

*The*  
ENCHANTMENT  
GUIDE



11

*Summer Solstice*

**Rites of Summer  
Simple Celebrations  
Midsummer Magic**

*The*  
ENCHANTMENT  
GUIDE

Issue 11  
Midsummer 2023  
Summer Solstice



A publication dedicated to  
inspiration, magic, and beautiful things.

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# WELCOME, FRIENDS

Does it feel like more than a few minutes since we've met here in this space?

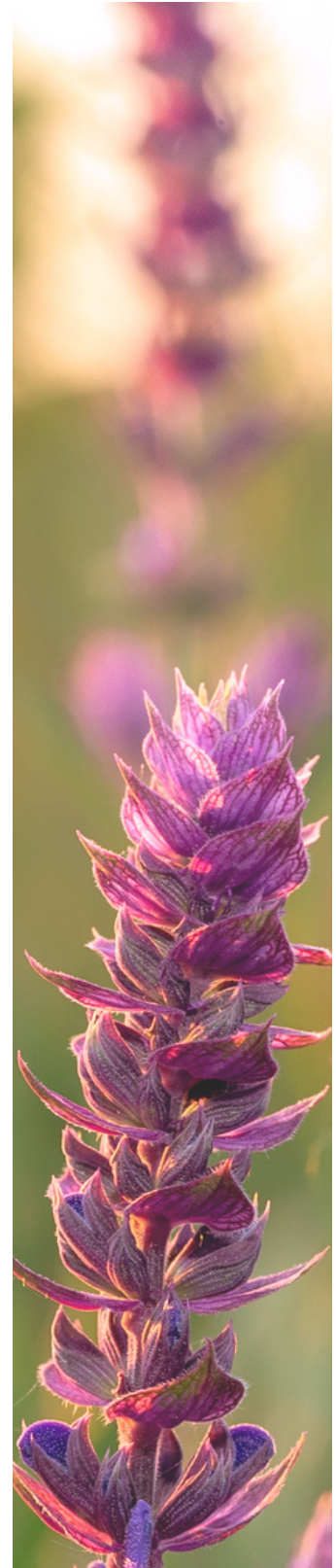
It does for me, too.

Well, we're now officially in my favorite season -- SUMMER.

I know. The heat and humidity can be unbearable (my hair will tell that tale...). Rains might be too heavy or too scarce. And the GNATS!

But there's so much more to love about summer.

Take a peek at my list of "summer rituals" on page 7. Does it stir favorite memories for you like it does for me? How many can you (or will you) re-create this season?



*Summer is about the senses.*

Can you tell when a storm is blowing in by the way the air changes temperature? Or the sudden scent of ozone that precedes the first roll of thunder?

How about fresh cut grass? Does it make you want to wiggle your toes in the clippings?

For me, summer IS the way the world feels and smells and sounds.



There's something magical about sitting under the stars and listening to the tree frogs chirp back and forth.

I listen for the squeaks the baby birds make as they demand to be fed, hoping to catch a glimpse of their parents flying in with a fat squiggly worm.

And I love the way the lamb's ear feels when I sit on the stone wall to pull a few weeds.

I'm going to enjoy every moment of summer. I hope you do, too.

# Featured Writers



## **Lisa Wagoner: Natural Ways to Celebrate**

Lisa is the author of **Positive Pagan: Staying Upbeat in an Offbeat World** (Llewellyn) and co-hosts the podcast, "Mystic Tea." She is a certified Reiki Master in Usui and Celtic traditions, and works with clients on manifesting/magical challenges, purpose clarifications, healing work, and more. Lisa is a regular contributor to The Enchantment Guide. For more information, visit [www.lisawagoner.com](http://www.lisawagoner.com)



## **Debbie Ducker: The Importance of Awe**

Debbie Ducker is a certified life coach who is also trained in mindfulness-based stress coaching. Based in the UK, she has over 25 years of experience in the holistic health fields. Understanding that managing stress, anxiety, and overwhelm is an increasing problem, she created a unique 6-session coaching programme, known as CALMER ©, especially for women. You can connect with Debbie on Instagram [@IntegrityandGraceUK](https://www.instagram.com/IntegrityandGraceUK) or message her via the contact page on her website [www.integrityandgrace.co.uk](http://www.integrityandgrace.co.uk)



