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Bogdan & Giancarlo

“Witch Craft Exposed”



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I N D E X

Introduction	7
What is Magick?.....	8
Rules of Magick	8
Concept of Witchcraft.....	9
Solitary witchcraft.....	9
Tools and Treasures.....	10
Spell Casting.....	10
Witchcraft within Covens.....	11
Different Kind of Magick	11
• Sympathetic Magick.....	11
• Contagious Magick	12
• Attracting Magick	12
• Banishing And Protective Magick	12
• Binding Magick	12
Elements of the Nature and how the apply to Magick	13
Tarot (Major and Minor Arcane)	13
The Physics of Magick.....	14
Energy (Planes of Existence)	14
Beginning Magick.....	14
• Magical Place.....	14
• Altar.....	15
• Setting up your Altar.....	15
• Empowering your Altar.....	16
Casting a Circle.....	17
Casting a dual Circle.....	18
Casting a Triple Circle.....	18
Uncasting The Circle.....	19

Preparing your Mind for Magick.....	19
A Moon Magick ritual for Calm.....	20
A Sun Magick ritual for Energy.....	20
Sources of Energy.....	21
Personal Energy.....	21
Sensing Energy by touch.....	22
• Exercise # 1.....	23
• Exercise # 2.....	24
• Exercise # 3.....	24
• Exercise # 4.....	25
Sensing Energy by Sights.....	25
• Exercise # 1.....	26
Sensing Energy by Sound.....	27
• Exercise # 1.....	28
Sensing Energy by Taste and Smell.....	28
• Exercise # 1.....	29
Projecting Energy.....	31
• Exercise # 1.....	32
Reabsorbing Energy.....	32
Forming Energy.....	33
Raising Power.....	33
• Exercise # 1.....	33
Candle Magic.....	35
Oils and Incenses in Magick.....	36
An Oil Ritual to Increase Prosperity.....	37
Incense Magick.....	37
	38

Different Incenses for Magick.....	39
Combining Incenses in Rituals.....	42
A Six Incense Ritual for Love.....	46
A Ritual for harmony.....	49
Crystals and Protective Magick.....	50
Balancing the Energies.....	53
Charging Your Crystals with Positive Power.....	53
Different Protective Crystals.....	55
A Protective Crystal Ritual.....	56
A Protective Ritual with Empowered Salt.....	57
A Ritual For Consecrating Water.....	58
Revitalizing Rainwater For Use In Rituals.....	58
A Protective Water Ritual.....	62
Healing Magick.....	64
Creating A Healing Sanctuary.....	65
A Ritual For Creating Healing Magick.....	66
A Short Ritual For Absent Healing.....	66
A Healing Ritual With Sunlight And Moonlight.....	67
Color Healing.....	67
A Color Healing Ritual With Candles.....	68
Healing With Water And Colored Glass.....	69
A Healing Ritual With Colored Glass.....	69
Ritual Magick.....	70
The Aims Of Formal Rituals.....	70

The Four Quarters Of The Circle.....	71
Drawing A Pentagram.....	72
A Formal Ritual To Restore Prosperity.....	73
Moon Magick.....	74
A Banishing Ritual.....	74
Planets and Angels.....	75
Glossary.....	75

INTRODUCTION

Welcome to Witch Craft Exposed, Thanks once again for the purchase of this Book! You are about to learn one of the most powerful secrets of Magick ever Disclosed. If you follow the rules very close and add some of your own Ideas, you Could become a really powerful magician in a short time of period, but remember You must be constant in practicing daily and setting up goals about yourself and Your magician career. Please read this book from cover to cover and let us know How you do. We will appreciate your comments in order to improve our service And bring you the most wonderful spells, conjures and magick secrets existing In our universe. There will be a very small introduction to the world of magick and Each of their brands.

We really look forward to hear from you soon,

Bogdan

And

Giancarlo

What is Magic?

Magic or how the real magicians call it, Magick, is the process of causing change to transform the direction of different energies through the use of your will, Real Magicians call it MAGICK just to differentiate the real magick from the Sleight of Hand and stage tricks. The “K” was added by Aleister Crowley from “Kabbalah”.

In other words Magick is the guidance and control of energy to a desired destination or goal. We can manipulate that energy and drive to different targets making changes to occur. Magic is a main general term which has many different branches or areas within it's self. Some of the branches of Magick are Herbalism, Aromatherapy, Healing, Shamanism, Elemental Magic, Sympathetic Magic and many others. Witchcraft is as well an area of Magick which is generally based or called the area of Spell Casting.

The Rules Of Magick

Magick is not beyond or above life, but a natural though special part of your world. It is about not leaving fate, your fate, to any guru or deity, but shaping it with your own innate power, the power that emanates from some higher being, goddess or god, energy source, what you will - the divine spark within us all. There are no absolutes in magick, there is only what works for you and enhances your innate wisdom and spirituality. You should use this book as you would any other DIY guide and adapt its suggestions to suit what is right for you. Choose whatever you feel are the most appropriate herbs, crystals or even entire rituals for your specific purpose.

There are provisos, however. You must always remember that the form, the words and even ultimately the associations of particular oils, incenses and planetary hours are not what really matters. The truly important thing is that you should keep to the basic rules of witchcraft that are quite as strict and twice as hard as any conventional religion. These are rooted in wisdom, compassion, honesty, honor and common sense and are summed up in one short phrase: 'An ye harm none, do what ye will'. Put in modern-day language, this means, quite simply

'Do whatever you like as long as you don't hurt anyone.'

Simple, did I say? It is in practice incredibly hard to harm none, especially if you are seeking promotion, fighting against an injustice or struggling to survive. But it may help you if you remember the other equally vital law of witchcraft, the Threefold Law. This states that everything you do to others, both good and bad, will be sent back to act on you with three times its intensity and strength. So, if you act always and only with positive intent to help and heal, you will automatically receive all manner of good things and you should become truly wise and happy.

According to the rules of magick, as I said earlier, you cannot be angry, mean or cruel and then expect to say sorry to a deity and have the slate wiped clean. Magick is about

taking responsibility for your own actions all the time and that is incredibly onerous. But, on the positive side, the results are equally potent, and if you can learn to tap into the source of light and life and joy, you will amaze yourself and others by what is possible. Thus will your psychic powers also spontaneously unfold and guide you in your everyday world, increasing your spiritual power and wisdom.

The magick is within you, so let it flow and make the world a better place.

Witchcraft

As we told already witchcraft is an area of magic that deals with spell casting, healing, fertility, protection and hexes. This area of magic specialize on techniques to improve the life of the of the practitioner and those around them.

Wicca is modern witchcraft with some elements added from the Hindu religion – like the belief in reincarnation...

Witchcraft probably originated about 25,000 years ago in the Paleolithic era. At that time, humankind and nature were seen as inextricably linked. People acknowledged every rock, tree and stream as deities in the life force, and the Earth as mother, offering both womb and tomb.

Solitary Witchcraft

There are many reasons for performing witchcraft alone: your personal circumstances or the location of your home may mean that you cannot travel to a group, or you may live in an area where there are few others who share your interests. Many witches choose to practice alone. Most solitary witches initiate themselves, though some traditions, such as the Saxon Seat Wicca founded by Raymond Buckland in the USA, do admit solitary witches.

Indeed, solitary practitioners are said by some to have been witches in seven previous lifetimes and to possess within them all they need to know about the Craft. Truth or myth, no one should underestimate the number of private practitioners who do work alone, some coming together occasionally in small, informal groups. Solitary witches can use ceremonial magick very successfully, but many do follow the less formal folk magick, linked to the land and the seasons, that was practiced by our ancestors in their homes. For this reason, some call themselves hedge-witches, from the times when a hedge, often of hawthorn, bounded the witch's home, and it is sometimes said that they are walking on the hedge between two worlds. Such a witch may be in the tradition of the village wise women who knew about herbs and about the cycles of nature and used the implements of their kitchens rather than ceremonial tools. She may also be gifted in

divination, in spell-casting and in astral projection. Usually a woman, but occasionally a man, the solitary witch practices eclectic magick drawn from a variety of traditions.

Those expert in brews and potions are also called kitchen witches. Indeed, many of our grandmothers and great-grandmothers who possessed a remarkable intuition, read the tea leaves and made herbal concoctions, were jokingly called witches by their own families - and were just that!

All the rituals in this book can be carried out by a lone witch. You have your choice of groves, stone circles, the ocean shore, your garden or balcony, where you can connect with the powers of nature and work unobtrusively. Whether you are working alone, or in a group, or coven, you will share the same aims and will need much the same equipment.

Tools And Treasures

You will need to collect some basic tools for your spells and rituals. If you are working in a group, these can be kept either by different members or in a safe place and brought out at meetings. They need not be at all expensive. Magick was traditionally carried out with the equipment of the home: the broom for sweeping the magical circle was the besom used for sweeping dirt (and negativity) out of the door and was stored with its bristles upwards to protect the home.

The cauldron was the iron cooking pot on the black kitchen range that served to heat the home as well as for cooking. Items often can be gathered from around your home: for example, a silver bell, a crystal bowl or a large wine glass. Attractive scarves or throws make ideal altar cloths. Car boot sales are an excellent source of magical equipment. Keep your magical tools separate from your everyday household equipment in a large box or chest, so that you can keep them charged with positive energies or magical and healing work. Some items, such as the pentacle, you can make from clay, and herbs can be grown in pots or in gardens and chopped in a mortar and pestle. Fresh herbs have more immediate energies than dried, though the latter are better in sachets and poppets.

Always bear in mind that the magick is in you, not in your tools, and a wand cut from a fallen hazel or willow branch in the right hands can be more magical than the most elaborate crystal-tipped one purchased from a New Age store.

Spell Casting

Spell casting is part of some, but by no means all, Wiccan activities. Most spells are carried out with the purpose of changing someone's life for the better or sending healing energies to others. For example, love magick could, if you wish to bring love into your

life, be focused on increasing the love in the world, thereby attracting love in its many forms, and not just romance. More specifically, you may wish to attract one special person, to deepen an existing relationship or bring back a straying partner. For this, however, you would need to build into the ritual a proviso that this happening should be right for that person as well as for yourself.

Modern witchcraft is all too aware of the need not to infringe on the free will of others. As I have mentioned, binding or banishing spells work by lessening a negative influence or by protecting potential victims, rather than by attacking a person, however destructive they may be.

Witchcraft Within Covens

A coven is a group of members of a unit of witchcraft and, in fact, can number anything from two to 13, or even more. The number 13 is traditionally designated by the 13 moon cycles that make up one year, and 13 is the number of the Goddess (hence it became unlucky under Christian influence).

Gardenerian covens generally number 13. Some covens are affiliated formally or informally to specific traditions, but they increasingly unite for organizational as well as legal and political strength, particularly in Australia and parts of the USA. On-line covens are also springing up and they are an excellent way for solitary practitioners to gain support and information. Reliable, bona fide covens will offer the same safeguards as any ordinary coven, but of course the normal restraints you should show on contacting any Internet site will apply.

The beginning of the path to learning about Wicca within a formal coven is usually marked by a dedication. Initiation, after a year and a day, or a similar recognized magical period, will confer formal entry. Further different levels of knowledge and responsibility may also be involved, for example elevation to a second or third degree, so that eventually initiates can begin their own covens if they wish.

Different Kinds Of Magick

What is certain is that whether folk customs or more formal ceremonies are used, the underlying principles of all types of white magick are the same throughout the world, and can be categorized under the following headings.

- **Sympathetic Magick**

This involves performing a ritual that imitates what you would desire in the outer world, so bringing on to the material plane a desire or need or wish from the inner or thought plane. This is done using appropriate tools and symbols. So in a spell for the gradual

increase of money, for example, you might grow a pot of basil seedlings (a herb of prosperity) and light a green candle.

- **Contagious Magick**

This involves transferring and absorbing power directly from a creature or an object, such as an animal, a bird, a crystal, a metal, the wax of an empowered candle or even the Earth itself. This principle is central to the potency of talismans and amulets; for example, traditionally, hunters might wear the pelt of a lion to bring them the beast's courage and ferocity. So, by the same token, if you wished to become pregnant, you might make love in a newly ripening cornfield (near the edge so as not to damage the crops); alternatively, you might try one of the ancient power sites of Earth, close to the phallus of the chalk Cerne Abbas fertility giant that is carved in the hillside at Cerne in Dorset.

- **Attracting Magick**

This type of magick embraces both sympathetic and contagious magick to bring you something you desire. For example, you could scatter pins across a map between the places you and a lover live and with a magnet collect them, while reciting: *Come love, come to me, love to me come, if it is right to be.*

You would then place your pins in a silk, heart-shaped pincushion or a piece of pink silk, also in the shape of a heart, and leave it on the window ledge on the night of the full moon, surrounded by a circle of rose petals.

- **Banishing And Protective Magick**

This involves driving away negative feelings, fears and influences by casting away or burying a focus of the negativity. For example, you might scratch on a stone a word or symbol representing some bad memories you wished to shed, and cast the stone into fast-flowing water. Alternatively, you could bury it, together with quick-growing seeds or seedlings to transform the redundant into new life.

- **Binding Magick**

Binding magick has two functions, one to bind a person in love or fidelity and the other to bind another from doing harm. This may be done in various ways, using knots in a symbolic thread, or by creating an image of the object or person and wrapping it tightly. But all binding can be problematic in terms of white magick, for whatever method you use, you are very definitely interfering with the person's karma, or path of fate.

However, it is tempting to think that if someone is hurting animals, children, the sick or elderly, you may be justified in binding them. And what if your partner has deserted you on the whim of passion, taking all the money and leaving you and your children penniless? These are very real dilemmas; in dealing with them, I have always performed such rituals adding the proviso "... if it is right to do so.

Elements of the Nature

Wiccans must have the knowledge of the forces and energies existing in the nature. There forces are divided into 4 main energies:

- **Earth**
- **Fire**
- **Air**
- **Water**
- **Spirit** (Use as a fifth element by some traditions) mostly eastern ones.

Each of these elements has its own totem pole and beings that are native to each element. They can be used for a broad variety of Magick. In general each element has its own characteristics. All these basic attributes and their connection are define as follows:

Element	Direction	Attribute	Color
Earth	North	Strength and Foundation	Dark Red
Air	East	Beginning, and of Thought	Yellow
Fire	South	Change, Swiftness	Red
Water	West	Life, Cleansing	Dark Blue
Spirit	Center	Combing Force of All	Purple

There are other systems that use different associations for the elements and directions

The Tarot

The Tarot is a very old divination system through a base of cards. Tarot is mostly useful to discover things that might occur over a short period of time. The tarot can be useful for helping to decide the most convenient course of action to take and avoid any negative energy. The Tarot deck of cards is consisted into two major groups:

1. **Major Arcane:** Consist of 22 cards and denote major forces and energies affecting the person in the present time (Even when reading the cards).
2. **Minor Arcane:** Consist of four decks of fourteen cards each, and afford answers to what is happening and why it is happening.

The Physics of Magic

This method describes how the universe is operating, as well as the primordial principles that rule the operations of magick, or let's say the physics of magick. These are the 7 principles of the system:

- The Principle of Mentalism
- The Principle of Correspondence
- The Principle of Vibration
- The Principle of Polarity
- The Principle of Rhythm
- The Principle of Cause and Effect
- The Principle of Gender

Energy: Planes of Existence

Remember, in Magick you can do as much as you believe, but that will depend on your level of spiritual maturity and partly on the system of chakras. The chakras exist on more than one plane. The planes of energy are divided into three major sections, Each session has different small sections, and the differentiation that exists, is only in the human mind.

Each of the Major Planes is separated into seven sub categories:

The Physical Plane	The Physical Plane is comprised of matter and is the realm of physical existence.
The Mental Plane	The Mental Plane is the real of thought and consciousness.
The Spiritual Plane	The Spiritual Plane is the realm of deity and The ALL

Beginning Magick

You can create magick in all kinds of ways and you can use it for an almost infinite variety of purposes. Your magick can be solitary or group-based, self-centered or entirely altruistic. It can be personal and informal, or it may be framed in rigid ceremony. But whatever kind of magick you wish to practice, you will need to create a special place to work in, a personal area at home for your private healing and personal development work.

- **A Magical Place**

When you were a child, you probably had a special place, perhaps a tree house, a den under a table with a curtain draped over, or a corner of the garden hidden by bushes that only you and chosen friends visited; in this place you wove your dreams and played with your treasures. The magical place I am describing in this section is just such a special place, an extension of and, in a sense, a return to that time of enchantment, for you are once again

making an area separate from the everyday world, where you can set up your special artifacts.

But it will also be very different from your childhood place, because as an adult you can learn to control and direct the energies that then ran free and unstructured. Your imaginings can be refined as visualizations, your daydreams as altered states of consciousness; you can make wishes and dreams come true, not just in fairyland but in the here and now. If you have sufficient space, you may set aside a room, perhaps a conservatory, attic or basement, or a sheltered spot in the garden for your special magical place. Alternatively, you may need to use a corner of your bedroom or draw a velvet curtain across an area of a room where you can be quiet and private. In the summer, I like to work out of doors at my caravan and go down the winding track to the beach for my sea rituals (and puff and pant up again). In winter, I work either round the hearth that is the focus of the small, dark family room where I write, or high in the attic bedroom of my narrow house overlooking the hills.

- **Altars**

Your special place will need to contain an altar. To many people, the word 'altar' summons up images of vast churches with golden crosses or B-movies with dark-robed figures sacrificing damsels on a stone slab in the middle of a deserted moorland. But in magical terms an altar is simply the term for a sacred work space on which you place your tools, candles, incense and symbols for rituals. In practice, many people use their altar every day, as a focus for quiet meditative moments, perhaps at the end of a busy day or early in the morning. Such use does not make it any less special. Indeed, by becoming a part of your daily world, it becomes charged with your own essential magical qualities, and provides a repository of magical and healing energies, even if you only spend a few moments each evening in personal, informal work. It is your place and the rituals you hold there are limited only by your own desires and ingenuity.

- **Setting Up Your Altar**

You will need a large, flat surface for your altar; a table or a cupboard will do - you can use the drawers for storage and cover it with a cloth. It does not really matter what shape the surface is circles and squares are both sacred shapes and easy to divide into quadrants for the four elements, Earth, Air, Fire and Water, that are central to traditional magic and play a part even in informal rituals. A round altar, the shape of the sacred circle, works especially well. If you do not have a suitable piece of furniture, a piece of uncut stone or unpolished wood, such as hazel, ash, rowan or oak supported on stones or bricks will do. Ensure that it is high enough, so that you are not constantly stooping. In good weather, if you have a sheltered private place in your garden or back yard, you can adapt a tree stump or tall, flat rock as your work space. But perhaps the best altars of all are those impromptu ones you make - such as the top of a standing stone with a circle of your favorite crystals, or a rock on the beach with a circle of seaweed and shells to mark the directions.

