



CREATING  
YOUR  
AMAZING  
SUMMER

# WELCOME SUMMER!

Are you ready for an amazing summer? I hope so, because you deserve it! No self respecting magickal soul denies themselves summer downtime!

Summer is a time that can either be super nourishing and relaxing or a time that we are always on the go and never seem to be able to catch our breath. You know that saying...

## **I need a vacation from my vacation!**

Let's *not* do that this year. Instead let's plan an amazing summer that feeds your mind, body, and spirit while harnessing the energies and power of the summer season. Let's make it something that's both fun and productive.

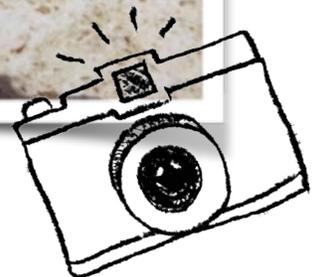
**Create Your Amazing Summer** is a toolkit for letting go of the crazy busy summer vibe. It doesn't matter if you're taking the whole summer off, just a week, or working through the whole season, you owe it to yourself to have some time to soak up the powerful solar energy of summer. I'm here to help you get clear on what you want for your summer and how you can make it happen!

So print this out, throw it on your tablet, or bring it along on your laptop and get a journal or notebook to jot down your plans. It's time to embrace some daydreaming and follow it up with inspired action!

# Summer Magic & Energy

Summer is an amazing time. As soon as the season starts to hit you just know. Summer is a season primarily centered on the energy of **fire**, but I also see it as a time to deeply connect to **water**.

I was a total water baby as a child! I've always associated summer with water because I spent so much time at the beach as a kid. As soon as the air started to warm up, even before summer officially hit, I was going to beach with my family. That would give way to summer vacations at a lake about an hour away and a week-long family trips to Cape Cod. Even today as an adult I can't stand not living within 30 minutes of the ocean!



When I was living in San Diego, going to beach was very different from going to beach on the Cape. I adjusted by falling in love with surf culture!

**EVEN THOUGH SUMMER IS THE SEASON OF FIRE IT'S JUST AS MUCH AS  
SEASON OF WATER!**



The summer season has some very specific kinds of energies that we can work with:

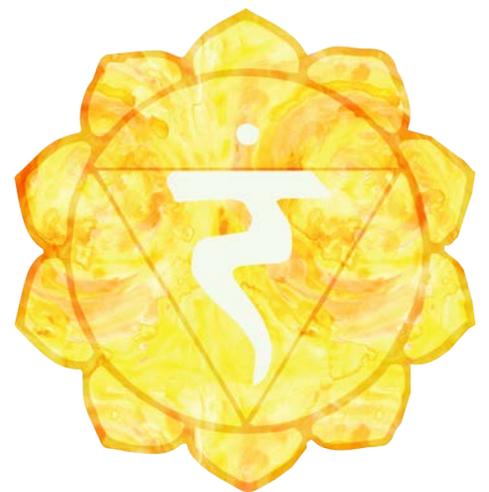
**Creativity**  
**Exploration**  
**Expansion**  
**Growth**  
**Protection**

You might find that last one a little odd, but yes, summer is a time that has long been associated with protection and preparing for the leaner seasons of autumn and winter that will be coming soon.

## **THINK OF THIS IN TERMS OF THE CHAKRAS...**

The two chakra energy centers that connect us to the summer season are the ***Root, Sacral and Solar Plexus Centers.***

The **Solar Plexus** is kind of obvious - it's the sun in your belly! This center yellow and located just above your navel and is connected to your personal power, willpower, and your overall sense of self. When you're not feeling yourself, feeling unworthy or like your self-esteem has taken a huge drop, it's often because your Solar Plexus is dealing with some real low energy. Summer is a great time to work on fueling this center by spending time in the sun, taking time for yourself, and letting self-care become a part of your life for the season.



The **Sacral Center** is located just below your navel, and it has the color of the brightest, juiciest orange you can imagine! This energy center is focused on our creative and sexual energy. If you really think about it, the two are intimately connected, and both are important to fueling our lives. And in some cases, our sexual energy is used to create - sometimes it can be passionate works of art and other times creating new life in the form of a child. During the summer we can harness that energy fueled by the sun and heat to get in touch with both our creative flow and our sexual energy. It's a great time to explore some new forms of art as well as working on adding a little spice to your sexual relationships, or simply working on give more time and energy to any intimate personal relationships you may want to strengthen.



