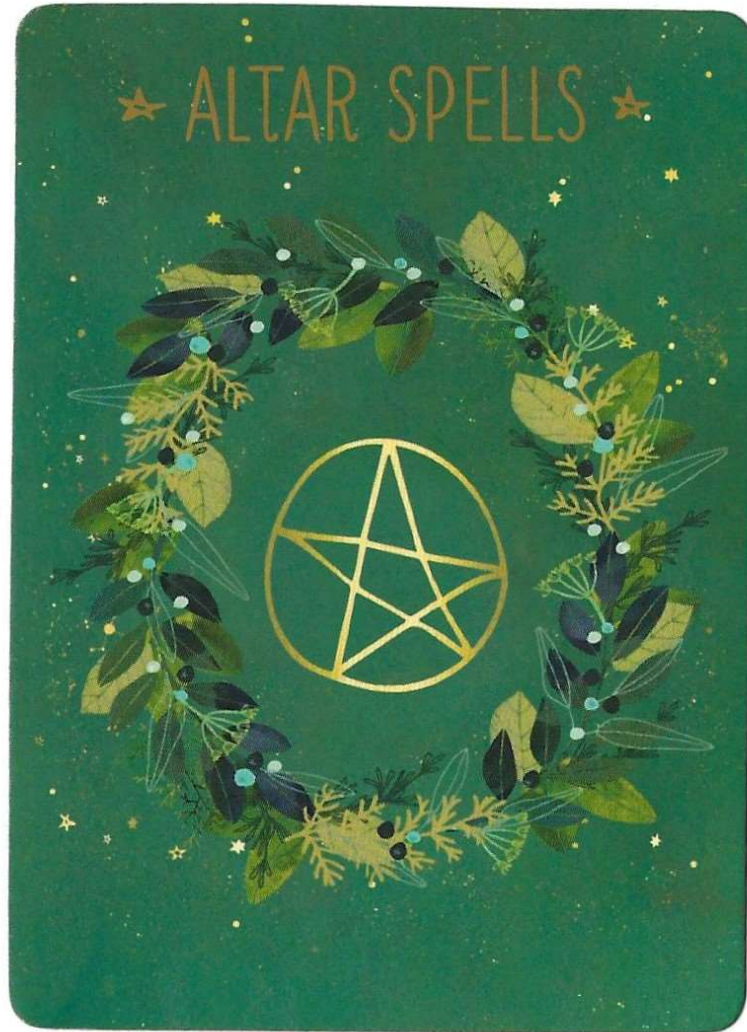


★ ALTAR SPELLS ★



Blessing Meditation

Sit in a comfortable position in front of your serenity altar and meditate. Think about your blessings. What are you grateful for at this moment? There is a powerful magic in recognizing all that you possess. Breathe steadily and deeply, inhaling and exhaling slowly for twenty minutes. Then chant:

*Great Goddess, giver of
all the fruits of this earth,
Of all bounty, beauty, and well-being,
Bless all who give and receive these gifts.
I am made of sacred earth, purest
water, sacred fire, and wildest wind,
Blessing upon me. Blessing upon thee,
Mother Earth and Sister Sky.
So mote it be.*

Thor's Day Spell

If you find yourself in need of help resolving a problem or uncovering new resources within yourself, try the following. On a Thursday, light some blue candles and chant the following affirmation:

*Fears and doubt, begone from me!
I have the courage to break free.
I have the wisdom to know and the
strength to grow.
I call upon my inner guide
to hear and see my truth.
Blessed be.*

Repeat this four times while the candle burns. Embrace your intuition and trust it with all your heart.

Sit for a Spell

On a Sunday, or any day you need encouragement, set aside a half-hour of quiet time and brew up some willpower to help you in any creative endeavor. Light a white candle anointed with peppermint oil, and then light spicy incense (cinnamon works well, if you can get it). Take a sprig of mint, warm milk, and cinnamon sticks, and stir the milk clockwise with the mint and cinnamon in a white mug. Say aloud:

*Herb of menthe and spicy mead,
Today is the day I shall succeed,
In every word and every deed.
With harm to none; so mote it be.*

Quaff the cup and "sit for a spell," eyes closed, envisioning your new horizons. Keep the cinnamon sticks on your altar as a symbol of the power of encouraging words.

Candle Calm

Create a week of blissful and composed calm with the following spell. On Sunday evening, anoint a purple candle with vanilla essential oil. Place the candle on your altar beside a vase of purple flowers. Sit in front of a window when twilight begins, and when the sun is completely gone, light the candle and chant:

*I release care, stress, and worry.
I am the mountain, the river, the tree,
the grass, and the moon.
I receive my strength from nature
and she is my center.
Tomorrow and the next,
all gladness will enter.
Harm to none, only good.*

Curative Candle Magic

Sometimes you will want to perform spells for those you want to help who are not present. Begin by setting up two yellow altar candles, one in the northeast and one in the northwest. Then place three red candles on the east side of your altar and one orange candle on the west side. The red candles represent health and strength, while the orange candle lights the way for optimism and encouragement. Yellow represents the life-giving sun. Light the candles and recite:

*Power of Light, Power of Love,
The fire burns and we heal.
With harm to none and blessings to all.*

Intention Magic: Candle Consecration

Write your intention on paper and place an anointed candle in a candleholder. Light it, and say:

*Blessed candle, light of the Goddess,
I burn this light of [deity's name].
Hear my prayer, O [deity's name],
hear my need.
Grant my wish and give me hope.
Do so with all your grace,
And magical speed.*

Now read your intention as you wrote it on the paper. Roll the paper into a scroll and, using a few drops of the warm wax from your intention candle, seal your sacred statement. Place the paper on your altar or in a special place.

Sunrise Spell

Float a rose in a clear bowl of water and light a pink candle beside the bowl. With your left hand, gently stir the water in the bowl and say:

*These waters cleanse my soul and being,
Now, with a clear mind
and heart, I am seeing,
I am love; my heart is as
big as sky and earth.
From the east to the west,
love universal gives life its worth.
Blessings to all, so mote it be.*

Keep the blessing bowl on your kitchen altar for three days and three nights.

The Blessing Bowl

I recommend doing this sanctuary spell at least once a year, as it imbues your home with an aura of serenity and makes the blessings in your life tangible. Sit in a comfortable position with your absolute favorite essential-oil-scented candle lit and placed in a bowl in front of you. Surround yourself with your favorite crystals. Think about the blessings and gifts in your life. There is a powerful magic in recognizing all that you possess and in maintaining an attitude of gratitude.

Breathe steadily and deeply, inhaling and exhaling slowly for five minutes. As you meditate, send the positive energy into your crystals and the flame of the candle. Now, the blessings are there in the bowl any time you need them.

Candle Centering Meditation Spell

To help center yourself, light a candle and meditate on it. By focusing on the flame, you bring your being and awareness into focus. Light your favorite meditation incense. Scratch your name into the candle with the tip of your bollline (see page 13). Next, scratch your hope onto the candle. Light your candle and recite:

*This candle burns for me,
Here burns my hope for
[say what you are hoping for],
Here burns the flame of insight,
May I see clearly in this new light.*

Sit with your eyes closed for a few minutes and picture yourself realizing your most heartfelt hopes and truest desires.

Blade Blessing

Your athame and bollline will each be very useful in your practical magic (see pages 11-14). To imbue each new tool with your personal energy, perform this speedy spell.

*Blade of metal so strong,
You will serve me well and long,
Spells we will craft; together we belong,
Blessings and magic bind this song,
So mote it be. And so it is.*

Pass the metal blade through the flame of the white candle and repeat the words of the spell song. Keep both your athame and your bollline on your altar so their energies remain bound together.

