

Niki Wyld - August Newsletter

Bohemian Living - Magick Making - Nature Loving



The sun is returning in strength every day, staying out longer and longer. I notice it every afternoon sitting a little higher in the sky. When I walk out of the office of my day job I look to the west towards the mountains and the sun now sits on the crest, high and higher each day.

I am thankful that I instinctively take notice of these magickal moments within my day. That I am connected to the earth and her cycles and the magick that surrounds me.

I have had a break from Social Media the last couple of weeks and I have thoroughly enjoyed it. I realise that I much rather spending time in the land of Instagram more than I do Facebook. I have that found Facebook really triggers my anxiety levels when I have to spend more than a few minutes on there. I have to figure out how I can navigate myself around that as most of you follow me on Facebook Page rather than my Instagram Page. If that is the case, I would love for you follow my Instagram as well ([click here](#)).

I hope you have had a wonderful month and are feeling the energy of the sun increasing, letting it in to warm your bones.

Sabbat Magick

Imbolc - aka Candalmas

1st August

This celebration is to acknowledge that although we are still in the depths of winter, with the cold weather that does not seem to let up, with days of rain and winds that may seem that it will last forever, that we can see that the sun is increasing in strength and we know and have faith that Spring is just around the corner and we will emerge into the warmth.

Here in Australia many areas do not have the extremes of winter that our brothers and sisters in other parts of the world do (however for me, when it drops below 20 degrees I feel like I am in the middle of a snow storm) but we can still acknowledge this celebrations energy.

How can you celebrate Imbolc

There are many many ways. You can honour the Goddess Brigit of the celtic tradition, or any other pantheon you lean towards but this is how I celebrate.

Herb Magick

Basil

- I will light a fire on the night of Imbolc to honour the sun's return, and in that fire I will burn my Winter Solstice decorations. The pinecones, branches and needles that are still upon my altar, all in honour of the returning sun.
- I review my plans made at Winter Solstice to make sure I've not procrastinated (too much) and have actually begun to make changes that I need to so I may manifest my future.
- I will begin to organise my Spring Cleansing. I am a planner, and I always like to have a big Spring clean so I will review my home to plan a major cleanse. I will review every room, letting my eyes rest on everything to determine what stays and what goes.
- I begin a deep cleanse of my own energy, my mind and spirit. Spending so much time in the depths of winter is very trying for me and I feel my energy getting heavy and stagnant. So in preparation of the magick I will work in Spring to cleanse my home I must first start on myself. I will have regular cleansing baths with cleansing mixtures to break up the weight of the energy. With the sun staying out longer each day, and in about a month, as the weather is that little bit warmer I will spend more time outside in the sun soaking up its energy letting the warmth break through and lift the stagnant energy.
- Candles... I like to light a lot of candles this time of year. I am still burning my solstice candles but I will now add more candles to my altar to honour the sun's return and to lend its energy to the cleansing of self.

This magick may not sound extravagant but it works

it is simple yet powerful.

I would love to know how you are celebrating this sabbat.

I would have to say that 99.9% of us have Basil in our kitchen somewhere and many of us have it growing in our gardens.

It is a wonderful herb to use in your magick.

The scent of fresh basil causes sympathy between two people, and can be used to soothe tempers between lovers.

You can use this herb in love incenses, potions and brews. Rubbed against the skin it is said to be the natural perfume of love.

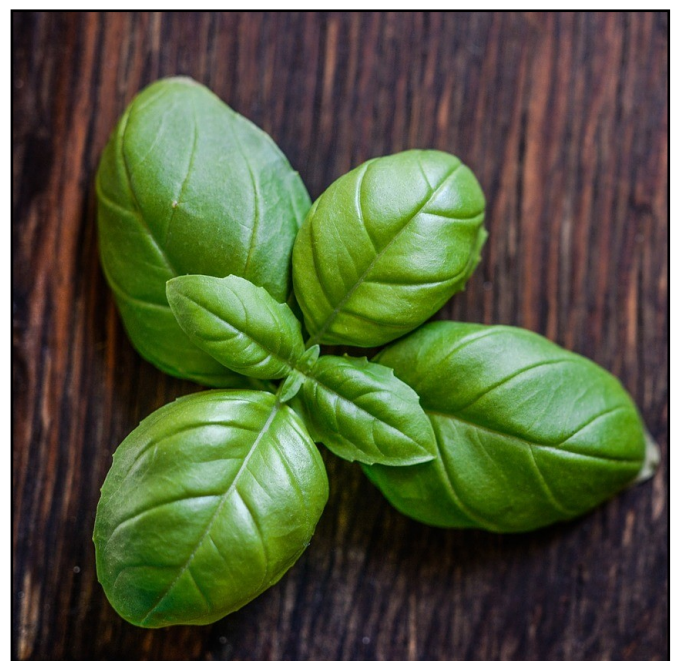
Carry Basil in your pockets or within your wallet or purse to bring wealth.

It is said where Basil is evil cannot live and is used within protection and purification rituals.

