

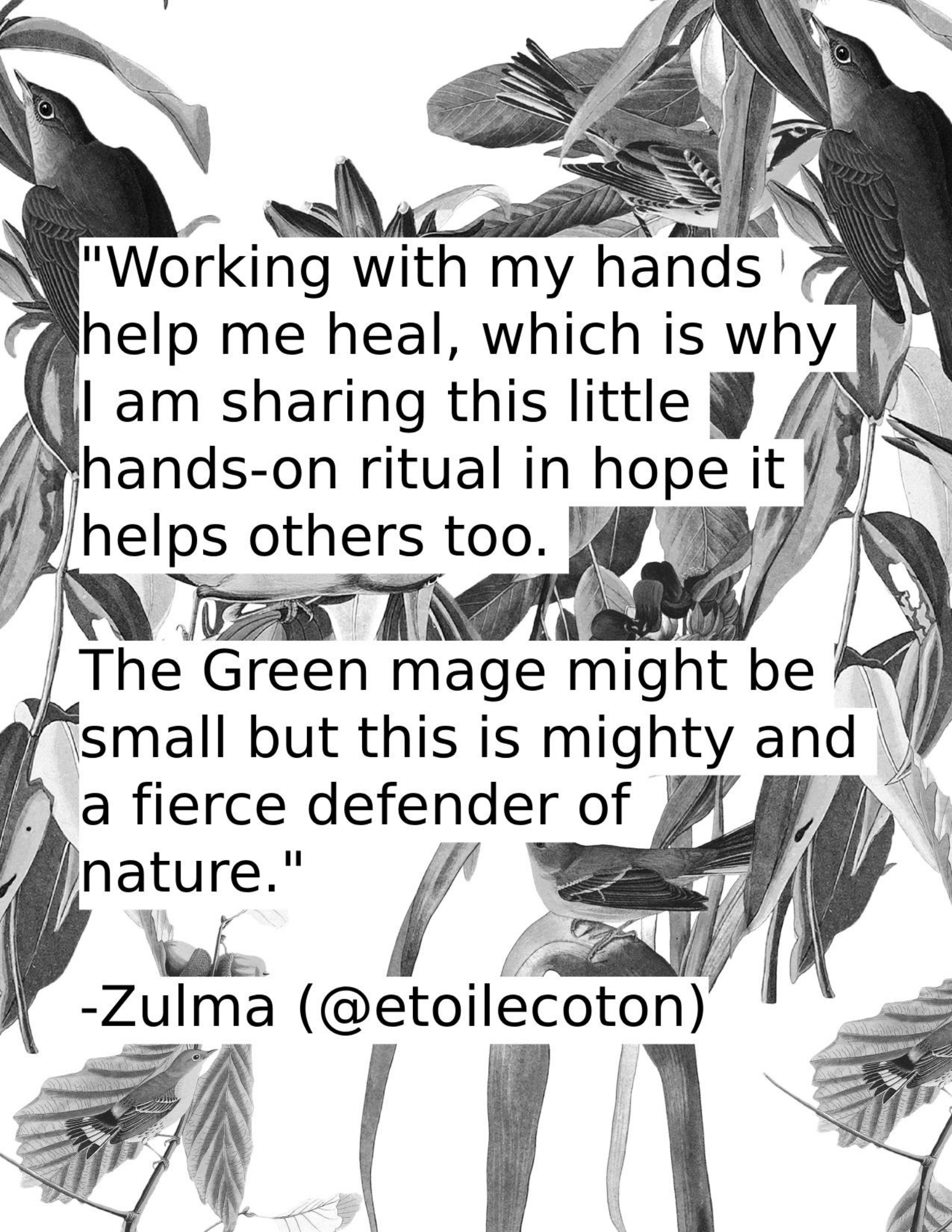




# Dedication from the zine curator

I dedicate my sections and my effort to the lost queers, forgotten to history. To the children in the Congo who are currently being used in slavery, to the prisoners in the US who are legally still being used for slavery, to the families in Palestine, to the homes I have never known because of peoples worship to the concept of borders

May together, we feed, clothe, house, care, and educate the world. I dedicate this zine to the world I hope we can make: where water, education, healthcare, housing, travel, and peace are considered inalienable human rights for all. So mote/ because I said so.



"Working with my hands help me heal, which is why I am sharing this little hands-on ritual in hope it helps others too.

The Green mage might be small but this is mighty and a fierce defender of nature."

-Zulma (@etoilecoton)

# HANDS-ON RITUAL

*Adding a personal touch to my practice*

Before I start,  
What am I using my HANDS for?

Am I creating a talisman,  
which I wish to keep in my wallet?

Am I releasing something to the universe,  
which will be burnt in my cauldron?

Am I enhancing my tarot practice,  
which will remain on my altar?

...

Depending on the usage, I might choose a sturdy cardstock, a thin paper, a magazine collage, an old drawing.. Once I have decided the purpose of my HANDS, I gather my supplies. I can go for watercolor paper and paint, black cardstock and acrylic markers or white copy paper and a pen. I go with what feels right in the moment.

Also, scissors!

Now I am ready.

## 1- I set my intention

It is more empowering to have  
to have my mind focused on my  
purpose when my hands are  
moving.

## 2- I cut my HANDS

Either I create my own, either I  
cut the ones from this grimoire.  
I can also create templates for  
future uses.

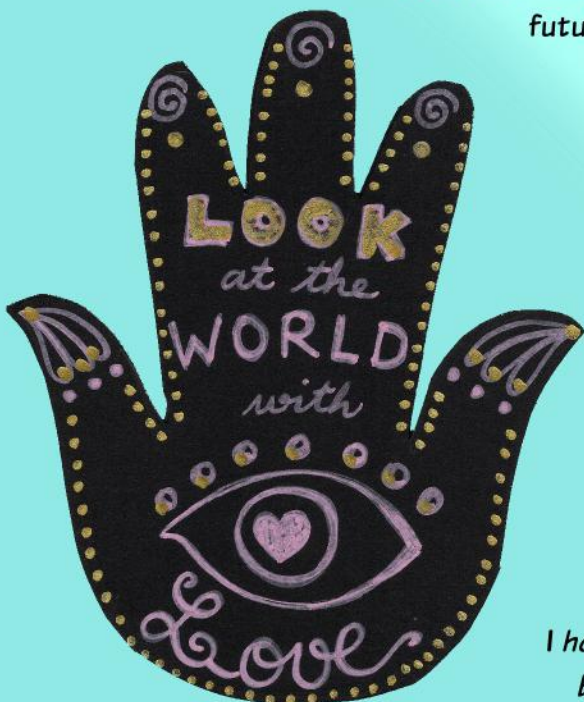
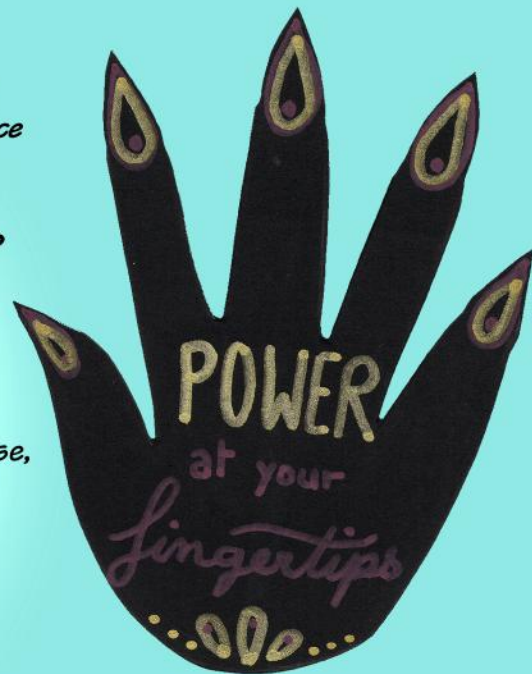
## 3- I decorate my HANDS

I can write, I can draw,  
I can paint, I can collage...