Garden of Enchantment

In your garden or deck planters, you can symbolically "plant" transformation into your life. Take a handful of beans from your pantry or a seed package, and empower them by placing them on your altar during the light of the new moon. Plant them after you have prayed:

*I plant these seeds
of fortune and change.
As they grow, good luck
for all will rise and flow.
From this soil comes
all bounty, we know.*

Meditation Chant

Add tokens that represent peace of mind to your altar including crystals, flowers, or candles. Breathe steadily and deeply. Chant:

*Great Goddess, giver of
all the fruits of this earth,
Of all bounty, beauty, and well-being,
Bless all who give and receive these gifts.
I am made of sacred earth, purest water,
Sacred fire, and wildest wind.
Blessing upon me. Blessing upon thee,
Mother Earth and Sister Sky.
So mote it be.*

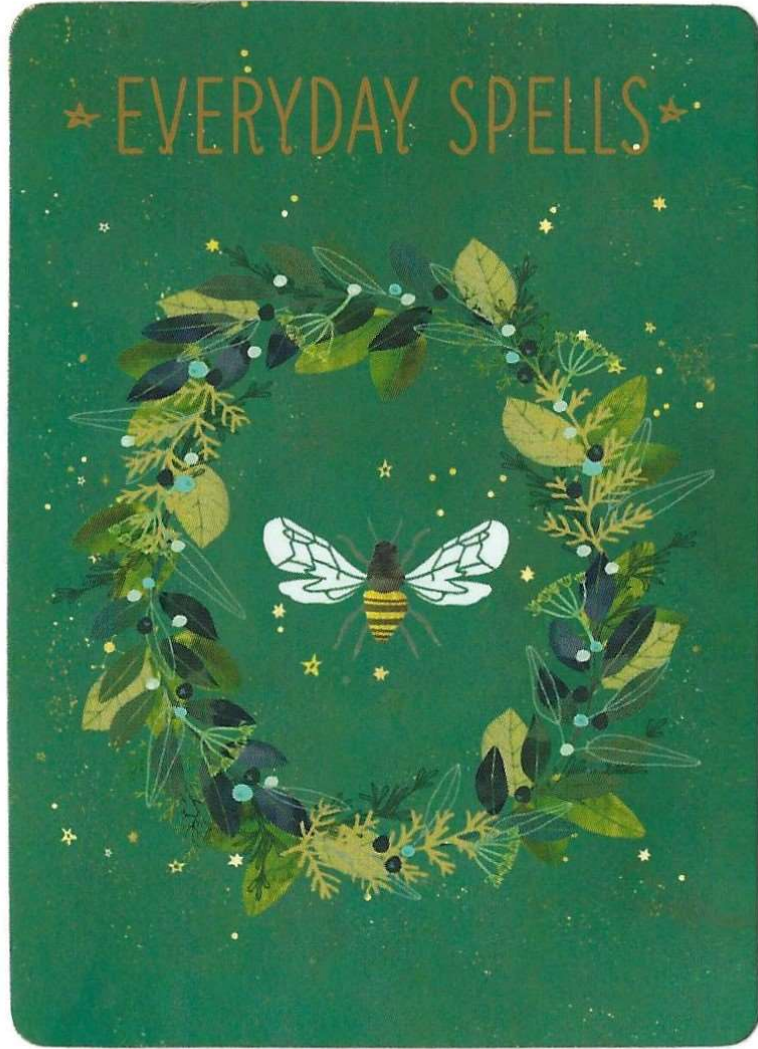
Rainfall Rite

On the first rainy day of the spring season, place a green glass bowl outside as a water-catcher. Bring it inside at the end of the day and place it on your altar beside a lit green candle. Say:

*Water of life, gift from the sky,
We bathe in newfound
energy, making spirits fly!*

Dip your fingers in the water and touch your forehead. Pour the water into the ground of your garden, speaking the spell one last time.

★ EVERYDAY SPELLS ★



Friday Night Rite

Friday nights are a good time for getting together with your friends or in a circle with your coven. If possible, pick a place with a fireplace and have a brightly burning blaze. Ask invitees to bring spring flowers and musical instruments, including plenty of drums. Place pillows on the floor and serve an ambrosial spread of finger foods and spirits. Light a wonderfully scented incense and set out candles, one for each participant.

When it is time to call the circle, raise your arm and point to each direction, saying, "To the East, to the North," and so on. Have each guest light a candle and give a toast. Drumming and dancing come next. This is truly an invocation of the lust for life and will be a night to remember for all. Now rejoice!

Charm Boxes

Spellwork during medieval times involved boxes for love, health, fertility, and the home, and in the fields it was used for prosperity and changes of luck. In more modern times, a young woman's "hope chest" might contain her wishes, intentions, and materials for a happy marriage.

You can make your own charm boxes, also known as spell boxes, very easily. A job or career spell box should contain aventurine or peridot stones, patchouli incense, green candles, and ferns. You can make a psychic spell box with cloves, rosemary, amethyst, and quartz crystals. A good love spell box contains a pink candle, rose petals, two pieces of rose quartz, and two copper pennies.

Clarity Infusion

I recommend growing a pot of hardy sage so you can always clear energy and increase your psychic potential. Another useful herb is mint, which comes from the Latin *mentha*, and literally means "thought." Woven into a crown, it bestows brilliance, artistic inspiration, and prophetic ability. Burned, it is especially potent.

Here is a wonderfully simple tool for awakening the mind and attuning to the high powers. Take dried mint stalks and dried sage in equal parts and roll together into a wand. Bind with multi-colored string, and before any ritual, tarot reading, or spellcrafting, "smudge" your house with the wand by lighting the leafy end and passing the smoke around. This will purify your space.

Good Vibrations: Chakra Magic

Burning candles of specific colors is a simple and direct form of magic. The color spectrum is composed of seven colors all visible in the rainbow and correlated with seven basic vibrations. To combat feeling sad, wear yellow to raise your energy level. You can experiment with different combinations, too.

First chakra (root), red, security and survival; second chakra (sacral), orange, pleasure; third chakra (solar plexus), yellow, divine; fourth chakra (heart), green, abundance; fifth chakra (throat), blue, creativity; sixth chakra (third eye), indigo, perception; seventh chakra (crown), violet, bliss.

A Box of Rocks

Keep a magic wishing box on your desk. Every so often, look at it and make a wish upon your heart's desire. It's easy to make: Take a bowl or an empty box and fill it halfway with sand. Place these suggested wish stones in any arrangement you find pleasing.

Agate for a new home
Amethyst for spirituality
Carnelian or **lapis lazuli** for a new job
Coral for wanting children
Fool's gold for money
Rose quartz for love

Astrological Herbology: What is Your Power Flower?

Potpourri was a medieval tradition revived by the Victorians, who used the symbolic meanings and powers of flowers. Grow them in your kitchen garden or buy cut flowers. Dry them, then place them in a pretty container. Choose flowers that you are drawn to or that connect with your personal energy or astrological sign (see page 39).

Sacred Land, Spirit Tree Spell

Planting three red flowers will keep trespassers off property and help to allow the land to return to wildness and well-being. I suggest you choose from these beautiful red floral options: sumac, poppies, wild roses, geraniums, or nasturtiums. To heal and guard an ailing or endangered tree, try the old Celtic custom of tying a red ribbon or magical cord around the trunk and chanting:

*Red for the sap-blood inside this
spirit-tree,
Every full moon,
I will re-tie a cord of magic around thee.
So mote it be.*

Ruby Tuesdays

If you want to jump-start your life and bring about positive change, tap into the power of the rose-colored and red stones. Stones of this color spectrum contain life's energy and can help you become more motivated, energetic, and vibrant.