The altar need not be large but you will need to have room to move all the way round it. Many rituals demand that you move in a circle with the altar in the center, although some place the altar in the North of the circle and you stand to the South, facing North.

The central position of the altar/circle represents the realm of Spirit, or Akasha. Akasha is the name given to the fifth element formed by the combination of the four ancient elements of Earth, Fire, Air and Water that were considered in classical times to be the components of all life and matter. It is greater than the other four.

In formal magic, artifacts and lighted candles are kept on an altar but this is not vital. It is quite possible, even if you are using a communal room in an apartment or house, to leave your altar partly prepared, although items such as salt and water are best added immediately before a ritual so they will be fresh. A garden altar can be set with an outdoor candle or torch and stone figurines, perhaps shaded by bushes.

Keep pot pound or living plants on your indoor altar when it is not in use to keep the energies fresh and moving. If it feels stagnant, sprinkle an infusion of lemon or peppermint widdershins, to remove negativity that has come in from the activities of the day, and then deosil, to charge it with power.

You can also cleanse it with incense, creating a protective circle of pine or myrrh, again widdershins and then deosil. Each night, or whenever you have time, you can explore your inner psychic powers at your altar. For example, you can gaze into a candle or scry into a bowl of water on the surface of which you have dripped colored inks. Try holding the different crystals that you place on your altar and allow impressions to pass through your fingertips, manifest as images, sounds or feelings. This psychic art is called psychometric and is one that will emerge spontaneously.

You may, however, have a more specific aim in mind. For example, to improve your finances, place a pot of basil herbs, surrounded by golden colored coins and light a green or golden prosperity candle while visualizing golden coins showering upon you. If you have a friend who is sick, and wish to send healing thoughts to them, place a photograph of them on the altar, and surround it with pink flowers, pink rose quartz crystals and a circle of tiny pink candles. Send your message of healing or visualized golden light, then blow out the candles deosil, sending the energies to where they are needed.

When you are not carrying out formal magick, keep on the altar any crystals that are of personal significance to you. You might wish to have a clear crystal quartz for pure energy, a blue lapis lazuli flecked with gold for wisdom, a purple amethyst and rose quartz for healing and harmony, or a gleaming, golden-brown tiger's eye for grounding. You can also keep different herbs here according to your current focus.

- **Empowering Your Altar**

You can further empower your special place as a reflection of the positive aspects of your changing life by placing on it other small items that carry happy memories for you. These might include stones or shells found on an enjoyable outing, presents from friends or family, a letter or even a printed email written in love, pictures or photographs of places and people that are endowed with emotional significance. Holding these can restore the pleasure of the moment and fill you with confidence, so they are magical objects because they are endowed with the power of good feeling. Some practitioners keep a book, for example a book of poetry, a copy of the psalms, the works of Shakespeare or the I Ching. Whenever you lack inspiration, close your eyes and open your book – the page will be chosen apparently at random but in fact your deep unconscious mind has chosen the most appropriate answer by a process akin to psycho kinesis.

Occasionally, gently energize these personal artifacts by burning a candle scented with chamomile or lavender. The domestic altars of many lands were originally the family hearth and an unused hearth will serve well as an altar. They depended for their power on herbs and flowers gathered from the wayside in the days before petrol fumes. Many witches who have a hearth do still keep it well swept and fresh with flowers or seasonal greenery.

Between your altar candles you may like to place statues, a god and goddess figure from either your own spiritual background or from a culture that seems significant to you; this will

balance the yang, or male, energies with the yin, or female. The god figure may be represented by a horn, and the goddess by a large conch shell.

There are a great variety of deity figures in museum shops as well as New Age shops and those selling goods from particular areas of the world. You may, however, feel more comfortable with a ceramic animal, bird or reptile for which you feel an affinity: a tiger for courage, an eagle for vision, a cat for mystery and independence, a snake for regeneration. This is what Native Americans call our personal totem or power creature. You may find some of these are, in some cultures, the symbols of divinities.

There is, for example, Bast, the cat-headed Egyptian goddess who protected women - especially in pregnancy and childbirth - the home, pleasure and joy. Bast was originally a lion goddess who symbolized the fertilizing rays of the Sun.

Casting A Circle

All spells and rituals, however formal or informal, are based on a magical circle. This may be large enough for an entire group of practitioners to stand in, or it may be small enough to fit on your personal altar. If you have the space, you can keep a magick circle marked out with stones in a corner of your garden or painted on the floor of a room covered with a large rug. Attics are especially good since you are nearer the sky. If you are able to keep a special area for your circle, scatter dried lavender or pot pourri on it before each use, and sweep it in circles widdershins to remove any negativity. Whatever the form or size of your circle, mark the four main compass directions within it. In the marker positions, you can use stones, lines on the floor, four crystals hanging on cords on the four walls or candles in the appropriate elemental colors. Once you know your directions, you can mark out your circle, beginning in the North (although some practitioners begin in the East), and working deosil. Draw your circle in one sweeping movement. You may wish to chant as you go.

If you are working in a group, or if this is a circle for a more formal ritual, you may wish to add god/goddess-power forms as an interspersed chant, with the voices of the group ebbing and rising in waves. You may wish to welcome the Archangels, or Guardians of the Four Watchtowers at the four compass points as you cast your circle. (The Archangels represent the celestial beings that feature in the cosmologies of the three main religions of the Western world - Christianity, Judaism and Islam.

You can embellish the casting ceremony as much as you like, perhaps drawing pentagrams in the air at the four main compass points, and combining this with lighting the four elemental candles. Some practitioners like to cast a circle and then welcome other members of the group to enter, sealing the circle with a diagonal up-and-down slashing movement of their power hand (the one they write with), or a wand or an athame. (An athame is a double-edged knife used in formal rituals. It represents Air and is placed in the East of the circle.

As well as drawing circles, it may be used to conduct magical energies into a symbol.) But I think it is more powerful if one person actually walks around the outside of a circle of people, enclosing them in light. In this way, the circle is created in human dimensions and is as large or small as is required by the actual formation. The circle made to fit the group is far better magically than the group made to fit the circle, for the group is the circle.

If you want to visualize a circle, use a clear, pointed quartz crystal, or wand, or the forefinger of your power hand, and draw an outline, in the air at chest level or on the ground. The circle extends wherever you draw it from the ground upwards to above your head like a wall of gold. Again, begin in the North, and continue in an unbroken, circular movement. Remember, the circle is created with your own power, amplified if you wish by the sacred Guardians or powers you may invoke.

Casting A Dual Circle

You can create a dual circle if you wish.

- First consecrate the salt symbolizing the Earth element in the North of the altar by stirring it three times with an athame, wand or crystal, and visualize radiance pouring into it.
- Stir the water, also three times deosil with the athame, wand or pointed crystal, asking the light and the Goddess to enter it.
- Add a few grains of salt to the water and stir it, saying:

*May power thus be doubled,
thus increased,
as life joins life
to create a greater force
even than these.*

- Stand either just within or beyond the first circle perimeter.
- Walk deosil round the circle, sprinkling the circle line, physical or envisaged, with your salt water.

In formal rituals, the High Priestess consecrates the salt and the High Priest the water and they mingle them. The High Priestess then creates the first circle and the High Priest the second.

Casting A Triple Circle

Three is a sacred number in magick and for special ceremonies you can create a triple circle of both power and protection. The number three represents the three aspects of the god figure in many religions: the Holy Trinity, the Triple Goddess, the three aspects of the Moon -maiden, mother and wise woman or crone - the trefoil or triple god of the Celts, and the even older Egyptian trinity of Isis, Osiris and Horus, the young Sky God. This triplicity is still celebrated when we turn our money over and bow three times to the Moon for good luck.

- Create your first two circles of light and salt water.
- Return to the place where you began.
- Place the bowl on the altar and light your incense; you can either light a stick in a secure holder or sprinkle incense on a charcoal block burning within the censer.
- Make your final circle with incense, just beyond the lines of salt and water. There are other variations of this, including creating your outer circle of light by walking with your candle in a broad-based holder, followed by the salt water and the incense.

Uncasting The Circle

When you have completed your spells or rituals, you should close the circle. This is done by simply reversing the casting process.

- Thank the Guardians and send the light of the elemental candles to whoever needs it.
- Extinguish the elemental candles in reverse order of lighting. Visualize the light fading and say, together with any present: Let the circle be uncast but remain unbroken. Merry meet and merry part and merry meet again.
- Leave the altar candles to burn down.

Preparing Your Mind For Magick

As well as preparing the physical area for magick, you also need to prepare your mental state. It is universally agreed that we have two hemispheres of the brain -the left, logical, and the right, intuitive, side - and that generally in the everyday world the left brain predominates. This may be no bad thing; after all, buying golden sunflowers and oils pressed from fragrant herbs may lift the spirits, but they will do little for us if we are so disorganized that we fail to remember the cereal and cat food and the yowls of hungry children and phones ringing through the early morning air are not conducive to relaxation.

These demarcations within the mind have not always been so clear. Julian Jaynes, in his book *The Origin of the Consciousness in the Breakdown of the Bicarmel Mind*, suggests that self-awareness in humans has existed for only about 3,000 years. In stating this, he was defining self-awareness as the awareness of our own separateness and our private thoughts.

This state of mind, normal in adults, is very different from the more primitive state of mind of small children, who keep up a running commentary on their actions. But young children are also incredibly skilled at mind-hopping and reading the thoughts of others. This is precisely because they do not have the adult's strong sense of the individual and private self.

In so-called primitive societies, the individual does not have the same importance: it is the collective responsibility that matters. So the rituals that are carried out to ensure the fertility of the crops and animals and the community are performed in a group.

In a sense, magick is about using the bicarmel mind, placing the brain's right hemisphere in the driving seat, taking concentration, focus and determination from the more logical side as fuel and a map, and reconnecting our unified self with the undifferentiated universe.

You can carry out magick absolutely anywhere as long as you are in a positive frame of mind. But many practitioners believe that by entering an altered state of consciousness, you remove all the conscious blocks and allow the intuitive brain free access to the unconscious mind and with it the repository of human and cosmic wisdom. This brings about a state of mind in which energies can flow between the dimensions.

You are in your most relaxed state when your brain is generating alpha waves. They oscillate about ten times per second (the range is eight to 13 cycles per second) and are less common in our modern stressful lives. But they are naturally generated, for example, when you daydream, or sit by a fountain and let the rushing water fill your mind, or gaze into a candle flame, or have a lavender- or rose scented bath. Compare these with the traditional routine preparations of

fasting and ritual bathing of practitioners of the craft and you begin to see why these are important. Invoking your protective angels to stand at the four corners of your magical circle, performing the rituals of preparing your magical tools and, in more formal magick, casting a circle - these are all ways of marking the limits of the everyday world and the entry into this magical space in which all the normal laws are suspended. There are many ways of reaching this state, techniques to still inner turmoil and outer demands that block the easy access to the deeper psychic states.

At times when you feel unhappy, tense or anxious, you may need tranquility; alternatively, there may be times when you need an infusion of power to meet a challenge, restore confidence or gain energy when all you feel like doing is sleeping. Breathing in light and colors is a method of creating a cone or vortex of power, that can be released as magical energy or healing power in the cosmos. In addition, by absorbing the light of the Moon or Sun you may take in either tranquility or energies for those moments when you are particularly in need. Perhaps you will find yourself in an artificially lit building, crammed on a commuter train or rushing to get the children to school and go to work. At such times you may feel like one of the hags from Macbeth, ready to turn the entire carriage of commuters into toads - that's when good magick is what you need.

A Moon Magick Ritual For Calm

- Wait until the Moon is moving towards full, and is quite bright in the sky.
- Find somewhere as dark as possible so the light is undiluted and slowly 'inhale' the light through your nose, looking at the Moon and drawing its light towards you.
- Hold your Moon breath for a count of 'One and two and three'. Remember to say the 'ands' to stop yourself rushing - this is relaxing, not a race.
- Close your eyes and exhale the darkness of your panic, frustration or unhappiness.
- Continue alternately inhaling with your eyes open and exhaling with your eyes closed until you feel that you are filled with silver light.
- Now gently exhale a little of that light in a single breath, this time with your eyes open, directing it in your vision towards someone you know who is also feeling stressed or anxious.
- Inhale more moonlight and continue to exhale, still with your eyes open, continuing to direct the healing light.
- Let the Moon shine into a silver or crystal bowl of water. Before bedtime, tip the water into your bath so you can absorb the Moon energies through your pores. Whenever you feel stressed, visualize the Moon, close your eyes and gently inhale; peace will come to you because you gave it out to others.

A Sun Magick Ritual For Energy

Because it can be dangerous to look directly at the Sun, catch your sunlight close to noon in a large crystal or in water in a brass dish.

- As before, 'inhale' the sunlight via the crystal or water with your eyes open. Hold the Sun breath, counting 'One and two and three', then close your eyes and exhale the darkness

of your doubt, anger or act of confidence. With practice, this will become a single movement.

- Continue until you are filled with light and energy, then exhale a Sun breath, directing it to someone who is exhausted, frightened or ill.
- Inhale the Sun and again exhale it towards a person or people in need.
- Rinse your face in the Sun water, then tip the rest into the ground to energize a plant.

Whenever you feel tired, recall the Sun and inhale its light in your mind's vision. Repeat both these intakes of power once every month. If you have a particularly stressful or challenging time, hold a moonstone for your Moon energies in your power hand. Hold a sparkling crystal quartz for the Sun in the other (receptive) hand to boost the flow as you visualize the natural sources. In this way, you can balance the energies in both spheres of the rain for integrated mind and owl flow.

The Different Sources of Energy

The place where we live is what we call the Universe, all around us is full of energy, Energy can reach us in many different ways each and every single day of our life. There are different kinds of energy, and some of them are:

- Light
- Sound
- Heat
- Gravity
- Radiation
- Radio Waves
- Television
- Ultraviolet Light
- Electricity
- And many others...

All different kinds of energy in our universe mixed up which generates that special energy we call "Ether". This is the great energy that interacts with all of the other types of energy and within ourselves, This kind of Energy is what we call "Magic" or "Magick" and it generates itself from different places:

1. The Energy that exist within ourselves
2. The nature and all physical things that are around us, like animals, rocks, plants, objects, etc...
3. Energy from others planes of existence: Astral Plane, Mental and Spiritual Planes.
4. Elements from higher entities and divine sources.

Personal Energy

Our Body is a channel of Energy. The center of our energy system is our chakras. **The chakras are energy transfer points within the body, and are responsible for regulating the energy field of the body.** There are seven major chakras located along the spine, 21 minor chakras (two are located in the palms of the hand), and there are over 101 other energy points located across the body. The chakras help to regulate the flow of energy within the body and to form the auric bodies. The auric bodies are basically shells of energy which surround the body. This energy field is known as the aura; some people like to call it the Human Energy Field. *More on this later.*

The body stores energy for normal and magickal use. In addition, the body can channel energy from outside sources to replenish itself and for use in magick. People tend to have three types of internal energy:

- Life essence
- Normal energy
- Magickal energy

All living things and all items in creation contain energy. The ground, sky, rocks, crystals, trees, plants, animals, elemental forces, etc., all contain energy. The combined energy field of all things in creation can be tapped when working with magick. This combined energy field is often referred to as the ether.

All living beings have the potential to be able consciously to transfer energy to other people. This is most often seen through prayer and good wishes. Magickal people can send energy to other people. This type of energy forms the third type of energy listed. It is energy that is freely given.

To use energy, you must first learn to sense the energy and then to control those senses

Warning: Make sure you always rest enough and feel well before executing any of the following exercises. Anyway Your body will tell you if you feel good enough to go on with the exercises. Remember if you don't have enough rest before doing these exercises, it might be very dangerous. This is why many magicians who went overboard died in the past... They simply executed a lot of rituals that were energy intensive without the needed rest.

Sensing Energy through Human Touch

The human body is extraordinary, We can sense the energy in different ways. There are several exercises that are going to teach you how to do that. Remember you must practise all of the exercises every day for around 30 minutes in total, Once you feel one goes right, then you pass on into the next exercise, but 30 minutes per day will be enough.

First Touch Exercise

With this exercise you are going to learn how to feel the energy fields. The Chakras have an important act within this exercises.

1. Place your hands together and in front of you, palms totally open and making contact to each other.
2. Move your hands away, keeping the same position until they are 10 cm away from each other.
3. Move back your hands together until they touch each other.
4. Move your hands away, keeping the same position until they are 5 cm away from each other.
5. Move back your hands together until they touch each other.
6. Move your hands away, keeping the same position until they are 2 cm away from each other
7. Repeat the last few steps a couple of times until you feel. You must have the feeling that they are bouncing to each other
8. After you finish the exercise you must take a few minutes to write down what your feelings were.

Second Touch Exercise

This is another kind of exercise associated with the auric fields, you must take attention to all the feeling experienced during this exercise.

1. Place your hands together and in front of you, palms totally open and making contact to each other.
2. Move your hands away, keeping the same position until they are 1 cm away from each other.
3. Pretend that you have a ball in the middle of your hand and move your hands towards and backwards
4. While of your hands goes foward, the other one must go backwards.
5. Repeat step a couple of times and write down xour feelings

Third Touch Exercise

The exercise executed before were only you and your body, for this next exercise you must have another person help you to make this exercise and you must have the permission to feel that person

1. Execute first touch exercise

2. Put your hand about 3 centimeters above the arm of the person
3. Move your hand up and down until you start feeling the sense of that person. In most of the cases you should feel same experience as in first touch exercise.

Fourth Touch Exercise

This feeling will get you along with stronger devices like Tv, electronic devices, computers, etc. You will need a computer or a TV.

1. Execute first touch exercise
2. Put your hands 10 Centimeters away from the electronic device you are going to sense
3. Slowly move your hands closer to the object until you touch it
4. Move your hand slowly away from the item and toward it until you sense the field.

Electronic devices will feel stronger than normal objects, sometimes it make take you a little while until you dominates those objects but you will do it successfully.

Sensing Energy by Sights

It is the ability to see energy in different colors, the more practise you get, the better and more accurate it will become. It may take a while to develop, is some people will take longer and other shorter, but if you practise you will develop that ability. To develop this ability we have created a serie of exercise you must follow and practise with faith.

Sight Exercise

In order to execute this exercise, you will need a house plant.

1. Place the plant in front of the white paper and low the lights a little.
2. Sit Back and relax, concetrate your eyes into the plant.
3. Watch the plant and try to see over it

With practice, you should be able to see the energy field of the plant.

Sending Energy to Others

When making Magick it is really good to send energy to others, send positive energy to heal, etc. This is a skill you must develop to become a great magician, Here is a great Exersice that will teach you how to send energy to others.

