



# *e-Witch*

*Teachings of Magickal Mastery*

DEBORAH GRAY

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# Dedication

*My deepest thanks,*

*To my mother, for being my living example of the Goddess of  
nurturing and unconditional love.*

*To my father, for showing me the importance of an  
independent and searching spirit.*

*To my grandmother Ruth, for still astonishing us all with such  
strength, wisdom and the sparkle of irrepressible youth.*

*To Giancarlo, my soul mate and partner, for your  
never-ending support, love and mystical insight.*

*To my coven sister Leonora and my star companion and dear friend Athena  
— thank you for your eternal support and for helping  
keep the Magical flame alive.*

*And to all the 'goddesses' of HarperCollins, especially Helen Littleton,  
Katie Mitchell and Kate Pollard, for all your patience and creativity.*

*And to all my past, present and future readers,  
thank you for helping to make this book possible.*

*The brightest of blessings and love to you all!*

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# Foreword

## WELCOME, FELLOW SEEKER

You may have just started studying witchcraft and Magic, and may be looking around at all the different ways and traditions. Or perhaps you have been studying for a long time and already feel a strong connection to one particular witchy tradition or ancient path. Maybe you just want to enjoy reading about some of the old Magic arts, to add some valuable new insights to your own spiritual knowledge.

Whatever awakened your spirit and set you on your path as a seeker, and whatever brought you here to read this book, or first inspired your journey into Magic is correct and perfect for you.

Every one of us who feels the urge to remember the ancient philosophies and ways of the Wise Ones — whether or not we have been studying for a few months or years as a solitary practitioner, or have lived in a well-established and traditional coven for two or three decades, or have just started reading a few books on the subject — has the right to practise Magic and to say out loud: 'I am a witch.' And that right begins the split second our interest is sparked.

The very moment you awaken your search for Magical knowledge is the moment you consciously become a magician. That may happen when you are inspired by some great words in a book or when you look up at the sky one night, see the twinkling stars and suddenly realise with wonderful certainty and lucidity that

*'Life itself is Magic.'*

Many other wonderful and inspiring events can spark that conscious awakening, and it can happen at any age or stage of life.

And from that moment on, if you keep your spiritual goals in focus and keep listening to your inner voice and instincts, if you keep your mind and heart open to learning as much as you can about the mysteries and wonders of the Universe, you will be well on your way to a deeper understanding and eventually the essential practice of the beautiful and inspirational Craft of the Wise.

If you have taken the time to open your heart and mind to self-knowledge, you have already opened the first and most important of many doors — and you have already begun your wonderful journey to becoming a Real Witch.

So congratulations, fellow seeker, and welcome to the world of Magic.

# Introduction

## TWILIGHT OF THE SORCERERS

During my early teen years, when I was a young witchling, taking my first steps out into the big wide world, fate jolted me onto an amazing roller coaster ride of life experiences. Along with them came a series of prophetic visions and deep inner reflection. I then set out on a quest to find a spiritual teacher, a Merlin of Magic, who could help reawaken my heritage in the Craft and show me the true ways of the Wise.

And, for whatever reason, the God/dess must have heard me calling, because before long I became a Master's Apprentice to an Old Sorcerer, an adept philosopher of the Occult who in this life and dimension had chosen to teach in the manner of a Druid Master of Witchcraft. An exceptional being who came to feature prominently in my life as a witch.

Now, after 25 years of metaphysical study and a great response to my first spellbooks, I feel the time is here to share the secrets of my own journey into witchcraft, and to reveal more of the deeper insights and mysteries behind this timeless heritage of universal knowledge and enchantment.

I have also been inspired by the sense of a special time approaching. A door of opportunity is reopening and many of us who have journeyed into the Craft and all the other Magical paths are remembering our Dreamtime Circle. We are coming back together again and all the different old souls are feeling the sense of Gathering; in the Craft we call it the 'Quickening'. You are probably feeling it yourself.

It is a sense of an imminent Golden Age where all of us, whatever our spiritual choices, will have an incredible opportunity for clear vision, to see what's ahead and be able to take definite steps to get there. It's a Magical vision that has been seen and felt before in times past, and is now being awakened within the many different spiritual tribes, including all the indigenous and pagan peoples around this planet. We are experiencing an intensification of enchanted energy, catching glimpses through the mists of time and seeing the magnificent vision of our own potential.

At this special time I have chosen to share my personal journey into witchcraft, which is a unique one, as are all spiritual journeys. Just as I found my way, you too are capable of being a great magician, sorcerer and wizard. The Magic is there inside you, just waiting to be discovered. You have the power to make it real.

*Magic is real and dreams can come true.*

Goddess blessings

*Deborah Gray*



# What's being a witch all about?

**f**irst of all, it's a unique experience. Every witch is a magically unique person and will experience their spiritual journey into Magic in their own special way and time.

I've believed in magic since the age of four, when I began casting spells for the nature spirits in my grandmother's garden. By the time I turned 18, I had managed to charm two Prime Ministers and became a Sorcerer's Apprentice. And while I enjoyed a successful life in public as a TV actress and singer, I was also being privately educated in the ancient mysteries and living in one of the world's best schools of wizardry and witchcraft.

I've studied and practised the Craft for over 25 years, and now as a grown-up witchy woman and artist, I'm still on a wonder-filled and magical quest as I travel the world performing, writing and lecturing about it.

Every witch comes to the Craft in different ways and sees Magic through different eyes and cultures. But witches all over the world, in the past, present and future seem to have a shared spirit and motivation—and that is the quest for truth and knowledge.

Witches and alchemists have always known that great magical power comes to those who know how to tap into the eternal Life Force and the wisest of them also knew that the greatest power comes with attaining self-knowledge and harmony. A real witch lives a life filled with free-spirited

creativity, a passionate sense of the mystical world and a boundless love for Earth and Nature. This is a Craft that is about exploring the ways of the Universe and connecting you with the infinite source of ancient wisdom and alchemy, it's about becoming a Magical Master of your own life, empowered with your own and the eternal energies of all that is, and all that has ever been.

Oh, yes and it's also about casting spells—with all of the above in mind. And what all we witches have common access to—those already practising and all the wannabe witches-in-waiting—

*is the source of real Magic*

Once you get the hang of it, and you've connected to the source of Real Magic, it becomes a part of you and a life asset that you always have with you. Whatever path into the Craft you may choose, inside and out, you're a mobile Magicmaker, ready to switch on, plug into the eternal Life Force and weave your spells and charms wherever and whenever you want to.

Living with Magic is an integral part of what I do and feel every day. One of my favourite sayings is: 'If you don't believe in Magic, how can Magic believe in you?' After all, if you don't believe in yourself, how can other people believe in you? I think that it's so important for people to realise that they are spiritual and magical beings. And for me, that knowledge is one of the most powerful tools in my life. Of course, everyone is different and not everyone has the time or the inclination to learn all the techniques or study on the level that a longtime witch, shaman or even an astrologer does. But it is important that whenever something magical happens to you, something that you just know is more than a mere coincidence, that you allow your spirit to acknowledge it. Let yourself stop and feel the inspiration of that moment, where you can really say to yourself: 'Yes, that was miraculous—that was magic!'

In the study of witchcraft and metaphysics we often look back to days past and the wonderful wisdom of the ancient teachers and philosophies. But I consider that witchcraft is also a living and constantly evolving Craft, and throughout my life I have met modern-day philosophers, masters of metaphysics and 'living goddesses' who practise their own magical and spiritual paths in today's world and are great examples of just how possible it is to successfully apply Magic and spirituality to our modern urban lives on a daily basis. Our lives are full of enchanted and miraculous moments, especially when we take the time to look around and really notice.

As my great friend Athena Starwoman often says:

*Don't just wait around for your birthday to make a wish.  
Why not do it every day?'*

Because every day is a brand-new day of your life, with new challenges and new opportunities. I know from personal experience that once you learn to tap into the eternal Universe and your own inner power, it can really change your life.



# Finding Your Witchy Way

Throughout history, there has never been just one 'correct' or 'absolute' way of being a witch or a magician. And neither should there be. Instead, there has always been as many different views and paths as there are people seeking them.

There are many different opinions and cultures in the world, just as there are many different traditions and paths of witchcraft. But it still delights and amazes me, whenever I travel around this planet and speak with the magical elders and high masters of the many different traditions and styles of witchcraft, that many of them share my belief: just like the different tribes of the human race, Magic all comes from the same infinite and loving source and, at its most profound level, the inner core of all magical traditions are actually not very different after all.

Whatever path into the Craft you choose to follow is correct for you because at its highest level, the Craft should always be a path of self-acceptance and freedom of spirit.

Beginners and experienced magicians alike, whatever age or level of practice, are all constantly feeling the Magic in their own way in a free exchange of these ancient ideas and a mutual love of the Earth and Nature.

*Magic is a growing, living, metaphysical Craft, and the ways of Witchcraft are diverse, with many different styles and spiritual paths.*

Witches of the new millennium enjoy a wide range of magical styles and spiritual choices that include Druidry, Wicca, Voodoo, Faery, Asatru, Celtic, Teutonic, Eclectic, Hedgewitch, Hermetic, Strega, Egyptian Tradition, Pow Wow and Dianic, among many more.

Witchcraft as it is practised today has come from a variety of old and ancient cultures that include Celtic, Anglo-Saxon, Nordic, Roman and Greek paganism, Hebrew, Ancient Egyptian, Asian, Native American and African. There is also a burgeoning interest in Australian Aboriginal Dreamtime traditions. And many of these paths are being woven into a dazzling tapestry of old and new practices, each of them as valid and worthy of tolerance and respect as the others.

# What's Wicca?

To gain a better insight into the ways of the Craft, it is helpful to understand the different uses of the Anglo-Saxon word 'wicca'. Basically, any witch can rightfully use the ancient term 'wicca' if they so choose, because the word simply means 'witch' in Old English terminology (some scholars also connect the word 'wicca' even further back in history to the Neolithic Indo-European migration and root languages, and it can also mean 'bend' or 'wise one').

However, using the term doesn't automatically mean that a person is an initiate or follower of any of the modern Wiccan traditions or its religious practices.

The Wiccan creed is not an ancient religion. It was first created by the influential Englishman Gerald Gardner in the 1940s and 50s. The tradition/religion was then adapted and redeveloped in the 1960s, 70s and 80s by other famous trailblazers and writers of 'Wiccan' practices, such as Alex and Maxine Sanders, Doreen Valiente, Raymond Buckland, Scott Cunningham, Silveravenwolf, Starhawk, and Janet and Stewart Farrar — to name but a few.

## My Witchy Way

I am often asked to compare my early magical training to the many other Craft techniques such as the 'Wiccan' practices. To begin with, our core teachings did not originate with Gerald Gardner or Alexander Sanders. In fact, our teacher was a contemporary of both these men but he came from a completely separate Craft culture and 'lineage'. One of the biggest differences between the 'Wiccan' path and ours was in the way our magical information was passed on down the generations. I certainly learnt about the various ways of ancient wicca (or wika) along with European wisecraft, alchemy, herbalism and certain Cabbalistic rituals. But from what my continuing research into the Ancients has confirmed, my training was performed in the style and practice of an old Druid apprenticeship.

Firstly, unlike the popular Gardnerian or Alexandrian style 'Wiccan' practices, our training was from an oral tradition and not a written one. It was a step by step, and one on one apprenticeship with the 'spiritual teacher' or 'master magician'. It took many years and included magic and occult knowledge, very little ritual ceremony and emphasised parapsychology as well as logic, music and poetry. There were no books with written lore, no lists of 'redes', no written instructions for initiations and no 'a year and a day' degrees into the high priesthood. Instead it was many years of apprenticeship and an oral tradition and mind/body/spirit connection of passing on the higher mysteries and the ways of our ancestors.

An essential part of passing on this knowledge was not during 'gatherings' or group meetings on a weekly or monthly basis at Sabbats and full moons. It was actually by making the commitment to live full time in a close family environment with our 'merlin' (teacher) and the other students who were a part of our inner circle. This core group consisted



of usually around six to eight people. Although Edgar would sometimes accept 'outer circle' students or 'solitaries' who didn't live with us but would visit on occasions for advice and extra knowledge. In certain ways we lived separately from so called 'outside society'. All of us in the inner circle had to maintain a balance with our outside work and everyday lives in the 'normal' society, while continuing to move through the 'occult' ('hidden') world of magic and study the natural laws of the Universe and our inner selves. Along the way our respected Elder, our spiritual teacher of the Craft, was there to advise and guide us through it. It was definitely intense, personally confronting and as I realise more and more, was a rare and almost forgotten way of magical study.

