

## **a spell for bringing those distant, closer**

practical witch supply

virtual group spell

*a spell for bringing those distant, closer.*

*a spell for community with friends that are beyond our reach, from distance and circumstance.*

*a spell to bring joy in uncertain times, to fight against individualism in our self isolation.*

*a spell to open our hearts and minds even while we must keep our doors shut.*

*a spell to aid our connections and to connect with mutual aid.*

this framework is the base for what we'll create together. take, leave, add what feels right.

before we come together through skype/zoom/facetime/google hangouts/whatever is convenient and accessible, let's each take some time to research mutual aid options and gather some objects to ourselves.

writing utensils + paper/notebooks

objects that represent the four elements to us:

earth (rock, clay, house plant)

air (feather, empty vessel, inhaler)

water (shell, glass of water, tea bag)

fire (candle, matches, skillet)

let's follow the lead of one, or take turns saying these sections out loud. when we are all ready, let's begin.



### *earth*

together, let's hold our objects representing earth in our hands.

ground ourselves together. feel our bodies solid on the floor. picture the flow of dirt, grass, land, that connects us. we are here together in this moment.

let's sit for a while in this moment.

if we are all open to it, let's share routines and rituals that are keeping us grounded right now.



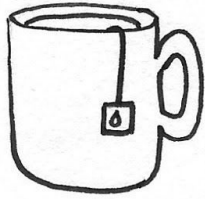
### *air*

together, let's hold our objects representing air in our hands.

it's easy to forget to breathe when there is turmoil around us. let's breathe in together... and out together. release any tension or anxiety that is tight in our chests. let's imagine together, from our individual sanctuaries, that we are in the same place, sharing the same air, safe, breathing.

let's breathe together for a while.

if we are all open to it, let's share what are we doing to give ourselves space right now?



*water*

together, let's hold our objects representing water in our hands. feeling a bit adrift right now is natural. if able and comfortable, let's lift our objects above our heads, in concert. feel the flow, let it move through us. let it run through us but not carry us away. let's feel that going through our outstretched arms. let's continue to breathe.

if we are all open to it, let's share what are we doing to stay reasonably informed right now without becoming overwhelmed?



*fire*

together, let's hold our objects representing fire in our hands. stress is exhausting. when in a constant state of fight or flight, it is normal to get burnt out, to feel like we don't have the energy to keep going. let's cup our hands around our objects, imagining stoking the flames, building back up that fire inside us that fuels our creativity, our action, our passion, our caring. let's sit and feel the fire grow.

now, how can we take this inner flame and share it outwards? what mutual aid options have we each come across? is there a way we can help or add our voices together?

lastly, we say together: *we go inwards to go outwards.*



**there's magic in the mess.**  
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