

The Great Book of Spells

Magicking
health, wealth
and happiness
into your life



Pamela Ball



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of
Spells

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Capella

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Art director: Beatriz Waller
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How to use this book

There are three main sections in this book: The Principles of Making Spells, Getting the Best from your Spells and the Spells Compendium.

The principles of making spells

In this first section, we look at what a spell actually is and at the different types we can use. We look first at love spells, bidding spells, blessings, healing spells, invocations and incantations and why we might use each type. Next we look at the role of the Elements – Earth, Fire, Air and Water – and finally at different types of spell working. This encompasses working with:

- ELEMENTAL ENERGY
- CANDLES
- COLOUR
- CRYSTALS
- HERBS
- KNOTS
- REPRESENTATIONS OF OBJECTS
- SYMBOLS SUCH AS RUNES AND OGHAM STAVES
- TALISMANS, AMULETS AND CHARMS

Lastly we consider the ingredients and tools we need in spell-working. These are those items you will need to include in your working area or sacred space.

- YOUR TOOLS, ACCORDING TO YOUR OWN BELIEFS
- CANDLES AND HOW TO 'DRESS' OR PREPARE THEM
- CRYSTALS TO USE
- HERBS AND PLANT RESINS, BOTH AS DECORATION AND INCENSES
- LIQUIDS YOU MIGHT USE, SUCH AS WATER OR FRUIT JUICE

Getting the best from your spells

Once you have a clear idea of what casting a spell entails, you will want to perform it under the best possible conditions. There are many ways of doing this, and this section gives you clear instructions on which you can base your own individual practice.

First there is personal preparation and you learn about ritual baths and how to tailor them to your needs. Then comes consecrating your sacred space, which consists of (usually) setting aside a part of your home where you feel safe and unthreatened. We give a way of 'clearing' that space ready for the next step, which is setting up your working area.

For many, this means setting up an altar which can be left in position permanently, but for others such a place has to be dismantled at the end of

every working, and for yet others the sacred space cannot be a permanent one. We suggest ways of dedicating your altar or working surface.

Those objects which you normally need to include in your working – such as your candle sticks, altar furnishings etc. – will also need to be consecrated (dedicated to the purpose) as indeed will any tools that you use such as your athame (magical knife) and wand if you choose to use one. Before that you must learn how to cast your circle and we show you how to do this.

The second part of this section gives you the information you need to make use of astrological correspondences and planetary influences. Each star sign has a particular influence which it exerts on us and what we do, and learning how to use these influences to the best of our ability maximises our spell making and gives a good deal of extra power when it is needed.

Each day and each hour is 'ruled by' - receives a particular influence from - the planets and we share this knowledge with you so that you can make decisions regarding the maximum influence you need. If you are looking for expansion, for instance, you would use the influence of the planet Jupiter. Many spell workers prefer to use the night time hours to work in, not necessarily because it is dark, but because it is quiet and the 'hours' - divisions of time - are often longer than our normal sixty minutes. We explain how this comes about.

While we mentioned colour magic in the first section, by learning a little more about the use of colour correspondences we can again enhance the work we do. We have included a short list to help you. Words of power are used in many traditions and we give some examples. There is a tremendous amount to learn and to remember but gradually you will find that you settle down into an accepted way of working and will begin to use any or all of the above knowledge almost instinctively. The trick is to take things slowly and add one new bit of knowledge as you become more proficient.

The last part of this section gives you information on collecting and assembling ingredients and equipment and some tips on choosing the right words.

The spells compendium

The final part of this book is in effect a grimoire - a collection of spells under various headings - to make it easy to consult. Each spell has an introductory paragraph with information as to what type of spell it is, the best time to carry it out if possible and which discipline it comes from if known.

We then tell you what you will need: candles, incense, special tools or objects, then give you the method to use. Some spells require incantations, some invocations and others simple actions to make them work, and this is laid out for you.

Lastly there is a short paragraph which tells you what you might expect, though as always we would remind you that results can sometimes be unexpected, or indeed not take place at all!

The five sections are Health and Healing, Love and Relationships, Money, Finance, Wealth and Luck, Business, Career and Decision Making and Protection.

Section 1

*The
Principles
of
Making Spells*



W.D.T.

What is a spell?

In ancient pagan communities the elders, or wise ones, had, by their very experience, an awareness of custom and a firm grasp of what had previously worked when trying to gain control over Mother Nature and other powers they did not fully understand. They had access to certain knowledge (and therefore power) that was not readily available to the ordinary individual.

The ancients recognized that words spoken in a certain way according to custom seemed to have more of an effect than those spoken on the spur of the moment. As a consequence, their words would have more power, yet the same words spoken by the uninitiated or those who did not understand did not seem to have the same result.

There are three important aspects when reciting a spell. The first is that words spoken with intensity and passion do have a power all of their own. The next is that the speaker also has a power and an energy which, with practice, he or she may learn to use effectively. The third component, the forces and powers belonging to that which is 'beyond the human being' also have a tremendous power and are called upon, used or directed for a specific purpose. The use of all three of these aspects gives a very powerful spell indeed.

There are several kinds of spell, each of which requires a different approach:

Love spells

Many people, when thinking of spells, think of love spells - ways of making another person find them sexually attractive and desirable. In theory, love spells should be unconditional and this type should be entirely unselfish and free from self-interest. However, most of the time they obviously cannot be so, unless they are performed by a third party, someone outside the longed-for relationship who is totally dispassionate.

To try to influence someone else directly may well go against the ethics of many practitioners and magicians, though such spells do tend to be the stock-in-trade of many Eastern practitioners. Anyone who wishes to experiment with love spells needs to be aware that such spells come under the heading of bidding spells and therefore must be used carefully. Love spells are often accompanied by gifts or love philtres which are also meant to have an effect on the recipient.

Bidding spells

These are spells where the spell-maker commands a particular thing to happen, but without the co-operation of those involved. Trying to make someone do something which they do not want to do, or which goes against their natural inclination, obviously requires a great deal of power and energy and can

possibly misfire, causing the originator of the spell a good deal of difficulty.

For this reason it is wise to preface such spells with words to signify that the outcome will only be in accord with the Greater Good - that is, that in the overall scheme of things no-one will be harmed in any way whatsoever. This ensures that the intent behind the spell is of the purest and that there is not any maliciousness within the practitioner. This does mean that an able and responsible practitioner must choose their words carefully, even when they are not casting a spell.

One type of bidding spell that is allowable is when a curse or 'hex' is being removed. A hex is a spell that ill-wishes someone and in many cases binds the recipient in some way. A curse is a spell with a much more generalized effect. To remove such a negative spell, it is usual to turn it around and send the malign energy back to the person who summoned it in the first place. You simply command the energy to return from whence it came.

Blessings

These might be counted either as prayers or spells and need a passionate concentration on bringing, for instance, peace of mind or healing to the recipient. They hold no danger for the practitioner but are sometimes more difficult to appreciate since they tend to be more general than other types of magical work. They may be thought of in terms of a positive energy from beyond the practitioner being channelled towards a specific purpose.

Saying Grace is a form of blessing preceded by an offer of praise and a prayer of thankfulness, an acknowledgement of a gift. The food is enhanced by the act and the blessing is given by drawing on the power vested in the knowledgeable expert. Thus one practitioner may call on the Nature Gods whereas another might call on the power of Jesus Christ.

Healing spells and charms

Within this type of spell it is wise to go beyond the presenting symptoms and to ask for healing on all levels of existence - physical, mental and spiritual - because the practitioner may not have the knowledge or correct information to enable him to diagnose a condition correctly. The natural energies and specific vibrations are enhanced by invocations, incantations and blessings wherever appropriate.

Frequently, objects such as crystals are charged with energy and power to focus healing or other energies in a quite specific way, often to remind the patient's body of its own ability to heal itself.

Invocations

This calls on what is believed to be the ultimate source of power, which differs from spell to spell. Quite literally, it calls up that power and asks for permission to use this influence for a stated purpose. Meddling with this power and calling up negative forces is extremely unwise and very foolish.

Spells for selfish personal power or to gain power over others will often backfire on the unwary and may cause damage to the individual who casts them. Invocations of positive forces can do no harm except that the results can sometimes be highly disconcerting due to the sheer energy created, although the eventual outcome may be good.

The Incantation

This type of spell prepares the magical worker and his helpers for further work by heightening their awareness. It does not set out to call up the powers, but appeals to gods, goddesses, powers of nature and so on for help.

Chanting, prayer and hymns are in many ways incantations, particularly when the intent is stated with some passion. An incantation is often very beautiful and rhythmic. Music has always been an efficient way of heightening awareness and altering states of consciousness.

The Elements

In most systems of magical working you will find mentioned the four (or sometimes five) Elements, often in conjunction with their directions or, as they are known in magic, quarters of the Universe or cardinal points. Together and separately they are extremely powerful sources of energy and can give a tremendous boost to your spell making.

The four Elements are energies, and manifestations of energy, that make up the entire Universe. They also influence our personalities and therefore what we do. Magical working calls to each Elemental kingdom and its ruler to protect each cardinal point and its properties. Each Element has an intrinsic power and is known for having certain qualities, natures, moods and magical purposes. Each also has positive and negative traits.

The four Elements are Earth, Air, Fire and Water and you may well find that you work best using one of them in particular. People drawn to candle magic, for instance, are using mainly the Element of Fire, while those who work with incense are using Air with a fair smattering of Earth in the herbs and resins.

The fifth Element is that of Spirit which is the 'binding principle' behind everything. Sometimes known as Aether, it is, on the whole, intangible, yet is that which makes everything happen. You are both its representative and its channel, so in using the other Elements in magical working you have a responsibility to act wisely and well.

Earth

Traditionally the direction of this Element is North and the colour normally associated with Earth is green. It is represented on the altar usually by salt or

sand. Crystals, because they are totally natural substances, can also be used.

When invoking Earth and the powers of the North, you are looking for recovery and healing and perhaps trying to find answers to questions. These powers deal with gaining knowledge, blessing, creating and shielding. When working within a magical circle, this is the first corner or quarter on which you call for protection.

The principal nature spirits of the Earth are called gnomes. They are said to live underground and guard the Earth's treasures. Other groups within the Earth's nature spirits ruled by the god Pan are brownies, dryads, earth spirits, elves and satyrs.

Air

The direction of this Element is East and the colour usually associated with it is yellow. Incense is often used to represent Air, since the movement of the air can be seen in the incense smoke.

When you are looking for inspiration, need new ideas or perhaps to break free from the past or undesired situations, you would use this Element. The quality associated with it is that of thinking or the use of the intellect. When working in a magical circle, Air is the second quarter on which you call for protection.

The sylphs are the Air spirits; their element has the most subtle energy of the four. They are said to live on the tops of mountains and are volatile and changeable. They are usually perceived with wings and look like cherubs or fairies. One of their tasks is said to be to help humans receive inspiration.

Fire

Fire is the Element of the South and is usually represented by a candle or a cauldron with a fire inside. Its colour is red and its associations are to do with power, determination and passionate energy.

You would call upon this Element for protection from evil forces, cleansing and creativity. The quality associated with Fire is 'doing' and it is a male principle. It is the third quarter or cardinal point on which you call for protection when working in a magical circle.

Without salamanders, the spirit of fire, it is said that physical fire cannot exist. They have been seen as sparks or small balls of light, but most often they are perceived as being lizard-like in shape and about a foot or more in length. They are considered the strongest and most powerful of all the elementals. As nature spirits they are greatly affected by the way that mankind thinks. Out of control, salamanders can be considered dangerous.

Water

Water is the Element of the West and is represented by a bowl of water or a goblet of wine or fruit juice. Its colour is blue and, because it represents the giving of life, is associated with the elements of sea, rain, snow and rivers.

When you need cleansing, revitalizing, the removal of curses or hexes or change of any sort, you will call upon Water. It is to do with emotions, right through from the most basic passions to the most elevated forms of belief. It is predominantly feminine. It is the fourth and final quarter that you invoke in any magical circle.

The undines are the elemental beings connected with Water and are beautiful and very graceful. The nymph is frequently found in a fountain and the mythical mermaid belongs to the ocean. Some undines inhabit waterfalls, others live in rivers and lakes. Sometimes smaller undines are often seen as winged beings that people have mistakenly called fairies.

Spirit

When you feel you are sufficiently adept at using the other Elements, you may begin to use Spirit - the fifth Element. This has no special space but is everywhere. It should never ever be used negatively because, particularly when you are weak and tired, it can rebound on you.

You may well find that you instinctively link strongly with the Life Force as Spirit, in which case you are probably succeeding in bringing all the Elements together within yourself. There is no particular colour associated with Spirit - perception is all-important. If you choose to represent Spirit on the altar, you may do so however you wish. You are free to use your intuition and you must have a very strong awareness of your reason for choosing that particular symbol.

Different types of spell working

Elemental

In this particular type of magic the Elements of Fire, Earth, Air and Water are given their own directional focus to create added power and give extra energy to your spells. You will no doubt find that you tend to favour one particular direction but should be able to use all of them.

Colour

Perhaps the simplest form of magic is that which involves colour. This method of working is also used in conjunction with various other forms of magic. Colour can enhance, alter and completely change moods and emotions and therefore can be used to represent our chosen goal. At its simplest it can be used alone and can be used in dressing an altar. We give some colour correspondences on pages 45-46.

Herbal

Herbal magic is often used alongside many other forms of magic. Used as talismans and amulets - for example in a pouch or bag - herbs become protective; the oil from herbs can also be used in candle magic. There are many different types of herbs available for use in this way. Each herb has its own specific use, but frequently is used along with many other herbs and oils to produce a desired result.

Candle

In candle magic, man discovered the ability to control light and this is one of the oldest forms of magic as well as one of the most simple. Using candles to symbolize ourselves and our beliefs means that we have access to a power beyond ourselves. Candle magic also forms an effective back-up for most other forms of magical working.

Crystal

Every stone or gem has its own attribute which can be used in magic. Crystals are used extensively in healing because of the vibrational impact they can have. Because of this, they lend themselves to the enhancement of any spell-making or magical working. Even ordinary stones have their own power and can be used as repositories for all sorts of energies and powers.

Knot

Knot magic works partly with the principle of binding, which is a type of bidding spell and also with that of weaving, which was traditionally a female intuitive occupation. It utilizes ribbon, rope, string, yarn, or anything that can be knotted or plaited to signify our aspiration. It is a type of representational magic, and is used in conjunction with many of the other forms. The techniques of colour, form and use of energies are all used in its practice.

Representational

Representational magic involves using an object that represents something or someone for whom you are working the spell. It helps in concentrating the energy and visualizing the desire and the end result. Representational objects should never be used for negative purposes.

Symbolic

In this system different symbols, rather than objects, are used to represent various ideas, people or goals. These symbols can be personal to you or such things as Tarot cards, Runes, Hebrew letters or numerology. You will often

use symbolic magic in your magical workings and will soon develop your own preferred symbols.

Talismans, amulets and charms

These devices use all the other forms of magic in their formation, but principally representational and symbolic magic. They are 'charged' (given power) magically and usually are worn or carried on the person for protection or good luck. Many are worn around the neck, perhaps as jewellery, or carried in a pouch and incorporate crystals, herbs or other magical objects. There are many types of each of these objects and you will gradually learn to differentiate between them.

Ingredients and Tools

Tools

When performing your spells and magical workings, you will probably find that you tend to use some objects more than others. Below is a list of the ones that are most commonly used.

ALTAR OBJECTS These is a general term for the objects that you place on your altar - candleholders, flower vases, crystals etc. - which do not necessarily have a specific magical use of their own - they are present to create an ambience. You should remember to dedicate them to the purpose in hand by presenting them to your chosen deity. Some may prefer to work according to Celtic tradition, Norse, Graeco-Roman or Wiccan.

ATHAME By tradition, the athame is a ceremonial knife used especially in the performing of spells. It is not used for cutting of herbs and so on: its role is ceremonial - for example, indicating the quarters or directions. By tradition it should be of the best and purest metal available. Its handle is usually black and sometimes carved with magical designs and symbols. Many experienced magical practitioners consider that the most powerful athame is one which has been inherited.

BESOM A besom is a different name for a broom, and is particularly associated with the easily recognisable so-called 'witch's broom' of old. A particularly personal tool, it is often made specifically for the practitioner, from twigs from the tree of her choice. It is usually kept specifically to be used in the sacred space or circle - this time for cleansing - and is also used both symbolically and spiritually.

BOLINE The boline as a knife traditionally used in cutting plants, herbs,

wands and other objects for magical workings. It is not the same as the athame which is purely ceremonial, but is akin to the gardener's pruning knife as a useful, practical tool. It often has a white handle and a curved blade. It is consecrated because this is a way of honouring its purpose.

BURINE A burine is a sharp pointed instrument used for inscribing candles and other magical objects with symbols, words and pictures in order to make spells more effective. In many ways, it is more effective than either the boline or the athame and is seen much more as an instrument which pierces a surface rather than cuts it.

CANDLES are such an integral part of a spell makers work that they have become a whole branch of magic all their own. They represent the element of fire, but also light. As explained in more detail later, various colours bring different things to magical workings and they are an important part of any ritual.

CAULDRON Because cauldrons were easily disguised as cooking utensils in olden days, most people today tend to think of them as a large cast-iron pot. There has lately been a return to original materials and nowadays they can be made of almost anything. They are often of a size that can be stood on the altar, or in the sacred space. They are used mainly as containers for herbs, candles and other magical objects,

CHALICE Used as a ceremonial drinking vessel, the chalice is sometimes made from precious metal, although it can also be made from glass. An elegant object, the chalice will usually be beautifully decorated with elaborate designs - which may have magical significance - or jewels and gemstones.

PAPER During spells we often need to write our wishes or aims down and it is good to have some paper ready prepared, Parchment type is best, but heavier good quality is also good. You consecrate it by holding it for a short period in the smoke from your favourite incense.

PEN AND INK Traditionally, quill pens were used for writing spells and incantations, but if you can't find a quill then use the best pen you can afford. Try to keep it especially for magical work and consecrate it by passing it carefully over the top of a candle or through incense. Also buy a good quality ink and, if not already formulated for magical purposes, consecrate that in the same way. Neither pen nor ink should be used for other purposes.

PENTACLE The pentacle is a shallow dish which is usually inscribed with a pentagram - a five-pointed star. It is used as a 'power point' for consecrating other objects such as water or wine in a chalice, amulets and tools.

PESTLE AND MORTAR The pestle and mortar are so symbolic of the

union of God and Goddess that they deserve a special mention within the use of magical tools. Mainly used to prepare herbal mixtures and incenses they can also become part of your altar furniture when consecrated.

SCRYING TOOLS Scrying is the practice of using certain channelling tools which should be consecrated before use - such as crystals, mirrors, coloured water, runes etc - to try to gain an insight into external events. Any object can be used for scrying, though usually they are reflective, and they employ the arts of concentration and contemplation.

STAFF The staff is used very frequently by practitioners today, particularly if they are of the Druidic persuasion. Longer than the wand, it has the same attributes and uses. A staff is deliberately fashioned for the practitioner from wood taken from sacred trees, such as oak, hawthorn and hazelnut.

WAND The wand should be no longer than the forearm and is often made from sacred wood. Since this is a very personal object, it should be chosen carefully and equally carefully attuned to your own energies. It cannot be used magically until it has been consecrated.

Candles

We have already mentioned candle magic, but since candles are such an important part of magical working, they deserve a special mention. They should be chosen carefully with regard to type, and colour, depending on the purpose of the spell. It is often better to use your intuition when choosing the type of candle, although for ease of reference, below is a list of the principal types. There are other types available, but these are the most suitable for magical working.

TABLE The most easily available candle, they are ideal for many of the spells in this book. They usually burn for between six to eight hours and do need to be properly seated in suitable candlesticks. All colours can be used, but they should not be dipped, except in exceptional circumstances, and should be of the best quality possible. It is sensible to keep a ready supply at hand.

PILLAR This is a free-standing candle. It is usually in the shape of a simple pillar, although it can sometimes be made in other shapes which can be used as part of the spell, i.e. heart shapes for love spells. This type of candle is best burned on a flat holder since it usually takes some time to burn out.

TAPER candles are tall and thin and need a particularly stable candle holder. They are either made in a mould, or by the traditional method of dipping a length of wick into hot molten white or coloured wax. For magical purposes they should be coloured all the way through. They can often be used when a quick result is required. Because they are quite fragile, you need to be careful not to break them when anointing them.

TEA LIGHTS are excellent for use when a candle must be left to burn out, but are less easy to anoint with essential oils. Poured in small metal pots like small votives, they are normally used in oil burners or specially made tea light holders. Depending on their size, they usually burn for approximately four hours.

VOTIVE candles are specially designed as offerings to carry prayers to whichever deity you honour. As the wax melts, the holder, which is made of glass, can become hot so some care must be taken when using them. They are designed to be long burning, usually between one to seven days.

Things to remember when choosing a candle

1. Choose your candle type as above.
2. Candles used for magic should always be virgin (unused) at the start of the working, unless you have deliberately cleared them of past influences. Using candles that have been previously lit can have a detrimental effect on your spell. They may have picked up influences from previous use.
3. Charge your candle before using it. This can be done by anointing it with oils associated with the magic you intend on performing, or by simply touching it and filling it with your own energy.
4. The oils used in the anointing of your candle should, where possible, always be natural fragrances. Whilst charging the candle, smooth from top to bottom when drawing energy toward you, bottom to top when sending energy outwards. Particularly when anointing candles for altar use, anoint from the middle to the top and from the middle to the bottom to signify the union of spiritual and physical realms.
5. If you enjoy craftwork, it is a very good idea to make your own candles for magical use. A whole art in itself, you infuse your candles with your own energy and thus increase the magical potency of the candle many times over. It is relatively easy to make your own candles: simply heat the wax until it is liquid and pour into a mould which is threaded with a wick. The wax should now be left to cool, after which the mould can be removed. Oils and colours can be added for extra potency.

Many different colours are used in candle magic and overleaf are listed the most common ones, along with their key associations and purposes. You may not wish to use black candles because of their association with the darker side of magic. If so, dark grey is a good substitute.



WHITE can also be used if you chosen colour is not available)

- The Goddess
- Higher Self
- Purity
- Peace
- Virginity

BLACK

- Binding
- Shape shifting
- Protection
- Repels negativity

BROWN

- Special favours
- To influence friendships
- Healing Earth energies

ORANGE

- General success
- Property deals
- Legal matters
- Justice
- Selling

PURPLE

- Third eye
- Psychic ability
- Hidden knowledge
- To influence people in high places
- Spiritual power

BLUE

- The Element of Water
- Wisdom
- Protection
- Calm
- Good fortune
- Opening communication
- Spiritual inspiration

PINK

- Affection
- Romance
- Caring
- Nurturing
- Care for the planet Earth

GREEN

- The Element of Earth
- Physical healing
- Monetary success
- Mother Earth
- Tree and plant magic
- Growth
- Personal goals

RED

- The Element of Fire
- Passion
- Strength
- Fast action
- Career goals
- Lust
- Driving force
- Survival

SILVER

- The Moon Goddess
- Astral energy
- Female energy
- Telepathy
- Clairvoyance
- Intuition
- Dreams

COPPER

- Professional growth
- Business productivity
- Career manoeuvres
- Passion
- Money goals

GOLD

- The Sun God
- Promote winning
- Male power
- Happiness

YELLOW

- The Element of Air
- Intelligence
- The Sun
- Memory
- Imagination supported by logic
- Accelerating learning
- Clearing mental blocks

Crystals

There are many crystals which can be used in magical workings. This is a brief list of some well-known ones which you may like to use. The list also gives some of the correspondences that are most often used in healing spells in particular. This is because it is much easier to charge a crystal with healing energy as tangible evidence within the physical plane of an intent. Many people do not wish it to be known that they are using healing energy on behalf of others, and this is an easy way of doing so unobtrusively.

As you become more practised in spell making, you will discover for yourself that certain crystals resonate for you more than others.

AGATE A member of the quartz family, it is a general healer, especially good for the self-esteem.

AMETHYST A crystalline quartz, it helps with creative thinking and is also a protector against blood diseases, grief, neuralgia and insomnia. It is said to deal with drunkenness.

AQUAMARINE A clear silicate, it is good for the eyes and helps against nerve, throat, liver, and stomach troubles.

BLOODSTONE A dark green quartz flecked with red jasper, bloodstone strengthens the will to do good.

CARNELIAN A translucent red or orange, carnelian makes the voice strong and is helpful when dealing with rheumatism, depression and neuralgia.

CITRINE A form of crystalline quartz, citrine may bring greater control over the emotions and help blood circulation.

EMERALD This dark green precious stone is a silicate. It improves the intellect and memory and may also help with insomnia.

GARNET This is the name given to a group of gemstones of varying composition, ranging from a deep blood red through to orange. It protects against depression and helps with self-confidence and self-esteem.

JADE Nephrite jade is a silicate with a green colour. It is beneficial when dealing with kidney complaints.

JASPER A mixed type of quartz that can occur in various colours. It improves the sense of smell and helps liver, kidney and epileptic problems.

LAPIS LAZULI A mixture of minerals having a deep blue colour, it often contains particles of 'fool's gold'. This is an ancient stone and is useful for heart and vascular conditions.

MOONSTONE A silicate, this stone has a milky sheen, the best stones containing a blueish colour. Moonstone gives inspiration and enhances the emotions.

ONYX A type of agate often coloured jet-black and highly polished. It helps with concentration and is an important healing agent in certain ear diseases.

OPAL A hydrated silica, opal helps in lung conditions.

ROCK-CRYSTAL A colourless pure quartz, it is an important healing stone and helps improve intuitive powers.

ROSE QUARTZ A translucent quartz, this sparks the imagination and calms the emotions.

RUBY A precious stone, ruby is an oxide of aluminium coloured red by chromium. It improves mental ability.

SAPPHIRE The same composition as ruby but is usually a rich blue colour due to traces of iron and titanium. The stone of friendship and love, it gives devotion, faith and imagination.

SMOKY QUARTZ An attractive crystalline which has a smoky grey to black colour, smoky quartz is used to give good luck.

TIGER'S EYE A quartz mineral, tiger's eye is worn for clearer thinking.

TOURMALINE A complex silicate, tourmaline attracts inspiration, goodwill and friendship.

TURQUOISE An opaque stone given blue-green colour by copper, turquoise is a good protector, and so is an ideal stone to give as a gift.

Herbs

Most magical practices make use of herbs in various ways, often in rituals and magical workings. Often they are used as incense, when they are crushed and powdered, or as oils. Their properties mean that they create a type of force field that intensifies the vibration needed. Additionally, when the practitioner calls upon the power of the Gods and spirits, the herbs become even more effective.

Simply having particular herbs in your sacred space or having them about your person is sufficient to begin the process of enhancing the area or your personal vibration. You can use them in incense and dedicate them to the appropriate Elements and Deities. Many of the herbs mentioned can be obtained from a good herbalist, though for those of you who are truly interested it would be worthwhile creating a small herb garden or growing them on your windowsill.

The uses of herbs

PROTECTION Such herbs guard against physical and psychic attacks, injury, accidents and such things as wicked spirits. They usually offer protection in a general sort of way.

LOVE The vibration of these herbs is such that they can help you to meet new people, to overcome shyness and let others know that you are open to new relationships. They put out a particular vibration so that those who are interested will answer the call. The safest way to use them is to accept that several people may be attracted to you and you will then be able to make an informed choice.

FIDELITY Some herbs and plants can by tradition be used to ensure fidelity. You do have to have a firm belief that you have a right to another's devotion before imposing your will on them. Using a spell for fidelity amounts to a binding spell and you must make allowances for the person's own integrity. It should always be remembered that it is unwise, and sometimes unhelpful, to both parties to hold anyone in a relationship against their will.

HEALING Many herbs have healing properties which can help from both a physical and a magical viewpoint. A practitioner working from both points of view can be of tremendous help in managing illness. However, always remember to advise anyone you work with in this way to seek qualified medical assistance. Never allow yourself to be drawn into being a substitute for medical help.

HEALTH Not only the smell of herbs and plants, but also their vibration, can help to prevent illness and restore good health. So, if you are prone to illness, carry health herbs with you and make sure they are always as fresh as possible.

LUCK is the knack of being in the right place at the right time and being able to act on instinct. Luck herbs help you create your own good fortune. Once you have such a foundation, you can build upon it.

MONEY It is sometimes easier to visualize the outcome of having money - i.e. what you are going to spend the money on - than visualizing actual money coming to you. Certain herbs create an environment in which things can happen. They enable the creation of the means to fulfil your needs - perhaps a gift, a pay rise or some such thing.

Herbs are used extensively in this book, so we have included some of the main uses - and more important herbs - below.

ATTRACTING MEN: Jasmine, Juniper (dried berries worn as a charm), Lavender, Lemon Verbena, Lovage, Orris Root, Patchouli

ATTRACTING WOMEN: Henbane, Holly, Juniper (dried berries worn as a charm), Lemon Verbena, Lovage, Orris Root, Patchouli

BANISHING: Hyssop, Lilac, St John's Wort

CLEANSING: Cinnamon, Clove, Lovage (powdered root), Pine, Thyme (in baths), Vervain (of sacred spaces)

COURAGE: Basil, Garlic, Mullein, Nettle, St John's Wort, Thyme, Wormwood, Yarrow

EXORCISM: Angelica, Basil, Birch, Frankincense, Juniper, Garlic, St John's Wort

FERTILITY: Acorns, Geranium, Hawthorn, Mandrake, Orange (dried and powdered peel), Pine, Poppy, Sage, Sunflower (seeds)

FRIENDSHIP: Lemon, Rose, Passion Flower

GOOD FORTUNE: Ash (leaves), Heather, Nutmeg, Rose, Vetivert

HAPPINESS: Anise, Catnip, Lily of the Valley, Marjoram, Saffron

HARMONY: Hyacinth, Heliotrope, Lilac, Meadowsweet

HEALING: Aloe, Ash, Camomile, Cinnamon, Comfrey, Eucalyptus, Fennel, Garlic, Hops, Marjoram, Mint, Nettle, Pine, Rosemary, Saffron, Sage, Sandalwood, Thyme, Yarrow

HEX-BREAKING: Chilli Pepper, Galangal, Vertivert

LOVE: Apple, Balm of Gilead, Basil, Caraway, Catnip, Coriander, Cowslip, Dill, Gardenia, Ginger, Ginseng, Honeysuckle, Jasmine, Lavender, Linden, Marigold, Marjoram, Meadowsweet, Mistletoe, Myrtle, Rose, Rosemary, Valerian, Vervain, Violet (mixed with Lavender), Yarrow

LUCK: Apple, Ash (leaves), Hazel, Holly (for newly-weds), Ivy (for newly-weds), Mint, Rose, Rowan, Vervain, Violet (flowers)

LUST: Cinnamon, Lemongrass, Nettle, Rosemary, Violet

MEDITATION: Camomile, Elecampane, Frankincense, Vervain

MENTAL POWERS: Caraway, Lily of the Valley, Rosemary, Vanilla, Walnut

MONEY: Camomile, Cinnamon, Clove, Comfrey, Fennel, Ginger, Mint, Poppy Vervain

PEACE: Aloe, Camomile, Gardenia, Lavender, Myrtle, Violet

POWER: Carnation, Cinnamon, Ginger, Rosemary, Rowan

PROSPERITY: Acorn, Almond, Ash, Basil, Benzoin, Honeysuckle

Note: There are so many herbs suitable for the next three categories and the choice is such a personal one that we have included only a few suggestions. Your own further research will very much enhance your magical workings.

PROTECTION: Aloe, Angelica (Root), Anise, Balm of Gilead, Basil, Bay Laurel, Black Pepper, Caraway, Camomile, Dill (for children), Dragon's Blood, Fennel, Garlic, Hawthorn, Holly, Hyssop, Lavender, Mandrake, Meadowsweet, Mistletoe, Mugwort, Nettle, Periwinkle, Rose, Rosemary, Rowan, Sage, St John's Wort, Sandalwood, Vervain, Witch Hazel, Wormwood

PSYCHIC POWERS: Ash (leaves), Bay Laurel, Bay leaves, Cinnamon, Cowslip, Elecampane, Eyebright, Hyssop, Lavender, Marigold, Mugwort, Nutmeg, Rose, Thyme, Wormwood, Yarrow

PURIFICATION: Anise, Betony, Cinquefoil, Dragon's Blood, Frankincense, Hyssop, Lavender, Lemon, Oak Leaves, Pine, Rosemary, Rue, Sandalwood, Thyme, Valerian, Vervain

SUCCESS: Cinnamon, Ginger, Lemon Balm, Rowan

SLEEP: Catnip, Hops, Lavender, Thyme, Valerian, Vervain

SPIRITUALITY: Cinnamon, Clover, Frankincense, Myrrh, Sandalwood

WISDOM: Peach (fruit), Sage, Sunflower

Incense

As well as making use of herbs as plants, decorations and for healing, their most important use in magic was and still is in incense. Incense symbolizes the Element Air and the spiritual realms and has been part of ritual use by occultists and priests alike for thousands of years. Granular incense, with its basis of resins and gums, sweet-smelling woods and herbs is nowadays usually preferred for magical workings or ritual worship. It has a magic all of its own. For this reason a good incense burner will be one of your most important tools. You should choose this carefully, and not just for its aesthetic sense, because it is vital that the incense is allowed to burn properly.

Egypt became especially renowned for its high standard of blending and the use of ritual incense. There was a particular class of incense - which is still available today - called Khyphi. It required magical techniques and the finest ingredients for its manufacture. Some incense were mind-altering and could produce trance-like states in users.

For short spells, joss-sticks work very well, though they are not to everyone's taste. Dhoop, or incense cones as they are known, are another way of using the same material.

By far the best method is to burn the granular type on a charcoal disc which is lit and placed in a fireproof receptacle. The incense is then piled onto the concave surface and allowed to do its work. You should dispose of the discs very carefully, dousing them with water and ensuring they are no longer hot. You might like to bury what remains of the incense as an offering to the Earth.

Many of the herbs we have already encountered are suitable for incense, if you wish to make your own. You should choose your correspondences carefully, according to your spell. You will soon find out through experimentation what works for you.

When blending your own granular incense it is important to use a pestle and mortar to grind and mix all the ingredients together properly. You may wish to consecrate your pestle and mortar first. Granular incense usually consists of a base of incense gums to which are added the woods and herbs of choice before the mixture is blended using fragrant oils.