## BOOST YOUR CHAKRA ENERGY!

Get a piece of tumbled citrine and a piece of tumbled carnelian. Place them out in the noon sun to get a little sun boost for about 15-20 minutes {not too much longer, or the sun can fade their color}. Then lay down and place them on your chakras, the citrine on your solar plexus and carnelian on your sacral chakra, and close your eyes. Breathe gently but deeply and let the energy of the stones balance and raise the vibrations of your energy field. Do this for about 15 minutes a day during the summer, and you should have strong, positive energy all season long!



**CARNELIAN**

**CITRINE**



*How would you like to be here?*

LET'S PLAN YOUR  
AMAZING SUMMER?





Planning your amazing summer is going to take two things:

- Knowing your summer dreams and goals
- Tools to help you make it happen

This section has two parts. The first is a journaling section to help you get your thoughts and dreams for the summer down on paper. The second is a series of tips, ideas, tools, and recipes to help you have a peaceful, fun, and spiritually amped up summer season.

*To work on this section, you might want the following things handy:*

- A journal or notebook if you don't want to print this out
- Colorful pens and markers {make it fun!}
- Images cut out from magazines that represent what you want to fill your summer with along with a piece of poster board and glue or tape to create a summer vision board based on what you come up with here
- A yummy summer beverage {iced chai tea latte!}

**THERE ARE ONLY TWO RULES HERE:**

**Be honest!**

**Have fun!**

**NOBODY ELSE NEEDS TO SEE OR KNOW ANYTHING ABOUT THIS BUT YOU**

**OWE IT TO YOURSELF TO DO IT WITH GUSTO!**





# My Big 5

Fill these list out with your top 5 things for each and check them off as you do them this summer!

## 5 MOVIES I WANT TO SEE THIS SUMMER



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 5 BOOKS I WANT TO READ THIS SUMMER



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 5 PLACES I WANT TO VISIT THIS SUMMER

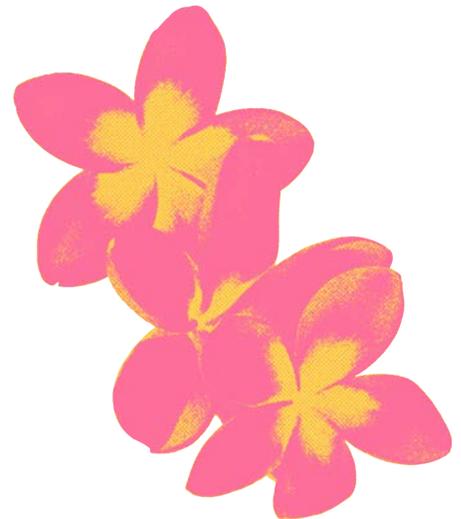
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5. \_\_\_\_\_



# 15 Amazing Summer Tips and Activities

Try some of these ideas this summer to help you connect more to the energy and vibe of the season.

1. **Less TV time, more reading time!** Which I know sounds funny after telling to pick 5 movies you really want to see this summer...so make those movies count! Feed your brain and soul so good books under the summer sun.
2. **Swim in a body of water.** I know you might think to head for the pool, but if you can get to an ocean, river, or lake this summer, even just once, do it! The connection to a natural water source is powerfully cleansing for mind, body, and soul. Plus being out of the chlorine is good for the skin.
3. **Spend time outside at night.** Summertime is the best time to connect to the nighttime energy found in nature. Even if you can't see all the stars in the sky {like if you're in an urban area like me and the light pollution drowns them out}, there is still a vibe to summer nights that feeds the soul. Get out there and soak it up, especially on warm and humid nights.
4. **Look into summer workshops and adult education programs.** Everyone tends to look for programs for their kids for the summer, so their brains don't turn to mush, but what about yours?! Even though you might not be off for the summer like the kids, many rec centers, colleges, and community centers offer summer learning for adults on nights and weekends. Find



something you want to learn and dive in!