Exercise 1 (Passing Energy)

Pass Energy to Another person through direct contact. You will need another person to execute this exercise:

1. Stand close to each other.
2. Take the other person's hand in your hands
3. Feel and see the energy collecting in your hand—feel it as warmth or coolness.
4. Feel and see a white light or energy flow from your hand to the other individual.
5. Allow the flow to continue for as long as desired. When ready, feel the flow stop.

Write down what you felt during this exercise

Raising Power

There are many different ways you can use to raise power. Here's a great way to raise power

Raising Power Exercise

Cast a circle and lift the chair, I recommend 10 people to do this exercise

1. A chair is placed in the center of the circle.
2. One of the group members sits in the chair.
3. The other group members gather around the chair and place one finger beneath the chair.
4. The group concentrates on the idea that the chair and individual are weightless and chants "light as a feather (or some other such phrase)."
5. Everyone will lift the chair at the same time and hold it aloft for a few moments and then gently set it down.

This exercise can be a lot of fun. DO NOT do this exercise while sitting under a ceiling fan!—the results can be extremely surprising. Generally, the participants will be amazed at how easy it is to lift the person using only one finger.

CANDLE MAGIC

One of the simplest of magical arts which comes under the heading of natural magic is candle burning. It is simple because it employs little ritual and few ceremonial artifacts. The theatrical props of candle magic can be purchased at any department store and its rituals can be practiced in any sitting room or bedroom.

Most of us have performed our first act of candle magic by the time we are two years old. Blowing out the tiny candles on our first birthday cake and making a wish is pure magic. This childhood custom is based on the three magical principals of concentration, will power and visualization. In simple terms, the child who wants his wish to come true has to concentrate (blow out the candles), visualize the end result (make a wish) and hope that it will come true(will power).

The size and shape of the candles you use is unimportant, although highly decorative, extra large, or unusually shaped candles will not be suitable as these may create distractions when the magician wants to concentrate on the important work in hand. Most magicians prefer to use candles of standard or uniform size if possible. Those which are sold in different colors for domestic use are ideal.

The candles you use for any type of magical use should be virgin, that is unused. Under no circumstances use a candle which has already adorned a dinner table or been used as a bedroom candle or night-light. There is a very good occult reason for not using anything but virgin materials in magic. Vibrations picked up by secondhand materials or equipment may disturb your workings and negate their effectiveness.

Some magicians who are artistically inclined prefer to make their own candles for ritual and magical use. This is a very practical exercise because not only does it impregnate the candle with your own personal vibrations, but the mere act of making your own candle is magically potent. Specialist shops sell candle wax and moulds together with wicks, perfumes, and other equipment.

The hot wax is heated until liquid and then poured into the mould through which a suitably sized wick has already been threaded. The wax is then left to cool and once this has occurred the mould is removed , leaving a perfectly formed candle. Special oil-soluble dyes and perfumes can be added to the wax before the cooling process is complete to provide suitable colors and scents for a particular magical ritual. Craft shops which sell candle making supplies can also provide do-it-yourself books explaining the technicalities of the art to the beginner.

Once you have purchased or made your ritual candle it has to be oiled or 'dressed' before burning. The purpose of dressing the candle is to establish a psychic link between it and the magician through a primal sensory experience. By physically touching the candle during the dressing procedure, you are charging it with our own personal vibrations and also concentrating the desire of your magical act into the wax. The candle is becoming an extension of the magician's mental power and life energy.

When you dress a candle for magical use, imagine that it is a psychic magnet with a North and a South pole. Rub the oil into the candle beginning at the top or North end and work downwards to the half-way point. Always brush in the same direction downwards. This process is then repeated by beginning at the bottomed or south end and working up to the middle.

The best type of oils to use for dressing candles are natural ones which can be obtained quite easily. Some occult suppliers will provide candle magic oils with exotic names. If the magician does not want to use these, he can select suitable oils or perfumes from his own sources. The oils soluble perfumes sold by craft shops for inclusion in candles can be recommended.

The candles you use can be colored in accordance with the following magical uses:

- **White:** spirituality and peace.
- **Red:** health, energy, strength, courage, sexual potency.
- **Pink:** love affection and romance.
- **Yellow:** intellectualism, imagination, memory and creativity.
- **Green:** fertility, abundance, good luck and harmony
- **Blue:** inspiration, occult wisdom, protection and devotion
- **Purple:** Material wealth, higher psychic ability, spiritual power and idealism
- **Silver:** clairvoyance, inspiration, astral energy and intuition
- **Orange:** ambition. career matters and the law.

If you wanted to use candle magic for healing, you would select a red candle to burn. To pass an exam, burn a yellow candle, to gain esoteric knowledge burn a blue candle or for material gain, burn a purple one. It is obvious these colors relate to the signs of the zodiac and the planetary forces.

The simplest form of candle magic is to write down the objective of your ritual on a virgin piece of paper. You can use color paper which matches the candle. Write your petition on the paper using a magical alphabet, such as Theban, enochian, malachain, etc. As you write down what you want to accomplish through candle magic-- a new job, healing for a friend, a change of residence, a new love affair, etc.-- visualize your dream coming true. Visualize the circumstances under which you might be offered a new job, imagine your employer telling you that your salary has been increased or conjure up a vision of your perfect love partner.

When you have completed writing down your petition, carefully fold up the paper in a deliberately slow fashion. the end of the folded paper in the candle flame and set light to it. As you do this concentrate once more on what you want from life.

When you have completed your ritual, allow the candle to have completely burned away. You do not need to stay with the candle after the ritual, but make sure that is safe and that red-hot wax will not cause damage or fire. Never re-use a candle which has been lit in any magical ritual. IT should only be used in that ritual and then allowed to burn away or be disposed of afterwards.

If you are conducting a magical ritual which involves two people (e.g. an absent healing for a person some distance) then the second person can be symbolically represented during the ritual by another candle. All you need to do is find out the subject's birth date and burn the appropriate candle for that zodiacal sign. These are as follows:

- **ARIES** red
- **TAURUS** green
- **GEMINI** yellow
- **CANCER** silver
- **LEO** orange
- **VIRGO** yellow
- **LIBRA** pink
- **SCORPIO** red
- **SAGITARIUS** purple
- **CAPRICORN** black
- **AQUARIUS** all colors
- **PISCES** mauve

Oils and Incenses in Magick

Oils and incenses, like herbs, are very versatile. The easiest way of attracting all the good things you want not only for yourself but also for those you love and for those in need, is to burn oils and to release the appropriate fragrances and let them work in their own way. You can choose the appropriate oil for health, happiness, love, success, prosperity, confidence and protection, to name but a few.

Oil Magick

You can use oils as part of a ritual. In traditional magick, oils are placed in the West of the altar for the Water element, or the East, if lit, to symbolize the fragrance rising on the Air. But they can equally form the focus of any spell, each oil being charged with its particular purpose before use. There are many ways you can use oils magically as well as therapeutically: for example, you can burn them in special holders (these are available everywhere from pharmacies, hardware shops and supermarkets); you can sprinkle a few drops on an open fire or on cotton wool; you can pour a little into a saucer and place it above a radiator; you can dispense them in sprays or in any of the variety of condensers and diffusers that are available; or you can dilute them and use them as floor washes.

Cautions

Oils are very potent and should only ever be used in accordance with instructions inside the box from the manufacturer. There are also a number of good books on the market and I have listed a few at the back of this book that will advise on correct dosage. Generally, oils such as lavender, Chamomile, rose, rosewood and geranium are so mild that for an adult you can use up to ten drops quite safely in a bath full of water. However, do not add more than three drops of

peppermint, lemon or Cedar wood, and no more than four or five drops of other astringent or potent oils such as orange, pine, rosemary, tea tree and thyme to a bashful of water and follow instructions carefully. You can also put a drop or two of the milder oils on a handkerchief or inhale from the bottle, but again follow instructions to the letter. For children, use no more than four drops of mild oil (lavender, Chamomile, rose, rosewood or geranium) in total in a bath; for small children, do not use more than two drops and use only gentler fragrances such as lavender or Chamomile (this is excellent for calming children). Some conditions preclude the use of certain oils; this applies for use in baths, and for inhalations and massage. As with herbs, I recommend that you should always check with your doctor before using any oils.

Epilepsy: Avoid sweet fennel, hyssop, sage, and rosemary.

High blood pressure: Avoid cypress, hyssop, rosemary, sage and thyme.

Pregnancy: It is best to avoid the following oils during any stage of pregnancy.

Angelica, basil, bitter almond, Cedar wood, clary sage, clove, fennel, hyssop, juniper, marjoram, myrrh, peppermint, rosemary, sage, tarragon, thyme, wintergreen, yarrow.

Photo-Toxic Oils

Certain oils, particularly citrus oils, can irritate the skin if they are exposed to the light, and about half of the normal amount of other oils should be used in baths and massage. Avoid direct sunlight for six hours after use. They include:

Angelica, bergamot, ginger, lemon, lime, mandarin and orange. However, they are ideal for burning and are all energizing.

Skin Irritants

Some can be an irritant to the skin and so should be used sparingly and well-diluted. They include: Allspice, basil, cinnamon, clove, fennel, frankincense, lemon, lemongrass and peppermint. Oils should never be taken internally and except for pure rose and lavender should not be applied undiluted to the skin.

Oils and Incenses in Magick

To avoid repetition, I have only given a brief reference for those oils whose properties I described in the previous chapter, for the qualities of a substance are the same in any form.

Benzoin: Benzoin reduces tension, stress, and melts away tension, anger, resentment, emotional pain and frustrations. Positively, benzoin increases self-confidence and attracts prosperity, both material and spiritual. It mixes well with rose, pine and lavender.

Bergamot: Bergamot soothes irritability and lifts depression or apathy, encouraging gentle but honest communication and the manifestation of a person's true potential and inner self. A citrus oil, bergamot mixes well with frankincense and ylang-ylang.

Cedar wood: Cedar wood is a symbol of both spiritual and sexual awakening or reawakening perhaps after a period of loss or stagnation; excellent in meditation, it is an oil of youthfulness and a long and happy life. It mixes especially well with cypress, juniper and rosemary.

Chamomile: Known as the children's oil and the oil of kindness, Chamomile is effective for every childhood problem, including hyperactivity, general restlessness and sleeplessness - it is also

good for adults with similar problems. It mixes well with ylang-ylang, geranium, lavender and lemon.

Citronella: Citronella is an oil of identity and independence, establishing the boundaries of the unique self and repelling those who would dominate or intrude on privacy, whether personally or professionally; it also creates invisible boundaries around the home. Citronella improves mental alertness and dispels exhaustion and inertia. It mixes well with lavender and jasmine.

Clary sage: Clary sage calms and drives away fears and bad dreams in adults and children. It is also an oil of inspiration and positivity and, when problems loom large, replaces doubts with unconsidered options and with an assurance that all will be well. It mixes well with ylang-ylang, rosemary and lavender.

Cypress: Cypress is an oil of consolation after sorrow or loss, bringing acceptance, healing and the power to move forward. It promotes understanding and compassion towards distress of self and others. It mixes well with lemon, juniper and geranium.

Eucalyptus: This is an oil of purification of mind, body and soul, driving out negativity and anger, as well as repelling deliberate psychological and psychic attack. Eucalyptus will provide the impetus for action and decisions, especially when people and projects have reached an impasse. The oil also offers clear focus and increased concentration. It mixes well with Cedar wood, clary sage and peppermint. Fennel: Fennel is the oil of strength, courage and perseverance. It mixes well with Chamomile and eucalyptus.

Frankincense: Frankincense is regarded as the most noble of oils, used in ceremonies and formal celebrations throughout the ages and considered in many cultures to be a gift from the deities, bringing healing and power. It offers confidence to aim high, attracting abundance of all kinds, money and success, but also granting access to higher dimensions and contact with angels and spirit guides. It mixes well with cypress, sandalwood and myrrh.

Geranium: Geranium is a harmonizing oil, restoring peace and well being to the home or workplace, encouraging positive, non-confrontational interactions, reconciling quarrels and melting away emotional coldness and indifference in encounters. It relieves tension, depression doubts and despair, replacing them with gentle optimism. It mixes well with lavender, rose, ylang-ylang, Cedar wood and Chamomile and indeed most other oils.

Ginger: Ginger is an enhancer of love, passion and money and encourages adventure and innovation. It mixes well with bergamot, Cedarwood and jasmine.

Jasmine: Jasmine is an uplifting oil, boosting both physical and mental potency and increasing love and passion. It deflects potential hostility, transforming it into friendliness and a willingness to compromise. It mixes with most other oils, especially rose and ylang-ylang.

Juniper: Juniper is a purifying and cleansing oil, protecting against hostility and removing what is redundant. It mixes well with rosemary, frankincense and cypress.

Lavender: Lavender is a harmoniser and brings love, kindness and reconciliation to any person or place. It mixes well with almost every oil, but especially geranium, Chamomile, marjoram and ylang-ylang.

Lemon: Lemon is the breath of life, bringing energy, clarity, logic and integrity. It is a light-bringer, cutting through secrecy, doubt and dishonesty, and cleansing atmospheres and attitudes. A citrus oil, it mixes well with Chamomile, eucalyptus, lavender and myrrh.

Lemongrass: Lemongrass will clear away negative emotions among family, friends and colleagues, and past resentment and feuds from the past that no longer serve any purpose. It removes also painful memories and helps to leave behind destructive relationships; lemongrass also enhances psychic awareness. It mixes well with frankincense and geranium.

Lime: Lime brings health and well-being to self and to family and home. It generates enthusiasm and triggers self-healing and regeneration in body and mind. It is protective against psychological and psychic attack and has natural restorative powers. A citrus oil, it mixes well with eucalyptus and lavender.

Mandarin: Mandarin oil restores confidence self-love and self-esteem, offering protection against the barbs of unfair criticism, spite and gossip. It enhances inner beauty and radiance. A citrus oil, it mixes well with Cedarwood, geranium, and ylang-ylang.

Marjoram: Marjoram is an oil that relieves loneliness and a sense of isolation and alienation, awaking empathy with others. It is an oil of enduring love and fidelity. It mixes well with lavender and rosemary.

Mimosa: Mimosa is an oil of the night, for secrets and secret love, bringing love and friendship, especially for older people. It calms anxiety and over-sensitivity to criticism and brings harmony and happiness, melting away opposition and hostility. It mixes well with bergamot and Chamomile.

Myrrh: This is a sacred ceremonial oil, like frankincense, and is burned in healing and purification rituals. It mixes well with mandarin, pine and patchouli.

Neroli: This is orange-blossom oil, symbol of marriage, committed relationships and fidelity, fertility, sensuality and self-esteem. It prevents moods swings, crises of confidence and panic attacks. It mixes well with geranium and jasmine.

Orange: Orange is the oil of abundance, joy and fertility, attracting happiness, giving confidence and individuality, and calming anxiety and restlessness in children and adults. A citrus oil, it mixes well with lavender and ylang-ylang.

Patchouli: Patchouli is the oil of prosperity and is used in money rituals, to bring employment and increase business opportunities. It is also frequently used in ceremonies to heal the planet, as it is a natural restorer of balance. It mixes well with geranium, myrrh and pine.

Peppermint: Peppermint offers protection against illness, accident, hostility and theft or damage to the home and also attracts money. It mixes well with eucalyptus.

Pine: Pine is a purifier of all forms of negativity, hostile atmospheres and dishonesty, protecting

particularly against emotional blackmail. It is an oil of courage and perseverance under difficulty, of integrity and clear focus. It mixes well with juniper, lemon and marjoram.

Rose: This is an oil of fidelity, happiness, partnerships and gentle healing, love and especially self love. It mixes well with almost every other oil.

Rosemary: Rosemary is an oil for enhanced memory, concentration, justice, career and success. It mixes well with Cedarwood, frankincense and geranium.

Rosewood: Rosewood calms mind, body and soul, creating a setting conducive to peace at home or work, especially if there are difficult negotiations, or potentially hostile visitors or phone calls; it will also clear away existing conflict. Rosewood soothes hyperactive or restless children, and in adults brings acceptance of life as it is and the frailties of others. It is good for energizing all forms of natural magick. Rosewood mixes well with jasmine, neroli and geranium.

Sandalwood: Sandalwood is an oil of passion and sensuality; it also heightens meditative abilities and increases spiritual awareness, offering a path to make contact with the higher self and angelic or spirit guides. It mixes well with many other oils, especially Chamomile, lemon, patchouli and rosemary.

Tea tree: Tea tree is an oil of healing, especially absent healing; it will remove blockages in energy, and banish negativity, replacing it with optimism and channeling restlessness into positive aspects of life. It mixes with sandalwood, but is usually best used alone.

Ylang-ylang: The oil of poets, ylang-ylang is associated with inspiration and love, especially self esteem. It counteracts a sense of frustration when things cannot be changed or achieved, and increases confidence and pleasure in possibilities that can be realized within the limitations of the present circumstance. It mixes well with clary sage, geranium, lemon and Chamomile.

An Oil Ritual To Increase Prosperity

As I have said before, magick is part of life and there is nothing wrong with carrying out rituals for your personal needs and a little more. However, you must make an effort, when you are financially more secure, to share your good fortune with those who are genuinely in need. As long as you bear in mind the cosmic 'balance sheet', this will ensure that there are sufficient energies to go round. You can, of course, pay in kindnesses and help, as well as in monetary terms. It is unlikely that you will receive an unexpected cheque in the post the morning after this spell (though I am getting rather good at bewitching one of my financial directors at a firm I work for). Instead, you may suddenly find that you are given the opportunity to earn money through extra unexpected work. Or you will hear of someone who wishes to sell a reliable car or a serviceable computer in a hurry - just at the time when you need one. It would be churlish to demand a computer with a built-in DVD player from the cosmos, but under the psychic exchange system, all manner of good things that are no longer needed by one person can be directed to someone whose old model has just crashed. It goes without saying that you should also remember to redistribute items that are surplus to your requirements to keep the process moving. Rituals for personal prosperity tend to be practiced alone, as group prosperity rituals tend to work better with a more global focus. First, you need to define the purpose of the ritual. In this case that will probably not be difficult if you have been lying awake at night, panicking that you can't pay for a school trip for your child or new tires for the car.

Oils and Incenses in Magick

Once you have established what you require for your needs, find the right oils, using the list above, the ritual is to be carried out over three consecutive nights. Work on the two days before the full moon and the night of the full moon if you can, as this is the best time for energies of increase. It is also a traditional planting time for herbs and vegetables that grow above the ground. However, if you need money urgently you cannot sit around waiting for the moon to be right, so burn silver lunar candles on each of the three evenings and picture the lovely ripening Moon we see at this period in the sky, if the weather is clear. You can carry out the ritual at any time of day, but you should try to choose a time that is quiet. If you can only work during daylight hours, allow the natural light to add to the candle energies or draw the blinds.