Finally, we didn't 'worship' or pray to deities of any kind. However we recognised and greatly respected the power and energies of all physical and spiritual beings in the Universe. Any rituals or purposeful connections to the spiritual world was more about being at 'one' with them, rather than kneeling down and praying directly to any particular gods. Our spiritual teacher considered the inner core of 'high magic' and actually the pure essence of witchcraft, to be not from just an 'old pagan religion', but from an ancient well of scientific and occult knowledge. He practised the Craft along the lines of a spiritual philosophy and a 'high psychology', one that evolved many thousands of years ago and is still known and practiced today by magical adepts and ascended masters, without the need for any fixed doctrines or religious superstitions.

So which path into witchcraft is the right one? I'm a firm believer that 'All roads lead to Rome'. The road you decide to travel on should always be your own choice; after all, it's an important evolution in your personal destiny.



# Solitary Practice

Many witches are not initiated into any particular coven tradition, and are not necessarily a part of any defined group or religion. They may prefer instead to study and work their Magic alone, blending the different rituals and various traditions and defining their own spiritual path in their own way.

Such witches are commonly known as 'solitary practitioners', and they may practise alone simply because it is not always practical or desirable to join an established coven or to find a larger study group to meet with on a regular basis. 'Hedgewitch' is another term for a 'solitary practitioner' and can be traced back to the old German word 'hagarvassa', meaning 'one who rides on the hedge and boundaries.' This symbolises the person who guards the barriers between the material and the spiritual world, as well as the old folk tradition of the village witch who usually lived alone, in the last cottage on the edge or 'hedge' of town.

In fact, solitary practice is an old-established tradition in itself with a long history in Europe and the British Isles.

Most solitary practitioners of the past were natural adepts who worked alone as village herbalists, healers and folk charmers. The well-documented 'kenning' or 'cunning' men and women are a perfect example of this old tradition. Some were born into a hereditary line of closeknit family groups who quietly passed down their folk traditions to a next of kin.



# The Coven Concept

Except perhaps for the ancient Druid Magical study groups way back in the pre-Christian era, and some well-hidden secret societies during 'post pagan' times, in Europe and the British Isles it was in fact quite rare to find groups of witches being able to live together or regularly study together in one place. This was particularly true during the tumultuous years of religious superstition that existed from the 11th to the 18th century, and remained relatively the same until the 20th century, when anti-witchcraft laws slowly started being repealed in different countries around the world.

Actual (as opposed to superstitious fantasy stories) 'witch festivals' and full coven gatherings in the woods or outdoors were also uncommon throughout the last thousand years or so. Understandably so, considering the incredible difficulties it would have involved to safely organise meetings during times when witchcraft and any type of magical practice or alternative spirituality were misunderstood and thoroughly persecuted.

Nowadays we are living in a much more tolerant era and, thanks to a loosening up of philosophical and spiritual rights and a growing public awareness, witches of all kinds can gather together or practise alone and unhindered in more and more countries around the world.

The Craft in all its forms is finally becoming much more accepted and understood for the

*spiritually empowering and Nature-loving path it was originally meant to be.*



# Finding a Teacher or Coven

Witchcraft is a working craft where you are learning to understand and work with both the known physical world and the spiritual metaphysical world. And there are different types of teachers and schools.

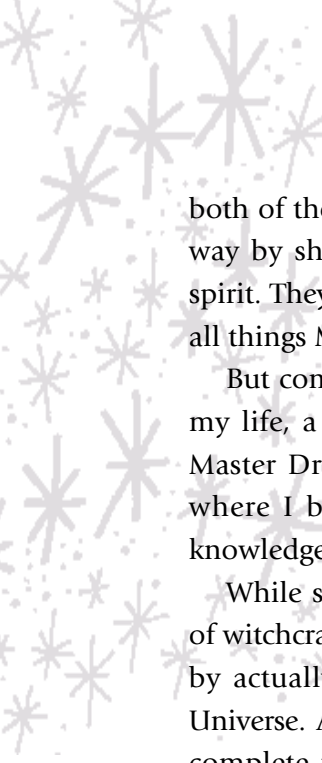
Firstly, there are the 'tools and technology' teachers who usually run workshops that teach 'witch friendly' material such as crystals, astrology, tarot and palm reading, aromatherapy and herbalism. These kinds of teachers and public courses are easily found by looking in the advertising section of New Age and witchcraft magazines, or by going along to the various 'mind, body, spirit' festivals that are always being held at different times and cities throughout the country. Alternatively there are lots of good teaching books available for either beginners or advanced students that go into detail about these kinds of witchy tools and technologies.

Secondly, there are the spiritual teachers and the occult masters of witchcraft. These are either solitary mentors or coven leaders, and the good ones are genuine elders who are highly respected and have developed their mastery over many years (a true elder is someone with at least 15 or 20 years of experience). They are much more private and are rarely found simply by looking in the Yellow Pages.

*Finding the right teacher or coven is a very personal thing.*

The fact that you have to do your own research, and strive to follow your own way and instincts to find them, is an important and ancient part of the Craft process.

I've had quite a few important magical guides and mentors in my life, the very first and by no means least being my own mother and father—



both of them intuitive philosophers of life who first set me on my witchy way by showing me the importance of self knowledge and a searching spirit. They raised me with a great sense of natural wonder and respect for all things Magical and mystical.

But coming face to face with 'my Merlin' was a major turning point in my life, a truly bewitching moment. My first meeting with Fenris—the Master Druid—was one of recognition and certainty that I was Home, where I belonged, and in the presence of a master of metaphysical knowledge and the ways of ancient mysteries and witchcraft.

While still a teenager, I had started looking further into the inner lore of witchcraft and took my first conscious step to finding a spiritual mentor by actually focusing on that very thought and putting it out into the Universe. As well as going deeper into my own Celtic heritage, I began a complete frenzy of mystical awakening as I studied astrology, the tarot and the power of crystals, practised throwing the I Ching, and looking into yoga, meditation and the spiritual teachings of the Eastern philosophies, including Buddhism and Hinduism. It took a lot of searching and time, but when I was ready, it seemed

*the Universe was ready to provide  
my next important teacher and mentor of Magic.*

In your own search for your witchy way, you may also want to send a thought message out to the universe for a guide or magical mentor like I did. Or you may want to find more of a study group and learn from a few different teachers. You could take witchy workshops, or get together with a circle of friends and compare magical notes and techniques. Or if the opportunity arises, you may want to join a coven.

During the 1970s I not only joined, but also lived in a close family-like environment inside a coven house (coven-bound, some people call it). This unusual way of life doesn't suit everyone, but for me it was a wonderful spiritual foundation stone that has guided me well throughout my careers and my entire adult life, thanks to a spiritual master who was connected to an ancient way of the Craft and lovingly advised me, and our inner circle, of a true and wonderful sense of magical wisdom and alchemy. Edgar (Fenris, the Druid Master) not only taught the ancient mysteries and magic, but he also focused on ways to bring balance and harmony to our everyday lives in and out of the coven. If we ever had a coven motto, it would have been:

*'Walk the middle way and keep a sense of balance'.*

He taught me not to overdo anything or let the Magic ceremonies and spellcasting overshadow the work I needed to do every day on my inner self.

It was a typical, old Druidic style apprenticeship, which consists of step-by-step, one-on-one training over many years and also included the study of Magic and Occult lore, parapsychology, and the use of logic, music and poetry.

We didn't learn the Craft from a Wiccan style 'book of shadows', which was originated by the English witch Gerald Gardner, when he created the first Wiccan workbook and coven diary in the 1940s. Actually, old 'folk' traditions and earlier witches didn't keep those type of written records, as they mainly passed on the knowledge orally through the generations. But now, with a new found tolerance and the freedom to 'come out' in the open, this contemporary method of teaching and writing down the

important rituals and spells is practised not only by Wiccan practitioners, but also many other styles of witches. It has become an integral part of modern witchcraft.

My early training was from the 'mouth to ear' oral tradition of the Craft, and an emphasis on the mind/body/spirit connection, so my secret grimoire handed down through the generations is called 'the whispering book'. Edgar preferred that we commit most things to memory, which is an important part of the 'Bardic' style technique and is a great skill to learn. But as the years went on, I also started writing down much of the coven training into my own beautifully engraved spellbook, which I like to call the 'book of secrets', and some of it I've included in this book. I decided it was time to start writing down as much as I could, to make sure this information wasn't lost and could be passed on to future generations of covens and solitary witches. By the way, apart from the name 'book of shadows' or the 'book of secrets', some other witches like to call their personal diary 'the wishing book' or their 'magical grimoire'.



# A Good Approach

If you choose to find a mystical teacher or coven, keep in mind that the most profound and valuable thing that even the greatest of Grand Masters and spiritual teachers can do is to help guide you to your own inner Magic and knowledge.

When you first start looking for a study group or teacher, one of the most important things to remember is not to rush it. Don't let yourself be pushed into anything or feel rushed by anyone else, and that applies to all aspects of student/teacher and human relationships. Take your time.

Do your own research into what information and teachers are available, and also have a good think about whether or not you are ready for a teacher or really need one. After all, you may very well prefer to remain a solitary practitioner and

*experience your magical journey in your own way and in your own time.*

And that would be absolutely your choice and a perfect decision.

You don't have to find a teacher or be initiated into any type of coven to be a genuine witch, because all the eternal knowledge and wisdom of the universe is already there inside you and may be awakened in different ways.

For instance, many people are naturally gifted and some may have 'crossed the abyss' through extraordinary experiences and life-changing events that are in a real sense the ultimate kind of initiation into true knowledge.

Read any books that appeal to you, and that you understand and feel comfortable with. Most importantly, follow your gut instincts about people, spiritual mentors, schools, study groups, teachers, Websites and covens.

You know that funny feeling in the pit of your stomach? Well those tummy butterflies are wise little creatures and will never steer you wrong. When they start fluttering, sit quietly and listen.

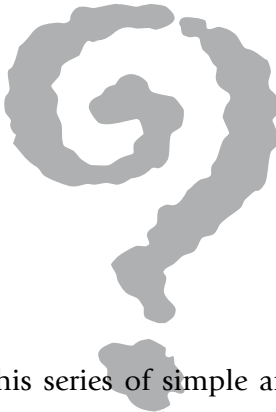
## *Is This the Right Teacher or Coven?*

If you do come across a potential mentor or coven, step back and observe how the mentor or coven leader is applying Magic to their own lives before you entrust them with guiding yours.

Most covens have some type of leader, hierarchical system or high priestess/priest, and their magical purpose and direction is usually steered by the leader or leaders.

Don't be overly impressed by lofty titles alone or certificates that say 'graduate of Occult studies' or 'initiated by such and such into such and such Craft lineage'. The growing popularity of this type of certificate is a new phenomenon in the Craft and I wouldn't recommend using them alone to judge someone's expertise as a spiritual guide.





Instead, ask yourself this series of simple and logical questions, then listen to what your inner gut voice tells you:

- ⊗ Do their teachings appear to be working for them?
- ⊗ Does the teacher or coven leader appear to follow their own spiritual advice and apply their knowledge and techniques successfully into their own normal everyday lives?
- ⊗ How many years have they been doing this?
- ⊗ Do they seem to cope pretty well with the normal ups and downs of daily life?
- ⊗ How does this person act when they are with you and with other people? Do they respect your decisions, personal freedom, independence and right to make your own choices?
- ⊗ All teachers need to be confident and strong-willed, and may even have to be quite assertive with disruptive or noisy students. But does this person generally appear kind, tolerant and patient with you and others?

- ⊗ During your magical lessons, does the coven leader or teacher answer questions well, and can they converse naturally and spontaneously about their own specialty and path? Or, if they are a more eclectic teacher, can they speak easily about their own valuable experiences, visionary ideas and different Magical subjects?
- ⊗ And, most importantly for a spiritual teacher or coven leader, do they show a well-balanced and mature perspective on life, and are they loved and respected by their students and friends?

Let's face it, there is no point in joining a circle, coven or study group where the head of the group is immature or inexperienced, or can't cope with the responsibility, or if they're someone who is unstable, or stuck in a distorted view of witchcraft.

If you are confident that the spiritual mentor or high priest or priestess is both highly respected and experienced, feel free to ask them lots of questions before you join their circle, group or coven.

*They should respect and understand your natural interest and concerns.*

# Some Inside Info

Before we go any further, here's some inside information, straight from the witch's mouth, to dispel some myths that surround the subject of Magic. Firstly, are Magic spells manipulative? What's the chance of calling up a demon? When does a witch use her hexing powers? And, finally, can a man be a witch, and if so, what do we call him?

