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## Spirit Online: Wicca & Magick

## Spirit Online: Wicca & Magick

Welcome to the Book of Shadows. This covers both the religion of Wicca as well as the subject of magick. Please select one of the main chapters from the list below, and you will be taken to a collection of information for each topic.

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We're looking for submissions for Spirit Online! Do you have any articles, poems, or other writing related to Wicca, witchcraft, or paganism which you would like to

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## Spirit Online: Wicca & Magick: Beginning Wicca

This is a guide for the beginning Wiccan, whether a teen or adult. As you start on your path this information will prove valuable in your experience. You can print any page out if you want to put it in your personal Book of Shadows!

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### **Help Desk**

**Spirit Online: Wicca & Magick: Beginning Wicca:What is Wicca?**

Wicca is an unending path of light, magic, love, and constant learning. We revere nature and see the true divine beauty of the universe. It's is about recognizing that we all have the ability to take our fate into our own hands, and we have the right to choose how we use that power. There is no bible and no prophet. Our only rule is a simple and logical one: "An it harm none, do as ye will". <sup>1</sup>

Wicca is an earth religion based on ancient (even prehistoric) paganism. Wicca itself is relatively new, a reconstruction loosely based on old religion and early witchcraft. Its roots are hard to trace because of persecution, which caused people and records to be hidden or destroyed.

Most Wiccans worship the Goddess and the God. They have thousands of names given to their many aspects by various cultures. <sup>2</sup> Each name given to the Goddess and God in old mythology represents a different facet of the Goddess and the God's personality. Today, we invoke them by the name that is most appropriate for the purpose.

Wicca is based on the concept of natural and essential equilibrium. All things have spiritual "life"- people, animals, plants, and even stones. Everything is part of a delicate balance of light and dark, day and night, good and evil, male and female. Even the Goddess and the God are both creators and destroyers. They give life, nurture it, and eventually take it away. This cycle is seen in the seasons and in the cycle of the moon, and is often symbolized by the Triple Goddess- Maiden, Mother, and Crone. The mother creates, the maiden develops, and the crone eventually fades away. We see this each month

when the moon is a sliver, then grows to be full, and then becomes a sliver and fades away, before beginning again. Because of this, the emblem of the triple goddess is a full moon with a crescent on each side.

We do not believe that Wicca is the only valid religion, nor do we try to convert people to Wicca. It is an open-minded path and there are many traditions, which offer different rules and ways to follow the religion. But many of us are "eclectic", and choose what elements of paganism we wish to incorporate in our practices as a Wiccan. One might choose to include things they learned from studying Buddhism, Asatru, Santeria, Baha'i, etc. into their tradition, if they are eclectic. (There are, however, some limitations that come about with non-pagan religions. <sup>3</sup>)

We are not Satanists. In fact, we do not believe in Satan or a supreme evil, nor do we believe in hell. Let's just clear up a few misconceptions about witchcraft while we are on the topic. We do not sacrifice animals or people. We are not trying to become gods. Love spells, revenge spells, and hexes are not a practice supported by the Wiccan rede. We do not run around in black pointy hats and cloaks, turn people into toads, or fly on brooms. Never believe what you see in Hollywood; it's probably wrong or exaggerated for interest. Magic is more complicated and has a more subtle nature. Merely pointing a finger will not give someone a fatal disease or knock down a tree. Some of us do have special abilities-telekinesis, psychic power, shapeshifting. But these takes years and years of concentrated study and practice and are incredibly rare to see. **Wicca is not about easy answers!**

Don't be in any big hurry to convert to Wicca. There is no instant way to "become" Wiccan, it's the result of learning and growing into it. There is no initiation ritual that can give you all the knowledge in the world in a few minutes. Study, practice, advance. You'll get there!

The most valuable advice I can give to the beginner is read, read, read. Learn from the wisdom of others. Learn

to listen to yourself, as well... you already know a lot about Wicca, you just don't realize it. Once you begin down the path, you will recognize many of the landmarks along the way. You are more familiar with the God and Goddess than you might think.

### **Notes:**

Note 1: This law is stated in the Wiccan Rede, the basic tenet of the Wiccan religion. This means that one may do whatever they wish, as long as it is not done with the intent to harm a person, animal, place, or thing. The follow-up to this basic rule is the threefold law, which states that whatever you give out is returned to you threefold, whether it's positive or negative.

Note 2: For more information on gods and goddesses of various cultures, please visit <http://www.spiritonline.com/gods>.

Note 3: To fully understand why non-pagan religions are incompatible with Wicca, first you should know that Wicca belongs to a branch of paganism called neopaganism (or "new paganism"). So, every Wiccan is pagan (though not every pagan is necessarily Wiccan). Paganism is defined by the dictionary as any religious belief not Christian, Muslim, or Jewish. Because of this, the concept of a "Wiccan Christian" becomes technically convoluted.

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### Help Desk

## Spirit Online: Wicca & Magick: Beginning Wicca: Learning Outline

### 0. Introduction

This course outline is intended for the serious beginner who wishes to enter an intense and complete study of paganism, magic, wicca, and the occult. **This is ONLY for those interested in a real self-education.** If you're looking for an easy, quick way to gain instant gratification, forget about it. It doesn't exist. Knowledge is a reward you must earn.

There is no answer key, in fact, many of these will have different answers for each person. This is only an outline. You may add to it or change from the suggested route if you would like. Good luck, begin whenever you are ready. **DO NOT RUSH.** This course is intended to allow for years of learning, if you finish it in a week or two I guarantee you that you barely scratched the surface.

### 00. Getting Ready to Learn

#### A. Notebook

1. Have a plain notebook prepared to store research and answers to the questions included in this course outline. Print out this outline if you can and put it inside your notebook.

#### B. Knowing where to look: Not sure how to find answers?

1. Internet: Search engines and link directories
  - a. [AltaVista](#)
  - b. [Yahoo!](#)
  - c. [Infoseek](#)
  - d. [HotBot](#)

- e. [SpiritLinks](#)- (Occult)
- f. [AvatarSearch](#)- (Occult)
- 2. Books: Check bookstores, libraries, and online bookstores [like amazon.com]
  - a. Wicca: A Guide for the Solitary Practitioner (Cunningham)
  - b. Cunningham's Encyclopedia of Magical Herbs (Cunningham)
  - c. To Ride a Silver Broomstick (Ravenwolf)
  - d. The Spiral Dance (Starhawk)
  - e. The Witch's Bible Compleat (Farrar)
  - f. Buckland's Complete Book of Witchcraft (Buckland)

## **I. Ethics**

- A. The Law of Return: What goes around, comes around.
  - 1. What does this mean to you?
  - 2. How does it apply to your life?
  - 3. How does it apply to your magick practices?
- B. Perfect Love and Perfect Trust: It must be maintained between partners.
  - 1. Define "Perfect Love and Perfect Trust"
  - 2. How do you know when to trust someone?
  - 3. Who should you trust, and when should you maintain secrecy?
- C. Wiccan Rede: If you wish to become a wiccan, it's important to understand the rede.
  - 1. What is the meaning of the rede?

## **II. Preparatory Understanding**

- A. Faith: You must fully believe in magick for it to work.
  - 1. What do the phrases "magic is afoot" and "magic is everywhere" mean?
- B. Willpower: Nothing can stop you from reaching your goal.
  - 1. What are some possible obstacles to magick?
  - 2. How can you overcome those obstacles?

- C. Privacy: When to talk, when to preserve secrecy.
  - 1. Why should you sometimes keep your magick intention to yourself?
  - 2. When should you tell someone about your practices?
  - 3. How do these rules apply to a coven or group ritual atmosphere?
  - 4. Do you plan to "go public", or practice as a silent solitary?
- D. Willingness and Fearlessness: Leave your doubts at the door.
  - 1. Are you ready to walk a path less traveled, and less understood?
  - 2. If you are trying to change religions (ie to wicca or another form of paganism), are you prepared to give up whatever religion you may have been raised in?
  - 3. What fears or trepidations do you have? These must be dealt with before you can go any further.

### **III. Magick Prep Skills**

- A. Cleansing
  - 1. Define "cleansing"
  - 2. Define "ritual bath"
  - 3. What is one method for cleansing?
- B. Raising/controlling energy- These topics must be practiced and understood:
  - 1. Meditation
  - 2. Grounding
  - 3. Centering
  - 4. Concentration/Focus
- C. Visualization of a single goal
  - 1. Practice and understand visualization techniques
- D. Casting and opening a circle
  - 1. Why cast circles?
  - 2. Must you always cast a circle before rituals?
  - 3. One method for casting a circle
  - 4. One method for opening it afterwards



## IV. Beginning Spellcraft

### A. Creating your own spells

1. Why not just use pre-created spells?
2. Create a basic outline for all-purpose spell use
3. Types of magic: research each form of magick and when each is appropriate to use:
  - i. Spells/Rituals/Rites
  - ii. Poppets/Dolls
  - iii. Mojo bags
  - iv. Potions and philtres

### B. Putting it all together: research and understand why, where, when, and how to use various spell elements:

- i. Affirmations, chants, and incantations
- ii. Color correspondences
- iii. Candle magick
- iv. Stone magick
- v. Amulets, talismans, charms
- vi. Timing
  - a. Days of the week
  - b. Days of the year
  - c. Lunar phases/cycles
  - d. Astrological cycles
- vii. Herbs:
  - a. Meanings and magickal uses of herbs
  - b. Incense
  - c. Essential oils
- viii. Elements- Know the correspondences, meanings, and usages of:
  - a. Water
  - b. Earth
  - c. Fire
  - d. Air
  - e. Akasha
- ix. Elemental Spirits
- x. Invocations
- xi. Tools (ie, athame, chalice, broom, etc)

Do you have to use ALL of these

elements in every spell you create? (hint: NO) Explain.

## **V. Advanced Skills**

### **A. Divination**

1. **Gain a basic understand of each form of divination:**
  - i. **Scrying**
  - ii. **Astrology**
  - iii. **Tarot**
  - iv. **Runes**
  - v. **Runesticks**
  - vi. **Pendulums**
  - vii. **I Ching**
  - viii. **Oneiromancy (dream divination)**
  - ix. **Tasseography (tea leaf reading)**
  - x. **Ovamancy (egg divination)**
  - xi. **Bibliomancy (book divination)**
  - xii. **Ceromancy (candle wax divination)**
  - xiii. **Geomancy (sand or dirt divination)**
  - xiv. **Ouija**
2. **Develop a divining skill**
  - i. **Which form or forms of divination interest you most?**
  - ii. **Research skill(s) of interest and attempt to practice them**
  - iii. **What forms of divination are easiest or more natural for you?**

### **B. Psychic Powers**

1. **Gain a basic understand of each form of psychicism:**
  - i. **Precognition**
  - ii. **Clairvoyance**
  - iii. **Telepathy**
  - iv. **Telempathy**
  - v. **Clairaudience**
  - vi. **Clairsentience**
  - vii. **Telekinesis**
  - viii. **Teleportation**
2. **Develop a psychic skill**
  - i. **Which form or forms of psychicism interest you most?**

- ii. Do you feel you have any natural psychic powers?
- iii. If so, research ways to develop your natural skills.

### C. Beyond the Body

#### 1. Out-of-Body Experiences

- i. What are they? How are they different from astral traveling?
- ii. State and summarize some methods
- iii. Have you ever experienced this phenomenon? What is it like?
- iv. What abilities do you have that you normally don't have on the physical plane?

#### 2. Astral Travel

- i. What is it? Compare it to OBEs (Out-of-Body Experiences)
- ii. State and summarize some methods to induce it.
- iii. Discuss wraths, travelers, and the characteristics of this plane versus the physical and OBE planes.
- iv. Have you experienced it? And if so describe it.

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**Spirit Online: Wicca & Magick: Beginning Wicca:Principles of Wicca**

The Council of American Witches finds it necessary to define modern Witchcraft in terms of the American experience & needs.

We are not bound by traditions from other times & other cultures, & owe no allegiance to any person or power greater than the Divinity manifest through our own being.

As American Witches, we welcome & respect all life-affirming teachings & traditions, & seek to learn from all & to share our learning within our Council.

It is in this spirit of welcome & cooperation that we adopt these few principles of Wiccan belief. In seeking to be inclusive, we do not wish to open ourselves to the destruction of our group by those on self-serving power trips, or to philosophies & practices contradictory to these principles. In seeking to exclude those whose ways are contradictory to ours, we do not want to deny participation with us to any who are sincerely interested in our knowledge & beliefs, regardless of race, color, sex, age, national or cultural origins, or sexual preference.

We therefore ask only that those who seek to identify with us accept these few basic principles:

1. We practice rites to attune ourselves with the natural rhythm of life forces marked by the phases of the Moon & the seasonal quarters & cross-quarters.

2. We recognize that our intelligence gives us unique responsibility toward our environment. We seek to live in harmony with Nature, in ecological balance offering fulfillment to life & consciousness within an evolutionary

concept.

3. We acknowledge a depth of power far greater than is apparent to the average person. Because it is far greater than ordinary, it is sometimes called "supernatural," but we see it as lying within that which is naturally potential to all.

4. We conceive of the Creative Power in the Universe as manifesting through polarity - as masculine & feminine - & that this same creative Power lives in all people, & functions through the interaction of the masculine & feminine. We value neither above the other, knowing each to be supportive of the other. We value sexuality as pleasure, as the symbol & embodiment of Life, & as one of the sources of energies used in magickal practices & religious worship.

5. We recognize both outer worlds & inner, or psychological worlds sometimes known as the Spiritual World, the Collective Unconscious & Inner Planes, etc. & we see in the interaction of these two dimensions the basis for paranormal phenomena & magickal exercises. We neglect neither dimension for the other, seeing both as necessary for our fulfillment.

6. We do not recognize any authoritarian hierarchy, but do honor those who teach, respect those who share their greater knowledge & wisdom, & acknowledge those who have courageously given of themselves in leadership.

7. We see religion, magick, & wisdom-in-living as being united in the way one views the world & lives within it - a world view & philosophy of life, which we identify as Witchcraft or the Wiccan Way.

8. Calling oneself "Witch" does not make a Witch - but neither does heredity itself, or the collecting of titles, degrees & initiations. A Witch seeks to control the forces within herself/himself that makes life possible in order to live wisely & well, without harm to others, & in harmony with Nature.

9. We acknowledge that it is the affirmation & fulfillment of life, in a continuation of evolution & development of consciousness, that gives meaning to the Universe we know, & to our personal role within it.

10. Our only animosity toward Christianity, or toward any other religion or philosophy-of-life, is to the extent that its institutions have claimed to be "the one true right & only way" & have sought to deny freedom to others & to suppress other ways of religious practices & belief.

11. As American Witches, we are not threatened by debates on the history of the Craft, the origins of various terms, the legitimacy of various aspects of different traditions. We are concerned with our present, & our future.

12. We do not accept the concept of "absolute evil," nor do we worship any entity known as "Satan" or "the Devil" as defined by Christian Tradition. We do not seek power through the suffering of others, nor do we accept the concept that personal benefits can only be derived by denial to another.

13. We work within Nature for that which is contributory to our health & well-being.

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**Spirit Online: Wicca & Magick: Beginning Wicca:Wiccan Rede**

Wiccans follow a basic law called the Wiccan Rede. The idea of the law is to that you can do whatever you want, as long as it doesn't hurt anyone- including yourself.

Since the Wiccan Rede is the spine of Wicca, every action you take must adhere to it. The basis of the rule is ethics. Ethics must be taken into consideration in every decision, most especially when it comes to writing and casting spells. Spells must never manipulate someone to make them think or feel a certain way, and they must never cause psychological or physical damage.

A common misconception is that one can cast a love spell at will to cause someone to love you involuntarily. This is a violation of the Wiccan Rede and is, in fact, often considered black magick. It manipulates the will of the individual being targeted. There are intricacies to love magick... you can cast a spell to draw a willing person to you, but you cannot cast a spell to force a specific person to love you.

Since we've been leading up to it, here it is- the Wiccan Rede. Make sure you understand it thoroughly before continuing. It's an essential piece of information to help understand all aspects of The Craft- why we do certain things and not others.

This poem known as the Wiccan Rede today was written by Adriana Porter who died in 1946.

## **The Wiccan Rede**

Bide the Wiccan laws ye must,

in perfect love and perfect trust.

Live and let live -  
fairly take and fairly give.

Cast the Circle thrice about  
to keep all evil spirits out.

To bind the spell every time,  
let the spell be spake in rhyme.

Soft of eye and light of touch -  
speak ye little, listen much.

Deosil go by the waxing Moon -  
sing and dance the Wiccan Rune.

Widdershins go when the Moon doth wane,  
and the werewolf howls by the dread wolfsbane.

When the Lady's Moon is new,  
kiss the hand to Her times two.

When the Moon rides at Her peak,  
then your heart's desire seek.

Heed the North wind's mighty gale -  
lock the door and drop the sail.

When the wind comes from the South,  
love will kiss thee on the mouth.

When the wind blows from the East,  
expect the new and set the feast.

When the West wind blows o'er thee,  
departed spirits restless be.

\* Nine woods in the Cauldron go -  
burn them quick and burn them slow.



Elder be ye Lady's tree -  
burn it not or cursed ye'll be.

When the Wheel begins to turn,  
let the Beltane fires burn.

When the Wheel has turned a Yule,  
lighty the Log and let Pan rule.

Heed ye flower, bush and tree -  
by the Lady blessed be.

Where the rippling waters go,  
cast a stone and truth ye'll know.

When ye are in dire need,  
hearken not to others' greed.

With the fool no season spend,  
or be counted as his friend.

Merry meet and merry part -  
bright the cheeks and warm the heart.

When misfortune is enow,  
wear the blue star on thy brow.

True in love ever be,  
unless thy lover's false to thee.

Eight words the Wiccan Rede fulfill -  
an ye harm none, do what ye will.

\* "Nine woods" in the rede is probably referring to the 9 woods commonly used in a balefire: rowan, dogwood, mesquite, poplar, oak, juniper, pine, cedar, and apple.

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## **Spirit Online: Wicca & Magick: Beginning Wicca:4 Rules and a Law**

(This is an abbreviated version of the rules and laws according to Torin.)

### **The Four Rules:**

I. Live - Live each day as if it were your last, for one day you will be right.

II. Love - Love yourself first and foremost. For when you truly love yourself, loving those around you will come as easily as breathing - and we all must breathe.

III. Learn - Learn your life's lessons - each as it comes - for that is the reason we are here.

IV. Enjoy - Enjoy your life, because if you do not most likely someone else will enjoy it for you... and then your time here will have been wasted.

### **The Law:**

Harm None.

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**Spirit Online: Wicca & Magick: Beginning Wicca:History of Wicca**

The history as documented by Kevin Baker.

The history of Wicca is under much debate in the Wiccan community. Some people say that it dates back to as early as the stone age. Others say that it's origins are much more recent. The problem with the history of Wicca is that there has been much perse cution throughout the years, making it very hard to keep accurate records. The more recent history can be confirmed, but the problem lies in the ancient history.

