

July 2026

Issue 4

SPIRIT & SAGE

Lughnasadh

The First Harvest

Celebrating the
First Harvest

How to Start a Daily
Intuition Practice

Honoring the
Full Moon in Summer

SPIRIT & SAGE

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Modern *Trendy* *Fashion* Contents



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EDITOR'S LETTER

Summer 2026

Welcome to the Summer Edition
of Spirit & Sage.

As the wheel of the year turns
through the warmth of July, the
golden abundance of August, and
the balance of September's

Autumn Equinox, this season invites us to slow down and reconnect with the simple magic that surrounds us every day.

Summer carries a unique kind of energy. It encourages growth, movement, creativity, and joy, while also reminding us to savor the present moment before the seasons begin to shift once more. Whether you are gathering with loved ones under the stars, working with crystals and herbs, or simply finding peace in a quiet

morning ritual, we hope this issue inspires you to embrace the beauty of the season in your own meaningful way. Inside this edition, you will find reflections on Lughnasadh and the Autumn Equinox, guidance on working with Citrine and Lemon essential oil, seasonal horoscopes, recipes, rituals, and more to support your spiritual and holistic journey through the months ahead.

Thank you for continuing to walk this path with us. Every issue of Spirit & Sage is created with the intention of

building community, encouraging curiosity, and offering a gentle reminder that magic can be found in both the extraordinary and the everyday.

May your summer be filled with warmth, abundance, balance, and moments of wonder.

Blessed be,
Dorine Hartnett
Editor, Spirit & Sage





THE MAGIC OF MIDSUMMER MEMORIES

"July reminds us that wonder still
lives in simple pleasures."

July arrives wrapped in sunshine, warm evenings, and the lingering magic of midsummer energy. The earth feels alive during this season, overflowing with color, growth, and possibility. It is a time that gently invites us to slow down, reconnect with joy, and create meaningful memories that nourish the spirit long after summer fades.

In many spiritual traditions, midsummer is associated with fire energy, vitality, abundance, and celebration. Even though the Summer Solstice has passed, July still carries its radiant warmth. Bonfires, outdoor gatherings, moonlit walks, and time spent in nature can all become sacred acts of connection during this season.

There is something deeply healing about embracing simple pleasures. Watching a sunset, gathering herbs from a garden, sharing laughter with loved ones, or listening to the sounds of summer nights can become mindful moments of gratitude. These experiences remind us that magic is often found in ordinary things when we are fully present.

July is also a wonderful time for spiritual renewal and creativity. Many practitioners use this season to work with sun energy, manifestation practices, and personal empowerment. Gold candles, fresh flowers, sun-charged crystals, and citrus scents can help bring bright summer energy into rituals or sacred spaces.

This season encourages us to reconnect with our inner child—the part of ourselves that still believes in wonder, imagination, and possibility. Creating flower crowns, collecting seashells, dancing barefoot in the grass, or simply spending time outdoors can awaken feelings of joy and freedom that are easy to lose in everyday life.

As summer continues its journey toward harvest season, July reminds us to savor the beauty of the present moment. Some memories become sacred not because they are grand or complicated, but because they are filled with warmth, laughter, and genuine connection.



LUGHNASADH



THE FIRST HARVEST OF THE SOUL

By Jessica Lloyd-Rodgers

Lughnasadh rises like a golden breath over the threshold of summer's waning, and in its light the soul remembers that it, too, is a field.

Every year the earth teaches the same lesson in a different tongue: that nothing ripens without heat, that nothing sweetens without time, and that every harvest is the child of a thousand unseen labors.

So it is with the inner world.

Z

The Soul as Field

Within each person lies a landscape shaped by choices, dreams, griefs, and quiet transformations. Some seasons it feels barren. Other seasons it is wild with growth. But at Lughnasadh, the veil thins between what we intend and what we have become. The soul stands in its own sunlight, unable to hide the truth of its ripening.

This is the first harvest: the moment you recognize what has grown in you— whether you planted it consciously or not.



What the First Harvest Reveals

- Inner Seeds — the beliefs, desires, and habits you sowed months ago, now showing their first fruits.
- Unintended Growth — the wildflowers and weeds of the psyche, sprung from forgotten thoughts or inherited stories.
- Soul Ripening — the subtle maturation that happens when you endure heat, pressure, or longing.
- Offerings Returned — the ways the universe answers what you have given it.

Lughnasadh does not judge the harvest. It simply reveals it.

The Moment of Gathering

To gather the first harvest of the soul is to pause and witness yourself with honesty and reverence. It is not a reckoning but a recognition. You gather:

- Courage — the strength you didn't know you were cultivating.
- Clarity — the insight that arrived quietly, like dawn.
- Old Patterns — the husks ready to be returned to the earth.
- New Purpose — the direction that now feels inevitable.

The soul's first harvest is rarely loud. It is a soft gathering, a cupped-hand moment. A whisper of "Ah. So this is where I am now."