## Magic or Manipulation?

Witches have been casting love spells, making healing medicines and good-luck charms, doing astrology charts and looking into the past and future for thousands of years. We spend our whole life looking at the hidden, Occult mysteries and how the science and Magic of the universe works, and that includes bending time and space and inventing ways to cause changes within ourselves and the world around us.

If someone wants to classify that as manipulation, they would be at least half right. But that is the essence of witchcraft and alchemy. This is, after all, the Craft of 'bending and weaving'.

But it's our own universe we are 'bending and weaving', and we study Magic and cast our spells to help us become masters of our own lives.

For hundreds of years, there has been a myth and distorted perception that witches take over another person's 'free will' when casting a love spell or that they control other people with their Magic. That is one of the main reasons witches were persecuted in the past, and it is really a lot of superstitious nonsense left over from the Dark Ages.

A Magic spell performed correctly can certainly change the atmosphere and greatly alter the dynamic flow—the energy patterns—between two or more people, which in itself is an incredible feat.

A powerful sorcerer can 'bend' and 'weave' perceptions and dynamic

energies, which in turn may have an effect on the choice another person is going to make. But that person's final decision and ultimate choice is always made according to their own free will and universal destiny, and that can't be taken away by or replaced with a spell.

Now this is where logic comes into play when working with Magic, and if you are really interested in the inner lore and High Magic of the craft, the following information is important to think about.

Our god/dess Nature endows us all with the gift of free will so that we have the ultimate choice and responsibility for our own lives. Your free will is yours alone and is one of your greatest powers. It gives you the ability to shape your own life and future.

No-one else has the power to take that away from you—and you don't have the power to take it away from anyone else—not with a Magic spell or any other enchantment.

This is one of those natural laws of the universe that many people (including some witches) either misunderstand or are too caught up in superstitious beliefs to think about clearly.

*Magic can't completely go outside the Laws of the Universe;  
it doesn't work that way, and that's not the point of the exercise.*

The influence a witch has on others is fleeting, but the influence they have on themselves and their own destiny is huge, and that is what a Real Witch looks for and where their greatest Magical power lies.

There are thousands of people in the world who now follow the pagan or goddess way of spiritual worship and devote their life to it as their path or religion, and there are many people among them who don't call themselves witches or cast any spells, which is completely their right and choice.

Not all pagans practise Magic and Witchcraft. And not all witches follow a pagan religion.

If someone follows certain elements of magic and the Craft but at the same time feels it is wrong or strictly against their beliefs to go ahead and use their acquired skills, then I also wouldn't call them a 'witch'.

Weaving charms and casting spells is certainly a part of what witches did in the past, what they've finally got the freedom to do again, and—with a dash of luck—what we will still be doing for many millennia to come.

*'Take hold of your own lives. Most of the things that distress you, you can avoid, and most of the things that dominate you, you can overthrow. You can do what you will with them.'*

Plato, 400 BC

## *Rules and Redes*

There are a lot of different opinions around about what is 'good' and what is 'bad' or manipulative Magic. People also speak often about the 'laws of threefold return'.

Quite a few paths within the Craft have their own rules and what they call 'redes'. These are more like guides or suggestions for 'higher-minded' behaviour, and are not absolute laws of witchcraft.

Contrary to popular belief, the current forms of written redes are not from ancient religious texts and so-called 'witches' laws', or from any known ancient practice of the Craft. They are primarily a 20th-century creation.

The widely known 'Wiccan Rede' was first set down by the influential Gerald Gardner for his own book of shadows, and as a guide to his more publicly accessible magical practices around the 1940s. Since then, it has been adapted and revised many times by the leaders and spiritual writers of the different Wiccan and neo-goddess traditions that came after.

You will often see the phrases 'an it harm none, do as thou will' and 'the Law of threefold return' written into many modern books on witchcraft and Wicca. These popular phrases weren't actually derived from old writings of Celtic or British Wicca Craft; they are symbolic terms that have been adapted from a variety of different sources and cultures, including the Freemasons and Rosicrucians, Alistair Crowley and some of the Asian-based 'karmic' philosophies such as Buddhism.

Both of these terms are lovely analogies which suggest that whatever energy you send out will eventually be returned to you, and if you allow the 'intent' of your actions to be for a positive transformation, you will receive a positive outcome.

Whatever rules and redes a modern witch may choose to work under, he or she is still surrounded by the inevitable Laws of Nature.

That doesn't apply only to Magic. Every action you take in life causes not just one or threefold reactions but a myriad of effects. It's always wise to think anything through and 'look before you leap'.

Man-made rules and religious guidelines depend on individual choices and beliefs. But if you are concerned about 'karma' and would like to feel confident you are following a 'higher minded' Magic, follow these steps: try and maintain a fair-minded and well-balanced outlook during your normal everyday life; spend time looking into your inner self and keep working to gain spiritual and emotional awareness and harmony; then the judgment you always know you can trust is your own.

*Always remember that it's best to follow your own  
true will and judgment when casting your spells and charms,  
because that's where most of your power comes from.*

## Demons and Ghoulies

Don't worry, modern witchcraft is not about trying to raise up nasty demons and ghoulies. And even if you wanted to waste your time trying, you'd have more chance of flying to Mars on a broomstick than raising even a slightly cranky dust mite.

This kind of legend and bad press in witchcraft is left over from the days of religious persecution, when anyone who was even remotely an alternative thinker was labelled a heretic and thought to be invoking demons and evil spirits.

The Hollywood-style witchcraft that you see in films and teen TV shows—with all of the invoking of entities and calling up well-dressed demons (à la *Charmed*)—is great fun and very entertaining, but it's all just fantasy, the product of a scriptwriter's vivid imagination.

Throughout the many years I've spent as a witch, and been practising Magic both alone and with different Occult masters, I've found nothing to fear in the supernatural or Occult world.

*Yes, of course there are many fascinating and awe-inspiring energies swirling around the metaphysical plane.*



But that is also true of the 'real' physical world we live in every day and night; it too is packed full of incredible and mysterious energy. (If you've ever been to the post-Christmas sales, you'll know just what I mean.)

Everyone on the planet, not just witches, manages to live side by side and quite comfortably with a whole array of incredible energies and powers on a daily basis. In fact, most people don't think twice about it. Next time you see the sun peeking through the clouds, catch a glimpse of the ocean or watch a bolt of lightning flash in a thunderstorm, just think about how much amazing power and energy there is right here in our 'normal' lives. No wonder the Ancients gave these natural phenomena names like Thor the god of Thunder, Amon Ra the Sun god and Neptune the Lord of the Sea.

You see, what many people may think of as 'supernatural' or 'from the otherworld' is just another dimension of the whole picture of Nature and ourselves.

So try and abandon any superstitions or fears from spellcasting and rituals. The study of Magic will allow you to open up to all the possibilities of the universe, and to encourage your own human and spiritual development.

The natural universe has its own in-built protective system—an uncanny awareness of the level of your understanding and what you can and can't cope with.

*Trust in it.*



# You Hexy Witch

Our Universe is alive with a constant ebb and flow of 'yin and yang', or 'positive and negative' energies.

There's no doubt about it—a master magician who has studied the Laws of Nature knows how to both heal and hex and they follow their own instincts in whatever their choice of magical action.

Just as there are great benefits for all of us in the ever-changing seasons—the flow between night and day, summer and winter—there are also great benefits to be gained from embracing both your light-hearted and 'bright goddess' nature, as well as loving your strong, assertive and 'dark goddess' nature.


But there is no point in embracing all that you are and never using it to help yourself or others.

*A Real Witch knows that Nature is All that Is*

It's a bit silly to think that the universe puts your magic or anything else you do into just 'positive' or 'negative' categories. That is exactly what your own free will and instincts are for—to give you the choice and ability to make your own judgments.

Recently, I've seen a lot of websites and read many books on the Craft that happily talk all about our luscious and witchy 'dark goddess' nature, but then the material falls short on explaining how or when to use it, or curiously advises that it's not 'good' to use these powers for spellworking. On the other hand, many people may read about the 'neutral' path of a real witch and get confused when they are told that there is no such thing as a 'white witch'.

Firstly, let me clear up some of the confusion about the term 'white' or 'good witch'. There is a long, illustrious history of respected Craft healers,



who liked to call themselves 'white witches' after the ancient 'White Goddess' or 'White Lady Moon', and often because they wanted the public and any 'outsiders' to clearly understand the *intent* of their magic. But of course, those magicians knew about the balance of nature and they also had the ability to hex.

They understood all aspects of their power to help others and themselves whenever it was needed, and this thriving old 'white' healing craft still continues today in many countries around the world. By definition, the term 'white witchcraft' certainly does include all the shades and colours of the rainbow, but I still always have a little chuckle (oh, let's face it, sometimes a really big cackle) whenever some novice magicians want to know what on earth could make me such a 'good' witch. Luckily I've had a fair bit of experience at actually living the full-on life of a witchy woman and I know for sure that no matter what fads may come and go, I am always going to be 'good' at what I do—especially when I feel like being very, very naughty.

*You see, it's all about your intent and knowing where and when to use your different powers of enchantment and God/dess energies.*

To put it really simply, once a real witch has done enough work on shedding some 'light' on her inner self and she knows that her instincts are honed and ready, she gains an enormous sense of her own magical power. She's learning to love all aspects of her nature, including bringing some healing energy in and out of the shadows; so she knows when it feels right to heal or hex, strike or stroke, and pretty much do what her own magical free will and intuition tells her.

*Your intent is like a guiding light - it's a superjet that carries your Magic to its purpose.*

A magical master can still do all of this fun stuff I like to call 'voodoo therapy' or 'sorcery for stress' without feeling uptight about it, because their magical decision is always based on a balanced view of the situation and it's really all about the 'good' intent, like self-defence, honouring grief, healing yourself or others (or just 'cause it feels so damn good to let it all out and be incredibly wild and wikid for a day).

And of course, a good ol' belly laugh never hurt anyone, and is especially helpful in blowing away the cobwebs of bitterness and magically dissolving leftover anger and sadness.

## Witch or Wizard?

You have probably heard the saying 'there is a little bit of witch in every woman'. Well, that is absolutely right—and there are a few gorgeous goddesses thrown in for good measure too. Every woman has been equipped since birth with feminine intuition and witchy goddess power. These are natural instincts that directly align with a woman's highly developed emotional awareness and the necessary 'all-seeing' eye of a future mother and elder.

But let's not forget the males of the species, who are also called 'witches'. ('Warlock' is a misunderstood name and is rarely used these days.) Men sometimes—well, often, actually—get the short end of the stick when it comes to recognition of their own natural sensitivities, intuition and power. Being a female witch who has studied with a real live Man of Magic and met some very sensitive and intuitive male witches, I definitely consider that Witchcraft is not nor has ever been an exclusively female domain. Men and women are equal in the practice of the Craft. We need to accept and love male energy as part of the important duality and natural laws of life. Without it, true Magic is only half as effective. Just as a man needs to discover and strengthen his feminine and nurturing side, a woman gains power by discovering and strengthening her maleness and assertive masculine energy.

There is duality, male and female, yin and yang, black and white, positive and negative, in everything.

I've included a number of spells in the god and goddess section that can help empower you with the strong warrior and passionate male energies, as well as align you with both the yin and yang, male and female aspects of the Universe.

When it comes down to it, however, your ancient heritage is far more important than your chromosomal make-up in the world of Magic.

# Your Ancient Heritage

Real Witches don't worry too much about certificates of Craft lineage or whether or not they had a Gypsy grandmother way back when.

Every one of us on this planet is a magical and spiritual being. We are all born with a magical heritage and a direct link to the Ancient Ones. Because you are an Ancient One—an eternally evolving soul moving through lifetimes ... remembering, changing and remembering again.

Among the diversity, there seems to be one common connection between all traditions and paths into Magic and witchcraft, and that is the feeling of a deep spiritual connection to the old Wise Ones, and our respect and admiration for them, their knowledge and wisdom, and their spellcraft.

