



Hearthcraft Workshop

Part One

At Hearth & Grove Fellowship

Presented by Morgan Torre

Needs

- Something that all people have in common: the need for shelter, nourishment, and a place to call home.
- Home is somewhere we can return to for: refuge, renewal, relaxation, and rejuvenation.
- No matter what your current spiritual path is, rooting it in your hearth makes a lot of sense and can nourish the rest of your spiritual life.

What is Hearthcraft?

- A spiritual path rooted in the belief that the home is a place of beauty, power, and protection, a place where people are nurtured and nourished on a physical, emotional, and spiritual basis.
- The practice argues that spirituality, like many other things, begins at home.
- The home itself is an essential element within the practice.
- Honoring the hearth means honoring your origins, where you come from each day, and where you return each night.

Why Hearthcraft?

- Keywords: simple, practical, family-related, domestic, everyday, household.
- Functions on a basic truth: *living your life is a spiritual act.*



House vs. Home

- A house is neutral structure.
- A home is a living, thriving place that is created by the actions and intentions of the people who live within that house.
 - A sanctuary
 - A place of security
 - It is defined by the people who live in it, it is created by them, and it is keyed to their energy.

Your Home

- The home is where you build a base or headquarters
 - You venture out into the world from it

- You return at the end of the day to it.
- Your home symbolically represents you, and in a deeper sense is an extension of you.
- How you treat your living space is often insight into how you perceive yourself.
- By consciously controlling how you organize and decorate, you can impact your sense of self as well and influence how you feel.
 - Environment affects your emotional, physical, and mental functioning--makes sense that it spiritually affects you.

Your Home as a Sacred Space

- When you bring spirituality into your home you make the argument that everything can be considered “sacred.”

What does it mean to be sacred?

- If something is considered sacred it is recognized as being touched by the realm of the gods in some way and is therefore something worthy of respect or honor.
 - Theoretically, it is no longer of this world: it is set apart and revered or honored for this reason. Although, “set apart” does not mean isolated and worshipped--it means given honor within the context of the everyday world.
- Sacred space, then, is a zone where you can touch the Divine, communicate with it, interact with it, or be influenced by it in a way that is clearer (or more easily perceived or felt) than in other places.
- To consecrate something means to ritually designate it as sacred.
 - This action doesn't figure largely into hearthcraft. Mainly due to the recognition that there is a touch of the sacred in all things, and the hearth is especially sacred due to its function.
 - There is no need to formally consecrate the hearth, because it was already sacred.

