

HausMagick

*Transform Your Home
with Witchcraft*

Erica Feldmann

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195 Broadway, New York, NY 10007.

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Department at SPsales@harpercollins.com.

Originally published as *HausMagick* in The United Kingdom in 2019 by
Penguin Random House UK. First HarperOne hardcover published in 2019.
Published by arrangement with Ebury Press, a division of the Random House
Group Limited.

FIRST EDITION

Photography © Erica Feldmann, 2018

With the exception of the photography that appears on: pages 8–9, 28–29,
158, and 221 © Winnie Man, 2018; and page 247 © Dave Wells, 2018.

Illustrations © Erika Leahey, 2018

Library of Congress Cataloging-in-Publication Data

Names: Feldmann, Erica, 1982-author.

Title: Hausmagick : transform your home with witchcraft / Erica Feldmann.

Description: FIRST EDITION. | San Francisco : HarperOne, 2019. | Includes
index.

Identifiers: LCCN 2018036758 (print) | LCCN 2018044413 (ebook) | ISBN
9780062906168 (e-book) | ISBN 9780062906151 (hardcover)

Subjects: LCSH: Magic. | Home—Miscellanea. | Households—Miscellanea. |
Witchcraft.

Classification: LCC BF1623.H67 (ebook) | LCC BF1623.H67 F45 2019 (print) |
DDC 133.4/3—dc23

LC record available at <https://lcn.loc.gov/2018036758>

HOW TO CREATE A CRYSTAL ESSENCE POTION

1

Cleanse your crystal. If you've just brought your new crystal friend home with you, or it's been with you for a while, you may want to cleanse your crystal before using it. This is super simple: you can just hold it under clear running water, clear it with sage smoke (see page 89), or place it in sunlight for a half hour or so. You can also place it in a bowl of salt for a few minutes. This will get rid of any of the random energy your stone may have sucked up, so that you can reset it to your intended frequency.

2

Set the intention. Sit for a minute with the crystal in your dominant hand. Think about how you want this crystal to help you. What are you hoping its healing properties can aid you in? Close your eyes and really visualize your intention in a way that feels right to you.

3

Place the crystal in or beside a clear glass of clean water—no plastic, please, as this will not hold the vibrations as well! (Also note that some stones are water soluble and will start to dissolve when soaked in water.) Position this and a small dropper bottle, in which to store your finished essence, in direct sunlight for about four hours.

4

Fill your dropper bottle halfway with brandy and the other half with the water from the glass. That's it! You've got yourself a gem essence.

“PYRITE IT DOWN”
MANIFESTING SPELL

Don't let the cheeky name fool you—this simple spell
is a powerhouse of manifesting potential.

1

Write down or create a mini-vision board of whatever
it is you wish to manifest.

2

Place the paper on a flat and stable surface
near an open window.

3

Put a piece of pyrite, a candle, and an object that represents
the way opening for you (such as a key) on the paper.

4

Holding a piece of cone or stick incense in your hand,
visualize what it would look and feel like to have
what you desire. Try to be as detailed as possible in
your mind. Engage all of your senses.