*'Listening' to your dreams can be a great way of keeping  
in touch with your 'old' soul.*

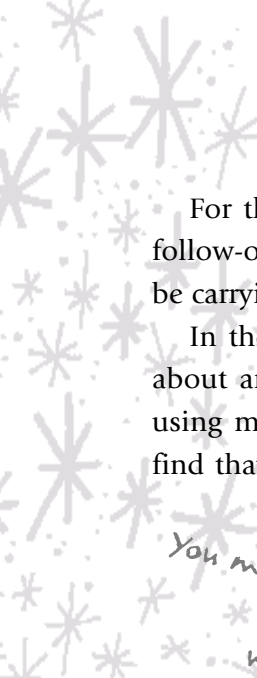
My own ancient self is never very far away during sleep and waking hours, and sometimes it actually jumps right out and takes me by the hand into my past lives. When I first started working on this book, I started having a strong 'vision' dream. I was out on a great plain sitting next to a fire in the misty, cold night air. When I looked around I saw that I was part of a big circle consisting of old grandmothers and younger women of all different races. Next to me were old Native American grandmothers, as well as Caucasian, African and Asian women, and what appeared to be a number of fur-clad women of Eskimo descent. I had this dream for a few nights in a row but the very last night I had it, one of the women stood up and crossed over the circle to me and gave me a warm hug, as if we'd known each other for a long time. Then we said goodbye with the words: 'Sister, we'll meet again through the mists of time.'

A couple of days later I was on the internet, holding a live chat with the members of my virtual magic circle, when as often happens, a brand-new member came on line and started to introduce herself. This in itself was not at all unusual but for some reason my heart started pumping loudly when I saw the name 'Delfina Rose, Native American Shamaness' written on the computer screen. For a split-second I was transported to that same dream circle of magical women. As I came back again—a heartbeat later—to 'real time', I read her message. She spoke about her Native American Shaman and Irish background and stories of her own circle of elders, including the grandmothers in her tribe. I felt my ancient self and my inner voices singing so loudly to me, that I took the very unusual step of asking this 'virtual' stranger to contact me off line, to see if she had picked up any similar 'voice' callings and vibrations.

Delfina, being the Shamaness and experienced magician that I have since found her to be, also had absolutely no doubts that our 'accidental' meeting was something of great meaning to us both—especially since she'd had a similar vision a while before. We have since spoken about what this re-awakening means and have both done separate rituals to go back and meet ourselves again—to help us discover the project we set ourselves all those aeons ago. Now that the mists are lifting the time is here, we are planning to do some type of project together and will meet most probably in her healing centre in Arizona. Whatever work our ancient selves have in mind for us, we will incorporate much of our dual visions and training with our elders into some type of joint mission. This seems to be just one of the many tasks my ancient self has already set down for me to do both alone and with other old souls.

Many witches today want to follow a similar spiritual path to the Ancient Magicians, and many of us either have 'memories' or a strong sense of what the Old Ones knew and understood.

*For some of us, it may even seem like a re-awakening of our old training.*



For those of us who believe in the eternity of the spirit, there is the follow-on logic that a naturally adept practitioner of Magic could simply be carrying on his or her role and path from a previous lifetime.

In the quantum world—which the old alchemists and witches knew about and worked with long before the word was even invented—and using meditation techniques and through experience, you may start to find that there is no difference between past, present and future.

*You may come to understand that anyone can instantly connect with and access these ancient ways of knowing.*

In other words, you can learn to bend time and space, to travel to other dimensions and be instantly connected to an old Druid as he walks you—his apprentice—through an ancient Irish grove; or be sitting in a philosophy class listening to Plato himself; or spend a few hours in a Hermetic School of Magic.

And, who knows, you may even be able to plug into the actual thoughts and living memories of that ancient philosopher or master magician.

In Magic, nothing is impossible! It is really just a matter of spending time learning and applying the natural laws of the universe on a daily basis.

We are the ancestors. We are the Wise Ones. We retain the living memories of them, as we learn how to remember.

Some people actually have flashbacks of who they were in a past life, and there are spells and rituals you can perform to help get a clearer view of your previous incarnations.

There are other ways, too, to connect with your ancient knowledge, which is a big part of what being a witch is all about.

# The Re-awakening Process

Learning the first steps in Magic is really a re-awakening to what your spirit already knows. That is why you have been attracted to it, because your spirit recognises it and feels familiar—at home—with this knowledge and way of looking at life.

The paradox is that this knowledge is never exactly the same for each person. We don't have to reinvent the wheel, because it is all there for us to access in these ancient philosophies and spiritual paths.

But during the natural evolution process, you do add your own unique perceptions and consciousness to this ancient wisdom. And through you a new way of understanding and, eventually, imparting this knowledge may be born.

This is the way that knowledge evolves naturally and is passed on to future generations. But every Witch will follow these steps in their own unique way and time.

*'All that has been will be again but never the same.'*

Fenris, the Master Druid



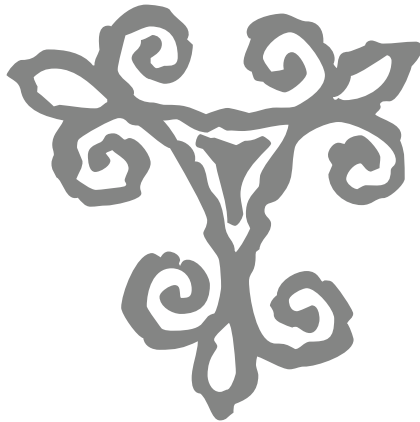


## *The Three Stages*

There appear to be three clear stages involved in attaining magical knowledge that, given enough time and study, most Witches will go through.

- ⊗ The first stage involves recognising your latent and natural ability. This includes the initial years spent searching for a suitable path, guides, spiritual teachers or apprenticeship.
- ⊗ The second step occurs in the middle years which are spent in continuous study and daily application of the magical knowledge as you grow and mature.
- ⊗ The third step is where you reach a level of maturity and mastery in your path. In this stage you naturally become a co-creator and may wish to teach or to find some other way to pass the knowledge that you have acquired on to others.

But to begin with, more about setting that whole wheel in motion.



# Making Natural Connections

When I was just a young kid, several years before I joined a Druid's Circle, I began searching for ways to keep awakening and strengthening my inner Magic. And one of the best ways that I found was to spend a lot of time in nature and taking the time to really look at the beautiful world around me. You see, being a Witch and applying your Magic is not just about specific techniques or rituals and defined doctrines, rules and redes. It is really a spiritual way of life, an inner journey, where you are learning to know and understand yourself, and to 'see' the world around you for the truly magical and miraculous place it is.

I vividly recollect the time I spent in my grandmother's garden as a small child. It was a carefully tended English garden—a paradise of old world scents, of lavender and roses. It backed onto a National Park where I explored hidden mossy caves and swam in freshwater streams along with slippery tadpoles. I was surrounded by an abundance of almost fluorescent native bushflowers, wild mushrooms and smelly, sticky toadstools—all of which I put to magical use, pulling them apart and mixing and mushing them to make strange potions used in secret rituals for the many sprites and faeries I communed with daily.

Through my natural childlike wonder and innocence, I discovered an important truth of witchcraft: that even though certain rituals and ancient techniques are valuable to learn and important to know, the most basic, simple things—such as sitting or lying under a tree (they don't call us 'tree huggers' for nothing), feeling its energy and life force and connecting with the earth under your body and feet—are a vital part of it.

*Doing this can begin to align you with some of the natural laws of Magic as well as the wonderful Elements such as Earth.*

Remember the old expression 'knock on wood'? This comes from old magicians, like the Druids, who would knock on an oak tree to contact the tree spirits.

Being outdoors, feeling the soft breeze on your face and practising deep breathing techniques and meditation can directly align you with the element of Air; doing so on a beach or in the sun aligns you with Water or Fire.

Your spirit is eternal and is connected with all knowledge and wisdom in the universe. Your own mind and body contain the same elements as the stars, the planets, the ancient cosmic dust, as well as the elements and memories of all intelligence and genius, all that has ever been and will ever be—past, present and future.

*The most simple and natural things in life are usually  
the most profound and Magical.*



# Get Into a Good Head Space

A real witch should be well read and mentally active—after all, it's our mind that really does the focusing and application of true Magic. So you should be constantly exercising, training and strengthening your brain power. The more you train your mind, the better a magician you become. And that includes practising both creative and logical thinking.

A witch should never become 'one-eyed' or stuck in one point of view. You should be able to see the many different facets in everything—in people, opinions and everything around you.

*Paradoxes are everywhere. Whatever truth you discover, the opposite is also true.*

Read and learn about as many different philosophies and histories as you can. Don't learn just about Wicca or Druids, witches and spellcasters. Look into both modern and ancient science. Read the ancient Greek classics and Roman legends, and the writings of ancient philosophers and great minds of the past. Investigate the modern psychologists and visionaries such as Carl Jung and Joseph Campbell as well.

It's a step-by-step process, and even after 10, 20 or 30 years of study, you'll find that the most important step is to keep learning to 'know' yourself and look at the world and others in a nonjudgmental and loving way. If you can do that, then most other processes will follow naturally at their own pace and in their own time.

Once you begin to understand the inner meaning of the rituals and various forms of practice, you will actually begin to go beyond the more set and defined forms and techniques and into the higher source of the Craft.

One of the strange paradoxes you can't help but find when studying the ancient lores of Magic is that the more you become aware of the deep psychology and forgotten meanings behind these old rituals and ancient

practices, the more you see just how mutable, flexible and alive in the 'here and now' the core of it really is. It can be as fresh and new for us as it was when our ancestors first discovered these magical techniques many thousands of years ago.

This is why I'm not averse to the ways of the Craft moving out of the broom closet—I don't have any fear of it losing its mystery and wonder to me or others because the more I learn, the more mysterious and magical it all becomes. The knowledge actually helps you to appreciate the mystery and enchantment of everything—not just the spells and rituals, the 'high ceremonial' part of it, but also the everyday, mundane, simple things in life; they all become a part of the great Magic ceremony of being alive.

It's wondrous, and no matter how long you study, you can never get bored because there is so much more to know. Your mental ability expands and your overall tolerance level rises so you find that you *want* to know and keep learning more.

You'll probably find that you become addicted to reading books as well. So don't say I didn't warn you! Every mature-age witch I know is an incredible hoarder of information and usually has a collection of books—old and musty and brand-spanking new—that would make the National Library jealous.

The learning never ends. Even if you eventually become a teacher of Magic, you will remain a lifelong student. I look at my father, for instance, who was one of my first spiritual teachers. At 70 he is having another fresh burst of mental activity and mind expansion, which is truly amazing. He's writing a book trilogy based on his own theory of the meaning of life, and is still looking at the world through the eyes of a young discoverer. It's a great thing to look forward to. If we start early, we witches can look forward to many years of wonder and passion in life.

*The more you study the world through ancient wisdom,  
the more you see the Universe through the eyes of a child.*

# Witchy Wild and Free

Trying to fit witchcraft into just one pathway is too narrow a concept for any Master Magician or Real Witch.

Just like Mercury, the ancient god Hermes who is Magic's favourite son, Magic and witchcraft are by their very nature wild, free, slippery and hard to pin down. And most witches are also freedom-loving individuals with strong natural spirits—they are as wild and untameable as any birds in the forest or lions in the jungle.

*We are gypsies, with questioning minds and independent souls,  
though we may choose to stay and sit around the fire for a time,  
absorbing the wisdom of a spiritual master.*

And we may study and respect different magical techniques and follow ancient guidelines and teachings—we don't need strict doctrines and religious dogma to show us what real Magic is. For we are already 'One' with the Universal god/goddess and feel a great love for the natural world around us.

The essence of Magic is inspired through a free and unhindered spirit. It is being able to let your spirit roam where it wills, feel what it wills, be what it wills. The secret of Magical Mastery is to do the above within a well-balanced and observant perspective.

This is a spiritual path as well as a philosophy, a way of looking at science, mathematics, nature and the universe. To many, it is also their choice of religion.

All combined, it is an ancient path; but it is also a path of modern knowledge that can help us understand and walk right into the future, to

look into what we and future generations on earth are going to be facing.

To be a Real Witch is an ever-evolving spiritual path that travels side by side with science, our physical health, our environment on earth, as well as our healthy sexuality and artistic expression.

It's about becoming a renaissance person and all-round human being capable of understanding and handling anything you set your mind to and, very importantly, allowing your neighbour their freedom to do the same.

Before we go on to the next chapter, here is another 'crafty' secret I'd like to reveal to you. You can all be the brightest of stars because every one of us is living in an enchanted paradise of golden opportunities. You're overflowing with so many wonderful gifts that the angels had to put them all in a cosmic bank for you. Now on the next pages, I'd like to give you some more enchanted keys to help open up that heavenly deposit box of yours, so you can really start making withdrawals from the endless well of Power and Magic.



# All you need to know to get started

Now that I have shared some of my magical training and given you some thoughts on what being a Real Witch is all about, I would like to show you what I know to be some of the essential tools and 'secret' keys to spellcasting and Magic.

