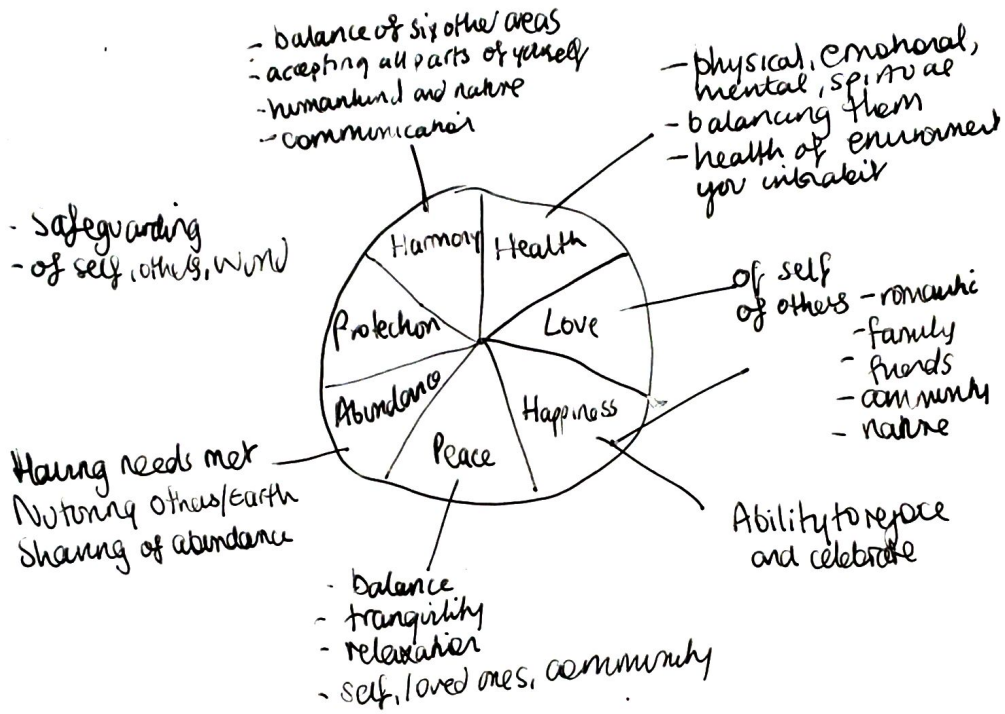


The Green Witch (ARIN MURPHY-HISCOCK)

"Knowing you're part of the greater whole makes it difficult to act against that whole"

Myths - Perceptions of Earth energies



Tools:

Herbs and Plants

Your hands

Journal

Cup

Mortar and Pestle

Bowls (glass/glazed ceramic)

Jars/Canisters

Knife/Scissors

Staff (stang)

Cotton/gauze

Power bags



Shaman 'climbs'
tent pole through
mediators / other methods

exercise : sensing energy / observing through
p962 intuition

Tides of the Year

Spring equinox → summer solstice : Growing tide
Summer solstice → autumn equinox : Reaping tide
Autumn equinox → winter solstice : Resting tide
Winter solstice → Spring equinox : Clearing tide.

By understanding how nature ebbs + flows, I'll
gain a deeper understanding of how life itself
weaves, unravels and reweaves

Lunar planting

New to first quarter : plant leafy annuals and herbs

First quarter to full : plant flowering annuals, above ground
vegetables, and fruit, and vines

Full to third quarter : plant perennials, root veg, and bulbs

Third quarter to dark : weed, maintain, cultivate,
fight pests and disease

New Moon — seeds

Crescent moon — shoots and sprouts

Waxing moon — growth and flowering

Full moon — fruit

Waning moon — harvest

Dark moon — cutting back to prep for new growth

Plant : moon in Cancer, Scorpio + Pisces

Harvest : moon in Aries, Gemini + Leo

Cultivate : moon in Virgo, Sagittarius +
Capricorn

Interesting idea:

Blessing my
creators?

3-goddess

4-demons

Make a stepping
stone from concrete

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