## 4- I use my HANDS

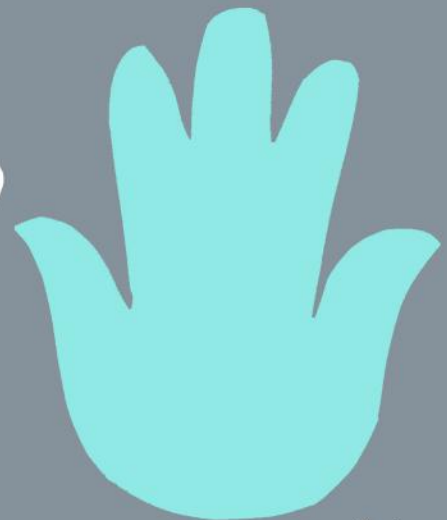
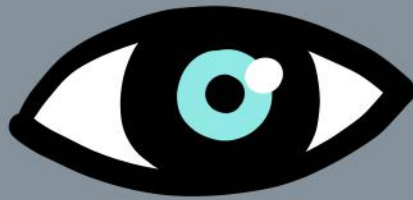
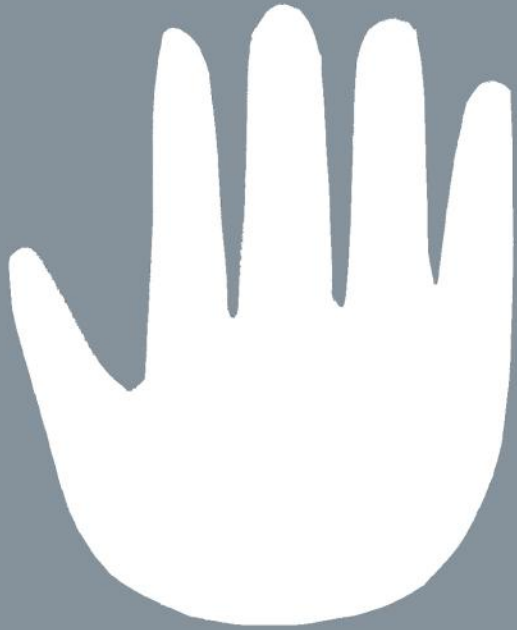
I incorporate them in my ritual,  
I decorate my space with them,  
I glue them in my grimoire, I give  
them to a friend in need,...

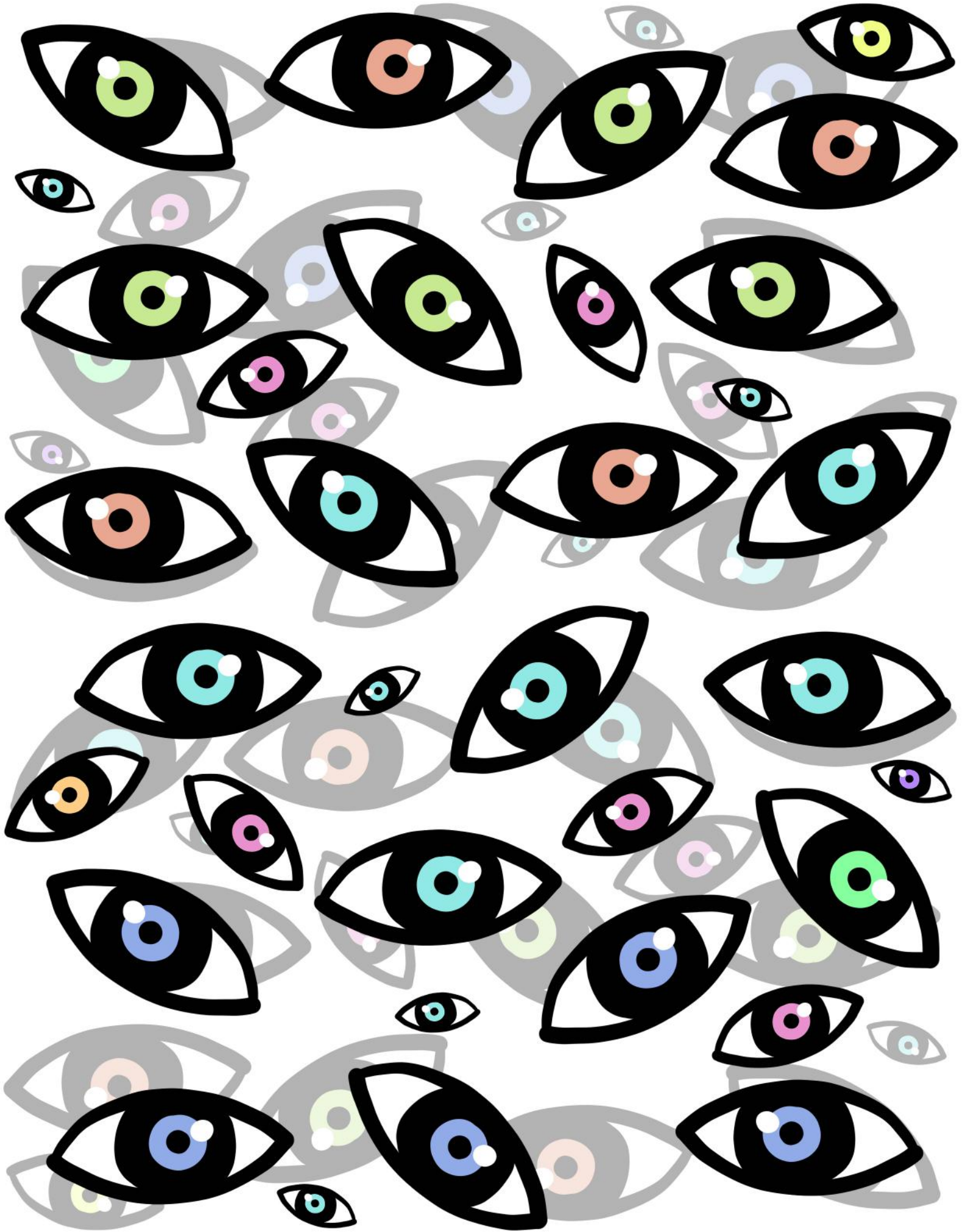
*I hope this little ritual add-on was helpful for you. Those little hands have been adding meaning to my practice in 2025. Zulma - IG @etoilecoton*



