WITCHWARD RISING

NATURE-BASED MAGIC

FIELD COMPANION

Observation • Research • Practice

Personal Magic



A PRACTICAL GUIDE FOR DEEPER CONNECTION.

WELCOME

TO YOUR FIELD COMPANION



This companion is here to help you take what you've learned in the Nature-Based Magic collection and bring it into your own environment. Use it to observe, research, and record your experiences. Let it grow with you as your relationship with the natural world deepens.

HOW TO USE THIS COMPANION

- Take it outside — use it in your garden, local green space, or on your everyday walks.
- Make it your own — fill in what feels useful, skip what doesn't, and return to it often.
- Print what you need — plant study cards and working sheets are designed to be reused.
- Keep it simple — this is a practical tool, not a list of assignments.



CONTENTS

1 Getting to Know Your Land

2 Plant & Tree Study Cards

3 Natural Materials Reference

4 Working With Natural Forces

5 Folk Magic Research Notes

6 My Nature-Based Working

Appendices & Printables



INCLUDED PRINTABLES

- Blank Plant Study Card (multiple)
- Blank Spell-Construction Sheet (multiple)
- Seasonal Wheel
- Quick Reference Table

1

GETTING TO KNOW YOUR LAND

OBSERVATION • CONNECTION • SEASONAL CHANGE

This section helps you build a relationship with the place you live. By observing and recording what you see, hear, and feel, you'll begin to notice the patterns, energies, and offerings unique to your land.



IN THIS SECTION

1.1 My Place Observation Sheet
1.2 Seasonal Change Tracker
1.3 Local Ecosystem Notes
1.4 Spaces of Power
1.5 Ethical Harvesting Guidelines

1.1

MY PLACE OBSERVATION SHEET

DATE: _____ TIME: _____

LOCATION: _____

WEATHER	TEMPERATURE	SEASON

WHAT I SEE

WHAT I HEAR

WHAT I SMELL

WHAT I FEEL

NOTES / SYNCHRONICITIES



1.2

SEASONAL CHANGE TRACKER

DATE	SEASON	KEY OBSERVATIONS (PLANTS, ANIMALS, WEATHER, ENERGY)



1.3

LOCAL ECOSYSTEM NOTES

Record information about the natural environment around you. What plants, trees, animals, waterways and land features are present? How do they change throughout the year?

PLANTS

TREES

ANIMALS

WATERWAYS

LAND FEATURES

OTHER NOTES

1.4

SPACES OF POWER

Some places feel different. Use this page to record locations that stand out to you and why.

LOCATION:

WHY IT FEELS SIGNIFICANT:

LOCATION:

WHY IT FEELS SIGNIFICANT:

LOCATION:

WHY IT FEELS SIGNIFICANT:



1.5

ETHICAL HARVESTING GUIDELINES

A few things to keep in mind when collecting from nature:

- Know and follow local laws and regulations.
- Never harvest protected or endangered species.
- Note any what you need.
- Avoid damaging plants or habitats.
- Choose fallen materials when possible.
- Be mindful of animal habitats and nesting seasons.
- Consider the long-term health of the environment.
- Show respect and gratitude for what you take.



2

PLANT & TREE STUDY CARDS

IDENTIFICATION • ASSOCIATIONS • PERSONAL USES

Use these cards to record information about plants, trees, and other green allies you encounter. You can fill them in from your own observations, books, or reliable online sources.



IN THIS SECTION

2.1 How to Use the Study Cards
2.2 Example Plant Study Card (Nettle)
2.3 Blank Plant Study Card (printable)

2.1

HOW TO USE THE STUDY CARDS

- Identify the plant correctly (common and scientific name).
- Record where and how it grows.
- Note any historical associations.
- Add your own observations and personal correspondences.
- Include magical uses and practical notes.
- Use the blank cards as often as you like.



2.2

EXAMPLE PLANT STUDY CARD

Nettle (Urtica dioica)



OTHER NAMES
Stinging Nettle

PARTS USED
Leaves, roots, seeds

HABITAT
Fields, woodland edges, waste ground

GROWTH HABIT
Perennial herb

SEASON
Spring – Autumn

MAGICAL QUALITIES
Protection, boundary setting, strength, resilience, cleansing, banishing

TRADITIONAL USES
Herbal medicine, food, fiber, protection charms

MY PERSONAL NOTES
Feels protective and fortifying. Use in cleansing baths.