5

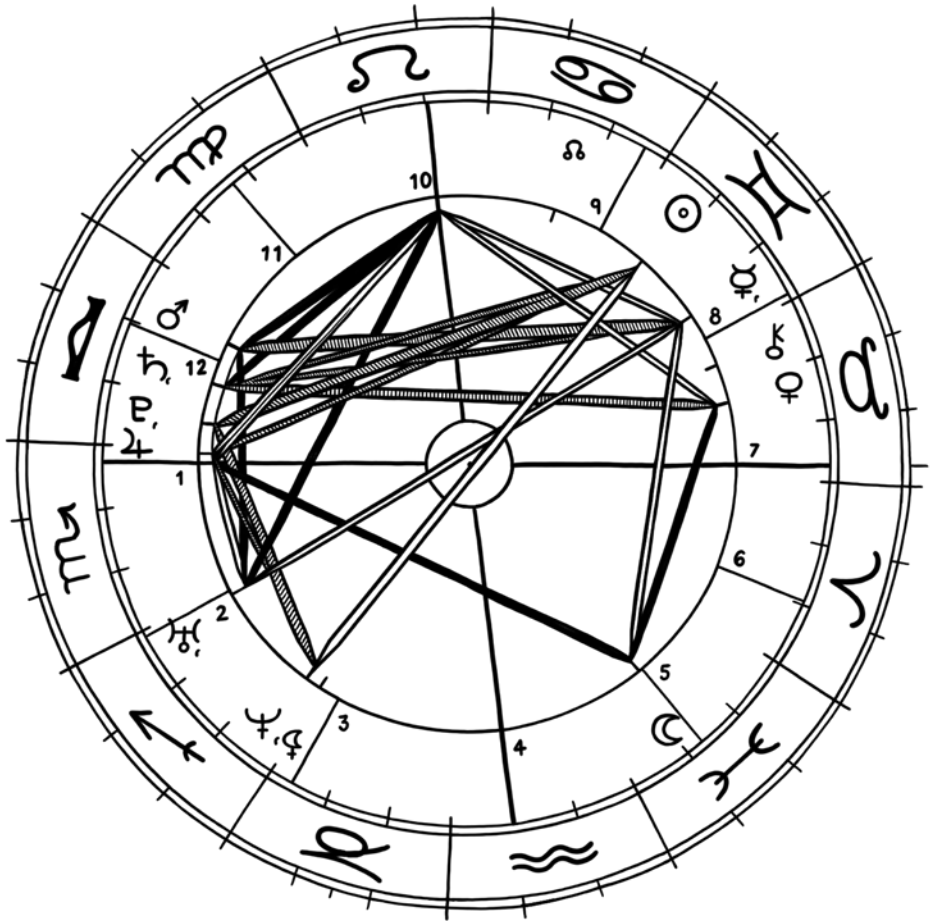
Say, “Here is how I manifest what is in my highest and best.”

6

Light the incense and place it on a fire-safe dish on your
paper. As the smoke flows out of the open window, imagine
your intention flowing out of your space and into the world.

WRITTEN IN THE STARS: FINDING YOUR FOURTH HOUSE

Another way to gain insight into what you truly want and need from your home is to look at your astrological birth chart. You may already be familiar with your zodiac sign, which is where the sun was in the sky when you were born, but there are plenty of other heavenly bodies in the sky, and they all have different traits associated with them. Your birth chart will ideally show where all of the planets (and some asteroids!) were in the sky at the exact minute of your birth. Knowing where the heavenly bodies were when you were born can give you an awareness of all sorts of different aspects of your life path and your personality. (It's easy and free to look up your birth chart on the internet on sites like www.astro.com; all you need is your birth date, exact time and place.)



Isn't it crazy how even my chart has a "Haus" shape in it?!

BANISHING STUFF WITNESS SPELL

If you are ready to part with your stuff, including some life artifacts, here is a spell you can perform to honor them as you say good-bye. Perform this spell on a day when the moon is waning or dark.



1

Light a white candle with a fresh smell. I like something minty but maybe fresh flowers or sweet vanilla feels better to you. All that matters is that the scent feels fresh and clean.

2

Open at least one window in your space if possible.

3

Invite a close friend, partner, or family member to sit with you and go through your life artifacts one by one.

They will act as a witness, allowing you to share your memories with them, while detaching from the objects that hold those memories.

4

Use the *KEEP/DONATE/TRASH* piles if that feels helpful.

Treat everything as a sacred object, even if you're getting rid of it. Try to express gratitude for everything you're throwing out. This can be a silent acknowledgment or spoken out loud. For example, say the object is a trophy from a sport you played as a kid: thank the trophy for holding the memory of success and winning, and then allow yourself to pull that feeling away from the object. Let it be absorbed into your aura—and then release your attachment to it. For objects that you're donating, see if you can set a loving, positive intention for whoever receives the item next.

