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A Dumb Supper, or a Seance, is usually done on Samhain. Dumb is the word for no one being allowed to speak all throughout the supper. It is tradition that is done to communicate with those who have crossed over to the other side. And it is done by many on Samhain because it is the time when the veil between our world and the spirit world are at its thinnest. It is that one night of the year when the spirits of those that have passed on will hear whatever it is that we want to tell them, and they might even talk back.

SETTING THE TABLE

Black table cloths, black plates and cups are the tradition for dumb suppers. A combination of black and white is also possible. You should also just light black candles to serve as your light source.

Each guest should have one seat and the seat at the head of the table should be left empty for the spirits. Drape a white or black cloth over the seat at the head of the table. If there's more than one spirit with whom you wish to communicate, use tea lights to symbolize each of them.

There should be a cauldron or bowl on the table and near the seat for the spirits to catch the embers for the ritual later on.

FOOD PREPARATION

Samhain is the season for fall crops. You may serve apples, pumpkin-based soup, and soul cakes.

Before partaking, all of you should join hands and say a silent prayer to bless the meal.

HOST AND HOSTESS DUTIES

A dumb supper is a dinner hosted where you don't allow anyone to speak. Everyone invited to the supper should be made aware of this rule beforehand. It's best to have all of the things your guests could possibly need in a single, easy to locate place.

Also make sure all cell phones are put on silent. There should be nothing emitting a noise that can distract you and your guests from your goal.

The host or hostess should be seated opposite the chair at the head of the table. She or he should serve food to the guests according to their age: from oldest to youngest. Also serve food for the spirits.





CLEANSING

Your dining area is a sacred space during this time. So before you start, cast a circle around your dining area or do some smudging.

Once the guests enter, they can make their way to the seat at the head of the table and offer their silent prayers for the deceased.

RESTRICTED GUESTS

This is not a good event to let kids participate in. They can get spooked, get bored,

or even laugh during supper. They are just too young to process the entire thing.

COMMUNICATING WITH THE SPIRITS

Once everyone's done eating, each person should take the note that he or she has for the deceased and go to the tealight that represents the deceased and burn the note in its flame.

Once everyone is done, you can all join your hands in prayer for all the deceased.



Wand-making With Your Child



If you want your child to have an understanding of what Wicca is, making a wand with him or her is something that he or she will enjoy doing. A wand is used to direct and and channel energy, will, and intention, which is very useful in spells and rituals.

It is better to make your child his or her own wand than buy it. Why? Because it is more personal and he or she can customize it, making it truly his or hers.

What you need:

A knife
Sandpaper
Your child's crystal of choice
Copy of runic alphabets with
meanings
Copy of Wiccan symbols
Superglue

Here's what you should do:

Go out into the woods with your child and pick out a piece of branch from a tree. Wicca is about getting back to nature and this is an excellent time to get your child to go out and spend time outdoors. And because your child is picking out the piece of wood himself or herself, his or her energy will be transferred onto the wand. Most Wiccans like to use branches that have fallen to the ground. If possible, find a branch that's already fallen or a driftwood that's by a body of water.

2. If you have to cut a branch from a tree, make sure you do it yourself to make sure your child does not get injured. Before you take a branch from a tree, teach your child to ask permission from the tree and give thanks to the tree. Your child should be aware that trees have spirits. asking permission from the tree spirit. It's best to have an





an offering like water or fruit for the tree.

- 3. Once your child has his or her own branch, you can let him or her shape and smooth his or her own wand using sandpaper.
- 4. As for the handle, you can whittle it for yourself using a knife. It is far too risky to let your child handle a knife.
- **5.** Let your child draw or carve designs into the handle. Runes and Wiccan symbols are a good idea.
- **6.** Lastly, let your child decorate the tip of his or her wand with the crystal of his or her choice. This will amplify the wand's powers.

Tie a strand of your child's hair around the wand to make it more personal.

- 7. Perform a simple cleansing ritual on the wand, one that your child can do on his or her own before and after every use of the wand.
- **8.** Have a piece of cloth ready where your child can keep his or her wand safely. The wand is a sacred object that should not be left lying around like a toy. Make sure to have explained the significance of a wand to your child.

Affirmations are very important in the world of Wicca. Which explains the popularity of Affirmation necklaces to Wiccans.

This is because us Wiccans believe in the power of thoughts and words. Your thoughts become your reality, and your words have the power to wound or heal. We also know that both thoughts and words have their own vibrations. And these vibrations can bring you sickness or health, whichever way you choose to go.