The Offering Back

Lughnasadh is also a time of exchange. What you harvest inwardly, you offer outwardly. The Celts knew that gratitude completes the cycle of growth. So, the soul, too, must give something back:

- A vow to tend what is good.
- A willingness to compost what is not.
- A promise to plant with intention as the year darkens.

This offering is not made to gods alone, but to the future self who will inherit the next harvest.

The Soul's Golden Threshold

The first harvest is not the end of the journey. It is the first illumination. A lantern held up to the inner field, revealing both abundance and work yet to be done.

Lughnasadh teaches that the soul is always in motion— always sowing, always ripening, always returning to itself.

And so you stand at this golden threshold, hands full of the first fruits of your becoming, knowing that what you choose to keep and what you choose to release will shape the harvests yet to come.



Guided Meditation: The First Harvest of the Soul

Close your eyes. Let your breath lengthen, like a field settling after wind. Feel the weight of your body, the steadiness of the earth beneath you. You are arriving.

1. Entering the Inner Field

Imagine yourself standing at the edge of a vast golden field. The air is warm with late-summer light. The scent of grain, sun-warmed and sweet, drifts toward you. This is the landscape of your inner world— your soul's field, shaped by all you have lived this year. Take a step forward. Feel the soil give gently beneath your feet. You are safe here. You belong here.

2. Seeing What Has Ripened

As you walk, notice the crops rising around you. Some are tall and full, heavy with ripeness. Some are small, still forming. Some patches are wild, unruly, unexpected. Let your intuition guide you to the first place that calls your attention.

Ask softly within: "What has ripened in me?"

Do not force an answer. Let an image, a word, a memory, or a feeling rise naturally.

This is your first harvest— the truth of what has grown in your inner life.

3. Gathering the Harvest

Kneel in the field and gather what you find. Maybe it is courage. Maybe it is clarity. Maybe it is a lesson learned through difficulty. Maybe it is a softness you didn't know you were capable of.

Hold it gently in your hands.

Ask: "How has this served me?" "What does it want me to know?"

Let the answers come like warm wind— quiet, honest, unhurried.

4. Releasing What No Longer Needs to Grow

Now look around for the husks, the weeds, the remnants of old patterns. These are the things that have completed their cycle.

Pick one. Hold it lightly.

Say within yourself: "Thank you for what you taught me. I release you now."

Place it on the earth. Watch it dissolve into soil, becoming nourishment for future growth.

This is your Lughnasadh release— a sacred composting of the past.

5. Offering Gratitude

Stand again in the golden field. Feel the warmth of the sun on your face. Feel the fullness of your hands, your heart, your becoming.

Whisper a simple offering: "I honor what I have grown. I honor what I am becoming."

Let gratitude move through you like a slow, glowing tide.

6. Returning

Begin to walk back toward the edge of the field. Know that you can return here whenever you need guidance, clarity, or truth.

With each step, feel yourself returning to your body— your breath, your heartbeat, the room around you.

When you are ready, open your eyes.

You carry the first harvest of your soul with you now.



the first Harvest of the Soul

LUGHNASADH RITUAL

This ritual is designed to be performed before or after the meditation. It mirrors the same inner journey but anchors it in physical action, giving the soul's harvest a place in the tangible world.

1. Prepare Your Sacred Space

Choose a quiet place—indoors or outdoors—where you can sit comfortably.

Gather three simple items:

- A small bowl of grain (oats, wheat, corn, or even rice)
- A candle (gold, white, or orange)
- A piece of paper and something to write with

Place them before you.

These represent:

- Abundance
- Illumination
- Intention

Take a slow breath. Let the space become a threshold.

2. Light the Candle

As you light it, say softly:

"I welcome the first harvest of my soul. May what is ripe be revealed."

Let the flame steady your breath. Let it signal to your inner world that you are ready to witness yourself.

3. Hold the Grain

Scoop a small handful of grain into your palm.

This grain is the symbol of everything you have grown—your efforts, your endurance, your quiet transformations.

Close your eyes and recall the meditation's question: "What has ripened in me?"

Let an image, memory, or feeling rise.

When it comes, whisper it aloud or write it down.

This is your first harvest.

4. Choose What to Release

Now look at the grain still in your hand.

Pick out one kernel to represent something that has completed its cycle:

- an old pattern
- a belief that no longer fits
- a habit that drains you
- a story you're ready to stop carrying

Hold that single kernel between your fingers.

Say:

"Thank you for what you taught me. I return you to the earth."

Place it gently into the bowl or onto the ground.

This is your Lughnasadh release— a sacred composting of the past.

5. Bless the Harvest You Keep

Look at the remaining grain in your hand.

These are the qualities, strengths, and insights you choose to carry forward.

Bring your hand to your heart and say:

"I honor what I have grown. I carry this into the next season of my becoming."

Feel the warmth of the candle flame, the weight of the grain, the truth of your own ripening.

6. Close the Ritual

Pour the grain you kept into a small dish or pouch.

Keep it on your altar, nightstand, or desk for the next few days.

Let it remind you:

You have already grown more than you realized.

Blow out the candle with gratitude.