Blending granular incense

- When blending, first grind the gum resins (such as gum Arabic or benzoin) until the granules are like granulated sugar.
- Then add the woods, herbs and spices, all of which should have been finely ground and thoroughly blended together.
- Add the essential oils a drop at a time and mix well. The blending of the incense is an important part of the process, both from the perspective of the synergy of the ingredients and the personal energy you add to the incense.
- At this point you might like to dedicate the incense to the purpose intended, saying perhaps simply:

I dedicate this incense to be used in [name spell]

- Place the incense mixture in a strong polythene bag (so that it retains its pungency) then put it into a clean jar with a screw top lid.
- Do not use for at least 24 hours to enable the perfumes and qualities to blend properly.
- Don't forget to label the jar, noting the ingredients and the date you made the blend. It is also a good idea to note the intention or purpose for which the incense is made.
- Make your incense in small quantities so that it does not lose its potency.

When making your incense you may like to follow the example of herbalists of old, who gathered their herbs in tune with the cycles of life and planetary correspondences. Even though you may have to use bought herbs, the more you are able to work with the correspondences (see pages 23-25) and think about timing the more effective your spells or rituals will be.

Oils

Oils are an easy way of using plants and herbs in magical workings, particularly when space is at a premium.

Below are some oils that we think should be part of every magical practitioner's way of working. All of them are simple to acquire and, if stored according to directions, will last for some time even though the initial expense may seem to be prohibitive.

CINNAMON With its warm vibration, it brings love from higher realms, transforming sadness into happiness.

CLARY SAGE lifts the spirit and links with eternal wisdom, teaching us to be content with what we have, and that most problems arise in our imagination.

FRANKINCENSE holds some of the wisdom of the universe. Able to cleanse the most negative of influences, it works far beyond the auric field, affecting the very subtle realms of energy and adapting the spiritual state. Frankincense is sometimes called olibanum.

GERANIUM resonates with Mother Earth and all that is feminine. It comforts, opens our hearts and heals pain. It typifies the archetypal energy of Goddess culture. Its energy is transformational and as such it must always be used with respect.

JASMINE provides us with access to a greater understanding of the spirit. It is said that jasmine brings the angelic kingdom within our reach. It gives understanding and acceptance of the true meaning of spirituality.

LAVENDER is caring and nurturing. It will not allow negative emotion to remain present, bringing about healing by allowing the heavenly energies close to the physical.

MYRRH brings realization that we no longer need to carry our burdens, releasing them from deep within, allowing us to let go when the time is right. When combined with other oils, it enhances / and is enhanced by / them.

NEROLI is one of the most precious essential oils, its vibration being one of the highest. It brings self-recognition because it allows development of a new perspective, allowing us to develop unconditional love.

NUTMEG When the spirit is affected by disappointment, spiritual pain and displacement, nutmeg works to bring hopes, dreams and prayers back into focus.

ROSE ABSOLUT Said to be the perfume of the guardians or messengers who guide us in times of need, it is a fragrance which allows us to access the Divine mysteries. It is associated with the true needs of the human heart.

ROSEMARY reminds us of our purpose and of our own spiritual journey and encourages confidence and clarity of purpose. It cleanses the aura.

SANDALWOOD allows us to make contact with divine beings and brings us into balance with the cosmos. It clarifies our strength of conviction.

YLANG YLANG It balances the spirit so that we can be open to pleasures of the physical realm while still appreciating spiritual passions. Used magically, it achieves a balanced manifestation.

Spells in fact can be as simple or as complex as one wishes to make them. It will depend on your own personal preference and indeed the intention of the spell as to what you will wish to use and what you will wish to do. We are extremely lucky in this day and age to have many choices available to us and many disciplines tried and tested through long experience of which to make use. It used to be thought that the spell maker should stick to only one discipline and become proficient at that, being initiated only into their own craft. As knowledge expands however and we realise that there are similarities in the magics which can be produced, it can do no harm to make the effort to understand other peoples ways of working and to incorporate these into our own practice.

The Kabbalah as a source of information is unparalleled in magical work and arises from a mystical tradition which has its roots in Jewish thought. Folk magic arose from the need to understand the cycle of the year with all its idiosyncrasies. If the former is one end of the spectrum and the latter the other we have a whole range of experience with which to work. The next section shows how you can get the best from your spells using techniques and knowledge gleaned from the whole spectrum of experience.



Section 2

*Getting
the Best
from
your Spells*



W.D.T.

Preparations for spell working

Several processes become automatic when preparing for spell work. If you choose to wear special clothing, then this has to be prepared before you actually start your personal preparations. We give below some suggestions for personal robes which can be laid out with some ceremony before you begin.

Important magical workings require you to take a ritual bath which cleanses, purifies and clarifies your energy so that you are able to get the best results possible. Many practitioners prefer to take a ritual bath before performing any magical workings. For what you may consider 'lesser' magic you do not need to bathe, but may prefer to cleanse yourself by running your hands over your body before you embark on any working.

Ritual Bathing

Ritual bathing arose in times gone by from a perceived need to be in as 'virgin' - that is, unsullied - a state as possible. This is what gave rise to working skyclad, i.e. without clothes, so that there were no encumbrances between the practitioner and his or her gods or deities.

Ritual Bath

As you mix in your salts, bless the water and charge it with your intent - be that a particular magical working, a relaxing evening or a successful meeting. The candles used in this ritual can be in the colours of the Elements or those most appropriate to your purpose, for example - pink (tranquillity), blue (wisdom), green (self-awareness) and red (passion). For spiritual matters, use purple.

You will need

- HOMEMADE BATH SALTS
- VOTIVE CANDLES ACCORDING TO YOUR NEED
- LARGE WHITE CANDLE
- ESSENTIAL OIL TO REMOVE NEGATIVITY (e.g. rosemary)
- LARGE GLASS OF MINERAL WATER OR JUICE

Method

Anoint the large white candle with the essential oil and ask for positivity, health and happiness as you do so.

Do the same with the votive candles according to your need. You may, if you wish, inscribe a symbol to represent your purpose on each candle.

Run your bath and mix in the bath salts.

Light the candles, first the white one followed by the votives.
Place the latter safely around the bath.
The white candle should be placed wherever you feel is safest.
You have now created a sacred space for yourself.

Lie back and enjoy your bath and at some point drink your water or juice visualizing your whole system being cleansed inside as well as out.
Before you get out of the bath, thank the water deities for this opportunity to prepare thoroughly for the new energies available to you.
If you are to perform a magical working, then keep your mind focused on that intent.

On this occasion, for safety's sake, when you have finished your bath, snuff out the candles.

Making your bath salts

Commercial bath salts will do absolutely nothing on an esoteric level – they have too many chemical additives and artificial perfumes – so it is a nice touch to make your own using single essential oils, blends and/or herbs. The fact that you have mixed them yourself means they are infused with your own vibration and therefore will work on a very subtle level. Matching your bath salt perfume to your incense perfume does wonders for your inner self.

You will need

- 3 PARTS EPSOM SALTS
- 2 PARTS BAKING SODA
- 1 PART ROCK SALT (or Borax)
- BOWL FOR MIXING
- ESSENTIAL OILS IN YOUR CHOSEN PERFUMES
- HANDFUL OF HERBS (optional)
- NATURAL FOOD COLOURING

Method

Mix the first three ingredients thoroughly in the mixing bowl.
Use your hands as this will enable you to imbue the salts with your own energy.
This is your basic mixture and can be perfumed or coloured in any way that you please.

Note: It is wise when using essential oils to mix them first if you are using a blend to allow the synergy between the oils to develop.

Add your colouring first and mix to your satisfaction, then follow with your oil or blend a drop at a time.

Add the herbs to the mixture and combine thoroughly.

Be generous with the oils since the salts will absorb a surprising amount without you realizing.

Your nose, however, as with all oils and perfumes is the best judge - there is no right or wrong amount.

When you wish to use your salts, add approximately 2 tablespoons to a full bathtub and mix well.

Clothing and Jewellery

Inevitably there are certain things you will need to remember before you begin your magical working. While you are preparing and putting on your robes or ritual gowns you might spend time in reflection, silent meditation or prayer.

Prior to the beginning of any spell and while dressing concentrate on the matter in hand. Alternatively, simply focus on the Supreme Being, Cosmic Responsibility and/or a successful outcome and ask that the event to follow helps you in your learning.

There is no limit to what can be worn. Some suggest white robes with black cords or vice versa, while others simply suggest that you are comfortable in what you wear. Many people will spend a great deal of time, energy and effort on fashioning suitable robes,

The idea is that when working magically you leave behind the ordinary mundane world, so turn off mobile phones, put away keys and name tags, remove money and other objects from pockets and so on.

It will be a matter of choice as to whether you wear jewellery or not. Magical jewellery such as the pentagram, ankh or rings with magical symbols or significance are often worn, although they are by no means essential. Many prefer not to wear watches, since time is considered irrelevant. It is often better not to use perfume or cologne unless it is based on essential oils which are suitable for the work in hand, or complement any incense being used.

Poppets

A poppet is a small doll or figurine made from wood, paper, material or clay. It is shaped roughly in human form and is used, primarily, for magic spells. Originating from West African belief systems, poppets can be used to represent and help either you or someone else.

Only make a poppet of someone else if they have given permission, such as when you wish to help or heal someone. To make one without permission, or for inappropriate reasons, creates the wrong energy vibration and introduces a negativity into your magical workings.

Making a Poppet

When you are making a poppet, it is good to have either taken a ritual purification bath or to have meditated both on whether the use of a poppet is appropriate at this time and how best to make use of the poppet. This is to ensure that insofar as is possible, you have removed any subjective feelings and emotions about the subject and are acting only as the creator of the object. You know that you are acting only as the channel for the energy that is being used.

You will need

- PAPER OR CARD (to act as a template)
- SOFT MATERIAL SUCH AS FELT OR COTTON
- NEEDLE AND THREAD
- STRAW, PAPER OR COTTON WOOL
- HERBS, APPROPRIATE TO THE RITUAL YOU ARE PERFORMING, MAY BE USED

Method

Draw the outline of a simple human figure on the card or paper, then cut it out. (It should ideally be at least four inches high.)
Fold the material in two and place the template on it. Cut around the template.

Sew the figures together, leaving a small area open.
Turn the figure inside out so the stitches are on the inside.

Stuff the figure with the straw, paper, cotton wool or herbs. You can personalize the poppet by adding a lock of hair to the filling.
You can also use buttons for eyes or draw on facial features if you wish.
Finish sewing the material together.

Your poppet is now ready for use. Do not destroy it when you have finished with it – either give it to the person whom it represents or bury it safely in the earth.

Consecrating your sacred space

If you are going to be carrying out a fair number of rituals or spells, you will really need a sacred space or altar along with various other altar furnishings. Whether your altar is inside or outside does not matter. To set it up indoors, your altar and/or sacred space should preferably be in a quiet place in the home, where it will not be disturbed and where candles can be burned safely.

The space first needs to be dedicated to the purpose of magical working. You can do this by first brushing the area clean with an ordinary brush, concentrating your thoughts on cleansing the space as you work physically to bring this about. Mentally cleanse the space three times, imagining doing it once for the physical world, once for the emotional space and once spiritually.

If you wish, you may sprinkle the whole area with water and with salt (which represents the Earth). You might perhaps also burn incense such as jasmine or frankincense to clear the atmosphere. Think of the space as somewhere you would entertain an honoured guest in your home - you would wish the room you use to be as welcoming as it can be. You will later use your besom to keep the sacred space clear.

If you travel a lot or are pushed for space, you might dedicate a tray or special piece of wood or china for ceremonial working. This, along with your candles and incense, can then be kept together in a small box or suitcase. Otherwise, you could dedicate a table especially for the purpose. Ideally, you should not need to pack up each time.

You will also need a 'fine cloth' - the best you can afford - to cover the surface. Place your cloth on your chosen surface and spend some quiet time just thinking about its purpose. You may, if you wish, have different cloths for different purposes or perhaps have one basic cloth which is then 'dressed' with the appropriate colour for each ritual.

Setting up your altar

To turn your dressed table into a proper altar, you will need as basics the following objects:

1. Two candles with candle holders - you might like to think of one representing the female principle and one the male. You may also choose, in addition, candles of a colour suitable for the ritual or spell you are working.
2. An incense holder and incense suitable for the particular working.
3. A representation of the deity or deities you prefer to work with. An image of the Goddess, for instance, could be anything from a statue of the Chinese Goddess of Compassion, Kuan Yin, to seashells, chalices, bowls, or certain stones that symbolize the womb or motherhood.
4. A small vase for flowers or fresh herbs.

Other objects appropriate for ceremonial working are:

- An athame, which is a sacred knife for ceremonial use; it should never be used for anything else.
- A white-handled knife (called a boline) for cutting branches, herbs, etc.
- A burin, which is a sharp-pointed instrument for inscribing magical objects such as candles.
- A small earthenware or ceramic bowl, or a small cauldron, for mixing ingredients.

- A bowl of water.
 - A bowl of salt or sand, representing Earth.
 - A consecrated cloth, or a pentacle, on which to place dedicated objects.
- More detailed information on these objects can be found on pages 16-18.

Some people additionally use bells to summon the powers of the Elements, whilst others have additional candles with the colours representing both themselves and the work they wish to do. You can also have other items on your altar, such as crystals, amulets and talismans.

You can do what you wish with your own altar provided you have thought through very carefully your logical or emotional reasons for including whatever you have there. You might, for instance, choose to have differing representations of the Earth Mother from diverse religions or include a pretty gift to establish a psychic link with the person who gave it to you.

Dedicating your altar

Now you have turned your space into an altar, dedicate it in such a way that it will support any workings you may choose to do. One good way is to dedicate it to the principle of the Greater Good - that none may be harmed by anything that you may do. (Remember that traditionally any harm you instigate deliberately will return to you threefold, particularly when it comes from such a sacred space.) It will depend on your basic belief just how you choose to dedicate the altar further, perhaps to the Moon deity and all her manifestations, perhaps to the Gods of power.

Try to put as much passion and energy into the dedication as you can and remember to include a prayer for protection of your sacred space. Some people will need to cast a circle each time they do a working, while others will feel that just by setting the altar up in the way suggested that that space is consecrated henceforth. If you wish to follow the principles of feng shui rather than Wicca within your work, your placings will be slightly different, as they will also be if you choose to follow the tenets of other religions.

However, whatever you do, you should take care to dedicate all of your tools and altar furnishings to the purpose in hand. You are empowering them and making them usable only in ritual and magical work. If you try to use them for any other purpose, you will negate that magical power.

Consecrating altar objects

If you are not using completely new objects on your altar - here we are referring to the basic 'furnishings' of candle holders etc - you should cleanse them before you dedicate them to your purpose. Treat them in the same way as you would any crystals you use, by soaking them overnight in salt water to remove anyone else's vibrations and then standing them in sunshine (or moonshine) for at least 12 hours to charge them with the appropriate energy.

When you are ready, hold each object and allow your own energy to flow

into it, followed by the energy of your idea of Ultimate Power. (That way you make a very powerful link between yourself, the object and the Ultimate.) Ask this Power to bless the object and any working you may do with it and perceive yourself as truly a medium or channel for the energy.

Hopefully, each time you use any of the objects, you will immediately be able to reinforce that link rather than having to re-establish it. It is like a refrain continually running in the background. Now place the objects on your altar however it feels right for you.

Finally, if appropriate, create and cast your circle so that it includes yourself and your altar. The magic circle defines the ritual area, holds in personal power and shuts out all distractions and negative energies. You now have a sacred space set up which is your link to the powers that be. Again it is a matter of personal choice as to whether you choose to re-dedicate your altar and what it contains on a regular basis.

Casting a circle

Purify yourself first. You can do this by meditating, or taking a ritual bath. One way is to, try to keep the water flowing, possibly by leaving the bath plug half in, or by having a shower. This reinforces the idea of washing away any impurities so you are not sitting in your own psychic rubbish. (Scent your bath water with your selection of a sacred or special herb or oil.) Ideally, your towel - if you choose to use one - should be clean and used only for the purpose of your ritual bath.

- Wear something special if you can, something that you only wear during a ritual or working. You can always add a pretty scarf or a throw in the correct colour for your working. This sets apart spell working from everyday confusion.
- Decide on the extent of your circle, which should be formed in front of your altar. Purify this space by sprinkling the area with water followed by salt - both of these should have been blessed.
- Sit quietly for as long as you can inside the area that will become your circle.
- Imagine a circle of light surrounding you. This light could be white, blue or purple. If you are in a hurry and cannot purify and cleanse fully, reinforce the circle of light by visualizing it suffused with the appropriate colour for your working.
- Circle the light around, above and below you in a clockwise direction, like the representation of an atom. Feel it as a sphere or as a cone of power. Sense the power. Remember to leave a 'doorway' through which your magic energy may exit. You should always feel warm and peaceful within your circle.
- Use your own personal chant or form of words according to your own belief system to consecrate your circle and banish all evil and negative energy, forbidding anything harmful to enter your space. Remember, you are always safe within your circle if you command it to be so.
- If appropriate, invite the Gods and Goddesses to attend your circle and magical working.
- Relax and be happy.

If you wish, you can use objects on the ground to show the boundaries of the circle, such as candles, crystals, cord, stones, flowers or incense. The circle is formed from personal power. This may be felt and visualized as streaming from the body to form a bubble made of mist, or a circle of light. You can use the athame (ritual dagger) or your hands to direct this power.

The cardinal points of the compass may be denoted with lit candles, often white or purple. Alternatively, place a green candle at the North point of the circle, yellow candle at the East, red candle at the South and blue candle at the West. The altar stands in the centre of the circle, facing North in the direction of power.

Consecrating your tools

Most magical traditions make use of the familiar magical Elements of Earth, Air, Fire and Water. Some traditions have specific tools which are important to them. There is also a fifth magical element - that of spirit. The simplest consecration that can be made is to offer each of the objects to spirit that they may be used for the best purpose possible. You can specifically dedicate any tool using a short invocation such as:

I dedicate this magical tool to the purpose for which it is intended

You can, of course, be as creative with your speech as you desire. Anything else that is done will be according to the traditions of your own belief.

With all your tools (which we listed on pp 16-18), when you first purchase them or have them made, cleanse them before use, then dedicate them by filling them with your own energy as you did with your altar objects. You might also offer them to your appropriate deity.

Best times and correspondences for spell working

Truly efficient spell working requires a knowledge of the correspondences which were set up many eons ago when life was a good deal simpler than it is today. These correspondences meant that actions carried out at a certain time created very specific results. Through continual usage, it became clear that the position of the planets ruled various areas of life. This created the principle of the rulership of the planets and the symbolism that is such an integral part of magical working today.

Overleaf in the form of an easily consultable table we list some of those correspondences.

Astrological Correspondences

Aries

(March 21 - April 19)

PLANET: Mars
ELEMENT: Fire
DAY: Tuesday
MAGICAL USE: Passion and sexuality, energy, willpower, vigour, courage and strength, determination
COLOURS: Reds, Burgundy
CRYSTAL: Ruby, Garnet, Bloodstone, Diamond
FLOWERS/HERBS: Gorse, Thistle, Wild Rose
ANGEL: Samael

Taurus

(April 20 - May 21)

PLANET: Venus
ELEMENT: Earth
DAY: Friday
MAGICAL USE: Romantic love, friendships, beauty, courtship, artistic abilities, harmony
COLOURS: Blues, Greens
CRYSTAL: Sapphire, Emerald, Jade
FLOWERS/HERBS: Violet, Wild Rose, Red Rose, Coltsfoot
ANGEL: Anael

Gemini

(May 22 - June 20)

PLANET: Mercury
ELEMENT: Air
DAY: Wednesday
MAGICAL USE: Wisdom, healing, communication, intelligence, memory, education
COLOURS: White, Spring Green, Silver, Yellow
CRYSTAL: Diamond, Jade, Topaz, Aquamarine
FLOWERS/HERBS: Iris, Parsley, Dill, Snapdragons,
ANGEL: Raphael

Cancer

(June 21 - July 22)

PLANET: Moon
ELEMENT: Water
DAY: Monday
MAGICAL USE: Psychic pursuits, psychology, dreams/astral travel, imagination, intuition, reincarnation
COLOURS: Pale Blue, Silver, Pearl, White
CRYSTALS: Emerald, Cat's Eye, Pearl, Moonstone
FLOWERS/HERBS: Poppy, Water Lily, White Rose, Moonwort
ANGEL: Gabriel

Leo

(July 23 - August 22)

PLANET: Sun
ELEMENT: Fire
DAY: Sunday
MAGICAL USE: Power, magic, health, success, career, goals, ambition, drama, fun, authority figures, law
COLOURS: Gold, Red, Yellow, Orange
CRYSTALS: Amber, Topaz, Ruby, Diamond
FLOWERS/HERBS: Marigold, Sunflower, Hops
ANGEL: Michael

Virgo

(August 23 - Sept 22)

PLANET: Mercury
ELEMENT: Earth
DAY: Wednesday
MAGICAL USES: wisdom, healing, communication, intelligence, memory, attention to detail, correspondence
COLOURS: Pastel Blue, Gold, Peach
CRYSTALS: Diamond, Jade, Jasper, Aquamarine
FLOWERS/HERBS: Rosemary, Cornflower, Valerian
ANGEL: Raphael

Libra

(Sept 23 - Oct 22)

PLANET: Venus
ELEMENT: Air
DAY: Friday
MAGICAL USES: Love, partnership marriage, friendship, beauty, courtship
COLOURS: Cerulean Blue, Royal Blue, Amethyst
CRYSTALS: Opal, Lapis Lazuli, Emerald, Jade
FLOWERS/HERBS: Violet, White Rose, Love-in-the-Mist
ANGEL: Anael

Scorpio

(Oct 23 - Nov 21)

PLANET: Mars, Pluto
ELEMENT: Water
DAY: Tuesday
MAGICAL USES: Courage, energy, breaking negativity, physical strength, passion, sex, aggression, energy
COLOURS: Dark Red, Brown, Black, Grey
CRYSTALS: Ruby, Garnet, Bloodstone, Topaz
FLOWERS/HERBS: Basil, Heather, Chrysanthemum
ANGEL: Samael, Azrael

Sagittarius

(Nov 22 - Dec 21)

PLANET: Jupiter
ELEMENT: Fire
DAY: Thursday
MAGICAL USES: Publishing, long-distance travel, foreign interests, religion, happiness, wealth, healing, male fertility, legal matters
COLOURS: Lilac, Mauve, Purple, Amethyst
CRYSTALS: Sapphire, Amethyst, Diamond
FLOWERS/HERBS: Carnation, Wallflower, Clovepink, Sage
ANGEL: Sachiel

Capricorn

(Dec 22 - Jan 19)

PLANET: Saturn
ELEMENT: Earth
DAY: Saturday
MAGICAL USES: Binding, protection, neutralization, karma, death, manifestation, structure, reality, the laws of society, limits, obstacles
COLOURS: Grey, Violet, Dark Brown
CRYSTALS: Onyx, Obsidian, Jet, Garnet
FLOWERS/HERBS: Deadly Nightshade, Snowdrop, Rue
ANGEL: Cassiel

Aquarius

(Jan 20 - Feb 18)

PLANET: Saturn, Uranus
ELEMENT: Air
DAY: Saturday
MAGICAL USES: Psychic ability, meditation, defense, communicating with spirits
COLOURS: All Colours
CRYSTALS: Zircon, Amber Amethyst, Garnet
FLOWERS/HERBS: Snowdrop, Foxglove, Valerian
ANGEL: Uriel, Cassiel

Pisces

(Feb 19 - Mar 20)

PLANET: Jupiter, Neptune
ELEMENT: Water
DAY: Thursday
MAGICAL USES: Music, rhythm, dancing, spiritual matters, healing and religion, medication
COLOURS: Purple, Violet, Sea Green
CRYSTALS: Sapphire, Amethyst, Coral
FLOWERS/HERBS: Heliotrope, Carnation, Opium Poppy
ANGEL: Sachiel, Asariel

Moon Correspondences

The Moon represents the feminine principle and is a symbol for the natural cycle of birth, life and regeneration. Her best personification is that of the Triple Goddess (Maiden, Mother, Crone) which is an image found in many early religions. The lunar phases (Waxing, Waning or Full Moon) can be made use of when planning your magical work.

It is always useful to have your rituals and spells coincide with the appropriate astrological influences. For example, spells and rituals calling on the Moon and involving the Element of Earth should be performed during a time when the Moon is positioned in one of the three astrological earth signs of Taurus, Virgo or Capricorn. Spells involving the Element of Fire should be done when the Moon is in Aries, Leo or Sagittarius; spells involving the Element of Air when the Moon is in Gemini, Libra or Aquarius, whilst spells involving the Element of Water should be performed when the Moon is in Cancer, Scorpio or Pisces.

You could also use the appropriate incenses for your rituals and there are other correspondences in the application of magic which might be utilised as shown below:

MOON IN ARIES

Magic involving anything to do with authority, leadership, rebirth, moving on or spiritual conversion should achieve success. Healing rituals for ailments of the face, head or brain are also best performed at this time.

MOON IN TAURUS

At this time you can work magic for love, security, possessions and money. Healing rituals for illnesses of the throat, neck and ears are also undertaken during at this time.

MOON IN GEMINI

This is a good time to work magic for anything to do with communication, including writing, e-mails, public relations, moving house or office and travel. Ailments of the shoulders, arms, hands or lungs also respond well to healing rituals done during this period of time.

MOON IN CANCER

This is the best time to work magic for home and domestic life, and also any nurturing activities. Healing rituals for ailments of the chest or stomach should be carried out during this period of time.

MOON IN LEO

Courage, fertility and childbirth are all ruled by Leo as is the power over others, so this is the best time to work such magic. Healing rituals for problems of the upper back, spine or heart all seem to have some success during this period of time.

MOON IN VIRGO

At this time magic worked for questions involving employment, intellectual matters, health and dietary concerns is much enhanced. Healing rituals for ailments of the intestines or nervous system are also best done during this period of time.

MOON IN LIBRA

Magic involving artistic work, justice, court cases, partnerships and unions, mental stimulation, and karmic, spiritual, or emotional balance receive a boost when worked at this time. Healing rituals for ailments of the lower back or kidneys have additional energy now.

MOON IN SCORPIO

This is the best time to work magic involving sexual matters, power, psychic growth, secrets and fundamental transformations. Healing rituals for difficulties with the reproductive organs are also most effective during this period.

MOON IN SAGITTARIUS

This is the opportune time to work magic for publications, legal matters, travel and revealing truth. Healing rituals for ailments of the liver, thighs or hips are also done at this time.

MOON IN CAPRICORN

This is an ideal time to work magic for ambition, career, organization, political matters and recognition. Healing rituals for the knees, bones, teeth and skin are best performed at this time.

MOON IN AQUARIUS

This is the best time to work magic involving scientific matters, freedom of expression, problem solving, extra sensory abilities and the breaking of bad habits or unhealthy addictions. Ailments of the calves, ankles or blood receive benefit from healing rituals.

MOON IN PISCES

Magic worked on the psychic arts involving dreamwork, clairvoyance, telepathy and music is enhanced at this time. Healing rituals for problems with the feet or lymph glands benefit from the flow of energy.

Magical days

The days of the week, because they are ruled by the various gods, create an energy which is best for certain types of magical working. Following is a list which, while not completely comprehensive, will give you some idea of when to perform your spells. Each day's planetary ruler and optimum colours are also given.

SUNDAY (*Sun - yellow, gold, orange*): ambition, authority figures, career, children, crops, drama, fun, goals, health, law, personal finances, promotion, selling, speculating, success, volunteers and civic services.

MONDAY (*Moon - white, silver, grey, pearl*): antiques, astrology, children, dreams, astral travel, emotions, fluids, household activities, imagination, initiation, magic, new-age pursuits, psychology, reincarnation, religion, short trips, spirituality, the public, totem animals, trip planning.

TUESDAY (*Mars - red, pink, orange*): aggression, business, beginnings, combat, confrontation, courage, dynamism, gardening, guns, hunting, movement, muscular activity, passion, partnerships, physical energy, police, repair, sex, soldiers, surgery, tools, woodworking.

WEDNESDAY (*Mercury - purple, magenta, silver*): accounting, astrology, communication, computers, correspondence, editing, editors, education, healing, hiring, journalists, learning, languages, legal appointments, messages, music, phone calls, siblings, signing contracts, students, visiting friends, visual arts, wisdom, writing.

THURSDAY (*Jupiter - blue, metallic colours*): business, charity, college, doctors, education, expansion, forecasting, foreign interests, gambling, growth, horses, long-distance travel, luck, material wealth, merchants, philosophy, psychologists, publishing, reading, religion, researching, self-improvement, sports, studying the law.

FRIDAY (*Venus - green, pink, white*): affection, alliances, architects, artists, beauty, chiropractors, courtship, dancers, dating, designers, engineers, entertainers, friendships, gardening, gifts, harmony, luxury, marriage, music, painting, partners, poetry, relationships, romantic love, shopping, social activity.

SATURDAY (*Saturn - black, grey, red, white*): binding, bones, criminals, death, debts, dentists, discovery, endurance, farm workers, financing, hard work, housing, justice, karma, limits, manifestation, maths, murderers, neutralization, obstacles, plumbing, protection, reality, sacrifice, separation, structure, teeth, tests, transformation, wills.

Planetary days and hours

Each hour of the day and night is also matched to a planetary influence. Planetary hours can be very useful, especially if you can't wait until the right Moon phase or even the right day to perform your magical working. You can, of course, wait for both the appropriate day and planetary hour, if you wish. Planetary hours are divided into two parts: sunrise to sunset and sunset to sunrise.

Calculating the planetary 'hours' once the principle is understood is relatively easy. The calculation goes back to when there were no clocks to measure time. The periods of light and dark were each divided into 12 equal portions which were called 'hours'.

Therefore if we divide the number of minutes of daylight by 12, we discover exactly how long a planetary hour is. For example, if the sun rises at 7am and sets at 4pm you would have 9 normal hours of daylight. This would then have to be divided by 12 to calculate when each new planetary hour begins. Thus:

*9 hours multiplied by 60 minutes gives 540 minutes
540 minutes divided by 12 gives 45 minutes.*

Therefore each daytime magical hour would be equivalent to 45 minutes normal time and you would measure accordingly.

From sunset, things would be slightly different - a little thought will show why so many magical practitioners work at night!

Using the example above, we have 15 hours out of 24 left. Thus:

*15 hours multiplied by 60 minutes gives 900 minutes
900 minutes divided by 12 gives 75 minutes
Each night-time hour would be therefore be equivalent to
75 normal minutes.*

Because only the Sun and six planets - not all ten planets - are used as correspondences, you have a chance to use those influences either during the day or during the hours of darkness. Planetary hours are always calculated with reference to the rising sun, so each time you wish to use a planetary hour, you must first know precisely when the sun rises where you are living. The influence can either help or hinder our magical efforts.

How to discover the best planetary hour

- Decide on which influence you would like most for your magical working.
- Consult the Magical Days list on page 42 to decide which planet is most appropriate.
- Find out at what time the Sun rises in your area - it changes slightly from day to day. You can usually find this information in a daily newspaper, on television or the internet.
- Look at the two Planetary Hours charts overleaf and choose one of them. Your choice will depend on whether you prefer working in the day or after sunset. On the relevant chart, find the day and hour you wish to use. If the matter is urgent, you would have to choose today.

You have hopefully already noted the planetary influence you need for your particular working. Find that planet under the day you chose. You might decide you needed Jupiter's influence on a Monday - that would be hour 3. Using the example above, the best time to do your working during the day would be Hour 3 or Hour 10 of that day (between 8.30 and 9.15am or between 2.30 and 3.15pm).

The chart of planetary hours

HOURS OF THE DAY

Hour	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
2	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
3	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars
4	Moon	Mars	Mercury	Jupiter	Venus	Saturn	Sun
5	Saturn	Sun	Moon	Mars	Mercury	Jupiter	Venus
6	Jupiter	Venus	Saturn	Sun	Moon	Mars	Mercury
7	Mars	Mercury	Jupiter	Venus	Saturn	Sun	Moon
8	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
9	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
10	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars
11	Moon	Mars	Mercury	Jupiter	Venus	Saturn	Sun
12	Saturn	Sun	Moon	Mars	Mercury	Jupiter	Venus

HOURS OF THE NIGHT

Hour	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Jupiter	Venus	Saturn	Sun	Moon	Mars	Mercury
2	Mars	Mercury	Jupiter	Venus	Saturn	Sun	Moon
3	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
4	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
5	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars
6	Moon	Mars	Mercury	Jupiter	Venus	Saturn	Sun
7	Saturn	Sun	Moon	Mars	Mercury	Jupiter	Venus
8	Jupiter	Venus	Saturn	Sun	Moon	Mars	Mercury
9	Mars	Mercury	Jupiter	Venus	Saturn	Sun	Moon
10	Sun	Moon	Mars	Mercury	Jupiter	Venus	Saturn
11	Venus	Saturn	Sun	Moon	Mars	Mercury	Jupiter
12	Mercury	Jupiter	Venus	Saturn	Sun	Moon	Mars

Colour

Colour is something which, over time, you will use as a natural adjunct in your magical workings. It can be used in your robes, to dress your altar, or in your candles as representative of the vibration you wish to introduce. By and large, the colours you choose for your workings will be those appropriate for your intention (the purpose of your spell).

There are other uses of colour in magic as well. Some simple colour symbolism is listed below.

WHITE AND SILVER Silver is almost always associated with the Lunar Goddesses and workings with the moon. White symbolises purity, chastity and spirituality and is said to contain within it all the other colours, so always use white if you have nothing else available. Use it also when you want focus and a protective influence.

PURPLE, INDIGO AND VIOLET These are the Royal colours and are therefore associated with wisdom and vision, dignity and fame. They are often used when honouring the Goddess in her aspect of Crone and the God as King, according to some traditions of magic. These colours command respect and promote psychic and mental healing.

SKY BLUE This colour signifies communication in all its forms, not just between people, but also between the realms so is good for meditative practices and also for help with study and learning. The colour is also used to symbolise water.

GREEN This colour, which belongs to Venus, promotes love, fertility, beauty, prosperity and wealth. Associated with the Earth in its guise of the Green Man and with the Great Mother in her nurturing form it suggests emotional healing and growth.