Of course there are many other tools and methods in the Craft, but the following techniques are designed to give either a novice magician or an experienced Crafter some tried and true and unique hints as well as a way into the type of magical practice that has seen me through thick and thin and produced some spectacular results for both me and my inner circle over the years. Within this section you will also see the continuing 'practical and mystical' theme I spoke about earlier, and this is to help you absorb the fact that the most successful sorcery is always done with a combination of the mystical, esoteric themes, and the actual, physical action.

A great piece of witchy advice I would like to give you is: if you can use even some of these magical essentials, along with getting actively involved in your everyday work and relationships with the same type of 'get up and go', then the world can really be your enchanted oyster.



# How Does a Spell Work?

Rituals and Magic spells are beautifully creative events that can be as overtly ceremonial and theatrical or as simple and direct as you desire them to be.

Whatever style of ceremony you choose, a spell needs to be as workable in the physical world as it is in the metaphysical. I like to use a combination of Occult techniques, depending on what type of spell I intend to cast. But whichever I choose, I always take into account the environment around me and what methods can be applied to the space I am working in.

For example, I might be out of broomsticks and want to work some Magic on a jet plane as I'm flying over the two Hemispheres, or I might want to connect with the elements in the middle of a desert with no tools except my own 'skyclad' body and willing mind, the earth firm beneath my feet and the heavens soaring above me!

An excellent ritual I have for both such occasions is called 'the Universal Compass' and you can use it any time and anywhere to help you connect with the major elements and all the directions of the world.

Not only does a Magic spell work by intent and the power of your thoughts, the alignment of your body, mind and spirit is also important to its effectiveness. All three of these aspects of yourself can be brought together by:

- ⊗ deep breathing and meditation;
- ⊗ letting go of nervous desire and impatience; and
- ⊗ being consciously aware of your connection to the eternal universe.

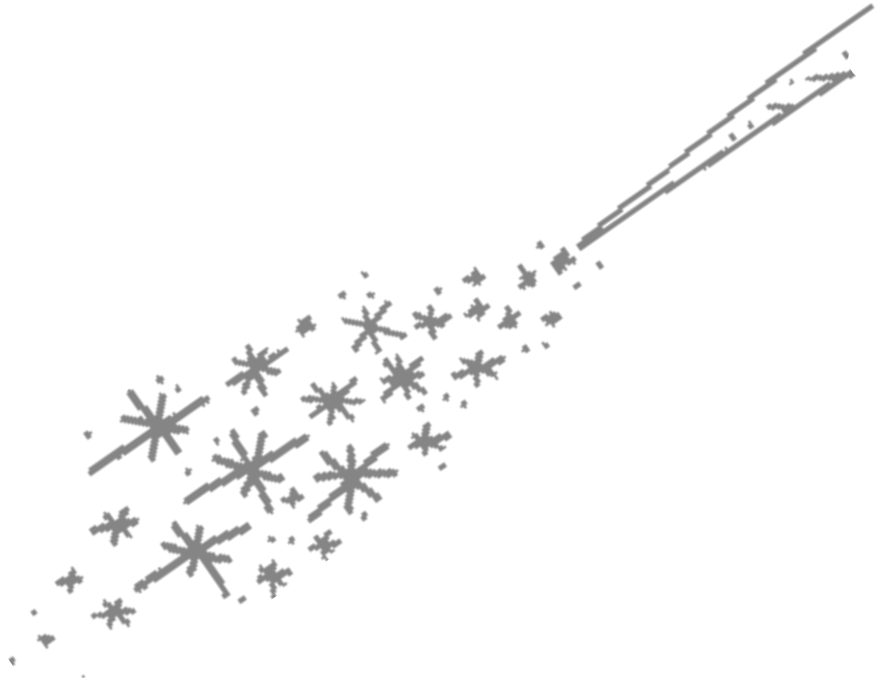
Don't just believe it can happen, know it and see that it already has.

All aspects of the universe, including yourself—your mind, body and spirit—are connected; we are all energy. Everything we see around us is the physical manifestation of thought, and your thoughts have the power to change the atmosphere of your mind, which can in turn change the dynamic of the atmosphere around you.

*Nothing is ever destroyed or disappears entirely - everything is energy,  
and energy can only be transformed.*

To create the right environment within and around you before a spell is cast, cleanse your aura and the space or room you will be using for spellcasting. This can be done very simply by spending some quiet time alone and calming your energies through meditation and deep-breathing exercises. If possible, you can bathe or take a shower to help wash away built-up stress.

You might like to perform your rituals 'skyclad' (what we witches call being naked). At other times you might want to wear a special robe that you only use for magical workings. What's best is to wear what feels the most comfortable and right for you.



# Magical Tools

Most Magic charms use tools like candles, crystals, aromatic oils and herbs and spices, as well as spoken words and incantations. Why?

You can use these magical tools for both practical uses—as a source of light or heat, for their medicinal qualities, or to assist focus and concentration—and because each herb, colour, scent and incantation has its own esoteric use and unique vibration—a magical resonance that enhances the power of your spell, just like a musical instrument enhances a song.

Imagine when playing a guitar, for instance, a particular string is plucked and gives off a particular note—a wave of energy that you not only hear, but *feel* physically and emotionally as well. When the strings are strummed together in a chord, the different notes merge and

*create energy that enriches the atmosphere and causes  
a shift of emotions in people who are close by.*

In the same way, because we are living in a quantum universe of overlapping space and time, you can also affect the object or person you are focusing your Magic on, no matter how far away they are on the planet.

The esoteric vibrations of colours, for example, are commonly used in Magic. Using a red candle in a spell, for instance, suggests passion and energy, while a blue candle inspires tranquillity and peace. A complete list of candle colours and their esoteric meaning appears on the following pages. The same applies to herbs and incense that can be used in spells. If you want to bring on prosperity, for example, you could use nutmeg or sage, or if your spell or ritual has a purifying intention, eucalyptus, vanilla or thyme could be used. Following is a comprehensive list of herbs and incense and their esoteric meanings.

# Candle Colours and Their Esoteric Meaning

BLUE: success, peace, tranquillity and protection

BROWN: animal Magic, environment and grounding

GOLD: the Sun, wealth and royalty

GREEN: luck, growth, prosperity and healing

ORANGE: creativity, health and attraction

PINK: love, friendship, femininity and gentleness

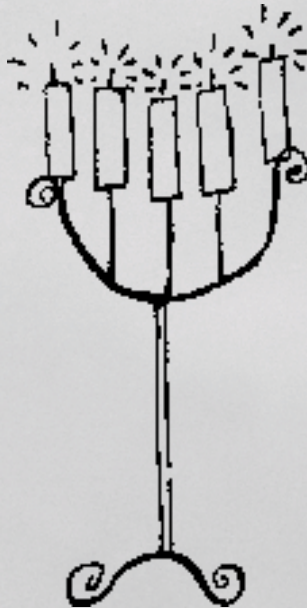
PURPLE: spirituality, psychic ability and enchantment

RED: passion, lust, energy, vitality and strength

SILVER: mysticism, the Moon and prosperity

WHITE: truth, purity, meditation and spiritual protection

YELLOW: concentration and mental ability



# Herbs, Spices and Incense and Their Esoteric Meaning

- ALLSPICE: spiritual vibrations and strengthens in any ritual  
BASIL: wealth, love and fertility  
BAY: protection, clairvoyance and good fortune  
CARNATION: healing, vitality and friendship  
CINNAMON: luck, love and prosperity  
CLOVE: memory, eyesight and attraction  
EUCALYPTUS: healing and cleansing  
FRANKINCENSE: high Magic, protection and purification  
GARDENIA: arousing, aphrodisiac and passion  
GARLIC: banishing and protection  
JASMINE: spiritual love, happiness and erotic feelings  
JUNIPER: safety, protection, love and affection  
LAVENDER: attraction, sexuality, beauty and purification  
MARJORAM: happiness, cleansing and affection  
MINT: clear sight, energy and cleansing  
MUGWORT: protection and powerful goddess energies  
NUTMEG: prosperity, attraction and clairvoyance  
ORANGE: harmony and a happy atmosphere  
ROSE: love, passion and friendship  
ROSEMARY: purification, healing, good fortune and high Magic  
SAGE: prosperity, cleansing and good health  
SANDALWOOD: mental ability, meditation and tranquillity  
THYME: clairvoyance, protection and purification  
VANILLA: purity, affection and feminine attraction

# Chants and Incantations

When casting a Magic spell, your own voice and the words you speak are a very important part of the ritual, especially since your voice triggers certain vibrations and resonances in the universe. The old Celtic Druids and Bards considered poetry, music and the spoken word to be full of great sorcery and spent many years honing their skills in wordcraft and songs—which might explain why so many of us witches are creative writers and singers.

On the pages that follow are a few of the simple incantations I have used over the years. Some of them were passed down to me from my Elders, and I created the others. They have worked very well for me, so please feel free to use them as often as you need.

When you get a feeling for the way the structures and rhythms of the incantations work, add your own lines and use them to practise with.

*After a while you will begin to see the deep connections and high  
magic behind the wordcraft, poetry and music.*

It really is inspiring and lots of fun, and the more you practise it, the better you become.



# The Rhythm of Life

Through my 'Bardic' family background and Druidic training, I've come to discover quite a few handy secrets about the magical ways of words, rhythms and even song melodies.

Getting to know how different word and music rhythms can cause different effects in spellcasting can take quite a bit of time and study, but here are some important keys to the understanding of it, and if you practise with these types of rhythm techniques,

*you won't be a 'slave' to the rhythm, but a Magical master of it.*

There are a variety of styles to enchanted rhythms. The first one is the one-liner; this is an ancient single-beat 'power stroke' that can be used on its own as a spell, or can be added to the end of a longer spell to give power and resolution. In modern terms, you could say that this is the 'pay-off' line and interestingly enough, the one-liner is the style that's often used in modern affirmations and even commercial advertising. (There may very well have been some witchy minds working overtime when someone came up with the great 'power stroke' of 'Share the Spirit' for the incredibly successful Sydney Olympics.)

But for our purposes, we can use magical one-liners such as the tried and true 'power strokes': 'It *Will* Be So' or 'So *Mote* It Be' or the slightly longer 'So *Shall* My Request Be Heard'. Note that there is an emphasis on the action words in the line to help push the rhythm along.

The most popular of the incantations are the rhyming kind that usually have about three or four lines. The words will tell a little story about the type of spell it is, and the intent or purpose of the charm.

For instance, you can probably guess instantly the intention of the spell below, even without me explaining it to you. Note the all important 'pay-off' line at the end that signifies the intent and purpose of the spell.

*'This candle is my burning love  
As bright as the sacred Sun,  
May this flame warm your soul  
And let us soon be one.'*

The above spell is in a 4/4 rhythm, which is a popular and joyous rhythm used to enhance an incantation or a magical song. You can also play around with 3/4 rhythms, which are more waltzy and can be more poignant too. It is said that the ancient High Priestesses of Delphi also made great use of all rhythms and music for sorcery—especially the 3/4 and 4/4 beats—to get everyone excited and inspired.

You don't always have to use poetry or rhyming words to be effective. Sometimes you can use just a few very meditative or strong lines that get your point across and are more like affirmations.

*'Let all impurities be cast from me  
with this cleansing breath.'*

Then you can add a more resolving 'power stroke' line with something like:

*'O Blessed Be' or 'Thank you, my Goddess'*

And finally, here is a very old key to effective Bardic spells and chants that has been used for many centuries—the use of the magical Quatrane. This is where you do a four-liner, and then add an extra 'power stroke' and 'pay-off' line at the end—sending your incantation and final intent zooming off into the Universe.

Here's an example of it that I used for a spell called the Cheapskate Charm which appeared in Nice Girl's Book of Naughty Spells. (I've since heard from many readers who have had great success with this one!)

*'While money is owed to those who wait,  
Bills pile up and confusion reigns,  
Your conscience shall prick  
When I repeat this plea,  
Allow what is mine to return to me.'*



## Readymade Incantations

### To Awaken Love For Yourself

'I now let go of unhappiness and stress  
and I open my mind, body and spirit  
to receive the wisdom of the Universe.'

or

'I am content in my own Universe,  
I create and give love and friendship  
and I will learn to know my inner self.'



### To Attract a Soulmate

Concentrate on the moon or a star  
that attracts your attention and think loving thoughts.

'With these Magic words I begin my spell  
Hear me, oh mystic star, hear me well.  
Let your Magic light send me the love of my life.'

### To Bring Back an Ex-lover

Picture yourself and this person back together  
and happy again.

'Each time you wake,  
each road you take,  
you shall be feeling my love.'



For Getting a Job or  
Success in Business

'I feel it, trust it and I shall be it,  
Now luck and good fortune shine on us all.'



For Peace and Harmony

'Love before me,  
love beside me,  
love behind me,  
bring peace, harmony and truth.'