## **Annie Teeter: Healing With Herbs**

Annie Teeter is an herbalist based in Round Hill, Virginia. She is passionate about natural healing and grows, harvests, and infuses her own herbal health products. Look for Annie's products at [www.sweetannieherbals.com](http://www.sweetannieherbals.com). For more information, you can contact Annie at [sweetannieherbal@gmail.com](mailto:sweetannieherbal@gmail.com).

# *Rites of Summer*

BIKE RIDES

KICK-THE-CAN AFTER DARK

CATCHING FIREFLIES IN A JAR  
(AND THEN RELEASING THEM)

BUG BITES AND BEE STINGS

CHASING THE ICE CREAM TRUCK

SUNSCREEN

SWIMMING LESSONS

S'MORES AND MORE S'MORES

SAND CASTLES

FAMILY REUNIONS

NEIGHBORHOOD BARBECUES

ICE COLD LEMONADE

A woman with long, flowing blonde hair stands in a field of sunflowers. She wears a large, golden sunflower-shaped crown and a highly ornate, golden dress with intricate patterns. Her eyes are closed, and she has a serene expression. The background is a sunset sky with soft, golden light and scattered clouds. The overall mood is peaceful and celebratory.

I HONOR THE  
ABUNDANCE AND  
PROSPERITY THAT  
COMES WITH THE  
SUMMER SEASON



# MIDSUMMER

## The Summer Solstice



Like a good Shakespearean plot, the term "midsummer" is like a tongue twister for the brain.

Meteorologically, summer started on June 1st. Astronomically, summer begins with on the summer solstice (June 21st).

But the Wheel of the Year refers to the solstice as "mid" summer or Litha.

The first day of summer, midsummer, Litha, the summer solstice are different names for the same beautiful day.

Wondering why it's sometimes called "midsummer" if summer is technically just beginning?

Well, our world was once mainly agrarian, which meant that life revolved around the seasons of planting, nurturing, harvesting, and resting.

The year was divided into a light half (the time between the spring and autumnal equinoxes, i.e., summer) and a dark half (the time between the autumnal and the spring equinoxes, i.e., winter).

Since the summer solstice is the midway point between the light half of the year, it's known as "midsummer."

And, there you go.

# A GARDENER'S Affirmation

I have *faith*  
that things will grow and  
bloom in their own divine time.

---

I *believe* that we can sow and  
weed and nurture but ultimately  
the plants may decide to do their  
own thing anyway.

---

And I *know* that the intentions  
we sow along with our seeds  
will soon whisper their magic  
back to us.

# MIDSUMMER MAGIC

This is THE current Limited Edition candle. Created to help you celebrate Midsummer, it's available for a brief time only.



The scent is like a minty citrus cocktail. Notes of citrus, basil, chamomile, orange peel, mint, agave, and tomato leaf create the perfect herbally citrus blend.

8 oz frosted glass jar with a pretty bamboo lid. Also available as a WICKLESS candle to be used with a candle warming lamp.



Bees Faeries Elixirs Chamomile

SYMBOLS  
OF  
MIDSUMMER



# MIDSUMMER

## correspondences

### HERBS / FLOWERS

Mugwort  
Chamomile  
Lily  
Oak  
Lavender  
Daisy  
Honeysuckle

### COLORS

Gold  
Green  
Orange  
Red  
White  
Yellow



### CRYSTALS

Emerald  
Jade  
Citrine  
Topaz  
Amber

### TREES

Birch  
Oak  
Elder  
Laurel

### SYMBOLS

Bonfire  
Sunflowers  
Sunwheel



### DEITIES

Freya, Flora, Aine, Habondia,  
Lugh, Green Man, Bast, Brigit, Pan



# SIMPLE CELEBRATIONS

## SPEND TIME OUTDOORS

Go on a nature walk or hike to connect with the energy of the summer season. Get outside and enjoy the sun. Pay attention to how it makes you feel when it touches your skin.