GOLD AND YELLOW These colours represent vitality, strength and rejuvenation. They therefore are used to promote physical healing, hope and happiness. Related to the Sun Gods and the Element of Air, they may also be used for protection.

ORANGE Used as a healing vibration, particularly of relationships, orange is also associated with material success and legal matters. A highly creative vibration, it often relates to childhood and emotional stability.

RED This colour is recognised as that associated with passion and sexual potency and with intensity. It is usually associated with fire, with the quality of courage and with healing of the blood and heart.

PINK This is the colour that signifies friendship, love, fidelity and the healing of emotions. It also symbolises creativity and innocence and is associated with the Goddess in her aspect of Maiden.

BROWN promotes the healing of the Earth, symbolises the hearth and home and is also connected with the animal kingdom. It can also be used for the blending of several intentions.

BLACK is not a colour but is the absence of both light and colour. It can therefore be used to banish negativity. It is often seen as the colour of the Goddess in her Wise Woman form.

Words of power

Signs and symbols are an important part of magic and are very easily universally recognized. In other words, any competent magician or alchemist would be easily able to read the information which was being passed on. Much of the magical language that we use today has come down to us from the Kabbalah, which was primarily an oral tradition (learned through the spoken word).

There were certain ideas that the ordinary layman was capable of understanding and others that only the priesthood were capable of assimilating. Knowledge was power and that knowledge must be jealously guarded lest it fall into the wrong hands. The writings were therefore in code, and had a tremendous power and energy invested in them. The sense of awe and wonder they generated was phenomenal. Now, as these messages become open to interpretation, they still are able to generate that same sense of awe and wonder.

While the writings of Kabbalah were obviously in ancient Hebrew, it was believed that the letters and numbers had very powerful vibrations. To keep the writers' intentions hidden, it was possible to substitute other phrases and letters or numbers for what was originally noted down, and it all became very confusing. It is this which has generated so much interest recently in the Bible Code and other so-called 'secret' messages.

There are many different 'codes' that can be used to signify various aspects of magic and here we show the Hebrew and English equivalent. The following is an example of how English letters can be transferred into numbers using Kabbalistic beliefs:

1	2	3	4	5	6	7	8	9
A	B	G	D	E	O	Z	F	T
C	K	Gh	Dh	H	U		P	Tz
I	Kh	M	M	N	V		Ch	
J	R	S	Th		W		Ph	
Q		Sh			X			
Y								

Below we show some other alphabets and their equivalents. In theory there is nothing to prevent you from mixing up your alphabets in magical writings, though the purists among us will cringe at such an idea.

A	B	C	D	E	F	G	H	I	J	K	L	M
└	└.	└└	└└.	└└└	└└└.	└└└└	└└└└.	└└└└└	└└└└└.	└└└└└└	└└└└└└.	└└└└└└└
└.	└└	└└.	└└└	└└└.	└└└└	└└└└.	└└└└└	└└└└└.	└└└└└└	└└└└└└.	└└└└└└└	└└└└└└└.
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Royal arch cipher

A	B	G	D	H	V	Z	Ch	T	I	K
א	ב	ג	ד	ה	ו	ז	ח	ט	י	כ
ל	מ	נ	ס	ע	פ	צ	ק	ר	ש	ת
L	M	N	S	O	P	Tz	Q	R	Sh	Th

Hebrew alphabet

A	B	G	D	E	Z	E	Th	I	K	L	M
Αα	Ββ	Γγ	Δδ	Εε	Ζζ	Ηη	Θθ	Ιι	Κκ	Λλ	Μμ
Νν	Ξξ	Οο	Ππ	Ρρ	Σσ	Ττ	Υυ	Φφ	Χχ	Ψψ	Ωω
N	X	O	P	R	S	T	U	Ph	Ch	Ph	0

Greek alphabet

A	B	C	D	E	F	G	H	I	J	K
ᚠ	ᚢ	ᚦ	ᚨ	ᚱ	ᚴ	ᚷ	ᚹ	ᚻ	ᚾ	ᚿ
ᚺ	ᚻ	ᚾ	ᚿ	ᚰ	ᚱ	ᚴ	ᚷ	ᚹ	ᚻ	ᚾ
L	M	N	Ng	O	P	R	S	T	Th	U

Futhark (Runic) alphabet

Words of power are those which create a very specific vibration linking us with the Divine. Practitioners of Yoga, for instance, will use the very powerful OM or Aum accepted as the vibration of Creation. Followers of Islam chant the 99 'Beautiful Names' of Allah. Hebrew mystics and magicians use the secret names of God, such as Yahweh, Adonai and Elohim. Native Americans observe chanting in preparation for many activities and ceremonies. Chants, or mantras, are also greatly venerated in other Shamanic societies.

It is the use of words of power which can enchant something or someone - to enchant initially meant to surround someone with a vibration which brought about transformation. In ancient Greece, female sorcerers and seers are said to have howled their chants, believing that this created the powerful vibrations to augment the power of their chants. Early and medieval sorcerers and magicians sang their chants in very forceful voices in order to raise power.

This practice predated the raising of highly focussed energy developed by modern day magicians and spell workers. These latter use as their mantras (mind-makers) the names of the Goddess and of the horned God as well as the names of other deities. Chants also are done for magical purposes to achieve an altered state of consciousness and create psychic energy. Below is one such chant, which should be repeated at least nine times.

Eko, Eko Azarak
Eko, Eko Zomelak
Eko, Eko Cernunnos
Eko, Eko Aradia

Words of power may also consist of rhymes, alliterative phrases - including nonsensical ones - and charms that are created or taken from other sources such as books or poetry. In some magical traditions it is believed that a chant used as a tool for healing should not be used more than three times lest the chanter becomes infected by the very condition he or she is attempting to cure.

Constructing spells and rituals

Traditionally, spells, formulae and rituals were recorded in the Grimoire which, of late, has become known as the Book of Shadows. There is often controversy over whether one's magical books should be called a Grimoire or a Book of Shadows. Really it depends on which traditions of magic you have been taught.

The word Grimoire simply means 'a book of learning'. It came to mean the records kept by true practitioners of magic as they wrote down the secret keys they discovered as they progressed along the path of initiation. The best known Grimoire was the translation of one made widely available at the beginning of the 20th century - that of King Solomon. This book was of great antiquity and traditionally is seen as the magical key to the Kabbalah. In truth, it was the

key to the Mysteries and has since formed the basis of other magical systems.

The first Book of Shadows is said to have been written by Gerald Gardner as he developed modern Wicca in the 1920s. The Book of Shadows does not serve as a diary, but reflects religious rituals, their modifications and any other workings that need to be recorded.

Both books were traditionally secret writings, often written in coded language. The Book of Shadows follows the same principle, although obviously with modern communication much of what used to be hidden is more readily available.

Most solitary practitioners will treasure the records of their workings whether they choose to call it a Book of Shadows or a Grimoire. Either book becomes part of a rich tradition.

Any self-respecting practitioner will both want and need to keep a record of all of these aspects of magic for future reference. You will need to find an easy way of remembering what you have done. Utilizing the worksheets and the respective headings below will help you to do this.

These can also be used, should you wish, with modern technology. Computer and software programmes can be tremendously helpful in keeping records in a fashion that is suitable for passing on to other people.

Spells and formulae record sheet

TYPE OF SPELL OR FORMULA: This should state very clearly what the type of spell is e.g. blessing, binding etc. When developing formulas for lotions and potions, for instance, you need to be clear as to the exact purpose.

DATE AND TIME MADE: This gives a cross-reference should you wish to use the correct planetary hours or magical days.

REFERENCE: you should develop your own system of reference; this might be, for instance, according to the time of year or alphabetically. Do also remember to keep safely somewhere a record of how you have developed your reference system so that others may benefit from your experience.

ASTROLOGICAL PHASE: if you have an interest in astrology you will probably want to record where the planets are when you prepare the spell or formula. A decent ephemeris (list of planetary positions) can be of great help here though there are also many sources of information on the internet.

SPECIFIC PURPOSE: you should always state the specific purpose of the spell or formula very clearly. This is partly because it helps to focus your own mind, but also because it leaves no one in any doubt as to your intentions. Should you have more than one main purpose, you should also record these.

LIST OF INGREDIENTS AND/OR SUPPLIES NEEDED: Having all your ingredients to hand ensures that you are working with maximum efficiency and not misusing or needing to adjust the energy by leaving the sacred space. Also, when you repeat a working you will need to replicate what you did the first time; even one small change in ingredients can make a tremendous difference to the outcome.

SPECIFIC LOCATION REQUIRED: You may well need to perform some spells within a certain area or setting. Also you may discover that your own energy responds to some locations better than others.

DATE, TIME AND ASTROLOGICAL PHASE WHEN USED: In all probability you will not want all your spells to take effect at the time you cast them. Suppose you have applied for a job and wish your spell to work at the time of interview. You would need to carefully calculate the date, time and astrological phase of the interview as well as the time you are actually casting your spell and incorporate both sets of information into your working.

RESULTS: Record carefully all aspects of results you feel are associated with your working. This record should include how successful you consider the spell to be and how it might be improved. There will be some unexpected results, some which appear not to give a tangible result and others which come into play some time after they were expected.

DEITIES INVOKED DURING PREPARATION AND/OR USE: Often a particular god can be helpful in bringing about a needed result for a spell. You will choose the most appropriate for your purpose and can always petition a different one at another time.

STEP-BY-STEP INSTRUCTIONS FOR PREPARATIONS AND/OR USE: Often when spell-working, movements and words are intuitive and instinctive; the more you are able to remember what you did the more likely you are to achieve similar results. Also, should you require them for someone to work on your behalf or to undertake someone else's magical training, you will have an exact record.

ADDITIONAL NOTES: Here you should record for each occasion anything that seems strange, bizarre or noteworthy so that you know what to expect next time.

In each of the spells we give a list of ingredients and special articles which may be required to achieve a result for that particular spell. Because each individual brings their own energy into the process, you may find that you intuitively want to change something, whether that is an ingredient, a container or the words used. This is absolutely fine, and means that your spell has a very personal 'feel' to it.

Section 3

*The Spells
Compendium*



WDT

Health and healing

The subtle energies which come together to give each person their unique makeup are very precious and can be conserved and enhanced. We as spell workers have a responsibility to make ourselves as healthy and whole as possible and in so doing can also help others to overcome problems and difficulties. We learn to appeal to a universal energy and its various parts to help the world go round a little more easily.



Healing the body

This spell works on a simple principle, that of identifying within the body whether the pain it is suffering is physical, emotional or, as is often the case, has a more deep-rooted spiritual component. It uses visualization and colour as its vehicles and calls on Raphael the Archangel of Healing for help.

You will need

- LARGE PIECE OF PAPER
- RED, YELLOW AND PURPLE FELT TIP PENS
- BLACK MARKER PEN

Method

Draw three concentric circles.

The inner one should be purple, the middle yellow and the outer red. Add a circle for the head and lines for the legs, so you have drawn a representation of yourself.

Now, thinking of any health difficulties you have, with the black marker put a small mark on the drawn 'body' to represent that pain.

Keep your pen in contact with the paper and ask Raphael for help.

You might say:

*Raphael, Raphael Angel of ease
Help me to understand this pain please*

You should find that your mark is closer to one circle than the other. Remembering that this method is not a self diagnostic tool at all - it is simply designed to help you to come to terms with the pain or difficulty - note which colour this is:

Red represents pain which is purely physical

Yellow usually signifies an emotional cause

Purple tends to have a more spiritual basis

Sit quietly and draw that colour into yourself as though you were marking within your body where the pain is.

Next mentally flood that part of your body with white light.

For the next two days sit quietly and make the invocation to Raphael again. Repeat the drawing in of colour and the flooding with white light.

At the end of that time you should begin to have an understanding of the causes of your pain and how your body is reacting to trauma.

It must be stressed that this method is not designed as a substitute for medical diagnosis. It is a method of pain management which links with subtle energies to bring about healing on different levels. You may need to explore further some of the insights this gives you.

Good health wishing spell

This spell is worked at the time of the New Moon and is incredibly simple to do. Bay leaves possess a great deal of magical power and are used for granting wishes. This spell can be used to fulfil a range of desires, and here is used to bring about health and happiness.

You will need

- 3 BAY LEAVES
- PIECE OF PAPER
- PENCIL OR PEN

Method

During a New Moon, write your wish on a piece of paper and visualize it coming true.

Fold the paper into thirds, placing the three bay leaves inside.

Fold the paper towards you.

Again visualise your wish coming true.

Fold the paper into thirds a second time, thus forming an envelope.

Keep it hidden in a dark place.

Reinforce your wish by repeatedly visualizing it coming true.

When the wish comes true, burn the paper as a mark of thanks.

This little envelope of power can also be included in a mojo or talisman bag to add more power to it. In that case try to be as specific as you can in your wish. You can, using it this way, impose a time limit on the spell coming to fruition, though it is often better not to do so.

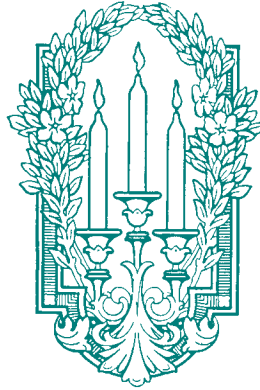


Reinforcing of a personal space

In using the Goddess image as a focus this spell is representational. It uses a mirror to represent light and power and also uses numerology (the power of numbers) in the nine white candles. Nine signifies pure spirituality and therefore the highest energy available.

You will need

- MIRROR
- 9 WHITE CANDLES
- A PROTECTION INCENSE
- AN EASILY HELD ROUND MIRROR
- A REPRESENTATION OF THE GODDESS



Method

Light the incense.

Place the candles in a ring around the Goddess image.

Light the candles, beginning with the candle most directly before the Goddess image and each time repeat these or similar words:

*Light of Luna,
Protect me now.*

When all are lit, hold the mirror so that it reflects the light of the candles.

Turn slowly in each direction, ensuring that you throw the light as far as you can in each direction.

Then spin round as many times as you have candles, continuing to project the light and say:

*Goddess of love, goddess of light,
Protect this space.*

Pinch out the candles and put them away safely until you need to use them again.

This technique is slightly unusual in that you pinch out the candles rather than allowing them to burn down. This is because it is the intensity of light which is required not the length of time it burns. This is a good way of rededicating your sacred space whenever you feel it necessary.

Glamour spell

In many ways this is a spell about loving yourself, hence the use of pink candles and love oil. In the use of incantation you are making a link with the principle of beauty and with the Goddess of Beauty in one of her many forms.

You will need

- AT LEAST ONE PINK CANDLE, MORE IF YOU PREFER
- A HANDHELD MIRROR
- LOVE OIL

Method

Dress the candle(s) with the love oil, working towards you since you want to feel differently about yourself.

Have in mind your ideal qualities of beauty as you do so.

Light the candles and stare deeply into the mirror.

See first the person you are now.

Visualise the change you want.

Then 'see' the person you would like to be.

Recite this incantation out loud:

*Sacred flame as you dance
Call upon my sacred glance.
Call upon my better self,
Give me [your request]*

*Blessed flame shining brightly,
Bring about the changes nightly
Give me now my second chance
My beauty and glamour please enhance*

Power of three, let them see, let them see, let them see.

You can now snuff out the candle and relight it the next night, burning it for at least an hour.

Repeat the incantation at least three times.

The power of visualization is a very strong tool. Each of us has an inner beauty which if we work with it is a tremendous help in daily life. Once we are prepared to recognize it for ourselves it becomes evident to other people. This spell accomplishes that recognition.

Disperse negative emotion

Here is a simple technique for dealing with negative energies such as anger and resentment. It uses the Elements and their qualities in a very positive way. The circle of light links with spirit, the dark stone represents Earth and the water acts in its cleansing capacity.

You will need

- A DARK STONE

Method

Visualize a circle of light around yourself.
Hold the dark stone in your hands.
Place it over your solar plexus.

Allow the negative emotion, perhaps anger and resentment, to flow into the stone.

Try to decide what colour the emotion is, and how it arose in the first place. It sometimes helps to counteract such an emotion by changing its colour

Raise the stone first to your forehead to signify clarity.
Then place it over your heart
(this helps to raise the healing vibration to the correct level)

If it seems right use words such as:

*With this stone
Negative be gone,
Let water cleanse it
Back where it belongs.*

This reinforces the idea of the stone holding your anger.

Concentrate & project all your negative emotion (Anger, resentment etc) into the stone.
Visualize the emotion being sealed inside the stone.

Now with all your energy, take the stone to a source of running water in the open air.

It also helps if you can get up to a high place to throw your stone away, since this way you are using Air as well.

This is a similar technique to the one on page 140 called A Wish Afloat except that here you are deliberately using the Elements to clear away negative emotion. This leaves space for positivity and good new things to come into your life. Under no circumstances should you allow the anger and resentment to build up again.

Moon power

This spell can be performed indoors as well as outside. It is representational since you use a paper moon or flower. In the incantation the Moon is represented as a white swan. This should be done at the time of the Full Moon and is designed to bring the energy of the Moon within your grasp until the next Full Moon.

You will need

- A BOWL OF WATER
- WHITE PAPER MOON OR FLOWER

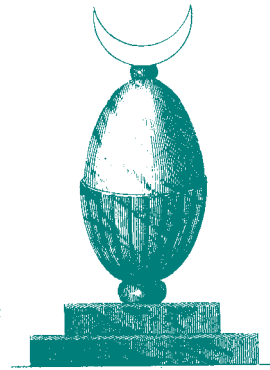
Method

Float the paper moon or flower in the bowl.
Raise the bowl towards the Moon in the sky and say:

*Hail to thee white swan on the river,
Present life, tide turner,
Moving through the streams of life, all hail.
Mother of old and new days,
To you, through you, this night we cling to your aura.
Pure reflection, total in belief, touched by your presence,
I am in your power and wisdom.
Praise your power, your peace, my power, my peace.
I am strong. I praise. I bless.*

Replace the bowl on your altar. Stand for a few moments appreciating the power of the Moon.

This spell is purely an incantation to the Moon and is therefore very simple. It needs no other tools or techniques except a physical representation of the Moon. Water is sacred to the Moon and therefore we offer her that which belongs to her.



Overcoming your shadows

This spell, which signifies letting go the hurts of the past in a way that allows you to move forward with fresh energy into the future, can be performed at the time of the New Moon. By carrying it out every new moon you are gradually able to cleanse yourself of the detritus of the past, often as far back as childhood.

You will need

- CEDAR OR SAGE SMUDGING STICK OR CLEANSING INCENSE
- WHITE CANDLE
- ATHAME OR RITUAL KNIFE
- BELL
- CAKES AND WINE OR JUICE

Method

Cast your circle using the smudge stick or incense to 'sweep' the space as you move around the circle clockwise.

Think of your space as being dome-shaped over your head and cleanse that space too.

Ring the bell.

With your arms raised, palms facing upwards, acknowledge the Goddess and say:

*Great Goddess,
Queen of the Underworld,
Protector of all believers in you,
It is my will on this night of the new moon
To overcome my shadows and bring about change.
I invite you to this my circle to assist and protect me in my rite.*

Hold your athame or knife in your hands in acknowledgement of the God and say:

*Great God,
Lord of the Upper realms,
Friend of all who work with you,
It is my will on this night of the new moon
To overcome my shadows to bring about change.
I invite you to my circle to assist me and protect me in my rite.*

Light the candle and say:

*Behind me the darkness, in front of me the light
As the wheel turns, I know that every end is a beginning.
I see birth, death and regeneration.*

Spend a little time in quiet thought. If you can remember a time either in the last month or previously when times have not been good for you, concentrate on that.

While the candle begins to burn properly remember what that time felt like.

Now concentrate on the candle flame and allow yourself to feel the positivity of the light.

Pick up the candle and hold it high above your head.

Feel the energy of the light shower down around you, the negativity drain away.

Now draw the power of the light into you and feel the energy in every pore. Pass the candle around you and visualise the energy building up.

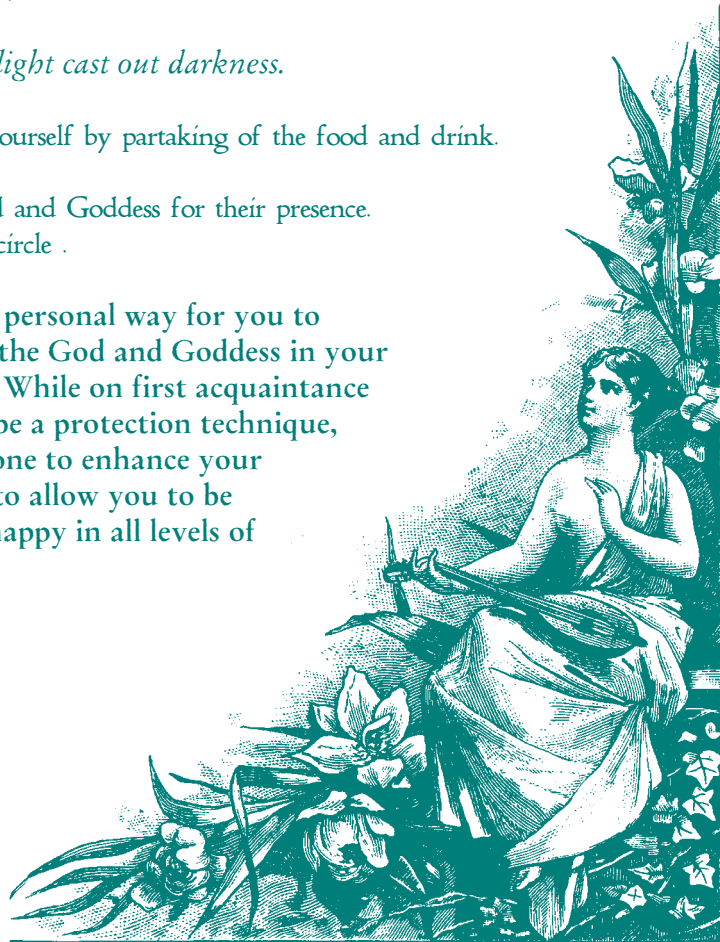
If you wish, say:

Let the light cast out darkness.

Now ground yourself by partaking of the food and drink.

Thank the God and Goddess for their presence.
Withdraw the circle .

This is a very personal way for you to acknowledge the God and Goddess in your everyday life. While on first acquaintance it appears to be a protection technique, it is actually one to enhance your energies and to allow you to be healthy and happy in all levels of existence.



Healing a depression

Depression is not an easy illness to handle and you should not regard spells such as this as a substitute for medical care. However a mojo or talisman bag can be of tremendous support in the process of getting better and has the effect of continually 'topping up' the energy needed to overcome difficulty.

You will need

- RED FLANNEL POUCH OR TALISMAN BAG
- PIECE OF ANGELICA ROOT FOR A WOMAN
- PINE CONE FOR A MAN
- SPRIG OF ROSEMARY
- SMALL DOG TAG, LUCKY COIN OR TOKEN
- WHITE CANDLE
- CLARY SAGE OIL TO DRESS THE OBJECTS AND TO USE AS INCENSE
- YOUR BURIN OR A PIN

Method

If the person you are helping is a woman, then inscribe her initial on the angelica root and dress it with some of the clary sage oil.

If a man then do the same with the pine cone.

When using a lucky token or charm, take care to dedicate it specifically to the person concerned.

Say something like:

May this token of good luck bring healing to [name of person].

With the dog tag inscribe it either with the person's initials, their astrological sign or the rune symbol Kenaz for inner strength which is:



Repeat the words above as you do this.

Now place the objects in the pouch.
Light your candle and the incense.
Dress the bag itself by dropping a little oil on it.

Pass the bag and its contents through the incense smoke, all the while visualizing your subject well and happy.
Pass it over the candle three times asking your favourite deity to help you in your task.

Give the bag to the person concerned asking them to keep it with them at all times for at least a week.

Your subject should sense an improvement in mood within the week. You can reinforce the bag's efficiency every now and then by burning a candle for a short while and directing the energy at the bag. If you are not able to give the bag to the person concerned then hang it somewhere prominent so you are reminded of them occasionally and can send loving energy their way.

Healing image spell

This spell uses the very old technique of representing a person as a poppet or small doll. It is similar to To Know the Child Within on page 80, except that the poppet represents another person. Remember that healing takes place in the way that the recipient needs, not necessarily in the way we think it should happen.

You will need

- POPPET
- BLUE CANDLE
- SALT WATER

Method

Following the instructions on page 33 create your poppet to represent the person you wish to help already completely healed and whole.
Take the doll into your sacred space.

Light the blue candle (to represent healing).
 Sprinkle your poppet with the salt water.
 Say:

*This figure I hold made by my art
 Here represents [name person],
 By my art made, by my art changed,
 Now may helse be healed,
 By art divine.*

Pass the poppet quickly through the flame of the candle and visualize the person being cleansed of their problem.

Hold the poppet in both hands, breathe gently on it and visualize first the poppet and then the person being filled with Divine healing energy. Pay particular attention to the areas in the physical body of your friend with which you know they are having difficulty. Imbue the poppet with the idea of being healed from a mental perspective.

Think of spiritual energy infusing the doll, and therefore your friend, with the spiritual help that they need. Visualize the person concerned being completely filled with white light, well, happy and filled with energy.

Keep the poppet in your sacred space until it is no longer needed. At this time, enter your sacred space, take the poppet, sprinkle it with water and say:

*By divine art changed,
 By my art made,
 Free this poppet from the connection with [name].
 Let it now be unmade.*

If the poppet contains direct links with the person - such as hair - burn it in an open fire. If it does not, dispose of it in any way you wish. If you have used a crystal at any point in this spell, this should be cleansed by holding it under running water and perhaps then given to the person as a keepsake or for protection.

We are not just asking for alleviation of the symptoms, we are asking for help from a holistic perspective. You do have a responsibility if you are working on someone else's behalf to do nothing which will make matters worse for them, therefore think very seriously about using this method.

Healing others

This is a spell using crystals, candles and incense. It is also representational in that you use the paper to represent the person you are healing. If you use an altar then work with that, but the spell can also be completed by recognizing that the space between the candles is sacred.

You will need

- 3 CANDLES:
 - Blue for healing
 - White for power
 - Pink for love
- HEALING INCENSE
(1 part allspice, 1 part rosemary)
- PAPER WITH NAME OF THE PERSON
YOU WISH TO BE HEALED
- CLEAR QUARTZ CRYSTAL



Method

Place the candles on the altar or in your sacred space in a semi-circle, with the white candle in the middle.

Allow the incense to be on the left if the recipient is a woman, on the right if male. Light the incense.

Place the paper with the person's name in the centre.

Put the quartz crystal on top of the paper.

Be aware of your own energy linking with whatever you consider to be the Divine.

Breathe in the incense and feel your energy increasing.

When you feel ready, release the energy.

Imagine it passing through the crystal - which enhances it - to the recipient.

As you are doing this, say:

[Name] be healed by the gift of this Power

Remember that healing energy is used by the recipient in whatever way is appropriate to them. A physical condition may not necessarily be healed, but you may have started an overall healing process. Often the person is given the emotional strength to withstand their trials and tribulations so that an inner healing occurs.

Magical writing

This spell uses magically charged paper and ink. You can do this by following the instructions on page 17. If the request is to increase something, it is done between New Moon and Full. To minimize or get rid of something then it should be done during the Dark of the Moon or when the Moon is on the wane.

You will need

- PAPER (either real parchment or parchment type)
- QUILL PEN, OR IF YOU CAN FIND ONE A FEATHER SHARPENED TO A POINT
- INK IN THE CORRECT COLOUR FOR YOUR REQUEST (see page 45)
- CANDLE, AGAIN IN THE CORRECT COLOUR FOR YOUR REQUEST
- APPROPRIATE INCENSE

Method

Light the candle and the incense
(for instance, use green for fertility or money and perhaps blue for healing).
Write out your request carefully.
Some people will write it three times, others nine.
Simply do what feels right for you.

Hold the paper in the smoke from the incense for as long as feels right.
Fold the paper into three and place it under the candle.
Let the candle burn out, but just before it does burn the paper in the flame.

Alternatively, you might bury the paper in fresh earth and allow time to work slowly. As you become more proficient your intuition to guide you.

This spell relies on a principle similar to that of sending a letter to Santa Claus. The magically charged paper can also be used to address the gods by name and can be used for yourself and on behalf of others. If you petition for others, however, do not tell them what you are doing, as it nullifies the good. Using magically charged paper and ink can become an integral part of your spell making.

You may like to have some ready prepared and charged so that as your knowledge of symbolism increases, rather than writing out your request in longhand, you can use symbols to signify your desires. You might, for instance, use a key to symbolise your need for a house, the picture of an anvil to suggest partnership and a sheaf of corn to suggest abundance. You could also use symbolic languages such as the Runes.

Physical body change

In this spell you are using the power of the crystal to make changes. By bringing the problem out into the open you are creating a way to a change on an inner level which brings healing with it. This can be done at the time of the New Moon.

You will need

- SMALL PIECE OF PAPER
- PEN
- QUARTZ CRYSTAL
- SOME STRING

Method

Take the piece of paper and write your name on it. Draw on it what part of the body you want changed and what you want to look like.

If you want to change more than one area, draw the whole body and mark what you would like to change.

Hold the paper in your hands and imagine the body-part changing from what it looks like now to what you want it to look like.

Fold the paper up any way you like and tie it to the crystal.

Once more visualize the body part changing again.

When you feel that changes are taking place, untie the string, tear the paper up and scatter it to the wind.

If you wish, you can bury the crystal to signify the fact that you have internalized the changes you have made.

This spell is very good for changing aspects you don't like. It may take a few days or even longer to see results, so please be patient. The spell should not be used to try to heal conditions of a medical nature.



Purifying emotions

This spell is one that helps you to release negativity and distress that may build up when you do not feel that you are in control of your life. It uses the four Elements to do this and may be performed on any evening during a Waning Moon. It has been kept deliberately simple so that you can spend more time in learning how to make your emotions work for you rather than letting them overwhelm you.

You will need

- WHITE CANDLE
- BOWL OF WATER
- BOWL OF SALT
- DRIED HERBS (such as sage for wisdom)
- A VESSEL IN WHICH THE HERBS CAN BE BURNED

Method

Stand in your sacred space and say:

*I call upon the elements in this simple ceremony
that I may be cleansed from the contamination
of negativity.*

Wave your hand over or through the flame and say:

I willingly release negative action in my fire.

Rub salt on your hands and say:

I release stumbling blocks and obstacles in my earth.

Light the herbs, wave the smoke in front of you, inhale the perfume as it burns and say:

I clear my air of unwise thoughts.

Dip your hands in the water and say:

*I purify this water.
Let this relinquishing be gentle.
Purified, cleansed and released in all ways,
I now acknowledge my trust and faith in my own clarity.*



Spend a little time thinking about the next few weeks to come. Recognize that there may be times when you need the clarity you have just requested.

Now dispose of the ingredients immediately. Put the salt in with the ashes then pour the water on the ground so that it mingles with the ashes and salt.

It is helpful to find some sort of ceremonial way of releasing energy which enables you to let go of an old situation. A good time to do this is just before a New Moon, so that you can begin a fresh cycle with renewed vigour.

To cure sickness

Knot magic is good for getting rid of illnesses; this spell is one that will help to do this. It works on the principle of binding the illness into the cord, so is a form of sympathetic magic combined with positive thought.

You will need

- 8-INCH LENGTH OF CORD
- PENCIL AND PAPER
- CONTAINER OF SALT

Method

Mark the cord six times so that you have seven equal lengths. Take a few deep breaths and feel your energy connecting with the Earth.

Repeat the following words six times and tie a knot in the cord each time:

*Sickness, no one bids you stay.
It's time for you to fade away.
Through these knots I bid you leave,
By these words which I do weave.*

Put the cord in the container of salt (this represents burying in the Earth). Create a seal for the container with the above incantation written on the paper. Dispose of the container, perhaps in running water.

The number six has particular relevance here: it is widely accepted as the number of the Sun, which is restorative and regenerative.

Dream power

When you need to make someone aware of something, perhaps a healing energy or information that they need to make a decision, it is possible to influence their dreams, without them being aware that you have had anything to do with the matter. You actually make a link for them to higher authority.

You will need

- A SQUARE OF FABRIC
- NEEDLE AND THREAD
- COTTON WOOL OR OTHER STUFFING
- HANDFUL OF HERBS OR A FEW DROPS OF ESSENTIAL OIL (preferably lavender and rosemary)
- PAPER AND PEN



Method

Sit quietly in your sacred space, gather your thoughts and decide precisely what it is you want the person to hear, or perhaps feel.

Write down your wish on the piece of paper in as few words as possible.

Make a dream pillow using the square of fabric and stuffing. Add a quantity of lavender and rosemary or a few drops of oil. Put in the piece of paper last, then sew up the end.

Put the dream pillow on your altar.

Because this is on behalf of someone else you might wish to reinforce your sacred space for your petition.

Gather your energy into your solar plexus then hold your hands over the dream pillow.

As you do this say the following:

*Goddess Divine Holy Mother,
I petition you herein for another.
[Name] does not understand
Creating trouble quite unplanned
Holy Mother, Goddess Divine,
Send a dream, awaken the mind.
Show the way through, the way that's right
Give them the truth by clear starlight
Holy Mother, Goddess Divine,*

*Open the way for a clear sign
Bring them clarity while they sleep
So much from experience that they can reap.*

Change the incantation to suit your purpose if you wish.
You might give the dream pillow to the person concerned as a gift or hang it in a prominent place in your own sacred space.

Remember that this does not force a person into any particular course of action. This spell allows them to make decisions which are right for them, and you know you have done all you can to help. You have acted as wisely as you know how.

Petition to the Horned God

Cernunnos means 'The Horned One' and in this spell he is invoked as the God of hidden knowledge and of movement through our own difficulties. Because of his virility he has a lust for life that we all need. The spell is probably best done at sunrise and in the open air.

You will need

- A CLEAR SPACE IN WOODS
- STONE MARKERS FOR THE FOUR COMPASS DIRECTIONS
- SOME GREEN BRANCHES
(preferably of oak but otherwise your favoured sacred tree)

Method

Place your stones according to the four directions and while you do this listen to the sounds around you.

You may become aware of a change in energy, in which case acknowledge the presence of the nature spirits.

Place the branches (sacred to Cernunnos) close to the centre where you are working, which has now become your sacred space.