Take one final breath, grounding yourself back into the present moment.

LUGHNASADH

JOURNAL

PROMPTS



1. What Has Ripened in Me?

- What has grown within me this year? Describe the qualities, strengths, or insights that feel “ripe” now.
- Which inner seeds did I plant intentionally? Which of your efforts or choices have begun to bear fruit?
- What surprised me in my inner harvest? What grew without your conscious tending?

2. Lessons From the Heat

Lughnasadh honors the heat that ripens the grain—outer heat, inner heat, emotional heat.

- What challenges shaped me this season? How did pressure, conflict, or intensity transform you?
- Where did I show resilience I didn’t know I had? Name the moments where you endured or adapted.
- What truth became impossible to ignore? What clarity emerged from discomfort?

3. The Sacred Release

Just as the fields shed husks, the soul sheds what no longer serves.

- What am I ready to lay down? Identify a belief, habit, or pattern that has completed its cycle.
- What have I outgrown? What no longer fits the person you are becoming?
- What am I afraid to release—and why? Explore the resistance with compassion.

4. Gratitude for the Harvest

Gratitude completes the cycle of growth.

- What am I proud of myself for? Celebrate your inner work without minimizing it.
- Who or what supported my growth? Acknowledge the people, practices, or forces that helped you ripen.
- What abundance already exists in my life? Recognize the fullness that is already present.

5. Planting the Next Seeds

Lughnasadh marks the turning toward the darker half of the year— a time for intention, refinement, and deeper becoming.

- What do I want to cultivate next? Name the qualities or experiences you want to grow.
- What small, steady actions will nourish my next harvest? Identify the daily or weekly practices that will support your path.
- Who am I becoming? Write from the perspective of your future self, already ripened.

6. A Final Reflection

- If my soul were a field, what would it look like today? Describe it in detail—its colors, textures, weather, and horizon. This image becomes your personal Lughnasadh symbol for the year.

LUGHNASADH SHADOW- WORK PROMPTS



Here are Lughnasadh shadow-work prompts—crafted to move gently but unflinchingly into the places where the psyche stores its unharvested truths. These prompts follow the arc of the festival: revelation, reckoning, release, and integration. They are meant to be uncomfortable in a productive way, like turning over soil that has been compacted for too long.

1. The Hidden Harvest

Lughnasadh reveals what has ripened—even the things we didn't mean to grow.

- What has grown in me that I have avoided acknowledging?
- Where have my fears shaped my choices more than my intentions?
- What part of myself have I been pretending is “fine”?

Let these answers rise without judgment.

2. The Heat of Transformation

The grain ripens under heat; so do we. Shadow work asks: What has the heat revealed?

- When did I react from woundedness instead of wisdom?
- What truth about myself became impossible to ignore this season?
- Where have I been resisting growth because it feels uncomfortable?

Heat clarifies. Let it show you what is real.

3. The Weeds and the Withering

Every field has weeds—patterns that choke out what we truly want to grow.

- What patterns keep repeating because I haven't faced their root?
- What belief about myself is ready to die, but I keep reviving it?
- What am I clinging to out of habit rather than truth?

This is the composting stage—honest, messy, liberating.

4. The Shadow of Abundance

Sometimes we fear abundance more than scarcity. Lughnasadh asks us to confront that.

- Where do I sabotage my own success or joy?
- What part of me feels unworthy of the harvest I desire?
- How do I shrink myself to make others comfortable?

Shadow work reveals the places where we dim our own light.

5. The Ancestral Field

Some shadows are inherited—beliefs, fears, or patterns passed down like seeds.

- What emotional or behavioral patterns feel older than me?
- What did my family teach me—directly or indirectly—about worth, work, or failure?
- Which of these teachings am I ready to release?

You are allowed to harvest differently than those who came before you.

6. The Dark Soil of Becoming

Shadow work is not about punishment—it's about reclamation.

- What part of myself have I exiled that is ready to return?
- What would my life look like if I stopped hiding this part of me?
- What truth about who I am is trying to break through?

This is the seed beneath the soil—the next version of you.

7. Integration: The Shadow's Gift

Every shadow contains a gift, a power, a truth.

- What is the gift hidden inside the shadow I fear most?
- How can I honor the parts of me that grew in darkness?
- What new intention emerges from this shadow work?

This is the moment the unseen becomes the harvest.

CITRINE:

the stone of

JOY & ABUNDANCE



"Joy is not something we find—it is something we nurture."

Warm, golden, and radiant like captured sunlight, Citrine has long been cherished as a crystal of positivity, abundance, and personal power. Its cheerful energy makes it one of the most beloved stones in the crystal world, especially during the bright summer months.

Citrine ranges in color from pale yellow to deep honey gold and is often associated with the solar plexus chakra, the energetic center connected to confidence, motivation, and self-worth. Many people turn to Citrine when seeking clarity, creativity, or a boost of joyful energy.