Archaeologist have found drawings in caves from the stone age that would suggest that Wicca, or witchcraft, dates back that far, but it's hard to be certain. In the earliest age of man writing was nonexistent and the drawings found are hard to interpret. It's believed that even in the stone age there was some concept of a higher being and there were various forms of worship. Some scholars say that the drawings found were the beginnings of what is know as Wicca today. Others feel that the connection is too weak to make a judgment like that. Evidence has been found to support that there was some form of Wicca in early C.E.

Artifacts have been found from the first few centuries that suggest there were witches back then. Some of these things include decorated knives, mixing bowls and jewelry. The Christian church was also more tolerant of witchcraft in early C.E.. People who were found to be practitioners only had to repent with no real threat of harm. Then in the late 13th century the view of magic began to change.

The belief that magic was a form of evil that came from

the devil himself grew in the late 13th century. People who practiced witchcraft were viewed as being bonded with Satan and evil. This began what most Wiccans refer to as "The Burning Times" . The Inquisition was founded and many witches were put to death. The numbers vary depending on what source they come from, but the lowest estimates are well into the thousands. The witch-hunts ended by the 18th century, the last outbreak being the Salem witch trials. In Salem, Massachusetts twenty people, supposedly witches, were put to death after an outbreak of hysteria cause by several young girls we said they were bewitched.

Wicca had a low following in the time that followed, up until the mid 20th century. In the mid 20th century there was a rebirth of witchcraft, referred to today as the Neo-Pagan movement. Several writers drew great attention to Wicca and its beliefs. The most famous of these writers was Gerald Gardner who wrote "Witchcraft Today" in 1954 and began to revitalize the Wiccan movement. Today Wicca thrives and has a large following.

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## **Spirit Online: Wicca & Magick: Beginning Wicca:Your Book of Shadows**

The most valuable and essential tool to the witch is a BoS (Book of Shadows). This is a collection of all your learnings, memories, rituals, etc. in one place. Most modern Wiccans use a three-ring binder to make it easy to arrange documents and add in other papers. This can, of course, be hand-written or printed from a computer.

The following is a listing of some common things people keep in their BoS. Don't limit yourself- just because these are the most ordinary things to keep, it doesn't mean they are the only things you can keep. Creativity will make your BoS more special.

### **The Wiccan Rede**

Include a copy of the rede. You may also want to have an evaluation of the rede- that is, "dissect" the rede and consider each statement, and write about its meaning and value to your practices. Our copy of the rede can be found [here](#).

### **The Sabbats**

Have a copy of the eight major sabbats and include information on the importance of each one. Our online list of the sabbats can be found [here](#) plus rituals, recipes, information, and activities for the sabbats are available [here](#).

### **Calendar**

A calendar of the moon phases, progressions, and the astrological signs they are in each day. Mark new moons and full moons. Also include major events, holidays, and sabbats. See [Moon Phases](#) and the [Lunar Correspondences Guide](#).

### **Magickal Correspondences**

A list of what each god and goddess represents, and a list of the meanings of herbs in magick, and the symbolism of different candle colors. Maybe include a list of the significance of different scented incences. [Click here](#) to visit a large collection of correspondences.

### **Rituals and Spells**

Have a section of rituals and spells you find practical and useful, or you may need for future occasions. [Click here](#) to visit our Spellbook online.

### **Chants and Poems**

Chants or prayers you find especially nice are good for your BoS collection. Also, personal poetry and your own hand-written chants would be a great addition to your book.


### **Daily Journal/ Dream Journal**

A journal of daily events and occurrences is always a good idea. A dream journal is also an excellent suggestion-recording and analyzing dreams can help you to become more in touch with your "third eye", or psychic awareness. We have an couple outlines for dream journals, which you can find on our [dreams and lucidity](#) page.

### **Insights**

Your path to learning can help you more in the future if you are able to look back on it. Ask yourself questions, and write your responses in a section of personal insights. As opposed to a daily journal, this will not record actual events, but instead, will help you to reflect on theories and thoughts. Think about how you began on this path, reconsider your ways of life, think about the wonders of reality, write a little on what Wicca means to you and how it's changed your outlook on life. Anything goes. And you can always return to a previous insight, and add what new views you've stumbled upon! Don't forget to write the time/date on each entry!

Remember, don't just stick a bunch of stuff into your



**BoS. Only include what you consider to be of value, and always make your own alterations. If you put a ritual in their, write side-notes on what you decided to change for your purpose. If you put an inspirational article in there, add your own thoughts and ideas in the margins.**

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## Spirit Online: Wicca & Magick: Beginning Wicca: Elements & Elementals

The 5 elements (water, earth, fire, wind, spirit/akasha) are, in many ways, the core of ritualism. Many rituals require that you call the quarters for power and protection. Each tower (East, South, West, and North) is ruled by the lords and ladies, different spirits, different seasons, and different elements. The pentagram itself is representative of not only the human body but the 5 elements. Most rituals require some physical use of an element. Because of the importance of these 5 forces, it's valuable to know their properties.

When you call to the watchtowers, this is how they correspond:

The East is air.  
The South is fire.  
The West is water.  
The North is earth.  
The Center is akasha.



These elements are used as symbols to represent things in spells, thereby causing different effects to be produced. Below is a basic guide to the element's meanings.

**EARTH:** Love, healing, money, acquisition, employment, health, dieting, organization, goals, ambition, career, politics, persuasion, bones, teeth, skin.

**AIR:** Communication, writing, travel, justice, unions, balance, artistry, science, freedom, understanding, clarity, friendship, breaking bad habits or addictions, blood.



**FIRE:** Authority, rebirth, leadership, authority, courage, fertility, spine, heart, travel, sports, truth, horses.

**WATER:** The home and honoring lunar god/desses, power, psychic growth, sex, music, art, telepathy, dreams, prophecy.

**AKASHA:** Akasha is the central element. It is spirit, and it is said to combine all the others into one final divine element. Since you cannot physically obtain a 'bottle of akasha', it's simply the power within you to strengthen and seal your magick.

Elemental spirits are the embodiments of each individual element. Generally they are summoned during renaming rituals and initiations. I have read many rituals involving meeting an elemental spirit through meditation, although I have never been sure enough or daring enough to actually try. The main spirits are as follows:

**Gnomes-** Spirits of the earth.

**Sylphs-** Spirits of air.

**Salamanders-** The spirits of fire.

**Undines-** Spirits of water.

Akasha is the element of spirit itself.

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**Spirit Online: Wicca & Magick: Beginning Wicca:Magick Name**

Most Wiccans choose a Craft name (also known as a magickal name or eke-name). Because Wicca is a new way of life, it is traditional to find a new name that you feel suits you. At birth, we are given names without any personality to base it on. When you choose a Craft name, it will be something very much a part of you, perfectly fitting and comfortable. A name is a symbol of yourself. You should choose a name that fits you just right. It should say something about your personality. And of course, choosing a new name represents the birth of a "new" you as you enter the world of magick, paganism, and the God and Goddess.


Here are some guidelines:

**Let your name come to you.** If you try to force yourself to come up with a name, you'll only end up with something that sounds nice, but will always seem a little less than fitting. The name that suits you will come along and be just right.

**Try thinking of it from this perspective:** What would you be, if you weren't a human? An animal? An inanimate object, like a flower or a tree? Or would you be a great body of water, or a torrent of wind and rain, or a mirage in a hot desert? Think of yourself that way, and it may help the name form in your mind.

**Think about how others see you.** Imagine being on the outside, talking to yourself... a little like reflecting your personality so it's more tangible. Then maybe that name will come to you!

**Consider your personality.** What name would represent



your characteristics best? Names like "Charisma" or "Star" might suggest an outgoing personality, while a name like "Dove" or "Innocence" would represent a shy, gentle person. Go from there.

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**Spirit Online: Wicca & Magick: Beginning**  
**Wicca: Traditions of Magic and Wicca**

**Alexandrian:** Originated in England in the 1960's, founded by Alex Sanders. The rituals are said to be of Gardnerian basis. Alex Sanders referred to himself as the "King" of his Wiccans. Although similar to Gardnerian Wicca, Alexandrian Wicca tends to be more eclectic and liberal. Some of Gardnerian's strict rules, such as the requirement of ritual nudity, have been made optional by Alexandrian Wicca.

**British Traditional Witch:** This is a mix of Celtic and Gardnerian beliefs. These traditionals move mostly within the Farrar studies and are fairly structured by their beliefs. They train through a degree structured process. The International Red Garters is the most famous organization at this time. Often includes druids.

**Celtic:** The Celtic tradition is based on the practices of the pre-Christian Celtic world. This includes Ireland, Wales, Scotland, and Gaul. There is also a significant amount of Druid practice used in this tradition. It shares a lot with the Teutonic tradition, including the use of runes. This traditional is extremely earth based and strong in the religious aspects of the Craft. Many aspects of Christianity were drawn from the Celtic pagans, such as Cerridwyn's cauldron translating into the Holy Grail, and the goddess Brigit becoming Saint Bride.

**Ceremonial:** Less religion, more emphasis on the art and science of magick. Rituals are generally complex and practices lean towards the secretive, hidden side of magick. Not geared towards the solitary practitioner, but can easily be adapted for those who choose to work alone. Not necessarily a wiccan-only tradition, though there are many ceremonial witches.

**Dianic:** Tradition from western Europe, tracked back to Margaret Murray in 1921. This tradition has been pegged as the "feminist" movement of the Craft. It is a mix of many traditions, but its focus is on the goddess, especially Diana. (Diana is a reference often crossed during study of Greek/Roman mythology.)

**Eclectic:** An eclectic Wiccan doesn't follow any strict traditional guidelines, but instead, practices the beliefs that suit them best. They mix traditions to find their most fitting stance on their religion, using the magick that is most practical for their lifestyle and studying the parts of the religion they consider to be essential. This is mostly of modern origin, previously most Wiccan traditions had more restricting boundaries; the eclectic tradition marks witchcraft's expansion into a patchwork quilt of various beliefs and theories.

**Faerie Wicca:** Also referred to as fae, fey, faery, fairy, fairie... tradition based on faery lore and beliefs. Consists of a mixture of "green" Wicca, celtic and druidic practices, and modern witchcraft.

**Gardnerian:** Gardnerian is the tradition founded by Gerald Gardner. He was one of the first to go public with information about the Craft, modern Wicca has mostly been derived from his books. Gardner's inspiration was drawn from many sources, including 'Aradia, Gospel of the Witches', where strands of the Gardnerian tradition such as required ritual nudity can be found. This is an extremely traditional path with a hierarchical grade structure. These individuals are very secretive and take oaths upon initiation. Although there are a number of Gardnerian Covens active in the US, they are difficult to locate and once located are not easy to join. This tradition does not lend itself well to solitary practice, but some aspects of it do. It therefore deserves study by solitary practitioners, especially eclectics.

**Hereditary:** This is a person that can trace the Craft back on their family tree and was also taught the craft by a living relative. ("My mother's grandmother's sister's

cousin was a Wiccan" doesn't count.) Because of the youth of modern Wicca, this really only applies to practitioners of witchcraft and not necessarily Wicca.

**Kitchen Witch:** This type is one that practices by home and hearth concentrating on the practical side of religion, magick and the earth and elements. A more convenient form of practice for those who have limited space and resource, mainly suburban and city witches. This focuses on practicality, the use of magick in the home and in the workplace, and convenient ritual writing that includes readily available "ingredients" on short time and a tight budget.

**Pictish:** Pictish is Scottish witchcraft with a strong connection to nature in all of its forms. The practice is actually mostly magickal with little emphasis on the religious aspect. This is practiced as a solitary tradition.

**Pow-wow:** This is a system, not a religion, based on 400 year old German Magick. In this day and time it has lost much of its concentrations and is basically now into simple faith healing.

**Seax- Wica:** (Or Saxon-Wica) Founded in 1973, by Raymond Buckland. Raymond Buckland authored this tradition without breaking his original Gardnerian oath. His contributions to the Craft is of great significance and many popular books today are of his authorship.

**Shamanism:** Beliefs are connected to contact with the spirit world. Through communication with the spirits, the Shaman can work acts of healing, divination and magic - revealing by way of vision, poetry and myth the deeper reaches of the human spirit.

**Solitary:** Individuals preferring to work in private rather than within the confines of a group setting. Wicca works well with this sort of practice. Solitaries can pick any number of traditions that fit well into this sort of practice. Can be as fulfilling as working in a group setting.

**Strega:** This tradition began around 1353 in Italy, with a woman called Aradia. Leland's book "Aradia, Gospel of the Witches" is the most veritable literary remainder of the original tradition. The teachings are insightful and should not be missed, for those who practice solitary or in covens, especially if you are interested in studying all traditions.

**Teutonic/Nordic:** This is from ancient time, the Teutons have been recognized as a group who speak the Germanic group of languages. The languages include the English, Dutch, Icelandic, Danish, Norwegian and Swedish. Norse practitioners are often Astruar that is, followers of Asatru. Many worship similar to their Norse predecessors, following Scandinavian and Germanic deities such as Odin and using divination methods like the runes.

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**Spirit Online: Wicca & Magick: Beginning Wicca: The Sabbats**

**Spirit Online: Wicca & Magick: Beginning Wicca: The Sabbats**

Below are the dates and the many names of the 8 major and minor sabbats of the pagan religion. This is just a brief outline, please [return to the main page](#) and scroll down to "The Eight Pagan Sabbats", where you will find details, rituals, and recipes for each sabbat.

**Candlemas**- February 2 (Imbolic, Oimelec, or Lady Day.)

**Spring Equinox**- First day of Spring (Vernal Equinox, Festival of the Trees, Alban Eilir, Ostara, or the Rite of Eostre.)

**Beltane**- May Eve & May 1 (May Day, Rood Day, Rudemas, or Walpurgisnacht.)

**Summer Solstice**- First day of Summer (Midsummer, Alban Hefin, or Litha.)

**Lammas**- August 1 (August Eve or the First Festival of Harvest.)

**Autumn Equinox**- First day of Fall (Fall Sabbat, Mabon, Alban Elfed, or the Second Festival of Harvest.)

**Samhain Sabbat**- October 31 (Halloween, Hallowmas, All Hallow's Eve, All Saint's Eve, Festival of the Dead, or the Third Festival of Harvest.)

**Winter Solstice**- First day of Winter (Yule, Alban Arthan, Winter Rite, or Midwinter.)





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**Spirit Online: Wicca & Magick: Beginning Wicca: Meeting Your Spirit Guide**

**Spirit Online: Wicca & Magick: Beginning Wicca: Meeting Your Spirit Guide**

First of all, an absolute beginner can meet his/her spirit guides. It was one of the very first things that I did. You already know them, you picked them before you were born and they agreed to help you this time around.

To start, I would suggest that you have a pencil and paper handy. Now find yourself a quiet place. Cleanse yourself and the room thoroughly. Get good and relaxed. Fill yourself and the room with a white light. Now call your spirit guides to you. It does not matter at this time that you do not consciously know them, they will be there for you. Now say, "Please touch me." You should feel some sort of sensation somewhere on your body. It could be chills, goose bumps, warmth or a tingling. Whatever it is it will simply be a sign to you that they are there. Having identified (for you) a way to tell their presence, you can go on to the next step, determining how many of them there are.

Ask, "Is there at least one of you?" You should feel the sensation. Everyone has at least one guide. Most people have between one and seven. Now ask, "Are there at least two of you?" If you feel the sensation, then you know that there are at least two of them. Continue this process until you no longer receive any sensation. In this manner you will determine how many guides that you have.

Next step. Say, "Number one, please touch me." Somewhere on your body, (your forehead, back of your neck, arm, back, shoulder, leg, somewhere) you should feel something. It may be chills, goose bumps, warmth, a

tingling or whatever, but it will be a pleasant sensation. Remember this touch, in fact it is a good idea to write it down. It is the I.D. of that spirit guide, and he/she will always touch you in the same spot with the same feeling. Continue the process until you have the I.D.'s of all of your guides.

Next step. Ask, "Please tell me hello." If you can hear their thoughts in your head, you are one of the lucky ones. I wasn't, it took me years before I could reliably "hear" them. It was not their fault, but mine, I was cutting myself off. So if you don't hear them, all is not lost.

Assume that you don't hear them. You can still ask questions and get answers, it just takes a little more effort, as it has to be couched as "Yes/No" questions. Ask them, "Please give me a 'Yes' answer." Pay close attention to your body, there will be some movement at this point, the most common being a nodding of your head as though you were nodding a "yes" in answer to someone else's question. The actual motion may be very slight, almost imperceptible, but you will be able to feel it. When I was using this method, I could often judge how emphatic the answer was by how energetic the nodding was, I have had my entire body jerk. Now ask, "Please give me a 'No' answer." Again pay close attention to your body, there will be a motion, the most common being a shaking of the head as if you were shaking your head "no".

Now lets get some practice, and this is an important step. Assume that there is a table lamp in the room with you and it is turned off. Ask the question, in these words, "Is the lamp on?" Did you get a "yes" answer? Were they wrong? Not at all, you asked the wrong question, the lamp is indeed on the table. Now ask the question, "Is the table lamp in this room turned on?" Now the answer should be "No." Assume that the door to the room that you are in is open, ask, "Is the door open?" Got a "No" answer? Is the front door closed? There is a reason for these apparently "wrong" answers, they are not being contrary, only trying to get you to learn to be precise in

your wording, and to make sure that you really do know what you are really asking.

As you work with them and get to know them, you will find that most of them have great senses of humor, they like a good joke as well as you or I. And they all have their own individual personalities. Once, I was helping a young man to meet his guides and he referred to one of them as "he." Suddenly, his eyes opened wide and a smile crept across his face. He said, "I just got my face slapped. And I heard, 'I'm not a he, I'm a woman.'"

You will also find in time that they will not be quite so insistent on the precise wording of your questions.

When you go to ask them a question in the future, it is a very good idea to first ask, "Who is with me?" Then look for the familiar I.D. touch. That will not only let you know which of your guides that you are talking to, but will also insure that it is one of your guides and not some stray spirit that happens to be passing by.

When you ask your guides for advice, ask for their opinions. They will NOT tell you what to do, but are more than happy to tell you their opinions. Put your questions to them in the format of "If you were in my position, would you ..." or "In your opinion would it be best for me to ...". Otherwise, you may not get an answer. Remember that it is your life, and you have to make the decisions and live with the results.

Yes, they all have names, they are after all, people. But I have tended to discourage using names until you really develop a discernment in identifying them by their thoughts. The reason is simple. Let us assume that you have a guide named Susan. Now you want to ask your guides a question and you start out by saying, "Who is with me?" and you clearly hear "Susan." OK, you assume that is your Susan. But unknown to you, it just happens to be some confused spirit who has recently died and is still wondering around, lost. And you are willing to talk to her! WOW! She will tell you anything that you want to hear,

sure you were Nefertiti in a past life, and Queen Elizabeth, too. Mata Hari? Yeah, you can be her too if you want to. See what I mean? But that touch is a positive ID.