## SUN TEA

Make sun tea or other summery drinks using fresh herbs and fruits.

## CREATE

Create a mandala or other art project that incorporates the colors and themes of Litha.

## MAKE A FLORAL WREATH

Make a wreath or garland of flowers, herbs, and leaves to hang on your door or altar. Use for your bonfire later!



# MIDSUMMER magic

## DIVINATION

Set intentions for the rest of the summer season, focusing on what you want to manifest and create. You also might try rune reading, or scrying in a river or stream.

## LIGHT CANDLES

Light candles at dawn and extinguish them at dusk, thanking them for their light.

## CHARGE CRYSTALS

Use the sun's peak power to cleanse and charge your crystals.

## MAKE LITHA INSPIRED FOODS

Be intentional about the colors (red, yellow, and orange bell peppers) or flavors (lavender, thyme, rosemary) in your recipes. Have a picnic or potluck with friends, incorporating fresh fruits and vegetables into your menu.

# THE IMPORTANCE OF AWE

by Debbie Ducker



Our modern lives are so busy and we can get almost anything at the press of a button.

We are connected and yet we're not...

Have you ever wondered why so many people love watching the sunset or sunrise, or love the ocean? I have, and I believe it's because of our in-built need to experience awe.



Let me explain.

I am blessed to live where the sun can be seen setting over a forest and so sunsets are a constant source of fascination for me. Most evenings I'll be found watching the beautiful colours, shapes, and ever-changing images dancing before my eyes. It calms my soul and slows my breath. It's peaceful.

More than mindful, it's a moment of awe. A moment to simply "be." No mind drama and no 'to do' list.



We rarely have stillness in our busy modern lives, yet these moments can be the most revealing and the most powerful – if you let them.

Listening to waves lapping the shore or staring over the ocean's horizon have the same effect.

Picture not the busy-umbrella-and-towel holiday beach, but the almost empty beach. The out-of-season beach, where you hear only the waves on the shore, feel the breeze (or force 9 gale if you live in the UK as I do), and smell the salty air.

Listening to the rhythm of the waves pulls you in and slows you down. It inspires a feeling of, well... awe.



The pandemic slowed us all down.

I remember the joys of walking when everything was still. Instead of rushing to work thinking of the many emails waiting to be actioned, I looked around. Really looked around.

I studied the beauty of the first spring flowers in detail, which, in years gone by, would have (if they were lucky) received an 'oh that's pretty' passing glance. When I slowed down, the colours seemed more vibrant and the blooms more intriguing.



Awe is different to other emotions, such as surprise or inspiration, because awe makes us feel like a small part of something much, much bigger. And that's so good for our soul.

We experience awe when we watch the evening sky change colour, the clouds shift and grow, or the night split by a lightning storm. Take the time to really look up at the mountains or out at the vast ocean, and we feel the awe of nature at its stunning best.

Feeling more connected and engaged with the world around us is vital for our overall wellbeing. And if you add some gratitude to that feeling of connection, I guarantee you will feel balanced, serene, and calm.

If you would like to bring more of this good stuff into your world and learn how to create bite-sized moments of calm in your day, please download a complimentary copy of [Micro Moments of Calm](#)©, my guide and journal for finding and embracing the power of calm.



Debbie Ducker is a certified life coach who is also trained in mindfulness-based stress coaching. Based in the UK, she has over 25 years of experience in the holistic health fields. Understanding that managing stress, anxiety, and overwhelm is an increasing problem, she created a unique 6-session coaching programme, known as CALMER ©, especially for women. You can connect with Debbie on Instagram [@IntegrityandGraceUK](#) or message her via the contact page on her website [www.integrityandgrace.co.uk](http://www.integrityandgrace.co.uk)

I embrace the fire  
within, ignite my  
passions and  
creativity, and let  
my spirit soar with  
the power of the  
sun.