Stand in the centre of your sacred space.

Put your hands in the God position (arms outstretched).

Say:

Great Horned Leader of the Hounds

*Lord Cernunnos hear my call
You, who move with the rhythm of the forests
Upon your knowledge let me draw*

*Potent Huntsman who dances with the serpent
Of knowledge, forever virile and gracious
Grant me the power of potent movement
Let me move too within the mysterious*

*Speaker with the ancient shamans
Who bridge this world and the next
Unstoppable as force of nature
Aid my footsteps forward free from the past.*

Now stand quietly drawing on the power of Cernunnos as you contemplate your next life move.

Deliberately put the past behind you and resolve to move forward with all courage and speed.

When your ceremony is complete scatter the stones and the branches so that you leave no trace behind.

This is not a spell to help you make a decision, more one to increase your energy levels. It is more to help you to move forward swiftly, to allow matters to drop into place so that your path forward can be unimpeded. The assumption is that you have already decided what you want to do.

Calling the Dryads

As you become more proficient at using energies, you will find a need to link with nature spirits and spirits of the elements. These energies are very subtle and the incantations used in this spell acknowledge that subtlety.

You will need

- BIRTHDAY CAKE CANDLES OF DIFFERENT COLOURS
- ICE CREAM STICKS OR NUTSHELLS SUCH AS WALNUTS
- WATER IN A NATURAL POOL, POND OR BOWL

Method

Use different colour candles to attract different 'families' of Dryad.
Fix the candles into the half shells or onto the slivers of wood with hot wax.
(This can be very fiddly, but be patient. Use half candles if this is easier.)

Light each candle with a blessing and float your boats on the surface of the water.

Send loving thoughts to the Nature spirits and ask them to join you.
You might use an invocation such as:

*Awake you spirits of the forest green
Join me now
Let yourselves be seen.*

Now sit quietly and just listen.

Shortly you will sense the presence of the Dryads, often as there are strange rustlings in the trees or vegetation.

You may feel them as they brush past you or play around you.

Initially you will probably not be able to differentiate between them, but as time goes on you will sense subtle differences.

Half close your eyes and see if you can see them.

Again don't be too disappointed if nothing happens immediately, just accept that you will be aware of them eventually.

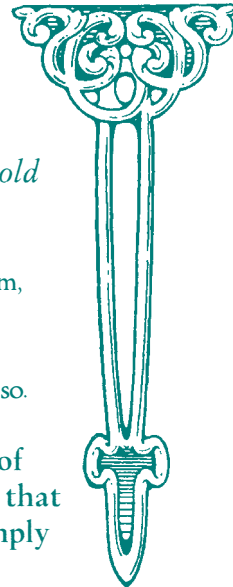
Now, invite them to play with you:

*Come, Dryads all, come join with me
Explore Earth, Sky, Sand and Sea
Show me, guide me, take my hands
Together thus, we see new lands
New vistas, new horizons and knowledge of old
Come together, in power enfold.*

When they are comfortable with you, and you with them,
thank them for coming and leave the area tidy.

You can leave the candles to burn out if it is safe to do so.

While it may seem strange to be invoking spirits of
Earth or greenery, a little thought will show you that
all living things are interconnected and this is simply
one way of making such a connection.



The spell of the shell

This is a lunar spell calling on the power of the Moon and the waves. It is also representational because the shell is a long accepted symbol for the Goddess and signifies her ability to take all things to her and effect changes. In this example, we use an Ogham Stave to represent healing, though the spell can be used for other purposes as well.

You will need

- SHELL
- A SYMBOL OF YOUR DESIRE
- FINE NIBBED MARKER PEN

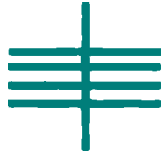
Method

To perform this spell, you must find a suitable shell in shallow water.

Take the shell and dry it thoroughly.

Draw your chosen symbol upon the surface of the shell.

For healing, we suggest the Edhadh Ogham Stave:



Place the shell upon the shore so that the tide will bring the waves across the shell.

When the shell is in place, draw a triangle in the sand, enclosing the shell completely.

The symbol upon the shell must be facing upwards (towards the Moon). Meaningful words, or phrases, may be placed upon the shell also, or simply written in the sand (inside the triangle).

Finally, face the Moon and say the following words of enchantment:

*Goddess of Moon, Earth and Sea,
Each wish in thy name must come to be.
Powers and forces which tides do make,
Now summon thy waves, my spell to take.*

Leave the area now and the spell is set.

Once the waves come, then your wish will be taken out to the spirits of the sea.

It will usually take about seven days for a lunar spell to begin to manifest, but it can take as long as 28 days.

This type of magic is what we called 'little works' and belongs to the folk-magic level of spell making. Take care to note the phase of the Moon (waxing for the gain of something, waning for the dissolving of something). You are using natural objects which to the uninitiated mean nothing.

To clear evil intent

This spell can be used if you suspect that somebody is directing unhelpful energy towards you which is making you sick. Words have particular force, so in expressing your feelings forcibly as in line 2 of the incantation, you are turning the energy back on the perpetrator.

You will need

- LENGTH OF STRING
- BOTTLE

Method

Tie a knot in the string.
Place it in the bottle and bury it in earth.
After three days dig it up.
Put the bottle on the floor or ground and say:

*A curse on me you buried deep
To make me sick, you nasty creep.
I placed a knot into this twine
And so your work was worked in vain.*



Shatter the bottle, carefully pick up the string and undo the knot; the original curse is now invalid.

Dispose of the bottle remains in any way that you feel is appropriate.
Burn the cord and blow the ashes to the wind.

In some ways this could be called a protection spell, but since the 'curse' could cause you to be ill this spell guards your wellbeing. The curse is transferred by the power of your spell to the cord, which is then disposed of by burning. The assumption is that your magic is stronger than the person who has wished you ill.

To drive away bad dreams

This spell uses herbal magic and correspondences to clear the bedroom of negative influence. It is often a good idea to use material which is easily available so you might use sprigs of rosemary, sage, ladies bedstraw or maize silks (broom corn). Since you want something taken away you should perform this magical working as the moon wanes.

You will need

- BOWL OF WARM WATER
- SALT
- YOUR CHOSEN SPRIGS OF HERBS
- STRING

Method

Dissolve the salt in the warm water.

Tie the herbs together.

Dip the sprigs in the water and sprinkle the corners of the room with the water.

Next use the sprigs to sprinkle the salt water on your bedclothes, and particularly round the head and foot of the bed.

When you have done this, place the herbs under your pillow, or if you prefer, under the middle of the bed.

The next morning, discard the herbs at a crossroads if you can, either by burying them or allowing them to disperse to the four winds. Otherwise ensure that you have carried them well away from your home.

This carries all negativity away from your bedroom and bed.

This spell uses rosemary which brings clarity, sage for wisdom, ladies bedstraw which is said to have lined the manger at Christ's birth, and broom corn, which is used in worship of the Mexican goddess Chicomecohuatl. All these herbs bring cleansing, not just of the room but also of the occupant's aura or subtle energy. On the basis that one should always replace negative with positive, you may like to use the following technique to bring about positive dreams.



Asking for the dreams you want

This technique is most successful for those who have learnt to trust their intuition and perhaps have already learnt how to recall and record their dreams. This technique works because the lines of communication have already been established between the conscious and unconscious self - the inner and the outer world.

Just as initially one might send a simple e-mail, so later one learns to send links and attachments giving more and more complex information. For this reason the method also works well for those who have learnt to meditate, or for those who use other kinds of self management tools such as creative visualization or chanting.

It is of most use when there is a strong, passionate, deeply-felt association with the request or question. The technique is a very easy one, particularly if one has learned through work or other experience to remain focussed on issues at hand. You simply remember to use as a memory jogger the word **CARDS**:

- Clarify the issue
- Ask the question
- Repeat it
- Dream and document it
- Study the dream

C means that you spend some time in clarifying exactly what the issue really is. If you are using dreams to help you in working magically you need to be very clear as to what energies you are planning to use.

If using your own power, you need to be able to trust the link with your own subconscious, if calling on powers beyond yourself, you equally need to be able to trust those links. By identifying these basic issues you are then able to make a more effective link with the correct stream of knowledge - to tune into the right channel.

Try to state the issue as positively as you can, because the subconscious tends to latch on to negative statements in preference to positive. You might say, 'I require guidance as to how to achieve my aims', or you could say, 'I require help in achieving my aims'. It also helps to be quite specific in your choice of words.

A suggests that you make your request with as much relevance as possible. Using an old journalistic technique, ask the questions 'who, what, where, when and why' and sort out in your own mind exactly what the relevant topic is. For instance, you might ask:

Who can best help?
 What must I do?
 Where do the best opportunities lie for achieving my aims?
 When will I be able to use my greater experience?
 Why have I created the circumstances I have?

All of these questions are, of course, open and are not necessarily time specific. If you ask a question based on confused thinking you may well receive a confusing answer, so always try to get as close to the heart of the matter as you can. Conversely, by making inappropriate demands you may notch up answers you do not wish to have, and your magical technique based on your dreams may not work.

Repeat the question. By repeating the question over and over again, you are fixing it in your subconscious. Often blocks of three repetitions work very well, so repeating three sets of three means that you have covered all possible bases - practical, emotional and spiritual.

The art of Dream Command, as it might be called, is that of informing your inner self that you will have a dream which will help you to achieve your objective. As you compose yourself for sleep and use whichever relaxation techniques help you, you must tell yourself that you will have a dream which will give you an answer or the assistance that you need.

One word of warning. It is difficult to say what will actually happen since it will be pertinent to you and what you are doing, rather than being a 'blanket' answer. The dreaming self is quite capricious, so to begin with you may not receive an answer on the night you requested it. You may only receive part of an answer, or nothing for several nights, and then a series of dreams which tell you what you need to know. It is a highly individual process, and no-one can tell you how it should be. With time you will recognize your own pattern, but be prepared to be patient with yourself.

Dream it. When you do dream, document it briefly as soon as you can, noting down the main theme of the dream. With practice you will recognize the difference between a dream which helps you to clear away the everyday problems and one which is more to do with magical guidance. Look carefully at the imagery within the dream which will probably be fairly clear-cut and straightforward.

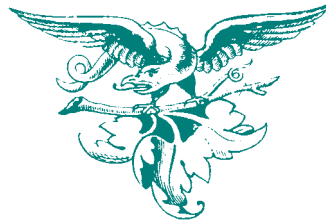
Study the dream in more detail when you have time enough to do so. Look for details, clues and hidden meanings, and see whether you can apply any or all of them to situations in hand. Sometimes the answer to your request can come from applying your knowledge to a different sector of your life, before tackling the information for which you have asked.

To get rid of warts

Warts have been said to be the mark of magic so you may wear yours with pride! If you find them unsightly then try this simple, safe spell from folklore. Ideally done at the time of the Waning Moon, this spell involves no pain and should not leave any trace of the wart.

You will need

- HIGHER VIBRATION INCENSE SUCH AS SANDALWOOD
- COIN FOR EACH WART
(ideally it should be a copper coin that you have had for a while but this is not essential)
- SPADE OR TROWEL



Method

Light the incense.

Prepare your coin by holding it in the incense smoke for no more than half a minute.

Charge the coin with your personal energy.

Rub the coin on the wart saying these words over in your head for as long as you feel is needed:

*Blemish begone, do not return
Leave no scar nor mark nor burn.*

Visualize the wart transferring to the coin

When this is done bury the coin in the earth, this time saying the above words out loud.

Forget about the coin and within a calendar month the wart should be gone.

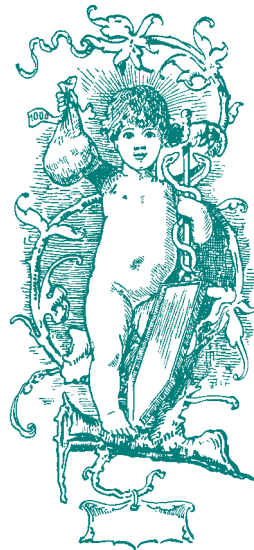
This spell can be done on others. Modern day medicines can be harsh and wart remedies which burn them off usually burn the skin as well. Children especially may find the burning of warts uncomfortable and this is a safe alternative that can be fun to try.

To know the child within

This spell is a variation on a technique which appreciates that we all have aspects of ourselves which can go unrecognized and therefore undeveloped. By using your sacred space in which to work, you are enhancing the connection you make to that part which remains childlike. The main tool is visualization.

You will need

- A GREEN OR BLUE CANDLE TO SIGNIFY HEALING
- AN INCENSE OR ESSENTIAL OIL WHICH REMINDS YOU OF YOUR CHILDHOOD
- A DOLL OR POPPET TO SIGNIFY THE CHILD YOU ONCE WERE
- SALT WATER
- WHITE CLOTH
- YOUR ALTAR, WHICH COULD JUST BE A TABLE WHICH YOU DEDICATE TO THIS PURPOSE



Method

Light your candle and the incense.
Choose a particularly good childhood memory.
Hold the poppet in your arms and think about the child you once were.
Now treat the poppet as though it were a child.

Say:

I name you [use your own childhood name or nickname]

Hold it in your arm, croon to it, rock it, and talk to it.
Tell it everything you would have liked to hear as a child.
Imagine that it talks to you and tells you how it feels and what it wants.
You may even hear your own childish voice.
Let your own voice change in response. Play with the poppet.

Now become aware of your adult self again.

Sprinkle the doll with a little salt water to cleanse away the negative past
Raise your own energy by whatever method you prefer - breathing, colour, a brief meditation or an appeal to the gods.
Visualize yourself pouring that positive energy into the doll, which represents your own inner self.

Imagine the child you would have liked to have been, and project that image into your doll.

Continue until you can feel a change in the energy and you feel at peace. (During that time you may find that you are crying or laughing just like a child. This is simply a release of energy and is perfectly acceptable.) You may find that the poppet or doll begins to feel vibrant and alive, glowing with white light and love.

Kiss the doll.

Wrap it in white cloth as you would a baby and lay it to rest on your altar. Leave the candle to burn out.

Leave your sacred space secure.

It is important that you give yourself time now to return to normal, so you will need to spend a little time just appreciating the person you have become. Ground yourself by whatever method you choose, touching the ground, taking a walk, having a bath or whatever you prefer. A nurturing activity such as cooking is also good. You will probably find after this technique that you tend to dream somewhat vividly, as you uncover some of the joys and hurts of childhood.

Radiant health

This spell uses invocation to enable a person to attain and maintain radiant and perpetual health. You can enhance the energy by finding an open space, free of pollution, and using sunlight, moonlight, wind or rain as part of the process. Sunday is an ideal day to perform this spell as this is the day that health matters are highlighted.

You will need

- AN OPEN SPACE OR YOUR SACRED SPACE
- YOUR OWN BODY
- CORIANDER SEEDS TIED IN A SMALL MUSLIN BAG

Method

First sense your own aura / your subtle energies which make you unique. Hold your hands over your heart area and then move them down to just below your solar plexus. You should sense a change in energy in your hands. This is the point in your body sometimes called the 'point of power', the place where your life energy resides.

Now, facing the east with your arms spread wide and the palms of your hands upwards, say the following:

*Great God of the Heavens, and Lord of All Power,
Grant me the right to feel and perceive the true life force that is
mine,
So that I may have everlasting well being.
Grant me, O Great God, this favour.*

Now run your hands around your body from top to toe in a sweeping motion, not quite touching your body. Raise your arms again and visualize the Universal healing energy sweeping towards you as you repeat the incantation above. Take a deep breath, visualizing and feeling the energy being drawn in and down to the solar plexus.

As you slowly exhale, see the energy travelling to your extremities and filling you with power and healing. Do this at least three times or for up to fifteen minutes at a time.

Place your hands on your point of power and repeat the incantation a third time, this time sensing the energy settling into your point of power. If you are in an open space become aware of the power of sunlight, moonlight, wind or rain.

Finally take a ritual bath into which you have put the coriander seeds.

The purpose of this spell is not to cure you of any ailment but, by enhancing your energy, to help your health overall. Please always seek the services of a qualified doctor or health practitioner if you know, or suspect, your health is compromised in any way.

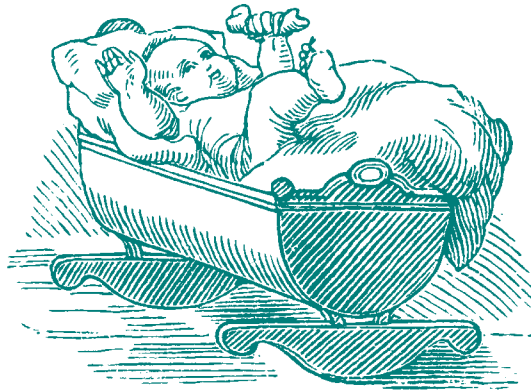


To protect a newborn baby

This is a charming custom first used to protect a newborn baby from the 'evil eye' – an influence put on someone without their consent or knowledge. Babies are said to be especially vulnerable and in Greece they are given a gift to ensure their safety. This spell uses crystals and symbolism.

You will need

- BLUE BEAD
(preferably of lapis lazuli which is considered a stone of truth and friendship)
- SAFETY PIN
- COPAL OR CEDAR INCENSE
- WHITE CANDLE
- BOWL OF SALT
- BOWL OF WATER



Method

The blue stone is reputed to bring about harmony in relationships and to help its wearer to be true to themselves, who then may openly state his or her opinion.

Copal incense is one of the purest and most sacred that there is. It is believed to help open the soul and can stimulate imagination, intuition and creativity. The Mayans would only handle it with special instruments.

Cedar is used to carry prayers to the Creator. It is used to bridge the gap between heaven and earth and is often associated with breaking misuse of power or powerful forces that may be having a negative influence.

Light the candle and the incense.

Pass the bead and then the pin through the candle flame, the smoke, the salt and the water.

Repeat the following as many times as you feel necessary:

*Great Mother, I ask protection for [name]
That helshel may not come to harm
From forces of evil on this or any other plane.*

Put the bead on the safety pin and say:

*Through this gift I thee implore
Keep him/her safe for evermore.*

Now pass the bead and safety pin three times through the incense smoke, being aware of the power that is available to protect the new arrival.

Traditionally the gift is then pinned safely to the baby's shawl.

Let the candle burn out.

Since a baby is still so close to its Creator, only the best and highest vibrational incenses and materials are used. Apart from the actual tangible gift, you have also opened the way for much more subtle gifts of the spirit as the child grows up.

Balancing your energies

This spell principally uses the energy of the earth and of candles. The spell can be performed either during the day if you particularly appreciate the light, or at night when you honour the Moon. Often it is good to perform it outside as an appreciation of energy returning to the earth.

You will need

- FRESH FLOWERS FOR YOUR SACRED SPACE
- SINGLE WHITE FLOWER
- BOWL OF WATER LARGE ENOUGH TO HOLD THE FLOWER
- GREEN AND YELLOW CANDLES
- JASMINE OR ROSE INCENSE

Method

Prepare your sacred space as usual, making sure you use plenty of fresh flowers to decorate.

Float the single white flower in the bowl of water, thinking all the time of its beauty.

Light the candles, thinking all the while of the freshness of Mother Nature's energies.

Light the incense and become aware of the differing perfumes created.

Quietly consider the cycle and power of Nature.

Stand with your feet about 18 inches apart.

Become aware of your connection with the earth, mentally reaching towards the centre through the soles of your feet.

Feel the energy rising through you towards the light.

Reach towards the light and feel its energy moving downwards through you. Let those energies mingle with those of the earth.

Allow the new energies to swirl around and through you, cleansing, healing and balancing.

Say:

*Ostara lady of flowers and strong new life
Be born anew in me tonight.*

When you feel refreshed ground yourself by running your hands over your body from head to toe.

Sit quietly for a short while and contemplate how you will use your new energy.

Finally, allow your energy to settle in your solar plexus.

This spell is designed to replace old stale energy with new vital force. You should come away feeling refreshed and invigorated.

It originates from a ritual dedicated to the goddess Ostara, whose festival was the Spring Equinox (21st March). It celebrates the life-renewing qualities of the goddess and would have been used long before Christians adopted some of its symbolism in their Easter festival.



To enhance confidence

In the old days many people thought that noise was a way of getting rid of demons, so it was customary to shout when banishing such nasty things. Today we also recognise that psychologically we can be encouraged by passion, so this is a way of self-encouragement, and an appeal to our own inner demons.

You will need

- A BELL OR RATTLE
- ROUSING MUSIC
- YOUR VOICE

Method

Choose a short affirmation which expresses your best hopes for yourself. These might be:

I will survive

I can overcome any problem

I have the confidence to do anything

I am my own best friend

Preferably choose a time when you will not disturb others and when you will not be disturbed.

Play your music until you feel uplifted by its mood. Take up your bell or rattle and dance around the room.

Proclaim your affirmation at the top of your voice at least three times, and preferably nine. When the music finishes, resolve to do three different things in the next week which demonstrate your new-found confidence.

Each week reaffirm your confidence in the same way, changing the words as necessary.

This spell does seem to have an almost immediate effect. Even if you feel silly at first, having confidence is often about losing your inhibitions, and this is one way which can help. As a support for this, so you have a visual image, have fun drawing your own demon even if it is only as a stick figure.

Love and relationships

The majority of people probably first become aware of spell making in an effort to influence someone else's feelings in their favour. While strictly this is apparently a misuse of energy there is a place for such spells in that they help to make us feel better about ourselves and more confident in dealing with other people. They perhaps influence us as much as other people.



To clarify relationships

The art of braiding is one which can be used in spell making to represent many things. In this particular spell it is used to signify the coming together of three people and in the unbraiding an amicable resolution. In the use of colour the spell is focused either on the outcome or on the people concerned.

You will need

- 3 LENGTHS OF RIBBON OF SUITABLE COLOUR

You can use astrological colours to represent each person or you can use one colour to represent the situation

For example:

- Red for a relationship soured by anger
- Blue for a business relationship
- Green for a relationship in which finance is importance
- Yellow where communication is difficult

Method

Decide before you begin what it is you are trying to achieve.

If it is important to bring people together, then as you are braiding you will concentrate on this.

If it is seen as necessary for them to go their separate ways, while you are braiding you will concentrate on the intricacies of the situation and perhaps the ability to bring about open and frank discussion.

Once you have finished braiding, you have a completely new object which is a representation of the relationship between the various parties.

You should now dedicate the braid to the best outcome for that relationship.

Put the braid somewhere safe for at least 72 hours, preferably in constant moonlight and sunlight.

Only when the reason for the relationship is fulfilled (e.g. reconciliation between people, full honest communication, a successful business partnership) can you think of dismantling the braid.

As you undo it ask that the people involved can go forward in life in whatever way is appropriate for them, gaining what they have needed from their association.

You may of course wish to keep the braid without undoing it.

Do not use the ribbons for other magical purposes.

A braiding spell comes under the heading of a knot spell and is a gentle way of affecting the outcome of a situation. It is, of course, not necessarily a quick way of resolving anything but is often surprising in its outcome.

To focus your lover's interest

If you find that your partner's attention seems to be wandering, try this spell. It is best performed on a Friday, the day sacred to Venus the Goddess of Love.

You will need

- A CLEAN PIECE OF PAPER
- A PEN YOU LIKE (you can use your magical implements if you like)

Method

Taking your pen, write your first name and your lover's surname on the paper.

Draw either a square or circle around them. (Use the square if you decide all you want is a physical relationship, and the circle if you are utterly convinced this person is right for you.)

With your eyes closed say:

If it be right, come back to me.

Cut the square or circle out and place it inside your pillowcase for at least three nights.

Your lover should show renewed interest.

This is one spell that occasionally does not work. It is said that Venus will not assist if there is any intrinsic reason for the relationship not to work out - for instance, if your partner no longer loves you, you may be unsuccessful in your aim. This you must accept, knowing you have done the best you can.



To bring romantic love to you

This spell uses herbs, crystals, candle and colour. The herb rosemary traditionally signifies long memory, the rose quartz crystal signifies love and the colours signify love and passion. It is designed to concentrate the mind and to attract love to you as opposed to a specific lover.

You will need

- A SPRIG OF ROSEMARY (for remembrance)
- A PIECE OF ROSE QUARTZ CRYSTAL
- ROSE OR VANILLA INCENSE
- PINK OR RED VOTIVE CANDLE
- SMALL BOX
- RED MARKER/PEN

Method

Sit in your own most powerful place.
(That might be inside, outside, near your favourite tree or by running water.)

First, write in red on the box 'Love is mine'.
Light the incense - this clears the atmosphere and puts you in the right mood.
Put the rosemary and the rose quartz in the box.
Put anything else that represents love to you in the box (drawings of hearts, poems, or whatever - be creative).

Remember, this spell is to attract love to you, not a specific lover so don't use a representation of a particular person.

Be in a very positive state of mind.
Imagine yourself very happy and in love.
Burn the candle and say:

*I am love
love I will find
true love preferably
will soon be mine*

*Love is me
Love I seek
my true love
I will soon meet.*



Now sit for a little while and concentrate again on being happy.

Then pinch out the candle and add it to the box.

Let the incense burn out.

Seal the box shut and don't open it until you have found your true love.

When you have found your lover, take the rose quartz out of the box and keep it as a reminder.

Bury the entire box in the earth.

Because in this spell you reproduce a positive state of mind and you are imagining what it is like to be in love, you set up a current of energy which attracts like feeling. In sealing the box you 'capture' the vibration of love and all things become possible.

To clear the air between lovers

When communication between you and your partner seems difficult, you can forge a new link using this spell, which is representational. You will need to have confidence in your own power though.

You will need

- A CRYSTAL BALL OR MAGNIFYING GLASS
- YOUR PARTNER'S PHOTOGRAPH

Method

Place the crystal or magnifying glass over the image of your partner's face. Because the features are magnified, the eyes and mouth will appear to move and come to life.

Simply state your wishes or difficulties and what you feel your lover can do about them.

He/she will get the message.

This method of working is very simple, but you do have to trust that you yourself are an able transmitter. Often we do not realise how difficult communication can be and here we are trying to make your partner understand how you feel, not to change them.

Chocolate and strawberry delight

Chocolate is said to be an aphrodisiac, a mild euphoric, and helps to heal depression. It is therefore extremely effective in love potions and spells. In this spell two ingredients are brought together to help you to enchant your loved one. Strawberries are well known as lovers' fruits.

You will need

- STRAWBERRY INCENSE
- PINK CANDLES
- A PLATE OF STRAWBERRIES
- MELTED CHOCOLATE

Method

Be very clear in your own mind what you want to happen before you start. Be aware that it is not right to influence the other person against their will or their natural inclinations.

You should use this spell to prepare the ground for true relationship.

Light the candles and the incense.

Dip each strawberry in the chocolate.

As you do so, visualise you and the other person together enjoying one another's company, becoming closer and so on.

Say the words below (or something similar) as you prepare the fruit:

*Lover, lover, come to me
And even then you shall be free
To come, to go just as you please
Until to stay your heart decrees.*

Do be aware that you have not put a time limit on this so if you cannot handle such an open relationship choose different words.

As you enjoy the fruit together be prepared to take responsibility for what occurs.

This spell can be quite powerful, particularly if you use the same pink candles when your lover arrives. Strawberries and chocolate both come under the rulership of Venus the Goddess of Love, though there is a belief that Jupiter also has a connection with strawberries.

Confidence in social situations

Charm bags are a very efficient way of carrying reminders which can add extra zest to life. This one is used to help you overcome shyness, perhaps when you are meeting new people or doing something you have never done before. It is done during the Waxing Moon.

You will need

- A SMALL DRAWSTRING BAG ABOUT 1-2 INCHES DEEP
(you could use a colour such as yellow to enhance communication)
- GROUND NUTMEG
- PINE NEEDLES
- DRIED LAVENDER
- PIECE OF MANDRAKE ROOT

Method

Put a pinch or two of the nutmeg, pine needles, dried lavender and mandrake root in the bag and tie it closed.

Consecrate and charge the bag during the waxing phase of the moon so that you can use positive energy.

Wear the bag around your neck or keep it in your pocket.

You should feel a surge of energy whenever you are in a social situation which you find difficult to handle.

When you feel you no longer have need of the support your bag gives you, you can scatter the herbs to the four winds or burn them.

It is the consecrating of the bag which turns it into a tool for use in everyday situations, so choose your words carefully to express your particular need. Try to approach one new person everyday or go into one new situation, until you lose your fear.



To create opportunities for love

This is not a spell to draw a person to you, but more to 'open the way' - to alert the other person to the possibility of a relationship with you. The spell should be performed on a Friday. The use of your mother's ring is symbolic of continuity.

You will need

- A WINE GLASS
- A RING (traditionally your mother's wedding ring would be used)
- RED SILK RIBBON ABOUT 30 INCHES (80cm) LONG



Method

Put a wine glass right way up on a table.

Make a pendulum by suspending the ring from the red silk ribbon. Hold the pendulum steady by resting your elbow on the table, with the ribbon between your thumb and forefinger. Let the ring hang in the mouth of the wine glass.

Clearly say your name followed by that of the other person. Repeat their name twice i.e. three times in all. Then, thinking of them, spell their name out loud. Allow the ring to swing and tap against the wine glass once for each letter of their name.

Tie the ribbon around your neck, allowing the ring to hang down over your head.

Wear it for three weeks, and repeat the spell every Friday for three weeks.

By the end of the third week, the person you have in your sights will show an interest, unless it is not meant to be.

Let's assume there is someone in whom you are interested, but the interest does not seem to be reciprocated. This spell ensures there are no hindrances, but there has to be at least some feeling for it to stand a chance of working.

Friendship

This spell calls on several disciplines, candle, representational and incantation. You can do this working at the time of the New Moon, since you are attempting to bring about new ways of relating to people and also hoping to meet new friends.

You will need

- SEVERAL SHEETS OF PAPER
- PEN
- JASMINE, LAVENDER OR PATCHOULI ESSENTIAL OIL IN A CARRIER OIL SUCH AS ALMOND
- A WHITE CANDLE

Method

Anoint the candle with a few drops of the oil.
Inscribe it with the Ogham Stave for friendship, Ur:



Light the candle, then take a ritual cleansing bath.
Anoint yourself with more of the oil paying particular attention to the pulse spots.
Take one sheet of paper and draw a figure to represent yourself - it does not have to be good art.
Make sure your gender is recognisable.
Write underneath the figure all those attributes which make you a good companion e.g. funny, bubbly, curious etc.

On the other pieces of paper draw representations of both men and women and the interests you would like them to have which are similar to yours.
Briefly hold between your hands the paper which represents you, together with each of the other papers making sure that the drawings face one another.
Say each time:

*Let us meet each other
Let us greet each other
Let us become friends
Let us become companions
And if we grow to love one another
Then so be it.*

Put a drop of oil on one corner of each of the papers.
 Now spread the papers out in front of you and visualise a link from you to each of the others, almost like a spider's web.
 Say:

*Spider Woman, Spider Woman, weave me a charm
 Make me good enough, clever enough them all to disarm.*

Now let the candle burn out.

You should find that new friends appear before the next New Moon.

All life can be seen as a network, and each individual is a strand within that network. Spider Woman is a North American goddess who weaves charms and reveals the power and the purpose of each strand. She keeps you aware of the importance of these connections in your life.

To beckon a person

This is a very simple method of putting out a vibration which, if a relationship has a chance of succeeding, will make the other person aware of you. It does not force the other person to do anything, but simply paves the way.

Method

Say the following:

*Know I move to you
 as you move to me.*

*As I think of you,
 Think also of me.*

*As I call your name,
 Call me to you.
 Come to me in love.*



Say the person's name three times (if known).

You may need to recite the whole spell several times in order to feel the proper effect. You may also need to remember that a loving friend is just as important as a friendly lover.

To draw a new love to you

Charm bags, talisman bags or mojos, whatever tradition they come from, are all useful in bringing about a certain result. Friday is the day of Venus and her specific hours are the eighth hour of the day and the third and tenth hour of the night, as per the Planetary Hours chart on page 44, so are ideal times to perform this spell.

You will need

- A SMALL DRAWSTRING BAG
- 5 ROSE PETALS
- A COUPLE OF PINCHES OF CATNIP
- HEATHER
- VERVAIN
- 1 INCH PIECE OF JASPER OR ROSE QUARTZ

Method

Your bag could be pink for love, or red for passion. You might like to have your drawstring a different colour to add other qualities.

During the waxing phase of the Moon at your chosen time, put all the ingredients in the bag, then consecrate and charge the bag. Wear it around your neck or keep it in your pocket.

As you get to know your herbs and crystals you will be able to adjust the contents to be more and more specific in their results. Herbs which are particularly associated with love which may be substituted for the above are:

Absinthe, Adam & Eve Root, Aloes, Apple Blossom, Archangel, Ash Leaves, Basil, Beth Root, Bittersweet, Black Snakeroot, Cardamon, Civet, Cloves, Coriander, Cubeb, Cumin, Damiana, Deerstongue, Dill, Dragon's Blood Reed, Elecampane, Eryngo (Sea Holly), Gentian, Ginger, Grains of Paradise, Heartsease, Hyacinth, Jasmine, Juniper Berries, Khus Khus, Laurel, Lavender, Licorice, Lignum Aloes, Lime, Linden, Lovage, Magnolia, Maidenhair, Mandrake, Marjoram, Mistletoe, Mint, Motherwort, Mullein Leaves, Nuroli (Orange Blossom), Orange, Orris, Passion Flower, Pennyroyal, Periwinkle, Quassia Chips, Rose Buds, Rosemary, Rue, Sage, Skullcap, Senna Pods, Southernwood, Spikenard, Violet, Sweet Bugle, Thyme, Vanilla, Vervain, Vetivert, Violet, Wormwood, Yerba Mate, Ylang Ylang.

For a lover to come to you

This spell is reputed to work very quickly, so do not be too impetuous. It is of course a candle spell. Red candles represent passion, so you must take responsibility for whatever happens when you call your lover to you.