- 5. Go Earthing!** Earthing is an awesome barefoot walking practice that gets you out in nature working to ground, center and clear your energy. Go outside barefoot, day or night, and take a little walk. While you do focus on your walking and take big deep breaths inhaling and exhaling on your steps. Start with 10 or 15 breaths, then work up to 50 and then 100. Do this every night during the summer, and you'll sleep like a baby!

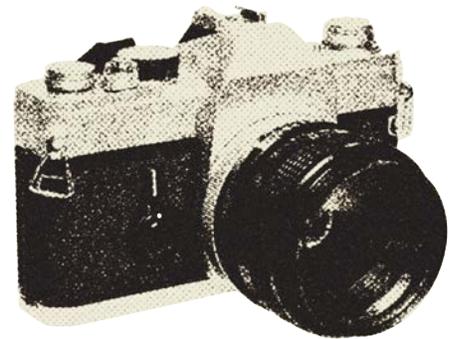


- 6. Meditate against a tree.** Go outside, find a big strong tree that you feel called to sit with, and sit against it with your back straight up. As you get comfortable and settle into your breathing imagine that you are growing roots that sink down with the roots of the tree...and then see yourself growing branches that reach up with the branches of the tree. Connect to Mother Earth and Father Sky with the tree as your guide and support system.
- 7. Do Sunrise and Sunset rituals.** For a sunrise ritual, you can greet the sun as it's coming up with a glass of orange juice. Hold the glass up to catch the first rays of the sun in the liquid and bless it for an energize and powerful day. Then drink up the sun! At night watch the sunset and as it does name 5 things you were grateful for that day and thank the Divine for giving you another amazing day despite and frustrations or challenges you met.
- 8. Fire Rituals or Ceremonies at night.** Summer begs for a bonfire! Gather around friends or family to have a fire ritual where everyone participates in creating the fire pit and then shares special discussions around it into the night. You can also make offerings to the fire of herbs, leaves, and twigs.

Name each leaf or twig for something that you wish to release and burn away in your sacred fire and throw it in without looking back!

- 9. Reconnect with a family picnic or BBQ.** While it is certainly not a new idea, it's one that can create some very special memories, especially for big extended families with kids. If nobody else is doing it, take up the reins and plan for a big family get together. Summer is a wonderful time to relax and let go of past problems that may be keeping you apart.

- 10. Start or rekindle a daily journaling practice.** It might feel a little like you're back in high school if you haven't done it in a while, but family journaling, even in a simple format, is a wonderful way to pick up a gratitude practice. When you sit down and tally up your thoughts and feelings from the day, while also sharing what you're grateful for, you're able to see more good things and blessings come into your life because you're paying attention to the ones that are already there. Keep track of your favorite things that happen this summer while always listing out the things you're most appreciative for from life {challenges included!} and use this as a time to connect to the divine energy thread that runs through the season for you.

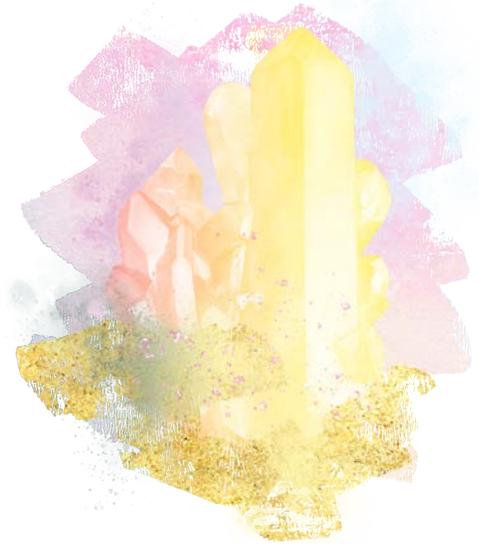


- 11. Pick a summer activity from your childhood and bring it back!** This is especially fun if you have kids of your own or maybe kids in your life that you can share this with. What was something you loved doing as a child? Is there a summertime childhood memory that is especially strong or important to you? Bring those things back into your summer this year and if possible share them with children in your life. It might be going to a specific summer hang out spot or taking a trip to a zoo or water park. Maybe as a

kid, you loved water balloon fights with the other kids on your block. Whatever it is, find something from times past that brings a smile to your face to think back on and make it part of your summer season this year.