*Summer Solstice 2023*

# NATURAL WAYS TO CELEBRATE:

## *Summer Solstice*

by Lisa Wagoner



It happens every year. I stare aghast at my calendar, wondering where the year went. How do six months go by so quickly?

Summer is hands-down my favorite season, yet I spend an inordinate amount of time looking backward and forward during June, sometimes missing some of the elements of summer that I love so much.

Summer solstice is the midway point of the year. And so it's the perfect time to pause, reflect, plan, appreciate, and observe all the wonders of this time of year. Where I live (in Asheville, North Carolina), it usually ends up being a rainy day. But I always have hope!

I've gathered a few simple, natural ways for you to celebrate the summer solstice using one or more of your favorite elements.

**Celebrate Water:** No matter where you live, "playing" with water is a rite of summer. You can incorporate water into your solstice celebrations with a trip to a beach or lake, dipping your toes into a stream, or paddling a canoe.

Go for a swim at a local swimming hole or a friend's pool, or create your own swimming area. Make the moments even more special by adding a picnic to your visit.

Wash and cleanse your cares away, and truly sink into the experience of water surrounding your body, with a bath or shower.

You might like to add special bath salts and flowers to your bath ritual (**Enchanted Botanicals** has a lovely variety of bath salts -- my favorite is the [Spellbound Bath Elixir](#)). Or you could buy a special soap or create your own body wash.

If it does rain on your solstice celebration, collect the rainwater and then make sure to splash in the puddles!



**Celebrate Fire:** Fire is a powerful element. And bonfires and candles are beautiful ways to bring fire into your solstice celebration. For example, you could light a few sparklers as you sit around your firepit, or fill your fireplace opening with a beautiful array of candles.

Stare deeply into the flames, and lose track of time, as the warmth and glow of the flames transport you.

My favorite candle from **Enchanted Botanicals** is the [Alignment Candle](#). It's filled with beautiful crystals and seven essential oils. Once lit, a calm serenity fills my space.

Plan to observe the fire of a sunrise or sunset. Write down everything that's holding you down, and burn the paper in your cauldron or heat-proof bowl. Add some [Cauldron Splash](#) from **Enchanted Botanicals** for a magical addition.

Finally, watch dragon movies and observe the powerful force of the fire element.



**Celebrate Air:** The air element is about movement, sound, and scent.

There's nothing like incense to shift you into a sacred space. Light your favorite kind (resin, loose, cone) and watch the smoke curl upward toward the sun.

On the solstice, breathe in the unique scent of your surroundings. "Plant" whirl-a-gigs in your garden and watch the hypnotic twirl as the wind moves through them.

Blow bubbles, have fun with a harmonica, or schedule a sing-a-long with friends.

Celebrate moving air through your body by running or walking, and really feel the sense of air as you move your body through it.

Break out some favorite childhood scents with aromatherapy. Lemon and mint take me back immediately.



**Celebrate Earth:** The earth element is simple since it's all around us.

Ground yourself by walking barefoot on grass or sand.

Have a picnic with nothing but vegetables that have been grown in the ground.

Lay in a field and notice how your body feels when it is connected to the earth.

Tend to your garden or get a few houseplants so that your fingers touch the soil when needed.

When walking, really stomp the ground and feel the satisfying **thump** your feet make when they strike the ground.

Get a wooden bowl, fill it with dried beans, and (with clean hands), scoop up the beans and let them fall through your fingers over and over. This sensory experience is soothing and very grounding.

Drumming is also very grounding and earthy. Do you have a drum? Maybe sit by your firepit (fire element), create a rhythm / sound (air element), and feel your energy connect to the earth.



At this time of year, you may feel like you're missing out on the summer fun (FOMO is for real).

If so, center and ground yourself with one or two simple element-based activities. You'll diminish those feelings and begin to truly experience the wonder of the latest turn in the Wheel of the Year.

However you celebrate the summer solstice, I hope it's beautiful, satisfying, and enriching.