Basil given as a gift brings luck to a new home.

So taking the above into consideration
how can you weave your magick in
a simple and practical sense.

You can place some Basil under your door mats or rugs within your home to protect against evil.



Place Basil within a herbal sachet to bathe in for purification and protection.

As mentioned, place some in your purse to attract wealth and abundance to you.

Plant Basil within your garden so you can call upon the energy of the herb at any time.

Use this herb within your cooking infusing it with the magick you wish to call upon.

When the Basil in my garden is full with an abundance of leaves I love to work my magick creating one of my favourite things.

...Pesto...

Omgoodness I love it and use it on everything I can.

So here I will try to share with you my Pesto recipe. I usually just add what I feel it needs, and not really use measurements. So try it out, adjust it as you need to and work your magick.

Also, just to add I do not use a food processor to create this. I use a mortar and pestle. It takes a little longer but I am able to concentrate and infuse it with my magick as I mix and grind the ingredients together.

Ingredients

1/4 cup pine nuts

1 1/2 cups fresh basil leaves

2 small garlic cloves, chopped finely

3/4 cup grated parmesan

olive oil (you will know how much)

A pinch of salt

A pinch of pepper

Let's get to making

I place some of the basil into a mortar and pestle and start mixing and grinding it. As it reduces I add a dash of olive oil and then more basil and continue until you have used all of the basil.



Add the finely chopped garlic, the pine nuts, the pinch of salt and parmesan cheese and continue to grind and mix.

I then add more olive oil and stir into the mix until I get the perfect consistency.

If you would prefer to use a food processor, just throw it all in there and mix it up slowly adding approximately 5 tablespoons of olive oil.

I use pesto with so many things and it doesn't really last long once I've made it, but you can place it in a jar for a week in the fridge.

When you are mixing this, don't forget to add your magick. Infuse it with the particular magick you are wanting to manifest, think of it when you are grinding, stirring and eating it.

I absolutely love working my magick in my kitchen and I am sure you do too.

Wellbeing

Anxiety is in the Air....

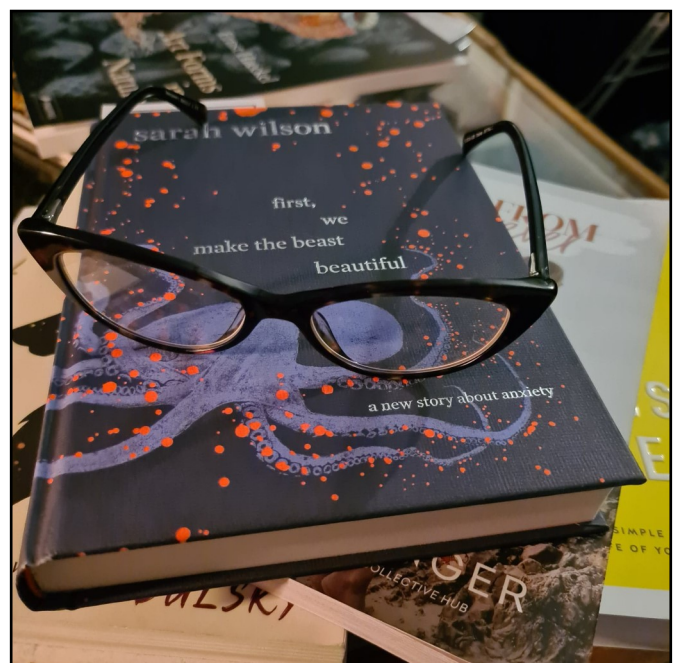
Well mine has been anyway and I have talked to so many people who are experiencing the same.

I have chronic anxiety, have had for many years. With the pressure I am under in my day job my stress and anxiety levels (and blood pressure) was on the rise already and then covid-19 hit and it sent me on a little bit of a spiral downward. The stress is increasing in my day job trying to navigate around the current restrictions, and although the actual Covid-19 stress is a little less intense here in NSW at the moment and we have been able to exhale a little (but really should we have? it looks to me like the second wave is coming), I am having to take big steps to keep myself in check and not allow myself to drown in my Anxiety. However on the up side, I have been forced to deeply look within, to recognise the changes within myself over the years, and also the changes that I must make to get myself back on track.

I thought it may be helpful to share with you some of the things that I do to relieve my Anxiety, whether it relieves it a little or a lot, it always helps.

- I bought my van just before Covid-19 hit so I've not been able to go away on a road trip anywhere, but just jumping in my van, putting my music on and going for a drive, long or short, nowhere in particular (but local) , I just drive and see where I end up and this always lifts my mood.
- I grab a coffee or hot chocolate and go and sit at the beach. It's winter here at the moment, so I literally go through McDonald's drive thru, grab my cuppa, drive to the beach, park facing the ocean and sit within the warmth of my van watching the waves roll in.
- Lists and plans are also my go to. I love lists, they make me feel organised and in control. So I create them. Lately, I have been planning where I am going to go in my van when I am able to do so. I google the different places, looking at all the beautiful areas within nature that I will be able to visit.