**12. Garden by moonlight.** While you might think right off that gardening by the sunlight is ideal for the summer, doing some moonlight gardening can be amazing and deeply spiritual. The silvery blue light of the moon brings a whole different energy to your garden. Plan clear quartz crystals by moonlight next to the plants that you want to give more energy too and plant blessed flower seeds that will bloom with the late summer and fall.

**13. Carry citrine stones.** We talked about stones a little earlier, but it's worth saying again here - citrine stones are amazing for the summer. Maybe you're not feeling real "summery" this year. Your energy might be low or you may be so busy with work and other things that you just don't feel like you can get into the beach going, BBQ having, swimsuit wearing mood. Cleanse and charge a few citrine stones and carry them in your pocket and you'll find your mood will lift, and things will start feeling bright and sunny.



**14. Do some good for others.** Summer is a time for generosity and giving to those who need a little light in their lives which makes it a great time to give back to your community. Look into any charity or community programs in your area that you might be able to help out with during the summer. Some towns have programs for checking in on the elderly during the hot summer

months or maybe you could give a little time to a local animal shelter.

- 15. Clean house!** Sure we do spring cleaning, and some people even do fall cleaning, but a spiritual house cleaning during the summer is a perfect way to spend a Saturday or Sunday. Spiritual cleaning means both physically and energetically cleaning out your space. Clean your walls from ceiling to floor with a citrus based cleanser {I prefer Chinese Wash but Lemon PinSol works great too - the citrus helps to clean things energetically}. Sweep and wash floors from one end of the house to the other and move out the front door being sure to dump your wash water off your property so that energy doesn't hang around {don't dump it on your lawn or down your own pipes}. Then open your windows and burn sage or sweetgrass throughout the home, making sure to get in closets and corners, to raise the vibrations in your environment. The open windows also help bring in negative ions which help to balance out a build-up of positive ions from having windows closed if you use air conditioning!



## Want to make your own Chinese Wash to clean your home this summer?

### You'll Need:

- 1 large Mason Jar
- Murphy's Oil Soap
- 4 tbsp Van Van Oil {or use 3 tbsp Lemongrass oil + 1 tbsp Citronella oil}
- Dried lemongrass
- 13 pieces of broom straw cut from a new broom {real straw not plastic}
- 1 Frankincense tear or a single drop of Frankincense oil
- 1 large bowl for mixing

Mix the Murphy's Oil Soap + Van Van oils in the bowl. In the jar add your lemongrass, broom straw + Frankincense. Add the soap mixture and shake. Hold the jar pray for blessings and cleansing energy to remove any ill will and negative energy in your home. 2-3 tbsp to a bucket or warm water for cleaning!



# Summer Empowerment Bath Ritual

One of the energies that summer carries is self-care. Nothing makes a better self-care ritual than a bath! It's one of those luxurious things that we don't often do but when we do, we feel amazing. This bath is designed to help you gather up some of that much-needed self-love and soak in the empowering summer energies!

## You'll Need:

- 2 gold candles
- Candle holders + a Lighter
- Pink Himalayana Salt {1/4 cup - you can find this in most health food stores}
- 4 tumbled citrine stones {cleared + charged, larger stones are best}
- Rose petals {1 tbsp for love and passion}
- Lavender {1 tbsp for mental clarity}
- Chamomile {1 tbsp for determination}
- Calendula {2 tbsp for sun energy and power}
- Cheesecloth and string {or a muslin cloth bag}



Light the candles in the holders and place them safely on or outside your tub. Ideally, they should be somewhere that will cast light on your tub, but do what you need to to be safe!

Run the bath water. Make it a comfortable temperature, not too cool and not too hot. With the water a perfect warm temperature, it will feel like a big warm

hug. {You also don't want the water too hot, not only to keep from burning yourself but to keep from possibly cracking your crystals.}

Sprinkle in the salts and mix them around with your hand.

Place your crystals in the bottom of the tub in the corners.

In your hands roll and crush up the herbs a bit to release their oils and place them in the cloth or bag. Pop this into the tub of water and let it steep for about 5 minutes.

You may want to add soft music or bring and empowering guided meditation with you.