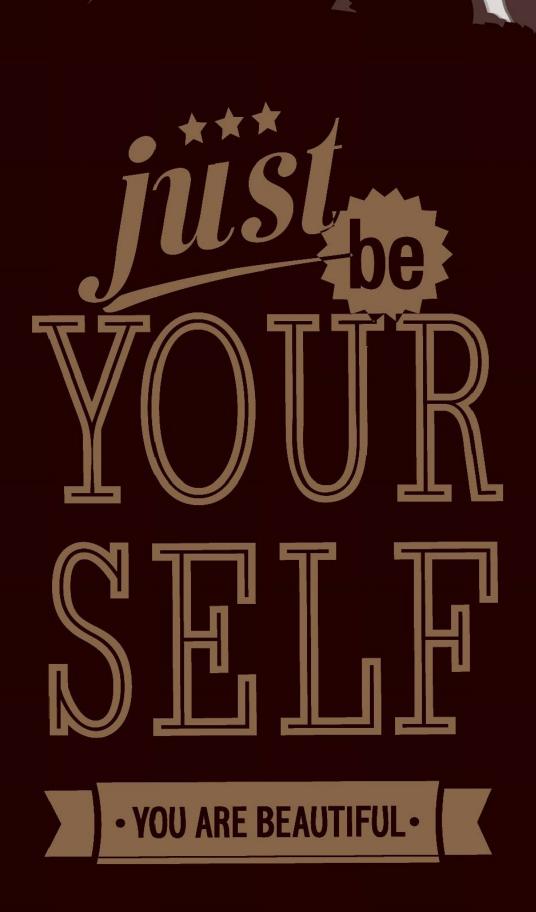
So what is an affirmation? An affirmation is a positive statement phrased in the present tense. An affirmation is a tool of creation. An affirmation does not necessarily reflect how your life is at present. It actually reflects what you want your life to be. That is why there is so much hope and positivity in affirmations! An affirmation uses the power of thoughts and words to make your will become a reality.

The lesson behind affirmations is that you should be aware of the power of your thoughts and your words in your life. So work on reverting to positive thoughts even when the times get bad and make sure the negative words you use do not outweigh the positive.

You are

BEAUTIEUL



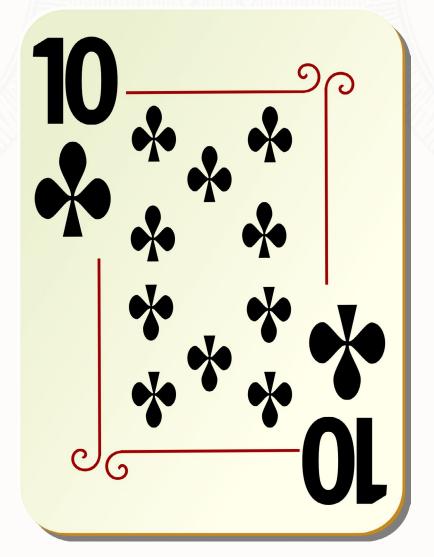


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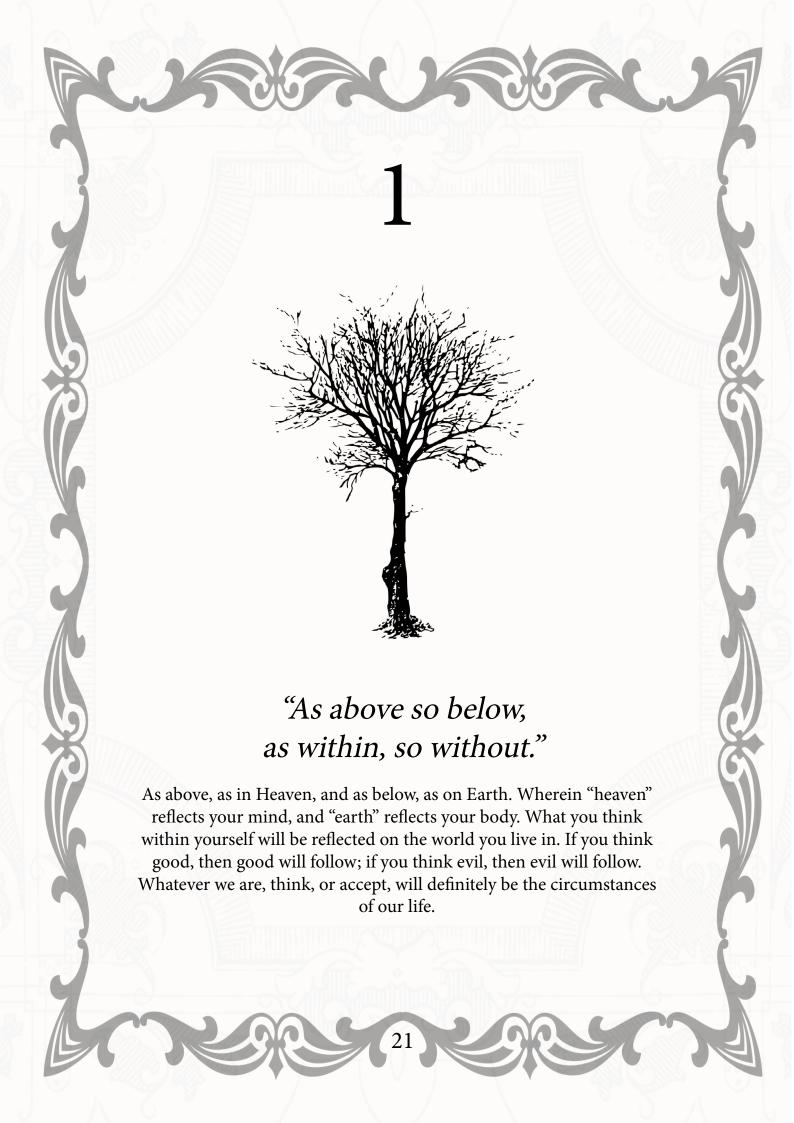