You will need:

- An oil burner, the kind with a small nightlight underneath.
- Three prosperity oils. Good examples are patchouli, peppermint, ginger and sage. If you are pregnant, use frankincense, orange and lavender. (Note that lavender is an all-purpose herb that can be substituted for any other.)
- Symbols of prosperity, such as jeweler (golden-colored for the Sun, and silver for the Moon), and some copper-colored coins for Venus, planet of growth, to add to your money jar. (Keep a collection of foreign currency left over from holidays for such prosperity spells. You can often also buy from garage sales or museum shops old or reproduction coins in the traditional metals - such as the US silver dollar - and these tend to have more of the pure metal. Failing this, even metal discs will do.)
- Three candles, beeswax, gold or rich blue.
- A small pottery jar with a lid to 'incubate' your money. (It is a good idea to collect a selection of jars, small wooden boxes, glass bottles and pots as many spells require a container.)
- A small, flat tray or open dish in a silver or gold color. (Again these are often found amongst unwanted memorabilia. Alternatively, cover an ordinary one with gold or silver foil.)
- A crystal pendulum or any crystal pendant that will swing freely. When you are ready to start the spell on the first night, have a bath, with a few drop of frankincense or sandalwood added, to open your psychic channels. Now prepare yourself for the spell.
- Sit in the South of your circle, facing North, the direction of magick and mystery.
- Let your body fill with light from your feet right through to your head.
- Breathe in the gold and silver colors of the items you have assembled and exhale darkness. If you are in a hurry, just set up your spell and sit for a few moments drawing up power light and energy through your feet. Extend your hands over your head in an arch, stretching your fingers up so that the powers of the cosmos also enter, as you breathe slowly and deeply.
- Place your oil burner in the center of your altar or on any flat surface, together with your three chosen oils (or you can work with a single fragrance if you prefer).
- To the South of it, set your money pot with the lid open and your coins.
- Place your symbols of abundance on the tray to the North of the dish.
- Arrange your gold, blue or beeswax candles in a triangle (this sacred shape represents the Triple Goddess, the Holy Trinity and the Egyptian Isis, Osiris and Horus). The candle at the apex of the triangle should be in the North, with the other two forming the base to the South, so that the triangle creates a protective enclosure. If you have room, set your candles in holders on the floor or in candlesticks on small tables or chairs at each of the points and have the altar in the center. This is my preferred method and means that you are within the triangle and can move all round.

- On the first night, walk three times in circles around the outside of the altar (or the floor candles if you are using them), moving outwards, and pointing the index finger of your power hand behind you almost horizontally. Visualize a stream of light emanating from your finger. As you circle, chant:

*Circle one I cast for the light of the Earth
and her store of rich minerals,
gold, silver, copper smelted in forges of volcanic fire.
Circle two I cast for the moonlit seas,
for silver dolphins, seals and
cascading rainbow fish.
Circle three I cast for the sunlit skies,
the clouds pure gold
and the gilt-tipped eagle soaring high.*

- Light the candle in the North.
- Choose one of your three oils and, holding it in your receptive hand (the one you do not write with), circle over it nine times desoil the crystal pendulum or pendant.
- Say three times, faster and faster:

*Star, Moon, Sun and candle bright,
charge this oil with radiant light,
power of ginger [or name of oil] prosper me,
enter golden energy.*

- After the third chant, let your pendulum swing freely on its chain so it spirals round, catching the candlelight and, perhaps, the moonlight.
- Add the oil to the burner with a little water and light the nightlight under it.
- Take three of the coins from the dish - if possible these should be one gold, one silver and one copper. Place them in the money pot and hold this briefly in the fragrance emanating from the burner, saying:

*Venus, Morn and Evening Star,
Sun and Moon that shine afar.
I ask in love and not in greed,
grant me only what I need.*

- Place the lid on the pot and leave it in front of the burner, sitting quietly and visualizing money coming to you. At this point you may become aware of money-making possibilities you had not considered.
- When you are ready, blow out the nightlight, then the candle, sending the light into the cosmos that it may return as money-making energies.
- Walk round the circle three times widdershins, beginning with the outer circle of light, drawing the circles back like a thread into your fingers, saying softly:

*May the circle be uncast
but remain unbroken.*

- Leave everything in place except for the pot, which you should put in a warm place to 'incubate', traditionally on a kitchen shelf. On the second night, return the money pot to the south of the burner and remove the lid.
- Cast the triple circle as before, then light the candle in the North and also the one at the bottom left hand corner of the triangle.
- Take the second oil and charge it as before. This time you have dual candlelight to reflect in your pendulum.
- Add your second oil and then the first one to the burner with a few drops of water. Light the burner.
- Take six coins from the dish and add to the pot; if possible there should be two golden-colored, two silver and two copper. Repeat the chant from the previous night.
- Place the lid on the pot, then sit and visualize the money coming towards you and develop your plans to increase your prosperity.
- Blow out the candles and nightlight in reverse order of lighting, sending the energies into the cosmos.
- Uncast the circles as before and return the pot to its warm place.
- On the third night, repeat the ritual, but this time light all three candles and charge the third oil, adding a few drops of each to the burner for the cumulative energies. Add nine coins to the pot, again three of each kind of metal if you have them.
- Uncast the circle, but do not blow out the candles. Leave them and the oil to burn through, and only then put the lid back on the pot and return it to the warm place.
- Add a coin to the pot every day if you can. To empower the spell even further, you could also place a pot of basil, a herb of wealth, to the East of the burner during the ritual and after the three days, place the charged herbs on a window ledge to attract money. Do something positive to help a person, animal or place on the day after the third ritual. It need not involve money. You can re-light the oils at any time if energies seem sluggish and repeat the whole ritual a moon cycle later for as long as is necessary. There may be a lot of negative vibes swimming the other way, so persevere and be patient.

Incense Magick

Incense has formed a central part of religious and magical ceremonies for thousands of years in lands as far apart as India and North America. It has been used for purification purposes, to invoke angels and to bind or repel demons by medieval magicians. It is said to release specific energies contained in its fragrance and to carry prayers and petitions to the god or goddess figure being invoked. Since the 1960s, incense sticks, cones and burners have increased in popularity for home use, to create an atmosphere of calm, to induce love and cleanse negativity. Many people use them for meditation as well as for rituals for confidence, health, love, prosperity, psychic protection and success. Incense is now on sale in floral fragrances as well as the more traditional ones, such as frankincense and myrrh, and these are lovely both for home use and folk spells. Our ancestors would have burned flowers and leaves to create the same effect. Like herbs and oils, incense can be empowered for specific purposes and can itself form a focus for a spell, as I describe later in this section. In formal magick, incense represents the Air element and is placed in the East of the altar. It is perhaps the easiest and most accessible magical substance and yet it can be a very potent form of magick. Incense burning differs from lighting essential oils, in that the fragrance is transmitted almost instantly on the smoke and so

tends to be more concentrated and powerful than the slower-burning oils. It is therefore very effective for rituals requiring immediate action or the same intensity of effort from start to finish, rather than a gradual increase, perhaps of love or prosperity. There are two kinds of incense. The first is non-combustible incense that is burned by smoldering it on charcoal blocks. This is made from powdered herbs, leaves bark or even pine needles mixed with a gum resin such as dragon's blood and has the advantage of producing clouds of smoke, brilliant for purification or for the climax of a spell. You can buy this type of incense prepared as loose powder, chips, granules or special paste, to burn on charcoal blocks or discs. Traditional practitioners often make their own non-combustible incense, which can be very empowering, but it does take time and can be messy.

To use this incense, place the smoldering charcoal block in a censer or thurible. Until you are experienced you may find it easier and safer to place it inside the censer first, and then light it. (A censer is simply a container for the charcoal. It may be a simple ceramic pot or a much more ornate vessel made of gold or silver. I would not recommend that you use the kind of incense censers on chains used in church services as the incense tends to go everywhere and can be quite dangerous.) Add your incense gradually, about half a teaspoon at a time, once the charcoal block in the censer is glowing but not releasing sparks. With practice, you will learn to add the right quantity to ensure a steady but not choking stream of smoke as part of the ritual. Many practitioners prefer to light it beforehand and just add a teaspoon of incense as part of the ceremony or spell when they need a billow of fragrance. Incenses with a greater proportion of resin and gum will last longer - hence the popularity of frankincense in religious ceremonies. When working in a group, you can ask one person to top up the censer if necessary during a long rite. If you are alone, make this part of your increasing power actions in a private ritual. Practice using non-combustible incense before rituals and in time it will become as natural as lighting a candle.

The second type of incense, which many practitioners, myself included, prefer to use, is combustible incense, lit directly in sticks and cones. These are very difficult to make at home but the commercially produced versions are quick and easy to use and the fragrance of the sticks does not alter when burned. Some home-made incenses made from apparently pleasantly scented flowers can smell foul when they are lit! Sticks and cones are very safe to use: just light the tip, and once it is glowing, gently blow out the flame. This means there is no danger to children or pets who may be around.

Incense is also sold as dhoops, pure incense in cylinders attached to long sticky ropes; these come from India and can be burned in a flat dish. Long, broad incense sticks can be carried when alight if you are careful. There are also many kinds of incense holders available. If you have a holder that collects the ash, you can scatter this to the four winds to carry your wishes on their way. Whatever type of incense you use, treat it as you would any other substance that is ignited: read the instructions carefully before use and take normal precautions. Below I have listed some of the most common forms of incense. Some you have met before in herbal or oil form and so I have kept the associations brief to avoid repetition. You may also find a number of these fragrances, especially fruit and floral ones, are available as scented candles. You can use these in your spells to focus on a particular need or quality you wish to attract.

Incenses For Magick

Allspice

Allspice is used in spells for money, strength and action.

Apple Blossom

Use apple blossom for love, fertility, optimism, inner beauty and youthfulness. It is particularly good in rituals concerning babies and children.

Avocado

Use avocado incense for desire, increase of beauty in oneself or the environment.

Basil

Basil is used in rituals for fidelity and prosperity.

Bay

Use bay for healing, prosperity, protection and marriage.

Benzoin

Benzoin is used in rituals for money; it increases mental powers and concentration.

Bluebell

Bluebell is used for faithfulness in love and betrothals.

Carnation

Carnation is used for strength, healing and family devotion.

Cedar/ cedar wood

Cedar and Cedarwood are best for healing and cleansing redundant influences and negative thoughts.

Chamomile

Like its herbal counterpart, Chamomile incense brings money, quiet sleep and affection, and is used in spells to do with all matters of the family.

Cinnamon

Cinnamon is for spirituality, success, healing, psychic powers, money, love and passion.

Cherry

Cherry brings new love and divinatory abilities.

Cloves

Cloves are used in spells for love and money; they repel hostility and improve memory.

Copal

Use copal for protection and purification; it is especially good for cleansing crystals.

Cypress

Cypress is for times of transition to a new phase, letting go of sorrow.

Dragon's blood

Dragon's blood is used for love and protection, passion and male potency.

Fern

An initiator of change, travel and fertility, fern will also bring hidden wealth, maybe in terms of potential.

Fig

Use fig for wisdom, creativity and creation, fertility, harmony and balance.

Frankincense

Use frankincense for courage, joy, strength and success.

Freesia

Freesia increases trust, especially after loss or betrayal; it also brings belief in a better tomorrow.

GUM arabic (acacia)

Use gum Arabic in rituals for dreams, meditation, psychic protection and development.

Heather

Heather is used for passion, fidelity in love and good fortune; it maximizes opportunities and is

particularly effective in weather magick, especially rain-making.

Honeysuckle

Honeysuckle is used for money, psychic powers and protection.

Hyacinth

Hyacinth assists in overcoming opposition in love; it brings happiness and desire for reconciliation.

Hyssop

Hyssop is used for making a love commitment, for healing and all forms of protection, especially from psychic attack.

Ivy

Ivy is effective for fidelity, married love, permanent relationships and constancy.

Jasmine

Jasmine is used in Moon magick and prophetic dreams. It brings sensuality, money and passion.

Juniper

Use juniper for protection from psychic attacks and physical theft; for cleansing, healing and house moves.

Lavender

Lavender is particularly good for love and reconciliation,

Lemon/lemongrass

Both repel spite, protect against malice and gossip; they bring passion and increase psychic awareness and are good for those who travel.

Lemon verbena

Lemon verbena will break a run of bad luck; it brings love and protection against negativity.

Lilac

Use lilac for all domestic matters, acceptance of the frailty of self and others, and to ease nostalgia; lilac cleanses negativity.

Lily

Lily is for purity and breaking negative influences in love; it is frequently used in Mother Goddess magick.

Lily of the valley

Lily of the valley increases mental abilities, brings happiness and restores joy.

Marigold

Marigold is used for dreams and guarding against infidelity. It is effective in rituals concerning legal matters, luck and money.

Mimosa

Use mimosa for protection, love, prophetic dreams and purification.

Mistletoe

Known to the Druids as the all-healer, mistletoe is for healing sorrows, overcoming injustice and finding what is lost. It is also good for male potency.

Moss

Moss is used for good fortune, prosperity, money and permanence, whether in work or relationships. It frequently appears in water magick and divination (use with candles on water).

Myrrh

Myrrh is good for healing, peace, protection and inner harmony.

Myrtle

Sometimes mixed with other fragrances, myrtle is used in spells concerning fidelity in love, marriage

and mature love. It may also be used in matters of property and security.

Nutmeg

Use nutmeg for fertility and healing, especially of the environment; it will also bring a gradual increase of wealth.

Orange Blossom

Beneficial for marriage and permanent relationships, use orange blossom also for restoring trust and increasing confidence and hope.

Pine

Use pine for healing, fertility, purification, protection and money; it also returns hostility to the sender.

Poppy/opium

Poppy may be used for divination, fertility and making oneself less visible in danger; it also brings luck and sleep.

Rose

Rose is for gentle love, attraction, dreams of love and reconciliation. Rosemary
Rosemary is used for love and happy memories; it also improves memory and concentration.

Sage

Use sage in rituals for health, enhanced mental powers and wisdom.

Sandalwood

Sandalwood is effective for spiritual and psychic awareness and healing; use it also in matters of sexuality.

Strawberry

Use strawberry for innocent love, friendship and happiness.

Tamarind

Tamarind is for love, especially new love, and the rebuilding of trust.

Thyme

Thyme is used in rituals for courage, divination, health, love, money and purification.

Vanilla

Vanilla brings passion and enduring love; it also increases mental powers.

Vetiver

Use vetiver for love. It can also break a run of bad luck and bring money. It is protective against theft and all kinds of negativity.

Violet

Use violet for secrecy, modesty and uncovering hidden talents.

Combining Incenses In Rituals

As well as the single fragrances, there are many commercial products that combine several basic fragrances to evoke a particular mood, for example morning dew, raindrops and emerald. You can experiment with these and find those that seem right for your life or, if you make your own noncombustible incenses, you can combine a number of single fragrances to your own personal recipes. But it is quite possible by using a number of individual fragrance sticks in the same ritual to combine their energies and, more importantly, create exactly the proportions of specific energies you need for a ritual. For example, you might burn a rose incense for love with a cinnamon incense to add passion and energy to that special, loving relationship. The amount of incense used for each quality determines your priorities, so, in this case, if loving energies were the prime focus, you would burn two rose incense sticks or cones and one cinnamon. You can also do this with your oil mixes.

A Six-Incense Ritual For Love

Six is the number of Venus in her morning star aspect of love. You can use this ritual for attracting love, for deepening a relationship, consummating it or strengthening it during a difficult period, perhaps when everything appears to have got into a rut. You can alter the focus of the ritual by varying the number and type of each fragrance you use, for example whether your primary concern is to increase trust, passion or encourage fidelity.

This ritual is best carried out early in the moon cycle, any time from when you can see the crescent in the sky. In the ritual, I refer to a pentagram, a magical symbol that can be used for attracting energies or closing them down in ritual magick. Its uses can be varied according to the way it is drawn. However, in this ritual, it is the shape that is important, so just imagine the shape as illustrated overleaf, with its single point at the top. Arrange five of your incense sticks as though on the points of this invisible pentagram and put the sixth in the center as the combination and synthesis of the different powers.

First, gather together the tools you will need.

- A candle of the appropriate color for the type of love you wish to focus on: pink for new love, green for increasing commitment and faithful love, or red for passion and the consummation of love.
- A gold or silver ring or, if you prefer, one made of copper, Venus's own metal.
- A small white cushion or piece of white cloth.
- Six incense sticks of appropriate fragrances and separate holders to catch the ash.
- Ivy or any green fronds; if you cannot obtain any, green ribbon will do. Ivy is a plant associated with fidelity and permanent relationships.

Now begin your ritual.

- Place your ring in the center of your altar, on the white cloth or cushion.
- To the left of it (towards the West, the direction of love and emotions), place and light the candle.
- Take your incense sticks one by one, and light each in the candle, reciting: Incense of love, incense of power, thus do I charge thee, now at this hour.
*Incense of faithfulness,
incense of truth, bring love
that will last, in age and in youth.
In sickness and sorrow, in health and in joy,
in wealth and in dearth, may nothing destroy.*
- Beginning at the single (top) point of your invisible pentagram, light your first incense, saying:
*I light this incense
to bring love into my life
and the one who is right for me.*
- Moving deosil, light and place the second incense on the next point of the invisible pentagram, saying:
I light this incense that I may give love where it will bring joy and bear fruit.
- Continuing deosil, light and place the third incense at the next invisible point, saying:
I light this incense for the increase of that love and for mutual fidelity and respect.

- Light and place the fourth incense, saying:
I light this incense for the marriages of mind and soul as well as body, in a union that is beyond any legal bonds.
- Light and place the fifth incense, saying:
I light this incense that love will always be willingly given and received and never become possessive or manipulative.
- Light and place your final incense to the East of the ring, saying:
I light this incense that love will be compassionate, ever supportive, accepting of frailties and based on love of the real person, not worshipping the ideal of loving, nor demanding the perfect lover.

You can adapt the pledges according to the focus you give the ritual and even rewrite them entirely to express your purpose.

- Take the ring and pass it through the six incenses in turn, saying for each ring of faith:
Love I pledge, truth I offer, care and kindness. Ring of promise, love I ask, truth I seek, into eternity if right may it be.
- Return the ring to the center, and bind it with six loose knots of ivy or ribbon, saying:
*Do not bind,
join heart and mind,
Hold safe we two,
till life is through,
Love without end,
my dearest friend.*
I call you - [name the person, or say 'love unknown'].

Again you can adapt the words. A pledge of fidelity is actually a very potent way of attracting a new lover - perhaps someone who works close to you whom you have not thought of in a romantic way.