# HANDS-ON RITUAL

Templates for cutting  
You can also create your own







AM



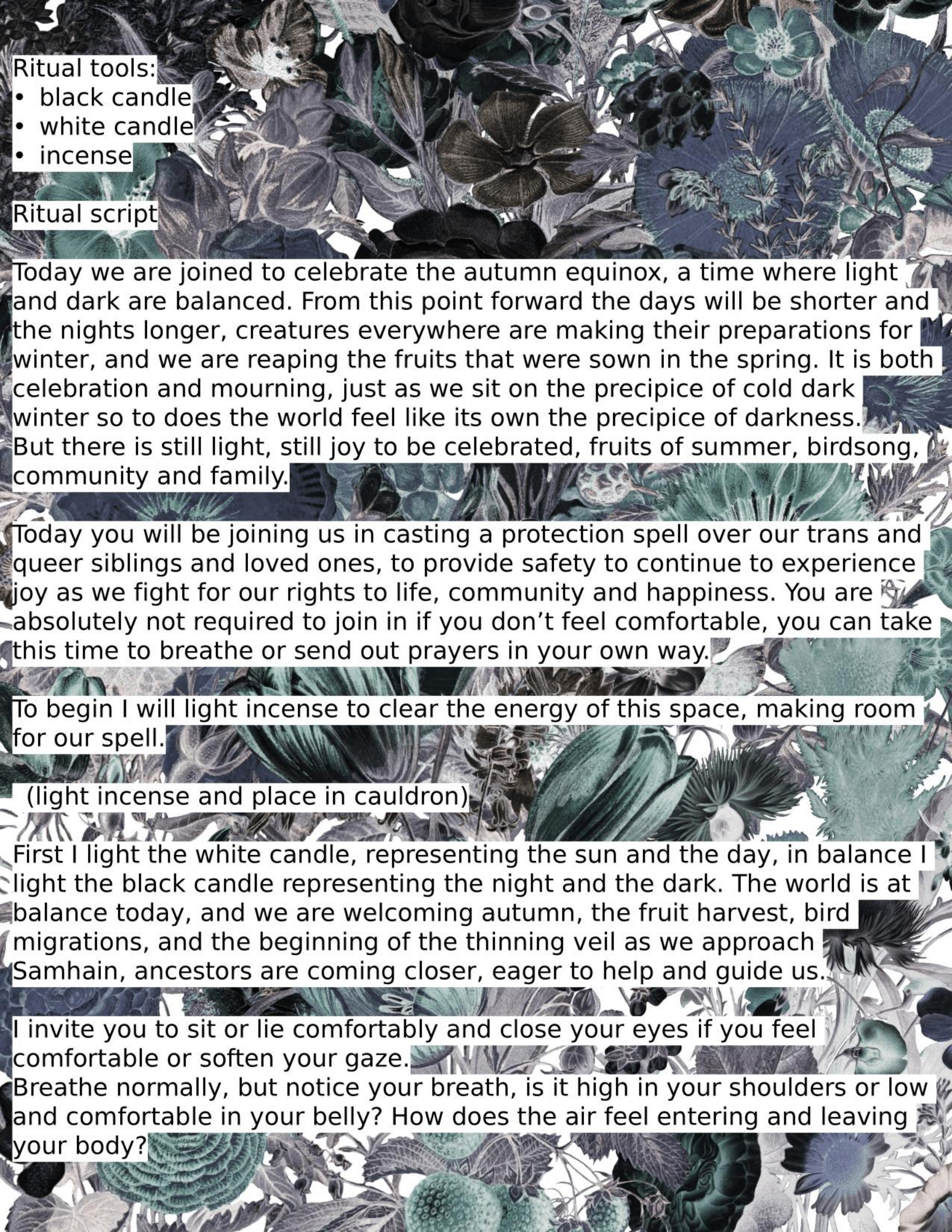
1 Trans protection coloring spell page

1 rituals/ guided meditation

1 collection of various art pieces

1 great artist

- Claire Galaxycoop (galaxy\_coop)



Ritual tools:

- black candle
- white candle
- incense

Ritual script

Today we are joined to celebrate the autumn equinox, a time where light and dark are balanced. From this point forward the days will be shorter and the nights longer, creatures everywhere are making their preparations for winter, and we are reaping the fruits that were sown in the spring. It is both celebration and mourning, just as we sit on the precipice of cold dark winter so to does the world feel like its own the precipice of darkness. But there is still light, still joy to be celebrated, fruits of summer, birdsong, community and family.

Today you will be joining us in casting a protection spell over our trans and queer siblings and loved ones, to provide safety to continue to experience joy as we fight for our rights to life, community and happiness. You are absolutely not required to join in if you don't feel comfortable, you can take this time to breathe or send out prayers in your own way.

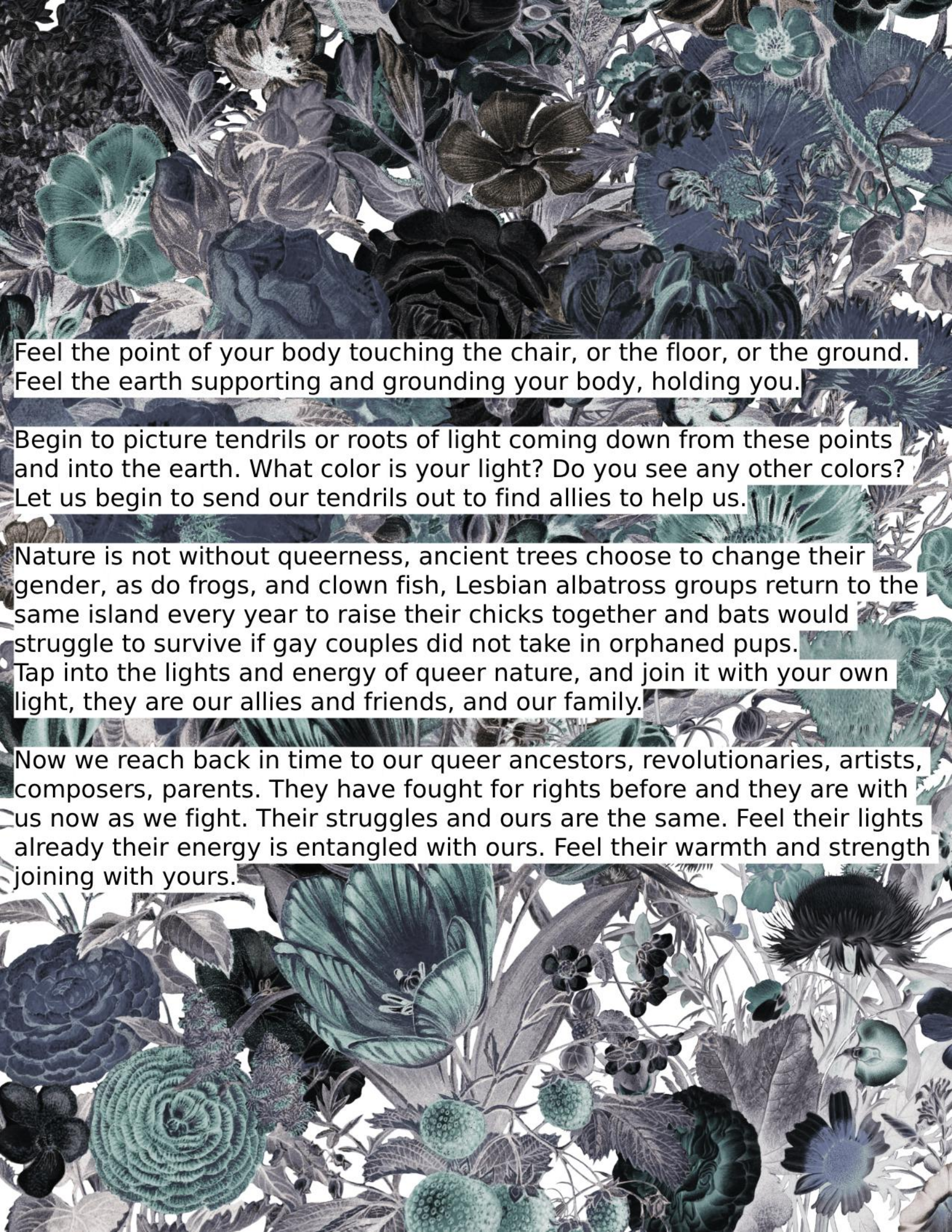
To begin I will light incense to clear the energy of this space, making room for our spell.