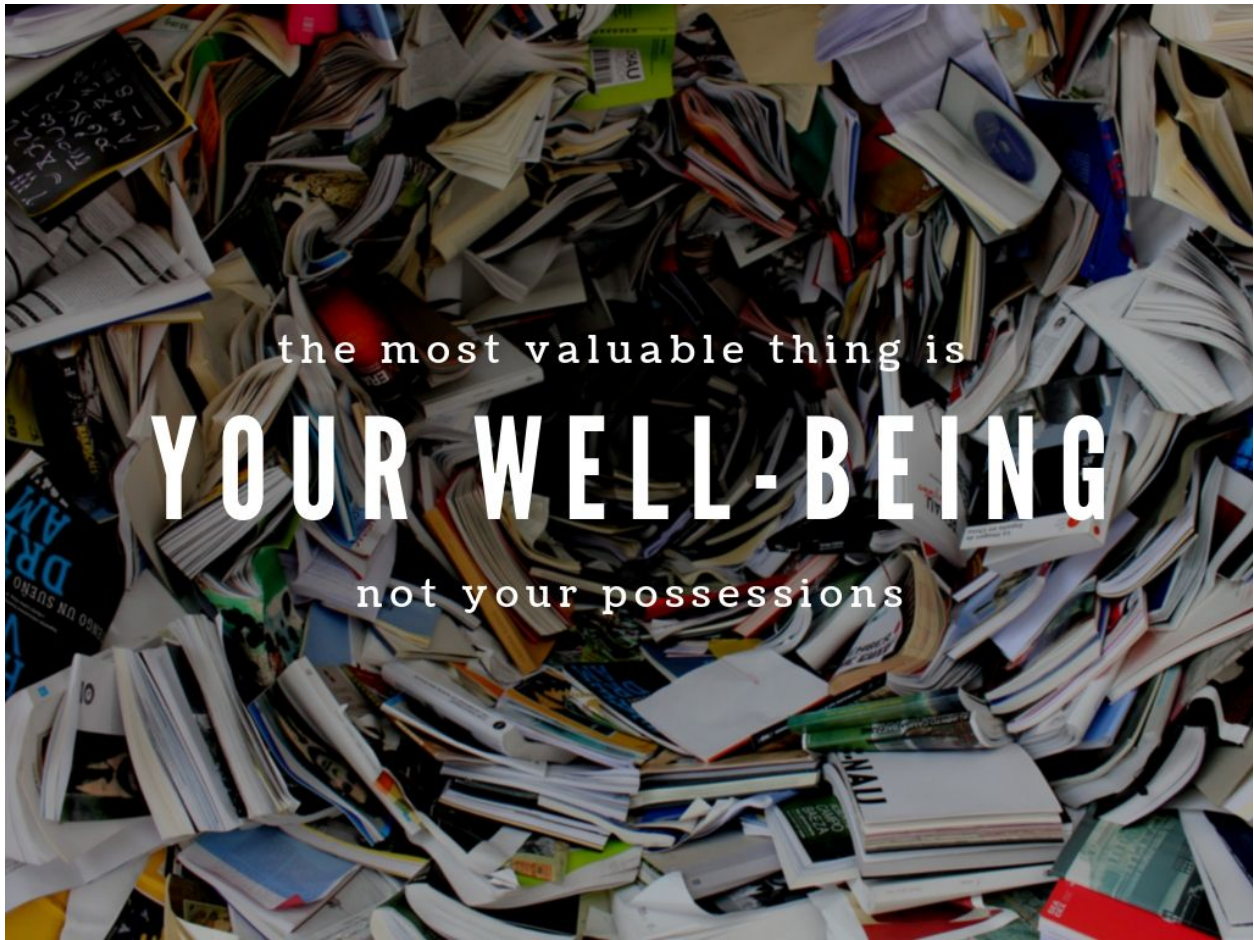
Why is your home sacred?

- You take great measures to protect it.
- You invest money into it (decorating, repairs, etc.)
- You invest time into caring for it.
- Sharing it with others who don't already live there is a big deal!

What about sacred spaces within your home?

- Many different places can be sacred within your home
 - Your bedroom
 - The collection of photos on a bookshelf

- The corner where you read



All About Clutter

- Our addiction to “stuff” can be harmful
 - Harmful to the environment
 - Harmful to our well-being
 - Harmful to our spirituality

Purging and Decluttering

- Marie Kondo technique (expanded)
 - Keep
 - Donate or sell
 - Toss
 - Recycle

- Hold the object and meditate on it--does it spark joy--that is, does it serve you in your life path?
- Mystical Method
 - Meditate on the object and how it's vibrational energy makes you feel
 - If it gives positive energy, it's not clutter
 - If it takes positive energy from you, it is clutter
 - May be neutral . .
- Energetic Bargaining
 - What kind of energy, care, and maintenance do you have to give to keep this item. Make a tally of what you energetically offer it.
 - Space in your home (which is valuable real estate)
 - Upkeep (how often and how long does it take to keep it clean and in working order?)
 - Does thinking about it's connections or origins drain you of some (or a lot) of your energy?
 - It reminds you of a time or person that wasn't entirely positive
 - It causes you annoyance or stress
 - Once you've made a tally, consider what positive energy it offers you
 - Is it useful to you
 - Does it make you feel happy, loved, comforted, etc.?
 - Are you comfortable with this energetic exchange? Are you getting a good deal?
 - Is it worth hanging on to the item?
 - Does it *feel* like clutter in your life?
- Imaginary Move
 - Imagine you're moving and it's a wonderful feeling--you're happy to embark on a new journey and have a fresh start that will allow you to manifest your best self
 - Envision yourself hiring movers or renting a UHaul and packing up all your belongings
 - Now open your eyes and look at the object
 - Do you want to take it with you into this beautiful new life?
 - Does it fit with your most ideal version of yourself?
 - Is it worth the time and effort it takes to pack and move it?
 - If the answer to any of these is "no" then it's clutter.
- Purging Partner
 - Light a white candle.
 - Open at least one window (if space allows)
 - Invite your close friend, partner, or family member to sit with you as you go through your life artifacts one by one.
 - They will act as a witness, allowing you to share your memories with them, while detaching from the objects that hold those memories
 - Use the purging piles if that feels helpful.
 - Treat everything as a sacred object, even if you're getting rid of it.

