



WELCOME TO THE

# December Newsletter

*I'm so glad you're here!*

## *Favorite Herbs for the Season*

With winter upon us, I thought I'd share some of my favorite herbs and other products that are must-haves for my medicine cabinet. These are my personal favorites, so all I get for sharing them with you is the joy of doing so. As always, do your own research and check in with your personal physician before beginning any herbal or supplemental regimen.

-Avena Botanicals Sinus Support & Lung Tonic: These are my favorites for keeping my lungs healthy and my sinuses clear. I take the sinus support year-round.

-Gaia Herbs Extra Strength Elderberry Gummies: I love these. I take 2 a day in the winter to support my immune system. They are also available on amazon.

-Thorne Multivitamin: It's 2 a day but I only take one a day because I eat fairly healthy. Thorne is a reputable company for supplements.

Vitamin D3+ K2: Part of the multivitamin, but if you're not interested in a multivitamin, this is definitely a winter essential. K2 helps the body absorb the Vitamin D3 so whatever brand you buy, make sure it's D3 + K2.

Book a community herbalist consultation with me if you need personalized herbal, supplement, and lifestyle recommendations.

**BOOK NOW**



*LATEST CUSTOM SPIRIT BEADS*

## *Creative Corner*

It's been a busy time for custom spirit beads! These beauties are made to match the need/intention that you bring me to me. I spend time in divination to determine the stones and talisman, then hand-craft, bless, and consecrate them in ritual. Each beautiful set is as unique as the client.

[LEARN MORE](#)



## *December Email Reading*

A "New Year" reading! Discover the the theme for your 2025, wisdom to guide you, and the gifts each month brings. This reading will be delivered to your inbox as a beautiful PDF within 7-10 days of purchase and is a 14 card reading.

[GET MY NEW YEAR  
READING](#)

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# Winter Magic

## A RITUAL TO OPEN YOUR DOORS

Originally, I planned this ritual to be part of the Moon Rituals subscription service, but a few months ago it became necessary to end that offering. So I'm sharing this ritual with you here, and for those who would like the accompanying **New Years Wish Box Ritual**, you can purchase it [here](#).

## GOLDEN KEY RITUAL

This is inspired by Grimm's "Golden Key" Fairytale, which is short and open-ended. It can and should be read [here](#). This ritual also calls on divine help through Hekate and/or St. Peter.

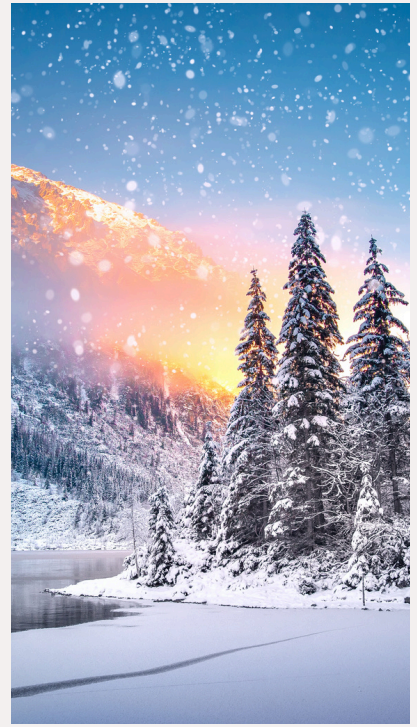
You will need:

- A Key
- Red Cord
- Incense

Light the incense as an offering to Hekate or St. Peter. Knock on the key three times to awaken it, then hold the key in both hands and ask Hekate (or St. Peter) to bless and empower it this key to open all doors for you.

Cut three long strands of red cord and knot them together at one end. Begin braiding the cord, praying the entire time for protection, for courage, and for wisdom. Leave enough cord unbraided so that you can tie it to your key, and do so when the braid is complete. Waft the key and cord in the incense and again, call upon Hekate or St. Peter to bless this master key. Let the incense burn out for the Spirit.

Whenever you feel your doors are closed, whenever you feel you need courage to try something new, take this master key in hand, hold it in every direction beginning with the east, and pray for all doors to open for you. Do the same at the beginning of every project or endeavor to clear the way of obstacles. You can keep it on your person (but out of sight) when attending job interviews, etc. Keep the key somewhere safe and sacred when not in use. You may wrap it in a special cloth or place it in a special bag.



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# A Reminder...

*Thanks for Reading!*

## I WEAR SO MANY HATS...

Another psychic friend of mine recently told me that I should start calling myself a Faery Doctor because so much of my work comes from communion with Them. It has whimsy (always a plus), but I think it would leave more people confused about what it is I do. I'm considering it though! Through my third eye, I can see the sign at the entrance to my garden. Anyway, here is a reminder of my rather grand list of services:

- Psychic Tarot Readings (1 hour or 30 minute)
- Spiritual Guidance Sessions (1 hour or 30 minute)
- Custom Spirit Beads
- Email Readings
- Tarot Reading Subscription
- Community Herbalist Consultations
- Wedding and Funeral Officiant
- Witchcraft Consultations
- Novenas (9 day candle services)
- Home Blessings & Spirit Mediation
- Rituals
- St. Christopher Travel Protection Amulets



## ESSAYS AND OTHER SUCH THINGS

This is a slice of life blog with a heavy focus on witchcraft, spirituality, and healing. Because I'm endlessly creative I'll probably add some "creative corner" posts to share my knitting, art, and other creations with you. It's free to read except for my articles that were also published in Witch Way Magazine. Please subscribe!



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