(light incense and place in cauldron)

First I light the white candle, representing the sun and the day, in balance I light the black candle representing the night and the dark. The world is at balance today, and we are welcoming autumn, the fruit harvest, bird migrations, and the beginning of the thinning veil as we approach Samhain, ancestors are coming closer, eager to help and guide us.

I invite you to sit or lie comfortably and close your eyes if you feel comfortable or soften your gaze.

Breathe normally, but notice your breath, is it high in your shoulders or low and comfortable in your belly? How does the air feel entering and leaving your body?

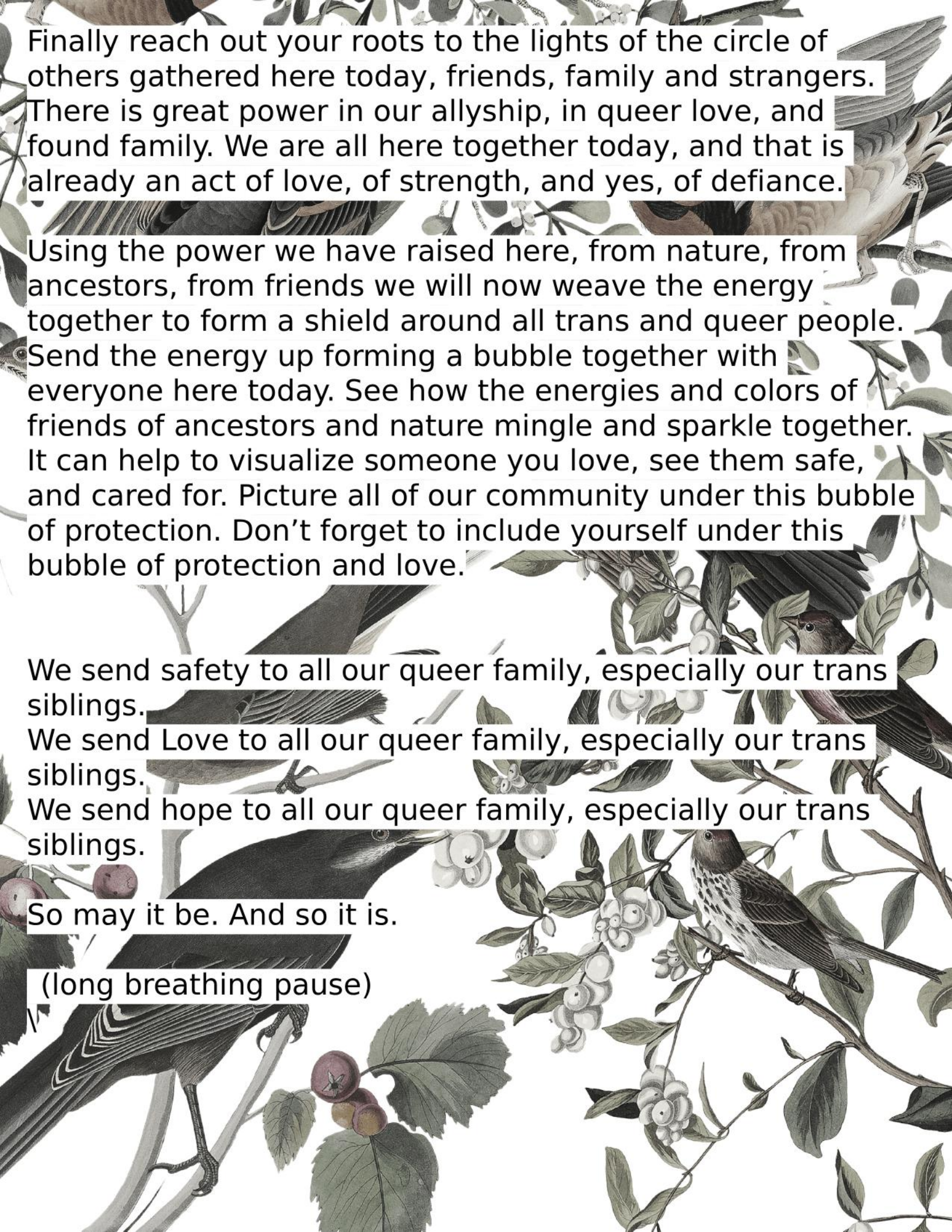


Feel the point of your body touching the chair, or the floor, or the ground. Feel the earth supporting and grounding your body, holding you.

Begin to picture tendrils or roots of light coming down from these points and into the earth. What color is your light? Do you see any other colors? Let us begin to send our tendrils out to find allies to help us.

Nature is not without queerness, ancient trees choose to change their gender, as do frogs, and clown fish, Lesbian albatross groups return to the same island every year to raise their chicks together and bats would struggle to survive if gay couples did not take in orphaned pups. Tap into the lights and energy of queer nature, and join it with your own light, they are our allies and friends, and our family.

Now we reach back in time to our queer ancestors, revolutionaries, artists, composers, parents. They have fought for rights before and they are with us now as we fight. Their struggles and ours are the same. Feel their lights already their energy is entangled with ours. Feel their warmth and strength joining with yours.



Finally reach out your roots to the lights of the circle of others gathered here today, friends, family and strangers. There is great power in our allyship, in queer love, and found family. We are all here together today, and that is already an act of love, of strength, and yes, of defiance.

Using the power we have raised here, from nature, from ancestors, from friends we will now weave the energy together to form a shield around all trans and queer people. Send the energy up forming a bubble together with everyone here today. See how the energies and colors of friends of ancestors and nature mingle and sparkle together. It can help to visualize someone you love, see them safe, and cared for. Picture all of our community under this bubble of protection. Don't forget to include yourself under this bubble of protection and love.

