

Dawn Aurora Hunt

A KITCHEN WITCH'S
CULINARY
ORACLE DECK

*Gain Daily Insight and Bring Magic to
Your Meals with Everyday Ingredients*



RIZZOLI
UNIVERSE



IMPORTANT NOTES

(DON'T SKIP THIS!)

As someone who struggles with food allergies and health issues, food can be hard to work with, even for a Kitchen Witch like me. **While working with these cards, please do NOT eat or try things that might hurt your physical body.** If you are allergic to a food, don't eat it for the sake of a reading. It is always acceptable to find alternative ways to work with the energies of these foods; for example, let's say you pull the Strawberries card from the deck, but you are allergic to them. You can still encourage the romantic energy of strawberries by using the picture of strawberries or a strawberry-scented candle in your kitchen. **Never eat something you think could make you sick or could harm you due to a medical condition like diabetes or Celiac disease.**

VEGANS/VEGETARIANS

You can still work with the energies of things like pork or beef or cheese. Simply substitute out those items for the vegan versions and use your visualization.

THOSE WITH A GLUTEN INTOLERANCE

You can still work with the energies of things like wheat and bread. Simply use ingredients that are safe for you like rice flour, buckwheat, or any other gluten-free grains.





HOW TO USE THIS DECK

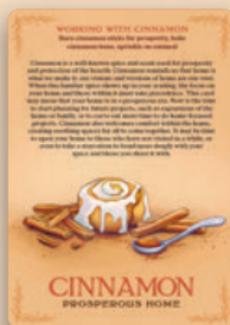
Often, we move through the days without pausing to truly take in the food we are preparing, eating, or sharing. This culinary oracle deck invites you to slow down and become mindful of the magic of food. Everything we consume has energy and life. It will help you to find guidance and inspiration as well as a bit of introspection around the uses of simple ingredients and household tools.

As noted previously, there is no “right” way to work with these cards. As a practicing Kitchen Witch over the years, I have developed an understanding of the innate magical and energetic properties foods can hold. This comes from deep meditative work and studying the lore around ingredients. You may find that while working with a card or a food ingredient you suddenly feel a certain way or envision something different. Go with it! **Trust your gut and interpretations.** My suggestions are only meant to advise and spark ideas about working with these foods.

There are many ways to use this deck, but I tend to use oracle cards in a **single-card pull or reading**. With this deck, you not only get a message but you’ll be able to incorporate the energy of the card into your day in a practical way—by adding the ingredients to a meal. How exciting is it to be able to act on the energies or messages that are coming to you with items in your kitchen? Of course, as with all divination tools, meditation and journaling about your readings is always a good idea for deeper reflection.



SAMPLE SPREADS



ONE CARD: TODAY'S MESSAGE

This is the most popular way to use an oracle deck. Simply sit quietly for a few moments. Shuffle the deck while thinking about a situation or question you would like guidance on. Simple questions might be "What do I need to know or focus on today?" or "How can I best serve my highest good right now?" When you feel ready, spread the cards out in front of you and choose one at random; you can also simply take the card off the top of the deck after shuffling. Think about the information and how it applies to your question. You can keep the card somewhere you'll see it all day to remind yourself of the message. Keep the card in your kitchen, so it's visible to you while preparing meals. Do your best to incorporate this card's ingredient into a meal or make use of the kitchen tools suggested.

ENJOYING ARTICHOKES

Baked stuffed artichoke,
spinach and artichoke dip

An artichoke has a tender heart surrounded by prickly leaves to protect it from damage, thereby reminding us of how important good boundaries can be. This card means you are maintaining strong and healthy boundaries. You are keeping yourself safe and not allowing others to influence your energy negatively. You have worked hard to find where your comfortable emotional borders are. These edges are useful and necessary to help you continue to grow. Any situation or person allowed within your boundaries can see how your heart, like the artichoke's, is worth the effort.



ARTICHOKES

SETTING BOUNDARIES

ENJOYING BASIL

Pesto, caprese salad, garnish on pizza or pasta

Basil brings tranquility and peace of mind to finances. When pulling this card in a reading, it can be a sign that money in your life is stable. With the flow of reliable income, there is a deep tranquility when you know your bills are paid, and you will be able to provide all the necessary material things to survive. If you are struggling to make ends meet, this card signifies the need to reevaluate your relationship to money. Tranquility and peace are often found when we feel safe and our needs are met. Basil helps us to realign with what will provide comfort, bringing a sense of peace to our lives when it comes to money.



BASIL

MONEY AND TRANQUILITY

ENJOYING COCONUT

Coconut macaroons or sorbet, piña colada

Your own connection to spiritual forces has been awakened. When coconut shows up in your reading, it can have many meanings. There is a great strength in your connection to the moon in all of her phases. The moon symbolizes the cycle of a woman's body and life, in its waxing, full, and waning phases, seen as Maiden, Mother, and Crone phases. These also symbolize the three phases of the goddess. Coconut can also mean your connections to these energies are very strong now. The flesh of the coconut can help hone psychic intuition and understanding. This card encourages you to deepen your connection with the moon and with your own abilities.



COCONUT

MOON MAGIC AND
PSYCHIC ABILITY

WORKING WITH EGGS

Hard-boil and paint them in colors with symbols of your dreams and goals, make an omelet or quiche, enjoy scrambled or fried

Your endeavors are about to reap rewards. What have you been working on, working toward, or fighting for? When the Egg card shows up for you, things in your life are about to come together.

A common misconception is that fertility is only about having children, but really, it's about planting a seed, the potential within that seed, and its ability to grow, bringing forth something new. If you have been laboring over a project, a large purchase, or a move of some kind, your efforts are about to pay off. This card can also mean that it is time to move forward on something. You are in a fertile period of your life, and now is the time to act and plant the seeds of your desires. A warning on starting something new: a clear head and clear intentions for your goals are just as important as the goal itself. Be sure that what you are about to start is for your highest good, and the good of all those involved, before you plant the seeds.



EGGS

FERTILITY

ENJOYING LAVENDER

Make lavender tea or shortbread with lavender,
use lavender soap

For hundreds of years, lavender has been a balm to calm the mind and spirit. It can help create restful sleep and chase away racing thoughts. When lavender comes to you in a reading, consider looking at the situation at hand with a calm mind and a peaceful heart. Lavender reminds us to take a breath. Try to make decisions from a place of openness and love. Once we calm ourselves, we can see things more clearly and become more receptive to the answers we seek.



LAVENDER

PEACE AND CALM