In the future, if a spirit shows up claiming to be a new guide for you, don' t take it at its word, check it out with your known guides before you accept anything that it tells you.

I wish you the very best in your efforts. Please let me know how you make out. And if you have any questions, feel free to ask. [[emarlowe@email.msn.com](mailto:emarlowe@email.msn.com)]

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## **Spirit Online: Wicca & Magick: Spellcrafting & Correspondences**

Writing your own spells is a much more successful method than using ones written by others. This will help you decide what to put into your spell so it will produce the desired effect.

[Tell me what you think of this book!](#)



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Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:How to Cast a Circle

Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:How to Cast a Circle

By Arwen Nightstar- <http://www.mindspring.com/~arwennightstar/>  
(visit her beautiful site!)

### What is a Circle?

Circle is the magically prepared area where many Wiccans celebrate the turning of the Wheel. What I will discuss here is how I see Circle ... simply my viewpoint and in no way the final word. Remember that your own heart and spirit will guide you in things. If something sounds uncomfortable to you, then don't do it. Please! Don't let someone's supposed expertise/knowledge lead you into doing something that you are not sure about. No one can tell you how to worship or who to worship.

Ok...the Circle is the area where I hold my rituals, where I worship my Gods, where I cast my spells. The first thing I do before Circle is to prepare myself through a salt-bathing ritual. This involves cleaning myself with soap and water...leaving the daily worries behind with my clothing worn that day. Then I join salt and water to charge myself, to cleanse myself. When I am ready to begin my Circle, I either robe or not, that is a matter of personal choice to me. Then I move to where I am doing my Circle...assuming that I am not doing it in my bathroom.

### [How to Cast]

I light the candles on my altar which I always place in the East. Put your altar wherever it feels the most right to

you. These represent the Lady and her Lord. I set fire to my incense. I center and ground myself. If I am circling with another, we hold hands and do three Oms to bring our energies into balance. At this point I am going to walk you through casting a Circle. This is NOT the way I do a Circle. My way of doing it is oathbound and I may only reveal that to those who are properly prepared and known to me.

First, call the Lady and the Lord to join you in your circle. Do this with reverence and respect. They are your Deities and should be invited never commanded! A simple Invocation to each follows:

Lady of the Night, Mistress of the Day Please hear the call of your daughter/son (or simply your magical name) Silvery Moon Woman watch as I lay This Circle of Power . Great Hunter, Father, Son and Lover Hear my call if you will Laughing Man, Eternal Man watch over This Circle of Power.

So, you have invited your Deities in. Take a moment to feel Their presence. Smile at the Lady's warmth...the Lord's being. These are your Deities and are indeed there for you. Once you know that They are attending your rite, you begin to cast the Circle. You first will cast the Circle with fire and air, elements of East and South. Incense is fire and air. Present the burning incense at the altar and then walk your Circle deosil. Deosil is the direction of the sun as it travels the Earth. When you return to the altar, replace the incense. NOTE: Use a hotpad if you are in danger of burning yourself! I have a small ceramic cauldron made by a Pagan potter, but I also use a large shell on occasion. Once the air and fire have cast the Circle, then join salt and water together. Again, with reverence! This is a religious ceremony you are doing so try to be respectful. The Goddess says in Her charge "all things in reverence and mirth" so if you giggle so be it....but do try to start with respect. Take the earth and water (salt and water) and present it over the altar. Now, traveling deosil, asperge your Circle with water and earth. Asperge is to lightly flick water from the bowl with your fingers and cast to the edges of your Circle.



Return to the altar and replace the water bowl.

Now, with your finger, your athame, your wand...cast your Circle with Spirit. That is you, your energy, your heart and spirit at work. You may say words as you go if you wish. A simple Circle invocation could go something like this:

Be thou cast, Circle. As I walk thy boundaries So do you hold my power. Set me apart from the world of man Make me apart from the realm of spirit. Hold me between the worlds as I work my magic.

You may see or feel energy coming from you as you walk the edge of your Circle. Or you may not! Don't worry about it. When you return to the altar, salute the East. Now, at this point you may call the Quarters if you wish. A simple Quarter call could be:

Spirit and guardian of the (direction) I do call you to my Circle. Do thou watch from the (direction) and keep me safe. Witness my workings and lend me thy aid Thou guardian of the (direction)

Do embellish on any of this as you see fit. This is just meant to help those of you who have never done a Circle and are unsure as to the actual mechanics of casting. Remember that you must follow your own path! Read! Ask questions! Learn and grow!

Now then, I have tried to show you throughout this writing what Circle is to me. Hopefully you will be able to cast a Circle for yourself. What you do within the boundaries of your Sacred Space is up to you. I would hope that you would be ever mindful of the Wiccan Rede and do things for good and not for harm.

All writing is the work of Arwen Nightstar and is free to be used by all. Please do not publish any of this anywhere without the express written permission of Arwen Nightstar. By my hand on June 5, 1997.

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Spirit Online: Wicca & Magick: Spellcrafting & Correspondences: Writing Your Own Spells

Spirit Online: Wicca & Magick: Spellcrafting & Correspondences: Writing Your Own Spells

In making your spells, it helps to write things out in an outline first, and then work your ritual out from there. Here is an outline you can use as a guidelines and even print out and fill in as you go along! Print as many copies as you need. You will probably only need to go through the entire outline for the first few spells. **(The extra space is where you can write if you print this.)**

1. Define the **goal** of the ritual:
2. Decide **when** and **where** you will work your magick, keeping in mind [lunar phases](#) and [days of the week](#):
3. Find or create an appropriate **chant** for the spell (a simple rhyme will do):
4. If you will be invoking a [god or goddess](#), decide on which one and write out any special prayers that you will use to call that diety. (For example, if you were calling Hecate, you could simply say "Hecate, Dark Goddess, I call thee!"):

5. Plan how you will **visualize** your goal in your mind. Describe it:
  
6. Decide on any **correspondences**, such as **herbs**, **colors**, **elements**, that you want in your ritual. Write these down and decide on how to include them in the ritual. Example: "Water would be appropriate for this ritual, so I will have a bowl of water on my altar". Your correspondences:

With all this written out, you are ready to decide how you will perform the ritual using the information you have gathered. Now, let's start the magick!

At the appropriate time gather together all the items you will need for your spell and go to the place where you will be performing the ritual.

Cast your circle.

Invite whatever dieties you wish to have present. Light incense to invite the God and Goddess into your circle if you wish and say any prayers you want.

Clear your mind and begin visualizing your goal as you planned. You can state your goal out loud if you want to.

Raise energy within yourself as you use your chant, or raise energy without a chant if you would rather.

Light your candles, charge your stones, dance, sing, etc. to focus your attention and raise energy. Here is where you should involve your correspondences in the spell!

**When you feel that you have put as much energy into your spell as you possibly can, send the energy out to do your will. Relax, thrust open your arms, do whatever makes you feel that the energy being released.**

**Finish your spell by stating "So mote it be" or "This is my will, so it shall be". It is a sign of closure and a declaration that you know your magick will be successful.**

**Close your circle and thank the deities who have been with you.**

**Ground your energy.**

**Have your cakes and ale, or cookies and juice if you prefer.**

**Record your ritual in your Book of Shadows and save any remaining items that you wish in your personal witch's box.**

**Congratulations! You have completed your working!**

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Spirit Online: Wicca & Magick: Spellcrafting & Correspondences: Daily Magick Chart

Spirit Online: Wicca & Magick: Spellcrafting & Correspondences: Daily Magick Chart

Herbs, woods, and colors for magickal workings. Use this chart to decide when to perform what kind of rituals (by day of the week) and what to use.

	Cosmic	Herbs	Woods	Colors	Influences
<b>Mon.</b>	The Moon	White poppy, white rose, wallflower, myrtle	Willow	White, silver, pearl, cream, gray, pale pink, sky blue, lavender	Prosperity, travel, visions, home and hearth, agriculture
<b>Tues.</b>	Mars	Carnation, hellebore, patchouli, plantain, aloe	(None)	Red	Courage, war, battle, destiny, destination, goal, strength
<b>Wed.</b>	Mercury	Sweetpea, lavender, mastic, frankincense, clove, cinnamon, cinquefoil	(None)	Green, orange, yellow, grey	Conjuring, predictions, future, knowledge, writing, poetry, eloquence, speech
<b>Thurs.</b>	Jupiter	Lilac, storax, aloe, nutmeg, henbane, pine, stock	Pine	Purple, royal blue, blue	Religion, spirituality, healing, luck, fortune, bartering, employment, honors, legal matters

<b>Fri.</b>	Venus	Apple blossom, musk, stephanotis, ambergris, saffron, verbana, myrtle	Myrtle	Pink, green, pale green, sky blue	Love, lust, sex, friendship, attraction, affection, partnerships, money
<b>Sat.</b>	Saturn	Pansy, hyacinth, peperwort, assodilious, black poppy, henbane, myrrh	Oak	Black, navy blue, brown	Responsibilities, meditation, reflection, life, building, magick, family, doctrines, duty
<b>Sun.</b>	The Sun	Orange blossoms, cloves, frankincense, musk, ambergris, myrrh	Laurel	Gold, orange	Healing, prosperity, confidence, trust, hope

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**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Lunar Magick**

**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Lunar Magick**

For Wiccans, the most powerful source of energy is the Moon. In magick, the position and phase of the Moon is considered to be one of the deciding factors in when to celebrate, or when to use magick.

#### **Main Lunar Cycles:**

**Waxing Moon** (When the moon is on the increase, going from a small crescent [new moon] to a full moon) is the ideal time for magick involving love or growth.

**Waning Moon** (When the moon is on the decrease, going from a full moon back to a crescent) is the best time to break spells or stop bad situations.

**Full Moon** is when psychic energy is at its peak, it's the best time for prophecy and divination.

#### **Astrological Moon Phases:**

**Moon in Aries** is the best time to work magick involving leadership, authority, rebirth, spiritual conversion, or willpower. Healing rituals for ailments of the face, head, or brain are also done during this period of time.

**Moon in Taurus** is the best time to work magick for love, real estate, material acquisitions, and money. Healing rituals for ailments of the throat, neck, and ears are also done during this period of time.

**Moon in Gemini** is the best time to work magick for good communication, change of residence, writing, public relations, and travel. Healing rituals for ailments of the shoulders, arms, hands, or lungs are also done during this period of time.

**Moon in Cancer** is the best time to work magick for home and domestic life. Healing rituals for ailments of the chest or stomach are also done during this period of time.

**Moon in Leo** is the best time to work magick involving authority, power over others, courage, fertility, or childbirth. Healing rituals for ailments of the upper back, spine, or heart are also done during this period of time.

**Moon in Virgo** is the best time to work magick involving employment, intellectual matters, health, and dietary concerns. Healing rituals for ailments of the intestines or nervous system are also done during this period of time.

**Moon in Libra** is the best time to work magick involving artistic work, justice, court cases, partnerships and unions, mental stimulation, and karmic, spiritual, or emotional balance. Healing rituals for ailments of the lower back or kidneys are also done during this period of time.

**Moon in Scorpio** is the best time to work magick involving sexual matters, power, psychic growth, secrets, and fundamental transformations. Healing rituals for ailments of the reproductive organs are also done during this period of time.

**Moon in Sagittarius** is the best time to work magick for publications, legal matters, travel, and truth. Healing rituals for ailments of the liver, thighs, or hips are also done at this time.

**Moon in Capricorn** is the best time to work magick for organization, ambition, recognition, career, and political matters. Healing rituals for the knees, bones, teeth, and



skin are also done at this time.

**Moon in Aquarius** is the best time to work magick involving science, freedom, creative expression, problem-solving, extrasensory abilities, friendship, and the breaking of bad habits or unhealthy addictions. Healing rituals for ailments of the calves, ankles, or blood are also done at this time.

**Moon in Pisces** is the best time to work magick involving dreamwork, clairvoyance, telepathy, music, and the creative arts. Healing rituals for ailments of the feet or lymph glands are also done at this time.

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**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Color Correspondences**

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**Red:** Love, passion, attraction

**Pink:** Love, friendship

**Orange:** Energy, also attraction

**Yellow:** Confidence, attraction, persuasion, charm

**Green:** Money, success, luck, health, growth

**Blue:** Loyalty, peace, wisdom, astral projection, prophecy

**Violet:** Healing, power, independence, psychic powers, success, protection

**Black:** Protection, counteraction, banishing evil

**White:** All colors, purity, peace, truth, strength in spirit, divination, meditation

**Gray:** Neutralizing negativity

**Gold:** Honoring sun gods

**Silver:** Gaining the aid of the Goddess, removing negative forces

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**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Amulets, Talismans, and Charms**

**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Amulets, Talismans, and Charms**

(This list is quite comprehensive, but by no means complete. If you know of other things that ought to be added, don't hesitate to email us.)

**Acorn:** Attracts the opposite gender, increases income, divinitory powers, and prosperity.

**Agate:** Good luck, meditation, protection, health, purification.

**Akhet:** Ancient Egyptian amulet representing the rising sun. It is held to give the wearer the vigor of the sun god Ra.

**Aladdin's Lamp:** A charm shaped like Aladdin's lamp means good luck and happiness.

**Alligator Teeth:** Protection from sorcery and danger.

**Amber:** Balance, harmony, protection, psychic power.

**Amethyst:** Power, peace, protection, spirituality, intelligence, luck, psychic power, true love.

**Animal Shapes:** Amulets made from any material representing the shapes of animals. They are supposed to give the wearer the desirable qualities of the animal.

**Ankh:** An Egyptian amulet meaning life or soul. It symbolizes enduring life and grants the wearer one

hundred thousand million years of life.

**Bell:** An amulet used by primitive and Western people whose sound was intended to ward off the evil eye and dispel hostile spirits. In the Middle East bells were attached to the harness of horses and camels for the same purposes.

**Billiken:** A good luck ornament in the shape of a human figure.

**Cat:** Cat-shaped jewelry represents prophecy, luck, protections, and the granting of secret wishes.

**Chai:** A symbol of life. Usually made from gold or silver. It supposedly grants the wearer longevity.

**Cross:** Life and divine protection. The Christians believed it to be a supreme amulet against all forces of evil. The sign of the cross was thought to cure illness and drive off demons.

**Cylinder Seal:** A seal cylindrical in shape made of clay, precious stones and limestone worn around the neck by the Sumerians and other ancient people as a signature to authenticate business agreements.

**Dragon:** Dragon-shaped amulets offer love, happiness, and fertility, as well as balance.

**Eye of God:** Amulet used to counteract the evil eye. Made of sticks and colored yarn by Huichol Indians of Mexico and attributed with power of protecting people, homes, and fields.

**Eye of Horus:** Egyptian Eye of God made of gold, copper, silver, clay, faience, or wood and worn to acquire strength, vitality, and protection against the evil eye.

**Fetish:** An amulet, charm, talisman, or object thought to have an embodiment or habitation of a potent spirit. Provides power and strength.

**Four Leaf Clover:** Good luck amulet. The four leaves going clockwise from the left side of the stem represents fame, wealth, love, and health.

**Fox Tail:** Good luck amulet attached to personal possessions . Primitive people believed that it endowed the owner with the cunning of the animal.

**Heart:** An amulet worn by many people around the world. It's a symbol of love and devotion. Ancient Egyptians thought the heart was the abode of the soul. In Europe a heart amulet was reputed to prevent heart disease.

**Hexagram:** A figure of six lines forming a six pointed star. It is worn in many parts of the world as a protection against evil. A widely worn symbol of the Jewish faith called Magen David, shield or, popularly, star of David.

**Horn of Plenty:** A contemporary amulet symbolizing prosperity, modeled on the legendary cornucopia overflowing with flowers and fruit.

**Horse and Cattle Amulets:** Decorations such as ribbons, bells, and bits of metal once attached to animals in Europe and the Middle East to keep them from harm.

**Horseshoe:** A popular contemporary amulet nailed to barn doors for good luck.

**Household Amulets:** An amulet attached to a door or window to keep the house from harm.

**Knot:** An amulet usually of knotted string or cord that was believed to hold the love of a sweetheart or ward off illness.

**Magic Triangle:** Cabbalistic amulet based on the belief that by reducing the size of an inscription, line by line, and evil spirit could be eased out of the sufferer.

**Jupiter:** Brings honor and riches to the wearer.

**Mars:** Induces courage, persistence, and recklessness. Usually made of red stone, such as a ruby.

**Mercury:** Brings success in arts and science. It also gives skill in detecting thieves. Best made out of agate, carnelian, and sardonyx.

**Mezuzah:** Doorpost amulet designed to keep a house safe from evil spirits, demons, ghosts.

**Moon:** Amulet worn in ancient and modern times to bring success in love and good fortune in travel. To assure good fortune it should be worn as a waxing, not a waning moon. That is, with the points to the left.

**Nefer:** An amulet worn by the Egyptians. It represents beauty and goodness. It probably is a form of the heart and windpipe, and was thought to bring youth and happiness. Very popular for making necklaces.

**Pentagram:** A five pointed star representing the five elements of air, fire, water, earth, and spirit. Also represents the figure of a human being. It is thought to protect the wearer from all kinds of evil spirits. Can also be used by magicians to control spirits. Should be worn with one point up.

**Ra:** Thought to give long life and strength.

**Rings:** Worn as amulets to treat illness, dispel forces of evil, keep lovers together, and prevent flight of the soul from the body.

**Saturn:** Promotes dignity, industry, trustworthiness, and success in business. Best made from black stones such as jet, obsidian, or black coral.

**Scarab:** A variety of beetle: image of beetle in clay, faience, precious stones, or other material. Acquire the strength and long life of the god of creation. Was also thought to speak up in the judgement room for a

favorable verdict for their master.

**Sma:** An amulet representing the shape of lungs. Was used by Egyptians to give breathing power to the dead by placing on their mummies.

**Star:** Ward off evil or encourage good fortune.

**Sun:** Said to bestow prosperity and friendship. Probably of Egyptian origin.

**Tassel:** An amulet made of a bunch of cords, threads, or strands hanging from a knob or roundish head. In Egypt was thought to bring happiness. Now a symbol of good luck in Mexico. In the Middle East evil spirits were said to shun tassels.

**Turtle:** A tortoise-shaped charm provides courage, creativity, intelligence, spiritual protection, compassion, fertility, sexuality, and protection.

**Venus:** Grants love and appreciation of beauty.

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**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Herbal Guide**

**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Herbal Guide**

by Amanda Hayes (c) (<http://home.earthlink.net/~ninluv>)

Enormous guide to herbs and their symbolism- and when I say enormous, believe me, there are a LOT of 'em. Give this page plenty of time to load. (Alphabetized and rather comprehensive...)