Wear this list of rosy and red stones or place them on your desk and throughout your home for an instant boost: alexandrite, carnelian, garnet, red coral, red jasper, rhyolite, rose jasper, and ruby. The power of these rose and red crystals and gems is greatly amplified if you wear them on a Tuesday.

Tranquility Incantation

For inner peace, take a walk in the woods and bring a stick, seven leaves from an ash or oak tree, several stones, and matches. With the stick, draw a circle on the ground and mark four directions: north, east, south, and west. Arrange the stones and leaves at the center of the circle. Say:

*Good luck rises for me in the east;
My music rises in the south;
My wishes rise in the west;
From the north, peace and calm
will come to me,
My dreams will come true.
And so it is.*

Cast out the Bad Energy

Here is an ancient way of casting out demons and bringing good tidings for your friendships and family. Buy a big bag of dried beans and invite all your friends over. In ancient times, many pagan people believed that beans contained evil spirits.

This spell is ideally performed during an eclipse, when that which is hidden is revealed. Go somewhere high in elevation and give everyone a handful of beans. Start throwing them down, one at a time, with each toss calling out whatever you want to kiss goodbye—a job, a bad relationship, whatever your personal demons may be. After you have discarded all the discord from your life, you and your friends can celebrate the lifting of your burdens.

Moonstone Mirror Magic

Moonstone is a psychic mirror, especially for females. Wise women of ancient India were the first to figure this out. If you are feeling out-of-sorts or off-center, turn to this lovely stone, sacred to the shining orb in our night sky.

Under moonlight, gaze first at the moon and then at your smooth, round moonstone and look for the answer to your personal mystery. A message will come to you in the form of a dream this night. Keep a journal at your bedside to record this moonlit message.

Self-Blessing

The time you take to restore yourself is precious. Perform a self-blessing every day. Take dried sage and aromatic lavender and tie it up in a muslin sack. Breathe in the aroma deeply three times. Beginning at the top of your head, the crown chakra, pass the pouch down to your feet, gently touching your other sacred chakras: throat, solar plexus, stomach, and pelvis. Then, holding the bag of herbs over your heart, speak aloud:

Gone are the sorrows, illness, and woe,
Here wisdom and health begin to flow.
My heart is whole, joy fills my soul.
Blessed be me.*

Spell in a Cup

Your morning pot of tea can be a daily ritual you can use according to your needs. As you sip the soothing libation, you will feel your spirits lift, and you can then greet the day stronger and infused with this simple and true magic. Along with healing and energizing properties, herbal teas can aid the mind.

Try the following blends: Basil (serenity), bergamot (dissipates negativity), lavender, (removes anxiety; aids with sleep), mint (sharpens the mind), orange (joy), rosemary (physical well-being).

On the Rise with Rose

If you want to jump-start your life and bring about positive change, tap into the power of the rose and red stones. Stones of this color spectrum contain life's energy and can help you become more motivated, energetic, and vibrant.

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Travel Talismans

Before you travel for work, study, and pleasure, it's good to create charms and talismans of power. You can also craft your own ritual tools from what you gather in your travels. Nature will often provide you with tools: shells, bark, and stones. Pay attention and you will learn much and receive many gifts.

Telepathy Tea

Dandelion root tea can call upon the spirit of anyone whose advice you might need. Simply place a freshly brewed tea, using this root, on your bedroom altar or nightstand. Before you sleep, say the name of your helper deity aloud seven times. In a dream or vision, the spirit will visit you and answer all your questions.

During medieval times, this spell was used to find hidden treasure. Geoffrey Chaucer, the English poet from the Middle Ages who was well-versed in astrology and other metaphysics, recommended this tried-and-true tea.

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Falling Leaf Charm

In medieval times, wise women of yore taught their children to look for falling leaves. To catch one in your hand before it hits the ground is the best kind of luck, direct from Mother Nature herself. Press the leaf in a book or your wallet and carry it with you for a season, and you will be safe from harm and find more gifts in your path.

If you are so blessed as to catch two leaves in one season, the second is for your companion of destiny, your true love. You will be bound by both feeling and fortune.*

Open Your Third Eye

Saffron has long been used to bring forth intuition and heighten psychic powers. Saffron water is made by steeping 1 teaspoon of saffron in 2 cups of boiled, distilled water. Dip your hands in the water, touch your "third eye" at the center of your forehead, and say aloud:

*Ishtar, Athena, Diana, Astarte,
fill me with your presence.
This night, I am whole. I am at peace.
With each breath, you do inspire.
So mote it be.*

Elemental Magic: Earth

If you are something of a gardener, you can symbolically "plant" transformation into your life. Take a handful of beans from your pantry or a seed package and empower them by placing them on your altar during the light of the waning moon. Plant them after you have prayed:

*I plant these seeds
of fortune and change.
As they grow, good luck
for all will rise and flow.
From this soil comes all bounty,
as we know.*

vision incense

Anytime you want to fill your space with an inspirational aroma, burn this incense for heightened senses. On a Wednesday, use a mortar and pestle to grind and mix the following dried herbs:

1 part clove
3 parts chicory root
3 parts cinquefoil

Burn the herbs in a fireproof piece of pottery or glass bowl. If the new moon falls on this particular Wednesday, so much the better—the incense will be even more powerful.

★ HEALING SPELLS ★



Lunar Libation

For an ambrosial brew with the power to calm any storm, add a sliver of gingerroot and a pinch each of chamomile and peppermint to a cup of hot black tea. Before you drink, pray:

*This day I pray for calm, for health,
And the wisdom to see the beauty of
each waking moment.
Blessings abound.
So mote it be.*

Peace, Love, and Healing

The ultimate alchemy is to generate positive energy that spirals outward, improving everything in its path. You can contribute to universal peace and healing by burning a white candle, anointed with rose oil, on your altar during a waning moon on Saturday, Saturn's Day. Place a single white rose in water and lay a garlic clove beside some rose incense. Light the incense, then take a bundle of white sage, light the end, and pass the smoke over your altar to smudge the space. Chant:

*War and grief will come to an end,
We walk the path of peace.
Love thy neighbor as thyself,
All we need is love.
With harm to none, only understanding.*

wednesday wisdom

For abundant blessings or spiritual enlightenment, burn a white candle anointed with lavender oil on your altar during a waning moon on Woden's Day (Wednesday). Place a single white rose in water, and lay a bundle of dried white sage beside rose incense. Light the incense, then take the sage bundle, light the end, and pass the smoke over your altar to smudge the space. Chant:

*May grace be bestowed upon thy spirit,
and so it is by magic sealed.*

skin-preserving potion

There is a reason many witches appear ageless. They take good care of their skin and heighten the health of their complexion with a Venusian prescription for eternal youth. Combine these oils:

2 ounces sweet almond	2 drops myrrh
2 drops clary sage	2 drops rosemary
2 drops chamomile	2 drops geranium

Before you anoint your skin each night, utter this spell:

*Goddess of Love, Goddess of Light—
hear this prayer. Your youth and beauty
eternal please share. So mote it be.*

Rub the potion on your face and rinse off for healthy skin and a radiant glow.

Blessing Bath

Place 1 quart of rough sea salt or Epsom salt in a large bowl. Add the juice of two freshly squeezed lemons, ½ cup of sesame oil, and 4 drops each of lavender and jasmine oils. Stir until well mixed. When your tub is one-third full, add one-quarter of the salt mixture under the faucet. Breathe in deeply and proclaim:

*Remove from me anything impure,
Of heart, spirit, and mind.
My wish is to once again become whole,
Free of pain and sadness,
And filled with all that is better in me.*

When the tub is full, step inside and repeat the prayer; use the rest of the salt to gently massage your body.