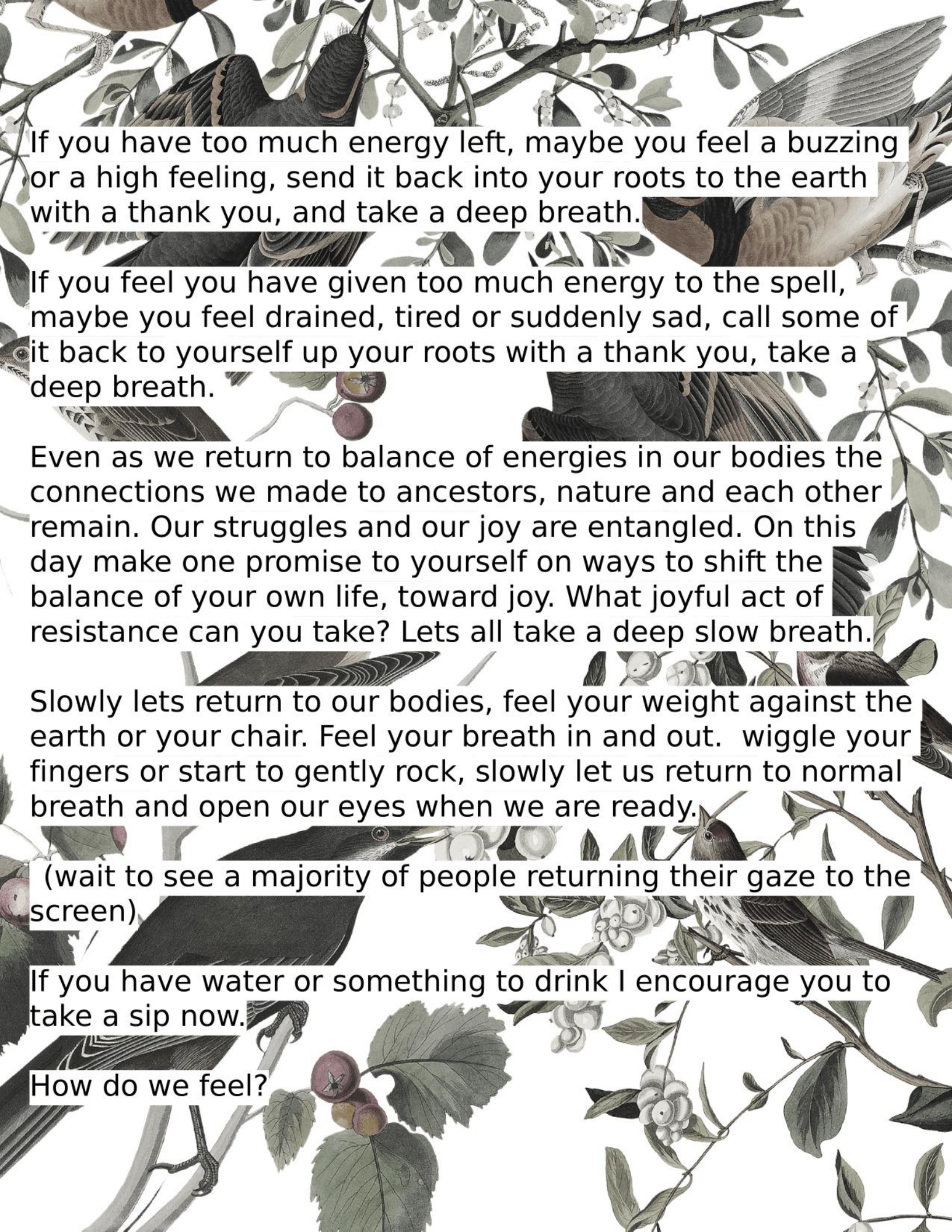
We send safety to all our queer family, especially our trans siblings.

We send Love to all our queer family, especially our trans siblings.

We send hope to all our queer family, especially our trans siblings.

So may it be. And so it is.

(long breathing pause)



If you have too much energy left, maybe you feel a buzzing or a high feeling, send it back into your roots to the earth with a thank you, and take a deep breath.

If you feel you have given too much energy to the spell, maybe you feel drained, tired or suddenly sad, call some of it back to yourself up your roots with a thank you, take a deep breath.

Even as we return to balance of energies in our bodies the connections we made to ancestors, nature and each other remain. Our struggles and our joy are entangled. On this day make one promise to yourself on ways to shift the balance of your own life, toward joy. What joyful act of resistance can you take? Lets all take a deep slow breath.

Slowly lets return to our bodies, feel your weight against the earth or your chair. Feel your breath in and out. wiggle your fingers or start to gently rock, slowly let us return to normal breath and open our eyes when we are ready.

(wait to see a majority of people returning their gaze to the screen)

If you have water or something to drink I encourage you to take a sip now.

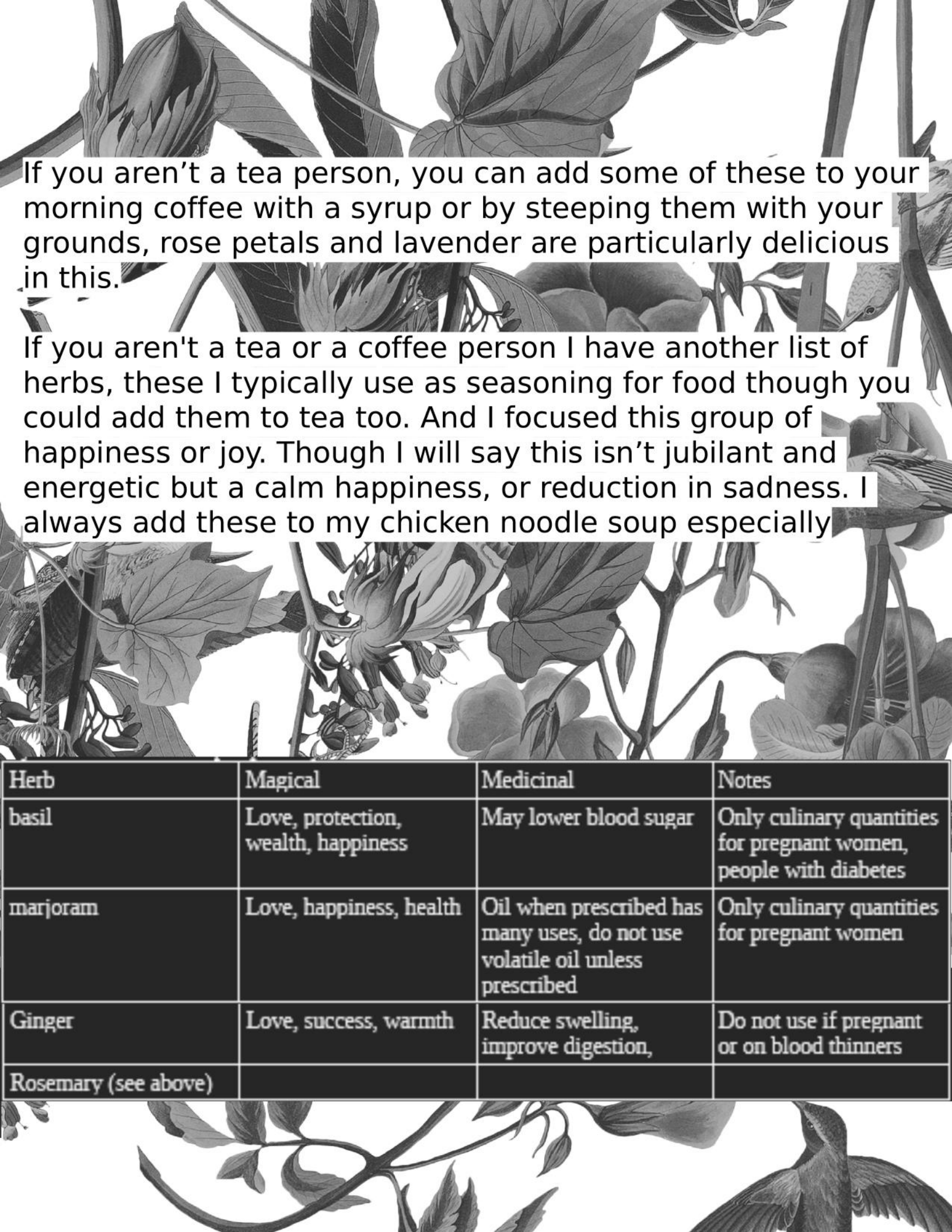
How do we feel?