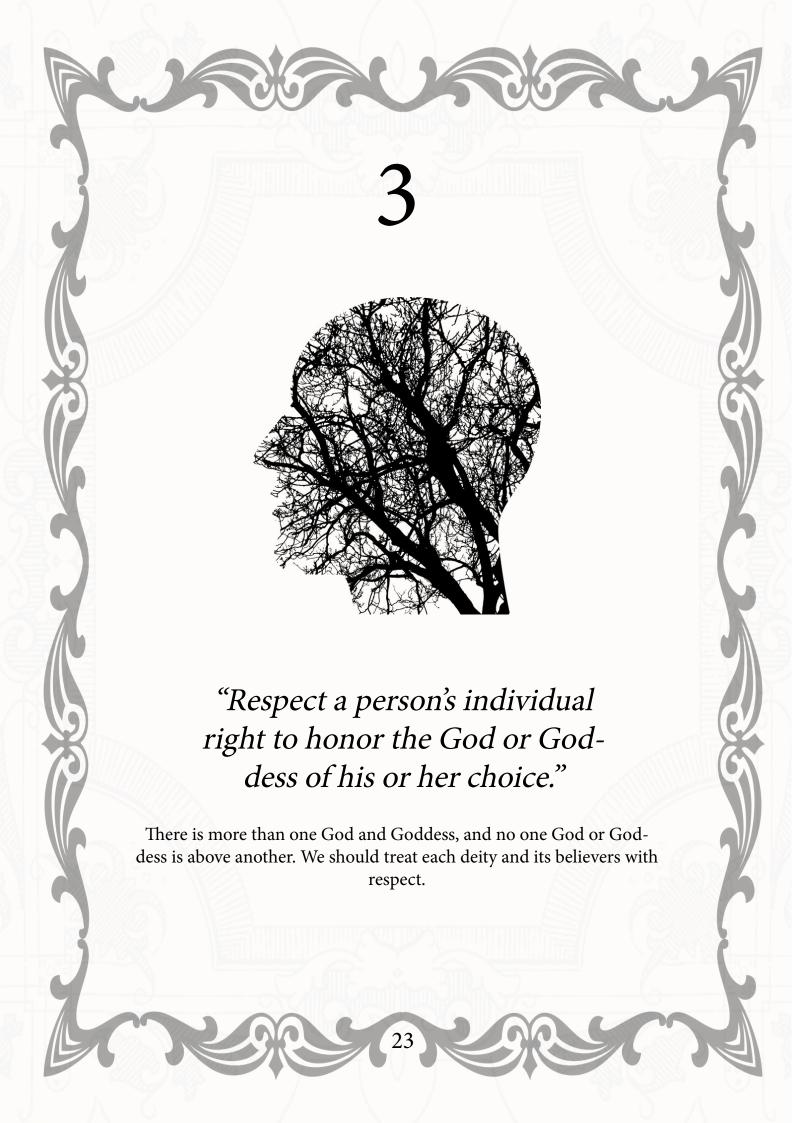
TENETS

If the Catholics have their 10 commandments, then so do we, but call them "tenets" and not commandments, since no one God is commanding us. No one imposes these commandments on us but ourselves.