- Let the candle and incense burn through and then collect the incense ash in a pot or jar with a lid.
- Sleep with the ring and ivy next to your bed on the cushion and in the daytime surround it with white flowers.
- When you have time, take the ash to the top of a hill or any windy place and scatter it to the four winds, saying:

Go Free In Love And Return In Joy

You can carry out the spell on a larger scale by placing the ring, the candle and one large incense stick on your altar in the center of the invisible pentagram. Place the other large incense sticks on small tables, chairs or blocks at the other points and work within the pentagram. You could even use garden incense and carry out the ritual in a sheltered spot out of doors, maybe even picking your ivy and white flowers during the ritual.

A Ritual For Harmony

This ritual can be used when, for example, a colleague, family member or friend is intruding in your life, but you do not want to hurt their feelings. It can be very successful if you have received one too many phone calls or visits at inconvenient moments from a friend or neighbor. It may help to ward off constant interference in your projects by your boss or a colleague at work, or possessiveness that is not malicious but comes from loneliness in a close relative, a child or even your partner. You can carry it out before going to work or when you anticipate the arrival of the person. It is much kinder than a traditional binding spell as it preserves the positive aspects of the relationship.

- Light deosil a circle of lavender and rose incense sticks for love and kindness.
- Fill a pot or a small cauldron, or any heatproof dish, with sand and in it stand a single orange candle for independence.
- Take a long piece of red thread and tie nine loose knots around the base of the cauldron to represent the tangled emotions, saying as you tie the knots:

Bind and wind nine times through, bonds that stifle, tangle, twine, bind unwilling me to you.

* Cut through the knots one at a time, using a knife (not scissors), saying:

*Ties so binding,
Cut right through,
Guilt unwinding,
Freedom finding,
Loving you,
Not what you do.*

- Light your candle, saying:
Light of self, burning true, I am me and you are you. Light of friendship, light so kind, free in heart and soul and mind.
- Now burn each of the knots in the orange candle so they drop into the sand, saying:
Free to live in harmony Caring still, but separately.

This is also a good ritual if you are separating or divorcing from a partner but need to maintain friendly contact, perhaps because you work together or have joint family or financial responsibilities.

Crystals And Protective Magick

Whether you are carrying out spells, rituals or divination or are simply feeling anxious, vulnerable or under attack from inner or external forces, psychic protection can enclose you in light and keep out all that threatens your harmony. It is a very positive form of magick that for everyday use requires a basic ritual or visualization that takes only a minute or two. Some people carry out routine psychic protection when returning from work and in the morning as naturally as taking off their work clothes and having a bath, to shed the pressures of the day. You can also with practice learn to cast protection round those you care for: a child who is being bullied or an animal or bird that is endangered, an area of natural beauty under threat from developers or a group of people who are being unfairly targeted. Of course you can't save a rainforest single-handed because there will always be a vast tide of despoiling vibes flowing in the opposite

direction. But as has been shown by events such as World Days for Peace and the experiments on the power of prayer, if enough individuals send out positive intentions, followed by peaceful action, then people power really does make a difference. There is, as ever, just one proviso: you must remember the Wiccan Rede, 'An it harm none, do what you will', and apply it rigorously. I am often asked to carry out protective spells for people who feel that they are the subject of unfair scrutiny, jealousy, anger or resentment. This may be manifest as deliberate malice, a muttered curse or a declaration of some vengeful intent. But more usually the origins are more obscure, perhaps coming from someone gossiping or lying in bed at night, fuming over an achievement or good fortune enjoyed by their supposed enemy. A whole tradition of 'evil eye' superstitions and antidotes grew out of such envy and bad wishing. If you are to help counteract this kind of bad feeling, without causing harm in return, it is best to resort to some kind of protection. Note that you do not have to identify the sender of bad vibes in order to protect the victim. You will usually know who it is, as in most cases there is a likely candidate, and very frequently the wrongdoers give themselves away as they cannot resist the satisfaction of checking the effect of their unpleasant actions. Don't be tempted into direct retaliation, however - remember the Threefold Law. The same tools and methods of protection can be used whether you are protecting a cat from an aggressive, stone-throwing neighbor or whales in a distant ocean from marauding fishermen. These include herbs, oils and incenses, made into sachets and poppets used in rituals. Salt, sacred water and wax amulets may also provide protection. One of the most potent methods of protection is through the use of crystals

Crystals

All crystals have innate protective qualities as well as healing and empowering properties and so can offer instant harmony and energy even in the most draining situations.

Collecting Protective Crystals

Certain crystals have, over the millennia, from Ancient Babylon, Egypt and the Orient, acquired the reputation of possessing strong protective qualities and are also usually potent in strengthening and healing. These include amber, black agate, amethyst, bloodstone, carnelian, garnet, jade, black and red jasper, jet, lapis lazuli, tiger's eye, topaz and turquoise. However, as you work with crystals and stones, you may discover that a particular crystal or even a stone from the seashore fills you with calm and confidence; if you carry or hold this at times when you feel vulnerable, it will increase in power the more you use it. Build up a collection of small protective crystals with which you can ring your bed for quiet sleep or place around your home or workplace to absorb the negativity of others. Buy or make a dark silk or natural fabric drawstring bag or purse in which you can carry a single protective crystal, or your crystal pairs, whenever you leave home. Place them in the four corners of a room that always seems dark or inhospitable. Set crystals at the four corners of the table where you are carrying out divinatory or psychic work to act as a psychic shield from negativity or debilitating emotions.

Balancing The Energies

Crystals can be used in pairs to balance energies and restore equilibrium to a person or situation. This little piece of magick is particularly useful when you are under stress. Simply hold a dark crystal, such as a smoky quartz or apache tear, in your power hand and a clear crystal quartz or a golden citrine in your receptive hand, and close your eyes. You will feel the adrenaline surge and panic flowing away, leaving you calm and protected, able to deal with any situation. I always keep a couple of suitable crystals in my hand luggage for difficult moments when traveling - crowded trains, delays, especially late at night when I feel very vulnerable, and

even small enclosed lifts, which I hate, having become stuck in one when I was heavily pregnant. You could also buy and wear a pair of small, jeweled pins containing crystals, or two lapel brooches fastening the two sides of your scarf, or odd cufflinks with balancing crystals. (Who knows, you may even find you start a trend...)

Charging Your Crystals With Positive Power

All crystals contain power as well as protective qualities and cleansing is itself empowering. However, if you are being subjected to stress or harassment of any kind, you might like to charge your crystal, so that when you touch or look at it, you will be enclosed in its radiance and stimulate your own innate self-protective power. Your charged crystal acts as an amplifier for your own inner radiance and self-confidence and will repel any hostility.

My own favorite method is to wrap the crystals in white silk and take them to a sacred place of ancient power, such as a standing stone, an old stone circle or one of the ancient healing wells. Go as early in the morning as possible and place the crystals on a flat surface, either on one of the stones or close to the water. Sit near to the source of power, touching it with your two hands so that you create a circuit of energy parallel to that being absorbed by the crystals and so empower your own auric field (the area of psychic energy that exists around our bodies). Auric fields contain different colors; they can be seen spontaneously by clairvoyants but anyone can, with time and practice, interpret auras, which change according to a person's mood and the influences on it. After about ten minutes you may detect a slight luminescence around yourself as well as the crystals. Your crystals will now be charged and can be placed in their drawstring bag. When under stress, touch your chosen crystal for strength and protection. Keep it on your desk at work, place it between you and an adversary or next to your bed if you are troubled by bad dreams or fear psychic attack or malevolence at night. People living in areas with high rates of robbery and violence may wish to put a power crystal, such as turquoise, red jasper or carnelian, as a protective buffer near external doors and windows. In less extreme circumstances, charged rose quartz and amethyst are excellent for sleep and relaxation problems, for charging simply accentuates the innate calm energies of the crystal.

With the gentle crystals (such as amethyst, rose quartz or smoky quartz), you will experience a gentle warmth and enclosing light of pink, green or purple according to the color of the crystal. But with the power crystals (such as clear crystal quartz, citrine or carnelian), you may see with your psychic vision sparks of gold emanating and enclosing you in a protective shell. Anyone who approaches in a confrontational way may stop and back off. The crystal is not hurting them, it is just strengthening your own boundaries against intrusion.

If you cannot visit an ancient site to charge your crystals, hold a crystal pendulum up to bright sunlight, or in front of a fiber optic lamp, and swirl it so that it catches rainbows. Hold your pendulum in your power hand. With your other hand, hold the crystal beneath the pendulum so it catches the light, and turn your pendulum over the crystal nine times deosil to absorb power. Another method is to take your crystal out into the light of the full moon (the two or three nights leading up to the full moon are also powerful). Hold your crystal up so that the light of the Moon shines on it. Alternatively, fill a bowl with water and place it in the open air so that the Moon is reflected in it. You can then bathe your crystal in empowering moonlight and leave to dry. You can also bathe a crystal in sunlight; I find the Moon method more gently empowering for crystals that are primarily intended to act as guardians. But experiment, as Sun water may be best for you.

Protective Crystals

The following crystals are those that I, in my personal work, and people with whom I have held healing workshops or teaching sessions have found especially protective. They will absorb negative energies emanating from both fears and doubts, and repel external attack, replacing darker feelings with positive emotions and intentions.

To benefit from the protective powers of a crystal, you can carry or wear it, or keep it close to you at work, at home or when you travel. You can also add a crystal to your bath water.

Alternatively, you can soak it in pure spring water overnight and drink the crystalline water in the morning or carry it in a small bottle to splash on your face and wrists at stressful times.

Agates

These bring stability, security, emotional and physical balance and acceptance of self and others as they are. Agates are said to be good in all colors for reducing effects of harmful rays, pollution and all forms of psychic, psychological and physical attack. Black agate absorbs negativity, repels psychic attack, irrational thoughts and words, and promotes acceptance and tolerance of differences in others. Blue lace agate is a natural peace-bringer and protects against harsh words spoken by self or others. Moss agate (clear with green, moss-like tendrils) is the stone for protecting against pollution and deforestation. Plant a circle of them in the soil of a tropical plant and each day visualize healing rays being sent to the rainforests. Moss agate also protects against food cravings and obsessions.

Amber

Known as the honey stone, because of its great antiquity and soft, warm touch, amber is said to contain the power of many suns and has the power to absorb negativity and protect the user from harm. It will also melt any emotional or physical rigidity.

In the Chinese tradition, the souls of tigers pass into amber when they die and so it is also a gem of courage in the face of unfairness or hostility. Above all, it protects children, especially from falls and bullying, and increases their self-esteem (coral also does this).

Brilliant for soothing anxiety and creating a golden shield of protection that mingles power with kindness and a sense of perspective, amber is said to protect wearers from pollution, both industrial and technological.

Amethyst

Amethyst is one of the best healing and protective stones. Egyptian soldiers wore it in battle so they would not panic in dangerous situations and so it is an ideal crystal to calm children and adults and to keep away night terrors. The Greeks believed that amethyst prevented the wearer from drunkenness -amethysts means 'not drunken' - and so it protects against excesses not only of alcohol, but of those who seek to dominate through greater strength or status, at work or socially. Worn during sleep, it prevents insomnia, and when carried throughout the day, it reduces anger and impatience in self and others.

Apache Tears (Obsidian)

These small black globules are so-named after a tragic incident in Arizona. A group of Apaches were ambushed by soldiers. Many were killed and the rest threw themselves over a cliff, rather than be taken prisoner. The women and maidens of the tribe wept at the base of the cliff for a whole moon cycle and their tears became embedded within obsidian crystals in the rock.

Apache tears protect against treachery, deep sorrow and are especially potent in protecting

persecuted minorities whether these are people, endangered species or places. They ease and release physical and mental pain, loss, sadness and anger, allowing the user to move forward. Apache tears are particularly powerful for protection against one's own fears of frailty, mortality, loneliness and loss of any kind.

Beryl

A crystal of the Sun, beryl drives away inner fears and repels external threats and malevolence, increasing confidence and a sense of well being. In its golden form it is excellent for creating a shield of golden sparks around you in difficult situations where there are too many factors or conflicting demands to assimilate and you feel overwhelmed. Deep blue beryl is used for crystal balls. It offers inner peace and the courage to stand against bullies and autocrats, but allows you to be generous to the petty-minded. Pink beryl (morganite) offers gentle protection for children and animals and encourages compassion towards our enemies.

Bloodstone (heliotrope)

The red spots of bloodstone were, according to legend, formed from the blood of Christ as it fell on green jasper at the crucifixion and so it is traditionally used in icons and religious carvings. In Ancient Babylon, bloodstone was used in amulets for protection against enemies and has been carried by soldiers in many cultures to overcome fears, to prevent wounds or stop bleeding. It is good for deflecting cruelty, spite and malice and for situations in which the fears are real and the opposition great. Travelers may carry this stone to protect against accidents or attack.

Carnelian

Though most usually a translucent, vibrant red or orange, carnelians can also be yellow or brown. In any shade, carnelians have traditionally been regarded as the stones of courage and self-confidence of leaders, and those who wish or need to be leaders should wear one around the neck or in a ring. They are powerful against all forms of malevolence and danger, repelling envy in others. Most of all, carnelians protect us against ourselves and our own weaknesses.

Coral

Coral is an organic gem, usually pink, red or orange, and is known as the protector of children. Coral has been a children's stone from the time of the Ancient Greeks when Plato wrote that it should be hung around children's necks to prevent them falling and to cure colic, and rubbed on the gums to help painless teething. It is good for all children's fears and against threat to their person or self-esteem. It is also protective for adolescent girls, pregnant women and new mothers, and invokes kindness and gentleness in others.

Garner

Usually a deep, clear red, garnets are the ultimate protective stone. Eastern European peoples used the garnet against illness, night phantoms and all forms of manifest evil, including the mythical vampire. In medieval times, garnets were engraved with a lion's head for health and safe travel; however, being a brittle stone, this was not easy and the few that did not shatter were highly prized. It is still regarded as a stone to be carried by travelers, especially for protection against attack. Like the emerald, it will change color if danger is near. Garnets also provide energy for difficult tasks when rest is not possible. Avoid using garnet when you are feeling angry, as it will amplify these feelings.

Jade

A stone that protects against ill-health and poverty, jade is another very gentle stone that is said to contain great deal of the undiluted life force. It connects the user with Earth energies and offers protection from injury and accidents, especially during travel. It is a good stone for rituals to heal the planet.

Jasper

Jasper is, like agate, a powerful grounding and earthling stone and protects against fears as well as external danger. Black jasper is protective against all negative sources and especially the user's own repressed feelings. It is good for absorbing anger. Brown jasper offers stability in turbulent times; it is good to use after rituals. Green jasper protects against jealousy, increases empathy with others' difficulties and soothes bad dreams. Red jasper is naturally defensive against external hostility and danger.

Jet

Jet is, like amber, an organic gem of great antiquity. It is actually fossilized wood that has been turned into a dense form of coal. Travelers and fisher folk benefit from its protection - in past times, the wives of sailors would keep a jet amulet safe at home so that their husbands would return safely from the sea. It protects all who travel by night, alone or in lonely places, and older people in all aspects of their lives. It guards against bad dreams and endows the wearer with the emotional strength to face the ending of a natural phase.

Lapis lazuli

Known as the eye of wisdom and the stone of the gods, lapis lazuli jewelers is mentioned in an Ancient Egyptian papyrus dating from over 3,000 years ago as having healing powers. The Sumerians believed it contained the souls of their gods and goddesses and as such would endow them with magical powers, and the goddess Ishtar was famed for her beautiful necklaces of this crystal. In Egypt, lapis lazuli was first used in a powdered form for eye make-up as protection against the evil eye. Lapis lazuli counteracts insomnia and the inability to communicate, and is a powerfully protective stone against all pettiness, spite, injustice and unfair officialdom. It offers the courage and clarity to win through, however seemingly powerful the opposition, but it demands nobility of purpose in its users. Lapis lazuli is good for healing both air and water pollution and for world peace.

Malachite

A purifier and energizer, malachite will replace negativity with positive energies. It cleanses the auric field around people, animals, plants and places. Malachite will absorb pollution and, it is claimed, harmful rays from computers and televisions. It is especially effective if a crystal is placed in the corners of a room where white electrical goods are being used. Because it is so powerful, malachite should be cleansed at least every two days.

Rose quartz

Rose quartz is the stone of gentle healing and protection. It is known as the children's stone because it is so gentle in soothing away childhood ills and sorrows that may haunt us into adulthood. It is good for protecting families, the home, pets and anyone who is ill or vulnerable. It promotes family love and friendship, and brings peace, forgiveness, emotional harmony and the mending of quarrels. It heals emotional wounds and heartbreak, grief, stress, fear, lack of

confidence, resentment and anger. Rose quartz will keep away nightmares and night-time fears. Cleanse and recharge it frequently, especially if the color begins to fade.

Smoky quartz

This is traditionally associated with removing negative influences on the user. It can promote physical health and galvanize our shadow side, transforming anger and resentment into positive action, rather than leaving us to deny negative feelings or project them on to other people. It is a powerful stone to use when one's survival, either professional or personal, is an issue. Smoky quartz also counteracts self-destructive impulses.

Tiger's eye

A brown or red translucent stone (the green and blue versions are cat's, falcon or hawk's eyes), tiger's eye combines the powers of the Earth with the deep instinctive ability to survive life's challenges. Throughout the ages, tiger's eye has been a talisman against the evil eye. Roman soldiers would wear engraved stones as protection from death and wounding. Tiger's eye is also associated with practical aspects of life and enhances the five senses. Thus it can alert us to physical danger as well as potential malice. It is effective in tackling gossip, backbiting and spite in a firm but creative way, and is perhaps best of all for creating a sparkling shield of protection.

Topaz

Topaz is the Sanskrit word for 'fire'. Topaz increases power as the Moon waxes, being at its greatest potency at the time of the full moon. Perhaps because of this, topaz was said to be proof against nightmares, night terrors and phantoms and malice of the night as well as violent emotions. Water in which a topaz has been soaked is a cure for insomnia if drunk an hour before bedtime. A natural energizer, golden topaz is especially good for alleviating work anxieties, especially in the caring professions, and should be kept in the workplace.

Turquoise

Mined by the Egyptians in Sinai more than 6,000 years ago, turquoise and imitations of it have been discovered in graves from around 4000 BC. It is the stone of horsemen, warning them of danger, and will prevent horses from stumbling if placed in a saddle or on a bridle. So it is the stone of all travelers, especially those who travel far by air or sea. In modern times, a small turquoise can be attached to pets' collars and to the mirrors of birdcages to protect them. It can also be plaited into horses' manes to prevent their being stolen or harmed, using the following method. Soak the turquoise in sacred water for 24 hours, then charge it with power by sprinkling salt on it and passing it through the smoke of a powerful incense such as cedar, then through the flame of a pink candle and finally with the sacred water. Finally, bind the turquoise with three hairs from the animal. Turquoise is a power stone and is good in global rituals, to protect persecuted groups and for healing the sea and air. It is particularly effective in whale and dolphin conservation work.