You will need

- TWO SILVER PINS
- A RED CANDLE

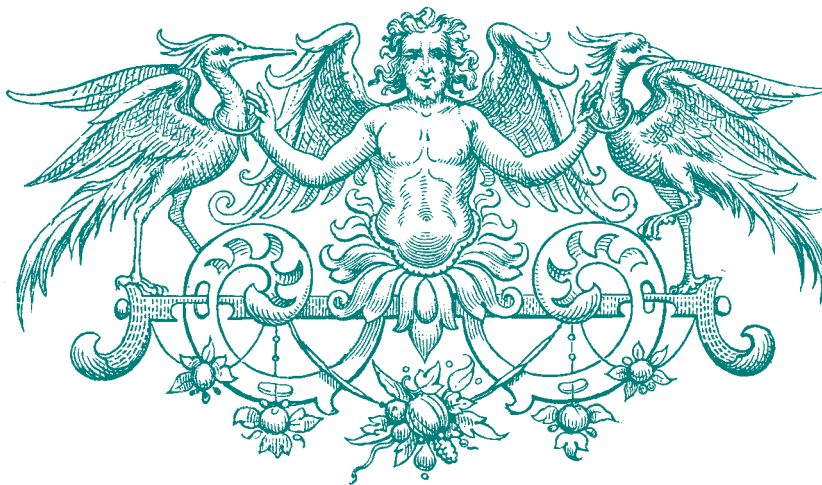
Method

Stick two silver pins through the middle of a red candle at midnight. Concentrate on your lover. Repeat his or her name several times.

After the candle burns down to the pins, your lover will arrive. It is also said that if you give your lover one of the pins he will remain bound to you.

If you wish companionship rather than passion, then use a candle of a colour appropriate to the other person's astrological sign.

This spell is one used to influence someone else, so be very careful how you use it. Pins were often used in magical work in times gone by, because they were readily available. One old custom was to ask a bride for the pins from her wedding dress, for which you must give her a penny.



To achieve your heart's desire

This is quite an effective spell and does give you something to do while you are waiting for true love. It makes use of candles and of plant magic. Timing is important since it uses the rising of the sun, as also is colour (red to represent passion).

You will need

- A FRESH ROSE (preferably red and perfumed)
- TWO RED CANDLES

Method

Find out the time of the next sunrise.
Just before going to sleep, place a red candle on either side of the rose.

The next morning at sunrise take the rose outside.
Hold the rose in front of you and say:

*This red rose is for true love.
True love come to me.*

Now go back inside and put the rose between the candles again.
Light the candles and visualize love burning in the heart of the one you want.

Keep the candles burning day and night until the rose fades.
When the rose is dead, pinch out the candles and then bury the rose.

There are many spells for love and this one is extremely simple, except that it requires some effort to get up early in the morning. The concentration that you put into it as you burn your candles focuses your mind on the matter in hand.



To forget about an ex-lover

This spell is done best at the time of the Waning Moon or New Moon. It is not done to get rid of an old partner, but to exorcize your bad feelings about them. For this reason it is sensible to finish the spell by sending loving thoughts to your former partner. Woody nightshade is poisonous and you may not care to use it, in which case you can use a bulb of garlic.

You will need

- PHOTOGRAPH OF YOUR EX-PARTNER
- SUITABLE CONTAINER FOR BURNING THE PHOTOGRAPH (one in which the ashes can be saved)
- ROOT OF BITTERSWEET (woody nightshade, which is poisonous)
- RED CLOTH OR BAG

Method

Place the picture of your ex-partner in the container.
Set it alight.

Gather up all your hurt and pain as the picture burns down.
Feel them flowing away from you as you say these words or similar:

*Leave my heart and leave me free
Leave my life, no pain for me.
As this picture burns to dust,
Help me now, move on I must.*

Repeat the words until the picture is burnt out.

Taking the herb root, hold it first to your solar plexus.
Allow the bad feelings to flow into the root.

Touch the root to your forehead, indicating that you have converted the bad feelings to good.

Wrap everything, including the container of ashes, in your red bag or cloth.
As soon as convenient, bury it as far away from your home as possible.

If you have had a relationship which is argumentative and turned nasty it is often better to end it and move on. This must always be your choice but if you wish to try again you may like to try the To Stop an Argument spell on page 105.

To have a person think about you

This is another spell that works over time. A relationship that grows slowly generally has more chance of success than a whirlwind romance and that is what is represented here. Small seeds represent the many facets of a relationship. The spell is done as the Moon is growing in power.

You will need

- PACKET OF SEEDS OF YOUR CHOICE
- POT OF SOIL (to grow them)
- A SMALL COPPER OBJECT SUCH AS A PENNY
(Copper is sacred to Venus, the Goddess of Love)

Method

On a night when the Moon is waxing, go outside and hold the penny in the moonlight.

Bury the penny in the soil in the pot.

Sprinkle the seeds on top to form the initial of the other person's name.

As the seeds germinate, love should also grow, Remember that just as plants need nurturing so does love, so you will need to look after the growing seeds.

It is said that the plants will grow and flourish if the love is meant to be, but will wither and die if there is no real energy in the relationship. For those who are not very good at plant-care, you might choose to put a reminder to nurture somewhere prominent.



To have your love returned

This spell is candle magic and also representational. It is a little more complicated than most because it requires an understanding of symbolism. It is best done on a Friday. The objects you use need not be the real things, but they can be miniaturizations such as cake decorations.

You will need

- PINK CANDLE
- BLUE CANDLE
- GOLD CANDLE (to represent the relationship)
- HORSESHOE (to represent luck in love)
- KEY (to represent the key to your heart)
- TWO ROSES
- AN ARTICLE OF YOUR LOVE INTEREST'S CLOTHING
(failing that, use something of your own)

Method

Light the pink and blue candles (pink first if you are female, blue if male), followed by the gold.

Place the horseshoe and key on either side of the candles, with the roses between them.

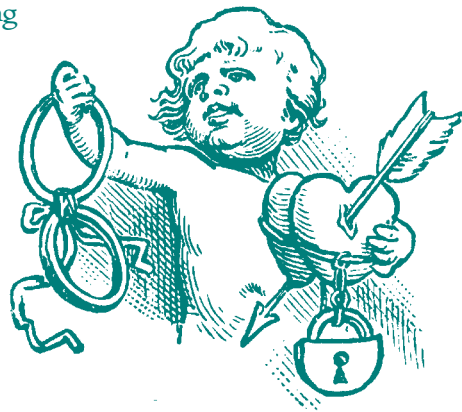
When the candles have burnt down, wrap the flowers, the key and the horseshoe in the clothing.

Place the items in a bedroom drawer and leave them alone for fourteen days.

If after this time the flowers are still fresh, this is a good sign.

You should then bury them or put them (along with the horseshoe and key) in a potpourri.

You might use this spell when you think a relationship with someone would be worthwhile. If you cannot find an article of the other person's clothing, a handkerchief or some other small article will do as well. If that is not possible then use a square of pink material.



To heal a rift

This spell is a Romany one which works on the principle of making two things (halves) one. The apple always has been a symbol for love, and pins are a symbol of industriousness denoting the effort which must be put into the relationship.

You will need

- FRESH APPLE
- CLEAN SHEET OF WHITE PAPER
- PEN
- KNIFE
- 2 PINS, COCKTAIL STICKS OR TWIGS

Method

Cut the apple in half.

Tradition says it is helpful, but not vital, if the seeds remain whole. If they don't, reconciliation may simply be a little bit more difficult to bring about.

Write the woman's full name on the paper. Next to it, write the man's. Ensure that the space taken up by the names doesn't exceed the width of the halved apple.

Cut out the names.

Place the paper with the names between the two halves of the apple.

Visualise the marriage or relationship being healed.

Skewer the apple halves together, inserting the pins or twigs diagonally from right to left and then vice versa.

If you are healing your own relationship, send your love to the person concerned and ask to receive their love in return

If it is for someone else then visualise the couple surrounded by a pink cloud or aura in a loving embrace

Divorce is disliked among the Romanies even today. When action is required to heal a seemingly irreparable rift, this spell can begin a process of reconciliation. To finish off the spell, Romanies use their campfire to bake the apple until it appears whole.

To strengthen attraction

If you love someone but feel that they are not reciprocating, try this spell. Be aware though, that by using this spell you are trying to have a direct effect upon the other person. You are using representational magic because the hair stands for the person you are hoping to influence.

You will need

- A FEW STRANDS OF THE PERSON'S HAIR
- A ROSE SCENTED INCENSE STICK

Method

Light the incense.

Repeat the name of the one you long for, saying each time:

[Name] love me now.

Hold the hair on the burning incense until it frizzles away.

As the hair burns, think of their indifference dissipating and being replaced by passion.

Leave the incense to burn out.

Before you perform this you should have tried to work out why the other person feels indifferent and consider whether what you are proposing is appropriate. If, for instance, the person you want to attract has not learnt how to commit to a relationship, it would be unfair to try and influence them.



To stop an argument

This is a spell to stop an argument between you and another or to change their feelings of aggravation. You are using colour and representational magic here. So that you do not let your own feelings intrude, you might take a ritual bath first.

You will need

- GLASS PLATE
(Deep purple if possible, but if not, clear will work just as well)
- PICTURE OF THE PERSON WITH WHOM YOU HAVE ARGUED

Method

The plate is used for two reasons.

Firstly being glass it reflects back to the person, and secondly through its colour it raises the whole question to its highest vibration.

Place the picture face down on the plate for no more than 15 minutes.

You do not want to over-influence the recipient, so spend a few moments remembering the good times you have had.

For this reason, if using an ordinary photograph you should also be aware of where the negative to the picture is so that you are only using positive energy.

The person will either call or drop in in no more than 24 hours, so you can resolve your difficulties.

If they do not, repeat the procedure for no more than 15 minutes.

If after a third time you still haven't heard from them, try to give them a call or visit them because their feelings will have changed.

You will then know that you have done all you can to be on good terms with them.

It is often difficult to get back onto a normal footing with people after an argument, so do be prepared to apologise for any part that you have had in the difficulty. Remember that you are only dealing with that particular argument, not deeper issues within the friendship.



Nether garment spell for fidelity

This spell uses the combination of nutmeg and intimate garments in a form of sympathetic magic, combined with herbal magic. It is said to keep a partner faithful. It obviously can be done at any time, particularly when you suspect that your partner may be open to temptation.

You will need

- 2 WHOLE NUTMEGS
- A PAIR OF YOUR AND YOUR PARTNER'S CLEAN UNDERWEAR
- WIDE RED RIBBON
- LARGE WHITE ENVELOPE
- A PIN OR YOUR BURIN

Method

Carefully scratch with your burin or the pin your partner's initial on one nutmeg and your own on the other.

Tie them together with the ribbon.

Wrap them in the underwear and then place in the envelope.

Sleep with the envelope under your pillow if your partner is away or you are separated from them.

Nutmeg was at one time the most expensive spice available so one would have to be fairly serious about the relationship to be willing to lock away such an expensive commodity. This spell is probably not to be entered into lightly, nor designed to keep someone with you against their will.

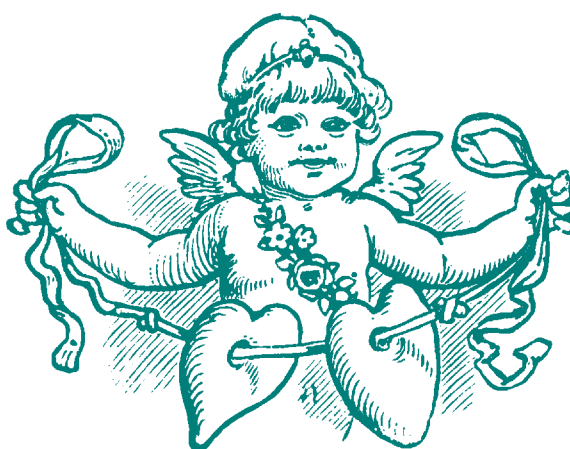


To win the heart of the one you love

This is a very old folklore spell. Using a bulb is symbolic of love growing unseen and unrecognized for a time, finally flowering at the right time. You cannot simply leave it alone, but must tend it carefully if it is to grow successfully.

You will need

- ONION BULB
- NEW FLOWER POT
- EARTH OR COMPOST
- YOUR BURIN



Method

Scratch the name of the one you love on the base of the bulb with your burine.
Plant it in earth in the pot.
Place the pot on a windowsill, if possible facing the direction in which your sweetheart lives.

Over the bulb, repeat the name of the one you desire morning and night until the bulb takes root, begins to shoot and finally blooms.
Say the following incantation whenever you think of the other person:

*May its roots grow,
May its leaves grow,
May its flowers grow,
And as it does so,
[Name of person]'s love grow.*

You do need patience for this spell and you may well find that you lose the impetus for the relationship before the spell is complete. This would suggest the relationship may not be right for you.

To rid yourself of an unwanted admirer

Occasionally people get into a situation where they are being pursued by someone whose attention is a nuisance. Rather than reacting in anger, it is often easier to open the way for the unwanted suitor to leave. This spell, done on a Waning Moon - that is, after the Full Moon and before the next New Moon - often does the trick

You will need

- VERVAIN LEAVES
- A FIERCE FIRE

Method

Light a fire.

Pick up the vervain and as you do so call out the name of the offending person.

Fling the leaves on the fire and say:

Withdraw from me now I need you not.

(There is a requirement to declaim passionately, and to use some force, in any spell that is designed to drive someone from you. Therefore, be very sure that you do not wish this person to be in your life in any way.)

Repeat the action three nights in a row.

Preferably this should be done outside, but the spell can be also be performed indoors if you have a suitable fireplace and provided you are careful. Strictly, one is supposed to gather the vervain leaves, though with urban living this is a bit of a tall order. Make sure you have at least a couple of handfuls of the dried herb.



To find a new lover

This spell works best if done at the time of the New Moon. You use everything new so that you change the vibration and can look forward with hope. It is representational and is done at the time of the New Moon for the same reason.

You will need

- HEART SHAPED ROSE PETAL OR A RED HEART CUT OUT OF PAPER
- CLEAN SHEET OF WHITE PAPER
- NEW PEN
- NEW CANDLE (preferably pink)
- NEW ENVELOPE

Method

On the day of a New Moon, cut a red heart out of paper or card. Take a clean sheet of white paper and, with the new pen, write on it:

*As this heart shines in candlelight,
I draw you to me tonight.*

Bathe and change into nightclothes.
When ready, light the candle and read the invocation out loud.
Hold the heart in front of the flame and let the candlelight shine on it.

Place the heart and spell in a new envelope.
Seal it with wax from the candle.

Conceal the envelope and leave it untouched for one cycle of the Moon (28 days).
By the time the Moon is new again, there should be new love in your life.

So many people need companionship and partnership in order to boost their feeling of self-worth that to do a spell like this means, as always, that one must be willing to take on everything that a partnership brings.

A lover's token

This bottle is quite a nice one to give to your lover as a token of your love and to intensify the link between you. The herbs are all well known for their association with love, and because of the link between the bottles should help you to communicate.

You will need

For each token:

- A GLASS BOTTLE WITH CORK, ANY SIZE WILL DO
- A HANDFUL OF CRUSHED, DRIED ROSE PETALS (preferably from flowers given to you by your lover)
- DRIED/FRESH ROSEMARY (for love and strength)
- DRIED/FRESH LAVENDER
- ROSE OIL OR WATER
- WAX (pink or red is good for love)
- PINK RIBBON

Method

Crush the rose petals and place in the bottles.

Put in the rosemary and/or lavender, then add the oil or rose water almost to the top, leaving some room for air to circulate.

Cork the bottle and drip wax over the cork to seal the bottle.

Lay the ribbon on a flat surface.

Place the bottles one at either end of the ribbon.

Gradually move them towards one another along the ribbon to signify you coming together with your lover.

When they meet, tie the ribbon round your partner's bottle and give it to them.

Place yours on a shelf, dresser or anywhere where it will not be disturbed.

These bottles are tangible evidence of the link between you and your lover. You may use them to remind you of the good times or soothe you in the bad. The ribbon signifies the link between you, so when you think of it you have immediately connected.

Herbal charm to attract love

This is a charm that uses both colour, herbs and knots in its fashioning. Love is always of interest, but do remember that you need to be clear in your aspirations. Numbers are also used, seven being a particularly potent one.

You will need

- ACACIA, ROSE, MYRTLE, JASMINE OR LAVENDER PETALS, IN ANY COMBINATION OR SINGLY
- A RED HEART CUT FROM PAPER OR FELT
- COPPER COIN OR RING
- A CIRCLE OF ROSE OR RED COLOURED CLOTH
- BLUE THREAD OR RIBBON

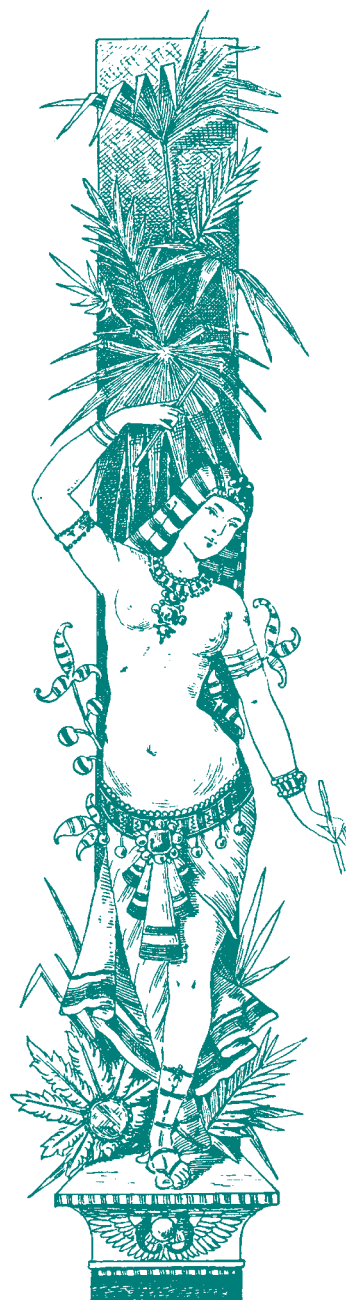
Method

Place the petals, heart and coin or ring on the cloth and visualise the type of lover you are looking for
Tie the cloth into a pouch with the blue thread or ribbon, using seven knots.
As you tie the knots you may chant an incantation, such as:

*Seven knots I tie above,
Seven knots for me and love.*

Hang the pouch close to your pillow and await results.

This charm is designed to draw someone towards you and does not guarantee that you will necessarily fall madly in love with the person who comes along - you have simply made yourself attractive to them. If this is so then be prepared to let the other person down gently.



Love charm

This spell uses the elements combined with herbal magic. It comes from a time when every spell-maker would use what was easily available to them. The best time for performing this spell is around the time of the New Moon.

You will need

- LARGE STRIP OF BIRCH BARK (gathered at the time of the New Moon)
- RED INK
- PEN WITH NIB
- GRANULAR ROSE OR JASMINE LOVE INCENSE
- CONTAINER SUITABLE FOR BURNING GRANULAR INCENSE

Method

Write on the birch strip:

Bring me true love

Burn the birch bark along with the incense in the container and say:

*Goddess of love, God of desire,
Bring to me sweet passion's fire.*

The above uses the element of fire. To use water cast the bark into a stream or other flowing water and say:

*Message of love, I set you free
To capture a love and return to me.*

Birch highlights the recognition of the change in mindset from maiden to mother and indicates to the universe that you are ready to take on the responsibility of partnership. You should perhaps not this charm unless you are prepared to take on that responsibility.



To obtain love from a specific person

This spell uses fire as its vehicle, not as candle magic but in your cauldron. You use an incantation and can also use magical ink and parchment if you so wish. The spell is best done at night-time and in using the power of the number three is not just for lust but also for love.

You will need

- YOUR CAULDRON OR A FIREPROOF CONTAINER
- A PIECE OF PAPER
- PEN AND RED INK
- FRAGRANT WOOD OR HERBS TO BURN (you could use apple, birch and cedar)

Method

Light a small fire in your cauldron or container.

Cut out a piece of paper that is 3x3 inches.

With the pen and red ink draw a heart on the paper and colour it in.

Write the name of the person that you desire on the heart three times.

If you wish do this from the edge to the middle in a spiral, to signify how deep your love goes.

While doing this be thinking of his or her heart burning with desire for you just like the flames of the fire.

Kiss the names on the heart 3 times.

Place the paper in the fire while saying these words 3 times:

*Soon my love will come to me
This I know that it must be
Fire come from this wood
Bring love and caring that it would
Make our hearts glow and shine,
bringing love that shall be mine!*

Sit quietly as the paper burns, visualizing your lover coming towards you. After you are finished concentrating for a few minutes, extinguish the fire.

Say quietly three times:

So, let it be

Do not get impatient if nothing happens for a while. Simply have confidence that you will be given an opportunity to have a relationship with this particular person. How you handle the relationship thereafter is entirely up to you.

To bring someone into your life

This spell can be used to attract love or to draw a companion closer. It should be started on the night of a New Moon. It is representational in that the cruet set suggests a pairing, and also uses colour.

You will need

- SALT SHAKER
 - PEPPER SHAKER
- (or two objects which obviously make a pair)
- 1 LENGTH OF PINK RIBBON ABOUT ONE METRE LONG

Method

Assign one article as the feminine person and one as masculine.

Take the piece of pink ribbon, and tie the female object to one end and the male to the other, leaving a good length of ribbon between them.

Every morning untie the ribbon, move the objects a little closer together, and retie the knots.

Eventually the objects will touch.

Leave them bound together for seven days before untying them.

By this time, love should have entered your life.

There are several spells which make use of the idea that two people must travel along a set path. This one is used to signify the path of love. It also suggests in the tying and untying of the ribbon, the freedoms there are in the relationship.

To rekindle your lover's interest

This technique is worth trying when your lover is not paying you enough attention. You are using the laurel leaves to back up the energy that you are putting into making the relationship work. This spell uses herbal and elemental magic.

You will need

- A LARGE QUANTITY OF LAUREL LEAVES
- A FIRE

Method

Sit in front of the embers of a fire and gaze into them, concentrating on your lover. Keep your gaze fixed into the fire.

With your left hand, throw some laurel leaves onto the embers.

As they burn say:

*Laurel leaves burn into
the fire.
Bring to me my heart's
desire.*



Wait until the flames die down, then do the same again.

Repeat the actions once more.

It is said that within 24 hours your lover will come back to you.

Again this is a spell which must allow the person who you are targeting choices. To keep your partner by your side if they are unhappy would not be right. This spell does allow you to give careful consideration as to what fidelity and security you require within a relationship. This spell is similar to *To Rid Yourself of an Unwanted Admirer* on page 108 and demonstrates how different herbs used in similar ways can bring about different results.

Resolving a love triangle

Sometimes it is possible to get caught up in a situation where three people are in a love triangle. It would be wrong to influence anyone one way or another, so here is a way of resolving the situation that should not harm anyone. It is best done at the time of the Full Moon.

You will need

- THREE LENGTHS OF STRING EACH ABOUT A METRE LONG
- AN OPEN SPACE WHERE YOU WILL NOT BE DISTURBED

Method

Form a triangle on the ground with the three pieces of string so that the ends are just touching.

Step into the middle of the triangle.

Appeal to the Triple Goddess in her guise of Maid, Mother and Crone. Use words such as these:

*Triple Goddess hear my plea
I ask you now to set us free
It's not a problem I can alter
So help me now lest I falter.*

These words put you in touch with your own inner self which means that you make the decision which is right for you. Wait for a few moments to allow the energy to build up then raise your arms in a 'V' shape (the Goddess position) and say:

So let it be.

Allow yourself time to consider the problem from all perspectives before making a decision as to how you should act. Each time you consider the position, remember to repeat the first two lines of the verse above.

It usually takes a little time for a situation like this to reach some kind of resolution, but this spell allows you to feel supported and cared for. Gradually it will become apparent as to the action you must take and you can accept that it is the ultimately the best outcome for everyone.



To ease a broken heart

This spell contains many of the types of magic normally used in spells. There is candle, herbal and plant magic as well as representational. It is designed to make you feel better rather than have an effect on anyone else.

You will need

- ONE STRAWBERRY TEA BAG
- SMALL WAND OR STICK FROM A WILLOW TREE
- SEA SALT
- 2 PINK CANDLES
- MIRROR
- PINK DRAWSTRING BAG
- QUARTZ CRYSTAL
- COPPER PENNY
- BOWL MADE OF CHINA OR CRYSTAL THAT IS SPECIAL TO YOU
- 1 TEASPOON DRIED JASMINE
- 1 TEASPOON ORRIS-ROOT POWDER
- 1 TEASPOON STRAWBERRY LEAVES
- 1 TEASPOON YARROW
- 10 DROPS (at least) APPLE-BLOSSOM OIL OR PEACH OIL
- 10 DROPS (at least) STRAWBERRY OIL

Method

Charge all the ingredients before you begin

On a Friday morning or evening (the day sacred to the Goddess Venus) take a bath in sea salt in the light of a pink candle.

As you dry off and dress, sip the strawberry tea.

Use a dab of strawberry oil as perfume or cologne.

Apply makeup or groom yourself to look your best.

Cast a circle with the willow wand around a table on which the other ingredients have been placed.

Light the second pink candle.

Mix all oils and herbs in the bowl.

While you stir, look at yourself in the mirror and say:

*Oh, Great Mother Earth,
Nurture and protect me now.
Let me use the strengths I know I have.*

Look into the mirror after you have finished mixing the ingredients and say:

*Mother of all things,
All that is great is mine,
Help me now to be the person I can be
and let me overcome my difficulty.*

Put half the mixture in the pink bag and add the penny and crystal. Carry the bag with you until you feel you no longer need it. Leave the other half of the potion in the bowl in a room where you will smell the fragrance. Repeat this ritual every Friday, if you so wish.

Unfortunately, the break up of a relationship can truly knock our confidence. This spell is designed to restore yours as quickly as possible. It does not matter who is right or wrong, simply that you are able to go forward with dignity.



Money, finance, wealth and luck

It might be easier to think of this section under the title of Resources. Most of us need - or at least imagine that we need - more money or the wherewithal to do more with our lives and the spells in this section are designed to help you do just that. Mainly they will help you to move away from the so-called 'poverty mentality' and perhaps help you to realise that you deserve to be rewarded for living according to your principles.



Attracting extra money

This is a representational spell since the money in your pocket is representative of a greater fortune. Use this only at the time of a New Moon and make sure you are in the open air. It is said that the spell is negated if the Moon is seen through glass.

You will need

- LOOSE CHANGE

Method

Gaze at the Moon.

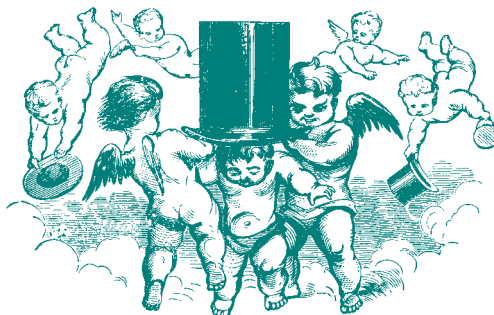
Turn your money over in your pocket.

As you do so, repeat the following three times:

*Goddess of Light and Love, I pray
Bring fortune unto me this day.*

You will know that it has worked when you find extra money in your pocket or your purse or come across money unexpectedly.

In previous times the Moon was recognized as much as the Sun as being the bringer of good luck. This spell acknowledges that and allows you to make use of her power. It is said to ensure that you have at least enough for bed and board until the next New Moon.



Eliminating personal poverty

A modern-day adaptation of an ancient formula, this spell ensures that you always have the necessities of life, such as somewhere to stay and enough to eat. Because it becomes part of your everyday environment, you simply need to refresh the ingredients when you feel the time right.

You will need

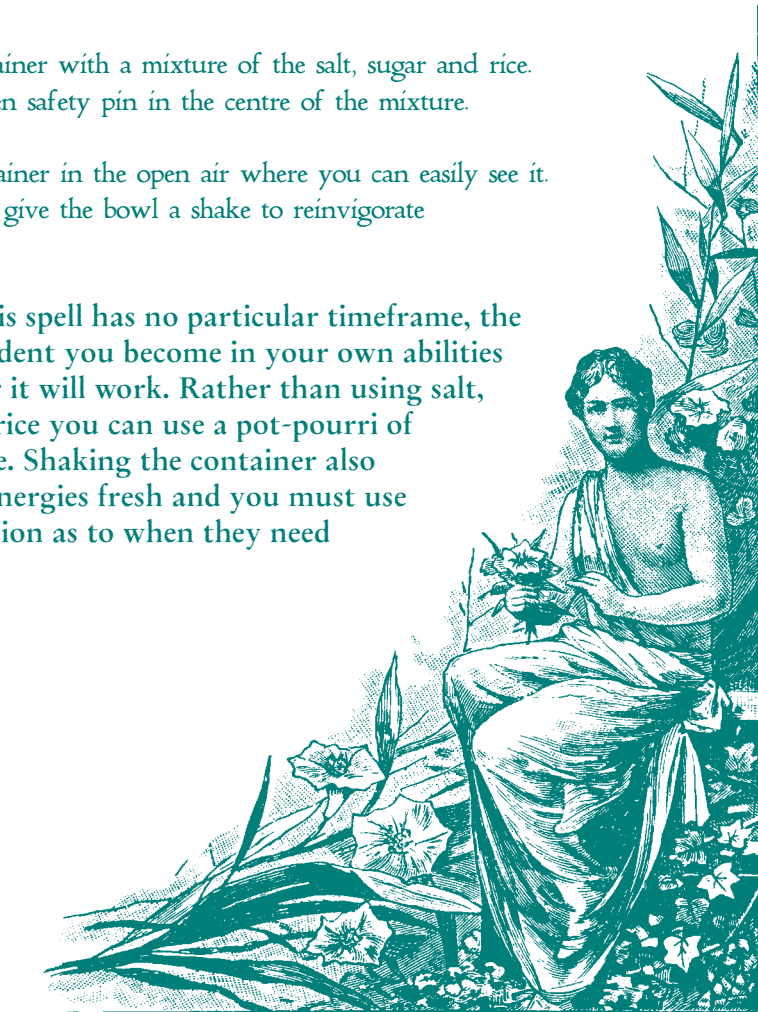
- SMALL GLASS CONTAINER CONTAINING EQUAL QUANTITIES OF:
 - salt
 - sugar
 - rice
- SAFETY PIN

Method

Fill the container with a mixture of the salt, sugar and rice. Place the open safety pin in the centre of the mixture.

Put the container in the open air where you can easily see it. Occasionally give the bowl a shake to reinvigorate the energies.

Though this spell has no particular timeframe, the more confident you become in your own abilities the quicker it will work. Rather than using salt, sugar and rice you can use a pot-pourri of your choice. Shaking the container also keeps the energies fresh and you must use your intuition as to when they need changing.



Fast luck oil

This oil contains herbal essences, all of which have the effect of quickening up a spell. However, there is need for a word of warning, since many people nowadays have sensitivities to so many substances. Wintergreen if ingested internally is highly toxic so you should be careful when dealing with it and cinnamon oil can irritate the skin. When used to dress a candle however the combined oils are a speedy way of making things happen.

You will need

- A SMALL BOTTLE
- 10 DROPS WINTERGREEN OIL
- 10 DROPS VANILLA OIL
- 10 DROPS CINNAMON OIL
- CARRIER SUCH AS ALMOND OIL

If you wish you can suspend a small piece of alkanet root (Bloodroot) in the bottle for a deep red colour and extra power

You can also, for money spells, add gold or silver glitter

Method

Carefully combine the essential and carrier oils in the bottle. Shake well and repeat as you do so at least three times.

*Fast Luck, Fast Luck
Bring to me my desire.*

Now add the other ingredients if you are using them and leave the bottle in a cool dark place for at least twenty four hours for the oils to blend.

After this time you can use the oil to dress your candles.

Remember that, as you are drawing luck towards you, you should dress the candle from the top down.

If you are using Fast Luck Oil for a money spell concentrate on money coming towards you, use a green candle and repeat the words above.

Use a brown candle if you have a business deal you need to accelerate, but this time it is wise to add a few flakes of silver or gold glitter.

To bring love into your life use a pink candle, visualize your ideal person coming into your life and repeat the words above, adding:

If it be right for all concerned.

Let the candles burn out safely.

You should have some indication that this routine is working within about thirty six hours. If there is none, then you must consider what obstacles there are to progress. These may have come to light since you began the spell and you can attempt to remove them before carrying out the procedure again.

Footwash for money

This is a folklore recipe and would strictly only become a spell if an incantation or invocation were added. Black Cohosh is better known as a herb to be used at the time of the menopause, but here is used as a footwash which will lead you to money.

You will need

- BLACK COHOSH ROOT
- CUP OF BOILING WATER
- SMALL BOTTLE

Method

Soak the root in the cup of boiling water for fifteen minutes.

Strain the water and throw away the root.

Put the liquid in the bottle for seven days and leave it alone.

On the eighth day, rub the liquid all over the bottom of your shoes. Be alert to your own intuition until money comes your way.

It is said that you will either find money, win it, or gain it in some legal manner. This, by its method, cannot really be used to gain a specific amount, but you can bear in mind what your needs are.



Gambling spell

This spell activates a good luck charm which can be used whenever you gamble. The acorn is a symbol of fertility and good luck and takes on the quality of its parent tree, the oak, which is considered to signify strength and power.

You will need

- ACORN
- GOLD PAINT
- NARROW PAINTBRUSH

Method

Sit quietly for a few moments, holding the acorn in the hand you consider to be your most powerful and visualize yourself receiving your winnings.



Now carefully paint the acorn with the gold paint. Make sure that you completely cover it. Repeat the following at least three times while doing this:

*When chance's dice I choose to throw
Little seed of acorn grow
As I gild thee here and now
Bring me gold and silver*

When the paint has dried keep the acorn in your pocket or wallet.

Remember that you have used a living plant and should therefore return an offering to the earth in some way - perhaps plant another acorn in a wild place.

Do not expect to win large amounts of money using this spell. It is much more likely to be a steady trickle, through whatever way you choose to gamble. Occasionally for best results you should share some of your winnings with others, so that your good luck is passed on.

Money bottle

Spell bottles were originally created to destroy the power of an evil magician or witch thought to have cast a spell against the bottle's creator. The bottles consist of a container, usually glass, filled with various objects of magical potency. All are concentrations of energy, created and empowered for specific magical purposes.

You will need

- TALL, THIN GLASS BOTTLE
- 5 CLOVES
- 5 CINNAMON STICKS
- 5 KERNELS OF DRIED CORN
- 5 KERNELS OF DRIED WHEAT (OR 5 TEASPOONS WHEAT FLOUR)
- 5 PENNIES
- 5 10P PIECES
- 5 20P PIECES
- 5 SESAME SEEDS
- 5 PECANS
- 5 WHOLE ALLSPICE

Method

Put the ingredients into the bottle, making sure the top is secured tightly. Shake the bottle for five minutes while chanting words such as:

*Money gain, silver and herbs
Copper and grain bear my words.*

Place the money bottle on a table somewhere in your house. Leave your purse or wallet near the bottle when at home so that the power is transferred.