*Lisa Wagoner is the author of Positive Pagan: Staying Upbeat in an Offbeat World (Llewellyn) and co-hosts the podcast, "Mystic Tea." She is a certified Reiki Master in Usui and Celtic traditions, and works with clients on manifesting/magical challenges, purpose clarifications, healing work, and more. Lisa is a regular contributor to The Enchantment Guide. For more information, visit [www.lisawagoner.com](http://www.lisawagoner.com)*

# HEALING WITH HERBS

by Annie Teeter



I grew up gardening next to my mom, pulling weeds and helping her harvest. Eating fresh berries amid her sea of green was magical, and gardens still feel that way for me. The smell of damp soil after watering is something that just feels like home.

My early years spent in the garden informed my view of the world.

One of the first plants I learned about was yarrow. It grew outside of my mom's high tunnel, and she explained how the herb can help with bug bites (among many other things).

Broadleaf plantain (an herb often considered to be a weed since it loves to grow in the cracks of your driveway) was next on my discovery list. Mom assured me it was edible and had a lot of health benefits. This "pesky weed" can heal with little or no side effects.

And dandelions! This common yard flower, marketed as something to get rid of, has some of the most beneficial health properties out there. The entire plant -- from the flower to the roots -- is highly nutritious and packed with vitamins, minerals, and antioxidants. Like plantain, it has no harsh side effects. Dandelion reduces inflammation; helps manage blood sugar and cholesterol; is anti-carcinogenic; and supports the liver, digestion, and immune system.

Can you tell I'm hooked on herbs? I'm so passionate about their health benefits that I eventually became a Holistic Nutritionist and now strive to help others live symbiotically with plants, as we are meant to do.

I started my first herb garden on a windowsill in my apartment. The plants that grew from those first seeds have followed me as I've moved over the years. And I've added more herbs to my collection with each move.



I recently expanded my love affair with herbs by creating a product-based business called **Sweet Annie Herbals**.

It's important that I grow my herbs without pesticides or chemicals, so I know they are in their purest forms.

Once harvested, I hang the herbs upside down to dry completely.

Then the fun begins as I start creating my oils and salves...

I like to infuse the dried herbs in organic apricot kernel oil or olive oil (my favorites, but organic sunflower or sweet almond oil might be better for you). I let the infusion rest in a dark cabinet for four to six weeks. Then I strain the oil (discarding the plant matter) into a sanitized bottle to use later.

All of my products use either one herb or a combination of plants working together.

My first product was **Oil of Oregano**, and I soon discovered how well it helped prevent and ease colds and flu (among lots of other benefits).

Next, I created my **Dream Oil**, made with mugwort and chamomile. I love that it supports a peaceful rest or vivid dreams, whichever you need.



I am currently infusing my **Nerve Ease Oil** with peppermint, ginger, St. John's wort, and calendula to bring pain relief. A clearing **Lymph Massage Oil** made with violet flowers, cleavers, and calendula will be ready soon as well!

My personal favorite (and now customer favorite, too) is my **Calendula and Chamomile Salve**.

The very first batch I made resulted in a "happy accident" when the consistency ended up more like a solid bar than a creamy salve.

I was disappointed and thought my customer would be unhappy as well. However, she told me that she had never had a product like it, and actually preferred the harder consistency for her eczema. She loved that it didn't leave an oily residue and truly helped reduce her symptoms.



Although I'll continue to provide a more solid consistency for this customer, I've since adjusted the consistency to achieve the traditional salve texture I was looking for. And I've received so many wonderful reviews of how the salve helped heal dry, irritated skin (common symptoms of eczema).

In fact, I use the Calendula and Chamomile Salve almost daily. I have seen it heal cuts overnight (literally!) and soothe chapped lips year-round.

One of the most beautiful things about plants is that they provide us with endless ways to creatively support our health.

Our bodies are in a beautiful, symbiotic relationship with the natural world. And by using what we find in nature, we can help our bodies tap into their natural healing abilities.

I am immensely grateful to be able to witness and be part of such a healing process.