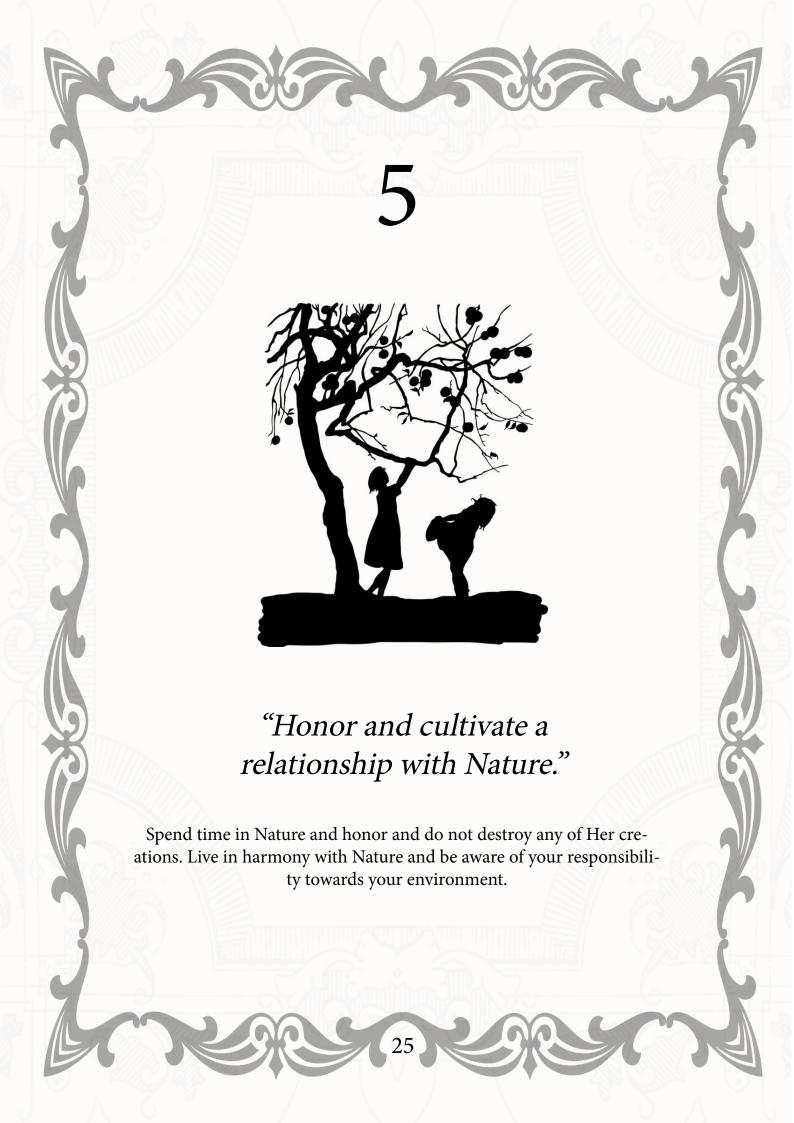
Here are the Top Ten Wiccan Tenets.