Often called "The Merchant's Stone," Citrine has a long-standing reputation for attracting prosperity and success. Some place a piece near their cash register, workspace, or wallet as a symbolic invitation for abundance. Beyond financial prosperity, however, Citrine is also believed to encourage emotional abundance—helping us embrace optimism, gratitude, and self-confidence.

Unlike many crystals, Citrine is said to carry a naturally uplifting vibration that does not hold onto negative energy. Because of this, many practitioners feel it rarely needs energetic cleansing. Whether or not you follow that belief, spending a moment reconnecting with your crystals through intention can always be meaningful.

Citrine works beautifully in meditation, manifestation practices, or simple daily rituals. Holding the stone while setting intentions may help reinforce confidence and focus. It also pairs wonderfully with journaling, especially when working through self-doubt or creative blocks.

To bring Citrine energy into your home, place it near a sunny window, on your desk, or in a sacred space where you wish to cultivate warmth and inspiration. Its golden glow serves as a gentle reminder that light can still be found even during difficult seasons.

Bright and encouraging, Citrine teaches us that abundance begins within. Sometimes the first step toward manifesting joy is simply believing we deserve it.

lemon

SPOTLIGHT



Candied Lemon Zest

1

- **Ingredients:**

- zest from 3-4 organic lemons
- 1 cup granulated sugar
- A clean glass jar with lid

- **Correspondences**

- Lemon peel - Joy, cleansing, truth, mental clarity
- Sugar - Sweetening outcomes, attraction, abundance
- Glass Jar - Preservation of intentions and blessings

- **Instructions:**

- Choose a sunny morning if possible. As you zest the lemons, focus on a goal you wish to brighten or sweeten
- Wash/Dry Lemons, using a small knife or vegetable peeler, remove small sections of the zest and place them zest side down on a cutting board. Trim away any white pith if needed. Stack a few strips together and use a sharp knife to cut them into thin, matchstick-sized pieces.
- Add a thin layer of sugar to the bottom of the jar. Add a layer of

- **Instructions (con't)**

- lemon zest. Continue alternating layers until all ingredients are used, ending with a thick blanket of sugar on top. Seal the jar. Hold it between your hands and visualize sunlight filling the jar. Imagine the sugar drawing out not only the lemon's oils but also its magical virtues of joy and purification.
- Place the jar in a warm location for 1-2 weeks. Shake gently each day while focusing on your intention. The sugar will absorb the fragrant oils and preserve the zest. When the zest feels dry and lightly crystallized, remove it and spread it on parchment to finish drying. Store in an airtight container.

- **Kitchen Witch Uses**

- Sprinkle into tea blends for uplifting energy
- Add to cookies and cakes for friendship and celebration workings
- Mix with herbal sachets for happiness and confidence
- Place a pinch on the kitchen altar to invite abundance

2

Joy and Abundance

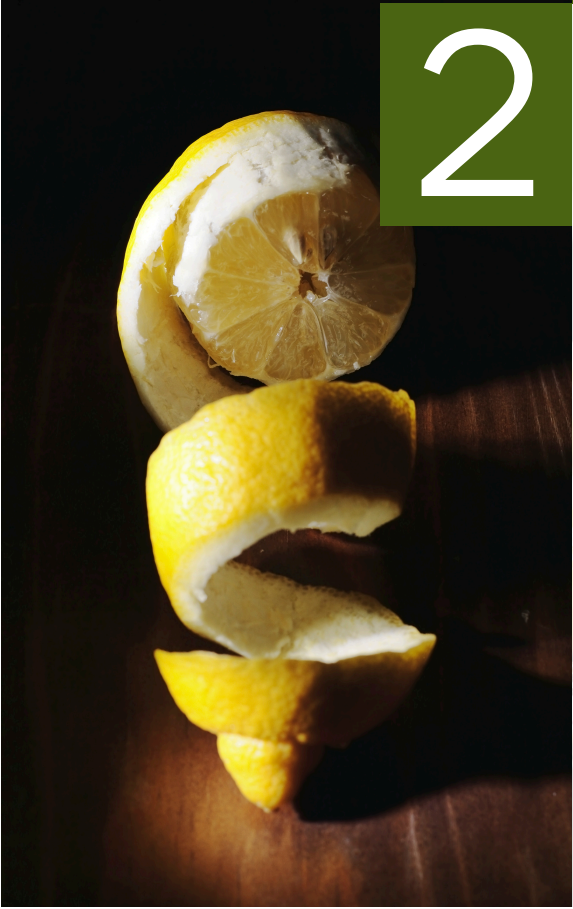
- **Ingredients:**

- 6 organic lemons
- ½ to ¾ cup coarse salt
- Fresh lemon juice as needed
- A clean glass jar with lid

- **Instructions:**

- Cleanse your workspace and hold the lemons in your hands. Reflect on what blessings, memories, or intentions you wish to preserve in your life.
- Wash and dry the lemons thoroughly.
- Using a small knife or vegetable peeler, remove small sections of the zest and place them zest side down on a cutting board. Trim away any white pith if needed. Stack a few strips together and use a sharp knife to cut them into thin, matchstick-sized pieces
- Place a thin layer of salt in the bottom of the jar. Add a fresh layer of lemon zest.