*Annie Teeter is an herbalist based in Round Hill, Virginia. She is passionate about natural healing and grows, harvests, and infuses her own herbal health products. You can find her products at [www.sweetannieherbals.com](http://www.sweetannieherbals.com). For more information, contact Annie at [sweetannieherbal@gmail.com](mailto:sweetannieherbal@gmail.com).*



# SWEET DREAMS PILLOW

*Historically, "dream pillows" were made on the solstice to help one dream of their true love.*

*I created this little sachet using traditional midsummer herbs to encourage restful sleep and the sweetest dreams...*



**Gather your herbs.** I like chamomile, calendula, lavender, lemon balm, rosemary, and rose. (NOTE: fresh herbs will only last a night or two under your pillow before getting moldy. Consider using dried herbs for a longer-lasting pillow.)

**Place your herbs in a muslin bag** (or one that you've stitched yourself). If you're using dried herbs, you might like to add just a few drops of rose or lavender essential oils to the blend.

**Hold your sachet before you go to bed.** Focus on what you'd like to dream about, or simply wish for a deep and peaceful night's sleep.

**Tuck your sachet under your pillow** and allow yourself to feel the magic of Midsummer.



# NEW CANDLES

Each candle is also available as a wickless candle to be used with a candle melter lamp.



**BERGAMOT SANDALWOOD**  
Scented Candle  
8 oz \$22

The only way to describe this scent is sexy. Definitely masculine. But powerfully feminine, too. A mysterious combination of bergamot, violet, deep florals, sandalwood, patchouli, and pine. Topped with labradorite to keep the mystery going.

**COASTAL VIBES** Scented Candle  
8 oz \$22

This luxurious soy candle brings the peace and power of the coast home to you. Notes of sea salt, orange peel, cardamom, and palm create the perfect "sea scent." Topped with ocean jasper as a nod to one of the gifts of the sea.



2023 Enchanted Botanicals

# NEW CANDLES

Each candle is also available as a wickless candle to be used with a candle melter lamp.



2023 Enchanted Botanicals

## SUMMER ON THE PORCH Scented Candle 8 oz \$22

Lemonade. Fireflies. Kick-the-can after dark. These are my summer memories. Maybe yours, too? Re-live them with SUMMER ON THE PORCH. Notes of tart lemon, orange blossom, lime, and ginger. The tiny citrine chips on top sparkle like only the summer stars do.

## SONG OF THE BEES

### Scented Candle

8 oz \$22

Last summer's best-seller is back. Honey carries the vibration of joy, abundance, and cooperation, and the scent of this candle IS pure joy. Maybe the best part? I'm donating 10% of the sale of each candle to The Bee Conservancy.