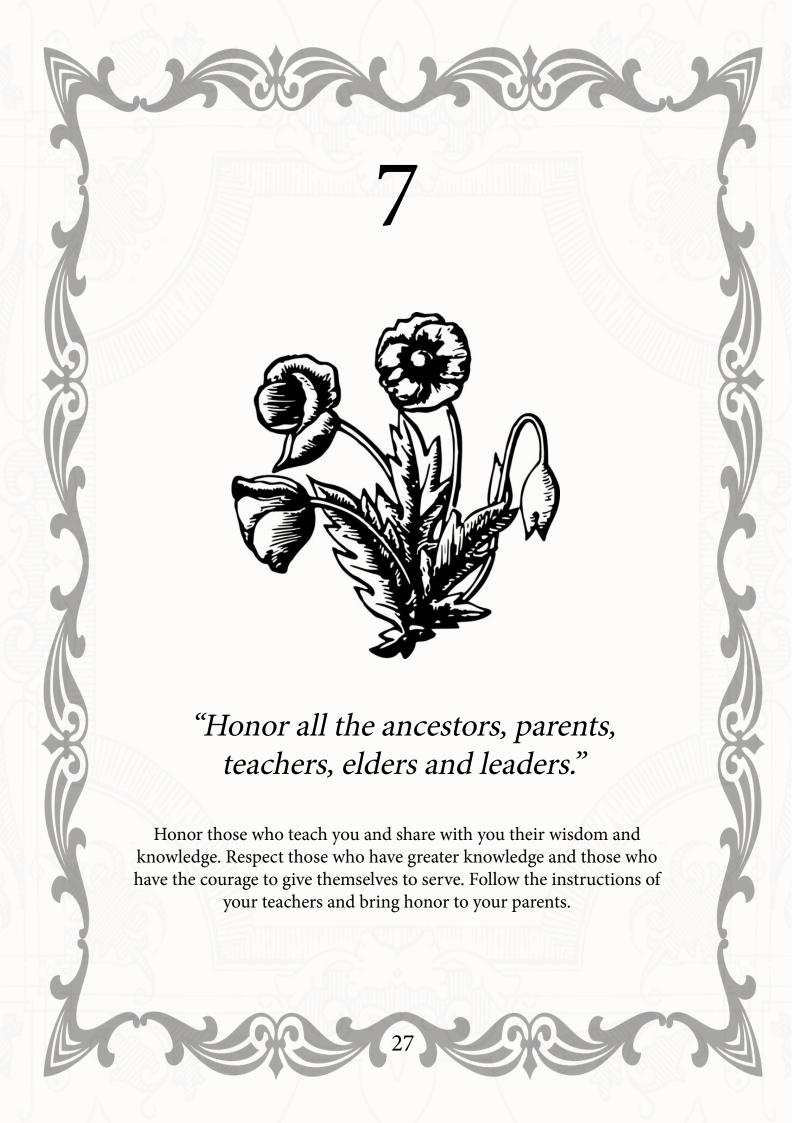














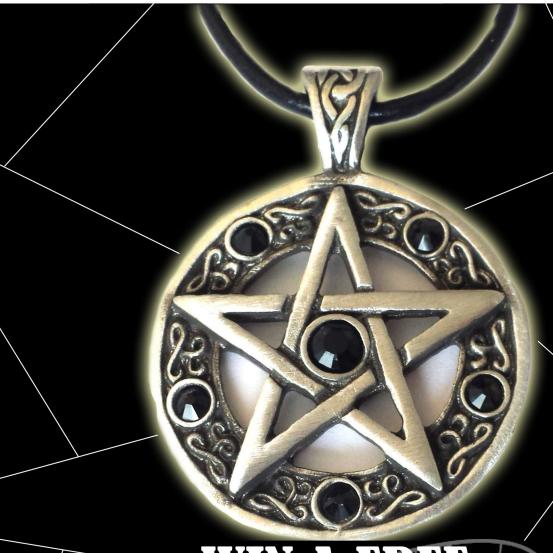


10



"Be grateful."

It's hard to find a proud Wiccan since a true Wiccan's deep understanding, wisdom and knowledge of things makes him or her grateful. And from this gratitude comes humility and being grounded.



PENTACLE OF THE BLACK ONYX NECKLACE!

1

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Post it on Youtube and send the link to: info@themoonlightshop.com

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Get your new Pentacle of the Black Onyx necklace 100% free of charge.

ENJOY!

- 1. Show Up On Time 2. Be Respectful
- 3. Po Not Ask Questions Puring The Ceremony
- 4. Po Not Touch Any Tools On The Altar Or Around
- 5. Know Answers To Certain

Questions

6. Thank The Host For Inviting You To The Ritual

"Tips For Attending A Wiccan Ritual"

So you wanna invite your non-Wiccan friend to one of your rituals or Sabbat celebrations? That is just awesome! It just shows how open and welcoming Wiccans are!

These are tips for your non-Wiccan friend that you can print out and give to him or her. It is very important that your friend knows that proper etiquette when it comes to Wiccan rituals. It's like you attending mass or Friday prayers, you would also want to know the proper way to behave so as not to insult the people.

These tips can also apply to you when you are a solitary practitioner attending a group ritual for the first time.

Show Up On Time

It is an honor to be invited to a Wiccan ritual so have the common courtesy to not show up late. There is a time set for when everyone should be present and then there's another time set for when the ritual should start. Make sure to stick to the former. If you show up late, the doors will be closed and the ritual cannot be interrupted by anyone.

Be Respectful

If this is a group ritual, there might be other participants who are dressed in certain ways and there might be some who are not dressed at all. Do not ogle, do not chuckle or laugh. It is better to ask what you ought to wear to the ritual beforehand to show that you respect the ritual.

Do Not Ask Questions During The Ceremony

While the ritual is ongoing, you might have some questions. It is best to ask them afterward. Do not make the mistake of interrupting. You would not interrupt a priest in a mass just because you have a question about their sermon, right?

Do Not Touch Any Tools On The Altar Or Around

During a ritual, a chalice might be passed around or any other tool. There might also be an altar, please resist the urge to touch whatever is on it! If you were not asked to make an offering or to specifically do something, keep your hands to yourself.

Know Answers To Certain Questions

If your ritual is headed by a High Priestess, she might ask you something like "How do you enter the circle?" To this, you answer, "In perfect love and perfect trust." There might be other questions so it's best to ask beforehand so you will not be caught off guard.

Thank The Host For Inviting You To The Ritual

Once the ritual is over, there will be a partaking of food and drinks. Use this time to thank the participants and the host. It is common courtesy and might also get you invited to another ritual.

My ogo contrained option

BRINGING MAGIC INTO YOUR WORKSPACE

If you have an office job, you are going to spend most of your time in your office than at home. Which means that your workplace environment greatly affects your well-being. As much as your home can give you stress, your workplace can also bring you much more stress. It is a fact of life.

If you have your own work space, or cubicle, that's excellent because you can work on your own shielding and warding spells. If not, then that's ok, there are other ways to bring magick to your workspace.

I am not telling you to set up an altar since I am sure that will cause you a lot of problems with HR or your bosses. There are unobtrusive magickal techniques that don't require you to light candles (that's a fire hazard in the workplace!) or light incense sticks to help you calm down, clear your head, and perform your best.



Creating a shield around your workspace

To protect you from stress and negativity that can hamper your performance, you can create a shield around your workspace by visualizing yourself in a golden bubble, untouched by the noise and distractions around you and say, "Nothing can harm me through these bounds."

Another thing you can do is place a charged rock infused with your intention on your desk to make your desk an island of peace and calm.

If you don't have your own cubicle, you will still have your own space on the desk even if the entire desk is a shared desk. Here are other things you can do in that case:



A grounding object can be a meditation stone like a hematite, which you can focus on or handle when you feel the stress piling up. It is best if you can place it where the sunlight hits your desk to cleanse it of negative energies that it absorbs from you and your surroundings.

Have a mirror on your desk

Having a mirror on your desk will help you avoid drama in your workplace. Sources of drama are usually people, in this case, your officemates. Have a mirror that is facing the person to deflect the negative energy she or he is passing on to you.