**Acacia-** Protection, Psychic Powers

**Adder's Tongue-** Healing

**African Violet-** Spirituality, Protection

**Agaric-** Fertility

**Agrimony-** Protection, Sleep

**Ague Root-** Protection

**Alfalfa-** Prosperity, Anti-hunger, Money

**Alkanet-** Purification, Prosperity

**Allspice-** Money, Luck, Healing

**Almond-** Money, Prosperity, Wisdom

**Aloe-** Protection, Luck



**Aloes, Wood-** Love, Spirituality

**Althea-** Protection, Psychic Powers

**Alyssum-** Protection, Moderating Anger

**Amaranth-** Healing, Protection, Invisibility

**Angelica-** Exorcism, Protection, Healing, Visions

**Apple-** Love, Healing, Garden Magic, Immortality

**Apricot-** Love

**Arabic Gum-** Purify negativity and evil

**Arbutus-** Exorcism, Protection

**Asafoetida-** Exorcism, Purification, Protection

**Ash-** Protection, Prosperity, Sea Rituals, Health

**Aspen-** Eloquence, Anti-Theft

**Aster-** Love

**Avens-** Exorcism, Purification, Love

**Avocado-** Love, Lust, Beauty

**Bachelor's Buttons-** Love

**Balm, Lemon-** Love, Success, Healing

**Balm of Gilead-** Love, Manifestations, Protection, Healing

**Bamboo-** Protection, Luck, Hex-Breaking, Wishes

**Banana-** Fertility, Potency, Prosperity

**Banyan- Luck**

**Barley- Love, Healing, Protection**

**Basil- Love, Exorcism, Wealth, Flying, Protection**

**Bay- Protection, Psychic Powers, Healing, Purification, Strength**

**Bean- Protection, Exorcism, Wart Charming, Reconciliations, Potency, Love**

**Bedstraw/Fragrant- Love**

**Beech- Wishes**

**Beet- love**

**Belladonna- Astral projection \*DEADLY POISON!!\***

**Benzoin- Purification, Prosperity**

**Bergamot/Orange- Money**

**Be- Still- Luck**

**Betony/wood- Protection, Purification, Love**

**Birch- Protection, Exorcism, Purification**

**Bistort- Psychic Powers, Fertility**

**Bittersweet- Protection, Healing**

**Blackberry- Healing, Money, Protection**

**Bladderwrack- Protection, Sea Spells, Wind Spells, Money, Psychic Powers**

**Bleeding Heart- Love**

**Bloodroot**- Love, Protection, Purification

**Bluebell**- Luck, Truth

**Blueberry**- Protection

**Blue Flag**- Money

**Bodhi**- Fertility, Protection, Wisdom, Meditation

**Boneset**- Protection, Exorcism

**Borage**- Courage, Psychic Powers

**Bracken**- Healing, Rune Magic, Prophetic Dreams

**Brazil Nut**- Love

**Briony**- Image Magic, Money, Protection

**Bromeliad**- Protection, Money

**Broom**- Purification, Protection, Wind Spells, Divination

**Buchu**- Psychic Powers, Prophetic Dreams

**Buckthorn**- Protection, Exorcism, Wishes, Legal Matters

**Buckwheat**- Money, Protection

**Burdock**- Protection, Healing

**Cabbage**- Luck

**Cactus**- Protection, Chastity

**Calamus**- Luck, Healing, Money, Protection

**Camellia**- Riches

**Camphor**- Chastity, Health, Divination

**Caper**- Potency, Lust, Luck

**Caraway**- Protection, Lust, Health, Anti-theft, Mental Powers

**Cardamon**- Lust, Love

**Carnation**- Protection, Strength, Healing

**Carob**- Protection, Health

**Carrot**- Fertility, Lust

**Cascara Sagrada**- Legal Matters, Money, Protection,

**Cashew**- Money

**Castor**- Protection

**Catnip**- Cat Magic, Love, Beauty, Happiness

**Cat- tail**- Lust

**Cedar**- Healing, Purification, Money, Protection

**Celandine**- Protection, Escape, Happiness, Legal Matters

**Celery**- Mental Powers, Lust, Psychic Powers

**Centaury**- Snake Removing

**Chamomile**- Money, Sleep, Love, Purification

**Cherry**- Love, divination

**Chestnut**- Love

**Chickweed**- Fertility, Love

**Chicory-** Removing Obstacles, Invisibility, Favors, Frigidity

**Chili pepper-** Fidelity, Hex Breaking, Love

**China Berry-** Luck

**Chrysanthemum-** Protection

**Cinchona-** Luck, Protection

**Cinnamon-** Spirituality, Success, Healing, Power, Psychic Powers, Lust, Protection, Love

**Cinquefoil-** Money, Protection, Prophetic Dreams, Sleep

**Citron-** Psychic Powers, Healing

**Cloth of Gold-** Understand animal languages

**Clove-** Protection, Exorcism, Love, Money

**Clover-** Protection, Money, Love, fidelity, Exorcism, Success

**Club Moss-** Protection, Power

**Coconut-** Purification, Protection, Chastity

**Cohosh, Black-** love, courage, protection, potency

**Coltsfoot-** Love, Visions

**Columbine-** Courage, Love

**Comfrey-** Safety during travel, Money

**Copal-** Love, Purification

**Coriander-** Love, Health, Healing

**Corn-** protection, luck, divination

**Cotton-** Luck, Healing, Protection, Rain, Fishing Magic

**Cowslip-** Healing, Youth, Treasure Finding

**Crocus-** Love, Visions

**Cubeb-** Love

**Cuckoo- flower-** Fertility, Love

**Cucumber-** Chastity, Healing, Fertility

**Cumin-** Protection, Fidelity, Exorcism

**Curry-** Protection

**Cyclamen-** Fertility, Protection, Happiness, Lust

**Cypress-** Longevity, Healing, Comfort, Protection

**Daffodil-** Love, Fertility, Luck

**Daisy-** Lust, Luck

**Damiana-** Lust, Love, Visions

**Dandelion-** Divination, Wishes, Calling Spirits

**Datura-** Hex Breaking, Sleep, Protection

**Deerstongue-** Lust, Psychic Powers

**Devil's Bit-** Exorcism, Love, Protection, Lust

**Devil's Shoestring-** Protection, Gambling, Luck, Power, Employment

**Dill-** Protection, Money, Lust, Luck

**Dittany of Crete**- Manifestations, Astral Projection

**Dock**- Healing, Fertility, Money

**Dodder**- Love, Divination, Knot Magic

**Dogbane**- Love

**Dogwood**- Wishes, Protection

**Dragon's Blood**- Love, Protection, Exorcism, Potency

**Dulse**- Lust, Harmony

**Dutchman's Breeches**- Love

**Ebony**- Protection, Power

**Echinacea**- Strengthening Spells

**Edelweiss**- Invisibility, Bullet-Proofing

**Elder**- Exorcism, Protection, Healing, Prosperity, Sleep

**Elecampane**- Love, Protection, Psychic Powers

**Elm**- Love

**Endive**- Lust, Love

**Eryngo**- Travelers Luck, Peace, Lust, Love

**Eucalyptus**- Healing, Protection

**Euphorbia**- Purification, Protection

**Eyebright**- Mental Powers, Psychic Power

**Fennel**- Protection, Healing, Purification

**Fenugreek-** Money

**Fern-** Rain Making, Protection, Luck, Riches, Eternal Youth, Health, Exorcism

**Feverfew-** Protection

**Fig-** Divination, Fertility, Love

**Figwort-** Health, Protection

**Flax-** Money, Protection, Beauty, Psychic Powers, Healing

**Fleabane-** Exorcism, Protection, Chastity

**Foxglove-** Protection

**Frankincense-** Protection, Exorcism, Spirituality

**Fumitory-** Money, Exorcism

**Fuzzy Weed-** Love, Hunting

**Galangal-** Protection, Lust, Health, Money, Psychic Powers, Hex breaking

**Gardenia-** Love, Peace, Healing, Spirituality

**Garlic-** Protection, Healing, Exorcism, Lust, Anti-Theft

**Gentian-** Love, Power

**Geranium-** Fertility, Health, Love, Protection

**Ginger-** Love, Money, Success, Power

**Ginseng-** Love, Wishes, Healing, Beauty, Protection, Lust

**Goat's Rue-** Healing, Health



**Goldenrod-** Money, Divination

**Golden Seal-** Healing, Money

**Gorse-** Protection, Money

**Gotu Kola-** Meditation

**Gourd-** Protection

**Grain-** Protection

**Grains of Paradise-** Lust, Luck, Love, Money, Wishes

**Grape-** Fertility, Garden Magic, Mental Powers, Money

**Grass-** Psychic Powers, Protection

**Ground Ivy-** Divination

**Groundsel-** Health, Healing

**Hawthorn-** Fertility, Chastity, Fishing Magic, Happiness

**Hazel-** Luck, Fertility, Anti-Lightning, Protection, Wishes

**Heather-** Protection, Rain Making, Luck

**Heliotrope-** Exorcism, Prophetic dreams, Healing, Wealth, Invisibility

**Hellebore, Black-** Protection \*POISON\*

**Hemlock-** Destroy sexual drives \*POISON\*

**Hemp-** Healing, Love, Vision, Meditation

**Henbane-** \*POISON\* Not used

**Henna-** Healing

**Hibiscus**- Lust, Love, Divination

**Hickory**- Legal Matters

**High John the Conqueror**- Money, Love, Success, Happiness

**Holly**- Protection, Anti-Lightning, Luck, Dream Magic

**Honesty**- Money, Repelling Monsters

**Honeysuckle**- Money, Psychic Powers, Protection

**Hops**- Healing, Sleep

**Horehound**- Protection, Mental Powers, Exorcism, Healing

**Horse Chestnut**- Money, Healing

**Horseradish**- Purification, Exorcism

**Horsetail**- Snake Charming, Fertility

**Houndstongue**- Tying dog's tongues

**Houseleek**- Luck, Protection, Love

**Huckleberry**- Luck, Protection, Dream Magic, Hex Breaking

**Hyacinth**- Love, Protection, Happiness

**Hydrangea**- Hex Breaking

**Hyssop**- Purification, Protection

**Indian Paint Brush**- Love

**Iris**- Purification, Wisdom

**Irish Moss-** Money, Luck, Protection

**Ivy-** Protection, Healing

**Jasmine-** Love, Money, Prophetic Dreams

**Job's Tears-** Healing, Wishes, Luck

**Joe-pye weed-** Love, Respect

**Juniper-** Protection, Anti-theft, Love, Exorcism, Health

**Kava- Kave-** Visions, Protection, luck

**Knotweed-** Binding, Health

**Lady's mantle-** Love

**Lady's slipper-** Protection

**Larch-** Protection, Anti-theft

**Larkspur-** Health, Protection

**Lavender-** Love, Protection, Sleep, Chastity, Longevity, Purification, Happiness, Peace

**Leek-** Love, Protection, Exorcism

**Lemon-** Longevity, Purification, Love, Friendship

**Lemongrass-** Repel snakes, Lust, Psychic powers

**Lemon Verbena-** Purification, Love

**Lettuce-** Chastity, Protection, Love, Divination, Sleep

**Licorice-** Love, Lust, Fidelity

**Life Everlasting-** Longevity, Health, Healing

**Lilac-** Exorcism, Protection

**Lily-** Protection, Breaking Love spells

**Lily of the Valley-** Mental Powers, Happiness

**Lime-** Healing, Love, Protection

**Linden-** Protection, Immortality, Luck, Love, Sleep

**Liquidamber-** Protection

**Liverwort-** Protection

**Liverwort-** Love

**Loeestrife-** Peace, Protection

**Lotus-** Protection, Lock-Opening

**Lovage-** Love

**Love Seed-** Love, Friendship, Kinship

**Lucky Hand-** Employment, Luck, Protection, Money, Travel

**Mace-** Psychic Powers, Mental Powers

**Maguey-** Lust

**Magnolia-** Fidelity

**Mahogany-** Mountain, Anti-Lightning

**Maidenhair-** Beauty, Love

**Male Fern-** Luck, Love

**Mallow-** Love, Protection, Exorcism

**Mandrake**- Protection, Love, Money, Fertility, Health

**Maple**- Love, Longevity, Money

**Marigold**- Protection, Prophetic Dreams, Legal Matters, Psychic Powers

**Marjoram**- Protection, love, Happiness, Health, Money

**Master Wort**- Strength, Courage, Protection

**Mastic**- Psychic Powers, Manifestations, Lust

**May Apple**- Money

**Meadow Rue**- Divination

**Meadowsweet**- Love, Divination, Peace, Happiness

**Mesquite**- Healing

**Mimosa**- Protection, Love, Prophetic Dreams, Purification

**Mint**- Protection, Strength

**Mullein**- Courage, Protection, Health, Love, Divination, Exorcism

**Mustard**- Fertility, Protection, Mental Powers

**Myrrh**- Protection, Exorcism, Healing, Spirituality

**Myrtle**- Love, Fertility, Youth, Peace, Money

**Nettle**- Exorcism, Protection, Healing, Lust

**Norfolk Island Pine**- Protection, anti-hunger

**Nuts**- Fertility, prosperity, love, luck

**Oak**- Protection, Health, Money, Healing, Potency, Fertility, Luck

**Oats**- Money

**Olive**- Healing, Peace, Fertility, Potency, Protection, Lust

**Onion**- Protection, Exorcism, Healing, Money, Prophetic Dreams, Lust

**Orange**- Love, Divination, Luck, Money

**Orchid**- Love

**Oregon Grape**- Money, Prosperity

**Orris**- Love, Protection, Divination

**Palm, Date**- Fertility, Potency

**Pansy**- Love, Rain Magic, Love, Divination

**Papaya**- Love, Protection

**Papyrus**- Protection

**Parosela**- Hunting

**Parsley**- Love, Protection, Purification

**Passion Flower**- Peace, Sleep, Friendship

**Patchouli**- Money, Fertility, Lust

**Pea**- Money, Love

**Peach**- Love, Exorcism, Longevity, Fertility, Wishes

**Pear**- Lust, Love

**Pecan-** Money, Employment

**Pennyroyal-** Strength, Protection, Peace

**Peony-** Protection, Exorcism

**Pepper-** Protection, Exorcism

**Peppermint-** Purification, Sleep, Love, Healing, Psychic Powers

**Pepper Tree-** Purification, Healing, Protection

**Periwinkle-** Love, Lust, Mental Powers, Money, Protection

**Persimmon-** Changing Sex, healing, luck

**Plot Weed-** Protection

**Pimento-** Love

**Pimpernel-** Protection, Health

**Pine-** Healing, Fertility, Protection, Exorcism, Money

**Pineapple-** Luck, Money, Chastity

**Pipsissewa-** Money, Spirit Calling

**Pistachio-** Breaking Love Spells

**Plantain-** Healing, Protection, Strength, Snake Repelling

**Plum-** Healing

**Plumeria-** Love

**Poke-** Courage, Hex Breaking

**Pomegranate-** Divination, Luck, Wishes, Wealth, Fertility

**Poplar**- Money, Flying

**Poppy**- Fertility, Love, Sleep, Money, Luck, Invisibility

**Potato**- Image Magic, Healing

**Prickly Ash**- Love

**Primrose**- Protection, Love

**Purslane**- Sleep, Love, Luck, Protection, Happiness

**Quassia**- Love

**Quince**- Protection, Love, Happiness

**Radish**- Protection, Lust

**Ragweed**- Courage

**Ragwort**- Protection

**Raspberry**- Protection, Love

**Rattlesnake Root**- Protection, Money

**Rhubarb**- Protection, Fidelity

**Rice**- Protection, Rain, Fertility, Money

**Roots**- Protection, Power, Divination

**Rose**- Love, Psychic Powers, Healing, Love, Divination, Luck, Protection

**Rosemary**- Protection, Love, Mental Powers, Exorcism, Purification, Healing, Sleep, Youth

**Rowan**- Psychic Powers, Healing, Protection, Power, Success



**Rue**- Healing, Health, Mental Powers, Exorcism, Love

**Rye**- Love, Fidelity

**Saffron**- Love, Healing, Happiness, Wind Raising, Lust, Strength, Psychic Powers.

**Sage**- Immortality, Longevity, Wisdom, Protection, Wishes

**Sagebrush**- Purification, Exorcism

**St. John's Wort**- Health, Power, Protection, Strength, Love, Divination, Happiness

**Sandalwood**- Protection, Healing, Exorcism, Spirituality

**Sarsaparilla**- Love, Money

**Sassafras**- Health, Money

**Savory/Summer**- Mental Powers

**Skullcap**- Love, Fidelity, Peace

**Senna**- Love

**Sesame**- Money, Lust

**Shallot**- Purification

**Skunk Cabbage**- Legal Matters

**Slippery Elm**- Halts Gossip

**Sloe**- Exorcism, Protection

**Snakeroot**- Luck Money

**Snakeroot/black**- Love, Lust, Money

**Snapdragon-** Protection

**Solomon's Seal-** Protection, Exorcism

**Sorrel Wood-** Healing, Health

**Southern Wood-** Love, Lust, Protection

**Spanish Moss-** Protection

**Spearmint-** Healing, Love, Mental Powers

**SpiderWort-** Love

**Spikenard-** Love

**Squill-** Money, Protection Breaking

**Star/anise-** Psychic Powers, Luck

**Stillegia-** Psychic Powers

**Straw-** Luck, Image Magic

**Strawberry-** Love, Luck

**Sugar Cane-** Love, Lust

**Sumbul-** Love, Luck, Health, Psychic Powers

**Sunflower-** Fertility, Wishes, Health, Wisdom

**Sweetgrass-** Calling Spirits

**Sweetpea-** Friendship, Chastity, Courage, Strength

**Tamarind-** Love

**Tamarisk-** Exorcism, Protection

**Tansy**- Health, Longevity

**Tea**- Riches, Courage, Strength

**Thistle**- Strength, Protection, Hex Breaking, Healing

**Thistle/holy**- Purification, Hex Breaking

**Thistle/milk**- Snake enraging

**Thyme**- Health, Healing, Sleep, Psychic Powers, Love, Purification, Courage

**Ti**- Protection, Healing

**Toadstool**- Rain Making

**Tobacco**- Healing, Purification

**Turmeric**- Purification

**Turnip**- Protection, Ending Relationships

**Valerian**- Love, Sleep, Purification, Protection

**Vanilla**- Love, Lust, Mental Powers

**Venus Flytrap**- Protection, Love

**Vervain**- Love, Protection, Purification, Peace, Money, Youth, Chastity, Sleep, Healing

**Vetivert**- Love, Hex Breaking, Luck, Money, Anti-Theft

**Violet**- Protection, Luck, Love, Lust, Wishes, Peace, Healing

**Walnut**- Health, Mental Powers, Infertility, Wishes

**Wax Plant**- Protection

**Wheat-** Fertility, Money

**Willow-** Love, divination, Protection, Healing

**Wintergreen-** Protection, Healing, Hex Breaking

**Winter's Bark-** Success

**Witch Grass-** Happiness, Lust, Love, Exorcism

**Witch Hazel-** Protection, Chastity

**Wolfs Bane-** Protection, Invisibility

**Wood Rose-** Luck

**Woodruff-** Victory, Protection, Money

**Wormwood-** Psychic Powers, Protection, Love, Calling Spirits

**Yarrow-** Courage, Love, Psychic Powers, Exorcism

**Yellow Evening Primrose-** Hunting

**Yerba Santa-** Beauty, Healing, Psychic Powers, Protection

**Yew-** Raising the Dead

**Yucca-** Transmutation, Protection, Purification

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**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Tools of Magick**

**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Tools of Magick**

Thank you to Minerva for pointing out one undeniable fact- we missed the most important tool of them all. The witch! Without the witch the rest of the tools are useless.