Elemental Magic: wind

Wind is a harbinger of change. The west wind is especially potent for healing, while the south wind is known to bring new beginnings. You can carry this powerful instrument with you wherever you go by "capturing the wind" in a white cloth bag. While standing facing the wind, say this spell:

*Brother wind, around us you blow,
All that is sad in this life with you go.
After the storm, I stand in the rain;
I thank you now for all that I gain.
With harm to none, this spell is begun.*

Tie the bag with a blue ribbon. Whenever you see a situation that could use a change for the better, you can "pour" forth some of the winds of positive change.

Herbal Healing Essence

For an immune system boost, crush a mixture of equal parts rosemary, sandalwood, and the petals of a red carnation. Place the crushed herbs in a colored glass jar filled with virgin olive oil.

After seven days' storage on a windowsill so as to be exposed to both Sun and Moon, strain and place the infused oil back into the jar. You now have a hearty supply of homemade healing oil to use in the bath or to rub on your pulse points: temple, wrists, backs of knees, and behind the ears. As soon as you feel rundown, one application should make a difference.

No More Stress Spell

When you are feeling unwell, stressed, and fatigued, or when you have a case of the blues, dose yourself with a teaspoon or dropper of one of the following floral essence remedies.

Anxiety: Garlic, rosemary, aspen, peñwinkle, lemon balm, white chestnut, gentian

Depression: Borage, sunflower, larch, chamomile, geranium, yerba santa, black cohosh, lavender, mustard

Exhaustion: Aloe, yarrow, olive, sweet chestnut

Lethargy: Aloe, thyme, peppermint

Stress: Dill, echinacea, thyme, mistletoe, lemon balm

* Dream Mist Potion

Sleeping on crisp, clean, herb-scented sheets always make for the soundest sleep and delicious dreams. Here is a potion for dreamers:

- 4 drops lavender oil
- 3 drops chamomile oil
- 3 drops orange oil
- 4 ounces distilled spring water

Shake the oils and water in a colored-glass spray bottle or mister. Fifteen minutes before you retire, spray your bed linens, bath towel, pillow, and all around your room. You may want to keep a dream journal by your bed to record what happens during the night.

* Purification Ritual

Salts from the sea have been used to decontaminate the body, by way of ritual rubs, since ancient times in the Mediterranean and Mesopotamia. From Cleopatra to Bathsheba, these natural salts have been used to exfoliate the skin and enhance circulation, vital to overall body health. To prepare for your purification ritual, light lemon or myrrh candles, step out of your clothes, and hold the salts in the palms of both hands, praying.

*Isis, in your wisdom help me
reflect your image;*

*My body is a temple to the Goddess.
Here, I worship today with head and
hands, heart and soul.*

Use the salts with a new loofah sponge and scrub yourself vigorously during the waning moon at midnight.

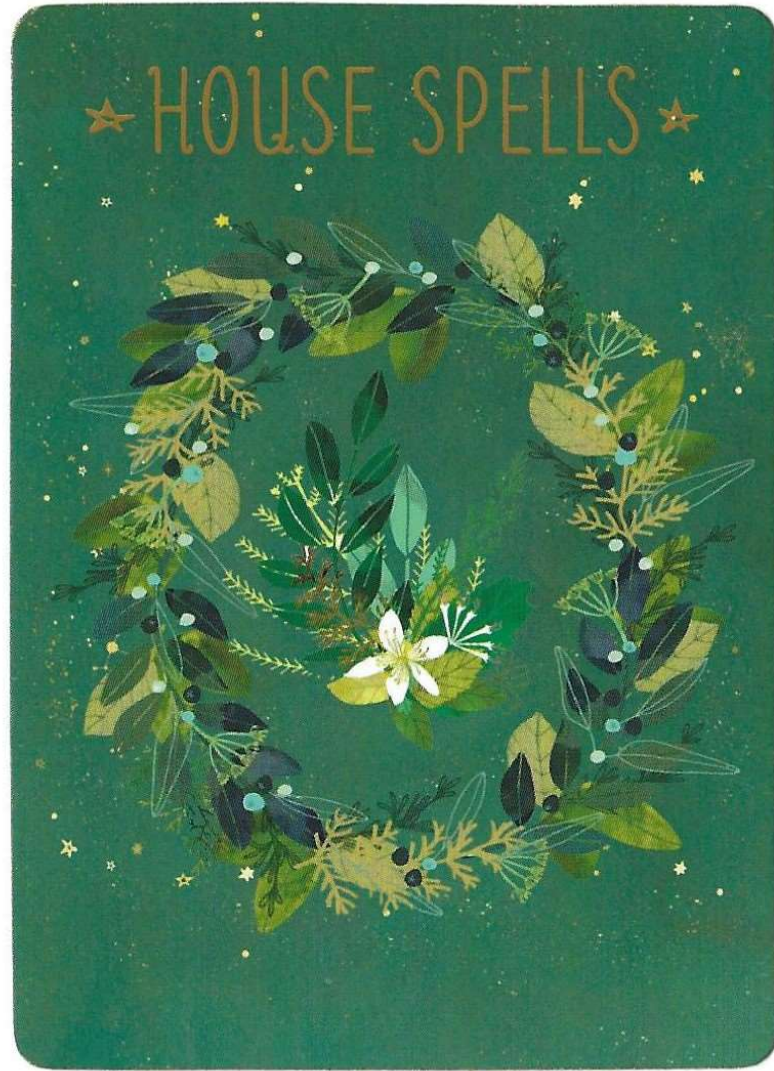
* "I Feel Pretty!"

Many witches prefer whipping up their own healing beauty magic. Here's a simple recipe for a homemade salt rub. The beauty of this recipe is that you can change the essential oils to suit your mood. Combine:

- 3 cups Epsom salts
- 1 tablespoon glycerin
- 4 drops ylang-ylang
- 1 drop jasmine
- 1 drop clary sage

Mix well and store in a colored glass jar. You can use these salts with the body Purification Ritual to help exfoliate your skin.

★ HOUSE SPELLS ★



Good Housekeeping Spell

Before special gatherings or any time when you feel the need to do a deep cleaning on both the physical and spiritual plane, light a white candle and speak this spell:

*My home is a temple of love and light,
I now fill it with peace and
beauty for tonight.
May all who enter this temple space
Bring laughter and joy
and fill it with grace.
So mote it be. Blessings to all!*

Banishing Broom Spell

After a negative event in your neighborhood or home, sprinkle salt outside your front door and pray aloud:

*Sweep, sweep, sweep all around,
All negativity must be bound.
I banish all that is profane,
Only the good and the positive shall
remain.*

For more about brooms, see page 17.

Your Home Is Your Temple Spell

To anoint your home and turn it into a protective shield for you and your loved ones, rub any of the following essential oils on your doorjamb: cinnamon, clove, dragon's blood, or myrrh. Take the remaining essential oils and rub a bit on all the other doors and windows. Light anointed white candles and place them in the windows, then chant the words of the spell:

*My home is my temple.
Here I live and love,
Safe and secure
Both below and above.
And so it is by magic sealed.*

Saturday Sanctuary Spell

To anoint your home as a sacred space and protect you from harm, rub any one of the following essential oils, undiluted, on your front door at the top and bottom: cinnamon, clove, cypress, dragon's blood, or frankincense. Walk through the door and close it securely.

Take the remaining essential oil and anoint every other door and window. At the witching hour of midnight, light anointed white candles and place them in every doorway and windowsill. You have now secured your home with the power of magic.