Preserved Lemon Zest



- **Instructions (con't)**

- Continue alternating layers until all ingredients are used, ending with a thick blanket of salt on top. Seal the jar. Seal and place in a cool location..

- **The Waiting Spell**

- For the next four weeks, gently turn or shake the jar every few days. As the zest softens and transforms, contemplate areas of your life requiring atience. This preservation teaches that some blessings deepen with time rather than speed. Observe how bitterness mellows and sharpness becomes richness.

- **When Ready**

- After 4-6 weeks, the lemons will be soft and fragrant.
- Use the rind in:
 - Stews
 - Grain dishes
 - Roasted vegetables
 - Salad dressings
 - Ritual feast foods.

Caprese Salad with Toast Points

Fresh, vibrant, and bursting with garden flavor, this classic Caprese Salad is a beautiful celebration of the season's ripest tomatoes, creamy mozzarella, and fragrant basil. Whether served as a light lunch or a colorful side dish, it's a simple reminder that the most magical meals often come from the freshest ingredients.



Ingredients:

- 2 cups cherry tomatoes, halved
- 8 oz mozzarella pearls
- Fresh basil leaves, sliced thin
- 2 tbsp extra-virgin olive oil
- 1 tbsp balsamic glaze, optional
- Zest of one lemon, (or preserved lemon zest, adjust salt if used)
- ¼ - ½ tsp crushed red pepper flake
- Sea salt
- Freshly ground black pepper
- 1 baguette sliced into thin rounds
- Fresh parsley, chopped (for garnish)
- 1 tbsp butter or olive oil for toasting

Instructions:

TOAST POINTS:

- Preheat your oven to 375°F (190°C).
- Arrange baguette clices on a baking sheet
- Lightly brush with butter or olive oil
- Toast for 8-10 minutes, turning once, until golden brown

Assemble the Caprese

- Place the halved cherry tomatoes and mozzarella pearls in a large bowl.
- Add the basil leaves
- Drizzle with olive oil and gently toss.
- Sprinkle with sea salt, black pepper, crushed red pepper flakes, and lemon zest.
- Transfer to a serving bowl or platter and finish with balsamic glaze if desired. Serve with toast points.

Chimichurri

INGREDIENTS:

- ½ cup fresh parsley, finely chopped
- ½ cup fresh basil, finely chopped
- 1 tbsp fresh chives, finely chopped
- 2 cloves garlic, minced
- ¼ tsp crushed red pepper flakes
- ¼ cup extra-virgin olive oil
- 1 tbsp red wine vinegar
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

INSTRUCTIONS:

Mortar & Pestle Method

- add garlic and sea salt, grind to smooth paste
- add crushed red pepper flakes and crush gently with garlic
- add chives and bruise them with the pestle
- add parsley a handful at a time, grinding gently until finely crushed
- add basil and continue working the mixture until fragrant and textured

Bringing sauce together

- slowly drizzle in the olive oil while stirring clockwise
- add the red wine vinegar and black pepper
- continue stirring until the sauce becomes vibrant and well combined
- let rest for 15-20 minutes before serving

Serving Magic

This small-batch chimichurri is perfect for drizzling over 1-2 steaks. The bright basil and parsley, fiery red pepper, and grounding garlic create a sauce that cuts through the richness of grilled meat while adding layers of fresh herbal flavor.



Sun-Kissed Lemon Bars

These bright lemon bars are crafted to invite joy, clarity, abundance, and renewed energy. As you bake, stir your intentions into each ingredient, allowing the warmth of the oven to transform simple ingredients into a sweet spell of light and optimism.

Serves: 2

Prep Time: 20 minutes

Cook Time: 55-60 minutes



Ingredients:

Crust

- 1 cup brown butter
- ½ cup brown sugar
- 1 ¾ cup flour
- 1 tsp salt

Filling

- 1 cup granulated sugar
- 2 tbsp flour
- zest of 4 lemons
- juice of 4 lemons
- 5 eggs

Instructions:

Crafting the Spell

- **Brown the butter** - Place the butter in a saucepan over medium heat. Stir frequently as it melts. The butter will begin to foam, then golden specks will appear on the bottom of the pan. Continue stirring until it develops a nutty aroma and turns a rich amber color. Remove from heat immediately and allow it to cool to room temperature. As the butter transforms, reflects on what you wish to transform in your own life.

- **Create the Foundation** - In a large mixing bowl, combine the brown sugar, flour, and salt. Slowly pour in the cooled brown butter while mixing until fully combined. As you stir, envision a strong and protected foundation for your intentions.
- **Form the Crust** - Spread the crust mixture evenly into a sprayed 9x9 pan. Press your intentions into the crust just as firmly as you press it into the pan.
- **First Bake** - Bake at 350 degrees for 25 minutes. Allow the warmth of the oven to awaken the energies within the crust.