To Expel Bad Luck and Negative Energy

'All the bad energy is now gone,  
I see reflected only pure light and affection.'



## To Boost Self-esteem

'Deep within me, my soul is my guide,  
I shall put away my fears and know  
that I deserve to love and be loved.'



## For Help With Legal Problems and Court Cases

'Spirit of success and justice  
surround me with good fortune.'

## To Heal a Broken Heart

'Oh shimmering star,  
weave your magic spell tonight.  
Help me feel my soul within,  
so my wonderful new life can now begin.'



## *Song of Kullerone (sung in the key of E minor)*

If you are musically inclined, writing chants and poetry is a great way to stimulate your songwriting too. Here is an example of one of my own compositions that was written for a mystical rock opera, about a lost enchanted island called Kullerone.

'Fair maiden waiting, gold rings in her hair, her heart is breaking  
White knights are riding, a sword in their hand,  
Their last stand for Kullerone,  
Sorcerer weaves his way into their soul,  
Memories will fade  
Lovers are weeping while legends are made on the shores  
Of Kullerone,  
Island alone, I hear you calling  
O come take me home,  
My Kullerone.  
Put out to sea in boats made of pearl  
Hear the winds howl  
Sail far from the land where Magic was born  
Away from our own.

Our Kullerone  
Island alone, we hear you calling  
O come take us home,  
Kullerone.

(REPEAT ABOVE CHORUS)

O my beth, O my shay,  
no traces or a sign,  
you shall remain between the ways,  
'Til I come to make you mine'

(WHISPER ABOVE CHANT UNTIL FADE)

Deborah Gray, 1983



# Casting a Circle

When you cast a circle, you create your own magical environment and a focus of cosmic power within and around you.

Whether you cast a circle, a square, pyramid or star, you are not creating a shield or barrier from outside forces. You are creating a psychological space that can help take you out of the 'normal' mundane world that you interact with every day, and into the mystical, metaphysical world.

You don't perform circle 'boundary' rituals to switch off or block spiritual energies. You do it because you are trying to join, connect and be 'one' with the infinite energies.



# Appreciating the Law of the Paradox

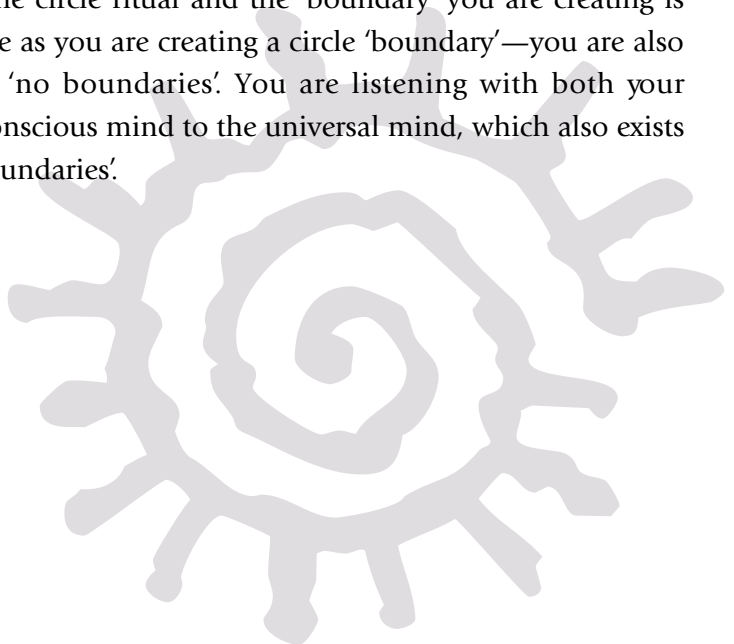
What I am about to tell you next is very important to your practice as a witch and is in accordance with ancient Occult knowledge and High Magic techniques.

If it doesn't make a lot of sense to you at first, don't worry; just take the next piece of information in and know that when you are ready, its meaning will become clear.

*Every action we do and experience in life has more than one meaning and more than one outcome and reaction.*

An experienced witch works with the knowledge of both the physical and the metaphysical world, and we also work with the knowledge of the paradox—which exists in *both* the physical and the metaphysical worlds.

The paradox of the circle ritual and the 'boundary' you are creating is that at the same time as you are creating a circle 'boundary'—you are also creating a circle of 'no boundaries'. You are listening with both your conscious and subconscious mind to the universal mind, which also exists in a space of 'no boundaries'.



# Raising Power

Many witches always cast a circle or a spiral to help focus and raise energy before they begin a spell, but this is not essential practice. What you choose to do depends on your own instincts and traditions.

There are countless ways to raise energy. Some traditions cast their circle by calling up the four elements and the 'Watchtowers', and then may raise up a 'cone of power', while others believe in calling on protective spirits or angelic energies. Others again like to work with fairy or 'Faery' energies or Nature sprites or the different pantheons of ancient gods and goddesses.

Whatever methods you use, work at your own pace and try out different approaches one at a time to see what works—what 'resonates' magically for you. What works for you will often depend on what type of person you are. Maybe you are more of a cerebral type of person who feels more inspired by being alone or sitting in a circle with others, quietly focusing your mind and body with meditative rituals. Or you may get a lot of excitement and magical value from trying out the more physically involving rituals which can incorporate dancing, beating drums, singing and chanting (which can be done both alone or with a magical group).

*The point is there is no 'right' or 'wrong' way to connect with the source of Magic and to raise up energy -*

the only right thing is whether you are getting inspired from the ritual and feeling it happening.

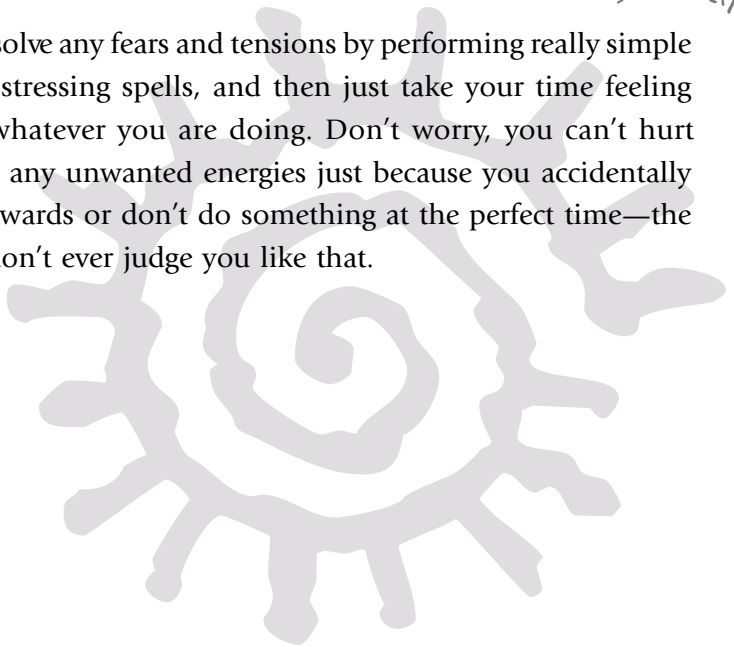
Especially when you are just starting out in the Craft, it's best to work with rituals that inspire you in a more positive and uplifting way as well as those that help you connect with the 'oneness' of yourself and the eternal universe.

Begin with rituals you relate to and understand. There's no point in attempting ceremonies that are so full of complicated symbols and language that you don't really know what you're trying to do and lose sight of what you are trying to achieve.

Remember to trust in the Universe so you can be fully open and relaxed. There's far less chance of you getting in touch with your witchy nature if you are fearful or cast your circle thinking you need to protect yourself from entities or 'outside forces'. Putting up psychological barriers will only create unwanted tension and that won't allow you to fully connect or achieve anything much at all, except perhaps to give yourself a stress headache, which ain't too magical.

*Even if you don't have a more experienced person to perform rituals with, you can always get in touch with your own 'wise wizard' inside yourself.*

You can help dissolve any fears and tensions by performing really simple meditation and de-stressing spells, and then just take your time feeling comfortable with whatever you are doing. Don't worry, you can't hurt yourself or raise up any unwanted energies just because you accidentally say something backwards or don't do something at the perfect time—the universal energies don't ever judge you like that.





# Circle of Light

This wonderful ritual is one of my favourite ways of casting a circle and raising a spiral of energy. It is for focusing and invoking a sense of growth, attraction and abundance. It can help put you into a meditative and responsive state wherever you are, and

*connect your spiritual and physical energies to the Universal forces around, above and below you.*

It requires no external tools, but is still one of the most powerful and ancient rituals you can do. Perform it day or night, including whenever you feel your psychic and physical energies need a boost or to enhance the power of a spell.

Find a comfortable and private space, either outdoors or indoors, and stand, breathing calmly. Loosely cup your hands together in front of you so that you can see the palms of both of your hands. Look closely at the centre of both of your hands and look at the tiny lines on your palms. Observe how there appears to be a curved space that is perfect for holding a small sphere.

Keep looking until you visualise that small sphere softly glowing in your hands, and in your mind's eye, imagine that it contains a mini universe that is shimmering with thousands, then millions, of tiny suns and stars, which are starting to merge into a mini galaxy of light. The more you look into this cosmic sphere, the more you really see this mini universe which has its own galaxy of stars circling slowly around inside it in a clockwise direction.

Feel the power and energy of that mini galaxy as it starts to spiral up through your entire body. When you are feeling uplifted and revitalised, start turning on the spot to the right, in a clockwise direction. Spin once

or twice in a circle and joyously fling the light sphere away from you and watch the sphere dissolve into the atmosphere, scattering those thousands of tiny stars to surround yourself with your own expanding galaxy and circle of light.

## Why Clockwise or 'Deosil'?

In the above spiral of power you turn to the right because it's an ancient symbol and psychological trigger for going forward and moving towards the light. Think about the old saying 'putting your right foot forward' and why in most cultures we greet each other by shaking the right hand. Even our clocks, our precious time keepers, turn 'clockwise' to the right, and no matter where you are on Earth, if you stand facing the North at dawn, the first life-giving rays of the Sun will rise in the East and shine on your right side.

'Deosil' is from the old Scottish term 'Deiseal', meaning 'turning to the right' and is also a Craft term for clockwise or 'sunwise'. Because the Sun's energy gives us light and life, while the Moon is a cold and mysterious planet with a 'dark' side, humans, plants and most other living creatures naturally turn towards the sunlight to 'wake up', grow and blossom. The left side, turning in the opposite direction towards the Moon and night, helps us dream, rest and travel through the more mysterious side of us. Through both evolution and culture, this 'sunwise' and 'moonwise'—right and left action—became a very strong part of the belief system. Throughout Europe and in many other parts of the world, right-turning, clockwise rituals like the one above have been performed for thousands of years and are magically effective in the most universal and profound way.

There are some left-handed and Southern Hemisphere witches who prefer casting 'forward motion' and 'attraction' circles in an anticlockwise

'widdershins' direction. And hey, that is perfectly cool if works for them, but I personally wouldn't recommend you cast a 'forward' circle in an anticlockwise direction, regardless of what country or Hemisphere you might be working in. Not because anything drastic can happen, but simply because our genetic and psychological adherence to these left and right actions is often too ingrained, and it can get confusing to swap around.

## Anticlockwise Rituals

The left-hand side has received a bit of bad publicity in times gone by. Many natural left-handers were forced to write with their right hands, and even the Latin name for left, 'sinister', meant 'dark' and 'evil'. But this is just superstition, and casting an anticlockwise circle to trigger your left side does not have such a purely negative connotation in Magic. It is about subconsciously turning to the direction of the Moon and the night. The anticlockwise circle is cast for going backwards into the past, for cleansing a space or ridding yourself of leftover stress, or working with the deep and the more mysterious witchy energies and your moonshadow side for a change.

The following widdershins, anticlockwise ritual can be used for clearing away negative energies and past worries and for 'washing' a magical space in readiness for further spellcasting and rituals.

