



BOOK OF SHADOWS

A Beginner's Grimoire



This book belongs to:

Begun on this date: _____

SPELL RECORD

Spell Name:

Date: _____ Moon Phase: _____ Day: _____

Intention/Purpose:

Ingredients & Tools:

Steps/Process:

Words/Incantation:

Results & Notes:

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MOON PHASE TRACKER

Month: _____ Year: _____

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
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MOON PHASE GUIDE

-  **New Moon** — New beginnings, setting intentions
-  **Waxing Crescent** — Growth, attraction
-  **First Quarter** — Action, decisions
-  **Waxing Gibbous** — Refinement, patience
-  **Full Moon** — Manifestation, power
-  **Waning Gibbous** — Gratitude, sharing
-  **Last Quarter** — Release, forgiveness
-  **Waning Crescent** — Rest, reflection

HERB CORRESPONDENCE CHART

| HERB | ELEMENT | PLANET | MAGICAL USES |
|------------|---------|---------|---------------------------------------|
| Basil | Fire | Mars | Protection, prosperity, love |
| Bay Laurel | Fire | Sun | Wishes, protection, psychic powers |
| Chamomile | Water | Sun | Prosperity, peace, sleep |
| Cinnamon | Fire | Sun | Prosperity, protection, love, speed |
| Lavender | Air | Mercury | Peace, sleep, love, purification |
| Mint | Air | Mercury | Prosperity, healing, travel |
| Mugwort | Earth | Venus | Psychic powers, dreams, astral travel |
| Rose | Water | Venus | Love, beauty, healing, luck |
| Rosemary | Fire | Sun | Protection, memory, purification |
| Sage | Air | Jupiter | Purification, wisdom, protection |
| Thyme | Water | Venus | Healing, courage, purification |

MY HERB NOTES

CRYSTAL QUICK REFERENCE

| CRYSTAL | CHAKRA | PROPERTIES |
|------------------|------------------|--|
| Clear Quartz | All | Amplification, clarity, healing, all-purpose |
| Amethyst | Third Eye, Crown | Intuition, calm, protection, spirituality |
| Rose Quartz | Heart | Love, self-love, emotional healing |
| Black Tourmaline | Root | Protection, grounding, absorbs negativity |
| Citrine | Solar Plexus | Prosperity, joy, manifestation |
| Selenite | Crown | Cleansing, charging, clarity |
| Carnelian | Sacral | Creativity, courage, vitality |
| Labradorite | Third Eye | Magic, transformation, psychic abilities |
| Hematite | Root | Grounding, protection, focus |
| Moonstone | Third Eye, Crown | Intuition, feminine energy, new beginnings |

CRYSTAL CARE

- **Cleanse:** Moonlight, smoke, sound, selenite
- **Charge:** Sunlight (some fade), moonlight, earth
- **Program:** Hold, focus intention, speak purpose

MY CRYSTAL NOTES

TAROT READING JOURNAL

Date: _____ Moon Phase: _____ Deck Used: _____

Question/Focus:

Spread Used: _____

CARDS DRAWN

| POSITION | CARD | REVERSED? | INITIAL IMPRESSION |
|----------|------|--|--------------------|
| 1. | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| 2. | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| 3. | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| 4. | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| 5. | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |

Overall Message/Interpretation:

Follow-up Notes (after time has passed):

DAILY PRACTICE LOG

Date: _____ Day: _____ Moon Phase: _____

MORNING PRACTICE

- ☐ Grounding/Centering
- ☐ Meditation (_____ minutes)
- ☐ Card Pull: _____
- ☐ Intention Set: _____

Notes: _____

MAGICAL WORK

SIGNS & SYNCHRONICITIES

EVENING REFLECTION

Gratitude:

What worked well today:

What I'll carry into tomorrow:

DREAMS (RECORD UPON WAKING)

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