5

Condense the amount of artifacts that you keep to about one-third (or less!) of what it was. Maybe you can even put some of these treasures on display in your home rather than keeping them in boxes?

6

Thank your witness for holding the space for you to process and connect to your memories.

CLEARING SPRAY

Sometimes burning herbs to clear isn't an option. Maybe you live somewhere that doesn't allow flames, or you're worried you might cause chaos with the smoke alarms. No worries! Making a spray with sage essential oil is super easy and does the job nicely too.

INGREDIENTS

*a small spray bottle
(approx. 30 mL/2 fl. oz.)*

sage essential oil

sage essence (optional)

*other favorite essential
oils (optional)*

spring water

witch hazel

Charge an empty glass spray bottle on a sunny windowsill for a few hours.

Put a few drops of sage essential oil into the bottle. You can also add a few drops of a tincture made from sage essence, which can be found at many health food stores.

Feel free to add other essential oils for aromatherapy purposes. I like lavender and mint. Calm and clean.

Fill the bottle three-quarters of the way with spring water and the last quarter of the way with witch hazel. (Witch hazel acts as a preservative. You can also use vodka.)

Spray around your space in the same way you would clear with smoke!

ALL - PURPOSE CLEANER

To make a 400 mL
(14 fl. oz.) bottle of
all-purpose cleaner,
you'll need the
following:

INGREDIENTS

*30 g (1 oz.) Sals Suds
(or Castile soap)*

1 teaspoon borax

30 mL (1 fl. oz.) vodka

distilled water

essential oil(s)

of your choice

Once you've gathered your ingredients,
mix them together in a bowl.

Add five to twenty drops of essential oil
for scent. (I like bergamot for a fresh
citrus fragrance.)

Add to your bottle, using a funnel if
necessary, and fill the rest with distilled
water. If you also add a few drops of
clearing crystal essence at this stage, it
will take your cleaning spell to the next
magical level.

BAD VIBES GET OUT AND STAY OUT WINDOW AND DOOR POTION

It's best to make this potion on or near a full moon, so that you can charge it in the moonlight.

INGREDIENTS

*13 drops obsidian
essence*

*13 drops black
tourmaline
essence*

*13 drops selenite
essence*

*13 drops essential
oil, such as
lavender or
cedarwood*

witch hazel

Add all essences and oils to a small glass bottle of your choosing. Fill the rest of the way with witch hazel. (Witch hazel acts as a preservative. You can also use vodka.) Shake to mix.

Charge under the full moon for at least one hour.

Check in with your body and the space. Do you feel centered and supported? If not, do a grounding meditation (see page 110) and try owning your space.

Once you feel like the energy in the space is yours, use a cotton ball or clean cloth to apply the potion to the frames around all of your doors and windows.

Visualize a strong protective seal forming. Feel free to call in any personal guardian angels or protective allies. (Personally, I use the archangel Michael and the animal spirits of the panther and raven.)

Ask that they create a safe boundary and stand guard around the outside of your home.

HERBAL BUNDLE FOR PROTECTION

INGREDIENTS

*protective herbs aligned to
your purpose (choose from
the list to the right, or
channel your own)*

*a mortar and pestle to mix
your potion*

*essential oils to bring
additional herbal power
(and delicious scent) to
your bundle*

*a bit of fabric that
represents your
specific intention (for
example, black and
white are strong colors
for protection, yellow
amplifies courage and
confidence, and blue
brings peace and calm)*

*a small item such as a
crystal, coin, or keepsake
connected with your goals*

*twine or ribbon to secure
your bundle*

Herbal allies for protection:

CEDAR: all trees are protective, but cedar is one of the strongest. Not only does it keep your heirlooms moth-free, it blocks all sorts of unwelcome energy from entering your space.