A Protective Crystal Ritual

This ritual is particularly effective for anyone feeling anxious about traveling or moving house. You will need a map of the journey involved. You may like to work by candlelight, in which case light a yellow candle for a journey of a short distance or duration and a blue one for major travel. You can also adapt this ritual for a house move, burning a brown candle for a move to or within a town or city and green for a rural or more isolated location.

- Spread five or six protective crystals across the map from your home to your destination.
- Prepare a circle of protective incense sticks or cones, such as copal, juniper or lemon verbena, alternated with fern or frankincense incense for travel. Use holders or burners wide enough to collect the ash. (Incense combines the qualities of the Earth in its substance and of the Sky when lit and so is a very balanced form of magic, combining the Sky Father and Earth Mother, animus and anima energies, or yang and yin in the Oriental tradition.)
- As you light the incense, say: *Far or near, guard my home, guide me safe o'er hill and foam, In darkest night, though apart, my home I carry in my heart.*
- While the incense is burning, make positive plans for your journey and focus on the most pleasurable aspects.
- When the incense is burned through, collect any ash and sprinkle a little over the crystals you placed over your home and destination.
- Wash the crystals in sacred water or any source of running water and allow them to dry naturally.
- Take your home crystal on the journey with you and give the destination crystal to a loved one. If you live alone, bury it in a plant pot near the door to await your homecoming.
- For a house move, bury the 'new home' crystal near the front door of your present property to create a happy atmosphere for the new owners or tenants. Bury the 'old home' crystal in the ground near your new front door when you move, to transfer positive energies with you and make the new home instantly yours.

Amulets

Very potent protection can be provided by amulets. These are charms that have been marked with a symbol to indicate the power they contain. This could be a protective god or goddess, or a sign of the zodiac or a planet that you feel has the power you need. Alternatively, you might simply write the name of the person to be protected and surround it with a circle to keep out ill-wishing. You can make an amulet in any shape you wish, out of candle-wax or clay, or you could use wooden discs, cut from an old broom handle. The symbols may be engraved, using a sharp knife, or painted on. You can add decorations if you wish. Amulets may be carried in your pocket, or you could drill a hole and thread a ribbon through an amulet and hang it around your neck. They may also be placed in a house to offer protection against danger and illness. Protective crystals also make good amulets and empowered herbs of protection. Traditionally, the week before the midsummer solstice is the time for making protective amulets, so that they can be passed through flame or held up to the Sun on the solstice day at noon.

Salt

Salt has always been central to religious and magical practices because it is an absolutely pure substance. It is powerful for psychic protection but also in money-making and in healing rituals. Centuries ago, it was regarded as precious because it was the main preservative of food through the long winter months for early settlers around the globe. In formal magick, it represents the element of Earth. In modern protective and banishing rituals, a salt circle is created to keep out harm. Many of us still adhere to the old practice of throwing a pinch of spilt salt over our left shoulder, 'into the eyes of the Devil'. Salt was also added in the making of Holy Water to ward off evil and increase physical strength as well as powers of fertility. Salt is still added to water in casting a triple circle in more formal magick. On a less formal level, small quantities of salt can

be empowered and used for all kinds of domestic protection. To empower salt, pass a clear quartz or crystal pendulum over it deosil, chanting the purpose, for example, 'Salt, salt, protect me from all danger'. Keep them separate from other condiments in a watertight container and then you can build in the specific need, perhaps protection for a traveler, purification of a house or comfort for a child unhappy at school. Twists of salt in silver foil hidden in the corners of a room at home or work can offer protection, as can salt in a drawstring bag carried while traveling to guard against illness, accident or harm. You can also scatter a circle of salt around a schoolbag, travel bag or briefcase, around your desk or on the threshold, to create a protective shield. You can charge pepper in the same way to make a salt and pepper floor wash for floors (this is an old Afro-Caribbean tradition). As you scrub or sprinkle, create the empowerment charm, for example 'Salt of Earth, pepper of Fire, guard my home and cleanse away all harm'. Pepper also works wonders for keeping away the office vamp or Adonis and if you think your partner is at risk from temptation, add the empowered condiment to a salad and they will absorb the protection.

A Protective Ritual With Empowered Salt

- Place the salt in a small ceramic dish on your altar and light a pure beeswax candle at the four main compass points around the edges of the altar. Beeswax has a long tradition in magick: it was sacred to the Mother Goddess and later the Virgin Mary. Demeter, goddess of the grain, was called Queen Bee and Aphrodite's symbol at her hive-shaped shrine in Eryx was a gold honeycomb. Her high priestess was always called Melissa, Latin for bee.
- Beginning at the North of your circle, light your elemental candles. At each quarter of the circle say: *Demeter, Aphrodite, Melissa, pure mother bee, charge with thy light this salt, to enfold my home (workplace/journey) with thy golden mantle of protection.*

You may wish to leave out the goddess names or substitute a Mother Goddess or religious icon of your own. Perhaps surprisingly, many witches do ask the blessings of Mother Mary and I believe that if you work in love, then you should use your own focus. If you prefer, just say: *Benign light, charge with honeyed fragrance this salt, to enfold -[insert the name of the person to be protected].*

- Next enclose your dish of salt in a square of small protective crystals such as jade or tiger's eye and one or two amber if you have any in your collection. (Rose quartz or glass nuggets in smoky brown and yellow make good substitutes.) Begin in the North and make sure the crystals are touching. The square is a sacred geometric form symbolizing time and space and so is good for all protective rituals. The square should be just inside the candles. Some practitioners create a symbolic square by placing just two crystals in the center of where each side would be, and you can do this if you prefer. As you create the square, say: *Safe within, nought to enter, nought to harm, nought within but this benign light of love. Thus do I build, thus enclose - [insert the name or place to be protected] in light and protection.*
- Now create a circle of golden petals, pollen, leaves or pot pourri. The circle should almost touch the candles, so that they can stand sentinel round it, and should enclose the square or crystals and the salt. The circle represents the spirit and so encloses the space and time square. As you scatter the petals or pollen, say: *Circle of gold, shield from malice, danger and stranger, enter the salt and empower this sphere with a shield of gold.*

- Leave the candles to burn down, making sure they are in broad-based holders so wax does not fall on the petals. If you are working with other people or wish to have a more active ritual, place the dish of salt in the centre resting on the altar or on a rock. Set tall candles in floor holders a short distance away and make an invisible square with frankincense or sandalwood incense by walking round the square and then scattering your golden petal, herb or pollen circle. If you cannot obtain beeswax candles, use plain white candles and place a tiny dish of honey to the right of the salt. Since the honey will also be empowered, you can absorb the protective magick by using it in a drink or sandwich.
- When the candles have burned down completely, clear away the crystals and wash them under running water.

Water

Because water is vital for life, it has become associated with rebirth and healing through the washing away of sins and disease, and so with protection from ills of all kinds. Water for rituals must first be consecrated. You can use either pure spring water or tap water left for 24 hours in a crystal or clear glass container. Cover the water with mesh in the waxing or full moon and then leave out of doors to absorb the light of the Moon and the Sun for a full 24 hours. The full moon rises around sunset, so you can follow the old Celtic day. Even if you cannot see the light because of cloud, the energies are still potent. In formal magick, consecrated water is placed in the West in a special bowl. In the home, it is good to keep a supply of sacred water ready for use at all times: purify objects and areas by sprinkling it, add it to your bath, drink it, put it in your pets' bowl and use it to water your plants. One way of unobtrusively absorbing the protection of sacred water is to keep some in a mineral water bottle so you can dab it on your wrists and temples at times of stress or take a drink if you feel worried or under threat from a person who exudes hostility. Add a little to the cup when making tea or coffee for an adversary. You are not giving away your power but, by the Threefold Law, creating harmony in the source of the trouble. Sacred water can also be poured on earth that has become barren or spoiled and into polluted seas and rivers.

A Ritual For Consecrating Water

If you are carrying out a special healing or protective ritual, you might wish to use this slightly more complex method of creating sacred water. It is possible to buy or obtain water from holy wells, usually in return for a donation towards the upkeep of the well, and some commercially bottled spring water comes from sacred wells. For example, the healing water from Prime's Well, in the Malvern Hills, where the hero in Langland's poem *The Vision of Piers the Plowman* received his vision, is now piped and bottled as Malvern Spring Water, without which Queen Elizabeth II will not travel. Use the following ritual to consecrate your bottled water, or, if you are in a hurry for your rituals, pass a pendulum nine times widdershins over it to remove any influences added in the bottling and nine times deosil to energize it. (A pendulum is made by hanging a crystal, or a piece of wood or metal on a chain and can be used to transmit answers to questions by its movements. Crystal pendulums are also used to catch the light of the Sun or Moon, thus adding the energies of these light forces.) Use a crystal or clear glass jug or decanter, if possible, in which to keep your water. The kind used for wine, with a stopper or lid, is best.

- Wash a clear, round crystal quartz (a stone used in many cultures to energize and purify water) under running water to remove any impurities introduced by the modern world. Place it in the bottom of your jug or decanter.
- Pour mineral water, from a sacred source if possible, into the jug. Some practitioners, following the ancient Celtic tradition, use water that has been boiled with nine quartz crystals added.
- Leave this water out of doors in a circle of white flowers or blossoms for 24 hours, where it will absorb the complete light cycle. If the Moon is not visible, because of clouds, burn a white candle or nightlight behind it.
- Pass a twig from one of the protective trees, such as rowan, ash, palm, thorn or olive, over it nine times widdershins to remove any lingering negativity.
- Finally, pass the twig over it nine times deosil to empower it, saying: *Water of the goddess, flowing from the Earth, filled with lingering moonbeams, healing bring to birth. Water filled with sunlight, crystal light empower, floral life force entering, blessings on us shower.*

Keep your sacred water on a special shelf in a cupboard and when it is almost empty pour what is left into a pond or lake and wash out the jug or decanter under running water.

Revitalizing Rainwater For Use In Rituals

Before the days of acid rain, practitioners of magick would use rainwater collected in a container before it touched the ground as sacred water. Nowadays, you may find it necessary to revitalize the rainwater you use with a few drops of flower essence. There are many brands available: Agrimony's from Dr Bach's Flower Essences; Goatbeard from the Pacific Flower Essence Remedies; Coconut Palm from the African and Amazonian Essences; Alaskan soap berry; Diva Fig Tree or Morning Glory; and Find horn rowan, all of which seem to work as purifiers for me. Flower and tree essences are created from the living energies of the plant and this spirit water is especially good for protective baths.

A Protective Water Ritual

This ritual is particularly effective for removing the effects of spite or unfair criticism or a destructive encounter that has shaken your confidence. It is based on an old custom whereby a rag was dipped into a holy well and the water rubbed on the body part that was causing pain. The rag was then left on a tree overhanging the well to dry and take with it the illness or pain, after which the rag was left to decay, so ensuring a permanent or long-term cure. These wells, called cloth or 'cloutie' wells in the north of England, are still a focus for protection and healing in many parts of the world, surrounded by ribbons and flowers. You will need a large crystal or glass bowl for this ritual. Such bowls, frequently used in magick, are often obtainable cheaply from car boot or garage sales.

- Pour sacred water into the crystal bowl so that it is about half-full.
- Pass over the bowl three times deosil a silver colored knife, or a traditional tool related to Air, saying: One, twice, three times, by this blade of Air, by the mighty winds and the boundless sky, thrice thus do I charge this water with power and protection against all who would do or wish me harm.
- Dip a small piece of white cotton or flannel into your sacred water, saying: *Wash away the sorrow, wash away the pain, Father Sky and Sister Water, let but peace remain.*

- Tie the cloth to a healing tree, such as ash, birch, aspen or willow (failing this, any tree or large plant in your garden or home will do) and leave the cloth to dry naturally. As you tie it, say: As the sacred water returns to the sky to fall as life-enhancing rain, so may my- [name your

unhappiness] be dispersed and transformed into joy and reconciliation. Place a coin in a special pot every time you use your sacred water, so that when it is full you can buy a present for someone you love, a person who is lonely or ill or to give to a favorite charity.

Healing Magick

Herbs have been used for healing since time immemorial in cultures all over the world. In herbal medicine, the herbs whose properties alleviate a particular illness or state of mind are taken internally or applied to the physical body externally. However, in healing magick, light and healing energies are transmitted through color, crystals, herbs, oils and incenses and used as a focus for transferring healing energies to trigger the body and mind's own immune system, through visualization and telepathic waves. In this way, healing magick is akin to spiritual healing. By directing the natural restorative energies of the Earth, nature and the cosmos towards a sick or stressed person, animal or place through mind or soul flow, we can stimulate and amplify their self healing powers. A number of witches are formally trained in the healing arts, using both conventional methods, such as surgery, and alternative therapies, such as chiropractic, aromatherapy and Reiki. Witches may also be members of healing associations, and conventional medicine is increasingly recognizing the value of alternative and much older methods. But many witches without any formal training in either conventional medical treatment or spiritual healing follow the tradition of the wise men and women, the Wicca. These practitioners passed their craft down over centuries, from one generation to the next, but we also all have an innate ability to heal, which tells us how to soothe a loved one's headache or a child's distress.

Unlike some modern physicians or surgeons, who sometimes regard the prolonging of life as the major purpose of their work, regardless of the quality of that life, many witch healers, like other spiritual healers, accept that sometimes decline and death are inevitable. So they work to ease the parting and the passing over, knowing that this life is not the end. Magical healing has a very gentle tradition. You can carry out healing with the sick person present, by directing the light and energies towards them. This can be done, for example, through a candle flame set between you. Alternatively, you can circle a pendulum over their head, widdershins to remove pain for whole-body healing or to ease a painful place, and deosil to restore energies. If the subject is absent, you can visualize them and send healing light across the cosmos. Healing magick can also be used with your pets, and for more general purposes, such as healing a particular place or the planet. Do note that I am not claiming that the methods of magick healing given in this chapter will always effect a complete cure; if you suffer from a chronic or acute condition that does not quickly improve, you should consult your conventional doctor or registered alternative medical practitioner. However, magick has successfully been used in speeding healing, partly, it would seem, by stimulating the body's own self-healing system, operating through the close connection between mind, body and spirit in a way that the medical profession is only now beginning to understand.

Creating A Healing Sanctuary

Many practitioners use their magical altar for healing work and because each piece of work is related, this adds to the positive energies already concentrated there. However, if you have room, you might like to set aside a corner specifically for healing.

You can use a table or any flat surface for your altar. On it, you should keep a single, pure beeswax or white candle; this is a symbol of the unity of all life and the one divine source that flows through every natural being, whether it is male or female, god or goddess, animal, bird, fish, tree, plant or stone. You will also need your special healing crystals, perhaps arranged in a circle around the candle and a clear crystal sphere or crystal pendulum for directing sunlight and moonlight. The crystals could include gentle rose quartz and amethyst for healing all ills and bringing harmony, moonstone for female and hormonal disorders and for fertility, citrine for energy and lifting depression, and agates for balancing energies. Later in this section I have listed some healing crystals I use under their different colors, as these are related to healing properties.

You can also keep here pots of healing herbs, seasonal fruit, flowers, nuts and seeds that will be empowered by the healing energies. These can regularly be given to anyone feeling tired or anxious - not forgetting yourself. A covered jar of empowered salt and a bottle of sacred water are also important. However, you might like to bless them before use, in the name of the Goddess, a healing deity or simply the powers of goodness and light, by passing them three times over the healing candle flame. You will also need somewhere to keep all you need for your healing work that you can also use in more general magical work with a healing focus. You might have a box at the side of the altar, or, if you adapt a cupboard for your altar, you could use the space inside it. In this place you would have your dried herbs, healing oils and incenses, favorite flower essences, colored bottles containing empowered water and small crystals or glass nuggets. You could also collect twigs or small carved artifacts from healing trees, such as ash, olive, rowan, palm and aspen.

On the table in front of the candle you could keep a special healing book in which you could write the names of people or places you know who need healing. These could include pets, a hospital or hospice with which you have connections, sanctuaries for injured creatures, threatened species and places. You might also like to keep a special 'Loving Connections' section for the names of friends or family members who are away from home and may be feeling lonely, and also anyone from whom you are estranged. A bound journal with blank pages is good for this kind of work or you could buy a leather loose-leaf binder and insert blank pages with dates. If you work in a group, one member can be responsible for regularly updating the book.

A Ritual For Creating Healing Magick

Each evening or morning - or whenever you have time - light your healing candle and hold one of your special crystals and your crystal sphere or pendulum and focus on of the names in your book, sending the candlelight reflected though the crystal to wherever it is needed. The traditional healing hour is ten o' clock at night, but what is more important is that the time is one where you can be quiet and are not pressurized by other demands. Begin by holding a healing crystal and focusing the energies through the candle flame; you can then extend this ritual for specific healing purposes. You will need a photograph, newspaper cutting or symbol of the person, animal or place to which you are sending healing energies.

- Take a dish of sacred water and place it near the candle.
- Hold the symbol of the person to be healed between your hands and speak a few words of love and reassurance as though they were with you. If you have already created for the sick person a herb poppet or sachet, hold that between your hands and repeat the original herb empowerment or sit in silence recreating the ritual in your mind. You can add words of healing as above. If the object of the healing is a place, such as a lake or woodland under threat, imagine that you are in that place.
- Circle your crystal pendulum or a pointed healing crystal over the symbol (or sachet or poppet) nine times widdershins, saying as a mantra: *Go, pain and sorrow, change to star or sunbeam, transformed in joy and in tranquility.*
- Plunge the pendulum into the water and hold it to the light so the drops of water fall off and scatter as rainbow light beams all around the symbol. You can also create the light beams by angling your candle or hanging rainbow crystals in your window. It is not cheating, but directing natural forces for a purpose and infusing physical light beams with spiritual energies. Mirrors are another good way of reflecting light beams.
- Now circle the pendulum nine times deosil over the symbol, saying: *Sunbeam, star beam, rays of light, replace, restore, renew, rejoice.*
- Blow out the candle, sending the light to the sick or sorrowing person, saying: *Go, light of healing, radiance of love and friendship, to where you are needed most this night, with - [name the person, animal or location]. May blessings fall, darkness and doubts recede into nothingness. So may it be in the name of all that is good and loving and pure [or 'in the name of the Goddess', if you prefer].* If you are feeling ill, worried or afraid you can go to your healing place and light the candle, holding your favorite crystal and expressing softly your needs and fears. However, the more healing you carry out for others, the more harmony will fall on you under the Threefold Law. If you are working with friends or in a group, after showering it with light beams, pass the symbol round to each person, adding individual blessings. Give each person a small, white candle to set before them so that they can personally send light and blessings. The words can be spoken as a joint mantra or chant.