Blissful Bed Blessing

In a red cup, mix ½ teaspoon of jasmine oil and ½ teaspoon of rose oil. With a cotton ball, touch it to your clean cotton sheets seven times from where you rest your head to your feet, once for each chakra point. Then say aloud:

*In this bed, I show my love.
In this bed, I share my body.
In this bed, I give my heart.
In this bed, we are as one.
Here, my happiness lies as
I give and live in total joy.
Blessed be to me and thee.*

Now, lie down and roll around in the bed. After all, that is what it is for!

Sweeping Change Spell

Say this chant aloud as you harness the power of your magical broom (see page 17):

*Sweep out all the bad, sweep out all ill,
Where I do the lady's will.
Besom, besom, lady's broom
Sweep out darkness, sweep out doom.*

Housewarming Spell

When you or a friend move into a new home, place a wreath on the front and back doors. Gather two bundles of dried hops or eucalyptus, tie them with green and brown ribbons, and hang them high on the doors. Walk through each door with a brown candle in a glass votive jar and aromatic cinnamon incense. Intone:

*Home of my body, I accept your shelter.
Home of my heart,
I receive your blessings.
Home of my heart, I am open to joy.
And so it is. And so it shall be.*

Reclaiming Your Space Ritual

In order to do any spellwork, you must clear the clutter that can create an environment that is not conducive for magic. Banish the old, bad energy from your house by casting this spell. Make a tea from mint, preferably peppermint. Once it cools, dip your finger in the tea and sprinkle it throughout your home while reciting:

*This space is mine
By will divine,
May all the energy here be healed,
And so it is by magic sealed.*

space-clearing incense

This is an optimal mixture of essences to purify your home or sacred working space. Negative energies are vanquished and the path is cleared for ritual. Gather the following, place them all in a bowl, and grind them gently together.

- 1 part sandalwood
- 3 parts crumbled dried sage leaves
- 3 parts copal
- 3 parts frankincense

Place the ground mixture in your ceramic incense burner or a censer and light the mixture. Open windows and doors when you are burning this clearing incense so the "bad energy" can be released outside. It is also advisable to use this clearing incense if there have been any arguments or illnesses in your household.

Bowl of plenty: House magic

Having an attitude of abundance lends a generosity of spirit that will ease your way through the world. Take a large green glass bowl and place it on a hallway table or somewhere you pass by. Light a green candle beside it and chant three times:

*Verdant vessel, full of grace,
Bring good will and gifts to this place.
This money will grow and grow,
Abundance is for all; this I know.
So mote it be.*

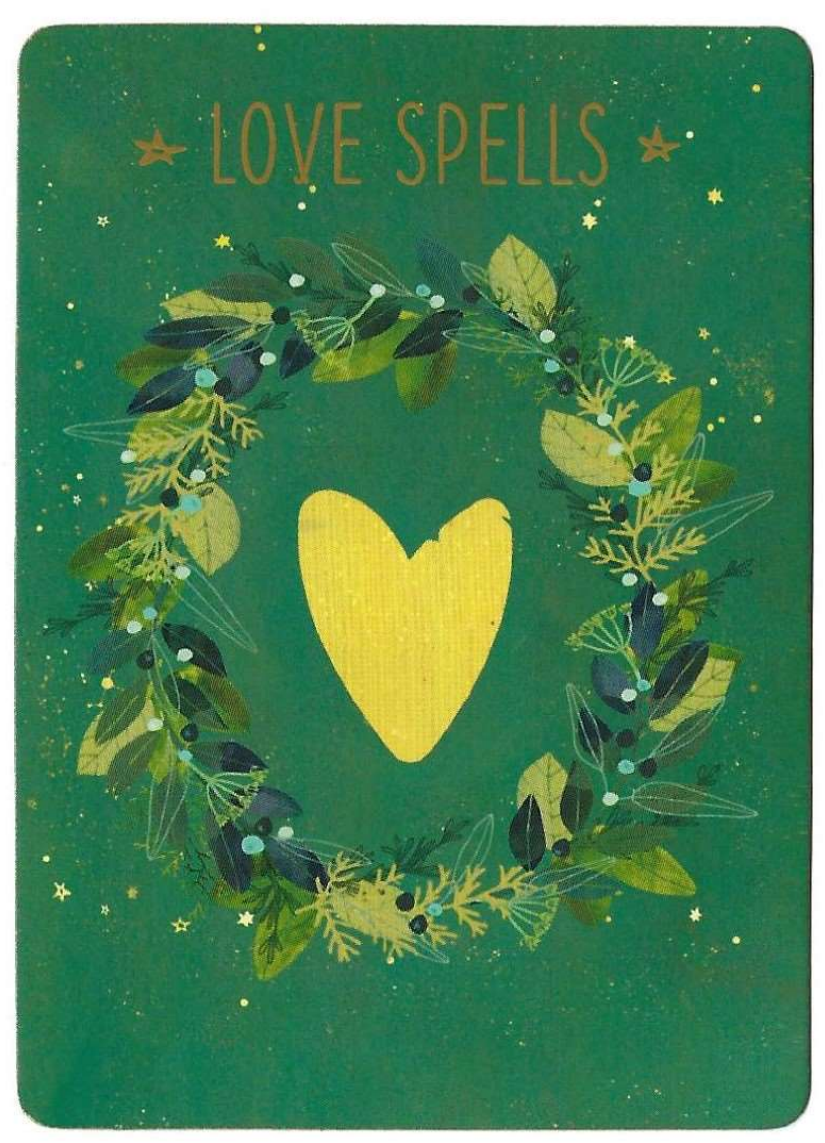
Each time you come home, empty your pockets and purse of change. Whenever the vessel fills, take half and treat yourself to a spirit-raising indulgence; take the other half and give it to your favorite charity. Just like power, generosity of spirit grows and returns to you tenfold.

sweet dreams spell

Restful and deep sleep is one way to ensure your own good health. Take a pink satin pillow and stuff it with well-mixed dried rose petals, bergamot, eucalyptus, and woolly thyme. Sew it with purple thread, and before the final stitch, whisper:

*I call upon the powers of the
Night to watch over me,
To hear my heart's desires and bring
me what my soul requires.
Blessings to one and all.*

Knot the final stitch three times, place the pillow inside your pillowcase, and kiss the pillow.



Temple of Love

Set up a small table and cover it with a red scarf or cloth. Adorn it with objects that signify love: red candles, ruby-colored bowls, roses, a statue of Venus or Adonis—whatever stirs your feelings and senses. Give the area a good smudging with sage to purify the space to refresh it for new beginnings. Anoint your candles with oil of neroli, gardenia, rose, or any scent that is redolent of romance to you. Light the candles and speak aloud:

*This room is my temple,
My altar to love.
I light the flame,
I fan the flame.
Each candle I burn is a wish,
I desire and will be desired in return.
And so it is.*

Elixir of Love

Elixirs are very simple potions made by placing a crystal or gemstone in a glass of water for at least seven hours. Remove the stone and drink the “crystallized water.” The water will now carry the vibrational energy of the stone, the very essence of the crystal.

Place into a glass of water: carnelian, garnet, rough ruby, red coral, red jade, jasper, red sardonyx, cuprite, aventurine, red calcite. Mix and match and remember, if you only have access to a rough ruby and a tiny chunk of jasper, so be it—that is still a lot of love in a jar!

Grow Your Own Earthly Delights

A happy relationship can be cultivated, literally. By planting and carefully tending plants that have special properties—night-blooming jasmine for heightened sensuality and scent, lilies for lasting commitment, roses for romance—you can nurture your marriage or partnership. During a new moon in the Venus-ruled signs of Taurus or Libra, plant an array of flowers that will enhance mutual devotion.

Love Nest Spell

To anoint your home a sacred space and turn it into a loving nest, rub any one of the following essential oils, undiluted, on your doorjamb.