Creating the Solar Filling

- **Release the Lemon's Magic** - While the crust bakes, whisk together the sugar, lemon zest, and flour for 3-5 minutes. This releases the fragrant oils from the zest, creating a brighter lemon flavor. Visualize the zest releasing rays of sunshine, illuminating your path and revealing opportunities ahead.
- **Bind the Intention** - While whisking, add the eggs one at a time, followed by the lemon juice. With each egg, imagine a new possibility forming. As the lemon juice flows in, picture any stagnant energy being washed away.
- **Blend Thoroughly** - Continue mixing for 1-2 minutes until smooth. Focus on your intention becoming clear, unified, and ready to manifest.
- **Complete the Spell** - Carefully pour the filling over the hot crust immediately. Return the pan to the 350 degree (175 celcius) oven and bake for 25-30 minutes, or until the center no longer jiggles. As the bars set, imagine your intention taking shape in the physical world.
- **Cool & Seal** - Allow the lemon bars to cool completely. Then Place them in the refrigerator for 1 hour. This resting period symbolizes patience and trust, allowing your intentions to settle and strengthen before they are revealed.



Ingredient Correspondences

Basil

Prosperity, protection, and luck

Bread

Nourishment and abundance

Brown Butter

Carries the energy of transformation. Personal growth, wisdom, and turning challenges into blessings.

Brown Sugar

Comfort, grounding, and nurturing relationships. Encourages stability and invites gentle abundance into the home.

Lemon

Sun energy, Joy and optimism, purification, and mental clarity

Salt

Protection, stability, blessing, preservation



Summer Simmer Pot

Recipes

How to Simmer Pot

- 1) Use a Dutch Oven or Potpourri Simmer Pot – prefer these to stovetop as you don't need to keep an eye on your stove all the time
- 2) Check Every 30 – 40 minutes for water level
- 3) Do not overfill with water or ingredients as it does come to a simmer or low boil and can spatter.
- 4) Do not consume. These are meant to smell good! You wouldn't eat your grandmother's potpourri would you? Same idea.

Sun-Kissed Wishes

Dried Lemon Peels – Bringing in Joy and Cleansing your Space
Dried Orange Peels – Bringing in Positivity and Prosperity
Dried Grapefruit Peels – Bringing in Love and Cleansing your Space
Jasmine Flowers – Bringing in Romance
Sandalwood Essential Oil – Bringing in Healing, Relaxation, and Prosperity
Frankincense Essential Oil – Stress Relief and Cleansing your Space
Grapefruit Essential Oils

Protect my Peace

Fresh Lemon Slices – To Cleanse
Fresh Basil – Protect against Negativity
Lavender Flowers – Bring peace into your space
Rosemary Sprigs – Protect your home
Mint Sprigs – Lighten the energy in your home

Energy Reset Potion

Fresh Lemon Slices – To Banish
Sprigs of Rosemary – To Purify
Mint Sprig – To Increase Mental Clarity



THE AUTUMN EQUINOX



As summer gently fades and the air begins to shift, the Autumn Equinox arrives as a sacred reminder of balance. Occurring around September 21st through 23rd, this seasonal turning point marks the moment when day and night stand in equal measure before darkness slowly begins to grow.

Often called Mabon in modern Pagan traditions, the Autumn Equinox is considered the second harvest festival of the year. It is a time of gratitude, reflection, and preparation as nature begins its transition into rest. The vibrant energy of summer softens, inviting us inward to reflect on what we have gathered, accomplished, and learned throughout the year.

Spiritually, the Equinox represents harmony between opposite light and dark, action and rest, growth, and release. It reminds us that balance is not about perfection, but about learning when to give energy and when to restore it.

Many people celebrate this season by creating harvest altars filled with apples, pumpkins, pinecones, leaves, grains, and autumn candles. Sharing meals with loved ones, baking seasonal recipes, or spending quiet time in nature can become meaningful Equinox rituals. Journaling about gratitude and personal growth is also a beautiful way to honor the season's reflective energy.

The Autumn Equinox is also an ideal time for releasing what no longer serves you. Just as trees begin to let go of their leaves, we too are encouraged to release old habits, fears, and emotional burdens before winter arrives.

This season teaches us that endings are not failures—they are natural parts of transformation. The slowing pace of autumn offers permission to rest, reflect, and trust the cycles of change.



autumn equinox con't

pace of autumn offers permission to rest, reflect, and trust the cycles of change.

As golden leaves begin to fall and cooler days settle in, the Autumn Equinox reminds us that beauty can still be found in letting go, and that every ending quietly prepares the way for a new beginning.

“Create a midsummer gratitude jar filled with joyful summer memories”

Seasonal Tips

*Spend time outdoors
grounding barefoot in the
grass or sand*

*Decorate your altar with
wheat, sunflowers,
apples, and gold candles*

*Journal about
balance, gratitude,
and personal growth
during the equinox*

Reflect on the goals and intentions
you planted earlier this year.





Lemon Essential Oil: A Burst of Sunshine for Mind and Spirit

Lemon essential oil captures the bright, uplifting feel of summer in every drop. Known for its crisp citrus aroma and cleansing qualities, it is a popular choice in both holistic wellness and spiritual practices.