So we are going to briefly talk about ways to calm the body, some of my favorites are through work with herbs, I'll go over some magical and medicinal properties of some plants that you can easily use as teas or consider looking for as oils or even scents in candles or soaps.

| herb          | magical  | medicinal  | notes   |
|---------------|--|--|---|
| Green tea     | Calm, alertness  | Alertness, antioxidants,                         | Contains caffeine                                 |
| Chamomile     | Calming, sleep   | Helps induce sleep and calm                      | Do not use if pregnant or on blood thinners       |
| lavender      | Love, protection, sleep, happiness, peace, associated with the queer community | Calming, especially through smell                | Do not use if pregnant, on narcotics or sedatives |
| Roses         | Love healing, protection, luck, associated with the trans community            |  |   |
| Rosemary      | Protection, love, sleep, healing,  | Indigestion, rheumatism (in Germany)             | Do not use if pregnant, be careful of oil dosages |
| Lemon Balm    | Calm,  | Anxiety and insomnia                             |   |
| Lemon Verbena | Purification,  | Restful sleep, anti inflammatory, digewstive aid |   |

I chose these herbs because they are generally safe and common culinary plants with historic use in calming. Basically if you plan on drinking teas with these multiple times a day, talk to a doctor or herbalist first. You can find these in pre-made tea bags and at some grocery stores. I recommend steeping herbal teas at boiling for ten minutes. Chamomile can be floral and bitter which some folk find unpleasant, honey definitely helps. green tea or blends containing it should be steeped closer to 170 degrees and only for 3 minutes or it can become bitter.





If you aren't a tea person, you can add some of these to your morning coffee with a syrup or by steeping them with your grounds, rose petals and lavender are particularly delicious in this.

If you aren't a tea or a coffee person I have another list of herbs, these I typically use as seasoning for food though you could add them to tea too. And I focused this group of happiness or joy. Though I will say this isn't jubilant and energetic but a calm happiness, or reduction in sadness. I always add these to my chicken noodle soup especially

| Herb                 | Magical                             | Medicinal  | Notes   |
|----------------------|-------------------------------------|--|---|
| basil                | Love, protection, wealth, happiness | May lower blood sugar  | Only culinary quantities for pregnant women, people with diabetes |
| marjoram             | Love, happiness, health             | Oil when prescribed has many uses, do not use volatile oil unless prescribed | Only culinary quantities for pregnant women                       |
| Ginger               | Love, success, warmth               | Reduce swelling, improve digestion,  | Do not use if pregnant or on blood thinners                       |
| Rosemary (see above) |                                     |  |   |



I would like you to consider the following questions:

What radical acts of joy can you bring to your life?

Cats and pets

tuning into children's innocence

Connecting with queer community

Going outside

Gardening

Going for walks

walking dogs

"Joy as resistance is a Motto!"

Remembering joy exists

Working with somatic therapists

Mindfulness

Noticing the little things that bring joy, especially on a commute

Convening with nature

Watching the sunset

tuning into the lunar cycle

How do you balance care of self and care of others or political work? Do you struggle with this balance?

What are your favorite ways to calm yourself or instill mindfulness?