A Short Ritual For Absent Healing

This can be carried out once a month for those who regularly need your help and support. Use natural candles such as beeswax rather than paraffin-based for this ritual if possible.

- Light your healing candle and burn rose or lavender incense or a healing oil, such as Chamomile or rosewood.
- Read through all the names in your healing book, adding any new ones to the list and giving thanks for any who have recovered.
- Speak your own prayer or mantra to your god, the Goddess, or any healing deities who seem appropriate. You may call upon an Archangel or the benign powers of Light and Love, if this seems more meaningful. Each person present can again add blessings.
- Leave the candle and incense to burn away and bury any ash or wax afterwards in the earth beneath a tree.

A Healing Ritual With Sunlight And Moonlight

This is a very magical form of healing and can be carried out either alone or as a group activity. Quartz crystal balls were traditionally used medicinally to concentrate the rays of sunlight upon a diseased or painful area of the body or in the direction of some internal organ.

This clear crystal stone has always been associated with energizing powers and with healing. In its spherical form of completeness, it is perhaps the ultimate healing and magical stone. You can buy tiny spheres quite cheaply and these work just as well as a large crystal ball.

Sunlight is good for energizing and improving physical health and vitality, encouraging re-growth and regeneration, and for matters of the mind where clarity and optimism are needed.

Moonlight is potent for removing illness or pain and for all problems concerning emotions, hormones or fertility and is especially effective in healing women, children and pets.

- Direct the sunlight or the light of the full moon into your crystal sphere, so that it shines on the person you are healing, or their photograph or other symbol. If you are using sunlight, be careful that the crystal does not become too hot and of course do not look directly at the image of the Sun.
- Stand in a circle in the open air and in the center, place a dish of pure spring water. Use a golden colored bowl for sunlight, and a silver bowl for moonlight.
- Into the water, drop tiny clear quartz crystals (if you are working in a group, each person adds one crystal). As you cast the crystals, make a wish for healing the sick or distressed person.
- Hold a crystal pendulum and swirl it on its chain to catch within it either rainbows or sunbeams, or the silver light of the Moon.
- Cast the beams into the water, calling: Go forth with love and healing. You can, if you prefer, create your own words.
- Pour the water into a clear glass bottle with a stopper and send or give it to the sick person. They may drink it or use it in a bath.
- Return the energies to the cosmos by placing yellow flowers or seeds in a pot for the golden energies if you used sunlight, and white flowers for the Moon.

Color Healing

Color has long been believed to have the power to influence not only our moods, but our physical well-being. The Babylonians called the healing power of light 'the medicine of the gods'. Healing colors have been used for thousands of years in Chinese treatments and in Ayurveda, an ancient Indian medicine. The Ancient Egyptians wore amulets of colored stones: red to treat disease, yellow for happiness and prosperity, and green for fertility. Color healing is not just a fancy: we know for a fact that each beam of colored light has its own wavelength and is absorbed by the body through the skin and the optic nerves. This triggers complex biochemical changes. Each of the seven primary wavelengths or vibrations of light visible to the human eye focuses on different parts of the body, evoking in them both a physiological and psychological response. Red has the longest wavelength of visible color and violet the shortest. The colors that we can see make up only a very small segment of the electromagnetic spectrum and lie between the infra red and ultra violet rays.

A Color Healing Ritual With Candles

Candles of specific colors can help in the healing process. If you are not certain of the root of a problem, you can use a white or pure beeswax candle, plus, if you wish, one for the perceived

area of pain. For your monthly major healing sessions, this ritual can be used after the names have been read, working with pink or white candles to include everyone in the book who is sick or sad. It is especially good for chronic conditions or when healing may take some time. This is a gentler method than creating a cone of color. Early evening just after dusk is a good time to work.

- Choose a candle of the appropriate color. Extinguish all other lights.
- If the person to be healed is present, they can work with you in building up the energies. Sit on cushions on either side of the candle, allowing room for movement.
- Place a dish of small dish of dried rosemary or lavender for general healing next to the candle. If the healing is for yourself or for someone who is absent, light the candle. If you are working as a group, sit in a circle, each person holding their own colored candle (you can make rainbow with different colors round the circle if you wish), with a large white candle in the center. Each person will also need a small dish of herbs.
- Gaze into the flame and if there are others present, ask them to do the same, gently drawing in the colored light and exhaling darkness or pain.
- Breathe in and take in the light, as you do so saying in your mind: *Welcome, light.*
- Hold the breath while you mentally count 'One and two and three', then send out the healing energies, saying silently: *Farewell, pain* [or sorrow, darkness, etc.].
- Continue to breathe and visualize the color entering and radiating and the darkness or pain fading away. If you are working in a group, one person can sit near the central candle and speak the words or drum the rhythm of the breathing. You may hear clairaudient (in your mind) the collective voices rising and falling. After a time, you will see with your mind's eye that the same color breath is being inhaled and exhaled by each person, and at this stage the healing energies are balanced.
- Gently circle your arms over your head and sway from side to side, either sitting, kneeling or standing, while scattering gently your healing herbs like a gentle shower of rain (your hair will shine wonderfully when you next wash it). At the same time, chant softly:
Go forth, increase and multiply, cosmic light intensify, healing Earth and Sea and Sky.
- When the energies feel right, add to the last chant a final long melodious 'Heal!' and extinguish the candle(s), letting the light and sound fade into the silence.
- Press your hands and feet gently to the ground and let the energies flow back into the Earth, saying softly:
We thank you, Mother Earth, for healing blessings soon to be received.

Healing With Water And Colored Glass

Spring water placed in glass bottles of the appropriate color will absorb the color energies and can be used in rituals of all kinds, magical as well as healing. They can be further empowered by adding crystals of the same color as the bottle to the water. If possible, work out of doors. You can use this method for endowing living energies into any symbol of healing, such as an amulet, popper, sachet or even a photograph of the person to be healed. Use bottles with stoppers or corks (these can be obtained from most household shops or from antique stalls). Build up your collection so that you have a bottle of the correct color for every need. Although the water retains its clear color, some people are able to detect a faint glow of the color.

As before, the water can be drunk or added to a bath, in order to benefit from the energies. You can also add water to an animal bowl or a place in which wild birds come to drink, use it for plants that are failing to thrive or pour some in a polluted water source or on barren land. You will remember, for example, that water from a pink or indigo bottle will bring harmony and gentle healing calm. But more specifically, a drink in a teenager's lunch box made with pink water will heal any hurts and fears a sensitive youngster experiences in the outside world. Clear water to which a quartz crystal has been added is an instant energizer, transmitting the life force in concentrated form.

You can use the color-infused water in rituals to send healing to a species, people or place far away by sprinkling a circle of water around a picture or symbol. You can empower a larger quantity than you immediately need, and pour it into small bottles of different colors, preserved in your fridge for future healing work when they are needed. By combining the magical and healing color associations of the different colors, you can adapt your empowered waters for almost any need. Water made in a soft blue bottle empowered with a blue lace agate softens harsh words: use it for making coffee if difficult relatives come to call. A darker blue, perhaps empowered in a deep blue bottle with a sodality crystal, is calming and so the infused color would help to alleviate panic experienced when flying. Just moisten a small cloth with it, take the cloth on to the aircraft and dab it on your temples and pulse points on take-off and landing or at other times when you feel panic rising. Healing the body is only one small part of health and so you should experiment and note any uses you find for your infused waters. Take some color-charged water to work or to a difficult social event in a mineral water bottle. In my on-going struggle with my weight, I have found that orange water in which a carnelian has been soaked is wonderful for restoring balance and self-esteem and so preventing food binges.

A Healing Ritual With Colored Glass

Folk magick was originally based on substances that have comprised the diet of ordinary people for thousands of years. They are all infused symbolically as well as actually with the life force.

- Empower your water, if you wish, and pour it into the chosen colored bottle. Close your bottle and surround it with a circle of fruits, unprocessed food, flowers or crystals of the color to be used. Leave space between the bottle and the edge of the circle.
- Inside the circle, to the North of the bottle, place a large golden, white or orange vegetable, preferably grown under or close to the ground. This represents the fruits of the Earth, born of the Earth Mother.
- In the East of the circle, place some seeds or nuts that represent the source of new life and potential.
- In the South, set a small dish of honey, which is considered as sacred as salt in many traditions and is especially associated with healing.
- Finally, in the West, place a seed roll or bread, representing the cutting down of the corn, so completing the cycle.
- Take a twig or a wand from a healing tree, such as ash, or a long frond of greenery and walk round the circle deosil. Infuse each of the magical foods in turn with circles of the wand deosil, saying:

Fruits of the Earth, born from the womb of the land, give life and healing, health and joy from your ever-replenishing store.

- Touch the vegetable with the wand and then lift the wand in a high arc before lowering it to touch the bottle of water in the center.
- Now move to the East and circle the wand deosil over the seeds, saying:
Seeds of potential, from the loins of the Father, give growth and power, possibility and regeneration from your limitless treasury.
- Touch the seeds with the wand and raising it in a high arc as before, project the energy into the bottle.
- Go now to the South and circle the wand deosil over the honey, saying:
Melissa, Mother Bee, bring abundance, warmth, sweetness and nourishment from your ever replenishing hives.

Touch the dish and transfer the energies as before to the water.

- Finally, go to the West and circle the wand over the bread, saying:
Corn Father, willing offering of the life-sustaining bread, bring an ease to sorrow and suffering and the peace and fulfillment of healing harvest home.
- Touch the bread with the wand and transfer the energies as before to the water.
- Finally, pass the bottle of water over the vegetable, seeds, honey and bread, saying:

Fruit and seed, nectar and corn, enrich, empower and endow this water with your healing powers and the life force that flows through our lives and through all creation.

Eat the empowered food to boost your own energies and to spread calm or healing.

Ritual Magick

Ritual magick is no different from any other activity that you may carry out in a systematic way. Yes, it is true, it is more formal than folk magick: you are using special tools and following a series of preordained steps based on traditional practice. But this does not mean that it has to be so complicated as to be beyond the capabilities of any normal person. You do not need special powers; and the preparation is just the same as you would do if you were redecorating a room, servicing your car or preparing your annual accounts. When you decide to do any of these tasks, you set out the necessary equipment in advance, so you are not constantly dashing off to find what you need. You check that it is all in working order and you probably consult a reliable reference book, computer software or calculator to clarify the necessary stages and finer points of the method. And that is exactly what preparing for ritual magick is like. First, you need to collect any relevant information; for example, you must find out which tools, herbs, candle colors, etc. you may require. Then you must check that your magical tools are charged with power. You must check whether the hour and the day are well chosen to benefit from the energies and are most aligned to the focus. If you are working with a group, you must decide in advance who is to carry the salt and other elemental substances round the circle, who will perform particular parts of the ritual, such as welcoming the Spirit Guardians.

This preparation is important, although, as I have previously said, many of the words and actions in the best rituals remain spontaneous within the basic framework. You do not even need to belong to a coven to create beautiful rituals. Indeed, practicing alone, you will find that as you increase in confidence, the natural rhythm of the ritual cycle will amplify your own innate powers and you will feel angelic or devic forces joining with you as you walk around the circle and hear their voices mingling with your chants.

You should not allow yourself to be overawed, as I have been in the past and still occasionally am, by books and practitioners who vaunt their knowledge of obscure magical phrases, measure their circles down to the last millimeter and insist that only their form of working is authentic. What matters is the actual connection you make in your ritual with the storehouse of natural and higher energies - and that can be done with a kitchen candle if the need is great and the intention pure. Ultimately, the power is within you, and as you become skilled with magick, you may find that the external form becomes less important. However, formal magick does have its place, for a special need or for raising spiritual awareness, or for focusing magical energies through the accumulated power of tools charged and regularly used for positive purpose. Some people believe also that in ritual you tap into the energies of all those before you who have created circles of power and protection, and within them have raised and called upon the elemental qualities to bring desires and needs from the thought to the material plane.

The Aims Of Formal Rituals

Rituals and spells at all levels cause a positive change or effect, whether for oneself, a loved one or the whole ecosystem, as they bring healing, peace, reconciliation or whatever is needed in the spell-caster's life. But over and above all these is the purpose of raising one's own levels of awareness so that perhaps for a few moments you feel connected to a higher power, perhaps even the source of divinity, and this is best expressed though the more ceremonial forms of work. The awareness you attain may be experienced as a sense of deep peace, of being filled with golden light, of floating through clouds or a certainty of being loved and protected, perhaps even as a glimpse of a Divinity. Formal rituals do not have to be focused on a particular aim, however. Sometimes, you may wish to carry out a ritual without having any specific purpose in mind. In this case, you can simply cast a circle and raise the energies gently through a natural focus of herbs, flowers or fruit, allowing wisdom to be channeled through you and then giving thanks for blessings received as you close the circle.

The Four Quarters Of The Circle

Every magical circle is divided into four quarters that are in ceremonial magick called the Watchtowers. The higher essences who protect the quarters are invoked as the Guardians, who control and direct the elemental powers. Sometimes they are called Kings, sometimes Devas, or they may be pictured as the four main archangels, Michael, Gabriel, Raphael and Uriel. How you perceive your guardians in the ritual circle is up to you. As with all magick, there are disagreements about which archangel represents each element. This is because angels are found in a number of different traditions and religions and so may serve different functions under similar names. Previously, I have associated Raphael with the North and Uriel with the East, seeing Raphael in his aspect as a healer and protector, and Uriel as the fiery dawn in the East. However, recently I have started to use a more traditional association of Raphael as the messenger in the East and Uriel as sentinel of the North and I have found that this works better. Do read about angels and experiment to see what suits you. Use the elemental candle color to represent the angel you want. You can also use angels in the four quarters to invoke protection in less formal magick by lighting candles in the four quarters when you feel afraid or alone. I

have also seen Michael listed as archangel of the dawn and East, but I think he is better placed as archangel of the Sun in the South. If you feel uncertain, simply refer to each guardian as 'Archangel of the North', etc., then the celestial being can reveal itself in the form that is right for you. The angelic colors I have given vary slightly from the elemental ones and if you are carrying out a personal angelic ritual of protection or meditating on the archangels, you can use the archangel colors for your candles. Some practitioners do not greet the Guardians of the Watchtowers at all, but instead light each elemental candle in turn, visualizing golden energies pouring from each direction into the circle.

Drawing A Pentagram

Pentagrams are remarkably easy to draw. They are created in one continuous line, moving from point to point, and ending where you began. In ritual magick, pentagrams are drawn in the air at each of the four compass directions of the circle, either with an athame, a wand or the index finger of your power hand. It is best to draw really big, strong pentagrams. Pentagrams can be drawn either to attract the elemental guardians (invoking, or attracting pentagrams) or to close their energies (banishing pentagrams). There are various rather complicated ways of drawing pentagrams, but I suggest you use the basic methods given on the previous page for attracting when opening your four quarters and banishing when closing. If you wish to find out more, I recommend you read Dion Fortune's *Applied Magick*. If you do not wish to draw pentagrams at all in your circle work, you can instead call the Guardians in the candle flame.

A Formal Ritual To Restore Prosperity

Such a ritual could be used, for example, to boost employment in a town that has become an urban wasteland.

- Set four floor candles in the elemental colors in the four main compass points of what will be the circle. The altar is in the center.
- Place a single large beeswax candle in the center of the altar. Arrange your tools and the four elemental substances, also on the altar, to form a square around the central candle: salt in the North, frankincense, fern or cinnamon incense in the East, a gold candle in the South, for abundance, and a jug of water and two small dishes in the West.
- Set the pentacle containing a honey cake in the North, and place the athame in the East, the wand in the South and the chalice of juice or wine in the West.
- Place a ball of clay or dough within the elemental square, on a dish in front of the candle so that light shines on it.
- Facing North, light the altar candle.
- Take the salt from the North and stir it deosil with your athame, saying: *Power of new life, power of healing, power of regeneration, enter this salt, I ask, mother and father of light and love.*

You can substitute the names of gods and goddesses associated with success, prosperity, fertility and renewal into the ritual if you wish.

- Take next the water from the West and pour some into one of the dishes. Stir it deosil, saying: *Power of growth, power of fertility, power of prosperity, enter this water, I ask, mother and father of abundance and increase.*

- Now take the salt to the water and tip a little in it, stirring it once more with the athame, saying: *Dissolve and disperse, flow far and free to attract rebirth to [name the town] and its inhabitants.*
- Now cast the circle around the elemental candles, with your wand, starting from the North in a single unbroken movement, visualizing as you do a stream of light emanating from it that encloses you above,

around and beneath. (If you are working with a group, they can stand or sit within a circle while you cast around them. This is better than slowing the ceremony by having people entering the circle separately after it is cast and then having to close the circle after each one.) Say: *I cast this circle of light, of power and of protection. May the circle that is cast always be unbroken. Bless my workings this night [or day], O mother and father of rebirth and renewal, unified and yet two, and all that is and has been and shall be, creative spirit of the universe, the cosmos and the smallest blade of grass.*

Pick up the bowl of salt water and sprinkle a second circle deosil around the perimeter of the first, saying: *Salt and water, enclose, bless and protect you who have sustained life from the beginning and will so to the end.*

If others are present, a second witch or the High Priest then sprinkles all present individually with the water, saying 'Bless and protect'.

Light the incense in the East (or add to it if it was lit before the ritual).

- Create a third circle around the perimeter, saying: *Breath of life, bring purity, clarity and focus, force of life itself that flows alike within plant, tree, bird, animal, human and stone. Bless and protect.*

You are now going to light the elemental candles, and as you do so invoke the Guardians. Re-light the taper from the central candle as necessary.

- Light a taper from the central candle and carry it to the North, saying: *Lord [or Lady] of the Northern Watchtower, I call upon your strength and persistence to restore the prosperity and stability to this town where new industry and investment are so badly needed.*
- Light the green candle of the North.
- Go to the East, saying: *Lord [or Lady] of the Eastern Watchtower, I call upon your swiftness and clarity of purpose, to bring technologies and opportunities into this town to attract new kinds of work, perhaps from overseas.*
- Light the yellow candle of the East.
- Go next to the South and say: *Lord [or Lady] of the Southern Watchtower, I call upon your cleansing fire and spirit of inspiration to purge what is redundant and corrupt and to bring hope and energy to this town where decay and despair have taken root.*
- Light the red candle of the South.