Extracted from fresh lemon peels, Lemon essential oil is often associated with clarity, purification, and emotional renewal. Its invigorating scent can promote freshness and focus, making it well suited for morning routines, meditation spaces, and seasonal cleansing rituals.

Many people use lemon oil to support concentration and mental clarity. Diffusing it while working, journaling, or studying may help boost alertness and energize the mind. Its sunny aroma is also commonly linked to improving moods and creating a sense of lightness.

In spiritual practices, lemon is often used for energetic cleansing. Adding a few drops to floor washes, room sprays, or cleaning blends can turn routine cleaning into a mindful ritual for clearing stagnant energy. Some practitioners also use lemon oil before meditation or spell work to create a fresh energetic foundation.

Lemon blends well with oils such as lavender, peppermint, rosemary, and eucalyptus. Depending on your intention, these combinations can create a calming, refreshing, or energizing atmosphere.

As with all essential oils, lemon should be used with care and diluted properly before topical application. Citrus oils can increase sensitivity to sunlight, so take extra precautions after applying them to the skin.

One of the easiest ways to enjoy lemon oil is to add a few drops to a diffuser in the morning. Its bright scent can help create a positive, motivated atmosphere at the start of the day.

Like a ray of sunshine through the clouds, lemon essential oil reminds us that even small moments of freshness and light can transform the energy around us.

*add fresh herbs or citrus
slices to water for a
refreshing ritual*

Moon Phases: July – September 2026

July 2026

Full Moon – July 29

A powerful time for reflection, emotional release, and celebrating personal growth. Use this moon for gratitude rituals and reconnecting with your intuition.

New Moon – July 14

Perfect for setting intentions around creativity, confidence, and fresh summer energy. This is a wonderful moon for manifestation work.

August 2026

Full Moon – August 27

The harvest energy of late summer encourages gratitude and recognition of how far you've come. Excellent for abundance and prosperity rituals.

New Moon – August 12

A grounding moon ideal for planting intentions connected to stability, learning, and spiritual growth.

September 2026

Full Moon – September 25

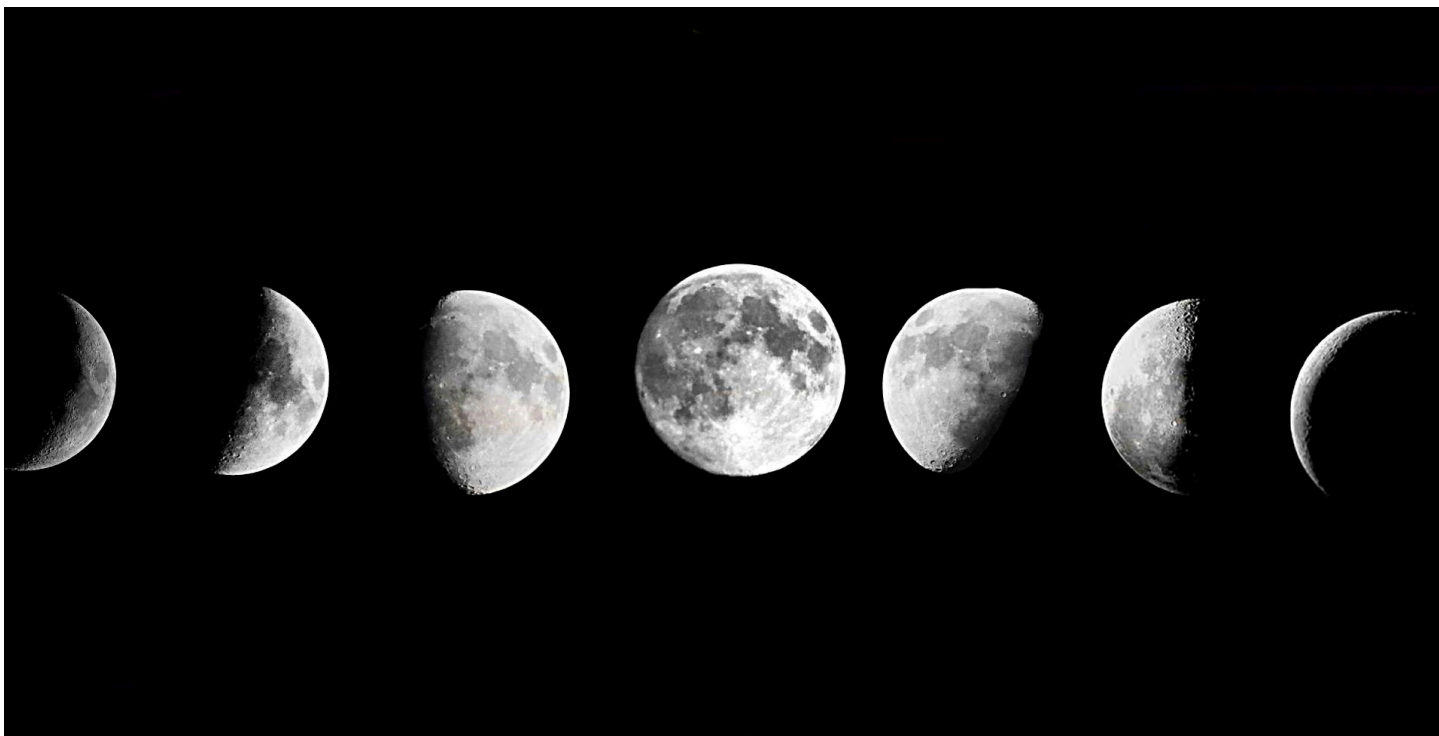
A deeply reflective moon arriving near the Autumn Equinox. Focus on balance, release, and preparing emotionally for seasonal change.