Before getting into the tub take a moment to say a prayer or blessing over the water, asking for the powers of the sun and its energies of strength, courage, and empowerment to fill the water.

As you get into the water imagine that you are stepping into a bright yellow ball of light. Feel the way the color tickles your aura and your body, the same as how the sun on a bright hot summer day does when you stand under the noon sun. {Don't know that feeling? Give that a try before doing your bath!}



rose petals



lavender



chamomile



calendula

# SUMMER MANIFESTING RITUAL



Spend time in the water with your eyes closed, breathing deeply, letting the crystals, herbs, and salt clear your energy and empower you with love, strength, power, and determination.

While in the water you can simply let the natural elements in there do their thing and you can just relax, or you can take the time to meditate on your desires and goals for the summer, ask for guidance from Spirit, or work on mentally setting intentions. See this bath as a sort of summer baptism - it's clearing out the stagnate energy and replenishing your inner light, your inner sun power, so you can go out in the world and manifest your desires!

When you're ready, get out and dry off. Take the pouch of herbs and crystals out of the water and allow them to air

## **Pro Tip:**

*Don't want to use candles but have a window in your bathroom? Do this at a time of day when the sun shines into your bathroom! All the better if you can catch some sun rays on the water, but a bright sunlit bathroom will work fine.*

dry. Once completely dry add the stones to the herbs and keep this as a charm bag to remind you of your regenerated power. Hold it and give it a little squeeze any time you need to infuse yourself with some of that energy.

Another thing you might like to do is use these herbs to make a summer power tea! All of these herbs are ingestible and can be purchased as “tea grade”. {Check out [Mountain Rose Herbs](#) to get these.} Use the herbs to make a tea, hot or iced, and drink it to infuse yourself with this empowering energy inside and out!



Have something big in mind that you want to manifest in your life this summer? Let's work it out with a little manifesting ritual for the summer season.

Plan to do your ritual at sunset. You'll probably want about an hour before sunset to prep your space, gather your goodies, and do your first step for your ritual. You will want to do this outdoors if possible, but at the very least you'll need to be in view of the sunset. {This could be a perfect time for a summer evening trip to the beach or the woods if you can't see the sunset from your home.}

#### **You'll Need:**

- Pen + Paper
- An orange candle {tape or votive will work}
- Candle holder + lighter {I prefer not to use matches because of the sulfur}
- Large quartz crystal {the biggest you have or can find easily}

- Sunflower or other yellow and orange summer flowers
- A large yellow or orange cloth bag or a 6"x6" yellow or orange fabric square and a white ribbon for tying things up

Set your space up with your candle in the holder in the center of your workspace with the flowers laid out around the base of the holder. Place your large quartz crystal in the center in front of the candle.

Once your space is prepared and you're facing that glorious evening sun, you'll begin your first ritual step - preparing a list of the things you want to manifest this summer. Keep your list short, concise, specific and realistic. 3 to 5 things is perfect for most folks.

- *What things do you really want to see enter your life this summer?*
- *What significant changes do you want energetic or spiritual help making?*
- *How do you really want to feel this summer and what would make you feel that way?*

Think about these kinds of things that you're looking for and list them out on your paper. When you're done set it aside.

Light the orange candle. Take a moment to have a few deep breaths and really tune into the energy of the air, earth, and sun around you. Feel the setting sun's light filling up your chakras with light and energy.

Carefully pick up your candle and hold it up, so the flame is imposed over the setting sun. Visualize that sun's light and energy filling your candle. As you do this, say:

**By the power of the summer sun,  
Bright and strong, even as it sets,  
I call upon the fire in the sky  
To fill me with brightness, strength, power and passion.  
May this energy fill my spirit and empower me to manifest all I desire.**

Place the candle back down inside the ring of flowers.

Pick up your list you made earlier and read it out loud to the sun and Spirit. Read it with passion, intention, and conviction. Read it as though you're reading a list of things you've already manifested in your life because in truth you have! It's just time to call them forth into your personal Universe.

When you're done say:

**Blessed by the Divine and full of the sun's bright light,  
I manifest these things into my life.  
May my harvest be swift and fruitful.  
So mote it be!**

Fold the paper in half and carefully tuck it under the flowers, candle, and crystal.

