

Sacred Foods for Magick

Food is knowledge. Food is also a vehicle for magic- it is one of the few ways we can truly integrate into our physical selves. It is a way of bringing magic from the intangible down into form into the tangible. It is the ingesting of a magically charged item into our being- you can't get any closer than that.

Food can represent our efforts- manifest. Whether we grow the food ourselves or buy it outright, it can represent a goal, a petition to Spirit and offering or thankfulness; when we fine tune our magic with the right food for the working, our results increase.

Food and Herbs for general workings:

Love: Apples, Basil, Cardamom, Cloves, Coriander, Cumin, Damiana (*), Dill, Fig, Ginseng, Lavender, Lemon, Lime, Marigold, Marjoram, Mint, Passionflower, Rosebuds and Sage

Protection: Blueberry, Borage, Caraway seed, Clove, Curry, Fennel, Garlic, Marjoram, Mullein and Thyme

Luck and Success: Allspice, Bergamot, Chamomile, Clover, Nutmeg, Spearmint and Vanilla

Uncrossing: Absinthe, Bay, Clove, Dill, Fennel, Huckleberry, Anise, Basil, Clover, Curry, Lavender, Marjoram, Mugwort and Sage

Correspondences associated with food and Divinity

We can also increase the results of our workings by pairing Deity with corresponding foods, moon phases and/or holidays. Many deities share foods common to a specific geographic area or pantheon.

Apollo- Greek- bay, dates, sunflower.

Hermes- Greek, almond, palm, purslane, verbena.

Flora- Roman- fruit bearing trees, avocado, cherry, fig, mulberry, olive, peach, pear, and plum.

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Dugnai- Lithuanian goddess who ruled the kneading of dough. Her name means “that which is at the bottom” suggests that she also controlled the dregs at the bottom of fermenting liquor.

Varuni- Hindu goddess of golden liquor. Worshipped at the August new moon with sweets and golden liquor (just before sleeping) to bring her blessings for the coming year.

Hebe- the Olympian cupbearer who bore the ambrosia of eternal youth to the gods and goddesses- coconut, olive (later replaced by Ganymede).

Hedrun- Scandinavian magical goat which ate the needles of the world tree at Valhalla and produced milk which turned into mead that fallen heroes drank until drunk and do until Ragnarok.

Huitaca- moon goddess of intoxication and joy to the Chibcha (people of Columbia).

Brigit- Dairy fest! And blackberry, dandelion

Saturn- Roman. Lavender, pomegranate and persimmon

Thoth- Egyptian- almond, nettle, honey, fruits

Lugh- Celtic- corn, grain

Vibrational qualities of foods

Colors of foods also relate to the chakras, so if you're working on an energetic goal, consider incorporating foods into your ritual, charging them and then focusing on the chakra you're working with. (Pair the color of the food with the color of the chakra)

Importance of blessings and toasts

When we bless our food and drink, we not only clear out negativity, but invite in Deity. We call down the white pure light from source, draw its energy into our food to then be incorporated into our physical temple. The same happens

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when we incorporate a toast or blessing. The energetic can be shared with those around us, creating an energetic circle, in effect.

This is also seen in death ceremonies including that of the communal funerary meal and that of food buried with the dead for the afterlife. The idea of food carrying an energetic for the dead is one that has been around since the beginning of time. Funerary meals (shared after burials and memorials) continue to this day bringing people together, bonding through food. The energetic that the family creates and shares during this meal together is also said to assist the deceased (via energy) on their bardo journey. Food has been buried with the dead in many cultures from early man to the Egyptians to shamanistic tribes today. This food is said to feed the deceased as they make their journey to the otherworld and feed them in the world beyond.

Communal meals, sacred feasts

Communal meals and sacred feasts help bring together the energy of a group, form cohesion and magnify the energy of a ritual or working.

Consider incorporating these foods into these holidays:

Saowen: Apples, rum, wine, dark breads, pumpkins, gourds, and squash

Yule: nuts, fruits, cinnamon, clove, spiced plums pears, and brandied cherries

Imbolc: milk, cheeses, broccoli, and radishes

Ostara: eggs, berries, and dandelion

Beltane: cheeses, edible flowers

Litha: sage, sweetgrass, and rosemary

Lammas: tomatoes, corn, spinach, arugula, mache, and broccoli

Mabon: apples, apple cider, corn, berries, and wine

Planetary Correspondences:

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Sun: Bay, Chamomile, citrus, goldenseal, marigold, rosemary, sunflower, and breads

Moon: Cucumber, Grape, peas, pears, milk and eggs

Mercury: Almonds, beans, celery, clover, dill, fennel, lavender, lemongrass, lemon, marjoram, mint, parsley, peppermint and savory

Venus: Apple, blackberry, burdock, catnip, cherry, corn, and heather

Mars: Basil, carrot, chives, onion, cilantro, garlic, mustard, nettle, and tomato

Jupiter: Borage, clover, dandelion, Echinacea, and sage

Saturn: Amaranth, beet, comfrey, lobelia, and mullein

Neptune: Jasmine and strawberry

Uranus: Blueberries

Pluto: blackberry, purple beans, eggplant, and mushrooms

Bibliography

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Date began: _____ Magical Goal: _____

Sun, Moon, other major aspects: _____

God/Goddess assoc: _____

Physical representation of your goal: _____

Color correspondences: _____

Food & drink included & their correspondences: _____

Herbs or flowers included & their correspondences: _____

Ideas for blessing your food: _____

Plans for the results of your working (what will you do with the effects of your working?): _____

Giving thanks (use in a ceremony or feast or high holy day): _____

Incorporation of chants, music or invocations/readings: _____