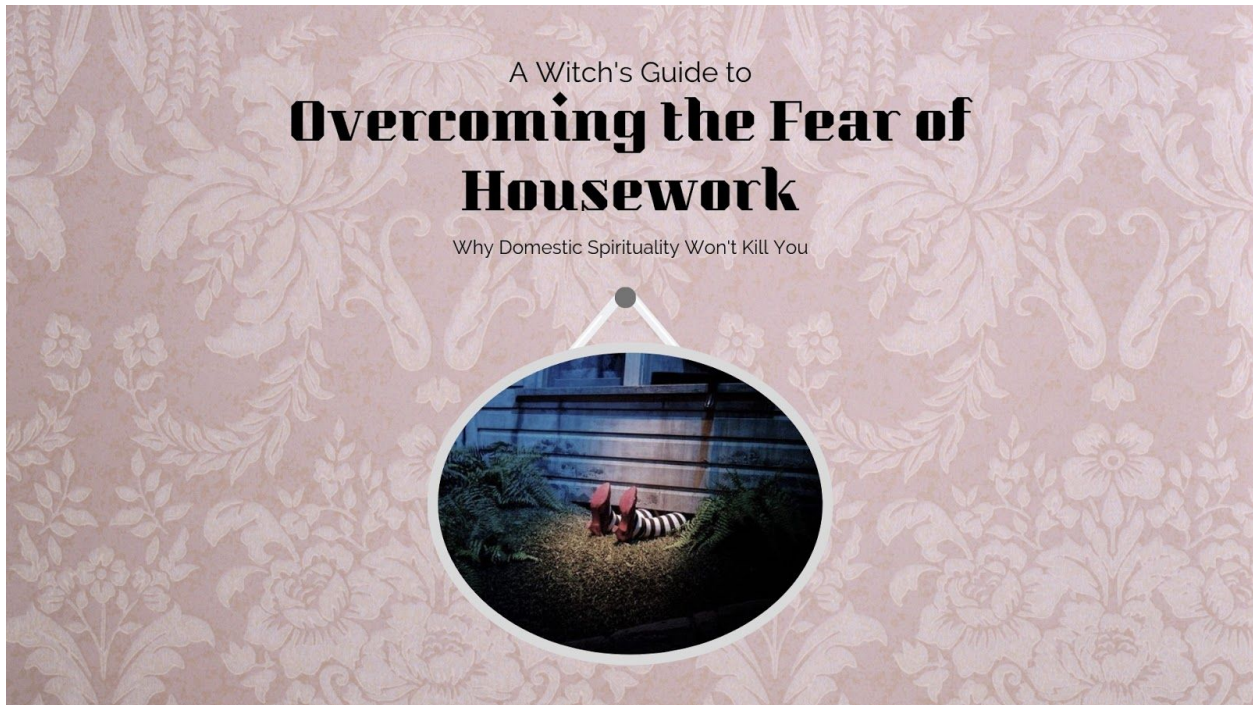
- Try to express gratitude for everything you're parting with.
 - This can be a silent acknowledgement or spoken aloud.
 - Example: A trophy from a sport you played as a child
 - Thank the trophy for holding the memory of success and winning.
- After you thank the object, allow yourself to pull the emotions that the object evokes from you **away** from the object.
- Let those emotions be absorbed into your aura--and then release your attachment to it into the ground beneath you, and then continue to send it down into the Earth.
 - Mother Earth holds so many memories within her. And energies are constantly recycled into the earth beneath us. You have the privilege of adding more to her vast landscape of memories and energies from the past and present. Your energy of your emotional attachment will be cleansed of negativity and recycled within her. Think of how the now purified energy will now be able to be harnessed by mother earth to create wondrous things in our world.
- For objects that you're donating, see if you can set a loving, positive intention for whoever receives the item next.
- Condense the amount of artifacts that you keep to about one-third (or or less) of what was there prior.
 - Perhaps you could even put some of the treasures that you've chosen to keep on display in your home--as opposed to keeping them in boxes?