LAVENDER: well known for its peaceful powers, lavender is also a protective ally, bringing with it a deep well of calm, along with firm boundaries.

MUGWORT: imagine a fierce grandmother protecting her tribe through the power of her ancestors. That's mugwort.

SAGE: one of the most popular magical herbs, sage does double duty by cleansing and protecting your home at the same time.

ST. JOHN'S WORT: I often recommend St. John's wort to paranormal investigators entering spaces that feel particularly unfriendly; it's like carrying a torch into a dark place.

To create your bundle:

Gather your supplies in a quiet space in which to work. (A tabletop or counter would be helpful.) Connect with each herb, honoring its unique protective energies. When you feel ready, begin to add them, one at time, into your mortar. I typically start with a small pinch of each, but you may wish to add more of some herbs and less of others.

Next, add your essential oils, using your intuition to determine the dosage. With your pestle, grind your potion—clockwise if you're inviting in a specific intention or energy, or counterclockwise if you're banishing or clearing.

Once the mixture feels well blended, transfer it to the center of your fabric and add any small items you wish to include. Gather the edges and twist into a tight bundle, tying it off with your twine or ribbon.

Your herbal bundle is now ready for use! Place it above a door, under your bed, or any place in your space that feels particularly resonant. Once its work is complete (anywhere from a few days to a year or more), untie it and release the herbs back to the earth, with gratitude.

AUTUMN EQUINOX

ROOT VEGETABLE STEW

This lovely stew is perfect for easing into the colder months. Hearty without being heavy, a colorful variety of root vegetables and fresh thyme is perfect for invoking some seriously autumnal vibes. Plus, thyme has been used for centuries to bring inner courage and strength to the person using it. Its aroma can help rid your home of melancholy and despair.

INGREDIENTS

1.5 L (2½ pts.) of turkey or vegetable broth

1 medium sweet potato (peeled and chopped)

1 medium turnip (peeled and chopped)

1 medium parsnip (peeled and chopped)

2 carrots (chopped)

1 small yellow onion (chopped)

1 tablespoon fresh thyme

1 teaspoon salt

freshly ground pepper, to taste

300 g (11 oz.) cooked turkey (if preferred, substitute this with cannellini beans or a meat substitute)

chopped parsley, for topping

In a large cauldron/soup pot, combine all of your ingredients, except for the turkey and parsley. Bring your concoction to a boil.

Cover your stew, reduce heat to medium-low, and simmer for fifteen to twenty minutes.

Add the turkey (or your substitute) and simmer, uncovered, for about ten more minutes.

Ladle into big bowls, and sprinkle a little parsley over the top.

FULL MOON CHOCOLATE ZUCCHINI CAKE

My mom used to make this chocolate cake to trick us into eating some vegetables. The zucchini makes the cake super moist but doesn't affect the overall chocolaty goodness. Cocoa is a rich source of antioxidants, which can help heal your skin and are said to reduce stress (yes please!). Magically, it will also help you connect to your heart in a way that allows for deep healing. For an added lunar boost, charge the cocoa powder under the full moon for half an hour before using. To do this, simply measure out the powder and put it in a beautiful bowl, dish, or cup and leave on a windowsill in the moonlight.

INGREDIENTS

<i>100 g (3½ oz.) white sugar</i>	<i>60 mL (3 tablespoons) buttermilk</i>
<i>65 g (2¼ oz.) brown sugar</i>	<i>(or mix ¼ teaspoon lemon juice</i>
<i>100 g (3½ oz.) butter</i>	<i>or vinegar with milk and leave to</i>
<i>2 tablespoons vegetable oil</i>	<i>stand for 5 minutes before using)</i>
<i>½ teaspoon vanilla extract</i>	<i>150 g (5 oz.) shredded zucchini</i>
<i>2 eggs</i>	<i>75 g (3 oz.) (or more to taste) plain</i>
<i>200 g (7 oz.) flour</i>	<i>chocolate chips</i>
<i>15 g (½ oz.) moon-charged</i>	<i>25 cm (10 in.) round cake tin</i>
<i>unsweetened cocoa powder</i>	<i>(greased)</i>
<i>½ teaspoon baking soda</i>	<i>moon-phase stencil</i>
<i>¼ teaspoon ground cinnamon</i>	<i>confectioners' sugar (for dusting)</i>

Preheat your oven to 160°C (325°F).