Reconnect with nature

One practice you can do is to take deep breaths, place your feet flat on the floor and visualize yourself growing roots. These roots are connecting you to the Earth. You can also stand by the window and look for a piece of Nature outside. Or go outside to take a short walk and breathe in the fresh air.

Another thing to take note of is that an office, any office or business has its own spirit. It would be best if you work with the company spirit. Your office is not actually yours so be sensitive to the spirit already in it. This is why the magick you can bring into your work space are only for keeping stress and negativity away.

If your protection and warding spell is in line with the values of the company spirit, then they will be more effective. If do favors to build the spirit of the company, like showing up early, making coffee for everyone, or making sure your desk is clean, your office will more likely be a less stressful and more pleasant place to be in.





"The first time I called myself a 'Witch' was the most magical moment of my life."

MARGOT ADLER

"We are not evil. We don't harm or seduce people. We are not dangerous. We are ordinary people like you. We have families, jobs, hopes, and dreams. We are not a cult. This religion is not a joke. We are not what you think we are from looking at T.V. We are real. We laugh, we cry. We are serious. We have a sense of humor. You don't have to be afraid of us. We don't want to convert you. And please don't try to convert us. Just give us the same right we give you--to live in peace. We are much more similar to you than you think."

MARGOT ADLER

"I remember writing the series with great enthusiasm, and I hope this enthusiasm continues to inspire newcomers to see the truly life-changing possibilities Wicca can offer. As a 'religion of self expression' I wish everyone an inspiring quest on this path called Wicca."

MORGANA SYTHOVE

"At heart we are all powerful, beautiful, and capable of changing the world with our bare hands."

DIANNE SYLVAN

"Therefore, let there be beauty and strength, power and compassion, honor and humility, mirth and reverence within you."

DOREEN VALIENTE

"Where once I prayed for forgiveness from a father God who held up huge palms and said "Thou shalt not," now I find peace with a sister god who takes my open hands in hers and says, "You will."

BETSY CORNWELL

"...But we also believe that part of our mission in life is to find our bliss and follow it. Life is a precious and delicate gift. How much of that gift do we squander out of fear?"

DIANNE SYLVAN

"Witchcraft is all about living to the heights and depths of life as a way of worship."

LY DE ANGELES

"Magickal experiences are intuitive experiences felt at the spiritual level."

ELLEN DUGAN

"But that's how Wicca was: ancient and gently permeating many facets of people's lives without their being aware of it."

CATE TIERNAN

"A witch is someone who has dedicated her life to learning about the connections between things. She studies the different cycles and her place in them. She learns how to use the energy in herself and in the world to make changes. And most of all, she tries to make the world a better place for herself and other people."

ISOBEL BIRD

"Make no mistake about it, magick is an art form, and every true magician is an artist."

LON MILO DUQUETTE

"The earth does not belong to us. We belong to the earth."

CHIEF SEALTH

"Neo-Paganism is in its essence the worship of the powers of this world. Beautiful or terrible, but all in a circle under the turning sky above, which is One."

C.A. BURLAND

"When we let go of believing we are superior, we open ourselves to the experience of living in the community of Nature."

PHILIP AND STEPHANIE CARR-GOMM

"Paganism is the worship of life itself in its supreme mysteries of ecstasy and love."

C.A. BURLAND

"The goal of life is living in agreement with nature."

ZENO

"Witchcraft ... is a spiritual path. You walk it for nourishment of the soul, to commune with the life force of the universe, and to thereby better know your own life."

CHRISTOPHER PENCZAK

"The happiest man is he who learns from nature the lesson of worship."

RALPH WALDO EMERSON

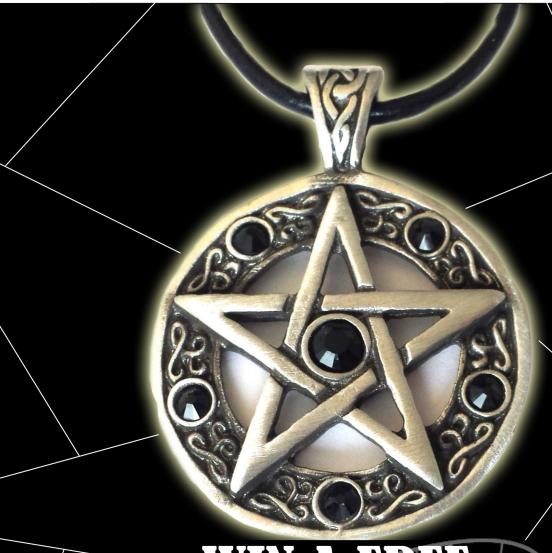
"The major misconception about Witchcraft today is that Witches worship Satan, which is just not so. We do not believe in Satan. That is a Christian creation. We don't worship evil. Indeed, to give evil a name is not a real intelligent thing to do, because then you give it power."