2.3

BLANK PLANT STUDY CARD

PLANT IMAGE
(draw or paste)

PLANT NAME
(Scientific name)

OTHER NAMES

PARTS USED

HABITAT

GROWTH HABIT

SEASON

MAGICAL QUALITIES

TRADITIONAL USES

MY PERSONAL NOTES



3

NATURAL MATERIALS REFERENCE

EARTH • WATER • AIR • FIRE • PLANTS
STONES • MORE

This section offers a quick reference for common natural materials, their qualities, and possible magical uses. It's not an exhaustive list, but a starting point for your own exploration.



IN THIS SECTION

3.1 Soil & Earth
3.2 Water
3.3 Stones & Crystals
3.4 Wood, Bark & Branches
3.5 Leaves, Flowers & Seeds
3.6 Feathers, Shells & Bones
3.7 Quick Reference Table

3.7

QUICK REFERENCE TABLE

MATERIAL	KEY QUALITIES	COMMON USES
Soil	Stability, grounding	Spell, offerings, protection
Water	Cleansing, flow	Blessing, emotional work, divination
Stones	Strength, endurance	Protection, focus, energy storage
Wood	Growth, resilience	Tools, wands, offerings
Leaves	Healing, renewal	Spell jars, healing work
Flowers	Beauty, attraction	Love, joy, harmony
Seeds	Potential, new beginnings	Manifestation, growth
Feathers	Communication, air	Messages, inspiration
Shells	Intuition, water	Protection, divination
Bones	Ancestors, transformation	Ancestral work, release



4

WORKING WITH NATURAL FORCES

WIND · RAIN · SUNLIGHT · SEASONS · LUNAR TIES

Nature's forces are powerful allies in magic. This section helps you explore how to work with the natural energy around you and record your own experiences.



IN THIS SECTION

4.1 Wind
4.2 Rain
4.3 Sunlight
4.4 Seasonal Energy
4.5 Moon & Earth Cycles
4.6 Recording Your Experiences

4.6

RECORDING YOUR EXPERIENCES

DATE: _____ NATURAL FORCE: _____

INTENTION: _____

_____

WHAT I DID

WHAT I NOTICED

RESULTS / REFLECTIONS

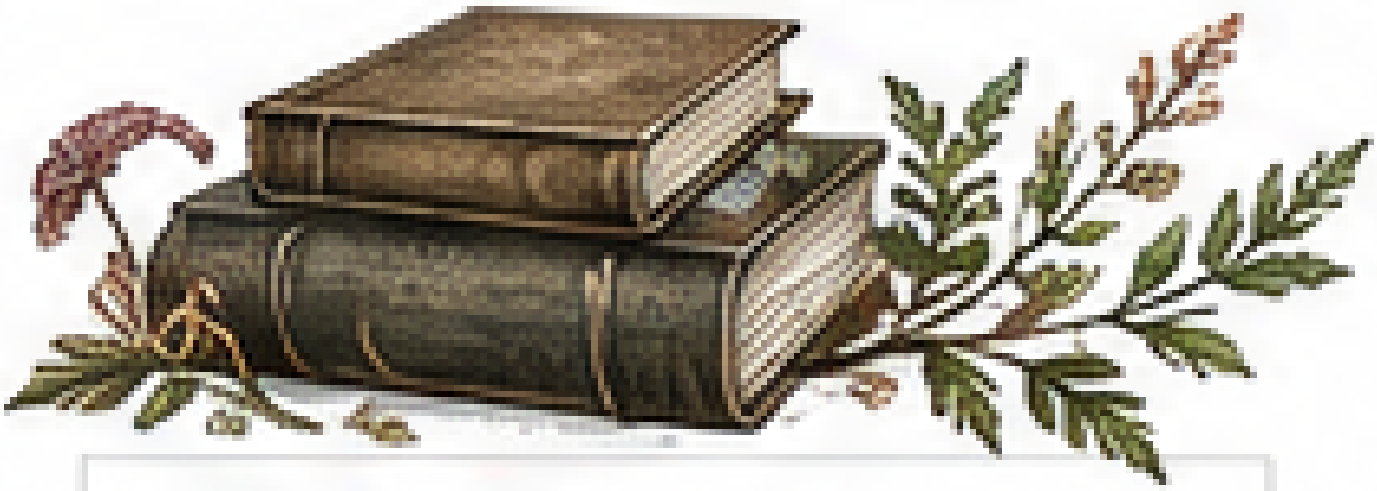


5

FOLK MAGIC RESEARCH NOTES

HISTORY · SOURCES · PERSONAL INTERPRETATION

This section helps you record what you discover about traditional uses of plants, places, and natural materials. It's a simple way to keep your research organized and note how you might work with that knowledge today.



IN THIS SECTION

5.1 Research Note Template

5.2 Example: Mullein

5.3 Research Source List