In large bowl, combine the white and brown sugars, butter, oil, vanilla, and eggs. Beat well. Next, add the flour, cocoa, baking soda, cinnamon, and buttermilk, blending well with an electric mixer.

Now add the shredded zucchini and chocolate chips, mixing well by hand. Spread the mixture in the greased pan, and bake in the preheated oven for 30–40 minutes or until a toothpick comes out clean when poked into the mixture. Cool completely.

To make the stencil, trace shapes (see photo) onto parchment paper and carefully cut these out with scissors or a craft knife. Lay on top of the cooled cake and sprinkle confectioners' sugar on top.

HAUSWARMING POTION

INGREDIENTS

*15 drops orange
essential oil*

*15 drops cassia
essential oil*

*15 drops cedarwood
essential oil*

For a quick sensory journey, just add a blend of essential oils to a ceramic bowl or mug. Then add boiling water and—BOOM!—you’re in cozy town. The steam will float the scent throughout your space.

In love with that smell? Turn this potion into a room spray by adding the oil blend to a 60 mL/2 fl. oz. spray bottle and fill the rest of the way with equal parts water and witch hazel. (Witch hazel acts as a preservative. You can also use vodka.) For an extra boost, make a citrine essence and add a few drops of that (see “How to Create a Crystal Essence Potion,” page 42).

COZY FROM THE GROUND UP FLOOR WASH

INGREDIENTS

10 drops fir essential oil

*10 drops juniper berry
essential oil*

5 drops orange essential oil

13 drops tree agate essence

*85 g (3 oz.) Sals Suds
(or Castile soap)*

*30 mL (1 fl. oz.) vodka
(a preservative and
disinfectant)*

1 bucket of warm water

Mix together the ingredients in the bucket of warm water and clean your floors with this mixture on a Sunday, when the moon is in an earth sign (i.e., Virgo, Capricorn, or Taurus). Sunday is ruled by the sun, ruler of strength and light. When combined with the tree agate's stability and grounding, these energies will create a perfect balance of calm and contentment. Plus, your space will smell like a sweet walk through the woods in the winter.

The scent of orange can lift the spirits and elevate your mood, whereas juniper calms the nervous system, helping to reduce anxiety, and fir can make you feel more confident.

HESTIA HEARTH WALL HANGING

MATERIALS

*1 naturally sourced
branch of wood*

*hemp or leather cord for
hanging the branch*

*at least 6 meters of
organic cotton cord*

1 piece of raw carnelian

*selection of wooden
beads, feathers, and/or
other red and orange
crystals (optional)*

*essential oil spray, such
as the HausWarming
potion, see page 151
(optional)*

Hestia was the Greek goddess of home and hearth (or Vesta, in Roman mythology). She is known for the eternal flame that burned in temples devoted to her. Invoking her in your space will bring warmth and wellness. In order to bring her in, we need to open your home's heart, through its hearth.

Don't have a fireplace? No worries, we can make one. My dear friend Jessica Jones Lavoie of Evolving Light Energy is going to show us how. Jessica is an energy healer who mainly works with Reiki and essential oils. Her wall hangings, which she calls Wall Spells, are made with natural elements such as wood, cotton, crystals, and feathers, and they look fantastic in any room. We came up with this idea as a way to add a visual and energetic fireplace to any space that doesn't already have one.

1. CONNECT

When creating a wall hanging (or “Wall Spell”) that is going to feel like the heart of your space, the first step is to connect with how that heart feels to you. Visualize your home and hearth exactly where she wants to be—write down any words or images that come through. These feelings, scenes, colors, etc. will help shape your personal intentions for your hearth, what it’ll look like, and where it’ll live in your space.