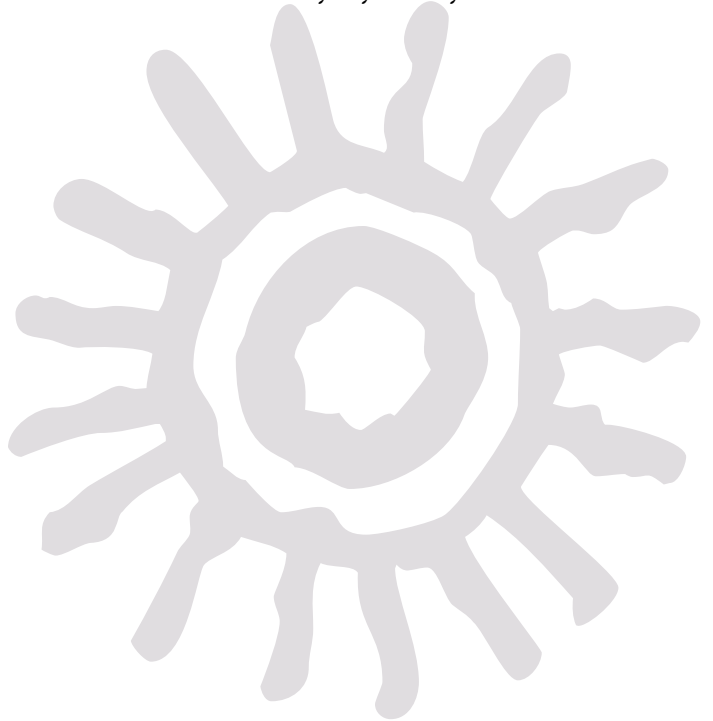
Instead of visualising a sphere of light, imagine you are holding a bowl of water. And as you look into it, start breathing deeply in and out. With each breath, imagine the water is drawing out all your doubts and fears about yourself. As it absorbs those heavy and negative sensations, feel the water revitalise you and recharge you with a sense of inner calm and strength. Whenever you are ready, start spinning to the left, in an anticlockwise direction, flinging the imaginary bowl of water away from you. Watch it flow into a beautiful velvety river of energy that dissolves into the atmosphere, washing over everything with a deep sense of spiritual cleansing and a feeling of release.

## Closing the Circle

Some witches like to 'close circle' soon after they have finished casting their Magic and spells. On most occasions I like to retain at least some of the 'uplifting' and energised state of mind so I simply allow my energies to settle down naturally. I usually spend a few moments in quiet reflection and meditation at the end of each spell or ritual and perhaps say some relaxing words like:

*'I now dissolve this circle of power and give thanks to the Universal God/dess,'*

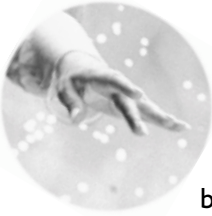
Or I may choose to ground myself by sitting comfortably or lying down on either the floor, grass, rock or sand, and feeling the 'grounding' energy gently bringing me back down to earth and everyday reality.



# Temple of the Four Winds

This magical stone circle was taught to me during my years of apprenticeship with the sorcerer Fenris. It is called the Temple of the Four Winds because it not only honours the power of the four winds but it is also built as a permanent circle of stones, in a similar way to a Druid's temple, and can be entered alone or with guests for meditation, special rituals or spells. If you have enough space outdoors, in your own backyard or terrace, you can build the circle whatever size you like, but if space is a problem you can build one that is just big enough for one or two people to stand or sit in and then keep it permanently set up as your special outdoor temple.

## You will need to gather:



- ⊗ a wooden stick (this will become your Magic Stang) 90 cm or more long (this can be a slim piece of any tree branch, a broom handle or a simple or ornate walking stick); you will also need to work out which end of the stick you choose to be the top and which is the bottom end
- ⊗ some chalk or a can of white spray paint (optional)
- ⊗ a measuring tape (optional)
- ⊗ a number of pebbles or medium-sized stones (how many depends on how big you decide to make your circle)
- ⊗ a basket or bag for the stones (optional)
- ⊗ a cup of sea or rock salt

You can build this stone circle on any reasonably fine morning of the year, but the most powerful time to erect the temple is during summer when the sun is at its strongest peak (particularly the dawn of the Summer Solstice).

If you have already worked out from which direction the Sun rises in your area, then that's all you need to work out—where East is. If not, you will need to get a compass to work it out.

The day before you build your temple, look for a safe, quiet spot outside in your backyard, courtyard, or on an open air balcony (preferably where you can go and be undisturbed and relaxed). When you have found the perfect spot, meditate for a while to help cleanse your aura and settle your energies. Then work out the exact position and size you'd like your temple to be (the measuring tape can help here). Next draw a clockwise circle either in the earth with a stick, or with a piece of chalk on the ground, or you can use either a paint brush or can of spray paint. Around this stage you can also work out if you have enough stones or pebbles to build the temple. Do a test by placing your stones around the traced circle to see if you have enough. (The stones don't have to be touching each other; you can place them up to 30 cm apart if you don't want to collect too many). When you have finished your test and drawn or painted your circle, take away all the stones, and store them outside the circle (in a container or bag if you wish). Then pick up the cup of salt and walk just once around the traced circle in an anticlockwise (widdershins) direction, sprinkling the salt as you go, to cleanse the area. Next, leave the traced circle as it is overnight so the area can be charged by the energy of the Moon.

That night, before you go to sleep, set your alarm clock early so you can be ready to start building at least half an hour before sunrise. In the morning after you have had a quick wash you can either dress in some comfortable clothes or remain skyclad. Then go out and gather all the stones and the wooden stick, go back out into the centre of the circle and put the stones and the stick down in the middle. Sit nearby in a comfortable position facing East, and wait for the Sun to rise. As soon as you see the rays of the Sun lighting up the sky, pick up just your wooden stick, stand up, and walk over to the Eastern edge of the circle. Hold the stick with the top end pointing majestically up to the sky to be charged by the rays of the morning Sun and say out loud:

*'Sacred rays of the Eastern Dawn, charge us now with glorious new beginnings and the fire of life.'*

Then when you feel ready, walk slowly and evenly around the circle to the right, in a clockwise direction (Deosil) with the stick pointing to the ground in front of you—as if you are retracing the exact line of the circle and now charging it with the Sun's magical energy. Then when you have walked once completely around the circle you should end up back facing the sunrise in the Easterly position.

Remain facing the Sun with your arms raised to the sky. Breathe deeply in and out as you feel your lungs being cleansed with fresh air. Hold the stick once more up towards the sky, as you say this incantation with conviction:

*'Gather now all four winds of East, North, South and West,  
blow from all corners of the Earth, Sun, sky, and sea.  
Now together we are as one as we cast this our circle of power.  
So Mote it Be.'*

Next, walk back into the centre of the circle and tap the bottom end of the stick three times on the ground. Then lay the stick down and pick up as many stones as you can (take the container with you if you like) and start placing them one by one in a Deosil (clockwise) direction around the circle. If you need to go back into the centre and collect more stones, that's okay, just keep laying them all down in a clockwise direction until you have laid down an evenly spaced circle of stones.

When you have finally finished laying down the stones, go back and stand in the centre of your circle. Then pick up the wooden stick once again, turn on the spot and face the sunrise again. Hold the stick for the last time in the sky directly above you as you say:

*'I call on the Lords of Light, the goddess Moon and Sun  
to honour this our temple of the four winds,  
for as long as it stands may this be  
a sacred space of Magic and eternal wisdom.  
O Blessed Be.'*

Finish the ritual by tapping the ground again three times with the bottom end of the stick and then you may walk out of the temple in any direction. To 'lock up' the energies of the temple while you are away, stand outside it and say:

*'Between the ways guards the Lords and Goddess of Light,  
we shall go with honour, merry meet, merry part  
and merry meet again.'*

Make sure you bring anything left over from the ritual with you and keep your wooden stick in a safe place wrapped in a piece of silk, cotton or leather. Because your stick has been energised by the ritual, it is now called your 'Magic Stang' and it is to be used only by you (or a delegated person) and only when you want to go back and meditate or do some rituals in the temple.

Whenever you wish to re-enter the temple for meditation or for special rituals, re-open the magical doorway by standing outside any part of the circle holding your 'Magic Stang'. Tap the end of the stick on the ground three times and say:

*'I open the ways to greet the blessing of the Lords and  
the Goddess of Light,  
Merry Meet.'*

And then walk into the temple.

Once you have opened the magical doorway to the temple, you or any guests can walk in and out from any direction as much as you like. You can bring any spell items or decorations in and out with you and when you have finished your rituals, you or the delegated person are in charge of 'locking' the magical doorway up again with the previous closing ritual.

Don't be surprised if you keep finding your family pet curled up asleep inside it—or if your smallest child always seems to enjoy playing in the middle of this outdoor temple. There's no need to discourage it, as this happens simply because animals and children are naturally attracted to the circle's natural goddess and Faery vibrations. Their presence is always welcomed and only enhances the magical energies within.



# Your Indoor Temple

I like to think of my home as being an indoor temple, with not only rooms for rest, work and sharing food with my friends and family, but also with some special area within where no matter how deliciously chaotic and untidy the rest of the house may get, I always have my own 'sacred space' for weaving certain spells or to just sit quietly and meditate for a while. My sacred space and magical altar are near a window in my bedroom, where I have placed an old-fashioned dressing table and mirror and on which I have strewn all my favourite crystals and seashells and my collection of new and antique perfume bottles. Because I am quite an eclectic witch I am always on the lookout for new and interesting knickknacks and I also have a variety of candlesticks and magical tools, including a set of pewter chalices, a specially carved bone and crystal wand, and recently I found a small but exquisitely engraved ceremonial knife, which I now use as my 'Athame', and that, along with a plump little statue of the Laughing Buddha, takes pride of place amongst my collection.

There are lots of different ways to set up your own altar, and while some of the contemporary Craft traditions have very definite rules on which direction you should be facing and what specific tools you should have, I really think that the most enchanting altars are those that contain items you personally treasure, have made yourself, or have chosen because they have called out to you in a shop or a flea market stall and said:

*'Try me! I can help you make Magic!'*

You can create an altar facing North, in the direction of Dreams and the Moon, or facing East, in the sacred direction of the rising Sun.

# What's in a Name?

Magical names can be both inspiring and very useful in creating just the right energy for rituals and spellcasting. The name 'Belthane' is my own adaptation from the witchy festival 'Beltane' and I love to go by that name during my old coven's favourite celebration, Walpurgisnacht on April 30th, and during any of the Spring and Summer rituals, or simply when I feel like adding some extra 'sunshine' and a happy spring feeling into my life.

You don't have to rush out and choose a magical name at all if you don't want to, and funnily enough I have found that a lot of witchy folks I know seem to think that some of the most powerful names actually choose you. For instance, myself and quite a few of my magical friends were never Christened or given our birth names through a normal religious ceremony. Instead, each of us went through our first official 'naming ceremony' in very unusual and witchy circumstances. Like many coven-educated witches, I also have a secret Craft name that was given to me in my first ever naming ceremony or 'christening' by Fenris the Druidmaster (and I retain its power by keeping it secret and only using it whenever I want to make contact with him). My friend Athena was officially named for the first time in a feather and water ceremony by a Mexican Indian Shaman called Don Juan, who 'christened' her with the name 'Starwoman' in the 1970s. And it has certainly helped to resonate the perfect 'star' essence around her life and work. Athena also tells me that sometimes, when she feels she needs grounding, she calls herself 'Earthwoman' for a few hours—just to have a bit of rest from zooming around the planets. Names definitely resonate around you with their own energy and each name can inspire you in very different ways.

If you're in search of an enchanting name for your witchy work, then here's a short list of suggested names along with their magical vibrations and meanings.