- Go finally to the West and say: *Lord [or Lady] of the Western Watchtower, I call upon your healing and restoration to heal bitterness and divisions between the people who have experienced such hard times and whose town has become ravaged and neglected.*
- Light the blue candle of the West. *Now you are going to empower the clay. If working as a group, once the clay has been empowered with the ritual substances, you could pass it round for each person to fashion it and add their energies.*
- Take the salt and sprinkle a few grains on the clay, saying: *Make new buildings rise, new industries grow, new houses and parkland, schools and health centers be created, that this town may be a worthy home to those who work in it.*
- Take the incense and circle the clay nine times, saying: *Bring retraining, new investment, government grants, new technology and new equipment so that the town may become a hive of activity and generate ever more opportunities into the next century and beyond.*
- Light the gold candle in the South (in this case it will be different from the candle of the southern watchtower) and pass it over the clay so that single drop of gold wax falls on it, saying: *Bring gold of prosperity, gold of abundance, fire of inspiration and creativity so that this town maybe rich in opportunity, in the arts and in culture, as well as in material wealth.*
- Finally, sprinkle the clay with a single drop of water from the jug or a second dish, saying: *May the lifeblood of the town be restored and fertility course through the veins of the people that their children and grandchildren may know happiness and lives unclouded by sorrow and anxiety for their livelihood and their dwellings.*
- Taking the clay between your hands, begin to mould it, using a marking tool if you wish, to make a tool, such as a wheel, or a figure, a bridge, a loaf, a house or a flower, or any abstract symbol that represents the rebirth of the town through its people. Endow it with your wishes, visualizing the place growing and prospering, perhaps reciting: *Go forth, increase and multiply, or Rise again from the ashes, rise anew, rise glorious, rise, rise again.* Chant faster and faster until at last you toss the ball into the air and catch it, saying; *Go far, go free, bring life to thee.* In a group, you could pass the endowed clay round a second time, tossing it from person to person while chanting.
- Return the clay to the altar and take your honey cake on its dish.
- Hold it over the central candle, saying: *Bring abundance to those who need it, enough for their needs and a little more, joy and hope.*
- Bite into the cake and scatter a few crumbs on the clay, instead of in a libation dish.
- Take the athame and plunge it into the chalice, saying: *God to goddess, join thus thy power and give power to thy people who are in need this hour.*
- Drink from the chalice and instead of dropping some wine in the libation dish or on the ground, let a drop fall on the clay, saying: *Fruit of the vine, harvest gathered and transformed, transform likewise what is barren to what is fruitful and living.* If you are in a group, you can pass the cakes and wine round and each person can contribute a positive thought or perhaps voice any personal worries they may have about employment and ask for blessing.
- Sit in the candlelight, seeing the new town rising from the old, and if you have any special fear about your own job security or those of loved ones, let these too flow away as the released energies multiply. Allow any excess energies to drain back into the Earth, by pressing with your hands, feet and body.

- Beginning in the West, blow out the candle, saying: *Lord [or Lady] of the Western Watchtower, I thank you for your healing and your harmonizing light. Go now in peace.*
- Move next to the South. Blow out this candle, saying: *Lord [or Lady] of the Southern Watchtower, I thank you for your inspiration and your cleansing light. Go now in peace.*
- Move next to the East. Blow out this candle and say: *Lord [or Lady] of the Eastern Watchtower, I thank you for your clarity and your life-restoring light. Go now in peace.*
- Move finally to the North. Blow out this candle and say: *Lord [or Lady] of the Northern Watchtower, I thank you for your grounding power and your protecting light. Go now in peace.*
- Take again your wand and, starting from the North and working widdershins, close the circle just once, saying: *May the circle be uncast but remain unbroken, may light and love and healing still remain and fall on whoever needs their blessing.*
- Leave the clay and allow the central and elemental Fire candle and the incense to burn away. When they are burned through, clear them away and bury the clay beneath a living tree or in a large plant of lavender or basil. There are many other things you can add to a formal ritual, for example, ringing the bell or drawing pentagrams. In this ritual, you could also have passed the elemental tools over the clay to give it additional power. Ceremonies are really a glorious mix and match and this is just a sample of how you can combine the tools and the forms to create the ceremony you want.

Moon Magick

Moon magick is one of the oldest forms of ritual, rooted from the earliest times in the observations of humankind, of the changing phases of the Moon. These associations have passed into modern magick and it is by reconnecting with the natural energies that we can use the ebbs and flows of the lunar cycle, not only to amplify our own powers for magical purposes, but also to harmonize with them, rather than fighting against our bodies and spirits in our everyday lives. Rituals throughout the ages have tapped into the prevailing lunar energies that, like the tides, are affected by the different cycles. In this way, magical intentions can be carried on either the out flowing or inflowing psychic tide to give them the impetus to manifest themselves in the physical world. To go against the Moon cycles in magick or in life is a bit like swimming against the flow: quite possible with practice, but involving unnecessary effort.

A Banishing Ritual

The ebb tide is very good for carrying away what is no longer wanted, but if you do not live near the sea, you can use any downward-flowing water, even a drain.

- Take either a dying flower or a long frond of seaweed to represent whatever it is you wish to banish.
- Draw a square around it, in the sand or in the earth or using chalk on a paved area. Say: *These are the limits of your power, these are the limits of your sway, thus you lose your thrall, away, now, away.*
- Rub out the square, saying: *See, even this your power is gone, leave my life, your day is done.*

- Cast the symbol on to the ebb tide. You may need to wade out to make sure it does not come back to shore. Alternatively, cast it into flowing water with a final: *Away, no more stay.*
- Do something, however small, to make yourself happy for the rest of the day, so that it has happy memories.

You may need to repeat the spell for a number of waning moons if the matter or person has a strong hold. If the compulsion or person returns before the next waning moon, try this short ritual.

- Run a bath and add a drop or two of eucalyptus or pine and lavender.
- On a tiny square bar of soap, write a symbol to represent the problem, draw a cross through it and leave it to melt in the water while you enjoy your bath.
- Get out of the bath when you are refreshed and when the soap has completely melted, pull out the plug, saying: *Sorrow grievous, flow to sea, never more to trouble me.*
- Do something positive while the soap is melting. If you do not have time for a bath, you can melt your soap in a bowl or bucket and pour it down a drain.

Planets and Angels

Different days of the week and hours of the day and night are associated with specific energies and each particular time is ruled by a planet and an archangel. Though these were primarily center on ceremonial magick, they can also be used to give focus and potency to informal spells. The planetary and angelic hours can also be applied to the everyday sphere, for example by choosing the appropriate day and even hour for beginning a money-making scheme or a first meeting with a potential business partner or lover. You can further amplify the salient qualities and strengths of these times by using oils, incenses, colored candles and crystals linked with the specific planets and angels.

We hope you really enjoyed our book. If you have any comments please send them to Giancarlo or Bogdan at:

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Glossary

Akasha: The fifth and greatest element, formed by the combination of the ancient elements of Earth, Air, Fire and Water that were considered in classical times and by alchemists to be the components of all life and matter. Also sometimes called Spirit or Ether.

Akashic records: The collective memory bank on the spirit plane said to hold the experiences of all people, past, present and future.

Alban Arthuran: The festival of the mid-winter solstice, named after King Arthur, the legendary Sun King, which takes place on or about 21 December in the northern hemisphere.

Alpha waves: Brain waves, cultivated in psychic work, that are associated with a very relaxed state of mind in which it is possible for intuitive faculties to find expression.

Amulet: A charm carried on a person or placed in a house to offer protection against danger and illness. When charged with healing energies, it becomes a talisman and can attract health and good fortune.

Anima: The term coined by Carl Gustav Jung to represent the female power within men as well as women.

Animus: Jung's term for the male power within women and men. Ankh: An Egyptian symbol of eternal life.

Archangels: Higher orders of angels, celestial beings featuring in the cosmologies of the three major religions of the Western world, Christianity, Judaism, and Islam, as well as many other world religions.

Athame: A double-edged knife used in formal ritual magick.

Auric field/aura: The personal energy field around all animate life, visible to clairvoyants.

Beltain: The Celtic festival of summer, beginning on 30 April and lasting for three days.

Bicarmel mind: A way of thinking that uses both hemispheres of the mind, the logical and the intuitive, rather than the left (logical) hemisphere predominating as is normal in adults.

Caduceus: The staff of the classical messenger of the gods (Hermes to the Greeks and Mercury to the Romans), shaped like two snakes, entwined in a double circle.

Cardinal: Principal, as in the four cardinal directions set round a circle - North, South, East, and West. Also a term applied to the astrological signs of Aries, Cancer, Libra and Capricorn, because when the Sun moved into these signs it marked the start of a new season. Those born under a cardinal sign manifest this quality as a desire to initiate and to take command of people and situations.

Cauldron of Undry: A magical cauldron, one of the original four Celtic treasures, that could provide an endless supply of nourishment and had great healing and restorative powers. Believed by some scholars to be the inspiration for the Holy Grail.

Censer: A container for granular incense that is burned on charcoal. Also called a thurible.

Chalice: A cup or goblet made of glass, crystal, pottery or metal, traditionally silver, used in ceremonies to represent the Water element and to hold wine, juice or water.

Charge: A declaration of the power and benevolence of the Goddess (or god) in Wicca, similar to the Creed in other religions. It is spoken usually in the first person and is sometimes believed to be the words of the Goddess channelled through the speaker.

Ch'i: The invisible life force, the flow of positive energy through everything, promoting growth, health and vitality.

Clairaudience: A natural psychic ability to hear sounds beyond the range of the physical sounds and the physical ear, sometimes from other dimensions. Mediums often communicate with spirits by hearing their voices and so can convey messages to relatives or friends in whom the ability is not so developed.

Coven: A meeting of any group, numbering from two to 13 practitioners, who meet together to perform magick.

Deosil: Clockwise, or, literally 'in the direction of the Sun'. The direction used in creating a circle, in all forms of attracting magic and for giving healing energies. See also Widdershins.

Devas: The angelic beings who watch and direct the natural world. In formal magick, one Deva rules over each segment of a magical circle and one of the four elements of Fire, Water, Air and Earth. Also known as the Devic Lords of the Watchtower.

Dhoop: An incense stick like a slender rope, from India.

The Divinity: Generic term for the ultimate source of goodness, light and creation.

Djinn: An invisible, shape shifting creature of fire and air, originating in the Middle East. In Islamic tradition, djinns live in a parallel universe and so are invisible, created, it is said, before mortals from smokeless fire.

Druids: Celtic high priests and wise men (and women) who preserved a common culture, religion, history, laws, scholarship, healing, magic and science amongst the disparate Celtic tribes. There is historical evidence of Druids in Ireland, England, Wales and Gaul and it would seem that they also held sway in the Celtic settlements of Spain, Italy, Galatia and the Danube valley, although under a different name.

Eightfold Wheel of the Year: An ancient magical and spiritual division of the year, formalised by the Celts, though possibly dating back to the first agricultural societies.

Elementals: The forces or energies that in nature and magick give shape to living things and bring thoughts and desires into actuality.

Equinox: The two times of the year when day and night are equal -namely, the spring equinox around 21 March (21 September in the southern hemisphere) and the autumn equinox around 22 September (22 March in the southern hemisphere). In Celtic myth these were the times when the twin gods of light and darkness fought each other for control.

Esbat: A monthly coven meeting traditionally held 13 times a year during each full moon.

Evil eye: A way of transmitting negativity to another person, not as a deliberate curse, but through feelings of envy, jealousy or resentment.

Evocation: The summoning-up of angels (and sometimes demons) in order to bind them to perform tasks.

Fixed: In astrology, a term applied to the signs of Leo, Taurus, Aquarius and Scorpio because the Sun enters them in the middle of a season. Those born under these signs exhibit stability and a tendency to continue in a predetermined path. See also Cardinal, Mutable.

The Goddess: The archetype or source energy of the feminine ultimate power or principle. All the named goddesses are aspects of particular qualities of the Goddess in different cultures.

Grail: The chalice that Christ used at the Last Supper, in which His blood was collected after the crucifixion.

Grail guardians: Nine maidens, sometimes associated with the guardians of sacred wells or with the nine priestesses of the Isle of Avalon who included Morgan le Fay, Arthur's half-sister, and Vivien, the Lady of the Lake in Arthurian tradition who accompanied Arthur on his funeral barge. In some Grail legends, the Knights Templar were the traditional guardians of various holy relics, including the Grail Cup, that were brought back from the Crusades.

Grail treasures: The main elemental ritual items in magick, associated with the treasures of the Celts, and having parallels in Christianity.

Handfastings: A popular marriage rite among Wiccans, named after the focal point of the rite in which a couple's right hands are loosely joined by a cord to symbol the uniting of the two people, body, mind and soul.

Hedge witches: Lone witches; the name comes from the practice of village wise women surrounding their homes with a hedge of hawthorn, a magical tree that afforded privacy from the curious.

The Horned God: The male principle in Wicca, Lord of the Hunt, the Herds, Winter and the Underworld. Known to the Celts as Cernunnos, the generic name for 'horned one'.

Imbolc: The Celtic festival of early spring. A Fire festival, Christianized as Candlemas on 1 February. Also known as Oimeic.

Immanent: Usually refers to a god or the Goddess; indicating that they are manifest within the object of their creation, as the divine spark within people. See also Transcendent.

Inner-plane teaching: Contacting through meditation or rituals the cosmic memory bank or Akashic records in order to tap into the great existing magical systems and wisdom without external formal teaching.

Invocation: The process by which the wisdom and benign powers of the natural world and of higher planes of consciousness, associated with the evolved self and divine power, are drawn into oneself. Medieval magicians would invoke spirits to take over their bodies -dangerous and mind-blowing.

Karma: The concept that the good and bad deeds and thoughts accumulated in an individual lifetime may either progress us forwards to spiritual perfection or mean we need to learn lessons in subsequent lives in order to right our mistakes.

Litha: The Celtic festival of light, held around the midsummer solstice on 21 June.

Lughnassadh: The Celtic festival of the first corn harvest, held from 31 July to 2 August in the northern hemisphere. Christianized as Lammas ('loaf mass'), the day on which loaves of bread were baked from the first grain harvest and placed on the altar to symbolize the first fruits.

Mabon: The second Celtic harvest festival of the autumn equinox, around 22 September.

Medicine Wheel: A concept central to all Native American magick. The wheels link the celestial, human and natural cycles. Also known as the Circle of Power.

Morphic resonance: The spreading of goodwill and positivism, through magick and good deeds, to increase the benign energies of the Earth and cosmos.

Mother Goddess: The giver of all life and fertility and mother of the animals, worshipped by hunter-gatherer societies since Paleolithic times. In the shamanic religions in Siberia and Lapland, the Mother of the Herds is still a central icon of power. During the Neolithic period, the Mother Goddess was the bringer of fertility to the land as well as to animals and humans. Gradually, she came to be seen as the wife of the great Sky Gods. She survives in the form of Mary in the Christian religion.

Mutable: The mutable signs of the zodiac are Sagittarius, Gemini, Virgo and Pisces, as when the Sun enters them the seasons are about to change. Those born under them are correspondingly versatile and ready to compromise.

Oimelc: See Imbolc.

Ostara: The Celtic festival of the spring equinox.

Pentacle: A ritual item, symbol of the Earth, consisting of a flat, round disc, engraved with a pentagram.

Pentagram: A five-pointed diagram, one of the most sacred geometric forms in magick. Each of the five points represents one of the five elemental powers. The uppermost, single point is symbolic of Spirit, or Akasha.

Poppet: A featureless doll made of cloth that is filled with herbs and used in healing or as a talisman to attract love or fertility. It may also be made of clay and used as a focus for positive magick to bring health or happiness to the person represented by it.

Power hand: The hand you write with, used to transmit assertive and creative energies. See also Receptive hand.

Quarters: The four segments of a magical circle. Each is associated with specific archangels, colors, crystals, herbs, incenses, ritual tools, etc.

Receptive hand: The hand you do not write with. Used for receiving energies. See also Power hand.

Rede: A rule or moral code. The Wiccan Rede states: 'An [If] it harm none, do what you will', and so ensures all magick has a positive intent.

Sabbath: One of eight special days of the year on which Wiccan celebrations are held - the solstices, the equinoxes and the Celtic Fire festivals.

Samhain: The Celtic Fire festival of the new year, celebrated at the end of summer.

Scrying: Seeing magical images in a reflective medium, such as a crystal ball, mirror or a natural moving source of inspiration, such as fire, water or clouds. The word 'scry' comes from the Anglo-Saxon word descry, which means 'to perceive dimly'.

Shamanism: Possibly the oldest spiritual practice in the world, continued today in communities as far apart as India, Australia, Japan and China, Siberia and Mongolia, in Africa, among the Bedouins in the Middle East and in North, Central and South America.

Sky-clad: Naked.

Sky Gods: The powerful patriarchal gods of the classical and Viking world, for example Zeus of the Greeks, Jupiter of the Romans, Odin of the Vikings and Thunor of the Anglo-Saxons. They gained supremacy over the Earth Mother who appears as their wife-consort, full of human foibles.

Solstice: One of the main astronomical points of the year. The summer solstice (21 June, or 21 December in the southern hemisphere) marks the Sun at its height and greatest power. The winter solstice (21 December or 21 June) is the shortest day when the Sun is at its weakest and it was feared by early humans that the Sun would die.

Spirit guides: Guardians from another dimension who advise and protect humans. They may be deceased relatives, wise teachers, for example Native Americans, angels or evolved essences who never assumed mortal form.

Talisman: A charm or amulet that has been charged with specific healing or magical energies to make it powerful and to attract health, wealth or luck. It tends to become more powerful the more it is used.

Tarot: A pack of 78 highly illustrated cards often used in rituals to represent people or qualities that are being sought in a spell.

Threefold Law: A law in Wicca that states that whatever you do or send to others, good or bad, will be returned to you threefold - a great incentive to positive thought and action.

Thurible: See Censer.

Transcendent: Term used of god forms to express the belief that their existence extends beyond and is separate from creation. See also Immanent.

Triple Goddess: A concept of a deity found in many cultures. May represent the three main phases of the Moon - maiden, mother and crone - or, as in Celtic tradition especially, three sisters.

Tulpa: A thought form created by medieval occultists seeking mastery over the elemental beings that they fashioned by their incantations. In extreme cases a tulpa might destroy its creator - hence the warnings of the Threefold Law.

Wheel of the Year: See Eightfold Wheel of the Year.

Wicca: A contemporary, neo-pagan religion that regards the divine life source as a part of nature, not a force beyond creation. This divine source of life is manifest as the god and goddess within everything living, male and female, animal, bird, tree and flower. Sometimes regarded as the oldest religion on the world.

Wiccan Rede: See Rede.

Widdershins: Anti-clockwise, moon wise, or against the Sun. The direction used in closing a circle, banishing or removing pain and in banishing magick generally. See also Deosil.

Yin and yang: The complementary components of everything in life, according to ancient Chinese philosophy. Yang is the original Sun concept of light, power, masculinity, assertiveness, logic and action. It controls heaven and all things positive. It is balanced by Yin, the original Moon concept of darkness, receptivity, femininity, intuition, acceptance and inaction. Yin controls the Earth and all things negative.