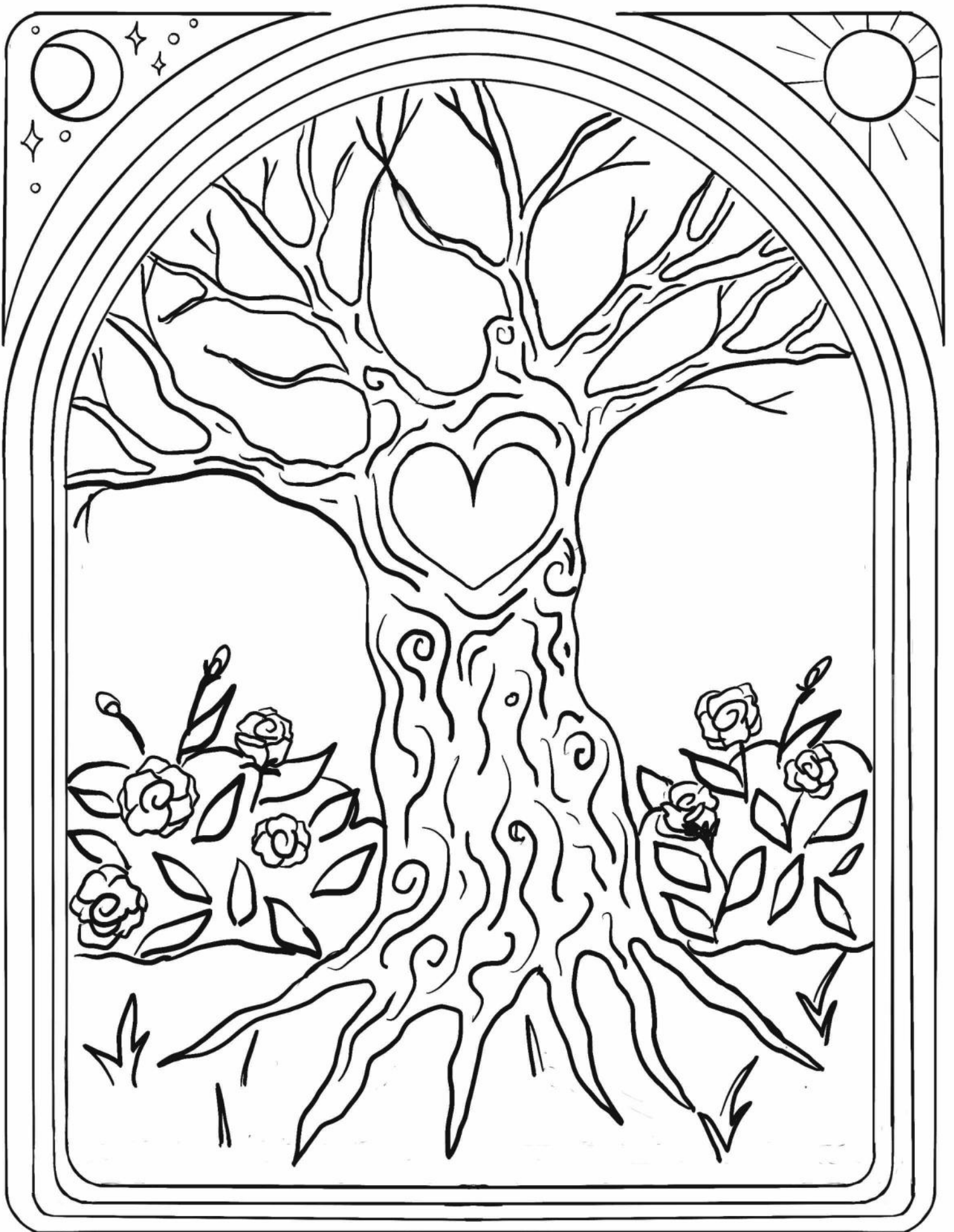


Oliver Cook 2014











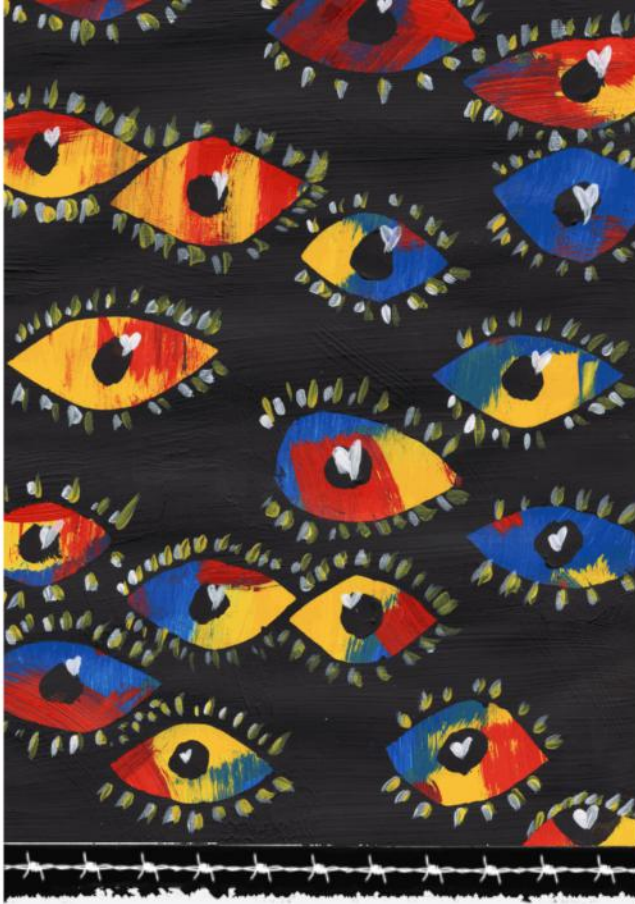
4 Oracle cards

4 Coloring book spells

4 Poems

4 you

- Alexander Speaks  
(Alexanderspeaksart)



Mutual Aid



Embrace



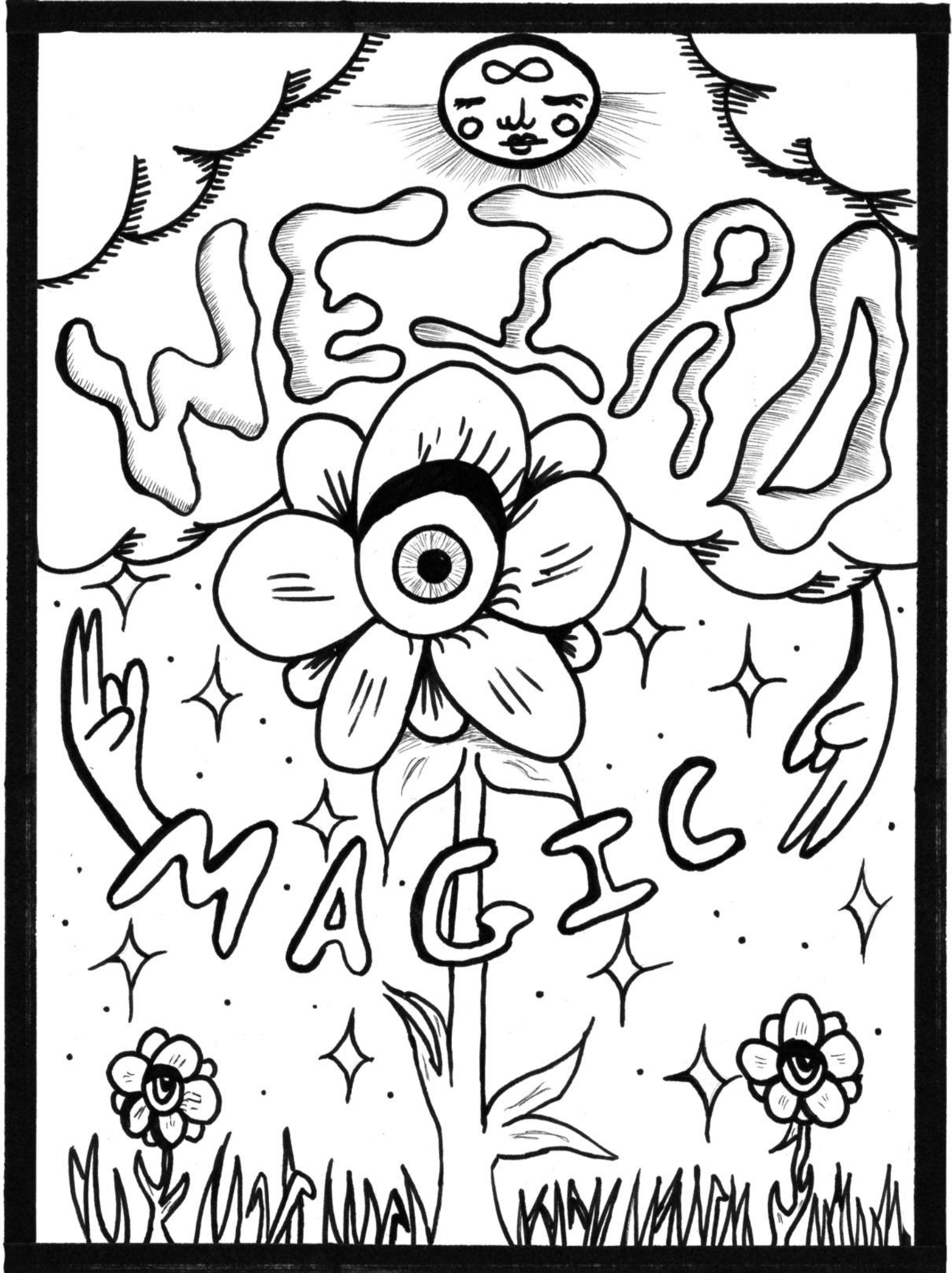
Ancestors



Decolonize



SHADOW  
WORK





# Abundance





## Prayers for the dysfunctional

Forgive me for the weakness that I lack,  
for forgetting that you were a kind of without  
and yeah, I have been callous.