Let me know if you know the author of this! I can't remember where I got it, but it's very helpful.

**Athame:** The athame is usually a black handle, double edge knife and is strictly a ritual tool. It is a symbolic representative of the element of fire. It can be used as a tool for laying down a circle and also as a symbol representing the male aspect. Athames can be used to invoke the quarters, release the quarters, and are customarily used to assist with blessing the waters of life inside of the chalice, this blessing being symbolic of the Great Rite.

**Boleen:** Usually a white handled knife, used in rituals for carving and cutting I.E.. magical symbols we may want to engrave on a wand, staff, candles, etc., so as not to harm the energy within the athame.

**Broom:** The Witches broom is used for sweeping any harmful energies from the area that the broom is cleansing I.E.. house, room, circle, sacred space etc. Of course on the practical side you can use it too to sweep your floors.

**Cauldron:** The cauldron represents the gift of birth, death and rebirth, also knowledge and inspiration. The

cauldron is a female aspect and is a symbolic representative of water, and it may also be used as a representation of fire. It is often referred to in connection with Cerridwen.

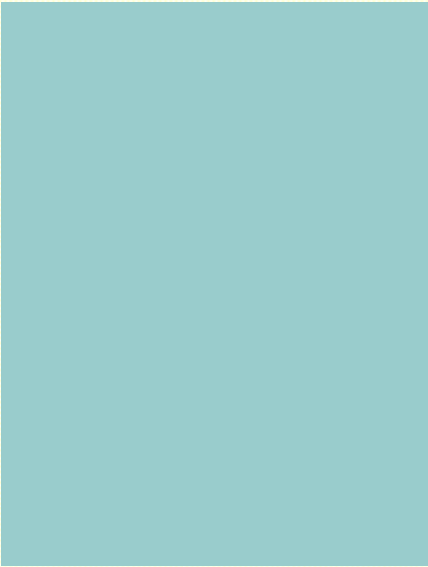
**Chalice:** The chalice or cup is representative of the female aspect. The cup is the symbolic representative of water. It is used to hold the waters of life, and is used again in the symbolic ritual of the Great Rite. Once the waters of life have been blessed during ritual, the chalice is often passed around the circle so that all may share in it by symbolically ingesting the Goddess and the bringing of the Goddess within.

**Peyton:** The peyton is a circular disk with a pentacle or sacred symbol inscribed on the face of it. The peyton can be made out of many different materials, in the olden days it was made of beeswax so that in the event that someone came around that may be a threat, it could be broken and tossed into the fire and melted down quickly. It is placed at the center piece of the altar, where all consecrations of salt and water occur, and other objects as well. It is also the focal point of the altar. The peyton is the symbolic representative of earth and because of that it is of the female aspect. If you have second peyton available then this may be used as another tool for invoking the quarters, and releasing the quarters.

**Staff:** Usually a wooden pole often of shoulder height, used basically in the same manner as the wand. Like the wand the staff may be decorated with crystals, symbols, feathers, or just about anything that makes it your own.

**Sword:** The sword is another ritual tool that can be used as a tool for sovereignty and authority. It is like the athame a symbolic representative of the element of fire. It is considered a representation of the male aspect and can be used in the same manner as the athame.

**Thurible:** (incense burner) A heat resistant, or preferably fire proof container used to contain a hot coal for burning incense. The incense is symbolic of air, while



the coal is symbolic of fire. It is used to cleanse and purify the air within the sacred space, or used in cleansing of a home.

**Wand:** The wand has been known as a tool that is gentle in nature and has the male aspect, it is the symbolic representative of air. It is another tool that can be used for casting circle, invoking and releasing the quarters, and casting of spells, and some have used this in place of the athame or sword in the performance of the symbolic ritual of the Great Rite.

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**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Herbal Warnings**

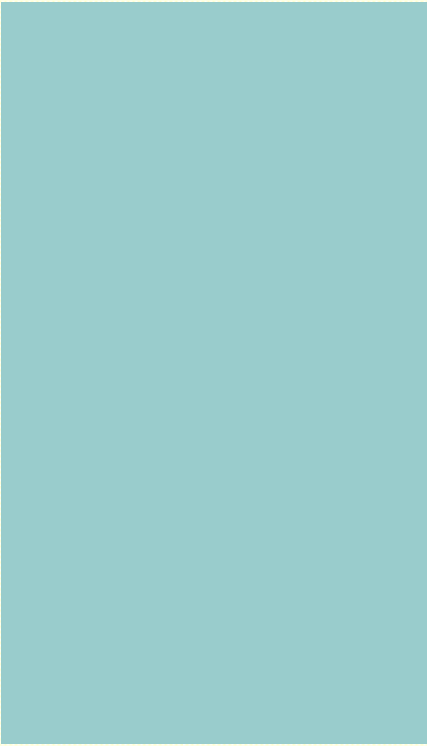
**Spirit Online: Wicca & Magick: Spellcrafting & Correspondences:Herbal Warnings**

If you are pregnant, DO NOT USE any of the following herbs for any reason. Many can cause early contractions, birth defects, and even miscarriage. Make sure you check and see what herbs food and drinks contain before ingesting them. Check with your doctor or an herbalist if possible as well.

- Angelica
- Belladonna
- Burdock
- Cinnamon essential oil
- Cow Parsnip
- Hyssop
- Immortal
- Mistletoe
- Motherwort
- Oshá
- Pennyroyal
- Peony
- Rue
- San qi
- Shepherd's Purse
- Thyme oil
- Vervain
- Wood Betony
- Wormwood
- Yarrow
- Yerba

And now, herbs that EVERYONE should be leary of. Some can be used in small doses. Note that if you are allergic





to any herb regardless of whether it is on this list, avoid it.

- Angelica
- Belladonna
- Chaparral
- Comfrey
- Datura
- Germander
- Hellebore
- Hemlock
- Henbane
- Jin Bu Huan
- Lobelia
- Ma huang

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## **Spirit Online: Wicca & Magick: Spells and Rituals**

Many spells for many purposes are here. Please choose a spell category to see all the spells and rituals available for that purpose. **Do not write and demand more spells**, there are over 60 spells here. Consider these your training wheels - the next step is learning to write spells on your own, which is very important. Good luck and always think before you cast!



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**Spirit Online: Wicca & Magick: Spells and Rituals:Healing Spells:Healing Spell**

**Spirit Online: Wicca & Magick: Spells and Rituals:Healing Spells:Healing Spell**

To help hurry along a person's recovery from an illness, write their name on a human-shaped candle (based on gender). While anointing it with myrrh or mint oil, visualize healing energy in the form of white light, flowing from your fingers into the candle. Recite:

"In the divine name of the Goddess  
who breathes life into us all  
I consecrate and charge this candle  
as a magickal tool for healing."

Place the charged candle on top of a photograph of the sick person, and then light the wick. As the candle burns down, concentrate on the person, willing them to be healthy, and chant this incantation:

"Magick mend and candle burn,  
sickness end; good health return."

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**Spirit Online: Wicca & Magick: Spells and Rituals:Healing Spells:Healing a Friend or Relative**

**Spirit Online: Wicca & Magick: Spells and Rituals:Healing Spells:Healing a Friend or Relative**

- Purple paper
- White yarn or string
- A pair scissors
- Fresh violets (whole, with stems)
- Black pen
- A purple candle
- A small vase or holder (for flowers)

This spell is for healing a friend or family member. It is best done when the moon is full, but you can do it whenever you feel it necessary.

Light the candle and fill the small vase with water. Place the freshly cut violets in the little vase and say a chant, focusing on the well-being of the person and the healing of their ailment.

Cut a heart out of the purple and write the name of the person on one side, and a short but heartfelt "Get Well!" message on the other side. Poke a small hole in the top right side of the heart and thread the white string through it, tie it, and attach it to the vase.

Give the little vase of violets to the target person and await their recovery.

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Spells:Easy Heal-All Spell**

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Spells:Easy Heal-All Spell**

**By Silventar- [Silventar@aol.com](mailto:Silventar@aol.com)**

**An easy to do All Heal Spell ... to aid in the healing of all  
conditions, or to soothe the symptoms of serious illness.**

**Items needed:**

**2 Bowls warm water**

**Bless or empower the water as you see fit... I just pray  
to the God and Goddess and ask them to aid me in my  
healing, then I send as much personal energy as I can into  
the water. Lie upon the bare earth (if not possible, floor  
is OK). Have each hand in a separate bowl of warm water,  
arms stretched out to the sides.**

**Visualise roots sprouting from the base of your spine,  
going down into the earth. Breath deeply, and with each  
deep, slow inhalation, feel the roots burrow deeper into  
the earth. see a bright light at the center...see your  
roots penetrate it... now with each slow, deep breath,  
draw up the energy from this light into you.**

**See two streams of light begin to come from the sky, one  
stream into each bowl...feel the love of the God fill the  
bowl to your left, feel the love of the Goddess fill the  
bowl to the right.**

**Draw this love from the bows into your body through  
your hands. Collect the love energy from the bows and**

the energy from the earth into your heart, where your most personal energy is kept. Build all the energy here...until you can contain it no more.

When you can no longer contain the energy in your heart, release the energy to flood your entire body, and shout as loud as you can "HEAL ME!!!" at the same time as the release.

Continue to draw the energy for a while, letting it flow through your body, and spilling onto the ground...relax, and enjoy the peace that will settle over you.

After you have relaxed for a while, draw up your roots into your body, remove your hands from the water, and sit up. Take a sip from the bowl to your left, and thank the God for his love, then spill it at the base of a tree. Then take a sip from the bowl at your right, and thank the goddess for her love, then spill it upon the same tree. In the future, care for this tree...it has been blessed by the love of the gods (the water) and it will aid you in your health.



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**Spirit Online: Wicca & Magick: Spells and Rituals:Healing  
Spells:Skin & Acne Healing**

**Spirit Online: Wicca & Magick: Spells and Rituals:Healing  
Spells:Skin & Acne Healing**

This spell is specifically for someone who has a skin problem that is persistant and makes them feel insecure or causes them irritation. This includes but is not limited to rashes, acne, bruises, and swelling.

Best if performed on a new or waxing moon, even better just before going to sleep. Following a bath, make yourself comfortable somewhere in your bedroom. You must be able to easily reach the problem area on your body or face. Place a hand over the skin. Close your eyes and imagine something calm and serene, specifically, a scene where there is water. This could be an ocean, a quiet lake, or rain in the tropics.

Chant three times:

"Goddess heal me  
So mote it be!"

You can replace Goddess with the name of a healing deity if you wish. Move your fingers slowly over the infliction. Now imagine it is smooth, flat, and healthy. As you slowly pass your hand over the skin, it should feel almost as if it is already healed. Thank the Goddess or the deities invoked.

This spell, if successfully performed, will cause the skin problem to disappear within a few days. If you are having serious problems, see a dermatologist!

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**Spirit Online: Wicca & Magick: Spells and Rituals:Healing  
Spells:Moonweb AIDS Ritual**

**Spirit Online: Wicca & Magick: Spells and Rituals:Healing  
Spells:Moonweb AIDS Ritual**

This ritual focuses on destroying barriers and increasing the positive elements that will help us overcome AIDS. The ritual space is purified according to personal practice. Invocations to Athena, Hermes, and/or Brigid may be done.

Those gathered will be divided into five groups. One will be assigned to each of the elements with one group in the center. Each group may be led by a particular coven or group of coven leaders. The center (altar) group will present each elemental group with the obstacle to overcome and later accept the positive "goal". We have divided the elements this way:

Air - Knowledge/Ignorance  
Fire - Committment/Indifference  
Earth - Funding/Red Tape  
Water - Empathy/Hostility

When confronted with the obstacles the small groups will be wrapped with crepe paper by the center group. We suggest the spectral colors:

Air - Purple  
Fire - Green  
Earth - Red  
Water - Orange

The groups break their bonds, overcoming the obstacle. When all four are done, each quarter group presents the center group with a candle symbolizing the positive

quality. They are all placed on the altar and tied with silver thread. As they burn, the group can dance to raise energy. Afterwards, all are given candles charged during the ritual that were on or under the altar to take home and spread the light. Cakes and Wine/Libations can follow.

All present will be divided into five groups. In the east - air. In the south - fire. In the west - water. In the north - earth. In the center are the drama facilitators. Each group is "lead" by an experienced person.

Water, salt are consecrated. Circle is drawn with wand. Circle is blessed with water and incense.

Invocation to Athena, Hermes and Brigid as to purpose of rite.

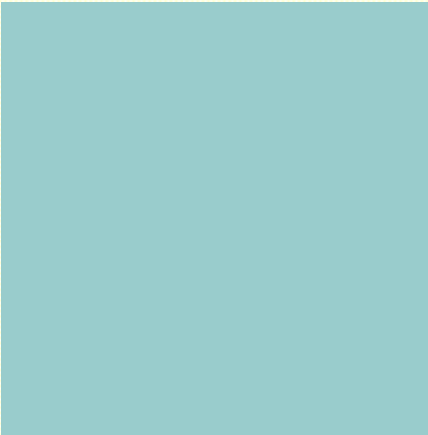
Air group speaks INTELLIGENTLY on AIDS. Statements like "The HIV virus is very fragile and is only passed through intimate contact." They are all bound with PURPLE crepe paper. They begin to make IGNORANT statements like "you can catch AIDS from shaking hands". They are temporarily defeated by the IGNORANCE of the crepe paper. Then they rally and tear apart their bonds.

Fire group speaks about dedication to finding a cure for AIDS, expressing COMMITMENT. They are bound with GREEN crepe paper. They speak with INDIFFERENCE. They slowly overcome and break free of their bonds.

The Water group talks about EMPATHY. They are bound with ORANGE crepe paper. They speak of HOSTILITY. They break free.

The Earth group talks about adequate FUNDING. They are bound with RED crepe paper. They become tangled in RED TAPE. They overcome the challenge.

Each group charges a taper with their positive element. The tapers are placed on the altar and bound with silver



thread. They are lit and all dance around in a single or double circle and send energy out to spread our will. Extra candles on the altar are also charged.

Juice and cookies are blessed and shared. All are given candles to take home to spread the light.

The deities are thanked, and the circle is closed.

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**Spirit Online: Wicca & Magick: Spells and Rituals:Healing Spells:Headache Spells and Remedies**

Compiled by DragonCat

### **A Headache Spell by DragonCat**

Dress a green candle with Peppermint or Lavender oil. Use Peppermint or Lavender incense. Suggested background music is Soothing Rain.

Cast a circle if you like. Ask the Angels of Healing to assist you. Invoke the deities: Advilleona the Goddess of Ibuprofen and Tylenollgone the God of Acetaminophen.

As you light the candle chant: "My pain is gone, I hurt no more, Tension flies right out the door!" Now laugh-out-loud to dispel the pain.

Sip Raspberry-Catnip or Chamomile tea and relax ... Let the tension float away ...

Now say: "My pain is gone, You see I'm free, So now I'm smiling happily!"

Thank the Goddess Advilleona, the God Tylenollgone, and the Angels. Open the circle!

### **Headache Relief by Laura S.**

Soak in a warm bath using 5 drops of these oils: Peppermint, Lavender, and Chamomile. You can also make a compress using 2 drops of each oil.

Headache Tea Recipe:

Put a pinch of Lavender, Chamomile, Rosemary, and Mint into a coffee filter and make it like you would coffee. Or you can put the herbs in a spice ball and leave in hot water for 15 to 30 minutes.

### **Native American Headache Relief by Charles**

Native Americans used hot peppers for headaches. On a radio program called The Medicine Shop on PBS, they were discussing headaches. A woman called in and said that her father had frequent migraines and he would carry either a cayenne or jalapeno pepper in a plastic baggie with him. At the first sign of migraine, he would eat the pepper and no more headache. She asked if there was any scientific basis for this.

They had a guest doctor on the program who specialized in headaches and he said that there definitely was. Seems as if our nerves contain a chemical substance that is responsible for feeling pain (sorry I don't remember the name of it). When you eat the hot pepper, the capsicum which is the "heat" in the pepper depletes the nerves of that chemical, so we feel no pain. Cool stuff, huh? Or maybe I should say, hot stuff.

### **Relief for Sinus Headaches by Sparrowhawk**

As an allergy sufferer, I tend to get sinus headaches. I've found that placing my favorite crystal at my temple and visualizing the negative energy flowing out into the crystal actually works. At least most of the time. [DC's Note: This method can be adapted for almost any healing efforts.]

A note about migraines. Since my mother has sworn off chocolate, she hardly gets them at all.

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Healing Spells:Healing After a Personal Loss**

Here are two ways you can use magick in your search for healing after a loss. You can use either a ritual or a mojo bag. Below are some materials to choose from. Use only what you can find, and put together your ritual however you want. Because this loss is personal to YOU, you must write your own chant and put together the spell as it suits you. If I wrote it for you, it wouldn't work.

Herbs: Allspice, apple, bay, carnation, cedar, cinnamon, gardenia, flax, rowan, pine, rose, rosemary, thyme.

Colors: White, violet, and blue.

Fabrics: Silk or cotton.


Elements: Earth and fire.

Symbols/Amulets: Ankh, billiken, chai, cross, dragon, heart.

What I would suggest you use this info for is to create a sort of loss-bearing ritual, or create a mojo bag to carry with you which will help heal and strengthen your heart & soul.

For a ritual, burn a candle of one of the colors and incense of an herbal scent (one of those listed), and you should create your own chant while focusing on the healing you seek.

For a mojo bag, make a small bag of blue or purple cotton (or satin, or silk) and fill it with herbs and a small bit of earth. Tie it off tightly with a white string or ribbon, and if you would like, attach a small charm or talisman (see suggestions above) to the tie. Carry it with you, then just hold it in your hand and recite your own small affirmation



**(chant) whenever you feel the need.**



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**Spirit Online: Wicca & Magick: Spells and Rituals:Healing  
Spells:Banishing Depression**

From Casting the Circle, typed in by Forestwife

**You will need:**

**Goddess candle---**White, once at center of the altar, or two at the back.

**Banishing Candle---**Black, placed at the left front of the altar.

**Invoking Candle---**Pink or red, placed at the right of the altar.

**Incense---**Sage, cedar, rosemary or pine at the beginning of the ritual, changed later to rose or amber. Burn loose herbs on charcoal blocks to do this.