New Moon – September 10

A beautiful time to reset routines, reconnect with spiritual practices, and welcome the slower energy of autumn.

Working with Moon Energy

- Full Moons are ideal for release, reflection, charging crystals, and gratitude work.
- New Moons support intention setting, manifestation, and fresh beginnings.
- Keeping a moon journal throughout the season can help strengthen intuition and mindfulness.
- Moon water can be created during either phase depending on your intentions and spiritual practices.



SUMMER 2026 HOROSCOPES

see what your summer has planned

Gemini

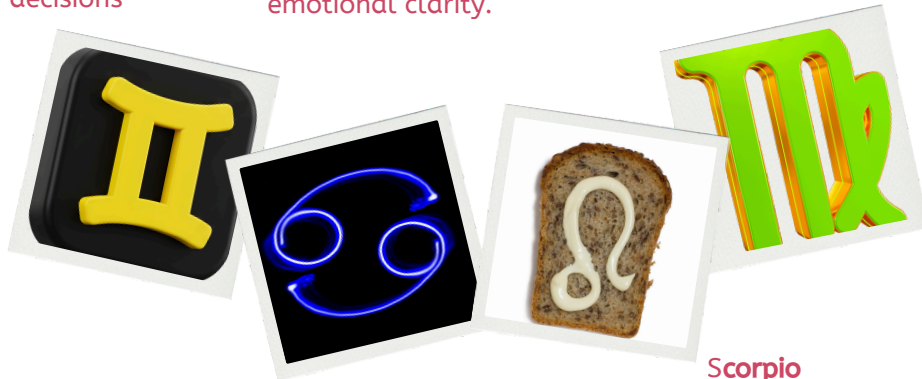
Communication flows strongly for you this summer. Innovative ideas, conversations, and opportunities may arrive quickly. August encourages learning and creativity, while September asks you to slow down and reflect before making major decisions

Cancer

This quarter feels deeply personal and emotionally transformative. July helps restore confidence, while August encourages gratitude for how much you have grown. The Autumn Equinox brings grounding energy and emotional clarity.

Leo

Your season shines brightly, Leo. Summer brings confidence, recognition, and opportunities to express yourself fully. Be mindful not to overextend your energy. September encourages you to reconnect with balance and inner peace.



Virgo

As autumn approaches, your energy strengthens. July and August may feel busy, but they also offer opportunities for organization and growth. The Equinox brings renewal, helping you step into your next chapter with clarity.

Libra

Relationships and harmony remain important themes this season. July encourages creativity and connection, while August asks you to examine balance within friendships and partnerships. September's Equinox feels especially restorative for you.

Scorpio

Transformation continues to guide your path this quarter. Summer encourages emotional honesty and spiritual reflection. Lughnasadh energy supports releasing old patterns, while September opens the door to deeper healing.

Sagittarius

Adventure calls strongly this summer. Whether through travel, learning, or spiritual exploration, your soul craves expansion. September reminds you that wisdom grows not only through movement, but also through reflection.

Capricorn

This quarter focuses on stability and long-term goals. Summer encourages persistence while also reminding you not to neglect joy and rest. The Autumn Equinox brings grounding energy and renewed focus.

Aquarius

Creative inspiration and community connections flourish this season. July and August encourage collaboration and innovation. September invites you to reconnect with your spiritual practices and create stronger boundaries.

Pisces

Summer carries deeply intuitive energy for you. Dreams, emotions, and spiritual insights may feel especially vivid. August encourages creativity and healing, while September supports grounding and emotional balance.

Aries

This season encourages movement and creativity. July sparks confidence and motivation, while August pushes you to reconnect with passions you may have neglected. By September, balance is essential. Make room for rest as well as ambition.

Taurus

Comfort and connection take center stage this quarter. Summer invites you to nurture your home, relationships, and spiritual grounding. September's energy helps you release lingering stress and prepare for a calmer season ahead.



JOIN US FOR A NIGHT OF CELEBRATION

Witch's Ball

SATURDAY, OCTOBER 24th AT 7PM

MOJO'S IN PONY VILLAGE MALL
1611 VIRGINIA AVE, STE 155,
NORTH BEND, OR 97459

TICKETS PRICE \$40 EACH

CONTACT MIND BODY SPIRIT
FOR MORE INFORMATION



SPIRIT & SAGE