Who hasn't? Could have seen the world  
in flame and not grown an extra layer of thick  
thick thick ick ick ick skin around  
a thrice shrunken heart.

I've grown, I've apologized to the empty room  
and waited for a response.

I've lost friends, family, I still have nightmares  
about that college town. I miss a home that's  
not there. I miss a family I don't know. I am a  
tall child now, writing hoping you understand.

Do you?

I feel most free at night when I am alone,  
can listen to new songs,  
scribble notes I promise not to lose again,  
lose them anyways

I've soften now, and fallen in contempt with  
this simple love with a contentness. Truly  
in love with the simple and clean.

Prayers for who knows and who cares

The dead whisper to me,  
they say that this does not matter.

That my job does not matter,  
my laundry days do not matter,  
the ads on my phone do not matter,  
I am a fool to think so.

All spaghetti wrapped up like it does matter-  
just to slam down and remember that they are  
right.

I live next to a cemetery now, its not that  
special. I used to live next to the dead long  
before this.

I style my hair, its not special nor am I.

And I watch days rise and end. And sometimes I  
am changed by the nothing that happens.  
I am the same but different in a way that I can  
not describe.

And while I am not the sun, or the rise of the  
moon, or a creator of any original words. This  
matters. And I tuck this behind my ear for  
tomorrow, to pay off any hard words I will hear.  
preemptively so... --- ...

Prayers for you and me and you too

Is it okay  
that I  
pray for  
you?

Is it a  
violence that  
you have gotten  
used to?

apologies for  
being within  
your sight  
but at least I  
can say that I  
used the power  
of an observer  
to observe  
and do Nothing  
at all at the tears  
on your face that I  
said was not mine  
Please pray  
for the empathy that has died



if you would have it.  
I will pray for you  
Apologies,  
I miss what I was not.  
discovering the 90's  
Born tomorrow

parts.  
from the same  
built  
as I am not  
it is as simply  
understand  
to not  
I do not choose

page?  
on the same  
being  
for not always  
weird  
for being  
queer  
me for being  
forgive  
And could you

# Prayer for **HONESTY**

I promise, pinky promise  
to tell the truth  
even if you do not like it.....

Just promise to not yell  
to not hit  
to not shoot  
or even frown.

I may have my seasons  
I may be not what you want  
I may not be what you need  
But it doesnt matter.

You are like me, as I am like you.

More in common if we held hands and counted  
clouds.

We have more in common, then the S.T.A.T.E

Whoops, let a little truth out There

Do you think this is all for a show?

Apologize to me, do it with a pinky

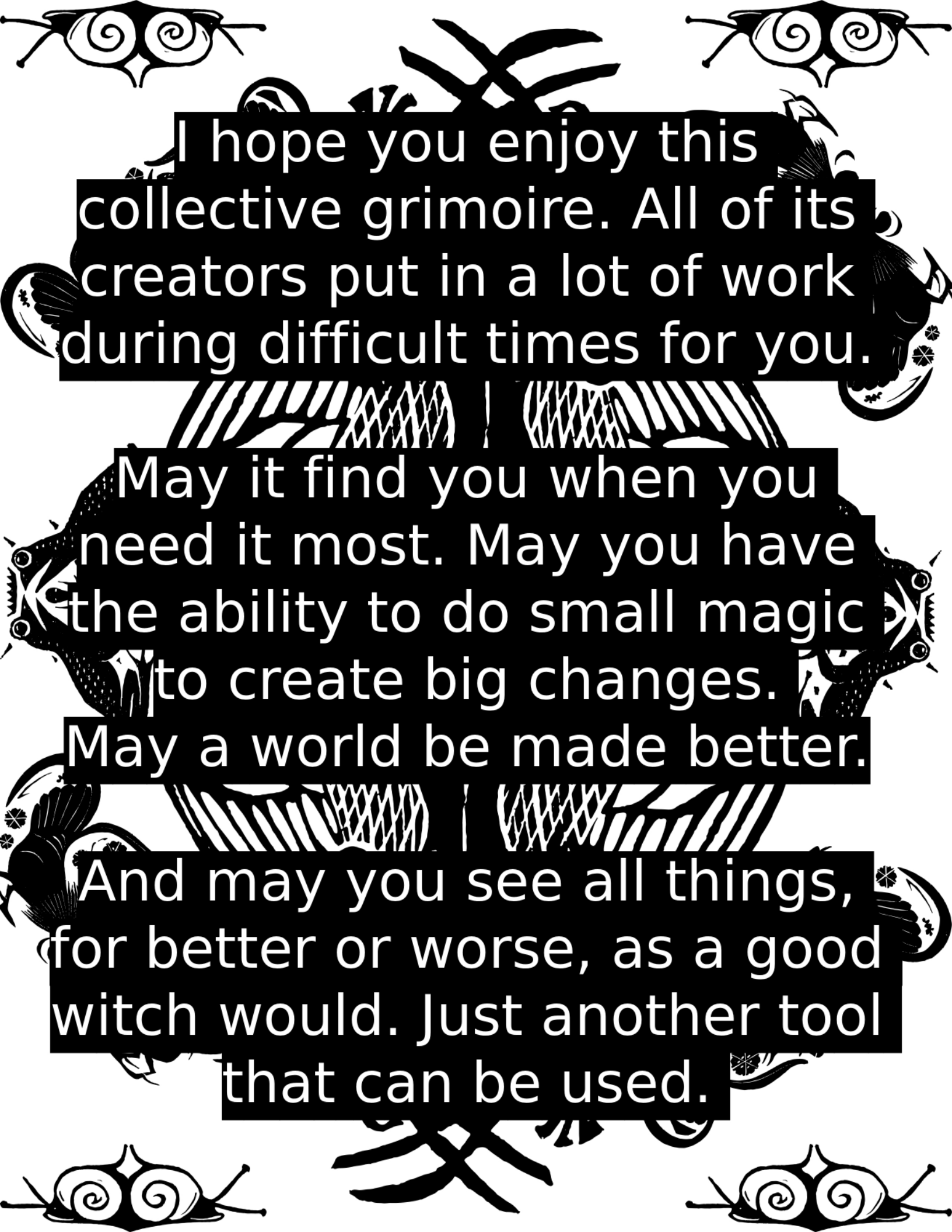
I won't believe you anyways.

The best apology is changed action

What we need is and

But you won't read it. You won't give it.

And all you give is ECAEP, ECAEP, and nothing  
to look forward to.



I hope you enjoy this collective grimoire. All of its creators put in a lot of work during difficult times for you.

May it find you when you need it most. May you have the ability to do small magic to create big changes.

May a world be made better.

And may you see all things, for better or worse, as a good witch would. Just another tool that can be used.