You should find that money will come to you, perhaps in unexpected ways.

The number five is used to effect change. In financial matters it suggests movement into another phase of material gain.

You can if you wish bury this bottle close to your home rather than actually keeping it indoors. If you do this however it is a good idea to acknowledge it in some way every time you pass it. You can do this by leaving a small gift such as a pretty pebble or some wild-flower seeds.

Money charm

This is more properly a charm rather than a spell because you have formed a different object (the bag) and given it power through incantation. As always, a money charm like this relies on the energy set up between you and the money. If you recognise that money is a resource, you can adjust the spell to ask for resources rather than money itself.

You will need

- A SQUARE OF GREEN CLOTH
- ALLSPICE, BORAGE, LAVENDER AND SAFFRON
- CRYSTALS (such as garnet, ruby and emerald or rock salt)
- THREE SILVER COINS
- GOLD AND SILVER-COLOURED THREAD

Method

Hold the three silver coins in your hands.
Breathe on them four times and say:

*To the spirits of Air I say
bring some money my way.*

Put the herbs, crystals and coins on the cloth.

Tie the cloth into a bag using eight knots in the thread.
(It is probably easiest to fold the thread into two and tie knots round the neck of the bag.)

Hide the bag in a safe, cool, dark place, away from prying eyes for eight days.

After eight days money should be coming in.

Be as realistic as possible, imagining what you will do with the money and how best it will be used. Once you have made the bag, meditate daily on what you want. By using the three silver coins and four breaths you create the vibration of the number seven which is considered to be both a lucky, and spiritual, number.



Money doubling spell

This spell is representational and helps double any denomination of paper money that you have. You are asking that the money be increased so you may also use a herb which has this effect. You are also appealing to the highest authority in asking the Angels to help you.

You will need

- PAPER MONEY (preferably new and as much as you can spare)
- WHITE ENVELOPE
- CINNAMON POWDER
- WAX TO SEAL THE ENVELOPE

Method

Place the money in the envelope, along with the cinnamon powder, and seal it with the wax.

Fold the envelope, leave it in your sacred space and say once, every day, for seven days:

*Hear me, angels in your glory,
Hear me now Zacharael.
I see the need for the common good
And ask for this to be increased.*

Hold the envelope up, and perceive that it feels heavier than it was.

Keep the envelope in your bedroom for safety.

After you receive more money, open the envelope, and share what was in the envelope with others.

Zacharael means 'remembrance of God' and is the angel who reminds us not to be bound by material concerns. For this reason, when we have truly shown that we understand both the value and the illusions associated with money we should never go short.

Money Spell

This is a spell to help you come to terms with money and your attitude to it and should be performed around the time of the Full Moon. Most of us at some time or another have financial problems. We may not have enough, we may not manage it very well, there may be demands on us that we can't or don't feel we can meet.

There are two versions of this spell and you should choose the one you are most comfortable with. If you are really hard up you will find it simpler to use play money, however if you are very brave you may choose real money. Choose the largest denomination of money – either pretend or otherwise – that you are comfortable with.

You will need

- GREEN TAPER CANDLE
- MINT OR HONEYSUCKLE OIL
- PLAY MONEY OF VARIOUS DENOMINATIONS OR A SINGLE NOTE OF THE LARGEST DENOMINATION OF REAL MONEY YOU CAN AFFORD

Method

Two days before the Full Moon, take the green candle to your sacred space. Carve several pound signs on the candle, thinking of a more prosperous life as you do so.

Anoint the candle with the essential oil.

Place it in the holder and set it in the middle of your sacred space.

Light the candle.

IF USING PLAY MONEY:

Spread out your 'money' in front of the burning candle.

Handle it, sort it, play with it.

Spend at least 5 to 10 minutes thinking about your attitude to money, how you would use it if it were real.

Then extinguish the candle.

The next night, light the candle again.

Play with the money again, thinking about how you might make it grow.

After 10 to 15 minutes, extinguish the candle.

The third night, the night of the Full Moon, do the same again; think about how you would help others.

Before the candle burns out completely burn a large denomination note of your play money after you have finished sorting it.

This is your offering to the Gods but it also represents your acknowledgement that money is simply an energy to be used.

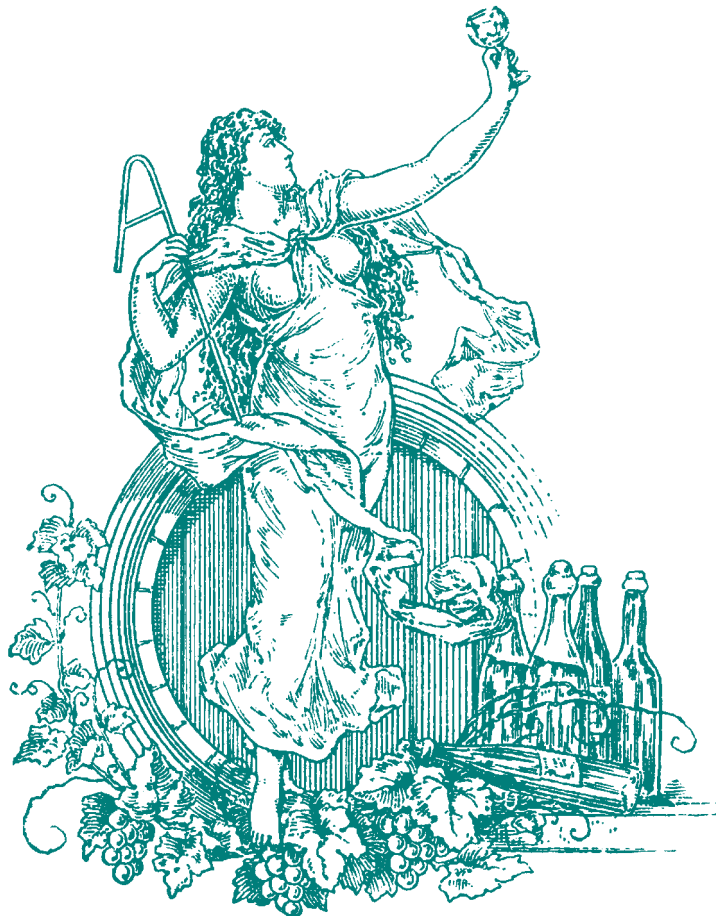
IF USING REAL MONEY:

The ritual is the same except that during your meditation on the first day you should think about how you wish to spend the money you are going to accrue.

During the second ritual visualize it growing and becoming more. See yourself going to the bank to put money into your account or some such action.

On the third night you have a choice. You can either burn the money, place it somewhere safe, perhaps on your altar as a reminder of your good fortune, or give it to charity. It is important that you do not use it for your own purposes.

This spell does require a certain amount of courage, but having the confidence to take a risk and burn money - play or real - really can open up your mind to the opportunities for prosperity. .



Petitioning the archangels

In this spell we use the higher aspects of the Guardians of the directions and petition the four archangels according to their qualities – Michael for love, Gabriel for strength, Raphael for healing and Uriel for clarity. Uriel means 'light of God' and is represented by the candles. When you perceive a lack of something in your life, petitioning the archangels helps to fulfil it.

You will need

- THREE WHITE CANDLES
- PLATE ON WHICH YOU HAVE SCATTERED SUGAR

Method

Stand the candles on the plate with the sugar all around the candles.

Light the candles.

Put the plate and candles in the highest place you can reach safely at home.

This signifies the status we give the archangels

Ask for three wishes from your guardian angels St Raphael, St Michael and St Gabriel.

You might ask one wish for business, one wish for love and one wish which seems unlikely to happen.

If you like, address each of the archangels by name, or use the following:

*Before me Raphael
Behind me Gabriel
On my right hand Michael
On my left hand Uriel*

God be thanked.

Let the candles burn right out.

Share this spell with others on the third day (after you requested the wishes) and help to pass on the benefit of your gain. You should use this spell wisely and not make ridiculous requests with it. If what you wish does not happen, accept that it is not right for you to make that wish, and do not repeat the request.

Removing misfortune

This spell uses plant magic combined with folk magic and the meaning of numbers. Burying an object binds the energy of what it represents and reciting prayers raises the vibration to the point where any negativity is nullified. The instruction 'Within sight of a church' suggests that the bad luck then is overseen by the Angels.

You will need

- THREE SMALL JARS (small jars such as honey or baby food jars work well)
- NINE CLOVES OF GARLIC
- NINE THORNS FROM A WHITE ROSE OR NINE PINS

Method

Pierce the cloves with the pins or thorns saying forcefully while doing so:

Misfortune begone from me.

Put three of the cloves and pins in each jar.
Bury each jar within sight of a church.
Say the Lord's prayer each time you do this.

Walk away and don't look back at what you have done

This spell can give impressively fast results. As soon as you become aware of the misfortune you are suffering, look for a common theme – i.e. are the problems financial, love etc – and actually name them in the words you use. Because you have addressed it three times it cannot remain.



Silver spell

This spell relies on the use of candles and takes about a week to perform. Before you begin, believe you have prosperity and that you have no money worries. Consider your attitude to money. You will probably find that the spell is best begun on a Friday.

You will need

- A SMALL BOWL
- SEVEN SILVER COINS
- A GREEN CANDLE AND HOLDER

Method

Place the bowl, the candle and its holder on a flat surface in your home, where it will be passed every day.

For the next seven days put a coin in the bowl.

After seven days, take the candle in your hands and imagine prosperity coming to you.

Sense the opportunities that you will have with money.
Be aware of the energy that has been given to money.

Place the candle in the holder.
Pour the seven coins into your left hand.
Draw a circle with your hand around the coins.

Put the first coin right in front of the candle.
As you place it, say these or similar words:

*Money grow, make it mine
Money flow, Money's mine.*

Place the other coins around the candle one by one and repeat the incantation.

Finally light the candle and allow it to burn out.
Leave the money in position for at least three days.
It is better you do not spend this money if at all possible.

This spell is another one which is designed for long term security. Just as you built the energy very slowly, so the gains will build slowly too. A variation of this spell is to take a scallop shell which represents the Great Mother and place the coins in that, leaving them as an offering.

To banish your debts

This particular spell uses candle and incense magic and, if you wish, the art of magical writing. You could choose incense or oil for purification or protection, whichever seems right for you. It is suggested that you perform this at the time of the Waning Moon as this can be used to help take away the difficulty.

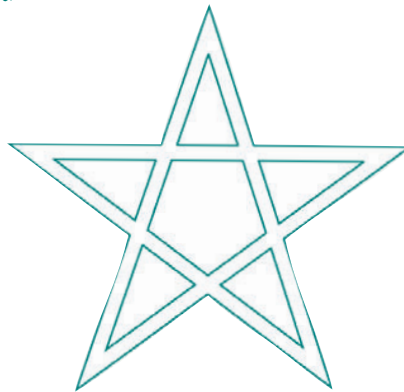
You will need

- ROLLED PARCHMENT OR PAPER, 2 INCHES WIDE AND AS LONG AS YOU LIKE
- BLACK PEN OR PEN WITH MAGICAL BLACK INK
- A PIN OR YOUR BURIN
- PURPLE CANDLE
- UNBREAKABLE CANDLE HOLDER
- OIL OF YOUR CHOICE
- INCENSE OF YOUR CHOICE

Method

Light the incense and dress the candle with the oil.
List all your debts on the parchment.

Draw a banishing pentagram on the back of the parchment.
This is drawn lower left point to top to lower right to top left to top right and back to lower left.



Carve another banishing pentagram with the pin or burin on the candle.
Place the rolled parchment in the candle holder then tighten the candle on top.
Do this carefully since your candle will eventually set the paper alight.

Concentrate on banishing your debts.
Visualize your happiness and relief when the debts are banished.

Light the candle.

Take the candle to the East and ask that the Spirit of Air acknowledges your intention to be debt free.

Replace the candle in the holder, making sure it is safe to burn out where it stands.

In your own words, ask for the debts to be banished and replaced with prosperity.

Allow the candle to burn out completely, but as it comes to the end make sure that you are present.

The paper will catch fire and flare up, so it must be properly attended to.

As you do this, be aware of the lifting of the burden of debt.

You should not expect your debts to simply disappear, but the wherewithal to clear them should come your way quite quickly. This might be, for instance, in the form of an unexpected gift or the opportunity for some extra work. Once your debts are cleared you are honour-bound not to create the same problems again.



To attract a wealthy male partner

This spell uses symbolism, herbalism, candles and colour to achieve a purpose. The dragon is a symbol of wealth, wisdom, power and nobility, while ginseng is said to enhance virility. The supposition is that by putting all of them together you create the right vibration for attraction. If performing this the first time, then do it at the time of the New Moon.

You will need

- A REPRESENTATION OF A DRAGON (a picture, statue etc)
- A PIECE OF GINSENG ROOT OR POWDERED GINSENG
- A RED CANDLE

Method

Light your candle.

Pick up the ginseng root and say:

*By the power of this Man root
I pray for one to come to me
Strong and brave, wise and astute
Funny and loving to look after me.*

Then pick up the dragon symbol and say:

*Power of the dragon, strong and true
Hear me now as I call to you
Bring me a man that I can love
And one that I can be proud of.*

Place the two objects in front of the candle and allow it to burn out.

When it is done place the representation of the dragon on a high shelf to represent status.

Either keep the ginseng root beside your bed or use the powder as an incense additive until it is used up.

By that time your new man should have arrived.

You can use your own form of words to bring the kind of man you want. Be careful though as you may get more than you bargained for. To attract a woman would require more feminine symbols such as a fish or a ladybird, and angelica root instead of ginseng.

Winning brass

If you are a gambler and use dice you may like to try this spell. It uses planetary correspondences and number symbolism. Properly charged, your dice should create the ability to have Lady Luck – one of the manifestations of the Goddess – on your side.

You will need

- BRASS DIE (Brass is sacred to Venus)
- WOOD DIE (perhaps sycamore, which is also sacred to Venus, or of another sacred wood – see pages 141-143)
- IF YOU CANNOT FIND A WOOD DIE, AN ACRYLIC ONE WILL SUFFICE
- MONEY INCENSE
- GREEN CANDLE

Method

You will need to make a dedication of your die before you start. Use fairly flowery language in order to get the energy flowing. Say something like:

*Oh Lady of the Morning Star
Come to me here from afar
This cube of chance
Its powers enhance
That it becomes my lodestar.*

Now it will depend on its material as to how you wish it to work for you. Brass is a material that traditionally heightens the intuitive powers so you could use words such as:

So show me now your bounty.

Sycamore which signifies love, receptivity and the ability to communicate, or one of the sacred trees such as holly, a symbol of luck, could be dedicated with the words:

Bring your knowledge to me.

Your acrylic die, far from being inert, can be made magically powerful by intent. Use words such as:

Awaken to the power of gain.

Light the incense and candle.
Pass each die through the incense smoke and through the candle flame
visualizing yourself winning with your lucky dice.

When you win always put by a tenth of your winnings for good causes.

When playing games of chance it is thought that fingering the brass die will give the information needed to win. Using the others as your playing piece should ensure some good winnings. If you do not share your good fortune it will, however, not continue.

Want spell

Since Mother Nature supplies our most basic needs, this spell uses the cycle of her existence to help fulfil your wants. The leaf is representative of her power and you are using natural objects to signify that all things must come to pass.

You will need

- A MARKER PEN
- A FULLY GROWN LEAF



Method

Write or draw on the leaf a word, picture or letter that represents the thing that you want.

Lay the leaf on the ground.

As the leaf withers, it takes your desire to the Earth.

In thanks, Mother Nature will grant your wish.

You may also throw the leaf into running water or place it under a stone if you wish.

This is a spell which owes a great deal to folk magic and an appreciation of the cycle of growth and decay. In such spells, it is usual to use a leaf that has fallen rather than pick one from a tree.

If you do the latter you should thank the tree for its bounty.

String spell

This spell is another representational one and is very simple to do. It pays homage to the art of knotting and makes use of your sacred space if you are able to leave your altar in place. Otherwise simply use a windowsill in broad sunlight or moonlight.

You will need

- A LENGTH OF STRING LONG ENOUGH TO OUTLINE YOUR MATERIAL DESIRE

Method

Sit quietly with the piece of string and pour your wish into it. Try to have a clear picture in your mind of what you want.

Tie a knot in one end of the string and say:

*With this knot the gods I implore
Bring this [your desire] my way, for sure.*

Tie a knot in the other end and say:

*With this knot I lock it in
With thanks for the gift that it will bring.*

Lay the string on a flat surface and fashion it into as close a picture of your material desire as you can.

Leave it in place for at least three days.

When your wish has manifested don't forget to thank the gods either by giving something to charity or offering your skills to the community in which you live.

This spell seems to work best if you actually need the object you are representing. The gods do not grant their favours without some effort on your part so use your gift wisely and well. Your relationship with the gods is always a two-way street.

Candles and pennies

Fire and finance always seem to have a natural affinity, so a candle spell which incorporates pennies is a good way of drawing money energy towards you. You do need to keep your demands within bounds, so do not ask for more than you need. Colour is an important component and green is traditionally used in money spells. You could try this on a Friday.

You will need

- GREEN CANDLE
- GLASS TUMBLER
- ENOUGH SMALL COINS TO HALF FILL THE GLASS
- YOUR BURIN

Method

Half fill the glass with the coins.

Inscribe the candle with the good fortune and completion rune, Fehu:



Put the candle in the glass.

Light the candle and let it burn down to nothing so the wax is intermingled with the pennies.

As you light the candle state that you only want what is needed, not more.

Place the glass in the safe space to burn out.

There is a slight risk that as the glass gets hot it may shatter, though the pennies should absorb most of the heat.

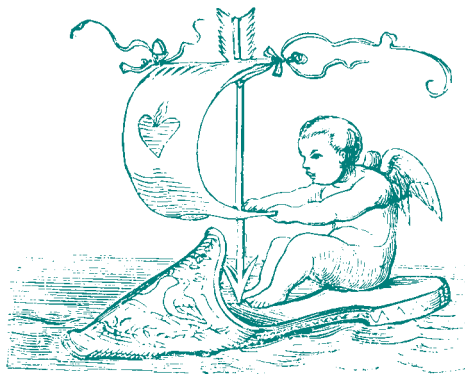
This is representative of the idea that money will 'stick' to you. Hopefully, having done the spell once you will not need to do it again. A variation on this to manifest actual objects that are needed is to inscribe the candle with a picture of what you require or to write the actual words on the candle.

A wish afloat

This spell uses plant or rather tree magic and running water to convey the energy. It also uses the art of visualization and can be very effective in manifestation spells, particularly if you get to know your tree correspondences. Ideally it should be done at the time of the New Moon.

You will need

- TWIG OR SMALL BRANCH OF YOUR CHOICE
- BRIDGE ACROSS A STREAM OR RIVER OR A HIGH ROCK WHERE YOU CAN SEE THE TIDE OF THE SEA



Method

In order not to disturb the nature spirits, strictly you should use a twig that has already fallen off the tree.

Remember that Mother Nature appreciates a gift as much as you do, so where possible be prepared to share with the spirit of the tree.

Shape the twig as much as you need to according to the wish you intend to make. When you feel the time is right stand on the bridge or rock and link with the spirit of water.

Say why you have come, using words such as:

*Tonight I come to you with a small request
Carry for me now my desire out into the open sea
That I may [state request].*

Concentrate on what you want to wish for and see it in your mind's eye.

Repeat the words above aloud.

Now throw the twig as far upstream or into the tide as you can.

As the twig floats past you repeat the request again and ask for a blessing from the appropriate tree spirit.

This way of working combines the spirit of the tree with the spirit of water and means that you have some pretty powerful energy available to you. Opposite is a list of the qualities of some of the more magical trees.

APPLE indicates choice, and is useful for love and healing magic. When choices are offered, the biggest test is to choose only one and not to waste energy in making your decision. You might use apple cider in any spells calling for wine.

ASH Since ancient times, some have believed that the first man was created from the branches, the Ash tree. Wands were often made of ash because they are good for healing and general and solar magic because of the wood's straight grain. It is said that you should put fresh ash leaves under your pillow to stimulate dreams.

BIRCH Known as Lady of the Woods, Paper Birch and White Birch, the birch tree is symbolic of fertility and new birth, and is closely associated with the waxing phase of the Moon. Emotionally, the birch is about being nurtured and cared for; spiritually we are cleansed and made ready for the future.

BLACKTHORN indicates outside influences that must be obeyed and may well appear when a negative challenge is presented. This tree teaches its lessons well and will help to create a psychic barrier to protect you against similar situations arising in the future. The white flowers are seen even before the leaves in the spring. The wood is often used for a protective staff.

CEDAR also known as the Tree of Life, Arbor Vitae and Yellow Cedar, this tree grows to a great height and has a very imposing spread. The wood is reddish-white, fragrant, and close-grained, particularly in older trees. The oil that it produces is highly preservative and the tree's longevity is part of its sacredness.

ELDER also known as Ellhorn, Elderberry and Lady Elder. Elder wands can be used to drive out evil spirits or thought forms. Music played on panpipes or flutes of elder has the same power as the wand. In olden days as a protection against evil its branches were hung in the doorways of houses and cowsheds. Sacred to the White Lady and Midsummer Solstice, it is said that standing under an elder tree at Midsummer will help you see the fairies.

ELM wood is valued for its resistance to splitting. It is often associated with Mother and Earth Goddesses, and was said to be the abode of fairies. Elm adds stability and grounding to a spell. Once known as 'Elven', its nature spirit is the elf.

FIR Symbolically, fir indicates high perspectives with a clear vision of what is beyond and yet to come. Known as the Birth Tree, the silver fir needles can be burned at childbirth to bless and protect the mother and baby, and to clear the environment.

HAWTHORN also known as May Tree, White Thorn, Haegthorn and Quickthorn, this is one of the most wild, enchanted and sacred of trees. It can live to a great age, becoming gnarled in the process. Hawthorn is traditionally used to make psychic shields for the innocent and vulnerable, particularly children. It is associated with the sacred as well as with inauspicious events. Wands made of this wood are of great power. Hawthorn can be used for protection, love and marriage spells.

HAZEL The hazel tree has long been magical and is used to gain knowledge, wisdom and poetic inspiration and enhance the art of communication. Wands made of this wood symbolize white magic and healing, whilst forked sticks are traditionally used to find water or buried treasure.

If in need of magical protection, string hazelnuts on a cord and hang them up in your home or sacred space and carry them with you when out and about. When working with nature, a circle drawn around you with a hazel twig will enhance the energy.

HOLLY may be used in spells to do with sleep or rest and to ease transition. This symbolism is evident in both Pagan and Christian lore and holly is important at Yuletide. In Celtic mythology holly is the evergreen twin of the oak. It is called a kerm-oak. The oak rules the light part of the year while holly rules the dark part.

Holly suggests directed balance and the courage to fight if the cause is just. A symbol of luck and good fortune, a bag of leaves and berries carried by a man is said to increase his ability to attract women.

IVY is evergreen and represents the ever-present aspects of the human psyche. It is associated primarily with fidelity and is a symbol of married love and loyalty and stable relationships. Houses with ivy growing on them are reputedly safe from psychic attack. Ivy represents all that is mysterious and mystical.

JUNIPER is used in numerous incenses. Also used for protection and purification, juniper can be grown by the door where it discourages thieves. A small bunch of twigs or a few berries in a pouch can also be hung in the rafters of a building or over the lintel of the doorway as a longer-term protection against accidents, and also to attract love.

MISTLETOE also known as Birdlime, All Heal and Golden Bough, mistletoe is probably the most well-known and sacred tree of the Druids. It is used magically to combat despair, to bring beautiful dreams, to unlock the secrets of immortality and for protection, to protect the bearer from werewolves. The wood can be used for wands and some magical tools, or such items can be placed in a mistletoe infusion to strengthen their power.

OAK is such an all-purpose tree, providing food, shelter and spiritual regeneration that it is considered sacred by just about every culture that has encountered it.

Oak has the propensity to help you to find new understanding. This brings strength and courage in adversity. The oak tree nourishes our faith in ourselves and enables us to aim for what we most desire. Wands made from an oak which has been struck by lightning are considered to be particularly powerful. When you burn oak leaves it purifies the atmosphere lending strength, success and stability to your magic.

PINE The pine tree is an evergreen and is known for its ability to cleanse the personal environment. There are numerous ways it can be used; to purify and sanctify an outdoor ritual area, brush the ground with a branch of pine wood. The cones and nuts can be carried as a fertility charm, whilst a cleansing and stimulating bath can be prepared by placing a few handfuls of pine needles in a loose-woven bag. To make things easier you could, of course, use a few drops of the essential oil in running water.

ROWAN also known as Mountain Ash, Witchwood, Sorb Apple and Quickbeam, the rowan has long been known as an aid and protection against enchantment by beguiling. Sacred to the Druids and the Goddess Brigit, it is a very magical tree which is used for wands and amulets. This is the wood to use for making any magical tool which has anything to do with divining, invocation and communication. The rowan has the ability, perhaps more than any other tree, to help us increase our psychic abilities. It has a beneficial energy which will increase our abilities to receive visions and insights. Rowan will help you to discriminate between what will do you harm and good and help you deal with anything which threatens you.

WILLOW The willow is a Moon tree sacred to the Goddess. The willow will always enhance inspired leaps of the imagination as it is known as a tree of dreaming and enchantment. Willow wands can be used for any ritual associated with the Moon and protection.

YEW The yew is an ancient tree species that has survived since before the Ice Age and, as such, has been revered and used by humankind throughout the ages. Because of its longevity and the way it regenerates itself by growing new trunks from within, it has come to represent everlasting life, immortality, renewal, regeneration, rebirth and transformation. It is considered to be the most potent tree for protection.



To draw money towards you

All cultures have their own ways of representing money or luck and this spell makes use of herbs and grasses to draw it towards you. The coin used should preferably be new or rare and therefore becomes a lucky token. Initially the paper money should also be new.

You will need

- A RED OR GREEN CHARM OR TALISMAN BAG
- A SMALL COIN
- PAPER MONEY OF THE HIGHEST DENOMINATION YOU CAN MANAGE
- JOHN THE CONQUEROR ROOT
- GOATS RUE ROOT (also known as Devil's Shoestring) OR 9 ASH LEAVES
- PINE OR SIMILAR INCENSE OR OIL FOR PROSPERITY

Method

Wrap the John the Conqueror root, nine small pieces of Devil's Shoestring root or nine ash leaves and the coin in the paper money.

Ensure that you fold the money towards you.

Put into the charm bag.

Light the incense and hold the bag in the smoke.

Concentrate on the idea of gaining money.

Unobtrusively wear the bag when playing the lottery or betting on horses
You might place it near the door of your place of business to draw money to you.

You should find your finances show signs of improvement within the next nine days.

John the Conqueror root is considered to be one of the most powerful herb roots available, so consider your actions very carefully when deciding to use it. It has been believed that if someone else touches your lucky bag the good fortune is lost, so guard it carefully.

Business, career and decision making

Spells to do with Business, Career and decision making help us to make the best of what we have and to maximize our potential. As spell making becomes an integral part of our lives it becomes second nature to make small adjustments to our surroundings and our work relationships to put ourselves in an advantageous position or to smooth our own or others everyday activities.



Resolving unfair treatment

A binding spell is performed by grasping the negative energy that is propelling a person or object and stopping it. If you desire justice, which often we do, then call upon Egyptian goddess Maat, she who balances the scales. This spell might be used if you feel you are being unfairly treated by a colleague or a family member.

You will need

- BLACK RIBBON ABOUT 12 INCHES LONG
- WHITE FEATHER (to represent Maat)
- FRANKINCENSE INCENSE

Method

Light the incense well before you take action so that your sacred space is as clear as you can make it.

Contemplate your difficulty and acknowledge any part you may play in it.

Tie three knots in the ribbon - one in the middle and one at each end.

As you tie the first, say:

Negativity here be bound.

As you tie the second, say:

Nastiness I do confound.

As you tie the third, say:

By power of three, I you impound.

Put the ribbon and the feather together on your altar or sacred space. Leave it alone for three days for justice to be done.

After this time take the ribbon and bury it, if possible in open ground. Keep the feather in your drawer or purse as a reminder.

You must remember to control your own emotions of hatred or fear, for you must be above reproach. When you feel that the problem has dissipated, be tolerant and try to remain on good terms with the person concerned, but never tell them what you have done.

To find the truth

Without the truth one cannot make sensible decisions. As one's intuition grows it becomes easier to tell when people are not telling you the truth. Until that time a simple spell like this ensures that the truth is revealed in the right way. It uses herbs and candles.

You will need

- HANDFUL OF THYME
- RED CANDLE
- FLAT DISH ON WHICH TO PUT THE HERBS

Method

Pour the thyme into the dish and say:

*Clarification I now require
So that truth is spoken
Let what is hidden now
Be brought into the open.*

Light the candle and say:

*Speak truth with passion
And goodbye to caution
As the truth is said
May I not be misled.*



Allow the candle to burn down until the wax drips into the herbs.

Bury the cooled wax and herbs, preferably at a crossroads, having first blown the loose herbs to the wind.

The herb thyme is said to bring courage, which is often needed to bypass our inhibitions. The colour red often represents sexual passion, but here is much more the passion for truth. Do remember therefore that sometimes the truth can hurt, and you may have been being protected.

Consulting the oracle

For those who have developed intuition and learned to trust their foresightedness this spell offers a way of having information come to you when it is needed. Do this during the waxing of, or at, the Full Moon. The Greek goddess of justice Themis, on whom you will call in this spell, in her original form perceived all in the past, the present and the future.

You will need

- JASMINE OR LOTUS INCENSE
- YOUR PARTICULAR DIVINATION TOOLS (Tarot cards, runes, pendulum)
- THE CONTRACT OR PAPERS ON WHICH YOU NEED INFORMATION
- A CHALICE CONTAINING RED WINE OR JUICE
- TWO PURPLE CANDLES IN HOLDERS

Method

Light the incense.

Light the candles, placing them one on each side of the chalice.

Place your divination tools and papers in between the candles with the chalice above them.

Hold your hands over your divination tools or papers and say:

*Goddess of Justice, Goddess of Law
Bless my working here today
Goddess of Honour, Goddess of Power
Show me the answer that I seek,
Through these tools I bid you speak.*

Take three sips of the juice.

Do whatever you have to do with your tools - shuffle the cards and lay them out or lay out the runes, ask your questions of the pendulum.

Sit quietly with the papers and if necessary re-read them, knowing the answer will come to you.

When you are finished, stand with your arms raised and say:

*May the gods be thanked
May they aid me with their guidance.*

The candles do not have to burn out, but can be used for another divinatory spell.

Because business decisions should not be made in a hurry, you will not necessarily receive all the information you need immediately, but can expect to receive insights over a period. The spell can be re-activated very easily by holding your divinatory tools or the papers and repeating the last three lines of the invocation.

Good fortune in business

This is a representational and herbal spell, which uses a mirror as its vehicle. Mirrors have always been seen as mystical and you are, in this spell, creating a doorway to riches. You could use paper money but a coin is marginally better.

You will need

- A SMALL MIRROR
- POPPY SEEDS (for prosperity)
- A COIN OF THE HIGHEST DENOMINATION YOU CAN AFFORD
- PASTE GLUE

Method

Paint the back of the mirror with the glue. While it is still wet sprinkle the poppy seeds on the glue. Stick the coin in the centre of the back. Repeat three times:

*Coin of the realm, seeds of plenty
May this business' coffers never be
empty.*



Hang the mirror on the back of the entrance door to the business.

Perhaps the best way to think of this mirror is as a portal for money to flow through. The coin therefore acts as a focus for money energy. You should not use or allow the mirror to be used for grooming purposes. A square mirror suggests material manifestation, whereas a round mirror tends to enhance the energy.

Achieving a dream job

Candles always work well when dealing with aims and aspirations. This spell introduces some of the techniques beloved of those who believe in using the Element of Fire, which represents drive. This particular spell is best begun on the night of a New Moon.

You will need

- 2 BROWN CANDLES (to represent the job)
- GREEN CANDLE (for prosperity)
- A CANDLE TO REPRESENT YOURSELF (perhaps your astrological colour)
- PROSPERITY INCENSE SUCH AS CINNAMON
- PROSPERITY OIL SUCH AS BERGAMOT, OR BLENDED PATCHOULI AND BASIL

Method

Light your prosperity incense.

Anoint the candles with the prosperity oil from wick to end, since you want the good things to come towards you.

Place one of the brown candles in the centre of your chosen space.

Place the green one on the right, with your personal candle on the left.

(These candles should be in a safe place; they have to burn out entirely.)

As you light your personal candle, say:

*Open the way, clear my sight.
Bring me chance, that is my right.*

Light the green candle and say:

*Good luck is mine and true victory,
Help me Great Ones, come to me.*

Light the brown candle and say:

*Openings, work, rewards I see,
And as I will, So Must it Be.*

Leave the candles to burn out completely.



Each night for a week / or until the candle is used up / light the second brown candle for 9 minutes while contemplating the job and the good to come out of it.

In a sense you need to identify exactly what you mean by 'a dream job'. It is of little use aiming for something which is beyond your capabilities, though you might go for one initially which will begin to take you to where you want to be.

Bay leaves wish spell

This spell uses plant magic and fire to achieve its purpose. The bay leaf possesses powerful magical properties for granting wishes. The first part is best done at the time of the New Moon, and the result will often have come to pass by the time of the Full Moon.

You will need

- 3 BAY LEAVES
- PAPER OR PARCHMENT
- PEN
- CANDLE



Method

Write your wish three times on the paper, repeating the wish aloud. Place the bay leaves on the paper.

Fold the paper into thirds and visualize your wish coming true. Now fold the paper into thirds once again and hide it away in a dark place. Keep visualizing your wish coming true as you do this.

Once the wish is granted, the paper is burned in the candle flame as a thank you and the candle allowed to burn out.

This is a spell best done in private, although it can also be performed on behalf of others. You should never reveal your wish to others so be very sure that if the wish is for them it is for the Greater Good. Bay promotes wisdom, so protects you from making mistakes.