Cinnamon Dragon's blood
Clover Frankincense
Cypress

Walk through the door and close it securely. Take the remaining essential oil and anoint every other door and window. At the witching hour—midnight—light anointed white candles and place them in every doorway and windowsill, and sing:

*My home is my temple,
And here I will live and love and be healed.
And so it is by magic sealed.*

Honey Love Tonic

Boil 1 pint of spring water. Place into your favorite crockery teapot a ½ ounce of any one of the following herbs: rosemary, mugwort, yarrow, or thyme. Steep for ten minutes and strain with a nonmetallic strainer. Cheesecloth is great, or try an inexpensive bamboo strainer. Sweeten with a little honey; I recommend clover honey because you get the added benefits of clover's lucky powers. Sip this brew while relaxing.

Friday Rite of Venus

Venus rules this most popular day of the week. To prepare yourself for a night of lovemaking, take a Goddess bath with the following potion. Combine:

6 drops orange blossom oil 4 drops jasmine oil
1 cup sesame oil

Stir with your fingers six times, silently repeating three times:

*I am daughter of Venus, I embody love.
My body is a temple of pleasure,
And I am all that is beautiful.
Tonight, I will drink fully
from the cup of love.*

Pour the mixture into a steaming bath. Don't use a towel, but allow yourself to dry naturally. Your lover will compliment the softness of your skin, and the rest is up to you.

Merry Meet Attraction Ritual

Try this surefire attraction spell: Take a man-shaped mandrake root (commonly available at herbalist and metaphysical shops) or any statue, photograph, or figure of a man or woman. Place it on your altar and surround it with red and pink rose petals and candles. Place two goblets of red wine beside this arrangement and burn candles every night for a week starting on Friday, Venus's Day. Sip from one of the goblets, and recite:

*Merry stranger, friend of my heart,
Merry may we meet again.
Hail, fair fellow, friend well met,
I share this wine and toast you,
As we merry meet and merry part
And merry meet again.*

Sylvan Spell

This is a lovely spell if you are given a small tree as a gift, to wish for strength and good health for you and your love. Before you plant the sapling, tie a bow in some colored ribbon, and plant the bow with a small heart symbol in the soil under the roots of the tree.

After you have planted the tree, water it well. Make a wish that both you and your love will grow strong and enduring as the tree takes root and begins to flourish. When the tree bears its first leaf, press it in a book associated with the one you love. As long as you tend your tree with love, you will both enjoy blooming health and vitality.

Enchanted Lips

Before a special evening, employ a kiss of "glamour" by adding one drop of clove oil to your favorite pot of lip gloss and then gently stirring it in while saying aloud three times:

*The ripest fruit,
The perfect petal.
Each kiss
Is a spell of utmost bliss.*

Gypsy Love Herb Charm

Many a gypsy woman has enjoyed the fruits of long-lasting love by reciting the following charm while mixing rye and pimento in a dish shared with the object of affection. While stirring these amorous foods, declaim:

*Rye of earth, pimento of fire,
Eaten surely lights desire.
Serve to he whose love I crave,
And his heart I will enslave!*

"Come to Me" Love Potion

If you are dreaming of real romance, you can bring about visions of your true love with this potent potion:

3 drops rose oil
3 drops lavender oil
3 drops neroli oil
(orange blossom essence)
4 ounces pure distilled water

Pour into a colored-glass spray bottle and shake well three times. Fifteen minutes before you go to bed, spray lightly on your linens, towel, and pillowcase. Keep a dream journal on your nightstand so you can record details of the great love that will soon manifest.

Charms for Love

Another charm for luck in love is to take seven tiny rose quartz stones and put them on your windowsill during a full moon for seven hours. Then pick up the stones and, while holding them in the palm of your hand, speak this wish-spell aloud:

*Luck be quick, luck be kind,
And, by lucky seven,
good luck will be mine.
Blessed be.*

Conjuring Pleasure

Make a vow to bring forth all your sensual power. You will radiate passion and be intensely drawn to your lover. Perform this ritual at the next full moon. Collect essential oils, candles, and a drink of your choice. Begin with a blissful bath in oil-scented water. Sit in a darkened room. Raise a cup of jasmine tea, a glass of wine, or whatever your special drink is and speak this spell aloud:

*Now I awaken the Goddess in me.
I surrender to love's power.
Tonight I will heat the night with my fire.
As I drink this cup, my juices flower.
I am alive! I am love! And so it is.*

Goddess Body Blessing Balm

Your body will receive much attention during your lovemaking, so loving attention from you beforehand will consecrate the temple of your body. Take one cup of natural beeswax, chip it into a double broiler, and heat very slowly and gently. Add ¼ cup sesame oil and stir with a wooden spoon until the wax has melted and blended with the oil. Let it cool to skin temperature and add:

8 drops sandalwood oil
5 drops lemon oil
2 drops rose oil

Anoint yourself with the oil by dabbing a bit on your fingertip and then placing it on your heart, circling outward until your entire body is fully blessed.

Song of the Siren Spell

Mermaids and sirens are extremely erotic symbols and each one of us can conjure their power. Buy a pound of sea salt at a grocery store and place it in a bowl with ten drops each of jasmine and neroli or ylang-ylang essential oil. Mix them together.

Instead of a shower in the morning, take a bath with your Siren Salts. While submerged, visualize that you are turning heads with your mesmerizing mermaid beauty and silence. When ready, rise up and do not comb or towel dry yourself or your hair—drip dry naturally. As you go through the day, do more listening than talking. The compliments and attention will amaze you!

Lust Dust

Nowadays, you can buy body glitter almost anywhere. Whether it is baby powder, a body glitter, or the edible honey dust sold by the inimitable Kama Sutra Company, get a powder that feels comfortable on your body and add the following to it:

1 drop amber oil
1 drop vanilla oil
1 teaspoon lotus root powder
¼ teaspoon cinnamon

Stir or shake and let it dry out before stirring again. Stand naked and gently rub the powder all over your body. All day or night, your skin will feel tingly and ever so slightly warm. Notice the interested glances wherever you go.

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Breakup Ritual

To rid yourself of negative emotions after a fight or the end of a relationship, try this purification bath. Draw a warm bath at noon when the sun is at its healing peak, and add these essential oils into the water as it flows from the faucet:

- 2 drops rosemary for calm
- 1 drop peppermint for stimulation
- 1 drop lavender for energy cleansing
- 3 drops thyme to relieve mental exhaustion

As you soak and steam, repeat this prayer four times:

Sadness, I release you—goodbye.