**Oils---**Use Goddess or Altar oil on the Goddess candle; sage, pine or other banishing oil on the banishing candle; and rose oil on the invoking candle and for self-blessing.

**Symbol Objects---**Use a black gemstone for banishing, and a piece of rose quartz or a rose quartz pendant for invoking. Place the pendant on the altar and put it on before doing the self-blessing.

**Matches to light candles and incense, charcoal blocks for loose incense, ritual wand (if used) to cast the circle.**

**Ritual Outline**

**Light candles---**"Dress" the candles with the oils, working base to tip, (away from you) for the banishing candle and tip to base (towards you) for the invoking candle and the Goddess candles. Visualize the intent, banishing depression when handling the banishing candle, and invoking joy and self-love while "dressing" the Goddess and invoking candles. Light only the Goddess candles at this time.

**Purify---**Start the charcoal block and give it time to heat up. Sprinkle loose herbs of sage, cedar, rosemary or pine on the hot coal and use the smoke for purifying. Visualize the intent of the ritual, at this point visualize banishing depression and emotional pain, while smudging with the smoke. Then light the black candle from the Goddess candle.

**Cast circle/invoke** a Crone Goddess or Goddesses to help in banishing, and a Goddess of gentleness and peace for the invoking part of the ritual. Try Kali the Destroyer or Hecate for banishing, and Kwan Yin for gentleness and invoking. Use Goddesses for the five elements or these two aspects only, or whatever feels right. do a full casting and invoking to make the circle, or as informal invitation to the aspects and elements.

**Invocation---**Dear mothers of wisdom and grace, I invite you here to ask your help. I refuse my depression and choose to banish it, and ask instead for joy and peace of mind. Help me in my work tonight, Kali and Kwan Yin.

**Body of ritual----**Focus on the flame of the black candle, thinking of all the things that need changing. Remember fully all the reasons for depression and pain, acknowledge all your anger, all your rage, and all your fear. Dwell on every hurt, every feeling, every negativity. When you have focused them all onto the candle, shout "NO!" and blow the candle out in a decisive, quick motion. Watch the smoke rise from the extinguished candle, and feel all the negativity dissolving in the rising air. Breathe the banishing incense for awhile.

**Now lighting the invoking candle.** Do it from the Goddess candle, and sprinkle rose incense on the charcoal block. Let the light of the pink candle and the fragrance of the rose incense fill you as you watch and breathe them. Breathe the energies in deeply, remembering the qualities of Kwan Yin, or other Goddess'ess of mercy invoked in the ritual. Ask Kwan Yin for her presence and help.

Focus on the candle flame and think of all the good things in your life. Refill each banished item and negativity with some positive attribute; where there was pain before, replace it with love. For every wrong remember something to give thanks for; for every pain remember something joyfull. Remember your accomplishments in life, how good a woman you really are. Do a series of affirmations, "I am" or "I have", to list your good qualities and the qualities you choose to become or gain. Continue stating the positives and affirmations untill you feel filled with pink light and the scent of roses.

Self-blessing---Put on the rose quartz pendant or hold the rose quartz stone. Do the self-blessing ritual slowly and lovingly, anointing your chakras with the rose oil. Breathe the scent deeply and draw it into your body, emotions, mind and spirit.

Thank Kwan Yin for your joy and Kali for her energy of change.

Open circle/ground.

Allow the pink candle to burn out itself, or extinguish and relight it nightly untill at least the next Full Moon. Do affirmations nightly with the flame. Continue burning pink candles for as long as needed to remind you of new joy and positivity. Repeat the ritual on the next wanning moon if needed; it will be needed less each time you do it. Each time, bury the remains of the black candle in the earth, along with the ashes from the incense; visualize your pain being buried and recycled with them. Repeat the self-blessing at any time, and do it often, at least every New and Full Moon. Continue wearing the rose quartz pendant, or carry a piece of the stone with you at all times. Remember you are Goddess.

Do banishing rituals on the waning or dark moons. The day of Saturn (Saturday) is a good day to enter the labyrinth/unknown to change habits.

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**Spirit Online: Wicca & Magick: Spells and Rituals:Healing  
Spells:Healing the Rainforests**

**From Moon Web- Michael Harismides, PO Box 4538,  
Sunnyside, New York 11104-4538 [Subscription \$3/yr]**

### **Individual Version**

**Cast a circle**

**Invoke elements by calling upon them in protective aspects (for example, you might invoke Watchfires or Beacons in the South).**

**Chant the names of the Earth Goddess, beginning with your personal favorites, then naming as many as you can think of.**

**Take a piece of green string. Begin to tie knots in it, while chanting:**

**Tying the Cord, Renewing the Earth;  
We are Her Children, bringing Rebirth.**

**(The knots may be simple or elaborate, but leave enough string to tie together at the end.) As you chant, see the world as a network of connected systems. Breathe the air that comes from the jungles of South America. Feel the living fire of an ocelot's power. Taste the rain on the leaves at the tops of the trees. Feel the delicate structure of the soil at the forest floor.)**

**Tie the cord together in a loop; hold it up, strung around your two hands, and begin chanting:**

**We are the Flow and we are the Ebb;**

We are the Weavers, we are the Web.

As you chant, see yourself standing guard over the borders of the rainforest. See yourself with others, protecting rainforest as you would protect yourself, because that's what you're doing.

Bury the cord in a container of earth. Earth the power; thank the Deities and elements; open the circle. Later bury the cord in the forest if possible.

(If circumstances make the above impossible):

Sit quietly and see: the network of ecosystems that make up the world; the rainforests thriving; plants and animals breeding; the Earth, green and filled with life; yourself, standing guard. Breathe, and know that the air comes from the sea and the jungles of Brazil. Drink and know that the water has been around the world, and circulates through you as it does through the air, land, and sea. Stand up and stretch; the strength of your body is the Earth's strength.

### **Group Version**

Facilitators give each participant a slip of paper containing the name of an Earth Goddess and a Nature God.

Facilitators invoke elements, stressing protective/preservative aspects of each one and ending with "Into this circle I call the Element Air! (Fire, Water, Earth.)" After each such invocation, a dancer or dancers representing the particular element come into the circle from outside and do an elemental dance.

A facilitator says: "We now call upon the Earth Goddess by her many names!" Participants call out the Goddess name on their slip of paper, then any other Goddess names they wish. This ends on a signal from the drums.

A facilitator says: "We now call upon the God of Nature

by his many Names!"

The God is invoked in the same fashion as the Goddess, ending with a drum signal.

The elemental dancers go to the quarters and begin passing out pieces of green string, while a facilitator explains that the condition of the rainforests affects us all, that all things are connected, and that the worldwide climate is changed every time another acre of rainforest is lost. S/he explains that these sections of cord represent parts of the Life Circle of Earth, and that they must be joined to protect her.


When the above speech has been made and all the cords have been passed out, a facilitator ties the first knot, saying that tying the cord is renewing the Earth, that we are her children, bringing her rebirth. This is the signal to begin the chant:

**Tying the Cord, Renewing the Earth;  
We are Her Children, bringing Rebirth.**

Clockwise around the circle, one by one, each cord is tied to the next. When the circle is complete, the elemental dancers go to the quarters and hold the cord aloft (participants should not let go yet). The chant continues until the facilitators begin a second chant:

**We are the Flow and we are the Ebb;  
We are the Weavers, we are the Web.**

(Since this is to the same tune, the transition should be easy and seamless.) When this chant begins, the elemental dancers begin to gather in the cord, gently pulling it away from the participants, who gently release it. The elementals bury the cord in a container of earth in the center of the circle, then return to the outside to lead a spiral dance in to the center and back out (once) as the chant continues. When the participants are standing in a circle once more, the chant builds to a cone of power and fires.



**The Deities and Elements are thanked, the power is earthed, the circle opened, hugs exchanged. Later bury the cord in the woods.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Protection Spells:Severing Negative Ties**

By Nicole, used with permission, please do not publish elsewhere without author's permission

**Tools: The only tool you really need is yourself. If you'd like, you can also use one or more of the following as an aid:**

(The asterisk \* denotes Nicole's recommendations.)

**Incense:**

**Sandalwood\*** - Protection, healing, exorcism, spirituality  
**Frankincense\***: Protection, exorcism, spirituality  
**Rose**: Protection, psychic powers, healing, love, divination  
**Rosemary**: Protection, love, mental powers, exorcism, purification, healing  
**Sage\*** - Protection, immortality, longevity, wisdom, wishes, banishing (cleansing)

**Candles:**

**Violet** - Healing, power, independence, psychic powers, success, protection

**Black** - Protection, counteraction, banishing evil  
**White** - All colors, purity, peace, truth, strength in spirit, divination, meditation.

**Anointing the Candle/s:** You may wish to anoint the candle/s with any of the plants/herbs/oils listed below, or sprinkle them around the candle/s while saying an incantation, if you feel the need:

Turnip\* - Protection, ending relationships  
Grass - Psychic powers, protection  
Horehound\* - Protection, mental powers, exorcism, healing  
Alyssum - Protection, Moderating Anger  
Echinacea - Strengthening spells  
Fennel - Protection, healing, purification  
Garlic - Protection, healing, exorcism, lust, anti-theft  
Honeysuckle - Protection, psychic powers  
Chrysanthemum - Protection  
Clover\* - Protection, money, love, fidelity, exorcism, success  
Sandalwood - Protection, healing, exorcism, spirituality  
Frankincense - Protection, exorcism, spirituality  
Rosemary- Protection, love, mental powers, exorcism, purification, healing  
Sage - Protection, longevity, wisdom, wishes, banishing (cleansing)

**Ground and center yourself: Whatever works for you.**

**Circle:** If you can feel the connection even within a circle, go ahead and cast one (however you normally would). You may need to feel the connection in order to use this spell. If casting a circle causes you to temporarily lose the feeling of the connection, I wouldn't recommend casting one unless you really feel like you have to.

**Help:** If you want your spirit guides/angels to assist you during the visualization spell, then invoke them and ask for assistance.

**Aids:** If you're using candles, herbs, plants, oils, or anything else to aide you, now's the time to do that work. You may want to smudge yourself with the sage, frankincense or sandalwood incense or smudge stick.

**Visualization:**

To make it easier, I'm going to use the mind as an example. If another part is involved with the connection, just substitute it.

**Visualize your mind. Now see a cord flowing from your mind to his. This is his connection to you. Now, see a pair of large scissors of violet or white light. Take the scissors and cut the cord (or see your guide/angel cut the cord). This instantly severs the connection. The second the cord is cut surround your mind with violet or white light, immediately blocking a re-attachment. The bubble that has secured your mind now flows to engulf your body. You are now sealed against any future intrusion. Know that this barrier will remain against him until you remove it. Strengthen it as you feel the need.**

**Close: End the visualization spell as you would any other. Make sure you thank any angel/guides who assisted, and any deities you invoked. Bury any aids used in this process, or toss them in running water.**

**Quick fixes:**

**If you see or feel him near, you can re-enforce a barrier. Picture your mind (or the previously connected area) in a chest (like a treasure chest). The chest immediately slams shut and locks, sealing with white or violet light...pulsating with the light, the light then spreading to engulf you.**

**You can surround yourself in white light anytime for protection against unwanted contact.**

**Others: You can consecrate any of the following stones or talismans, then infuse them with protective energy, to carry with you in case you need to borrow a little reserved power. You may even anoint the stones with one or more of the herbs/plants/oils listed above for added reinforcement.**

**Stones: Agate, clear quartz, diamonds, tiger's eye, hematite, Apache's Tear.**

**Talismans: Pentagram (pentacle), Rings, Star of David, Cat, Cross, Ojo de Dios, alligator teeth, bells, rattles, your totem, the Green Man - anything made out of a**



protective stone, anything you FEEL is protective.

**Idea: You could bind the individual from hurting himself or anyone else, whether it is intentional or unintentional, but this is not something to be taken lightly.**

**By my hand:**

**>Nicole**

**>March 27, 1998**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Protection Spells:Bubble of Protection Meditation**

**By DragonCat**

Here's a simple safety and protection meditation. This visualization can be used around people, pets, homes, cars, airplanes, and around anything you want to protect. After doing this a few times, you will not need the candles. You will be able to visualize the ball of white light at any time and any place. If you wish to protect a loved one and you have a photo of them, place it between the candles for the meditation. (Don't let it catch fire!)

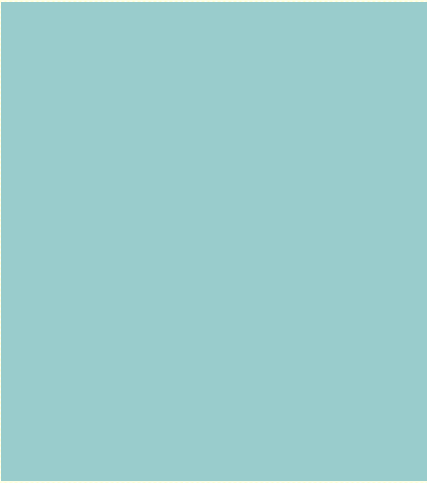
- ~ You may cast a circle if you like, but it is not necessary.
- ~ Light white candles for protection.
- ~ Begin the meditation:

Sit down and get comfortable. Relax. Breathe slow and deep. Let all tension flow into the earth. Feel calm and peaceful. You are completely relaxed. Now visualize a beautiful white light all around you, like a bubble. It shimmers and sparkles. Now make it stronger, and then make it shine brighter. Make it grow until it fills the room you are in. Fill the bubble with love. Know that it will protect you where ever you go.

To protect a loved one:

Now picture your loved one. See a glowing light all around them. It is just like the bubble you are in. It glows with safety and protection. Make it stronger, bigger, brighter. Visualize this as long as you like. When you are done, wish your loved one well and know that they are safe.

Now prepare to end the meditation. Feel your circle of light bring you back to the present moment and the room



**you are in. Take a deep breath and stretch for a moment before you get up.**

**~ Let the candles burn as long as you like, then snuff them out. You may light them at any time you wish to strengthen the visualization and protection.**

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Protection Spells:Repelling Negativity**

**You'll need:**

**Mirror**

**Black candle**

**White candle**

**Incense**

**Find a large mirror, one you can position so that you are able to sit before it. Burn a white and a black candle in front of the mirror and meditate there for awhile, focusing on purifying your energy. Repeat this each night, three nights in a row. Also try burning some cinnamon, frankincense, gardenia, or sandalwood incense. Once you are done each night, don't blow the candles out, snuff them out instead. After the third and final night, bury the wax remaining from the candles.**

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Protection Spells:To Make Someone Leave You Alone**

This is a variation on a popular spell used to stop someone from harming or bothering you. This must be performed during a waning moon.

On a piece of parchment or recycled paper, write the name that and birthdate of the person you are wishing "away".

Now fill an air-tight container (like a baby food jar or tupperware container) with water. Add a pinch of one or more of these magical herbs: ash tree leaves, clover, lovage, lilac, garlic clove. Take the paper with the name on it and fold it three times. Tie a black string or thread around it and drop it in the water. Seal the container up and place it in a safe spot in your freezer.

Once the person has left you alone or no longer poses a problem to you, take the container outside and empty it to the earth. Keep the container instead of leaving it to Mother Earth.



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## **Spirit Online: Wicca & Magick: Spells and Rituals:Protection Spells:House Blessing**

**By Pirate Jenny (c)**

**Assemble:**

1. Salt & Water
2. Incense (fire and air)
3. Milk & Honey
4. Oil (for anointing)
5. Wine (for offering)
6. Bells, Pots, Pans, Whistles, etc.

Cast a circle in the main room (livingroom) and after casting, visualize the circle expanding to include the entire house. Call upon the spirits and energies living in the house (or apartment). Invite those who will be harmonious with the new household and its energies to remain. Invite/ask those who will be happier elsewhere to depart. Release all "energies" not compatible with the new household. (This may be expressed as a "release" in order to unbind anything that may be stuck.)

Then call upon, greet, and invite ancestors, patron deities, and all harmonious spirits and energies to dwell in the house as they please.

Gather up the pots, pans, and all the noise-makers. Go to each door and window, not forgetting the fire-place and dog-door, making as much racket as humanly possible-to shoo out anything unwanted. (This is hysterical fun, and also raises lots of energy for the next important step.) Go again throughout the house and at each portal (door, window, etc.) sprinkle salt-water and cense, saying: "By the Elements I purify and charge this portal." Then anoint the portal with milk and honey, saying: "By Milk

and Honey I ensure prosperity and peace within this place." Finally, anoint the portal with oil, saying: "With Oil I seal this portal and protect all within." At the front door a special prayer is said, asking the guardian deities (God & Goddess) to freely grant entry to all friends and loved ones, and to prevent passage (turn aside) to any who would do harm." Then, if it's a house-pour wine across the width of the threshold; if it's an apartment anoint the threshold with light touches of wine.

The house-holders then each take a sip of wine, leaving some as an offering to the Gods, and the Circle should be closed. The remaining wine, milk, and honey should be offered to the Gods. (In our case to the fruit tree and the oak tree in our yard.)

Addenda: This is very effective if done as part of a house-warming party, followed by much feasting. It has also been done very effectively by two people. It only takes about 30 minutes to do a large house. You can take the time.


Do make certain to "ground" afterward, by closing the circle and by eating. This ritual can "stir" up everybody and make the house feel full of "buzzy" energy.

### House Blessing Notes

In the spirit of house blessings, and because I'm basically a kitchen witch at heart, and like little projects over serious ritual, I offer some selections gleaned from Cunningham's *The Magical Household*. I'm typing these without permission but with the hope that they'll inspire you to pick up the Cunningham book, because it's wonderful stuff...

For the doorway:

Suspend over the door a fresh sprig of dill, tied with a blue cord (or red, if you prefer), to prevent those who mean you harm from entering



**Cross two needles, and stick into or tie onto a corner of your doormat, to prevent evil from entering.**

**Grind Dragon's Blood herb into a powder and sprinkle it on door and window sills, to protect your house from harm.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Protection Spells:Protection in the Snow**

**By Wytewitch**

**You will need:**

**One peppercorn**

**A pinch of salt**

**Pinch of powdered ginger**

**Pinch of powdered cloves**

**A small pinch of red cotton cloth**

**Place the peppercorn in you bowl saying and visualizing:**

**I charge you with protection**

**Place the salt in saying:**

**I charge you with stability**

**Place the cayenne pepper in saying:**

**I charge you with warmth.**


**Place the ginger in saying:**

**I charge you with protection**

**Place the cloves in saying:**

**I charge you with protection.**

**Mix the assembled spices and salt with your fingers, visualize yourself having a safe health, guarded time. Now transfer the hers to the center of the cloth squares.**



**Fold in half and in half again and sew up the ends. Carry this with you. Make a new charm every snowy season.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Beauty/Appearance Spells:Weight Loss Spell**

**By Catala, from**

**<http://www.silvermoon.net/catala/webpage.htm>**

**Time of month: Sunset on a Waning Moon (moving from the full to the new moon)**

**Tools: yellow candle with holder, rose petals, lavender oil, small garnets, carnelian or turquoise stone, small jar with lid or plastic bag that seals, picture of yourself healthy.**

**Charge yellow candle with desired goal and place in holder . As you light the candle, visualize yourself passing on second helpings of food, small portions on your plate and looking healthy and physically fit.**

**Charge rose petals, oil and stones.**

**Sprinkle petals around candle, again visualize your goal.**

**Place the charged garnet stones and a few drops of oil into the jar or bag. [A baby food sized jar might work well.] As you do this visualize again. Then pick up the petals and place them into the jar or bag also. Seal the jar or bag and say:**

**"By this jar/bag of powered oil, petals and stones, it will bring me courage and help me meet my goal to not eat or snack as much and become healthier."**

**Visualize yourself becoming healthier and moving the weight on the scale to the left.**

**Carry this jar or bag with you and sniff charged items**

before eating.