Drawing out a latent talent

This charm is to bring out an existing talent and develop a potential, not give you one you don't already have. If you have a secret ambition you might try this spell. It uses herbs as its vehicle and could be done at the time of the Crescent Moon.

You will need

- A SMALL DRAWSTRING BAG ABOUT 1-2 INCHES DEEP
- LIQUORICE ROOT POWDER
- ROSE HIPS
- FENNEL
- CATNIP
- ELDERFLOWER

Method

Put a pinch or two of the liquorice root, rose hips, fennel, catnip and elderflower in the bag.

Once assembled, hang the bag outdoors at sundown.

At midnight, remove the bag and place it around your neck.

If you like you can make an affirmation before you sleep.

Say these words or similar:

As I sleep, I shall learn of my best potential.

You must then wear the charm bag for a full twenty four hours to allow the spell to work.

After that time you can place the charm bag under your pillow the night before anything important is to happen when you feel you need some extra help in reaching your goals.

Sleeping and dreaming are often the best way we have of self-development. Most of us have secret ambitions but are prevented by doubts from succeeding. This spell helps to make those fears irrelevant.

For study and concentration

It is sometimes important to go right back to basics to gain the help we need. This is a herbal and colour formula spell which also calls on the powers of Bridget, the goddess of poetry, or on Sarasvati, the Hindu goddess of Knowledge. Your sachet will be purple for the former and white for the latter.

You will need

- 2 PARTS ROSEMARY
- 2 PARTS BASIL
- 1 PART CARAWAY SEEDS
- 1 PART DRIED RIND OF CITRUS FRUIT
(a part equals one quantity)
- SMALL BOWL TO MIX THE HERBS
- SMALL CLOTH BAG
- SILVER THREAD OR CORD



Method

Combine the herbs thoroughly while chanting either:

*Bridget, Brighde fashioner of words,
Help me now as I seek your aid
Let me now bring you honour
In what I have to say today.*

Or, for Sarasvati:

*Sarasvati, divine consort of Brahma
Mistress of knowledge
Teach me to use words wisely and well
My doubts and fears I pray you dispel.*

Now put the herbs in the bag, tying it securely with the silver cord.
Place the sachet somewhere within your work area where you can see it.

You should find that simply by focusing on the sachet you are able to free your mind from distractions and find inspiration as you study for exams or write your articles and masterpieces. If you become really stuck then pick up the sachet and allow some of the fragrance to escape, remembering to tie it back up when you are finished.

To help make a decision

This spell uses colour and candles to allow you to make a decision over two opposing outcomes. You are in a sense taking the dilemma to the highest authority in order for the best outcome to become apparent. Do the spell at the time of the New Moon if there is a new beginning involved.

You will need

- TWO YELLOW CANDLES
- WHITE CANDLE OR YOUR ASTROLOGICAL CANDLE
- A LENGTH OF PURPLE RIBBON ABOUT TWO FEET LONG
- TWO PIECES OF PAPER
- PEN



Method

This spell takes three days to do in total.

Place the white candle on the exact middle of the ribbon.

This ribbon signifies the highest possible spiritually correct energy.

Place the two yellow candles either end of the ribbon.

Write the two possible outcomes on the pieces of paper and fold them separately.

Place these two papers under the yellow candles on top of the ribbon.

Light the middle (white) candle first and then the two outer (yellow) ones. Acknowledge the fact that you will be extinguishing them as part of the spell. Burn the candles for at least an hour, so that a link is properly made. Consider both decisions carefully.

Snuff the candles out and next day move the papers and the outer candles closer to the middle candle.

Roll the ribbon in towards the centre against the candle bases.

Relight the candles and again burn for at least an hour.

Each day repeat until all the candles are grouped together.

(This should take at least three days, and, if time allows, longer.)

Ensure that you have at least an hour's burning time left for the final day.

Allow the candles to burn out and within three days you should find it easy to make a decision.

This process allows due consideration of all the pros and cons of the various options. It provides the energy for the correct decision and allows you to be rational and objective while still taking account of the emotional aspect. It keeps your mind focused on the matter in hand. You do not then 'stand in your own light' – get in the way of your own success.

Legal success

This spell is based on ancient herb and folk magic. To influence the outcome of legal procedures, the associated papers are 'dressed' to give added power to any decisions that have to be made. The technique is very simple and, of course, can also be used in business proceedings, but in this case should probably be carried out away from the office.

You will need

- YOUR DOCUMENTS
- DRESSING POWDER, CONSISTING OF:
 - unscented talcum or powdered chalk
 - Deer's Tongue leaves
 - calendula flowers
 - ginger or cinnamon powder

Method

Combine the leaves, flowers and ginger or cinnamon powder in equal measures with the talcum or chalk.

Place your documents on a flat surface and sprinkle them thoroughly with the mixture.

Draw your finger nails through the powder in wavy lines from top to bottom. Concentrate as you do so on the desired outcome.

Leave the papers overnight then in the morning shake off the powder.

This spell does not seem to work if there is any dishonesty or deliberate nefarious dealings on your part. However if you are completely above board it is possible to turn things in your favour. 'Dressing' papers can also be carried out if you have important exams or studying to do.

Good communication

The crystal carnelian can be used in business spells when you want – or need – to be heard. It is also an excellent stone to wear or carry for public speaking for it strengthens the voice, provides self-confidence and confers eloquence on the speaker. It is used to counteract doubt and negative thoughts and is used in this spell for that purpose.

You will need

- A SMALL PIECE OF CARNELIAN
- AN INCENSE SUCH AS BENZOIN WHICH IS SACRED TO MERCURY, ROMAN GOD OF COMMUNICATION

Method

The night before an important meeting light your incense. Hold the carnelian in the smoke of the incense. Say:

*Mercury, Ogmios, Heracles
Gods of eloquence and right speech
Help me tomorrow to say the right thing
To make myself heard.*

Then sleep with the carnelian under your pillow, as one of its properties is to prevent nightmares.

On the day of the meeting either have the piece of carnelian discreetly in front of you where you can see it or in your pocket where you can easily reach it.

When stuck for words or in difficulty, either touch the stone or mentally make a link with it which will enable you to overcome the blockage.

Simply having something else to focus on is good anyway, but having appealed to the gods you draw on the very source of communication and on the qualities of the crystal. Remember to thank the gods – who are from three different cultures – afterwards. You may need their help again.



Winning a deal

This spell uses candle, representational and colour magic. It is probably best done at the time of the Full Moon if the deal is a merger or acquisition or the New Moon if it initiates new projects or implements new ideas. Thursday is also a good day being one to maximize opportunities. Because you are using woods and plants in the incense, and so will create a fair amount of smoke, it is better to do the spell away from the office unless you can be undisturbed.

You will need

FOR SUCCESS INCENSE:

- 1 part each of basil, bay and oak
- 2 parts cedarwood
- BOWL TO MIX INCENSE
- WHITE CANDLE
- YOUR BURIN OR A PIN
- YOUR COPY OF THE PAPERS NECESSARY FOR THE SUCCESSFUL DEAL

Method

While you mix your incense, bear in mind the outcome you require. You might appeal to Thor at the same time or to Ganesha, another god of opportunity.

Inscribe your candle with either a sign for money, or the Ehwaz, the rune for success in partnership which is:

M

Light your candle and the incense. Sit for a few moments then hold the legal papers in the smoke of the incense. Visualise the required outcome such as signing the papers.

While the candle is burning out reinforce your vision of success.

Any outcome that occurs because of this spell is not time specific i.e. you have not asked for a particular time frame. If this is required you should use Fast Luck Oil on page 122 to anoint your candle before you inscribe it.

To remove obstacles

In this spell Ganesha, the Hindu elephant-headed god, is invoked to ensure the success of any difficult task and to grant wishes. Because he represents a combination of strength and shrewdness, he is able to get rid of the most intimidating of barriers. We have categorized this as a career spell, although obviously it can be adjusted to encompass other life decisions.

You will need:

- YELLOW CANDLE
- RED CANDLE
- YOUR FAVOURITE FLOWERS
- SANDALWOOD POWDER
- FIGURE OF GANESHA OR OF AN ELEPHANT
- COOKED RICE
- PEN AND PAPER



Method

Place the flowers and the rice in front of the figure while the sandalwood is burning.

With your fingertips to your forehead and your hands together, bow to the statue and say:

*Greetings, Ganesha.
Welcome to my sacred space
With your help, all success shall be mine.
I come to you, knowing you will grant my wishes
All impediments are removed.
I honour your presence,
Good fortune be with you and with me and mine.
I praise you Ganesha!*

Light the yellow and red candles and tell Ganesha what you most desire.

Now commit your wishes to paper and place the paper under the statue. Say:

*God of wisdom, God of strength
Loving bringer of success
Take now these wishes of mine.
Mould them, shape them, work them
Till together we can bring them to fruition.*

Bow as before and put the candles out.
Repeat for the two following days, finally letting the candles burn themselves out.

Afterwards, do not disturb the statue for three days and never ask for the same thing twice.

Before long, often within three days, a new way will be shown to enable you to achieve your objective. Remember to give thanks by sharing your good fortune with others and making a further offering to Ganesha who appreciates effort made.

To improve your boss's attitude

This is a combination of a candle and mirror spell. Often spells to do with work are best done at home and a reminder taken in to reinforce it. The spell is carried out for seven days and then reinforced once a week. Tuesday or Thursday are good days.

You will need

- A SMALL MIRROR THAT WILL FIT UNOBTRUSIVELY IN YOUR DRAWER
- A WHITE CANDLE
- OIL SUCH AS JASMINE FOR SPIRITUAL LOVE OR YLANG YLANG FOR BALANCE

Method

Anoint the candle.
Light the candle and burn it for at least an hour.

Concentrate for a few minutes on the image of your boss as they are when they annoy you.
Look in the mirror and visualise them being pleasant and calm.
See yourself working with them as an efficient team.

Carry on doing this each evening for a week then do it once a week thereafter for at least six weeks.

In between times keep the mirror in your desk drawer and reinforce the visualization of them being calm every day.

You should see an improvement after a week – others may also notice a change as time goes on. As you become less stressed you may find you become more creative and can deal with other petty annoyances.

Knot spell

To rid yourself of problems or a troublesome situation, you can use a representation of the problem in a tangled and knotted length of yarn. There are then differing ways of getting rid of the problem. This spell is best done at the time of the Full Moon and is in two parts.

You will need

- BIODEGRADABLE STRING OR COTTON YARN
- INGREDIENTS FOR A RITUAL BATH
(including candles and a purification oil)

Method - Part One

Your string needs to be biodegradable because it reinforces the idea that your problems will dissolve.

The string or yarn can be in the appropriate colour for the problem to be solved (green for money, red for love, etc).

Sit quietly and think of all your fears and problems.

Let them pass into the yarn.

Tie this in knots to symbolize how mixed up your problems makes you feel.

One way of dealing with your difficulties is to take the knotted yarn to a high place and let the wind blow it away, along with your negativity.

A second way is to bury the yarn in soft ground, though this method will mean that the resolution of your problems may come slowly.

A third way is to begin to untie the knots and as you do so ask for help in seeing and understanding solutions.

This last method does not have to be done all at once but can be done over time.

Method - Part Two

Whichever method you use make sure you take a ritual bath or shower cleansing after working with the string.

You need a candle to represent yourself, a black candle to signify the negativity and one other in the colour of your choice to suggest your life without problems.

Anoint the candles with a purification or blessing oil.

Anoint the black candle from the end to the wick to remove bad luck.

The others are done from the wick to the end to bring you what you desire.

Have your ritual bath as usual.

This spell has two parts, first getting rid of the problems then cleansing yourself of the effects. Only then can you decide how you are going to make changes in your life so that you do not attract yet more problems.

Encourage risk taking

This spell uses candles and the Ogham Staves, an ancient symbolic alphabet similar to the Runes, which was used by the Celtic people. Today we tend to use the representations singly in the form of amulets or as here to inscribe candles. In addition we can also use herb oils for courage.

You will need

- WHITE CANDLE
- ST JOHN'S WORT OIL OR SAGE
- YOUR BURIN

Method

Anoint your candle with the oil (for courage).
Inscribe it with the Ogham Stave Coll which represents wisdom:



Light the candle.

Ask for help from the Irish God Ogma, who gave us the staves, in whatever task you are about to undertake.

As the candle burns out think very carefully of what the risks might be in your venture and what you can do to minimize them.

This spell is designed to give you the courage and wisdom to take risks in whatever way is appropriate for you. It need not be simply a business risk, but some way in which you must stretch your own boundaries. It does not ensure success but allows you the potential for achievement.

To create opportunity

This spell appeals to the Roman goddess Ops who used to be petitioned by sitting down and touching the Earth with one hand, since she was a deity of prosperity, crops and fertility. During the Full Moon, using sympathetic magic, a wish doll (poppet) representing health and happiness is made to draw opportunities towards you.

You will need

- A BOWL OF SAND (to represent the earth)
- GREEN CLOTH
- NEEDLE AND THREAD
- PEN
- CINNAMON OR CEDAR INCENSE
- DRIED CAMOMILE, VERVAIN OR SQUILL
- MINT AND HONEYSUCKLE OIL

Method

Make a poppet out of the cloth.

While concentrating on the opportunities available to you or your business, write your name on the poppet and stuff it with the dried herbs that have had a few drops of the oils added. Sew the figure shut.

Light the incense.

Hold the poppet in the incense smoke, say:

*Goddess of opportunity,
Bring good fortune now to me
Guide me by your gentle hand
For I am as worthy as these grains of sand.*

Let the sand trickle through your fingers to signify touching the earth.

Repeat this an odd number of times (seven works very well).

Keep your poppet safe, you do not have to have it with you at all times, just with your possessions or papers.

For the spell to continue to work, renew it every Full Moon.

This is a good spell to use for business opportunities, since the poppet can be kept unobtrusively in a drawer or cupboard and hopefully will become imbued with the excitement of your day-to-day work. It can also be used when you wish to enhance your career prospects.

Boardroom strength and endurance

This spell is representative and uses the runic alphabet as a symbol for strength and endurance. The Norse people had a life of hardship and privation, and illustrated this in their runes. The idea that one gains strength from animals and their powers is shamanic in origin. Today we can draw on the same power in business. This spell should be performed in your boardroom.

You will need

- THE RUNIC SYMBOL AUROCHS TO REPRESENT STRENGTH, COURAGE AND OVERCOMING OBSTACLES



Method

Choose a point level with halfway down the boardroom table.

Mindful of the qualities you are calling on, 'walk' the shape of the symbol around the table.

Ensuring that that highest point is close to where the chairperson or principal speaker sits.

If you feel you should include the whole table then 'walk' the rune again in the opposite direction.

If you yourself anticipate a difficult meeting draw the rune on a piece of paper and place it in your pocket for the duration of the meeting.

Calling upon the power of the auroch, an enormous ox-like beast, is said to have given the Vikings the power for conquest. By the use of sympathetic magic in this spell, the boardroom, which today is so often the 'field of battle' and highly competitive, can become a more harmonious and fruitful environment.



Weaving success

The use of ribbons is an extension of knot magic and is often used in binding or protection spells. However, this one is an unobtrusive way of enhancing the energy of your business as well as ensuring its security. Braiding three strands links us with the triple-aspected Great Mother – Maid, Mother, Crone.

You will need

- THREE EQUAL LENGTHS OF RIBBON
 - dark blue for success in long-term plans, and clarity
 - yellow for mental power, wealth, communication and travel
 - brown for grounding, stability, and endurance
- A LARGE SAFETY PIN

Method

Pin the three ribbons together at the top to make braiding easier.

Braid the ribbons neatly together.

As you do so, repeat the following words as often as you feel is right remembering the significances of the colours:

*Great Mother Great Mother
Come to me now
As these strands weave and become one
May this business grow.*

Now loop the braid around the front door handle so that anyone who comes into the business must pass it.

You should find that the qualities you have woven into the business begin to bring results very quickly. Combinations of different colours will have different results; red will bring vitality and willpower, orange success and prosperity through creativity and yellow communication, mental power and wealth.



Ceridwen's spell

This spell pays homage to Ceridwen a Welsh Goddess and nurturer of Taliesin, a druidic Bard. She is invoked here, and asked for the gift of inspiration, called Awen by the Druids. This brings poetic inspiration, prophecy, and the ability to shape-shift (become something else). In bringing about change, this becomes a spell for creativity in all its forms. One of Ceridwen's symbols is the cauldron.

You will need

- A CAULDRON
- SEEDS (preferably of wheat)
- A WHITE CANDLE
- INCENSE MADE UP OF:
 - 1 part rosebuds
 - 1 part cedarwood chips
 - 1 part sweet myrrh

Method

Blend your incense the night before you plan to use it.

Light your incense and the candle.

Place the cauldron in front of you and half fill with wheat seeds.

Stir the cauldron clockwise three times and let the seeds trickle through your fingers as you say:

*Ceridwen, Ceridwen,
I seek your favour
Just as you searched for the boy Gwion
So I search for the power of Awen
Inspiration to be what I must, to discover the known,
And to flow with change.
Grant, I pray, this power.*

Since Awen is a threefold gift you should repeat the stirring of the cauldron twice more or once on each of the following two days.

When you have finished, tip the remains of the incense into the cauldron and bury the contents.

The candle may be snuffed out, but do not use it for anything else.

Ceridwen is said to have brewed herbs together to bring the gift of inspiration to her ugly son Agfaddu. Gwion was set to mind the

potion but, in being splashed by the potion, absorbed its powers. In escaping the wrath of Ceridwen he became a seed of corn and was swallowed by her in the guise of a black hen. The Welsh bard Taliesin born nine months later was thus an initiated form of the boy. Artists, writers and poets can all seek this kind of inspiration.

Stop gossip

This spell utilizes representational magic and is a way to stop malicious gossip. It is useful in an office environment where almost inevitably factions arise and people become embroiled. All that is necessary is to identify the ring leader.

You will need

- A SAMPLE OF THE PERSON'S HANDWRITING (failing that, a piece of paper which has been handled by them)
- A JAR WITH A SCREW TOP LID
- WAX TO SEAL IT

Method

Place the sample of handwriting or paper in the jar and screw it tightly shut. Carry this away from the offending person.

If the badmouthing does not stop immediately, take the jar and seal it with the wax saying:

*Gossip and ill-feeling begone
Trouble us no more.*

This should have the desired effect.

When the difficulty is clearly past remove the paper from the jar and burn it. Do not use the jar again for magical purposes.

Remember with this spell that you are not binding the person, you are stopping their specific action, so releasing the paper means you are indicating that you are no longer involved with them. They must be free to go their own way. Also try to make sure that you do not get involved in other gossip.

Luck in business

This is another herbal charm bag which can be further enhanced by adding new coins, to represent money. By its use of comfrey it protects the owner while travelling, and adds zing by Dragon's Blood. It is best done at the time of the Waxing Moon on a Wednesday or Thursday.

You will need

- A DRAWSTRING BAG ABOUT 2-4 INCHES DEEP
- BAYBERRY
- RED CLOVER
- COMFREY
- DRAGON'S BLOOD
- MANDRAKE ROOT
- 5-6 TULIP PETALS
- 3 NEW COINS IF WANTED

Method

Put equal measures of the herbs into the bag.

Inscribe your full name on one side of the mandrake root, then the runes:



Dagaz (for clear vision and awareness)



Fehu (for wealth)



Teiwaz (for justice and altruism)

on the other and put that into the bag along with the coins if you use them.

Consecrate and charge the bag.

Keep it in your pocket, in the cash box or on a window sill, remembering to shake it occasionally to activate the energy.

This works very well if you are in business for yourself. When inscribing the mandrake you can use the business name or logo if you wish. If you can make it a regular routine to reinforce its aims every week you should not have any problems.

Hecate's spell

This is a spell which uses an incantation to Hecate, the goddess of the Crossroads. She therefore can assist in the making of important decisions, which is why she is approached in this instance. Her sacred day is Friday, so that would be the best day to perform this spell.

You will need

- INCENSE SPECIFIC TO HECATE MADE UP OF:
 - 3 parts sandalwood
 - 2 parts cypress
 - 1 part spearmint
- SMALL BOWL CONTAINING HONEY

Method

Light your incense.

Contemplate your decision. If necessary write down all the options.

Stand with your arms in the Goddess position (arms crossed) to acknowledge the presence.

Read the incantation below aloud and let the energy of it flow through you.

*All powerful Hecate,
goddess of victory
Bestower of good fortune
and infinite wealth
Hear my prayer, that I send
through this sweet smelling smoke*

*Wise Watcher of the crossroads
and the forking alleyways
Of sailors, and travellers
and all journeying folk
Hear me now as I too
Humbly make my approach.*

Raise the bowl of honey and say:

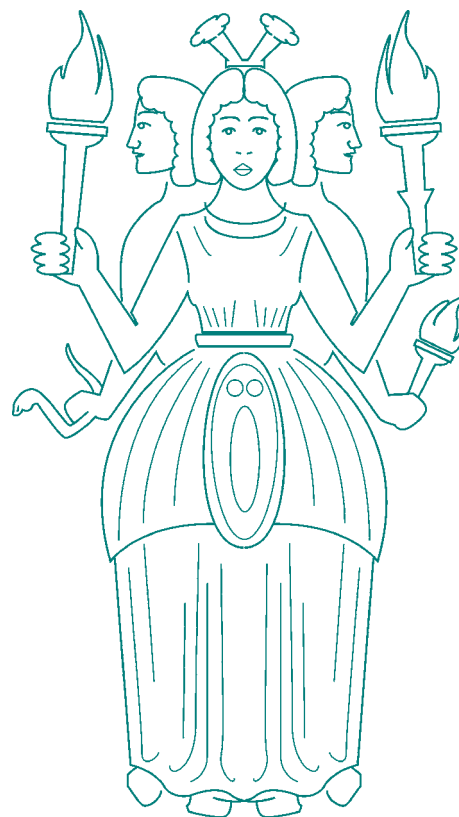
*Accept this offering
of fresh clear honey
As sweet and as pure
as your fine beauty
Bestow divine light
Bring me clarity
Hear my prayer now
As I choose which road.*

Put the honey bowl down.

Raise your arms again in acknowledgement of Hecate.
Lower your arms.

Sit down quietly knowing that the answer will come to you and you will know which decision to make.

You may not receive an answer immediately, but rest assured that one will come. Hecate has become known as one of the Goddesses who works at night, so you may find you receive an answer through dreams.



Moon wishes

This spell uses candles and meditation. It can be done at both New and Full Moon, and uses the Moon's energy. By meditating before you sleep you are opening yourself up to allowing the influences from your Higher Self – the part which knows what is right for you – to come through.

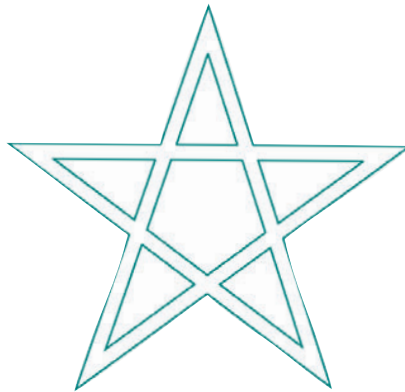
You will need

- FIVE WHITE CANDLES
- A COLOURED CANDLE OF YOUR CHOICE (perhaps representing the wish or perhaps in the colour of your astrological sign)

Method

Clear your mind of all clutter or meditate for a short time to be sure you have clarified your wishes.

Place the white candles in the shape of a pentagram where they can burn safely.



Light the five candles starting from the top first and working clockwise. Or, if it feels right, light according to the connecting lines of the pentagram – again starting at the top.

As you do so say:

*Moon above which glows so bright
Guard my sleep so deep tonight
I pray to you with this request
My life works out at my behest.*

Allow the candles to burn for at least half an hour before putting them out and composing yourself for sleep

The next morning light the other candle and meditate or contemplate your wishes for another thirty minutes.

Spend some time visualising what life will be like when your wishes are granted.

Repeat this whole procedure for the next three nights.

Finally, on the fourth morning, relight all of the candles and allow them to burn out while you play some rousing music that means something to you. In the last hour while the candles are still burning reconsider your wishes and make any adjustments to them which seem realistic.

This spell does take some time to complete and also requires that you spend a fair length of time in contemplation. This does mean however that you can be realistic in your expectations and there should be few blocks to achieving what you want. There is little need to be frivolous.

Activating a wish

It would be easy to categorise the granting of wishes as a separate branch of spell-making, but in fact, depending on the offering you make, it will be probably crystal, candle, herbal or symbolic. Timings and other correspondences can be according to your wish or need.

You will need

- YOUR CHOSEN GIFT TO THE ELEMENTS, SPIRITS OR DEITIES (This might be a suitable crystal, plant, rune or piece of metal)
- A SUITABLE PLACE TO MAKE THAT OFFERING (Perhaps a quiet woodland, a running stream, a high place, or in urban areas a park, waterway or high building)

Method

Before you begin you will need to have given some thought to your wish. Be very specific in stating what you want otherwise you may get more than you bargained for.

State your wish clearly and as briefly as possible, addressing your deity or spirit by name or title if you can, for instance:

*Pan and spirits of the woodland
Hear now my request
I wish for health, love and happiness
For [name]*

When you make your offering, be appropriate.

If your wish is for material goods or finance you could use a crystal or coin and bury it to signify the tangibility of your desire.

If your wish has an emotional content then you might throw your offering into running water.

If your wish is for knowledge or information then signify this by getting up to a high place and using the currents of air.

(You might for instance choose to scatter some plant seeds to help restore the ecological balance.)

If choosing to use the element of fire outside then be responsible, use only dead wood and never place your fire close to plants or buildings.

Repeat your wish three times.

This is so that any negative attached to your desire should have dropped away by the third request and by then you will also be more aware of your own feelings and whether you really want what you are asking for.

Making wishes is a quick way of making things happen within your everyday world, often without having to carry out a full-blown ceremony. As you get to know your own capabilities you will be able to take advantage of the moments which are presented to you.



Protection

Almost inevitably Protection spells form an integral part of any spellworker's armoury. When you are working with powers which are not well understood you can open yourself up to all sorts of negativity, and sometimes sheer goodwill is not enough to protect your own personal space – you need a little extra help. Equally as you develop your own abilities it becomes possible to protect those around you from harm.



A blessing for the heart of the home

This is a candle, crystal and representational spell which calls upon Hestia, goddess of the hearth and home, to bring her qualities of constancy, calmness and gentleness to bear on your home. Hestia is supportive of the family and home and was praised by the poet Homer in ancient Greece.

You will need

- LAVENDER CANDLE
- SMALL SILVER OR BRASS BOWL IN WHICH TO STAND THE CANDLE
- LAVENDER FLOWERS
- SMALL PIECE OF AMETHYST

Method

Before placing the candle in the bowl raise the latter above your head in both hands and say:

Hestia, you who tends the holy house of the lord Apollo, draw near, and bestow grace upon my home.

Place the candle in the bowl, making certain the candle will stand firmly. Light the candle and when it is properly alight pass the amethyst three times through the flame. Say:

Hestia, glorious is your portion and your right.

Place the amethyst in your hearth or close to your fireplace. (If you have no fireplace then as close to the centre of your home as possible.)

Sprinkle some of the lavender flowers across your doorway to keep your home safe. Say:

Hail Hestia, I will remember you.

Allow the candle to burn down and then place some of the lavender flowers in the bowl, leaving it in a safe space.

At times when the atmosphere in the home becomes somewhat fraught, this spell can bring a period of peace and tranquillity. The bowl, lavender flowers and amethyst are all sacred to Hestia and remind you of her presence.

To guard against road rage

One aspect of protective devices is to make them appropriate for the circumstances you are in. For protection against our own or other's road rage, we can use a sachet of herbs, and representational objects and fashion a charm bag which is reactivated for its purpose each journey.

You will need

- PIECE OF COMFREY ROOT
- TWO BAY LEAVES
- ST CHRISTOPHER MEDAL OR THE RUNE OF ELHAZ INSCRIBED ON PAPER



- A SMALL PIECE OF ROSE QUARTZ
- A ROSE PINK OR GREEN SACHET

Method

As you fill your sachet or charm bag with the items bear in mind the purpose of each object:

Comfrey root for protection

Bay leaves to drive away negativity

St Christopher for travellers

The rune to remind you of your responsibilities

Rose quartz for healing and loving feelings

All the ingredients to represent your ability to be in harmony with the rest of the world

Place the sachet in the glove compartment or hang it from the rear view mirror where it cannot obscure the view.

When you find yourself getting irritated or faced by someone else's irritation simply look at, touch or hold the sachet.

Each time you travel remember that this particular device is specifically against road rage, so needs to be held briefly beforehand to guard against unforeseen incidents. Hopefully you will then set out on your journey calm and relaxed.

To summon help from the elements

This is only one way to summon help from the elements. You use representations of each element and address the spirits of each element in turn to seek their assistance. When you have finished your task each element is then honoured by returning it to the earth.

You will need

- WHITE CANDLE (to represent Fire)
- SMALL BOWL OF SALT OR SAND (to represent Earth)
- SMALL BOWL OF WATER
- INCENSE SUCH AS BERGAMOT (to represent Air)

Method

Light the incense and the candle.

Bear in mind as you do so at this stage that you are making use of the elements of Fire and Air.

Call upon the power of these elements.

Ask for their help in the work you are about to do.

Use your own words preferably but do keep it simple.

You might say for Fire something like:

*I request your presence, Oh Spirit of Fire
I ask for your help, your power I require.*



For Air your words might be:

*Come to me now, Oh Spirit of Air
I pray above all for a mind that is clear.*

Lift the bowl of salt and likewise invoke the powers of the Earth element.

Say perhaps:

*Approach now I pray, spirit of Earth
Help I do need, and prove now my worth.*

Do the same with the water.

Say:

*Come to me now, Oh, Spirit of Water
My feelings are clear your strength is now sought for.*

When you have finished, sprinkle the salt or sand on the earth, pour the water onto the earth, bury the ashes of the incense and snuff out the candle.

This is not a spell as such, but more preparation for magical working. Whereas you can cast a circle within which to carry out your more important workings this allows you to set up a sacred space very quickly.

Cleansing the body of negative energies

This spell is a protection spell using candle magic and an appeal to the elements. One aspect needs to be noted. Black candles were once associated with Black Magic and malevolence but today are much more used to represent loss, sadness, discord and negativity.

You will need

- WHITE CANDLE (for positive energy)
- BLACK OR DARK BLUE CANDLE (for negative energy)
- GREEN CANDLE (for healing)

Method

In your sacred space, place the candles in a triangle with the green candle closest to you. Clear your mind of everything except what you are doing. Light the white candle, being aware of its symbolism and say the following:

*Earth, Fire, Wind, Water and Spirit;
I ask thee to cleanse my body of all negative energies.*

Light the black or blue candle, being aware also of its symbolism. Repeat the words above and pause to let the energies come to a natural balance.

Light the green candle and again repeat the above words. Sit back, keep your mind clear and be peaceful for at least 10 minutes. When the time feels right either snuff out the candles or allow the green one to burn right down so that you are filled with healing energy.

You should feel rested and relaxed and more ready to tackle problems as they arise. Make this part of your weekly routine till you feel it no longer to be necessary.

Fire protection spell

This spell uses the element of Fire to protect you and create a visual image which you carry with you throughout your daily life. It requires a clear space outside of about twenty feet in diameter initially and you must be careful not to set any vegetation alight through the heat of your fires. You can also perform this spell on a beach.

You will need

- ENOUGH FALLEN WOOD TO FEED FOUR FIRES
- DRY BRUSHWOOD OR PAPER TO START THE FIRES
- MATCHES
- WATER TO DOUSE THE FIRE



Method

You should make sure that you only gather fallen wood or driftwood. Make sure you have enough to keep each of the fires burning for about half an hour.

Taking up one of the sticks of wood, draw a rough circle about eleven feet in diameter. Determine the four directions North, East, South, and West (use a compass, the sun, moon, or stars).

Lay a small fire at each point just inside the circle but do not light them. Put spare wood safely beside each fire to keep them burning for at least half an hour.

Walking to the South first, light the fire proclaiming as you do:

*Nothing from the South can harm me
Welcome Spirits of the South.*

Wait until one of the pieces of wood is burning, pick it up and move to the West, Light the fire and say:

*Nothing from the West can harm me
Welcome Spirits of the West.*

Again take up a burning branch and move to the North. Light the fire while saying:

Nothing from the North can harm me

Welcome spirits of the North.

Again take up a burning piece of wood and take it to the East.
Light that fire and say:

*Nothing from the East can harm me
Welcome spirits from the East.*

Take up a burning branch and carry it to the South.
Thrust it into the southern fire and choose a new branch.
Trace an arc with it above your head from South to North, saying:

*Nothing from above can harm me
Welcome spirits from above.*

Finally, throw the wood down in the centre of the circle and say:

*Nothing from below can harm me
Let spirits come who wish me well.*

This last stick represents Aether or spirit and this technique has created a sphere of energy which you can call on whenever you need it.
You can replace that piece of wood into the southern fire if you wish, or contemplate it as it burns out.
Replenish the fires as necessary.

Sit in the centre of the circle and recognise that the fires are purifying and cleansing your personal environment on every level of existence.
Watch each fire carefully to see if you can perceive the spirits of the elements:
Salamanders for Fire
Gnomes, dryads or brownies for Earth
Sylphs for Air
Undines for Water

Revel in the warmth of the fires, appreciate their light and sense their protection.
Remember these feelings for they are what protects you as you leave this space.

When the fires begin to die down, douse them with the water and bury the embers to prevent them flaring again.
Erase the markings of the circle and leave the space.

This spell or ritual (depending how ornate you wish to make it) as it is done in the open air creates a barrier of protection for you, but may also make you more conscious of how fire works. In this case it consumes that which is dead and finished with, leaving only its power in its wake.

To reverse negativity or hexes

Try this candle spell using the element of Fire to reverse any negativity or hexes you become aware of being sent in your direction. Anger from others can often be dealt with in this way, but deliberate maliciousness may require more force. You need to be as dispassionate as you can when dealing with a hex, which is defined as 'an evil spell'.

You will need

- PURPLE CANDLE
- ROSEMARY OIL
- WHITE PAPER
- BLACK INK
- FIRE-PROOF DISH SUCH AS YOUR CAULDRON OR AN ASHTRAY

Method

Visualize all blocks in your life-path being removed.

Anoint your candle with the oil.

On the piece of paper write in black ink:

All blocks are now removed.