2. GATHER

Let the foraging begin! Use your notes from step 1 and a little research to explore which ingredients would support your vision—and don’t be surprised when you’re gifted the stone you’re looking for, or stumble on the perfect tree limb. We want to bring in warmth, vitality, and fire, so we will also be using raw carnelian (see page 156).

3. CREATE

Once you have sourced your materials, start with your wood base and create a hanger for it using some hemp or leather cord. Cut eight pieces of your cotton cord at roughly equal lengths, at least 60 cm/24 in. long.

4. DISPLAY

Time to let your wall spell shine and energetically warm up your space. If you don’t already have a spot in mind, try meditating to discover the perfect place for your new Hestia Hearth.

Attach each piece of cord to your driftwood base (or whatever you're using) by folding the strand in half and putting the loop head over the driftwood, then pulling the rest of the fiber through the loop. Pull down on each doubled strand to tighten. Do this until all your fiber strands are attached to your wall-hanging base.

Now you can decide what you want to add. You can simply tie your carnelian and other crystals straight on to your hanging strands, or add beads, ethically sourced feathers, and more crystals. The more of your energy and creativity that you add, the more your fireplace will be charged with your good vibes. If you want to get fancy, try adding some macramé or woven elements!

HEALTHY BOUNDARIES BATH

Feel like your energetic boundaries could use some strengthening? On a Saturday (ruled by Saturn, the planet of structure and limits), make this tub tea to help you relax and to support your boundaries.

INGREDIENTS

*a pinch of dried rose for
soothing, protective,
heart-healing energy*

*a pinch of dried yarrow
for boundaries and
balance*

*a pinch of dried rosemary
for protection and
confidence*

*a pinch of salt (sea, Epsom,
or pink Himalayan)*

*rose or lavender essential
oil, known to aid
relaxation*

1 small muslin pouch

Combine equal parts of the herbs and salt in a bowl. Mix in a few drops of essential oil. Put the mixture into the muslin pouch. While filling the bath tub, hang the pouch on the tap like a teabag so that the hot water runs through it into the tub. Soak.

MAKE A VENN DIAGRAM: I know, this doesn't sound very witchy or glamorous, but it can really help to identify some common ground when it comes to decorating.

Ask yourselves these questions:

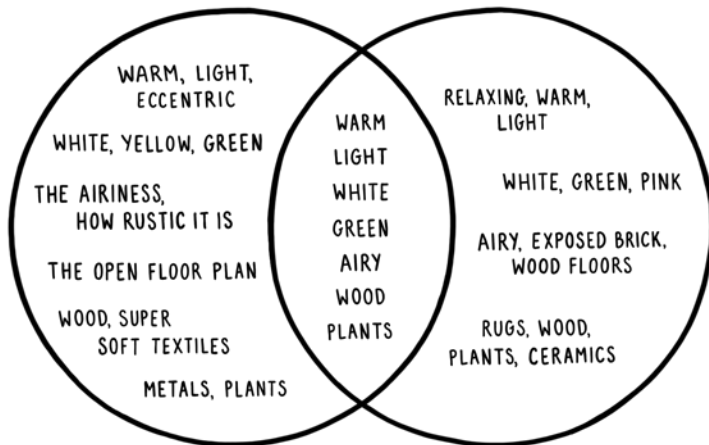
Which three words (or another small number—to make the scope tighter and the challenge easy to do) describe how you want the space to feel?

Which three colors would you like to be surrounded with?

What are your favorite things about the space as it is now?

What textures and/or materials do you like?

Arrange the words and elements in a Venn diagram to clarify what your shared values are and highlight how the differences might sit together. For example:



THE HARMONIOUS HAUS SPREAD

There's lots of ways to pull tarot cards. A tarot spread consists of specific questions that you want to dig deeper into, and hopefully shed some light on. Like a good road map, a good spread can lead you to where you want to go as efficiently and painlessly as possible. For the spread that will follow here, you'll use only the Major Arcana cards. Just like your relationships and your home, this is a co-created experience.