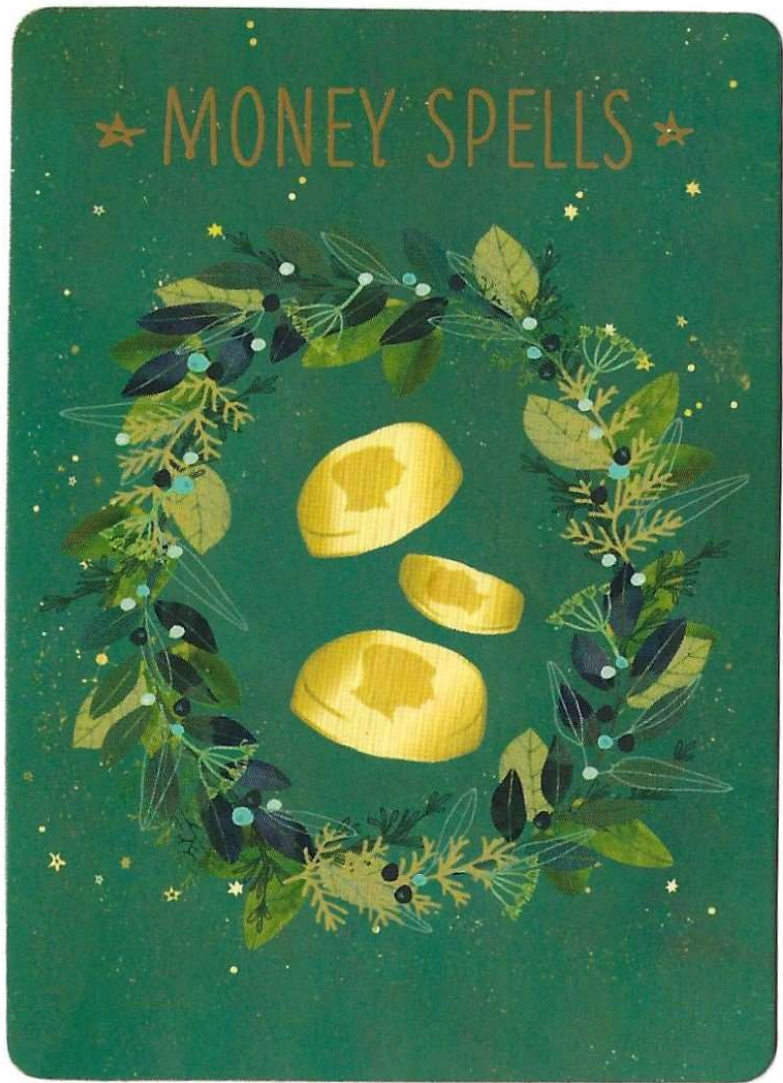
Fatigue, I release you—goodbye.

I greet this day anew,

I greet my life renewed.

Blessed be.

★ MONEY SPELLS ★



Ring of power

Most people don't realize that the classic charm bracelet is decorated with magical symbols representing the wearer's wishes. For wealth, wear a Roman coin on your bracelet; for love, try a heart. For protection, a pure silver ring worn on the right pinkie has the greatest magical power, especially when engraved with your birth sign or astrological glyph and the sacred pentagram. To instill the ring with protective power, clasp it over your heart and call out:

*Ring of power, shield
and encircle me.
Blessed be.*

Prosperity Altar

You can increase your prosperity by remembering one of the most basic principles of prosperity: *By giving, so shall you receive*. To create a prosperity altar, consecrate the area with sea salt. Cover a low table with green and gold altar cloths or scarves and place matching candles on it. Each day, "recharge" your altar with an altar gift such as flowers, jade or other green crystals, golden flowers, scented amber resin, and coin-shaped pebbles.

Grow your own prosperity

The following list of herbs can be used in any ritual work in which the intention is prosperity: allspice, almond, basil, bergamot, mint, cedar, cinnamon, cinquefoil, clover, dill, ginger, heliotrope, honeysuckle, hyssop, jasmine, myrtle, nutmeg, oak moss, saffrafr, vervain, and woodruff.

Try these alone or in mixtures, tinctures, or ground into your incenses. You can also plant a prosperity garden and refresh your abundance altar with herbs and flowers grown by your own hand.

Make your own Money Bag

To invite powerful change into your life and attract good fortune, during a waxing moon prepare a tiny green pouch filled with basil and mint, three cinnamon sticks, one silver dollar, and a green stone. Hold the pouch over cinnamon or jasmine incense and say this spell:

*The moon is a silver coin; this I know.
I carry lunar magic with me
everywhere I go.
Blessings upon thee and me
as my abundance grows.*

Carry this power pouch with you as you go about your day, and soon, blessings will shower down upon you.

The giving tree

In Celtic lore they were called wishing trees, and Taoists referred to them as money trees. Plant one in your yard, or pot one for your home or office. Choose from among these magical trees or trust your intuition in arboreal matters:

Cherry for romance

Peach for love magic

Willow for healing and broken hearts

Apple for divination and spellwork

Oak for strength and lust

Olive for peace

Aspen for sensitivity

Eucalyptus for purification

Minting money

Take a few sprigs of mint and put them in a teapot. Boil water for tea and pour over the mint in the teapot. Chant this charm:

*By my hand with this healthful balm,
Blessed mint, most bounteous herb,
Bring me health and heart and calm,
Abundance I shall see
by every deed and verb.
And so it is.*

Breathe in the scented steam from the teapot and fill your lungs with the smell of prosperity. Repeat the spell once more; then leave the pot on your altar for twenty-four hours, a full sun and moon period. You will begin to see signs of your wealth increasing within one week.

A spell for wealth

On any Thursday or on the new moon, light your altar candle at midnight and burn frankincense and myrrh incense. Anoint your third eye with essential oil and pray aloud:

*This offering I make as my blessing to all.
Greatest of Gods, Lord Jove of the sky.
From you, all heavenly gifts do fall.
Most generous of all, you never deny.
To you, I am grateful.
So mote it be!*

cauldron money magic

To attract more money into your life, fill a pot partially with freshwater and place it on your altar during the new or waxing moon phase. Light a green candle and pour an offering of chamomile and mint tea into the pot. Pray aloud:

*I call upon you, Gods and
Goddesses of old,
Please come and fill my pot with gold.
With harm to none and
blessings to thee,
I honor you for bringing me
health and prosperity.*

Afterward, pour the water into your garden and imbue your home with the cauldron money magic.

Dis-spelling Fear

Before a job interview, performance, or the moment when you ask the boss for a raise, you can turn to a success crystal as your lucky touchstone, such as peridot, jade, or citrine. Sit on the floor, legs crossed, and breathe deeply nine times. Take the touchstone into your hands and chant:

*That which came from the sky,
enter into me,
As was the moon full, so am I now.
And so I go, with this light,
full and bright.
So mote it be.*

Repeat this at least six times, until you feel the energy of the stone passing into you.

★ MOON SPELLS ★



New Moon Floral Protection Charm

This potpourri is great for clearing the way for anything new in your life and planting spiritual seeds for new moon beginnings. You'll need the following fresh flowers: carnation, cyclamen, marigold, rose, and snapdragon. Place the flower petals in a bowl, and then sprinkle them with a few drops of geranium, clove, and cinnamon oil.

Place the mixture on the south point of your altar for the duration of a full lunar cycle. After a few moon cycles, you can sprinkle the flower petals in your garden, where their energy will continue to protect you and your loved ones.

Prophetic Dreams

Take a dried poppy seedpod and empty the seeds onto the ground. Take a tiny strip of paper and write down a question about how to attain meaningful and positive rewards in your life. Sleep with the pod and the paper under your pillow. You will experience prophetic dreams that will answer your question. This is best done during the Pisces Moon. Keep a dream journal by your bed and write down the dream immediately upon waking. Make this a ritual and you will have a rich resource of inner wisdom to guide you.

Divining Decisions

Many witches carry a pendulum with them to help make decisions. Take a strong string or length of leather and tie a ring, gemstone, or crystal to the end. By the light of the new moon, take a bundle of sage, light one end, and pass the smoke over your pendulum, smudging and purifying your space. Holding the pendulum still, chant:

*Guide me to the path of truth,
Goddess hear my song,
This pendulum I charge with my energy,
To judge right from wrong.
So mote it be.*

Any time you need advice before making a decision, dangle the pendulum and observe its movement. Swaying from front to back means yes, left to right means no.

Sun Moon Spell

Light a candle that will conjure the energy you desire in your life, and hold it in your hand as you say aloud:

*Daughters under this sun
Sisters under this moon
On this day, we receive your blessings.
Sun God, bold and bright
Moon Goddess, great and good—
We thank you for the days to come.
Harm to none, blessings to all.*

Place the candle on your altar and let it burn for at least five minutes. When you tamp out the candle flame, visualize the blessings to come.

