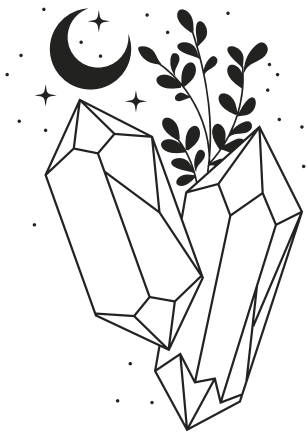


Correspondences



Amplify Your Intentions
What - How - Why

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What are Correspondences?

For millennia, items such as rocks, crystals, plants, animals, colors, smells, etc. have been used symbolically in religious ceremonies and rituals to amplify the intention behind them. Sacred texts to secular literature there are abundant references available; however, they may seem very cryptic.

Shakespeare's Macbeth has an excellent example of these codified ingredients...



"Eye of newt, and toe of frog,
Wool of bat, and tongue of dog,
Adder's fork, and blind-worm's sting,
Lizard's leg, and howlet's wing,-
For a charm of powerful trouble,
Like a hell-broth boil and bubble."

Researchers believe codes were used for several reasons: to insure the safety of the practitioner (typically midwives who were targeted by the church), purely for effect, visual associations, or perhaps local colloquialisms. The actual ingredients believed to be described in Macbeth were probably plant matter instead of the macabre ones described.



Eye of newt - Mustard Seed
Toe of frog - buttercup leaves
Wool of bat - holly or moss
Tongue of dog - hounds tooth
Adder's fork - violet
Blind worm's sting - Knotweed
Lizard's leg - Ivy
Howlet's wing - garlic
or maybe ginger

Herbal remedies make sense but a lot of people get lost when you start talking about crystals, colors, angel numbers, and the like.

Colors hold a lot of symbolism as can be referenced often in religious iconography painting and can influence emotions.



The surprising thing is rocks and crystals also have energetic fields just like humans, animals, and plants. So to use a crystal to enhance a ritual or work to treat a specific ailment seems plausible - whether it is placebo or fact - there is much research yet to be done. But cool nonetheless!

If you plan on working with correspondences...

Don't

Think you need the all the crazy, exotics things on a list - work with what is in your area - research plants and geology in your area, there is probably someone who has already done some research on it - if not use your imagination and draw your own associations - that is 100 % valid

Dispose discards from a ritual without care - some items may be toxic to wildlife or it can be wasteful and expensive to not reuse certain items (ex. if a stone is not meant to be used again - it will usually break)



Don't just "use" the items it should be a respectful collaboration between you and your correspondence items

DO

Have a working relationship and knowledge
of the items you are working with

Research, research, research



Common Correspondences

Prosperity & Abundance:

Color: Green or Gold

Crystals Citrine, Green Aventurine

Essential Oil: Patchouli, Cinnamon

Herb: Basil, Bay Leaf

Healing:

Color: Blue or White

Crystal: Amethyst, Clear Quartz

Essential Oil: Lavender, Eucalyptus

Herb: Rosemary, Echinacea

Spiritual Awareness & Psychic Abilities:

Color: Purple or Indigo

Crystal: Amethyst, Lepidolite

Essential Oil: Frankincense, Sandalwood

Herb: Mugwort, Sage

Balance & Grounding:

Color: Brown or Black

Crystal: Smoky Quartz, Hematite

Essential Oil: Cedarwood, Patchouli

Herb: Cedar, Oak

Protection:

Color: White or Silver

Crystal: Black Tourmaline, Obsidian

Essential Oil: Lavender, Frankincense

Herb: Rosemary, St. John's Wort

Remember to...

Trust the Inner Knowing

rituals & correspondences help
contextualize & amplify our workings
but the real magic is inside



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