Fold the paper three times away from you.

Light the candle and burn the paper in your dish.

Invoke the power of fire and its elemental spirits by repeating three times:

*Firedrakes and salamanders,
Aid me in my quest,
Protect me from all evil thoughts
Turn away and send back this hex.*

After the third repetition close the spell in whatever way is appropriate for you.

A simple statement is enough:

Let it be so.

No-one has the right to curse or malign another person and all you are doing with this spell is turning the negativity back where it belongs. When you use the power of fire you are harnessing one of the most potent forces of the universe, so be sure you use it wisely and well.

Household gods

Household gods are found in most folk religions. In Rome, the penates were household gods, primarily guardians of the storeroom. They were worshipped in connection with the lares, beneficent spirits of ancestors, and, as guardians of the hearth, with Vesta or Hestia. This spell is representational and pays due deference to them for protection from harm.

You will need

- A REPRESENTATION OF YOUR HOUSEHOLD GODS
(a statue, a picture or something significant for you)
- REPRESENTATIONS OF YOUR ANCESTORS
(perhaps a gift from a grandparent, an heirloom, a photograph)
- FRESH FLOWERS OR TAPER CANDLES
- INCENSE STICKS OF YOUR CHOICE
- A BOWL OF UNCOOKED RICE
- A BOWL OF WATER

Method

This technique offers food to the gods and the ancestors and blends pagan and Western thought.

Place your representational objects either close to your kitchen door or near the cooker, today often considered the heart of the home.

Light your incense and place the bowls in position in front.

Light the candles or place the flowers so that you have created a shrine.

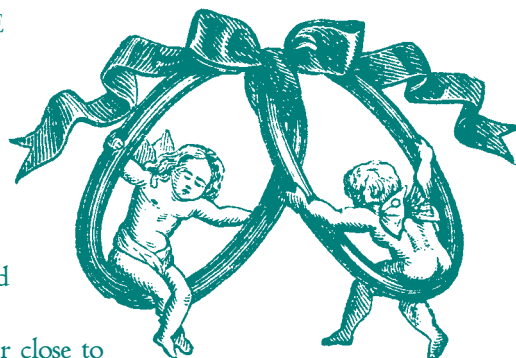
Spend a little time communing with the penates and with the lares.

Welcome them into your home and give thanks for their help and protection. (In Thailand a sometimes quite intricate 'spirit house' is provided away from the shadow of the house for the ancestors.)

Their presence is acknowledged each day in order that they do not become restless.

Replace the water and rice weekly.

Remembering to honour the household gods and the ancestors means that their spirits will look favourably upon us at all times. Often if there is a problem, taking it to the household gods for consideration is enough to have the resolution become apparent.



Invoking the household gods

This ritual is best performed during the Waxing Moon. It could be considered a kind of birthday party, so feel free to include food and drink as part of it, if you so wish.

You will need

- AN INCENSE THAT REMINDS YOU OF HERBS, FORESTS AND GREEN GROWING THINGS
- GREEN CANDLE IN A HOLDER
- YOUR WAND
- SMALL STATUES OF DEER OR OTHER FOREST ANIMALS
- PINE CONES, IVY, HOLLY, OR SOMETHING SIMILAR
- SYMBOL APPROPRIATE TO YOUR GUARDIAN (e.g. a crescent moon for the Moon Goddess)

Method

Decorate the area around the symbol of your guardian with the greenery. Clean the guardian symbol so that there is no dust or dirt on it. If the symbol is small enough put it on the altar, otherwise leave it nearby.

Light the incense and candle.
Stand before your altar and say:

*Guardian spirits, I invite you to join me at this altar.
You are my friends and I wish to thank you.*

Take the incense and circle the guardian symbol three times, moving clockwise and say:

Thank you for the help you give to keep this home clean and pleasant.

Move the candle clockwise around the symbol three times and say:

Thank you for the light you send to purify this space and dispel the darkness.

With the wand in the hand you consider most powerful, encircle the symbol again three times clockwise and say:

I now ask for your help and protection for me, my family and all who live herein.

I ask that you remove trouble makers of all sorts, incarnate and discarnate.

I thank you for your love and understanding.

Stand with your arms upraised.

Call upon your own deity and say:

[Name of deity] I now invoke the guardian of this household whom I have invited into my home.

I honour it in this symbol of its being.

I ask a blessing and I add my thanks for its protection and friendship.

If you have more than one guardian, change all the 'its' to 'their' and so on. Spend a few moments lovingly caressing the symbol, sending out the thought that the guardian is important to you. Be aware of the subtle changes in atmosphere which occur as the protective spirits become part of your environment. Finally, thank the unseen participants.

Ring of protection

In this method of working you place a protective shield around your home so that no harm can come to either it or the people therein.

You will need

- THE POWER OF YOUR OWN MIND

Method

Visualize a ring of light surrounding your property.

Ask your guardians or favourite deities to protect it and its occupants for as long as necessary.

Reinforce the circle of light whenever you go away or, indeed, whenever you think about it.

It really is that simple!



Keep your child safe

This technique is based on an old nursery rhyme which began life as a prayer. With the addition of representations of the Elements it becomes useful in protecting a child as they sleep. More importantly it is unobtrusive and does not frighten the child.

You will need

- GLASS OF WATER
- A CLEAR QUARTZ CRYSTAL
- FEW DROPS OF LAVENDER OIL
- PINE CONE



Method

The articles above represent - in order - Water, Earth, Air and Fire and have several significances in protection spells

When first activating the spell:

Hold the crystal in your hands for a few moments to activate its protective powers.
Do the same with the glass of water.

Drop the crystal into the water and add a few drops of lavender oil.
Visualize your child shielded from all harm.

Hold the pine cone in your hands and ask for its powers of regeneration to be activated.

Place the charged glass and the pine cone together on the bedside table.

Repeat the words:

*Matthew, Mark, Luke and John,
Bless the bed he lies upon
Four corners to his bed,
Four angels round his head:
One to watch, one to pray,
And two to bear his troubles away!*

Obviously if you have a little girl you will use the words 'she' and 'her' instead of 'he' and 'his'.

Each morning throw away the water in the glass - this is not for drinking - either down the toilet or outside your door since it is by now 'contaminated'.

Renew the water each night, repeating the rhyme as you do so and refresh the other objects as you feel it necessary.

If you make the last part of this spell part of the nightly routine, as your child grows up he or she might like to participate in the actions and words and should develop a sense of security because of them. If your child has nightmares, use the pine cone as part of your soothing technique by giving it to him or her to hold.

To protect a child

By the time a child is about seven he or she is beginning to venture out into the world away from home often without either of the parents being present. Teaching your child a simple protection technique is helpful for both you and them. This is based on Eastern ideas.

You will need

- YOUR CHILD'S IMAGINATION

Method

Discuss with your child the best image they can have of protection. This might be a shield, a cloak, a wall or more effectively being surrounded by a cocoon of light. Working with their own visualization image, have them experience what it is like to feel safe and protected.

Agree that whenever they are frightened or under pressure they can use this visualization.

Now whenever you have to be separated from them, repeat these words or similar to yourself three times:

*Forces of light, image of power
Protect [name of child] till we meet again.*

Now perceive them surrounded by light and know that they are as safe as you can make them.

You may need to reinforce for the child the idea of them feeling protected by their own image, but coincidentally you are teaching them to have courage and to experience their own aura and circle of power. You may well find that your parental antennae tend to be alerted quite quickly when your child is having a problem.

To prevent intrusion into a building

In this spell you use visualization and power to create a barrier to protect your home or a place of business. This means that only those who you want to enter do so and anyone else will be driven away. The spell can be reinforced at any time.

You will need

- THE POWER OF YOUR OWN MIND

Method

Sit in your sacred space and gather your energy until you feel extremely powerful.

In the main doorway to the building, face outwards and visualise a huge wheel in front of you.

Put your hands out in front of you as though grasping the wheel at the positions of twelve o'clock and six o'clock with your left hand on top. Visualize the energy building up in your hands and forming a 'light rod' or laser beam between them.

Bring your hands through 180 degrees so they change position (right hand now on top).

Pause with your hands at nine o'clock and three o'clock and again build up a light rod between them.

As you do so say something like:

Let none with evil intent enter here.

Again feel the energy build up between your hands and say:

May those who would harm us, stay away.

Bring your hands together level with your left hip and 'throw' the energy from your hands to create a barrier in front of the door.

This powerful spell should be sufficient to prevent all intrusion, but you could reinforce it by treating all other entrances in the same way and could also visualize small wheels at the windows. You might vary the technique by tracing a banishing pentagram on the door itself.



Protecting your home

This spell can be used when you have been burgled or your home has been violated in some way. It uses symbolism and representation and needs to be done as soon as possible after the event. There are several stages to the process and each one should make you feel progressively better.

You will need

- A LARGE QUANTITY OF ROCK SALT
- A PURIFICATION INCENSE (such as Frankincense or Copal)
- ESSENTIAL OIL (for a ritual bath to rebalance your aura)
- CANDLE (preferably white)
- CLEANING CLOTH

Method

You will want to cleanse your house to get rid of undue influences, so use the occasion to get rid of anger at the same time.

Put a few drops of essential oil in the water you use and as you do your cleaning, mentally clear the atmosphere in each room spiritually and emotionally, converting any anger into love for your home.

When you have finished, throw away the cloth you used and as you do so mentally close off your association with the violator of your premises.

Now take a ritual bath, lighting your candle for fresh energy, adding the essential oil and a teaspoon of salt.

It is a good idea to keep the water trickling in and out of the bath to signify moving water, since you want to wash away any negativity, not stagnate in it.

When your preparations are complete take the salt and, moving clockwise through the house, sprinkle a little in each corner of each room to remove all traces of the negative.

Make the sign of the rune Dagaz (see page 167) at the windows and doors of your home, starting at the top left and using your most powerful hand.

Each time you do this, repeat words such as:

Protect my home and keep it safe.

Use your own words if you wish so that they have more meaning.

Finally at a point closest to the centre of your home, light the incense and let it waft throughout all the rooms to give a final cleansing and raise the vibration.

With this technique you have raised the vibration in your home, have protected it and given yourself the opportunity to become slightly more aware of how precious your safe space really is. You will also have come to terms with fear.

New Moon protection

This ritual, which signifies letting go the hurts of the past in a way that allows you to move forward with fresh energy into the future, can be performed at the time of the New Moon. By carrying it out every New Moon you are gradually able to cleanse yourself of the detritus of the past, often as far back as childhood.

You will need

- CEDAR OR SAGE SMUDGING STICK (or Cleansing Incense)
- WHITE CANDLE
- ATHAME OR RITUAL KNIFE
- BELL
- CAKES AND WINE OR JUICE

Method

Cast your circle using the smudge stick or incense to 'sweep' the space as you move around the circle clockwise.

Think of your space as being dome-shaped over your head and cleanse that space too.

Ring the bell with your arms in the Goddess position (in a V above your head, you should be standing with your feet apart).

Say:

*Great Goddess,
Queen of the Underworld,
Protector of all believers in you,
It is my will on this night of the new moon
To overcome my shadows and bring about change.
I invite you to this my circle to assist and protect me in my rite.*

Hold your athame or knife with your hands in acknowledgement of the God (crossed over your chest, feet together).

Say:

*Great God,
Lord of the Upper realms,
Friend of all who work with you,
It is my will on this night of the new moon
To overcome my shadows to bring about change.
I invite you to my circle to assist me and protect me in my rite.*

Light the candle and say:

*Behind me the darkness, in front of me the light
As the wheel turns, I know that every end is a beginning.
I see birth, death and regeneration.*

Spend time in quiet thought. If you can remember a time when times have not been good for you, concentrate on that.

While the candle begins to burn properly remember what that time felt like.

Concentrate on the candle flame and allow yourself to feel its positivity.

Pick up the candle and hold it high above your head.

Feel the energy of the light shower down around you, the negativity drain away.

Now draw the power of the light into you and feel the energy in every pore.

Pass the candle around you and visualize the energy building up. If you wish, say:

Let the light cast out darkness.

You might then wish to perform the protective pentagram on p170 to protect you from similar incidents in the future.

Now ground yourself by partaking of the food and drink. Thank the God and Goddess for their presence. Withdraw the circle

Cleansing yourself of the past leaves space in your life for new things to happen. Protecting yourself means you move forward with positivity.



Protecting your vehicle

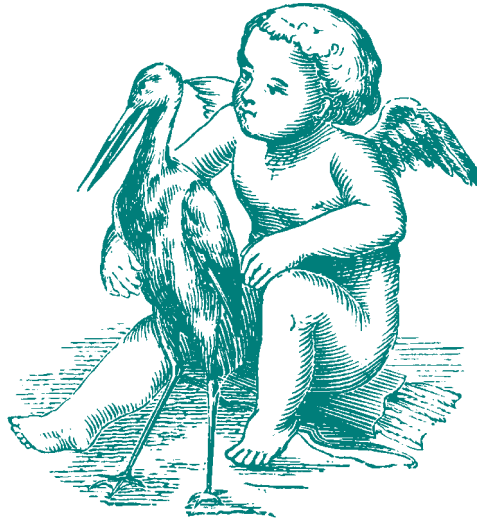
If you are a passenger, the first method given below is a simple unobtrusive way to protect you and your driver. If you yourself are driving, the second enhanced method may give you more peace of mind.

You will need

- THE POWER OF VISUALIZATION

Method

Visualize a sphere or bubble of light around the vehicle and mentally seal it with the sign of the equal armed cross above the bonnet.



ENHANCED TECHNIQUE

You will need

- FEW DROPS OF FRANKINCENSE OIL
- STICK OF FRANKINCENSE OR OTHER PROTECTION INCENSE
- IF DESIRED A SMALL CHARM SUCH AS A DOLPHIN OR EAGLE

Method

Before any long journey, put a few drops of frankincense in water and wipe over the wheel arches with a sponge dipped in this water.

Burn the stick incense inside the vehicle and pass the charm through the smoke to bless it.

Hang the charm in a prominent place or put it in the glove compartment.

Finally protect the vehicle as in the simple technique.

You can expect to feel happier and to feel safer through having carried out the protection spell, but this does not mean that you can afford to take risks with your driving and you should observe all other safety precautions as well.

For some people travelling can be a real ordeal. These techniques can protect the traveller and give considerable peace of mind during what is after all a period of transition. When you arrive safely at your destination it is worthwhile perhaps making a small offering to the powers that be in thanks.

Protection bottle

The idea behind this protection bottle is that it is made very uncomfortable for negativity and evil to stay around. As you progress and become more aware you become very conscious of negativity, while at the same time needing protection from it.

You will need

- ROSEMARY
- NEEDLES
- PINS
- RED WINE
- GLASS JAR WITH METAL LID (a jam jar is ideal)
- RED OR BLACK CANDLE

Method

Gather together rosemary, needles, pins and red wine.
Fill the jar with the first three, saying while you work:

*Pins, needles, rosemary, wine;
In this witches bottle of mine.
Guard against harm and enmity;
This is my will, so mote it be!*

You can visualise the protection growing around you by sensing a spiral beginning from you as its central point.

When the jar is as full as you can get it, pour in the red wine.

Then cap or cork the jar and drip wax from the candle to seal.

Bury it at the farthest corner of your property or put it in an inconspicuous spot in your house.

Walk away from the spot.

The bottle destroys negativity and evil; the pins and needles impale evil, the wine drowns it, and the rosemary sends it away from your property. It works unobtrusively like a little powerhouse and no one need know that it is there.



To travel safely

Here you use more than one correspondence to achieve a safe journey. In this day and age you can use all sorts of representations to help with this, from protecting your luggage to making the journey pleasant to protecting your person. The spell is divided into separate parts, so you can select whichever parts are appropriate for you.

TO PROTECT YOUR LUGGAGE

You will need

- A SPRIG OF ROSEMARY
- A PURPLE RIBBON

Method

Place the rosemary inside your case.
Trace the sign of the pentagram over each lock.
Weave the ribbon securely round the handle.
Say three times:

*Protected is this case of mine
Return now safely in good time.*

Practically, you should recognize your luggage anywhere, and if you do have to lose sight of it, for instance when flying, it has been made safe, and will come back to you quickly. Thieves are unlikely to think that it is worth stealing and it is not likely to get lost.

PROTECTING YOURSELF PRIOR TO THE JOURNEY

You will need

- FOUR TEALIGHTS
- FEW DROPS OF PROTECTIVE OIL SUCH AS SANDALWOOD OR VETIVERT

Method

Take a leisurely bath placing the tealights securely at each of the four corners of the bath.
Add the essential oil to the bathwater.
Visualize all your cares being washed away and at some point begin concentrating on the journey to come.
Do this without anxiety just savouring the enjoyment of the journey.

To this end you might light a yellow candle for communication and ask that you be open to opportunities to enjoy new experiences, get to know new people and understand the world in which you live.

You can blow the tealights out when you have finished your bath and relight them when you return home as a thank-you for a safe journey.

Now prepare a charm bag with

- 1 PART BASIL
- 1 PART FENNEL
- 1 PART ROSEMARY
- 1 PART MUSTARD SEED
- 1 PINCH OF SEA SALT
- 1 CLEAR QUARTZ CRYSTAL
- ONE COIN OR BEAN FOR LUCK
- 1 SQUARE OF INDIGO CLOTH
- ONE WHITE CORD
- IF LIKED, ADD A REPRESENTATION OF A WHEEL AND/OR A PIECE OF PAPER WITH THE NAME OF YOUR DESTINATION

Spread the cloth so that you can mix the herbs quickly

Hold your hands over the herbs and ask for a blessing from Njord the Norse god of travel or Epona the Horse goddess who accompanied the soul on its last journey.

Gather up the herbs and the representative objects in the cloth and tie it into a bag making sure it is bound securely with the white cord.

Keep the bag secure about your person.

You should find that your journey is accomplished without too much trouble and that people are eager to assist you when you need help. You may well find that you are observing more than is usual or are being asked to participate in experiences which might otherwise pass you by.



To make bad luck go away

This spell can be adapted to use any of the Elements you choose to help the energy to work. Remember that Fire consumes, Air dissipates, Water washes away and Earth eliminates. You might do this spell at the New Moon to signify new beginnings or on a Saturday to change blockages into valuable experiences from which you can learn.

You will need

- SQUARE PIECE OF PAPER AT LEAST 3 INCHES BY 3
- A BLACK MARKER OR MAGICAL BLACK INK AND PEN
- YOUR CAULDRON OR A FIRE-PROOF DISH IF USING FIRE
- MATERIAL TO START YOUR FIRE (such as pine chippings)

Method

At night time light a small fire in your cauldron or dish.
If not using fire then decide where and how you wish to dispose of the paper.

Write on your paper the words:

BAD LUCK

Think hard about when circumstances have not gone well for you and write them all down.

Then draw a big X across the paper with the black marker.

Put the paper into the fire and say three times:

*Fire, fire brightly burning
Let me see my luck now turning
Change all that's bad now into good
My life to be then all that it could.*

Sit for a few minutes, concentrate on the bad luck being gone and the good luck coming your way.

Extinguish the fire and dispose of the ashes appropriately.

You can use any of the methods shown below to dispose of the ashes. Just substitute the ashes for the paper.

If you decide to use the element of Earth then tear the paper into small pieces, knowing that the bad luck can no longer trouble you and make a similar incantation such as:

*Earth dark, cool and strong
I ask you now to right this wrong
All bad luck eliminate
In joy let me participate.*

Bury the paper, walk away and don't look back.

If using the element of Water, find a rushing stream or fast flowing water -
at a pinch a flushing toilet can be used.
Again tear the paper into small pieces.
As you dispose of the pieces say:

*Water, water, rushing pure
Take away bad luck for sure
Charge my senses as you flow
These negatives I will outgrow.*

Take time to think about how full your life can be without the bad luck
You no longer need to keep thinking 'Poor me'.

If using the element of Air, either get up to a place as high as you can - the
top of a tall building perhaps or walk to a crossroads.
Tear the paper up into pieces.
Throw or blow the pieces to the four winds.
Say:

*Winds of change, set me free
Take bad luck away from me
Dispel its power within the air
I beg you now grant me my prayer.*

Take a deep breath and this time as you breathe in be conscious of the fresh
energy you are taking in.

Any of the parts of this technique is enough to dispel the bad luck so
a combination of them will be more than enough to change your
life. You do however have a responsibility after this to understand
yourself and how you draw negative influences towards you.



Breaking the hold someone has over you

This spell owes a lot to visualisation and the use of colour and in many ways is a learning experience in trusting your own abilities. It can be used in emotional situations, where you feel someone is taking advantage of you, or when you are bound to someone by perhaps a false sense of duty. This technique can be done in more than one sitting, particularly if you do not want any changes to be too dramatic.

You will need

- A STRONG VISUAL IMAGE OF THE LINK BETWEEN YOU AND THE OTHER PERSON
- A CLEANSING INCENSE (such as Frankincense, Copal or Rosemary)

Method

Your image must be one that you feel you can relate to fully. Perhaps the easiest to see is in the form of a rope joining the two of you together.

If you are good at seeing colour then the best to use is something similar to iridescent mother of pearl, because that contains all colours.

You might see the image as a rigid bar, which would suggest that there is an inflexibility in the relationship between you which may require you to deal with the expectations of others.

The incense is used to create an environment which is free from other influences; this is just between you and your perception of the link you have with the other person.

Light your incense and sit quietly, considering carefully the link between you. Become aware of the flow of energy between you and gently withdraw your own energy, seeing it returning to you and being used for your own purposes rather than the other person's.

(This may be enough to bring about a change in your relationship which has a satisfactory outcome for you.)

Next think carefully about how the other person makes calls on your time and energy - whether these are physical, emotional or spiritual.

Resolve that you will either not allow this to happen or will be more careful and sparing in your responses.

You might develop a symbol for yourself which you can use when you feel you are being 'sucked in'.

Preferably use one which amuses you, since laughter is a potent tool. You could use the image of a knot being tied, a cork or a stopcock.

If you decide that you no longer wish to be associated with the person, use a technique which signifies breaking the link. It will depend upon your own personality and that of the other person as to how you do this.

Visualizing the link simply being cut may bring about a more powerful ending with tears and recriminations, whereas a gentle teasing out of the link may be slower but less painful.

It is here that you must trust your own judgement with the thought that it must be done for the Greater Good. If therefore you feel that at least some links must be left in place you can do this, for instance if you would wish to know when the other person is in trouble.

Finally see yourself walking away from the person, free of any bonds between you.

Always ensure that you leave them with a blessing for their continuing health, wealth and happiness.

Now you will only become involved with them at your own wish.

You can see from the above that at all points you have a choice for your course of action. This is because each stage must be considered very carefully, and not done in anger. You must remain as dispassionate as you can and always remain true to your own principles.



Pet protection spell bottle

Pets can be particularly sensitive to atmosphere so it is wise, if you do a lot of spell work which deals with negativity, to protect them against being inadvertently contaminated. The herbs and candle work do this very efficiently.

You will need

- SMALL JAR OF SOIL
- SMALL JAR OF SALT
- WHITE TAPER CANDLE
- YOUR BURIN
- WINE BOTTLE
- BAY LEAF
- TABLESPOON OF DILL SEEDS
- TABLESPOON OF FENNEL SEEDS
- CARNELIAN STONE



Method

Put half the soil into the bottle.

Add half the salt on top of that (to make layers).

Next add the bay leaf and the dill and fennel seeds.

Put the rest of the salt on top of this and the rest of the soil on top of the salt.

Drop the carnelian stone on top of everything.

Use the stick pin to carve the word:

Protect [pets name]

on the taper candle.

Fit the candle into the top of the bottle. If it is too big, wedge it in or warm the bottom slightly until it stays securely by itself.

Burn the candle when convenient. You don't have to burn it all down at once, but eventually the candle will burn itself out.

When the candle will not stay lit any longer but forms a plug for the top of the bottle, put the spell bottle near the place your pet spends most of his or her time.

If you are fearful that your pet may be stolen, add a sprig of rosemary to the herbs in the bottle. You can expect to become very aware of your pet's wellbeing in the light of this spell. Conditions you have not previously noticed may become apparent.

Bast spell

In Egypt cats were under the protection of the Cat Goddess Bast, hence they were once seen as witches' familiars. This spell and its invocation link you with that goddess and seek her protection for you and your pet. Worn in the form of an amulet, they seek the protection of the Lunar Goddess in her many forms. These are often worn as small charms on bracelets.

You will need

- LUNAR INCENSE (equal measures of juniper, orris root and camphor)
- 2 WHITE CANDLES
- AN IMAGE OF A CAT (perhaps a charm, figurine or brooch)
- IF YOU CAN FIND ONE, AN IMAGE OF BAST

Method

Light your incense and your candles.
When ready invoke the power of the goddess:

*Goddess Bast Goddess Bast
Mother of Maes from centuries past
Feline keeper of the Royal flame
Hear me now, as I call your name*

*Wise bestower of feminine scents and charm
Let me and mine never come to harm.*

Now offer the amulet to her.
Pass it through the smoke of the incense and through the flame of the candles.
Hold it up and say:

*With this token that I carry
Of your wisdom and your knowledge
Never doubt I will acknowledge
Those who take this path beside me
As we safeguard your sacred memory.*

Wear your amulet to remind you of loyalty to Bast and all she represents.

Often when you have made a dedication to Bast, you become far more aware of cats and their habits. Frequently you find you have been given a gift of some sort, which acknowledges the link. This might be something you need or an opportunity to do something you have always wanted to do.

Moon protection for the amulets

This technique can be used to protect an object that you use as an amulet – a crystal perhaps or one of the amulets listed below. Obviously you are also taking in the power from the Moon as well. This is best done at the time of the Full Moon.

You will need

- YOUR CHOSEN AMULET
- A GLASS OF SPRING WATER

Method

Place a crystal or amulet that you regularly carry in the cup of spring water a day before the Full Moon.

The following day, on the evening of the Full Moon, stir the water three times with the fingers of your right hand in a clockwise motion.

Then take the cup in your hands and swirl the water in the cup around, moving the cup in a clockwise, circular, stirring motion three times.

Then repeat these words aloud:

*Oh Light of the Moon
Wrap me
Protect me
Keep me from harm.*

Remove your amulet from the cup.

Raise the cup towards the sky, acknowledging the Moon.

Lower the cup, bring it to your lips and drink the water.

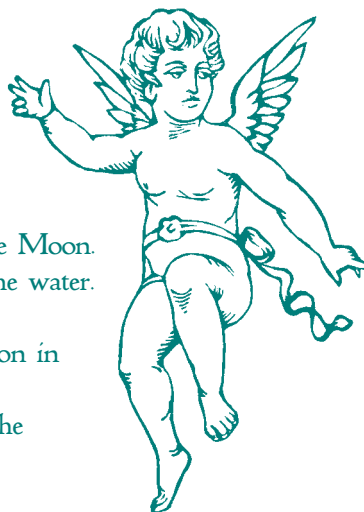
Carry the amulet with you till the next Full Moon in order to ensure full protection.

Repeat this process every month to benefit from the amulet's influence.

When an object has been blessed by the Moon, you enter under her protection. You symbolically take in her power by drinking the water. Amulets are seemingly inanimate objects which have been given power by the incantation.

Below are a few which you might like to use:

ANCHOR Represents stability, hope and salvation. It favours all matters to do with the sea and would protect against physical harm.



ANKH (CRUX ANSATA) the Egyptian Cross of Life, is the key to the hidden mysteries. It brings about health and abundance and, through knowledge, gives power to the wearer.

ARROWHEAD An arrowhead gives protection against enemies, bad luck, hexes, jealousy, and all negative forces. Placed over your front door (or under the mat) it prevents burglars.

BELLS symbolize angelic forces, the four Elements and the cycles of the seasons. They are used to frighten off the Devil and evil spirits.

CASTLES are a strongly protective image. They suggest the doorway to knowledge and power.

COWRIE SHELL This represents prosperity and when worn by a woman gives her protection. In Polynesian societies it was considered a valid form of exchange token.

FAN This is a lunar symbol depicting life unfolding. In Eastern tradition the fan represents protection and safety.

HAMMER This representation of the formative, masculine principle is particularly powerful in techniques of manifestation (having something happen). It signifies victory over one's enemies or obstacles and is especially beneficial for business or career ambitions.

HORSESHOE The horseshoe is a well-known good luck symbol in many parts of the world. It is often taken to represent the Moon in her crescent form.

KEYS symbolize health, wealth and love. As they both open and close, they also signify birth and death, beginnings and endings as well as new opportunities and beginnings.

KNOT The Celtic Knot is a protective device when worn as an amulet. The Lover's Knot represents perfect union.

OYSTER SHELLS today tend to represent the Moon, because of the association with mother-of-pearl and its luminescence. It was supposed to protect the wearer from harm.

PINE CONE The pine cone with its many seeds signifies abundance, health, wealth and power. Worn as an amulet, or kept within the home, it is said that you will never lack the good things of life.

SEASHELLS are a symbol of femininity, particularly the Mother Goddesses. Signifying birth and regeneration, they represent prosperity and marital bliss.

SUN represents wealth, health, happiness and fame. It also protects against others causing you problems.

TORCH signifies the spark of life and also illumination and truth.

To break a curse

There are various ways to break a curse or a malicious spell. Here you use an object to represent the curse, incense to clear it and an incantation to deflect it. You then allow natural forces to do their work.

You will need

- A SACHET CONTAINING EQUAL PARTS OF:
 - St. John's Wort
 - Lavender
 - Rose
 - Bay
 - Verbena
- CLEANSING INCENSE SUCH AS BENZOIN OR DRAGONS BLOOD
- BLACK CANDLE (to represent the negativity)
- WHITE CANDLE (for positivity)
- LEMON
- BOWL OF WATER
- BOWL OF SALT
- YOUR ATHAME
- GLASS OR CHINA PLATE

Method

Light the incense and candles (black on left, white on right).
Pass the sachet through the incense smoke and put it on one side.

Hold the lemon in both hands and allow the lemon to signify the negativity. Think of all the negative things that have happened and push them into the lemon, particularly if you suspect they are associated with the curse.

Dip your knife or athame in the water then slice the lemon into three pieces.
Touch each piece of lemon with the tip of the athame.

As you do this, repeat the following:



*Three times three
Now set me free*

Visualize the lemon drawing the negativity away from you and into itself.

As you do this, repeat:

*As sour as this lemon be
Charged and cut in pieces three
With salt and water I am free
Uncross me now, I will it be.*

*Lemon sour, lemon sour
Charged now with power*

*Let this lemon do its task
It's cleansing power I do ask
As this lemon dries in air.
Free me from my dark despair.*

*Uncross! Uncross! I break this curse
But let not my simple spell reverse
I wish no ill, nor wish him pain
I wish only to be free again.*

Take each lemon slice and dip it in the salt, making sure it is well coated.
Set the slices back on the altar and say:

As it is my will, so mote it be.

Leave the lemon pieces on the altar where they can dry.
Once dry the spell is complete and the lemon can be thrown away or buried.
If however the fruit rots instead, you must repeat the spell.

While waiting for the fruit to dry, keep the sachet with you at all times. It will help to protect you from the effects of the spells and turn away any negativity sent in your direction.

To break a spell you've cast

There are times when we have cast a spell that we should not have done, either because we have not thought it through or because we have reacted in anger and later realize that it was inappropriate. Then we are honour bound to undo it. This spell is representational and the best time to do this is after midnight at the time of the Waning Moon.

You will need

- PURIFYING INCENSE (such as Benzoin or Rosemary)
- ANGELICA OR ROSEMARY HERBS
- AS MANY WHITE CANDLES AS YOU FEEL IS APPROPRIATE
- ROSEMARY OIL
- A BEAD FROM A NECKLACE YOU OWN (clear if possible)
- YOU COULD USE A MUCH LOVED PIECE OF JEWELLERY OR CRYSTAL IF YOU DON'T OWN A NECKLACE
- SMALL SQUARE OF BLACK CLOTH
- CORD OR THREAD

Method

Anoint your candles with the rosemary oil, working from bottom to top, since you are sending the spell away.

Light the incense and let it burn for a few moments to raise the atmosphere. Light your candles and as you do so think very carefully as to why you cast the first spell, what it has caused and why you wish it removed.

Then say:

*Great Mother, I ask a favour of you
On [date] I cast a spell to [insert type of spell]
I now ask for it to be removed and rendered harmless
May it have no further power or gain.*

Place the bead or jewelry and the herbs on the black cloth and say:

*Here I make sacrifice to you knowing that I must relinquish this
object as token of my good intentions.*

Knot the cord around the cloth, saying as you do:

*I transfer the power of the spell to this object
And enclose it within its own darkness*

So be it.

Use three knots for finality.
Seal the knots by dripping wax on them.

Then take the bag to a source of running water or a clear space and throw it away as far from you as you can

If your first spell was done in anger or fear, then say:

*Begone anger, begone fear
It is done.*

You should find that you have got rid of any negativity you may have felt. Insofar as you have given up something which belongs to you, you have cleared yourself of the law of cause and effect and of any spiritual difficulty as a result of your initial action.



Conclusion

So let it be

There are so many spells available across many disciplines that it is almost impossible to do justice to them all. Spellmaking is such an individual craft, according to one's own beliefs, that nobody can or indeed should be so bold as to try to tell others what to do, unless there is an accepted pupil/teacher relationship in place. It is only possible to give guidelines. For this reason, if a spell doesn't work for you in the way that it has been given in this book, do try it again on another occasion and use your intuition to decide what might be changed or adjusted to suit your own personality.

As has already been stated, the actions taken during the process of spellmaking become so individual that only you yourself know what you actually did to make a particular technique work. For this reason, spell-making is one of the few occupations that is truly creative in its output. You are never quite sure what the end result is going to be, you do actually have the ability to make things happen and it is said that 'A handful of skill is better than a bagful of gold'. Someone else will do exactly the same thing and probably get a totally different result.

Finally, this book is really no more than a kindergarten primer. It contains a number of spells garnered from many sources, some very different to our own preferred way of working, and we are therefore very grateful to those people who have made their information available. We would hope that it will pique your curiosity so that you take your own studies further. As you search for knowledge both esoteric and otherwise bear in mind that there are some constraints on the use of spells. You should never use them deliberately to ill-wish someone, it will only rebound on you at some stage of your existence; you yourself take full responsibility for what you do, so think very carefully and be aware of what you do.

With all that in mind we leave you with an old Irish blessing:

*May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!*

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