SILVER RAVENWOLF

"This is an organic religion. A religion of the people from heart to heart; a faith that finds the presence of the Divine within life, and nature, and ourselves. We don't have teachers and books because we are our own teachers, and our book is the sacred book of the Earth. We believe that we can connect with the God and Goddess and hear their voices, receive their inspiration directly and take responsibility for our own actions, without the intermediary of a pope or rabbi. We have a loose set of beliefs and morals and a ritual structure that is common to all Wiccans, but there is room for creativity and deep mystical experiences.

This is a faith with roots as old as the earth."

ARIN MURPHY-HISCOCK



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ENJOY!



teach them about Wicca beliefs and values

Teaching them Wicca is not about teaching them spells or rituals (although that's still a good idea that is best taught later on). It is mostly teaching them nature's seasonal cycles (Sabbats) and teaching them how to treat all living things with respect (Wiccan Rede and Threefold Law). It is also about teaching them how to live in the moment and to always choose peace.

Take them with you to connect with nature

Children are fascinated by the simplest things like raindrops falling from the sky or the sound the wind makes or the creaking of the branches of the trees. Take them on a nature trek and make this a regular habit. Let them take naps under trees and sit by the river. Wicca is about getting close to Nature.

Magickal creatures of the Fae Realm love to show themselves to children, and children naturally believe in magick. You just have to keep the fire alive in them and keep them believing.

Include them in your ritualy or practices

Include your children in your rituals and spells. Hold their hands in one of your protection spells/rituals. Allow them to participate in your rituals and teach them the proper behavior in each.

If there is one thing that's sure, children catch whatever it is that you do and take it with them even when they are grown.



The craft work here is craft work where you have projects you finish with your children. Let the projects be both a learning experience about Wicca.

Scavenging

One nature project is taking a hike in the woods together and sitting by the river, collecting stones, twigs, and pinecones. Whatever non-living thing that may interest your child. When you get home, gather your loot and place them in a glass jar. It is the Wiccan way to always have a piece of nature inside your home.

Wand-making

If your child loves Harry Potter, she or he is gonna want to make her or his own wand. Give your child options to decorate his or her wand with. Like have some crystals or gemstones available. Use this as an opportunity to teach her or him about directing energy. Let your child know that he or she has power over his or her energy and vibrations.

Telling mythologies as bedtime stories

Each god and goddess that belongs to the Greek, Roman, or Norse Pantheon has their own magickal story your children will love. Make sure your stories highlight the personal characteristics of the deities. Ask your child which god or goddess they liked the most and why after every story. Let them have their deities of choice be their own superheroes.

Celebrating Sabbats

With every Sabbat that you celebrate, let your children in on the celebration. Let them add touches to your altar decorations and explain to them the significance of this Sabbat, what you are giving thanks for, and what changes you are going to make.

Let your child write his her own ritual

You will be surprised at how inventive children can get when it comes to making their own rituals. These are the very same children who love to play house and make-believe. Tell them to have an intention in every ritual, they couldn't possibly go wrong. Whatever they do, you can help them polish it by adding the necessary candles, incense, or gems to help them achieve their desire.





WHAT A SHOUSEHOLD SHOULD BE LIKE



A WICCAN HOUSEHOLD SHOULD ENCOURAGE EXPLORATION

The Wiccan parent teaches his or her children to be independent while not lacking in support for whatever the Wiccan children want to do.

Wiccan children should spend time in nature and be in touch with nature. That means no keeping them in the house and barring them from spending time outdoors!

A WICCAN HOUSEHOLD SHOULD RESPECT NATURE

Wicca is a nature-based religion. So respect for nature should be taught early on. Sabbats should be celebrated and the different phases of the moon should be observed. Your children should know the creation story so they will know a part of the Goddess lives in everything.

A WICCAN HOUSEHOLD SHOULD BE RE SPECIFUL OF OTHER RELIGIONS

Being a Wiccan doesn't mean limiting yourself to having just Wiccan friends. In fact, being a Wiccan should make you respect other religions so much because everyone has their own spiritual journey. So make Muslim and Catholic friends, invite them over to your house. Show your children that they too can be a Wiccan and be one with people of other religions.

A WICCAN HOUSE HOLD SHOULD BE RESPECTFUL OF ELDERS

As a Wiccan parent, teach your child the value of respect for elders. It will be much easier for your children to respect their ancestors once they are old enough to really understand who they are.

A WICCAN HOUSEHOLD SHOULD BE A SAFE PLACE FOR EVERY ONE

There should be no judgement and violence in a Wiccan household. A Wiccan household should be free from negativity. Perform regular smudging to keep negativity from piling up in your household.

A WICCAN HOUSEHOLD SHOULD BE OPEN TO HAVING HONEST DISCUSSIONS

Your children may not understand the Wiccan path right away and they should feel safe asking you questions about your path and disagreeing with you on some points. Encourage your child to be honest by not scolding him or her for what he or she has to say.