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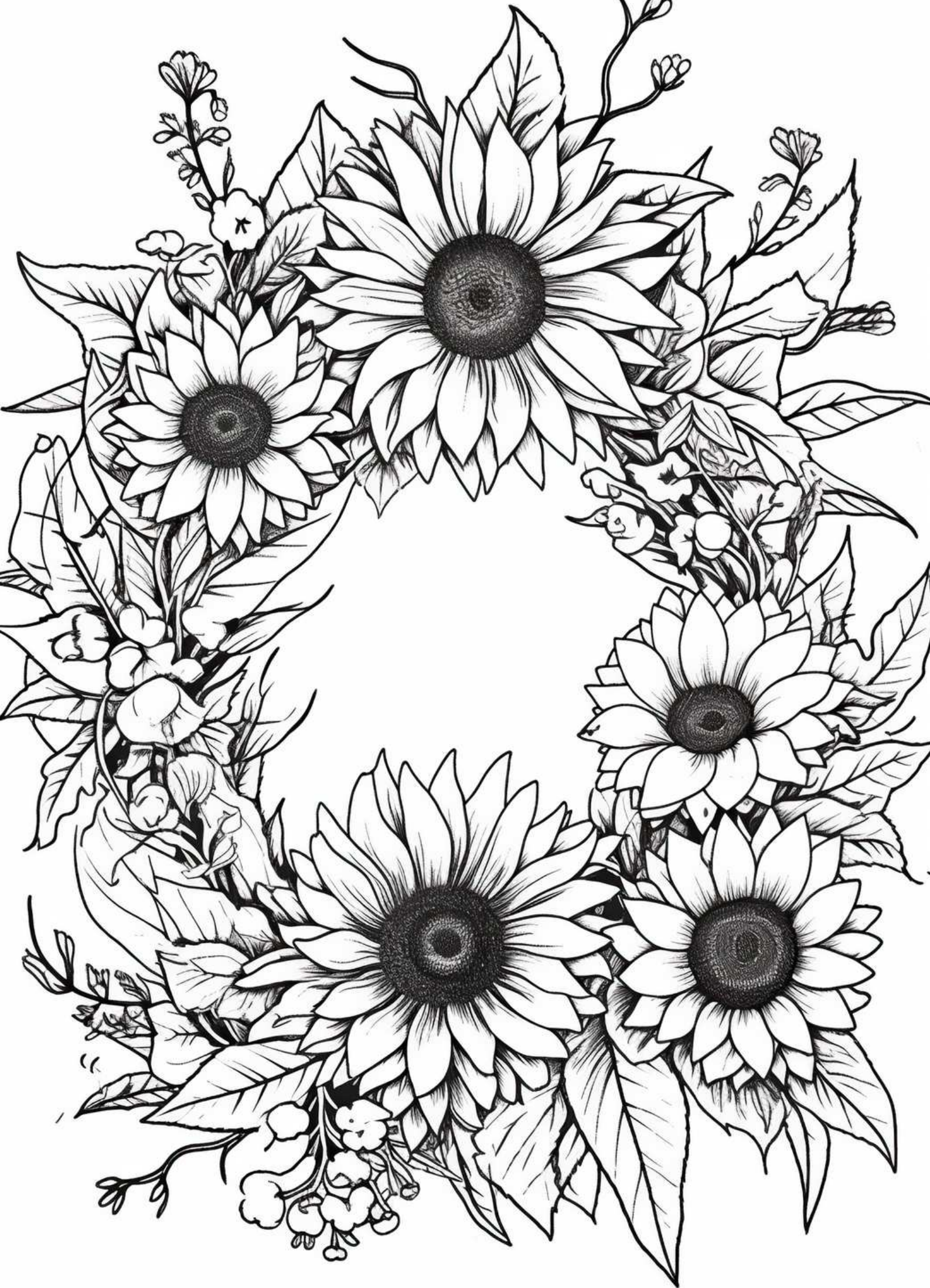
# LAVENDER & LEMON SHORTBREAD

## INGREDIENTS:

- 14 Tbsp butter softened
- 3/4 cup sugar
- 1 egg yolk
- 2 Tbsp lemon juice
- 1 Tbsp lemon zest
- 1 1/2 cups plus 2 Tbsp all purpose flour
- 1/2 cup arrowroot powder or cornstarch
- 1/4 cup dried lavender flowers
- pinch salt

## DIRECTIONS:

1. Cream together the butter and sugar, then add the egg yolk, lemon juice and lemon zest. Stir to combine.
2. Add the flour, arrowroot, dried lavender, and salt.
3. Stir everything together until the dough begins to hold together.
4. Take it out of the bowl and form it into a log shape.
5. Wrap the dough log in parchment paper, twisting the ends to help hold it together.
6. Put the dough in the fridge for about 30 minutes or until firm. Preheat the oven to 300°F.
7. Slice the log into 1/4 inch rounds and place the rounds on a parchment-lined baking sheet, about an inch or so apart.
8. Bake for 25-30 minutes. Check them closely after 25 minutes as they will start to brown pretty quickly. Remove from the oven when the edges just barely start to turn golden. The centers will still be fairly soft.



# MIDSUMMER

Tarot or Oracle Card Spread







# MIDSUMMER

## Tarot or Oracle Card Spread

1. **SUNRISE.** Celebration of my fire aspects

---

2. **BONFIRE.** What energy am I radiating out into the universe?

---

3. **SUNSET.** Reflect on your day/relationship/situation of personal development.

---

4. **LIGHT.** The light I see in others is a source of strength for me.

---

5. **SHINE.** What is shining on me right now?

---

6. **SUPPORT.** What area of my life needs some extra support?