- I grab my pens, pencils and paints etc and again go somewhere in my van, get all set up in the back and create away.
- I remove myself from Social Media as that brings me a lot of anxiety especially at the moment. Facebook frustrates me more than Instagram, but I have a break to free my mind of what is going on in the world. There is definitely such a thing as too much information.
- I look to my magick. I connect to the moon phase I am in at the time and call upon it's power. I go to my space where I feel in control, my planning, and write down how I am going to make the changes I need with the energy that is surrounding me. Literally a how to, step by step so I can immediately make the change I need to and follow it through.
- Read. I am currently reading a book about anxiety. It is called *first we make the beast beautiful* by Sarah Wilson. It is Sarah telling her story about how she has dealt with her Anxiety among many other ailments and I have found it quite comforting to be honest. I am only part way through it, but it is certainly worth the read I think. I will also find an easy novel to read and download it



onto my kindle to escape into the world the author has created.

- Talking to supportive friends and staying away from toxic people also helps, which I know can be hard when you work and literally have no control over who you have to deal with on a daily basis but there are ways you can help yourself with that such as protective charms etc. It certainly helps when you have supportive friends to listen to you, and friends that do not try to fix everything for you, they just listen to allow you to release what's on your mind.
- Be kind to yourself. With my anxiety, when it is bad usually sends me into a depressive state and those who have experienced this know that everything is amplified and you fall down a hole of self doubt and thinking of everything you are not... everything you wish you could be, everything you wish you could achieve, but tell yourself that it will not happen as you are useless and 'who cares' about what you have to say anyway. At these moments, I don't like to talk to people about it as I don't like to give a voice to those negative thoughts, however I write it all down. I get it out of my head, call upon my Ancestors for assistance, burn what I have written and remind myself that this will not last. That the darkness and sadness will lift. So I take a break from the world, and do what I have mentioned previously. I also take long hot showers, give myself facials, go get a massage, I do all the things that make me feel comforted and taken care of.

Well, that got deep quickly. When I started writing this little section I didn't realise that I would share so much about myself, but I suppose that is part of the healing journey I am currently on. To open myself up and allow my vulnerability to shine through.

I hope these hints may help you aswell.

Moon Magick

Full Moon - 4th August - 1:58am

This is a time of magick and honouring all that is. A time of gratitude.

A time of thought.

Recognising what you have manifested within the Waxing phase of the Moons cycle.

It is the brightest night within the cycle, where you can shine light within the darkness and know what may be holding you back from manifesting your truth.

What blockages have presented themselves? This, the guidance within the light, is what you will focus on moving toward the waning moon.

Waning Phase

This is the time between the Full and Dark moon where the light and energy of the moon is fading.

This is the time of the Moons phase where you will can move your focus towards letting go of what no longer serves you.

Working on removing obstacles from your path. Releasing habits that no longer serve you. Letting go of people or energy that pull you back from your authenticity.

It is a time of peeling back the layers, removing the mask of what is stopping your light from shining.

[Click here to download your Full Moon - Waning Phase worksheet to support you with your magick.](#)

Dark Moon - 18th August

At this time the Moon is not visible within the sky. It is the dark time of the lunar cycle and it is time to look within, to connect with the energies surround you to receive guidance.

If you have divination tools such as Oracle or Tarot Cards, Pendulum etc this is a great time to use those to obtain some guidance. If you have specific questions you need answered, clarification of the direction or path you are on, or general guidance if you are not sure where you are going at the moment.

This is the opportune time to connect to your intuition, your inner wisdom and the universal wisdom.

[Click here to download your Dark Moon Phase worksheet to support you with your magick.](#)

New Moon - 19th August - 12:41pm

This beautiful time of the Moons phase is a time of new beginnings. The moon is in the beginning of its phase and will slowly start appearing in the sky.

This is time where you will decide what it is you are going to put your energy into.

What is it you want to manifest?

What are you working towards?

You can take note of your big manifesting dreams and break it into little steps of what you want to do to get to that dream.

Use the below worksheet to help you decide on how you are going to manifest this.

Waxing Phase

This is a time of the Moons phase when you work on attracting the energies you would like into your life.

What you wrote on your New Moon Worksheet, this is when you use this Waxing Moon Worksheet to make the changes you need to. The attract the energy into your life that you want.

Aligning yourself with the flow of your life to bring what it is you want to you.

Attraction, attraction, attraction is what this waxing phase is all about.

[Click here to download your New Moon - Waxing Phase worksheet to support you with your magick.](#)



I hope you have enjoyed this newsletter

If there is anything specific you would like to see in my Newsletters simply send me a message and I will endeavour to include it within future newsletters

I would love to see how you weave your magick while working through my worksheets and the magick that I write about within my newsletters and social media, if you are sharing your magick photos tag me on Facebook or Instagram so I can see how the magick is making a difference within your life.

You will find my pages by clicking on logo links below.



Stay Magickal, Niki xx

