



# Alchemy of the Soul: A Cottage Witch's Journey

## Stage 1: Calcination

### *Spell Ritual:*

In the fire, I do burn,  
Old beliefs, it's time to learn.  
Ashes fall, my heart set free,  
From the past, I now decree.

### *Higher Qualities to Embrace:*

Resilience, courage, and clarity.

### *Lower Qualities to Release:*

Self-doubt and fear of change.

## Stage 2: Dissolution

### *Spell Ritual:*

Water flows, my worries fade,  
In this pool, my fears are laid.  
Let the waves wash over me,  
In this flow, I find my key.

### *Higher Qualities to Embrace:*

Flexibility, openness, and intuition.

### *Lower Qualities to Release:*

Stubbornness and rigidity.

## Stage 3: Separation

### *Spell Ritual:*

From the chaos, I will see,  
What is true and meant for me.  
Take the pieces, one by one,  
In this light, my truth begun.

### *Higher Qualities to Embrace:*

Discernment, focus, and wisdom.

### *Lower Qualities to Release:*

Confusion and distraction.

## Stage 4: Conjunction

### *Spell Ritual:*

In the balance, join the parts,  
With love and light, I weave my arts.  
Unity in all I strive,  
From this blend, I come alive.

### *Higher Qualities to Embrace:*

Harmony, creativity, and collaboration.

### *Lower Qualities to Release:*

Isolation and division.

## Stage 5: Fermentation

### *Spell Ritual:*

From decay, new life shall rise,  
In the dark, I find the prize.  
Transformation through the night,  
In this chaos, I find light.

### *Higher Qualities to Embrace:*

Passion, inspiration, and renewal.

### *Lower Qualities to Release:*

Complacency and stagnation.

## Stage 6: Distillation

### *Spell Ritual:*

In the stillness, essence clear,  
Purity, I hold so dear.  
Drop by drop, my spirit shines,  
In this essence, truth aligns.

### *Higher Qualities to Embrace:*

Clarity, focus, and purity.

### *Lower Qualities to Release:*

Clutter and confusion.

## Stage 7: Coagulation

### *Spell Ritual:*

From the depths, I rise anew,  
Wholeness found, my spirit true.  
In this form, I take my stand,  
A new self, by my own hand.

### *Higher Qualities to Embrace:*

Empowerment, authenticity, and self-love.

### *Lower Qualities to Release:*

Insecurity and self-judgment.

**Embrace each stage of your journey with intention and magic, allowing transformation to unfold naturally as you weave your inner alchemy.**

*Cat Oakenhart - Inchantmint*

<https://inchantmint.com/> & <https://inchantmintcottage.etsy.com>