---

7. **SOLSTICE.** What will be my power for this solar period?

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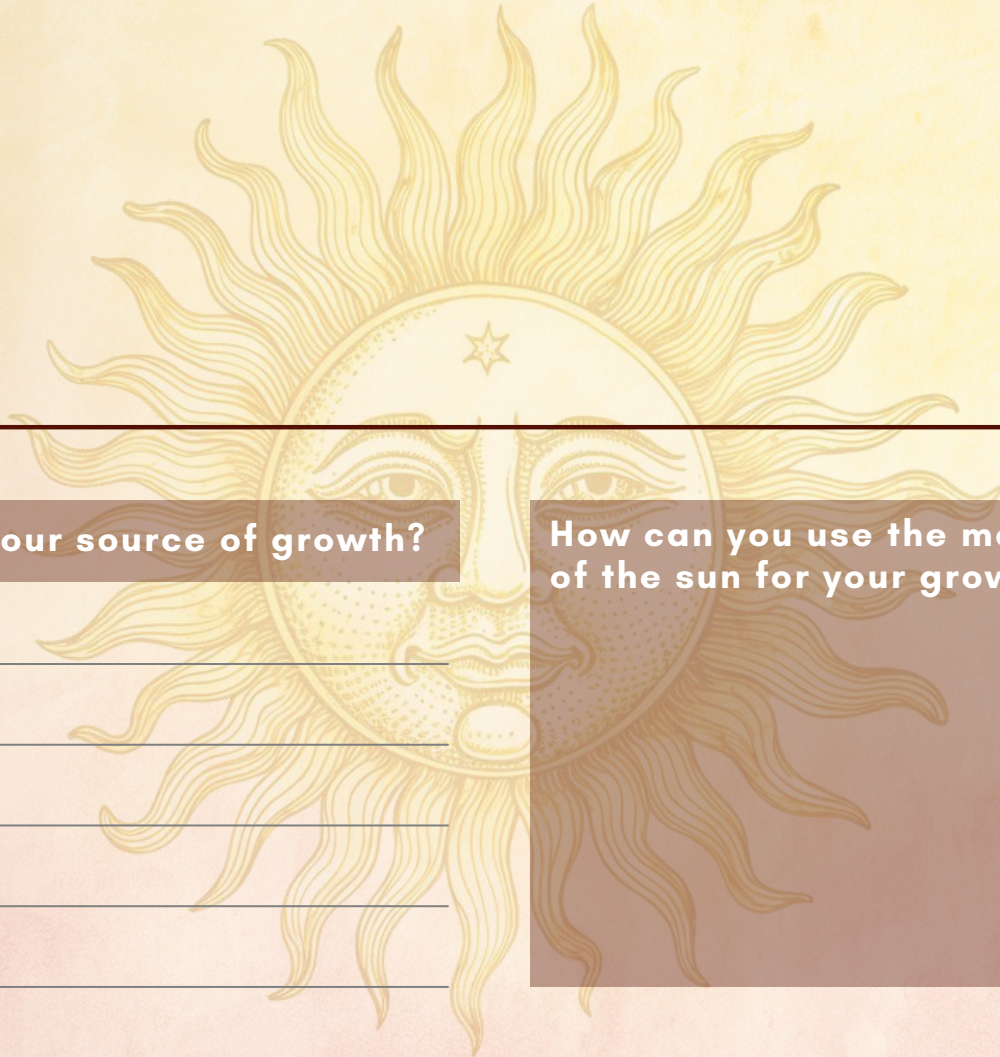
8. **SHADOWS.** Where are my shadows being cast?

---

# MIDSUMMER

## Journal Prompts

**What is your favorite childhood memory of playing outside in the summer?**



**What is your source of growth?**

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**How can you use the medicine of the sun for your growth?**

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**What practices can you do to ignite your inner fire?**

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# MIDSUMMER

## Notes





# Enchanted Botanicals LLC

live like you are magic®

To learn more ....

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[Enchanted-Botanicals.com](http://Enchanted-Botanicals.com)