Rub the charged carnelian or turquoise on the picture of yourself then rub onto your body while visualizing yourself become the you in the picture. Say:

"In no way will this spell cause me to suffer any adverse effects. So mote it be!"

Carry the stone with you and rub it when you have the urge to snack or eat too much. Hang the picture up in your kitchen to view. Allow the candle to burn for another hour then snuff it out and put away. Burn it whenever you need the moral support.



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## **Spirit Online: Wicca & Magick: Spells and Rituals:Beauty/Appearance Spells:Invisibility Spell**

Invisibility is a term that is easily misunderstood. No, you cannot make a magical potion that you drink and \*bing\* become invisible. Sorry. But this spell will make you seem invisible to people. Sometimes it's nice you don't want attention or if you just want to be left alone.

If you want to be invisible to others- that is, people will look right past you like you aren't there (but if you punch them or something, they'll still see ya, sorry) try this. Close your eyes and imagine a sphere of white light around you. Then imagine that the light starts to get blurry. It then takes on the colors and shapes of the environment around you. You fade into the light, becoming a part of it, until you completely disappear into the camouflage of the circle of light around you.

I've done this and tried to talk to people and they didn't even see me until I physically touched them, then they would just like- jump- like holy crap, how'd you get there? And normally, I'm a very noticeable person. I'm not used to being invisible like that but it was an interesting experiment- useful if you need to hide, want to be alone (no annoyances) or are somewhere you shouldn't be and don't want to get caught.

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Beauty/Appearance Spells:A True Beauty Spell**

### **Prepare:**

- A dish full of earth (good soil, not dry, dusty dirt).
- A yellow candle
- A fullsized mirror
- Olive, patchouli, jasmine, or cinnamon essential oil
- A small flower pot
- A flower or plant seed

Anoint the candle with the essential oil you have chosen. Place it in the center of the dish of earth. Light it and sit down with it between you and a mirror.

Look deeply into the mirror, concentrate on your reflection. Without being vain, consider the things you find most beautiful about yourself- not just physically but mentally. What is your inner beauty, what is your outer beauty?

It's important that you never think of what you feel must be "changed", be as positive about the beauty that you have already. Perform this ritual 3 nights in a row.

Once the entire candle has burnt down, remove the wax from the dish. Place the earth from the dish inside a small flower pot and plant a seed inside it. Water it and care for it so that it grows properly. You will soon find that your beauty will grow, flourish, and shine brighter than ever before- just as the plant grows before you, emerging from its seed.

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## Spirit Online: Wicca & Magick: Spells and Rituals:Beauty/Appearance Spells:Beauty Spell

This spell will change people's perception of you. Inner beauty will surface and become "visible"- people will actually see your inner beauty as being a physical part of you. You will also become more confident and outgoing.

Light one orange candle, and one rose-colored candle. Sit before a mirror and concentrate on all your best features, allow your flaws to diminish. Continue to focus as you recite this rite. When you are done with the rite, put out the candles (but do NOT blow them out! Try muffling or use water.) Continue the ritual nightly until both the candles have burned away entirely.

"O Lady of Shimmering beauty,  
For whom the stars are shining jewels  
And the Universe Her creation and plaything,  
Weaver of destinies  
And protectress of things wild and free.  
Make me now, I do ask  
To be thy daughter.  
Make me one with thee  
And grant me thy far-flung power.  
Grant to this, thy Witch and Sorceress  
Strength within and without  
As eternal as the boundless sea;  
The calm assurance of my powers  
To make any do my bidding  
And the winds, waters, and fires,  
The hills themselves  
Lend willingly themselves to me,  
Give to me, who am of thy ancient Craft  
The wisdom of ages, the lore of eons  
Knowledge of light, knowledge of dark.  
Grant me beauty ever more perfect

That I may reflect thee better.  
Build magick within me,  
Build power within me.  
Power be drawn, and power come,  
And make me one with thee  
Make me greater, make me better.  
Grant me strength and grant me power.  
O Goddess who is my friend and mother,  
I give you love and thanks  
O Beautiful One.  
May the magic I have summoned  
Return the stronger when I have need of it.  
May wisdom, strength, comeliness and compassion  
Remain with me, growing ever finer.  
So mote it be!"

Remember when choosing the candles for this ritual, find ones that will burn long enough to last you at least 3 days of repeating the rite.

(I adapted this from a spell I was sent, someone let me know if you recognize the author so I can credit it, it might just be public domain though.)

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## Spirit Online: Wicca & Magick: Spells and Rituals:Beauty/Appearance Spells:To Change Eye Color

I get a high volume of emails regarding this page. Most are either already answered on this page and the writers simply did not read it well, or they are shows of narrow-mindedness and ignorance (read on to see what I'm talking about). This is a form of magick lesser known and lesser practiced, but valid and workable. If you don't believe that, then it is your own loss because you are limiting yourself. And if you think this is a "spell from The Craft" (the movie), that is an extremely stupid statement (sorry). This is not a spell. But even if it were, had you ever seen the movie in question, you'd know this is nothing like the "thing" on The Craft. Why would you even care if it was from the movie? Do you think that they used no factual information from Wiccan beliefs for that film? Do you feel that they just "made up" the calling of the quarters, magick, and witchcraft for their scripts? Just because it's in a movie, does not make it true NOR does it make it false. As far as saying, "well, they made up glamours!"... that's another really uninformed statement. Glamour magick was around long before The Craft. Long before movies! So get over it. I simply will not reply to emails from closed-minded, rude people.

Now, there are two methods for changing eye color. The first is the easiest, it takes no knowledge of magick and no practice, and it CANNOT FAIL! It's called going out and buying contacts. <-- That's it! (Beginners, newbies, you should be done reading already.)

For the magick practitioner wishing to test their skill, there is a second way to do it. It is more difficult and takes much practice. It's also completely natural. You must be relatively advanced as a witch to use the magical

method, but once you learn it's fun and entertaining. This type of magic is commonly called a glamour. It is really just a matter of taking a desire and making it surface so that it is visible to other people.

Close your eyes. You must have complete focus and be concentrating only on changing the eye color, any other distractions must be cleared from the mind. Now fill your mind with the color your eyes are, right now, naturally. Now see that color slowly change to the color you wish your eyes to become. See it overpower your natural color. Imagine that the color shines like a ray of light from inside your mind out through your eyes. Visualize your eyes becoming that color as the light passes through them. (This process should take at least 15 minutes the first few times, and you will have to repeat it after awhile. Glamours fade as you "forget" them.)

Upon opening your eyes, you may or may not be able to see the change in the mirror. For a more accurate check of whether it worked, ask someone what color your eyes are. If they know you really well they may see past the glamour. (Your parents may see past it, and often spouses or very close friends, because they know you too well.) The stronger you develop the talent to throw a glamour, the more people it can trick. It will take you practice. Good luck!

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**Spirit Online: Wicca & Magick: Spells and Rituals:Communication Spells:To Get Someone to Call You**

**By Silver Ravenwolf**

**Do you ever want to get an important message through to someone, but you just don't know how to do it?**

**Here is what you do:**

**1. Determine precisely what it is you want them to hear, or perhaps feel. Write down your wish on a piece of paper in simple sentence form.**

**2. Make a dream pillow using a small square of fabric and a little batting. Throw in a pinch of lavender and rosemary. Put in the piece of paper last, then sew up the end.**

**3. Put the dream pillow on your altar. Do an altar devotion to center yourself, then create sacred space. Cast a circle and call the quarters if you like, but is isn't necessary.**

**4. Center yourself, then hold your hands over the dream pillow and say the following:**

**Holy Mother, Goddess Divine,  
I stand before your sacred shrine.**


**This person won't listen or hear  
My words tickle at deafened ear.**

**Holy Mother, Goddess Divine,  
Send a dream, awaken the mind.**

**Through his/her vision he/she lives  
The nightmare/passion/lesson he/she so freely gives.**

**Holy Mother, Goddess Divine  
Send them your enchanted design  
Clear out the cobwebs, tear down walls**





**Carry my message through spirit calls.**

**Feel free to change the incantation to suit your purpose.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Communication Spells:Spell to Communicate with Someone**

**Light a blue candle.**

**Write a personal, positive, and meaningful letter to someone you desire to contact. Burn the letter in the candle flame (careful!). As it burns, visualize the person's face and the goal or message you want to send. Toss some thyme, yarrow, or cinnamon on the burned letter. Concentrate on what manner you hope to receive their response. Pick up the remains and scatter the ashes and herbs to the wind.**

**(Also: Do NOT attempt to use this spell to communicate with the dead.)**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Power  
Spells:Empowerment Ritual**

Many adaptations by Spirit Online to an original  
anonymous ritual

This ritual will increase your magical powers and energy.

I altered this ritual almost entirely, choosing to use  
personal symbols as opposed to runes. (That is, symbols  
personal to the person practicing the ritual.) I consider  
this one of the most important rituals to perform, as it  
will truly increase your powers tenfold.

#### **Direct passage from the author:**

"The purpose of this ritual is to tap into your own  
personal life force and amplify it into a personal  
statement of self confidence and strength. Afterwards,  
when you feel yourself dragging in one area or another,  
concentrate on the appropriate symbol in the appropriate  
color for a bit, and you will find yourself tapping back  
into the energies you established in the ritual."

#### **You will need:**

A set of crayons including red, orange, yellow, green, sky  
blue, dark blue, violet, black, grey, white, silver, and gold.  
A medium to work on--cloth or paper on which all the  
colors will show up.

A red candle

Fiery scented incense, such as sage or cedar.

First, establish your working circle, after you've  
gathered all your materials together. Make sure you have  
a comfortable place to sit and draw. You'll be here a  
while.

Face the east and say:

"Spirits of the East, powers of Air, I ask that you be present at this spell-working. Help me find inspiration and visualize the symbols clearly that I may partake of their essence."

Face the south and say:

"Spirits of the South, powers of Fire, I ask that you be present at this spell-working. Help me find the spirit within to empower the symbols and tune into their color energy."

Face the west and say:

"Spirits of the West, powers of Water, I ask that you be present at this spell-working. Help me to seek the mystery within, that the symbols I draw here may work upon my emotions for my Highest Good."

Face the north and say:

"Spirits of the North, powers of Earth, I ask that you be present at this spell-working. Help me to manifest the symbols in the third-dimensional world so that their energies may become a part of my physical existence."

Face the sky and say:

"Father Sky, I ask that you watch over me in this spell-working. Lend me your wisdom so that I may bring safely link my inner vision with the outer Self."

Place your hands on the earth and say:

"Mother Earth, I ask that you watch over me in this spell-working. Let me ground myself deeply in you and draw on your strength and energy to sustain me in my work."

Face your altar in the center of the circle and say:

"Sacred center, Spirit of all that is, of whom we are all only aspects, unite this sphere into a protected space for the spell-working I plan to do here."

Using the red crayon, visualize the color as life essence. Draw a human body, using a star-like shape.

Draw the first symbol that comes to your mind when you think of strength and power. (Draw it in red below the human body shape.)

Now take the orange crayon. This color represents vitality, potency, courage- draw the first symbol of these qualities that comes to mind slightly above and to the left of the last symbol.

With the yellow crayon in hand, concentrate on intellect, and your request for knowledge. Draw a symbol of this directly to the left of the human body shape.

Using the green crayon, visualize expansion, abundance, prosperity, growth, love. When you have felt its energy, draw a symbol of above and to the left of the human body.

Take up the sky blue crayon, and feel it's energy of expression, communication, spiritual gain, joy, and self-achievement. Draw a symbol of those directly above the central symbol (body).

Using a dark blue crayon, draw a symbol to the lower-right of the last symbol. This one should represent synthesis and inner wisdom. It should align with the green shape.

In violet, which represents spirituality and guidance, draw a symbol of those traits directly to the right of the red central sign.

White is used to link the life-force. Draw a symbol that

represents a cycle or strong bond below and to the right of the central symbol.

This main pattern is complete. It should resemble a circle of colors and symbols surrounding the body.

Now, trace from the central body, directly to the left. Here, you should come upon the yellow symbol. To the left of that symbol, you will draw another sign, in silver. Hold the silver crayon and feel it's energy, imagine the journey you are embarking on, and draw a symbol of it.

Take the gray crayon and visualize flexibility, endurance, persistence and resolve needed to accomplish the changes you desire. When you feel it's energy, draw a symbol of those strengths at the very top/center. (above the human body, and above the light blue sign.)

The gold crayon represents activity. Draw your symbol of activation to the far-right (lined up horizontally with the silver symbol).

Using black, feel and see the changes you want occurring, the power of this ritual going to work. Draw a symbol of this directly beneath the red symbol under the body. (The bottom of the page, centered.)

Give blessings to all invoked gods, goddesses, and spirits, using a chant to each quarter like this:

"Spirits of the east, powers of air, thank you for your presence and aid in this work. Depart in peace, my thanks and blessings."

Open the circle, release the energy, and say:

"To all spirits visible and invisible that have been present in this ritual, depart in peace, my thanks and blessings."

Hang the resulting picture up somewhere where you can see it often. When you need any of the specific traits energized in each symbol, simply think of that particular



**color and symbol as depicted in your masterpiece!**



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**Spirit Online: Wicca & Magick: Spells and Rituals:Power  
Spells:Psychic Spell**

A spell to open the third eye (psychic sight) goes as follows.

Fill a small purple bag (or a piece of cloth that you can wrap herbs in and tie up) with as many of the following herbs as you can:

mugwort  
acacia  
honeysuckle  
peppermint  
rosemary  
thyme  
yarrow  
cloves  
dandelion  
lilac  
lavendar  
calendula

Gather the edges of the cloth and tie a string around it if you are using a cloth, or if you used a small purple bag, tie it shut. (Drawstring bags work best.)

Using a dark violet marker, draw an eye on the front of the bag. Rub the bag on the third eye chakra (forehead) whenever performing divination or needing psychic sight, and sleep with it under your pillow every night.

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Power Spells:Third Eye Ritual**

Perform this ritual to improve psychic powers three days before the moon is full, and preferably when it is in either the astrological sign of Cancer, Pisces or Scorpio. Begin by brewing a strong magickal tea made from yarrow or mugwort (herbs that stimulate the psychic senses) and then light thirteen purple coloured votive candles to help attract psychic influences. Drink the tea and then gaze fixedly into a magick mirror, black bowl full of water, crystal ball, or crystal pyramid as you chant thrice the following incantation:

"I invoke thee, oh Asarial,  
Archangel of Neptune  
And ruler of clairvoyant powers.  
I ask thee now to open my third eye  
And show me the hidden light.  
Let me see the future.  
Let me see the past.  
Let me perceive the divine  
Kingdoms of the unknown.  
Let me understand the wisdom  
Of the mighty universe.  
So mote it be!"

After chanting, relax, breathe slowly and concentrate on opening your Third Eye. Do not permit any negative thought to contaminate your mind. The Third Eye, an invisible chakra located in the middle of the forehead above the space between the eyebrows, is the human body's highest source of power, supernatural sight and clairvoyant vision.

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Power Spells:Memory Rite**

This is a rite by Fester Kegdaemon used to rid oneself of potentially damaging block, or denied memories- "The premise for this rite is that we all have blocked memories in ourselves, that we either won't, or can't face. They may include everything from being teased at school by our 'friends' to emotional, physical, or mental abuse by parents, loved ones, etc. The purpose of this rite is to draw these hidden memories up into a closed box, open it in a manner similar to the Pandora myth, and meet, greet, and make peace with the memories, as they can be very detrimental to one's ego growth if kept hidden. Instead of finding hope in our boxes though, we will find acceptance, and peace with oneself, and one's past. "

This rite is good for anyone, even those who assume they have had perfect childhoods. You don't always realize the past is dragging you down until it is too late, and you would be amazed by what you can find out about yourself!

### **You will need:**

Yellow candles

Kamea of sol

A box of any shape, or size

A solar incense

(And, music of a childlike nature may be used to enhance the atmosphere.)

### **Preparation:**

The box should have a lid. Paint the inside glossy black, or line it with an irregular reflective surface, such as aluminum foil. The outside should be decorated with any drawings, pictures, or whatever one may want to help evoke a childlike state of mind, and to help trigger

childhood memories.

Start with an opening of any sort you feel comfortable with. Light candles and incense as desired.

State the intent: "It is my will to greet my past, and accept it for what it is."

Recite the invocation:

"I call the past to meet the present,  
that the future may be bright.  
I bring myself forth from the dark,  
and hold me to the light.  
Let not the past control my present,  
let not my future be dark as night.  
I meet and greet me with open arms,  
and move back into the light."

At this point, one person sits in the center of the group with their box, keeping it closed. She focuses on the box while the rest of the participants circle around, teasing, insulting, degrading her. At this point, the teasing should not be too personal. When she reaches gnosis, she opens the box, and gazes inside, seeing whatever she sees. At this point, the taunting should reach a more personal, and vicious attitude. This continues until they close their box again.

The box then is dealt with in whatever manner she sees fit. It can be destroyed, left open in a spot of sunlight, kept for future uses, as it may be a good idea to do this more than once.

When the first person is finished, another takes her place, until the entire group has a turn.

Banish by laughter and embraces.