A WICCAN HOUSE HOLD SHOULD BE VIRTUOUS

Everyone in your household should know and live by the Wiccan rede and the Three-fold law.

A WICCAN HOUSE HOLD SHOULD BE MAGICKAL

Children naturally believe in magic. What you can do is encourage that in them. Let them believe in Faeries and Dragons and talk to flowers and trees! There is so much magic around that they should not miss!

When they're at the right age, teach them white magick and some rituals.



Your home is a reflection of your body and your spirit. The state of it is a mirror of your mental state and the vibrations that you give out. If you bless your home and fill it with positivity, it will help manifest more blessings and beauty in your life.



1 CLEAN YOUR HOUSE AND CLEAR AWAY CLUTTER

A physically clean house welcomes positive vibes unlike a messy house. So sweep the floor, vacuum, dust down the pillows and sofas, empty your garbage bins, clean out your refrigerator, and tend to your garden. It is only when you have decluttered your house can you move on to the metaphysical way of cleaning.



2 FIX YOUR ALTAR

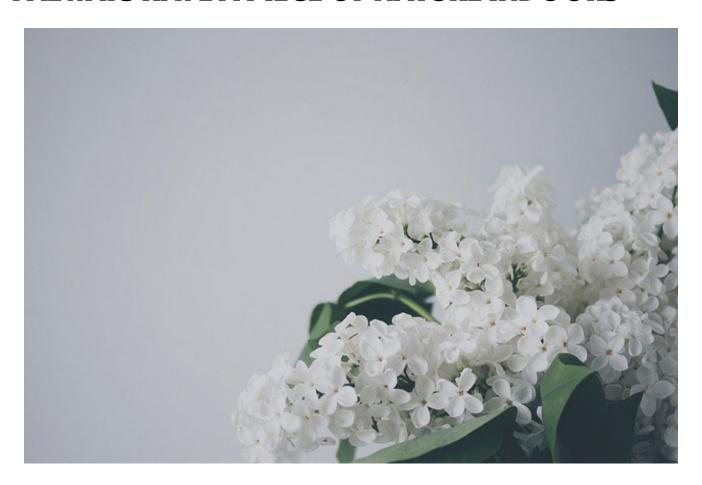
Your altar should also be regularly cleaned. It is a sacred space and should not be dusty and have cobwebs. Decorate it with candles that reflect your hopes and desires. Place crystals on it that enhance your personal qualities. If there is one thing in your home that reflects you in your spiritual journey, it's your altar.



3 OPEN YOUR WINDOWS

Keeping the windows shut and always relying on an air conditioner can make the air in your house stale. Stale air is air that can trap in negativity. It is ideal to have fresh air always flowing in your house. Also, letting sunlight in will also clear your home of negativity. Negativity cannot survive in a space that is bathed in sunlight.

4 ALWAYS HAVE A PIECE OF NATURE INDOORS



There is wisdom behind having flowers in a vase or having a few pebbles on your table. You can even place them on your altar. You can also get potted plants and place them by your windowsill. Wherever in your house you may place them, having a piece of nature in your house will help lift your spirits and infuse your home with positive vibrations.

5 BURN SAGE

Burning sage is not something that you only do before a ritual. You should make it a regular habit and do it as often as you would cleanyourhome. If your sweeping and vacuuming cleans your home physically, burning sage can clean your home metaphysically.





6 LIGHT CANDLES

Lighting candles in your house especially candles that come in colors that correspond with your desires will not only bring you closer to achieving your goals, they also absorb negativity and replace it with positivity.



Protection Spell For Your Home

This is one protection spell that bad spirits will find impossible to challenge, which probably makes it the best home protection spell out there.

What you will need:

Sage incense

1/3 cup Rosemary
1/2 cup Sea salt

Lavender

A broom

Dragon's blood incense

A small glass jar

Preparation

Take a ritual bath for 10 minutes with sea salt. Mentally cleanse yourself as you bathe. Visualize all the negativity leaving your mind and body. You cannot perform this spell with a bothered mind. It will not work! So make sure you are calm and at peace before leaving the bath.



What you need to do:

- 1. Take the cup of rosemary, lavender and sea salt and place them in the glass jar.
- 2. Hold your hands over the glass jar, visualizing a white light while saying:

"With these herbs,
I cleanse this place.
That everyone may enter without haste.
With this salt,
This place will start anew.
Bad feelings out, and keep away the blues.
So mote it be!"

- 3. Take the mixture and sprinkle it on floors in each room of your house.
- 4. Take the sage incense and light it up.
- 5. Let it burn for a few seconds then blow it out letting it smoke.
- 6. Let the incense stay longer in the room where people in the home usually stay for long periods.
- 7. Take it again and let the smoke waft all over your body.
- 8. Do this to the other people in the house as well.
- 9. Go around the house and let the smoke waft on the walls, up the ceiling, on door ways.
- 10. You can walk also walk outside circling your house for maximum protection.
- 11. Once you are done, light the dragon's blood incense in your house (preferably where people hang out the most) and leave it burning until it goes out.