Let the candle burn down if possible. If you need to, snuff it out {don't blow it out} and relight it with a prayer and intention later. Try and let it burn down in the next 24 hours.

When the candle has burned out, gather up the list, the flowers, the crystal, and any wax remnants and place them together in the cloth bag. Keep it somewhere safe, preferably somewhere that the evening's setting sunlight will hit it.

Whenever possible grab your charm bag and go outside with it to watch the sunset. Hold it to your heart and say a short prayer or blessing out loud to the sun to empower your manifesting work.

**Pro Tip:**

Don't feel like sunset really resonates with you here? You can also turn this into a sunrise ritual! Simply make a few tweaks to the ritual and do it in the morning. I personally like sunset for this ritual because of the deep power and wisdom symbolically held in the setting sun, but you can make this change easily if that feels right for you.

Use your manifesting list to create a vision board for your work. Create your board in a sacred space using your list from your ritual as a guide and inspiration. Place the board somewhere you'll see it every day to help keep your desires and goals fresh in your mind so you can keep working to draw that energy into your life.





## CORRESPONDENCES FOR CREATING YOUR OWN SPIRITUAL WORK

### **Types of Working + Rituals for Summer:**

protection, creativity, love, relationships, sex/sexuality, dream work, any kind of candle magic, faery magic, building energy, strength, empowerment, clearing away obstacles, uncrossing, past life regressions, letting go of bad habits, spiritual and energetic rebirths

### **Herbs and Flowers:**

cinnamon, rose, lavender, thyme, vetiver, St. John's Wort, apple blossom, calendula, chamomile, mugwort, sunflower

### **Colors:**

blue, green, yellow, orange, gold, red

### **Crystals:**

citrine, carnelian, amber, rose quartz, pyrite, tiger's eye, bloodstone

### **Symbols:**

fire, bonfires, candles, sun, faeries, woodland animals, bee

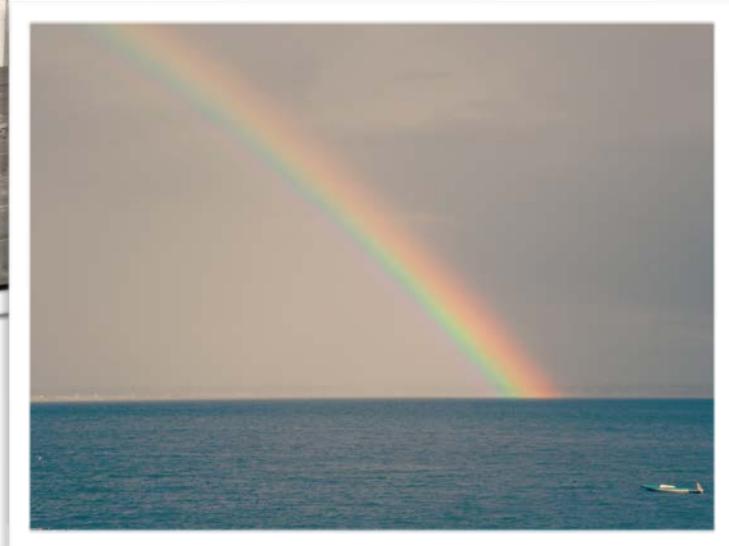
Have an amazing summer!

You deserve it!

And if there is anything I can do to help you have that great summer you're hoping for, don't be shy...reach out!

You can send an email to [support@jesscarlson.com](mailto:support@jesscarlson.com) or you can visit me in my [Twitter](#), or [Instagram](#) and let me know how I can help you.

Jess



# About Jess

**Hi! I'M JESS!**

**I BELIEVE IN MAGICK, SPIRITS, AND  
THE POWER OF YOUR INNER WITCH!**



I'm a Chaos Witch, intuitive tarot reader, writer, and magickal teacher. I love to share my unique and practical take on modern witchcraft and spirituality. I teach with humor and a light heart because magick doesn't have to be somber to work; there is magick in laughter. If you've ever wondered what happened to the weird goth girl in your high school class that was always reading spooky looking books, that would be me! Today I help women awaken their inner badass witch goddess and empower them with everyday witchery so they can live magickal lives.



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