1

Remove the Minor Arcana cards from the deck that you'll be using. Then gather your housemates in a shared area of your home, such as the living room or kitchen. Everyone should close their eyes and take three deep breaths to arrive and be present in the space.

2

Ask each person to shuffle the cards before pulling any. It is important to have each participant's energy in the deck.

3

Spread the cards out, face-down, in a straight or curved line.

4

Either out loud or silently, the first person should ask, "What energy am I bringing into our home?" and draw a card.

5

Repeat for each person participating.

6

Lastly, everyone should concentrate on the question, “What kind of dynamic is the combination of these energies bringing into the home?” and choose a card together.

Maybe this means one person is designated to choose for the group, or you establish physical contact with each other while you choose. That part is up to you.

7

The most important thing is to support each other in whatever comes up. Stay open, curious, and willing to use the information as a source of positive change.

THREE - CARD RELATIONSHIP SPREAD

This is a simple variant on the Harmonious Haus spread, which you can use for two people. Since people are always growing and changing you can do this spread periodically as a way of checking in with the energies of your home.

1

What energy is Person A currently bringing to the home?

2

What energy is Person B currently bringing to the home?

3

What kind of dynamic is the combination of these energies currently creating in the home?

MAJOR ARCANA KEY MEANINGS

Here are some basic Major Arcana meanings to help you on your way in your relationship tarot readings. Pay close attention to any thoughts or spontaneous feelings that come up when working with these cards.

<i>Number</i>	<i>Name</i>	<i>Key Meanings</i>
0	THE FOOL	Beginnings, innocence, leap of faith into unknown, naïve.
1	MAGICIAN	Manifesting, alchemist, makes things happen, creative.
2	HIGH PRIESTESS	Centered, inner voice, intuitive, quiet wisdom.
3	EMPRESS	Divine feminine, abundance, loving, giving generously.
4	EMPEROR	Divine masculine, structure, authority, boundaries, takes up space.

<i>Number</i>	<i>Name</i>	<i>Key Meanings</i>
5	HIEROPHANT	Teacher, role model, institutions, mediator.
6	LOVERS	Merging of two parts, balance, harmony, working together.
7	CHARIOT	Ambition, expansion, drive to succeed, makes the most out of opportunities.
8	STRENGTH	Emotional control, courage, grace under pressure, calming.
9	HERMIT	Going inward, finding own truths, solitude, inner light.
10	WHEEL OF FORTUNE	Destiny, cycles of life, fate, serendipity, chance, “you never know what you’re gonna get.”

<i>Number</i>	<i>Name</i>	<i>Key Meanings</i>
11	JUSTICE	Cause and effect, making choices and living with the consequences, responsibility, fairness and equality.
12	HANGED MAN	Letting go, surrender, being stuck, transition, waiting.
13	DEATH	Death of ego, going through transformation, ending that brings new start.
14	TEMPERANCE	Bringing opposites into balance, moderation, ease and flow, healing influence.
15	DEVIL	Bondage, addiction, self-destructive tendencies, toxicity, need to let go.

<i>Number</i>	<i>Name</i>	<i>Key Meanings</i>
16	TOWER	Sudden change, disruption, release, letting go of that which no longer serves you.
17	STAR	Healing, newfound hope, lightness and high vibes, newfound individuality.
18	MOON	Illusive, mysterious, “lunacy,” in the void or shadow realm, listening deeply.
19	SUN	Confidence, vitality, letting light shine, acceptance of self, authenticity.
20	JUDGMENT	Release of old patterns, in a place of gratitude and fulfillment, forgiveness, feeling whole.
21	WORLD	Completion, celebration, at the ending of one cycle, the beginning of another, opening to universe, YES!

Recommended Reading

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