Precious Stones

Take seven tiny turquoise stones and put them on your windowsill during a full moon for seven hours. Then pick up the stones and, while holding them in the palm of your hand, speak this wish-spell aloud:

*Luck be quick, luck be kind,
And, by lucky seven,
good luck will be mine.
Blessed be.*

Carry these lucky stones with you in a bright blue bag and be on the lookout for blessings to shower down upon you.

Soul Mate Spell

If you are seeking a soul mate, this simple spell will do the trick. On the next new moon, take two pieces of rose quartz and stand in the center of your bedroom holding them. Light two pink candles and recite:

*Beautiful crystal I hold this night,
Flame with love for my delight.
Harm to none as love comes to me.
This I ask and so shall it be.*

Keep the candles and crystals on your love altar or bedside table, and think of it as a shrine to love. Repeat three nights in a row and ready yourself for amour.

White Light of Love

To light the flower of love in your heart, time this charm for the waning of a new moon. Place a green candle beside a white lily, rose, or freesia. White flowers have the greatest perfume, and any of these beauties will impart a pleasing aura to your home. I like to float a gardenia in a clear bowl of freshwater, truly the essence of the divine. Light the candle and hold the flower close to your heart. Pray:

*Steer me to the highest light;
Guide me to beauty and truth.
Much have I to give.
Much have I to live.
Bright blessings to one and all.*

New Moon Flower Power

This flower-infused potpourri is wonderful for clearing the way for the new in your life and planting "seeds" for new moon beginnings. Flower ingredients:

Rose
Snapdragon
Marigold
Carnation
Cyclamen

Place the flowers in a bowl and then sprinkle them with a few drops of geranium, clove, and cinnamon oil. Place the mixture on the south point of your altar for the duration of a full lunar cycle, from new moon to new moon.

Basket Moon Spell

When the first narrow crescent of the waxing moon, or "basket moon," appears in the night sky, place a green candle beside a white lily or freesia. Anoint the candle with tuberose or rose oil. Take a handful of seeds or nuts—still in their shells—and place them in front of the candle. Close your eyes and recite this aloud:

*Under this newest of moons
In Eden fair, I walk through flowers
In the garden of my desires.
I light the flame of my mind,
I plant the seeds of things to come.*

Now say aloud what you want in the coming time. When the candle has burned down, bury the nuts and flower in your yard. Wonderful new energy and ideas will begin to bloom immediately in your life.

Incantation for insight and inspiration

Perform this spell on a full moon night for full effect. Place one blue and one white candle on your altar. Light your favorite incense, one that stimulates your thinking. Scratch your name into the blue candle. For the white candle, scratch the name of someone who inspires you. Light your name candle and the incense and recite:

This candle burns for me.

Light the candle of hope and say:

Here burns my hope for [name.]

Sit with your eyes closed for a few minutes and picture yourself enacting your hope and desire. Let the candles burn completely for full charging.

Lucky seed spell

Another lucky charm for solvency is to take seven seeds and put them on your windowsill during a full moon for seven hours. Try nasturtium seeds, which are readily available at any gardening or hardware store. Plus they grow so easily and thrive under any circumstances. Pick up the moon-charged seeds, and while holding them in the palm of your hand, speak this wish-spell:

*Luck be quick, luck be kind.
And by lucky seven, good
luck will be mine.*

Plant these lucky seeds well and be on the lookout for blessings to shower down upon you. You might receive a gift, win free services, or unexpectedly find money.

New Moon: candle consecration

If you are looking for love, perform this rite and you will soon find a lover to satisfy your needs. On the night of the next new moon, take two pieces of rose quartz and place them on the floor in the center of your bedroom. Light two red candles and use this affirming chant:

*Beautiful crystal I hold this night,
Flame with love for my delight,
Goddess of Love, I ask of you,
Guide me in the path that is true.
Harm to none as love comes to me.
This I ask and so it shall be.*

Eclipse Enchantment

When the moon passes into the earth's shadow, a lunar eclipse takes place. These are rare occasions that make for a truly enchanted evening. I recommend you think ahead to what you want to accomplish in this phase, since an eclipse only lasts a few hours. Think about what you want brought out of the shadow and into the light: Do you need to dust off old dreams and infuse them with new energy? Do you have old hurts and wounds you need to let go of and purge from your life?

This one night is perfect for the purpose of saying goodbye to the old and ushering in the new. Simply plan your magical workings to coordinate with the passing shadow. When the moon is in full eclipse, treat those few moments as if the moon were in its dark phase.

Circle of oracles: rite of the Goddess

On any new moon or the first new moon of the new year, gather a group of women together. Ask them to bring pens, paper, and offerings of fruit, flowers, wine, and juice. Place the fruit and flower bounty around a black bowl filled with water. Place candles around the room and turn down the lights. Form a circle around the bowl and altar, and, as each woman places her offering beside the bowl, she is to say aloud the name of her offering in this rhyme:

*Pomegranate [or orange or lily, etc.],
Goddess's herb,*

Perform for me enchantment superb.

You give us grain and bread,

Foretell for me the year ahead.

Flower Full Moon Spell

This invocation honors the season, planting seeds of positive change in your life. When the full moon of May reaches the highest point in the night sky, light one red and one green candle on your kitchen altar. Wind three stalks of jasmine and lavender into a crown for the top of your head. Holding an apple in each hand, speak this spell while circling the altar sunwise (clockwise) three times.

*Moon of flowers; light the
way to change tonight,
Through the power of earth
and air, water and fire.*

As I bite this fruit of knowledge,

I am thus inspired.

All possibilities are before me. And so it is.

Moon Magic Money Bath

This spell is most effective if practiced during a new moon or a full moon Thursday night. Pour green apple or jasmine essential oil into running bathwater, and bathe by the light of a single green candle. Close your eyes and meditate on your true desires. What does personal prosperity mean to you? Focus on the candle flame while whispering:

*Here and now, my intention is set.
New luck will be mine and
all needs will be met,
With harm to none and plenty for all.
Blessed be to thee and me.*

Make your own Beltane Brew

Witches celebrate Beltane on the last evening of April. This is a holiday for feasting, dancing, laughter, and lots of lovemaking. Honeyed mead is revered as the drink of choice for this red-hot holy day: Mix 1 quart of honey with 3 quarts of distilled water. Boil for five minutes. You can vary the herbs to your liking, but can try a teaspoon each of clove, nutmeg, cinnamon, and allspice. Add a packet of yeast and mix. Put in a large container, cover with plastic wrap, and allow it to rise and expand. Store the mixture in a dark place and let it sit for seven days. Then refrigerate it for three days while the sediment settles at the bottom. Strain and store in a colored glass bottle, preferably green.

Air Augury Conjunction

When the new moon is in an air sign—Aquarius, Gemini, or Libra—light the following incenses: lavender and sandalwood. Light one white candle and one blue candle and say:

*Winged Mercury, God of air,
I entreat you to bring me sight
and true awareness.*

*Like the wind, speed my way.
Make everything new.*

This spell should give you sharpness and great clarity of mind. Listen to your intuition now; it will not fail you. Write down your insights in your Book of Shadows (see page 15).

Moon-Day Tea Sacrament

Brew a pot of jasmine tea and let it cool. Add honey to taste, and drink the mixture with a good friend or a new acquaintance. Jasmine is a vine that represents the intertwining of people. You will be more bonded to anyone with whom you share this sweet ritual. I recommend brewing up a batch every Monday, or "Moon Day," to ensure that each week is filled with joyfulness. As the jasmine tea steeps, pray:

*On this Moon Day in this new week,
I call upon the spirits to
guide joy to my door.*

*By this moon on this day, I call upon
Artemis and Selene, ladies fair
To show me the best way to live.*

*For this, I am grateful.
Blessed be the brew; blessed be me.*