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Power Spells:Confidence Spell**

**You will need:**

**A lionhead charm (buy or make one)**

**Yellow candle**

**Essential oil of rose, orange, or hazel**

**Buy, or make, a charm that resembles a lion's head. (It can be as simple as you want it to be as long as you know what it is.) Pass it three times through the flame of a yellow candle, meditating on your esteem and the respect you truly deserve. Then infuse the charm with your energy by anointing it with the oil. Wear it (on a chain or in your pocket, wherever!) on you, and when you see or touch it, you will feel your confidence build within you.**

**I know it's hard to find a lion's head charm, and you may wonder what the easiest way would be to make one. I would suggest taking a flat, smooth stone, clean it off, and use either orange paint or a thin permanent orange marker to draw a simple lion head on it. This way it will be fire-proof, and you can keep it in your pocket.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Power  
Spells:Poetic Inspiration**

**Perform on a Wednesday when the moon is waxing. Best  
if done when the moon is in Gemini, but it's not required.**

**Light a purple candle. You can also burn some jasmine or  
rose incense if you wish.**

**Say this incantation:**

**"Oh Goddess Brigit,  
bright lady of the flame,  
blessed mother of the poets.  
Lend me such insight, wisdom, and divine inspiration  
that the words may flow to me  
and that I may may craft them beautifully  
so that they spin a tapestry of magic  
In the hearts of all who hear them.  
So mote it be!"**

**Leave the candle to burn itself out. when it does, put it  
wherever you keep rituals remnants and give thanks to  
the Goddess for her gift.**

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Power Spells:Artistic Inspiration**

### **Prepare:**

- Pen, pencil, or paintbrush depending on the art form.
- Elmer's glue
- Silver glitter
- Almond, sage, or vanilla essential oil
- A white candle

This is a simple spell to bring you divine inspiration to write and create visual art.

Anoint the candle with the essential oil you have chosen and using an athame or a small, sharp tool, inscribe the name "Brigid" (goddess of poetic inspiration), or if you prefer not to invoke a deity, simply inscribe your art form which you need inspired in. Light your candle and begin.

Squeeze some glue onto a piece of scrap paper and dip the end (not the useable part) of your craft tool (pencil, paintbrush, or whatever) into it, covering about an inch's worth. Then roll the end in the glitter so that it is completely covered. As you do, focus on the inspiration you seek. Say your own blessing over the tool, then situate it so that it can dry without the glittered end getting smashed. The next day, make a few attempts at your art with your newly enchanted tool in hand. Let the inspiration come to you and flow from your mind to your material!

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**Spirit Online: Wicca & Magick: Spells and Rituals:Power  
Spells:Cloud Eye Rite**

This is a version of a rite by an unknown author which involves transferring one's 'essence' to another form, such as a rainbow, an animal, another person, a cloud, even a tree. In this case, you move your perception to a cloud.

#### **You will need:**

An open space

Dry ice

Passivity

Open by whatever means feels appropriate. (You might just cast a circle.)

Set the dry ice in the center of the working area.

Participants circle deosil around the ice, chanting "Ka-ao-opua-loa" (the sharp-pointed living cloud). In the Hawaiian legends, this was the name of the kupua of the cloud people.

Circling and chanting continue for 10-15 minutes, at the end of which all sit down in a circle as close to the ice as possible.

All stare into the fog rising from the ice until tunnel vision sets in (the field of vision goes black except for the object focused upon).

At the moment that tunnel vision occurs, say:

"As below, so above  
The cloud is in my eye  
Ka-ao-opua-loa carry my sight"



Participants begin spinning at increasing speed with eyes closed, all the while repeating:

"Tenfemet-Douck".

When spinning is no longer possible, participants lie on their backs and open the eyes completely (no squinting) and focus on the first cloud they see.

All repeat:

"As above, so below  
My eye is in the cloud  
Phenomenize the cloud-eye"

Visualize a fog exactly like that rising from the dry ice leaving the eyes and rushing up to join with the clouds. Observe it entirely passively, and with the inner voice repeat:

"This self is Tenfemet-Douck,  
The cloud that sees."

When tunnel vision again sets in, close the eyes and open them again quickly. Look down over the terrain that passes below your cloud-eye. Note details if desired, but do not attempt to influence direction or speed of motion. All control of these should be left to the wind.

When you have achieved your desired results, switch out of the passive mode and attempt to influence direction or speed. Find yourself back in your human body looking up at the clouds.

Banish by laughter, and leave the circle.

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Love Spells:To Bring Love Into Your Life**

You will need some pink cloth made of soft flannel, satin, or silk (note that silk is difficult to work with). Cut 2 squares of the same size from the fabric and lay them on top of each other. Sew around three of the edges with red thread to make a little open bag. Turn it inside-out to hide the stitched edges.

Fill the bag with as many of the following herbs and plants as you can acquire: basil, aster, catnip, almond, cinnamon, cinquefoil, rose, ginger, cloves. Place a small seashell (available at craft and hobby stores) inside and add a clip of your hair. (You can use pubic hair if it's for lust and sexual love only.) Tie the bag tightly shut or seal it by sewing it closed at the open end.

Breathe in the scent of the herbs and while holding the love mojo bag in your projective hand (the one you write with, usually right), charge it with your energies. Focus on your desire for love and your willingness to follow through with an intimate relationship. You can meditate on what you are looking for in a partner. Do not under any circumstances focus on one person to try to make them love you. It doesn't work that way. Ask those who have tried this... it's not only manipulative, but they generally backfire, resulting in the adverse effect of causing the target to dislike you.

Keep your love charm near at all times and under your pillow at night. Love will enter your life soon, but be patient, and remember that love comes easily when you are ready.

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**Spirit Online: Wicca & Magick: Spells and Rituals: Love Spells: To Ease a Broken Heart**

By John Shaman, with many of my own adaptations to make it simpler.

You will need the following ingredients:

Strawberry tea (one bag)

Some salt (sea salt if you can get it!)

2 pink candles

a mirror

one pink drawstring bag

one quartz crystal


a copper penny

a bowl that is somehow special to you

1 teaspoon dried jasmine, rose, **or** strawberry leaves

Some rose, strawberry, **or** cinnamon oil

Charge all ingredients first by infusing them with your personal energy. On a Friday morning or evening, when the moon is either new or waxing and close to being new, take a bath with a small handful of salt in it, in the light of a pink candle. As you dry off and dress, sip the strawberry tea. Apply makeup or groom yourself to look your best. Cast a circle around a table with the other ingredients. Light the second pink candle. Mix all oils and herbs in the bowl. While you stir look at yourself in the mirror and say aloud: "Oh, Great Mother Goddess, enclose me in your loving arms and nurture and bring forth the Goddess within me." Gaze deeply into the mirror after you have finished mixing the ingredients and say aloud, "I represent the Great Goddess, Mother of all things. I shine in the light of the Golden Wings of Isis. All that is great and loving only belongs to me." Then put half the mixture in the pink bag and add the penny and crystal. Carry it with you always or until you find another



**love. Leave the other half of the potion in the bowl, out in a room where you will smell the fragrance.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Love  
Spells:Attraction Spell**

Light an orange candle, then take a small seashell and pass it three times through the flame. As you do this, say:

"By the power of three,  
So make it be."

...each time you go through the flame. Take a handful of cinnamon and using a spoon and bowl, mix it with dried and crushed red rose petals. Sprinkle the shell with some of the mixture and imagine yourself attracting many different people. Take the rest of the mixture and toss it into the wind to carry your request to the God and Goddess. Then carry the shell with you in a pocket or purse at all times.

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**Spirit Online: Wicca & Magick: Spells and Rituals: Love Spells: Aphrodisiacs & Love Potions**

The following are various forms of aphrodisiacs, herbs and foods that have natural romantic effects. Some increase sexual forces, attraction, potency/fertility. Make sure you check this [herbal danger list](#) if you are pregnant or may be.

**Africa Evergreen Tree:** A tree native to Cameroon has a powerful aphrodisiac in its bark.

**Cinnamon:** Sticks can be chewed like tobacco, or grated cinnamon can be put in eggs as an aphrodisiac that arouses women.

**Cloves:** Edible or aromatic aphrodisiac.

**Cockroach:** Many cultures say this is an edible aphrodisiac, grind one common cockroach and mix with cinnamon, add to coffee for a powerful love potion. Yuck.

**Damiana:** A plant from Mexico which is used to stimulate sex drives. The leaves and heads of the plant are mixed with minor amounts of plantain or pennywort and mixed with food three to four times a day.

**Deer Antler:** Chinese herbal remedy for male impotence.

**Eggplant:** A common edible aphrodisiac.

**Eggs:** Chicken eggs are said to be a good aphrodisiac if eaten raw before sex.

**Fo- ti- tieng:** Chinese herb for sustaining sexual stamina.

**Frankincense:** Another popular aromatic aphrodisiac. Not for ingestion.

**Garlic:** Edible aphrodisiac, cook or use in salad.

**Ginseng:** A well-known chinese herb for sexual stamina, can be used through traditional methods or by ginseng vitamin pills.

**Goto Kolo:** Chinese herbal aphrodisiac.

**Gypsyweed:** An aphrodisiac for creating romantic thoughts, best taken heavily distilled (diluted at least three times) thrice a day, ten drops each time.

**Jasmine:** An aromatic aphrodisiac. Women can place jasmine essential oil on the back of the neck or behind the ears to stimulate their partner. Jasmine incense can be burned in the bedroom as well.

**Licorice:** Edible and aromatic, excellent aphrodisiac.

**Mushrooms:** Considered a powerful aphrodisiac, cook mushrooms bought raw into food or serve them raw in a salad to stimulate and arouse.

**Milk:** Some say it is "does the body good" in more ways than one. Edible aphrodisiac.

**Oysters:** Often considered a great addition to a romantic meal, this shellfish is a popular edible aphrodisiac.

**Okra:** Prepare and serve with lemon juice as an effective aphrodisiac.

**Onions:** Vadalia onions are known for their aphrodisiac properties, can be served fried or preferably raw, very sweet unlike other types of onions.

**Rosemary:** An easy to find kitchen herb that can be used in a meal for a lover, or in the form of an essential oil can



be rubbed along the back of the neck or stomach as an aromatic aphrodisiac.

**Sage:** Aphrodisiacal kitchen herb, edible or effective as a topical aphrodisiac (placed on the skin or used in bath water).

**Sandalwood:** Aromatic aphrodisiac. Sandalwood essential oil is a popular aphrodisiac that women often use around men.

**Truffles:** The fruit of a fungus that is found at the base of Oak and Beech groves in France, Italy and throughout Europe. If you are fortunate enough to obtain a supply of fresh Truffles, choose them firm, undamaged and medium sized. Eat them with a lover as an edible aphrodisiac.

**Wild Asparagus Root** - A difficult to obtain aphrodisiac. The raw root is soft and has a jelly bean consistency that is sweet tasting.

**Ylang Ylang:** The essential oil of ylang ylang is considered a good aromatic aphrodisiac.

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## **Spirit Online: Wicca & Magick: Spells and Rituals:Money Spells:To Head for Success**

**You will need:**

- a green candle
- a purple candle
- a talisman with your religious symbol (pentacle, cross, star of david, etc)

Place a green candle on one side of a room. Place a purple candle on the other side. Now, light the purple candle. (The lights should now be off or very dim.) With your religious talisman hanging from a chain or string (to be worn as a necklace) dangling from your right hand, pick up the purple (lit) candle with your right hand. Now walk in a STRAIGHT line across the room directly to the green candle. Using the purple one, light the green candle. Set down the candle so they sit next to each other. Chant,

"I walk forth without doubt and fear,  
And success draws me near."

Lay the necklace in front of it and meditate for awhile on the success you need. Let the candles burn themselves down, and wear the necklace whenever you wish success you follow you. When you walk through a door to job interviews, auditions, or anywhere you need success, imagine how you walked in a straight line in your ritual, and consciously make an effort to do the same when passing through the door.

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**Spirit Online: Wicca & Magick: Spells and Rituals:Money  
Spells:Spell for a Break in Showbusiness**

**From The Modern Witch's Spellbook, by Sarah Lyddon  
Morrison.**

**Find an old piece of amber with a fly in it (you can find such things at antique shops) and wear it to auditions. Chant over the amber first: "Fame come to me, change my luck for me." Imagine yourself on a stage or in a movie or doing whatever it is that will make you famous, and put powerful emotion behind it. A break should come along within a short period if you've done the spell correctly.**

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**Spirit Online: Wicca & Magick: Spells and Rituals: Money Spells: Be a Winner Spell**

**By Athena Starwoman and Deborah Gray**

**You will need:**

- A piece of white cardboard (large enough for you to sit on)
- A blue pen

**The best time to cast this spell is on a monday night at seven o'clock.**


**Begin by taking a bath or shower. After drying yourself thoroughly, remain undressed and go into a private room in your home where you will be undisturbed. Put the piece of cardboard on the floor and draw on it a large circle in a clockwise direction with the blue pen. Then stand within the circle, raise your arms into the air and take a few deep breaths. After you have done this, seat yourself in the centre of the circle and repeat these words:**

**"By the power of the number,  
By the power of Fortuna,  
All who sit within this circle shall prosper."**

**Now write the numbers 7, 11, 9 on the cardboard [in a triangular fashion, not in a row] and finish off with these words:**

**"The circle is cast,  
The magic will last --  
So be it."**

**Keep the circle in a safe place and sit in it whenever you**



**have to make a decision [that your success depends on].**

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## **Spirit Online: Wicca & Magick: Spells and Rituals: Money Spells: Green-and-Gold Money Spell**

### **Prepare:**

- A square piece of green cloth (about 6 by 6 inches, preferably silk, cotton, or polyester).
- Green glitter and gold sequins
- A 7 inch long string of green yarn
- Three shiny and somewhat new pennies

Take the square of green cloth and lay it out flat before you. Place the three pennies in the middle and concentrate on the amount of money you desire. Don't be too greedy, though! As you think of the amount of cash you need, sprinkle a couple teaspoon's worth of the green glitter and gold sequins. (These represent money and fortune.) Write your own chant or blessing to say as you do this.

Gather all four corners of the cloth inward so that it forms a small pouch around the coins. Grasp the corners of the cloth together and wrap the green yarn around it, tying it shut tightly. Keep this wherever you normally put your money, or inside a purse.

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**Spirit Online: Wicca & Magick: Spells and Rituals:Money  
Spells:Rich Witch**

**Spirit Online: Wicca & Magick: Spells and Rituals:Money  
Spells:Rich Witch**

**By Athena Starwoman and Deborah Gray (c)**

**This spell should be cast on the evening of a New Moon.**

**Find a flat surface or use your altar. Light a green candle, and place a bowl and a spoon on the surface before you. Mix a teaspoon of nutmeg and a teaspoon of cinnamon in the bowl. As you mix the ingredients, think of an amount of money you would like to see in your bank account. (Don't go overboard, though, or you will "scatter the spell's energy".)**

**Continue to focus on that amount of money as you take three coins of low denomination and toss them repeatedly, until you get one tail and two heads.**

**Place the coins and the powder together in an old wallet or purse and shake it up as you chant:**

**"Attraction powder  
let it be...  
send me all the luck I need."**

**Place the purse in the same place as you keep all your financial documents.**



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**Spirit Online: Wicca & Magick: Spells and Rituals:Money  
Spells:To Help Pay Debts**

**From The Modern Witch's Spellbook, by Sarah Lyddon  
Morrison**

**Take the key to a strong box and go to a country  
crossroads at midnight during the full moon. Lay the key  
in the middle of the crossroads and walk in a circle  
around it three times to the left and three times to the  
right, chanting:**

**"Forces around me take pity on my foolishness and grant  
me a second chance to unlock my future and unburden  
me."**

**Take the key home and put in on your key chain.**

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Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Powerful Wish Spell

Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Powerful Wish Spell

This is a little complicated to describe but is well worth it, so diagram images have been included to help you out a bit.

You need a piece of recycled paper (recycled notebook paper works fine). On the paper, write a short poem or chant to the Goddess and God that states your wish. It is alright if you aren't the best poet on earth! But it is very important that you say exactly how you feel and what exactly you need. Do your best and say it from the heart. Close the poem with thanks to the Goddess and God.

Fold it in half with the words **inside** it. Draw a triple goddess sign on the outside. It should look basically like this:



Diagram 1

[The paper with the symbol drawn on it.]

Now fold it in half again with the symbol on the inside. Now draw a pentacle on the paper:

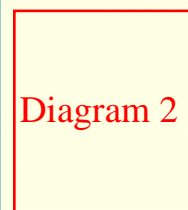



Diagram 2

[The paper with the pentacle drawn on it.]



**Finally, flip it over and write your name and birthdate on the other side. Put this aside in a safe place and your wish will come true in due time. If you change your mind before it comes true, burn the paper and put the ashes to the earth.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Wish Ritual**

**Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Wish Ritual**

**Prepare:**


- A large bowl
- A wooden spoon
- A sifter or colander
- As many of the following herbs as you can find: Cinnamon, basil, clover, ginger, marjoram, tea, catnip, jasmine, ginseng, lavender, pine, sage, cloves

This is inherently a simple spell but you can make it into an all-out ritual. Best if done when the moon is waxing, unless you are wishing to get rid of a problem. (This is a lot of fun if you make the powder with a friend!)

Place all the ingredients into the bowl. Stir and grind them with the spoon. Continue to grind and blend until everything is mixed into a coarse substance- there should be no large pieces. It should be grainy and almost powder-like.

Dump the substance into the colander or sifter and gently shake it back and forth over another bowl. The finest powder will get through the sifter but the large pieces will not. What you should have when you are finished is at least a handful of herbal wish powder.

Make sure you go out on a nice day to perform the spell. Windy days are perfect! Find a nice clearing and take your wish powder with you in a pouch. Take a handful and say a chant- it's best that you write you own so you can state the specific need of the wish. Make SURE you are



**very clear about what you wish for and how you want to get it. Throw your powder to the wind and let it carry your wish away to come true!**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Simple Wish Chant**

**Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Simple Wish Chant**

**From Moonscents and Magickal Blends-  
<http://www.moonscents.com>**

**You may use this only three times in between the new moons.**

**While gazing at the moon, repeat the following:**

**"Moon, moon, beautiful moon, brighter than any star,  
Goddess of light and love, Diana if it might be, pray bring  
fortune unto me".**

**A sign that the spell worked would be coins doubling in  
the purse or pocket, or seeing a hare before dawn. Note:  
The spell won't work if done with evil intent.**

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**Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Releasing Energy Towards Any Goal**

**Spirit Online: Wicca & Magick: Spells and Rituals:Wish Spells:Releasing Energy Towards Any Goal**

This is a form of magic which can be used for just about anything- thus making it a more advanced type of magic which should only be used by those who are comfortable with the ethics and are prepared to deal with the consequences in they misuse this technique.

Sit in a comfortable position with your legs crossed and your arms extended outward. Your receptive hand (whichever hand you do not write with, usually the left) should be wide open, palm facing upward. Your projective hand (the hand you do write with, usually the right) should be in a fist. Close your eyes and imagine your goal. Now visualize a bright red fire surrounding your receptive (open) hand, feel the "warmth" of the energy. Imagine it flows up your arm and through your body into your projective hand (the closed hand). Continue letting energy flow from the red energy "flame". Once the impulse hits you, and you feel the time is right, thrust both arms to the right (or left if you are left handed) opening up your projective hand as you do so. This motion should be similar to "throwing" the energy towards your goal. As you do this, say in a commanding voice what will happen as a result of the energy release. (For example, if you used it to get a raise in payment at work, you could say "I will get a raise!")

Results, if successfully performed, will be almost immediate. With practice, this can work very well.