A Note of Storage

- Often we fall into "out of sight, out of mind" territory.
 - If you're not using the item:
 - Because you forgot it existed
 - Because you have another item that serves the same or similar purpose
 - Because it was expensive, and even though you don't use it daily, you want to save it.
 - Ask yourself honestly if it serves you--because the truth may be that it doesn't, and that it could serve someone else much better.

If Parting is Difficult

- My suggestion when purging: if something feels meaningful to you, but you also wonder if you could part with it . . . it may be better to part with it. To keep the memory, you can always snap a photograph of it. Print the photos of the things that were difficult to part with, and store them in a stylish photo box. Or you could even put them into a scrapbook!



Dreaded “Housework”

- North American culture has developed an agenda against working and caring for you home
 - Advertising in the 1950s to 1960s:
 - Suggested the home was a burden
 - That the kitchen was a place to avoid
 - That cleaning and tending to the home was unworthy of the time it took
- We've come to regard food preparation and domestic activity as things that have to be done before we get to do other things in life.
 - “Running a household is not only work, it's valid work.”
- When establishing a home- based spirituality, you need to take into account your feelings toward the spaces in your home and the care of those spaces. Because those feelings will influence your spiritual work.

Remember: Every Act Can Be Spiritual

- Every act performed at home can be deemed “spiritual”
 - Making coffee or tea

- Setting the table
- Mediating
- Mopping the floor
- Cleaning the dishes
- Sweeping

Mindfulness at Home

- Things can be made sacred and spiritually intensified with mindfulness practices
 - Perform an action with **presence**
 - Don't think about what just happened or what you have to do next
 - Don't make judgements about what you're doing, accept those moments for what they are--let them exist freely.
- Why practice present mindfulness?
 - Creates a stress-free state of being
 - You'll be more receptive to the healing and rejuvenating energy your home can provide
 - You'll be more appreciative of your home and it's impact upon people who live within it.

Guidelines for Mindfulness

- No multitasking--perform one task at a time
 - You can't give your full attention if it's divided--this also leads to energy "waste"
- Be aware of the environment: sounds, lighting, smells
 - These anchor you in reality
- Be aware of yourself
 - How do you feel physically--no judgements, just observations
 - What textures do you feel from your clothes on your skin?]
 - What is your emotional state--again, observe, don't judge.
- Look through "new eyes"
 - Don't simply accept what's in front of you because you've seen it before--observe and absorb the details as if you've never laid eyes on it
- Breath
 - Take three deep breaths every so often, to ground yourself in the present reality and revitalize your nervous system.
- NOTE: you don't need to *always* be mindful--just try to practice this once a day, if not a few times a week.

Empower Your Cleaning Routine

- Enchant your cleaning supplies

- Make a cleaning schedule that follows the moon's cycles
- Create your own environmentally friendly cleaning products (Pinterest is a great source)
- Play uplifting music to keep energy moving in a healthy way
- Burn incense or diffuse essential oils
- Drink lots of water

Tips for Cleaning and Clearing Clutter

- To begin, turn towards the wall that faces East (Air) then move towards the corner towards your left--where North (Earth) and East (Air) meet.
 - As you clean or purge through everything, move around the room in a counterclockwise pattern (for banishing/letting go of what no longer serves you). Then end in the center of the room, cleaning or purging that space last.
 - If it's not dirty, don't clean it
 - Clean top to bottom
 - Clean one room completely before moving on to another
 - Use washable instead of disposable as much as possible
 - Clean behind and under large objects (fridge, stove, couch, etc.) periodically--to ensure proper energy flow

The Spoon Theory is Real!

- If you are impacted by a mental or physical illness or disorder that inhibits a cleaning routine (on the scale that you'd like):
 - Have empathy for yourself, realize that you are doing your best. And don't compare yourself to others.
 - Encourage yourself to take small steps
 - Cleaning or tidying or just 5 minutes a day is amazing! And it's so much better than doing nothing at all--and potentially feeling worse for it.

NOTE: join us for Part 2 on 7/14/19!

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