thermometer (for watching flashpoints)

Wick holders or sticks/pencils for centering your wicks.

Beeswax (Pellet form is the best for this)

Essential oils (Optional)

Wicks

Glass containers

² A pot that has a small amount of water in it with a metal or glass bowl that fits on top. A glass measuring cup also works well. This top bowl is your “melting bowl,” which should be twice the capacity of the wax you want to melt. Your water level should not touch the bottom of your melting bowl.

Put enough water in your double boiler setup so that it does not touch the top container with your wax. As long as the water line does not make contact with the wax container directly, you should have issues with overheating.

Bring water to a boil and then reduce the heat to a simmer until half of the wax is melted. Turn off the heat and let the rest of the wax melt. If you are using a candy thermometer, make sure not to go over 200°, which is the flashpoint of beeswax.

If using essential oils, add it to the melted wax right before you pour into your candle containers. Once the wax is melted, dip a wick end into the melted wax and place in the center of your container. Press into the bottom of the container with a pencil end or other utensil.³ The beeswax will solidify and hold your wick in place. Suspend the wick in the middle of the container by wrapping the excess length of wick around a pencil or skewer and balancing that horizontally across the jar opening.

Pour wax into containers, leaving 1/2 inch of room at the top. Keep your wax in the double boiler setup while your candles solidify. Once your candles appear to be solid (about 30-60 mins), you can use the remaining wax to top off the candles, leaving 1/4 inch of room at the top.⁴ Let cool overnight, remove wick holders, and snip wicks to 1/2 inch.

Candle Making Variation: You can add crayons or wax from spent candles to add color to your candles. See the Appendix for color correspondences, pg 25.

Cleaning your Double Boiler

Cover a pan with aluminum foil or wax paper and place on the bottom rack of your oven. Put the wax-coated boiler insert upside down on the top rack. Turn oven on to 180° and allow to sit for an hour or so. The wax will melt down onto your lined pan. This technique also works for prepping used candle containers so you can reuse them.

3 Please don't use your bare fingers; the wax is hot!

4 This second pouring helps fill in any divots that happen from the first pouring.

Appendix

Dressing Candles

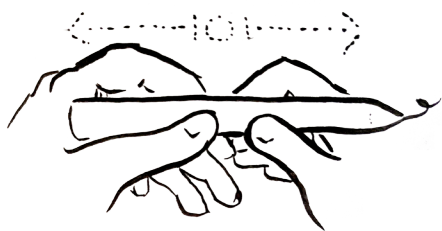
> *For personalizing your rituals*

Candles are one of my favorite ways to do rituals. With color correspondences, oils you can use for each specific purpose, and lighting something on fire, it is just a beautiful way to lock in intent and release power.

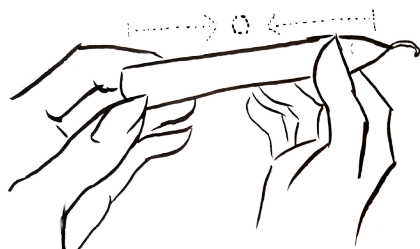
I am not going to list all the correspondences with oils that you can dress a candle with, as this is very long, and you may have other associations with these oils. Honestly, you can use any oil in your kitchen. There is nothing wrong with putting some olive oil on your candle; what matters is the intent you have while putting it on. What I do want to mention is how to dress a candle.

Choose your candle and your oil. Put 1-3 drops on your fingers and rub the oil into the candle and wick while visualizing what your intended outcome is for your ritual. Visualizations are great for this, but you can also just say (externally or internally) words you want to embody or that you want to focus your ritual on.

The direction you rub the candle can play a role in your intent:



Rub from the center out if you want to push energy out. This can be for placing your energy out into the world or for banishing/getting rid of something.



Rub from the top/bottom into the center if you want to bring something in. This can be for attracting energy or for embodying energy.

Choosing Candles

> *For getting the right one for the job*

The candles that I have found best for rituals are either chime candles or birthday candles. You want something that will finish burning in a short amount of time so that your ritual is focused and you can go on with the rest of your day.

Alternatively, you can choose a taper candle or 7-day candle if you wish to do your ritual over several days or have it be a ritual that is redone on specific occasions.

Either way, if you use a candle for one ritual and do not finish it, do not use that candle for another purpose. It has been charged with one focused intent, so continue to use it with that purpose. Please exercise caution when using candles—do not leave a candle unattended or leave it near flammable drapery objects.

Color Correspondences

This list is just a guide; sometimes I even think “nah, pink is better for this specific ritual even though red technically fits.” Go with your gut and make your own correspondences if these don’t fit for you.

White	Universal color. Absorbs negative energy and purification.
Pink	Love, relaxation, friendship, peace, and forgiveness
Red	Love, sex, strength, and passion
Orange	Strength, luck, vitality, creativity, and attracting energy
Yellow	Confidence, growth, communication, and harmony
Green	Nature, prosperity, marriage, fertility, and wealth
Blue	Health, awareness, patience, and travel
Purple	Blessing, peace, meditation
Brown	Grounding, earth, ancestors, and hearth/home
Gold	Sun, prosperity, victory, power, and wealth
Silver	Balance, insight, divination, and astral work
Black	Banishing, letting go, and absorbing negative energy

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Further Reading

These books span from mindfulness to nature and have all played a part in forming my mindset and daily practice.

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About this book

I grew up with the knowledge that you are always transforming and that you have the power within yourself to shape that change. This comes with what you create, how you encourage your friends and family, and what part you play in your community. For me, this manifests in food, herbal medicine, and seasonal rituals. In sharing how I followed these paths for one year, I hope to encourage you to embrace that power in your creativity.