# Celtic and Gaelic names

## FEMALE

- ⊙ Aideen: Irish lover of the fairy man
- ⊙ Aine: fair Queen
- ⊙ Aislin: dream
- ⊙ Ashore: loved one
- ⊙ Brenna: raven maid
- ⊙ Brigid: strong
- ⊙ Calum: dove
- ⊙ Cara: friend
- ⊙ Darcy: dark one
- ⊙ Duessa: dark beauty
- ⊙ Edana: little fire
- ⊙ Fenella: fair
- ⊙ Genevieve: magic sighs
- ⊙ Gwyneth: white lady
- ⊙ Keelia: beauty
- ⊙ Rhiannon/Epona: witch and horse goddess
- ⊙ Riona: queenly
- ⊙ Rona: sea
- ⊙ Sabia: goodness
- ⊙ Shannon: little wise one
- ⊙ Ula: jewel of the sea

## MALE

- ⊙ Ahern: lord of horses
- ⊙ Arthur: noble
- ⊙ Baird: ballad singer
- ⊙ Bram: raven
- ⊙ Calhoun: warrior
- ⊙ Callum: messenger of peace
- ⊙ Carlin: little champion
- ⊙ Casey: brave
- ⊙ Conlan: hero
- ⊙ Dagda: strong wizard god
- ⊙ Dallan: wise
- ⊙ Devin: poet
- ⊙ Donovan: dark warrior
- ⊙ Edan: fiery
- ⊙ Forbes: wealthy and prosperous
- ⊙ Galen: intelligent
- ⊙ Gavin: white hawk
- ⊙ Hogan: youthful and spirited
- ⊙ Mahon: bear strength
- ⊙ Morgan: sea's edge
- ⊙ Murrrough: sea warrior
- ⊙ Niall: champion energy
- ⊙ Sheridan: wild man
- ⊙ Tiernan: lord

# Greek names

## FEMALE

- ⊙ Amarantha: immortal
- ⊙ Ambrosia: food of life
- ⊙ Anastasia: one who will rise again
- ⊙ Astra: starlike
- ⊙ Calandra: lark and song
- ⊙ Chloe: flowering
- ⊙ Delphine: oracle of Apollo
- ⊙ Dorissa: sea
- ⊙ Ilona: light
- ⊙ Iris: goddess of the rainbow
- ⊙ Melanie: dark beauty
- ⊙ Moira: goddess of destiny
- ⊙ Penelope: the weaver
- ⊙ Phoebe: moon goddess
- ⊙ Theola: divine
- ⊙ Trina: pure
- ⊙ Ursa: she-bear
- ⊙ Zandra: helper of humankind
- ⊙ Zoe: life giving

## MALE

- ⊙ Ajax: eagle
- ⊙ Alexander: great protector
- ⊙ Cosmo: the world
- ⊙ Darius: wealthy
- ⊙ Homer: promise
- ⊙ Jason: the healer
- ⊙ Leander: lion man
- ⊙ Orestes: mountain
- ⊙ Orion: hunter
- ⊙ Phalen: calms
- ⊙ Sebastian: majestic
- ⊙ Zero: shining

## Miscellaneous Cultures and Energies

- ⊙ Adora: beloved one
- ⊙ Aurora: golden energy
- ⊙ Belinda: beautiful serpent
- ⊙ Bellona: Goddess of War
- ⊙ Blackthorn: protection
- ⊙ Bluebird: great name to make you feel happy
- ⊙ Bryony: balance
- ⊙ Cerelia: Goddess of the Harvest
- ⊙ Chantal: singer and enchantress
- ⊙ Diana: goddess of the hunt
- ⊙ Draco: dragon lover
- ⊙ Faline: catlike
- ⊙ Fayiana: dancer
- ⊙ Goldenrod:  
Magical healer
- ⊙ Hawthorn: an ancient and powerfully witchy name
- ⊙ Heather: graceful and quietly powerful
- ⊙ Leandra: lioness and leo aspects
- ⊙ Lily and Lena: feminine and exotic temptress
- ⊙ Lucretia: wealthy and clever herbalist
- ⊙ Lumina: a good name for personal enlightenment
- ⊙ Luna: Moon Goddess energy
- ⊙ Lyra: bright star and musically bright
- ⊙ Mahogany, Orchid and Rowan: great names for exotic looks; gives protection
- ⊙ Maiea: Goddess of Springtime
- ⊙ Maris: of the sea
- ⊙ Portia: offering
- ⊙ Risa: laughing one
- ⊙ Sibyl: prophetess and fortune teller
- ⊙ Terra: Goddess of the Earth
- ⊙ Valora: strong and courageous

# Enchanting Combinations

## Male and female

- ⊙ Aidan Nightwind
- ⊙ Aldwyn Greenwood
- ⊙ Annwyn Celestine
- ⊙ Artemis Dreamweaver
- ⊙ Astra Angel
- ⊙ Axel Beowulf
- ⊙ Axel Ra
- ⊙ Beowulf Moonstone
- ⊙ Bram Uther
- ⊙ Bran Cerridwyn
- ⊙ Bright Saffron
- ⊙ Callista Rune Moonstone
- ⊙ Dagda Avalon
- ⊙ Danu Morag
- ⊙ Dru Butterfly
- ⊙ Druida East Elf
- ⊙ Earth Serpent Ice
- ⊙ Edain Maeve Bear
- ⊙ Edris Arianrhod
- ⊙ Eldritch Adrian
- ⊙ Eldritch Osiris
- ⊙ Eldritch Storm
- ⊙ Elf-Arrow
- ⊙ Eric Danu
- ⊙ Faery Bringer
- ⊙ Gaia Rhiannon
- ⊙ Gandalf Moonshadow
- ⊙ Gold Cougar
- ⊙ Gwydion Rain
- ⊙ Gwyneth Tor
- ⊙ Ipona Ariel
- ⊙ Isis Rainbow
- ⊙ Luna Mist
- ⊙ Mab Feather Wynn
- ⊙ Mahogany Wizard Boy
- ⊙ Merlin Ice Glimmer
- ⊙ Moonwoman Thunder Hawk
- ⊙ Morgan Ariadne
- ⊙ Mystic Silver
- ⊙ Niamh Acorn
- ⊙ Raven Moon Crow
- ⊙ Sky Wolfe
- ⊙ Star Weaver
- ⊙ Tara North
- ⊙ Thunder Angel
- ⊙ Thunder Lugh Purple
- ⊙ Western Sky Flame
- ⊙ Winter Firestorm
- ⊙ Wolverine Swordbringer

For further reading on this subject, I suggest you pick up a copy of the fantastic book *The Complete Book of Magical Names* by Phoenix McFarland.

Some names, such as High Priestess or Elder, are more like titles to describe a level of mastery and years of experience and hold a lot of weight behind them because they are ancient and have deep meanings. While such names are very useful, like any tool they should be used well, with deep respect and, in this case, only where necessary and appropriate.

Be discerning about people you might meet who, after just a year or two of study, call themselves names like Most Almighty Powerful One or Grand Highest Pooh-Bah Priestess. Magical names aren't meant to be used as a form of worship; if they are, sooner or later the effect will wear off.

It's a bit like that great scene in the Disney cartoon *Fantasia* where Mickey Mouse is the Sorcerer's apprentice and starts spinning some broom Magic from the Master's personal spell book. Before long, the spell's power gets away from him and he doesn't have enough knowledge or experience to turn it off again. For us as witches, using a name like High Priestess can be a bit like playing with that Magic from the Master's personal spell book; you could easily be playing out of your depth. Remember, these are ancient terms of mastery, so make sure you are ready for them.

*They are powerful and the Magic within them comes with a big responsibility.*

Ironically, one of the most experienced and clever witches I know, Leonora, who has been quietly practising the Craft for over 30 years and has lived and taught in a highly respected coven for most of that time, simply likes to call herself a 'witch' or a 'metaphysic'. When I asked her recently why she doesn't use the term High Priestess (and she has certainly earned the right to use it) and rarely dresses in her ceremonial robes during magical workshops, she replied, 'Because I want my students to know that they can do this on the bus.'

Whatever the case, by all means call yourself any mythical or magical term that inspires and appeals to you, but try not to use a name that weighs you down like an old suitcase and never lose your sense of humour about yourself.

As my old coven master used to always say, 'When two sorcerers meet, the one who isn't laughing isn't a sorcerer.'





# Magic Ways and Means

## Aroma Magic

Wonderful power springs from the aroma of flowers and plants, and magicians have been practising and perfecting the mystical art which we now call 'aromatherapy' for thousands of years. Each aromatic plant, fragrant flower and scented herb has its own essential qualities and scents that can be used in healing massages and baths, in oil burners or in Magic potions and lucky oils.

Many of the commonly used essential oils of aromatherapy are readily available from pharmacies and health food stores, but if you are really keen, you can distil your own floral and herbal essences. But to begin with, you can have lots of fun creating your own enchanted potions with just a few basic essential oils. It might be a good idea to read about the basics of aromatherapy before you begin; there are many books on the subject available in bookshops, new age stores and libraries. You can also simply choose an aroma based on a particular emotion or state of mind from the list of characteristics that follows, or read through the list of Essences for Every Occasion on the following page and pick an oil for its particular properties. The following is an esoteric guide to the use of a magical essence or herb.



## Aroma Quick Finder

- ⊙ Love: jasmine, gardenia, rose and neroli
- ⊙ Lust: basil, cinnamon, ginger, neroli and ylang ylang
  - ⊙ Wealth: bergamot, mint, nutmeg and allspice
  - ⊙ Healing: rosemary, sandalwood and carnation
  - ⊙ Protection: basil, frankincense and lavender
  - ⊙ Money: clove and pine
- ⊙ Tranquillity: lavender, marjoram, thyme and chamomile
- ⊙ Uplifting: St John's wort (also good for nervous tension), bay and carnation
- ⊙ High Magic blessing: benzoin, frankincense and rue

## Essences For Every Occasion

- ⊙ Eucalyptus: uplifting, cleansing, banishing
- ⊙ Geranium: romance, antidepressant and cleansing
  - ⊙ Jasmine: spiritual love, serenity, beauty
  - ⊙ Lavender: soothes, heals, calms conflict
  - ⊙ Lemon: good fortune and power
- ⊙ Marigold: healing, promotes tranquillity and peace
- ⊙ Mimosa: add to jojoba oil for care of sensitive skin
  - ⊙ Mint: joyful, inspirational and energising
    - ⊙ Orange: healing, energy and love
    - ⊙ Petitgrain: healing and de-stressing
    - ⊙ Rose: love, passion and femininity
    - ⊙ Rosemary: sexuality, anxiety and stress
  - ⊙ Sandalwood: peace, meditation and cleansing
  - ⊙ Ylang ylang: sensuality and happiness

# Crystal Power

Precious gems and crystals have been worn both for their beauty and their magical qualities since earliest recorded history. Some gems are known to absorb the warmth and moisture of the skin and many crystals can change colour in different light and atmospheres. Whether you wear them in elaborate necklaces and bracelets, or carry a single crystal in your pocket, their powers—mystical and legendary—are equally potent.

## Birthstones

Birthstone Magic can be traced as far back as 4000 BC to the spellcasters of Memphis in Egypt who wore breastplates encrusted with special gems to protect and empower them with mystical energy.

One of the easiest ways to find your own birthstone is through the help of the stars. Look up your zodiac sign below, and when you have obtained the corresponding crystal, wash it in spring water mixed with a pinch of salt. Dry it well with a clean white cloth and keep it on your desk, altar, or in a magical box.

Hold your birthstone on a Full or New Moon in both hands and say:

*'Stone of power, beautiful giver of light,  
I consecrate you in the name of the  
Triple goddess of the night.  
And as my will, it shall be right.'*

## Astrological Birthstones

- ☉ Aries: garnet
- ☉ Taurus: turquoise
- ☉ Gemini: agate
- ☉ Cancer: moonstone
- ☉ Leo: amber
- ☉ Virgo: carnelian
- ☉ Libra: lapis lazuli
- ☉ Scorpio: tourmaline
- ☉ Sagittarius: topaz
- ☉ Capricorn: malachite
- ☉ Aquarius: aquamarine
- ☉ Pisces: amethyst

Not only are many of these stones bright and alluring, but each also has its own special and enchanted attributes. To use a gem in a spell, choose whatever charm you would like to cast and wash the appropriate crystal in some spring water mixed with a pinch of rosemary. Dry the crystal well with a clean white cloth, and leave it near a window for a day and a night to be charged by the power of both the Sun and the Moon.

The following list outlines the properties of gems often used as charms and in spells.

# Crystals and Their Properties

- ⊙ Amethyst: for courage, emotional love, success
- ⊙ Aventurine: attracts calming energy, luck, intelligence, clear eyesight and money
- ⊙ Azurite: helps psychic powers, dreams and meditation
- ⊙ Carnelian: dispels jealousy and anger, develops sexuality
  - ⊙ Citrine: for psychic awareness and creativity, dispels nightmares
- ⊙ Haematite: for grounding, divination and intuition
  - ⊙ Jasper: for health, beauty and protection
  - ⊙ Lapis Lazuli: promotes healing, love, fidelity and psychic powers
- ⊙ Moonstone: for divination, youth and Moon Magic
- ⊙ Onyx: for protection and defensive Magic, helps control passions and emotions
  - ⊙ Tiger's-eye or Cat's-eye: attracts courage, luck and Earth energy
- ⊙ Turquoise: attracts money, love, friends and healing
- ⊙ Clear Quartz: magnifies psychic and healing energy; a power and protection crystal
- ⊙ Smoky Quartz: overcomes depression and fatigue; empowering

# Magic Moments, Seasons and Times

Connecting with the universal source of Magic has no time limits. It can be done at any second of the day and in any week of the year with great results, but there are certain Moon phases, seasons, and witching hours that can give an extra boost to your spellcasting and can help bring longer-lasting effects.

## Moon Power

One of the most popular of the tried and true methods is to align a particular type of spell or ritual with the corresponding phase of the Moon. Even the most sceptic of scientists know that the Moon directly effects not only the Earth's tides, but also our most basic animal and human emotions. Many people are sensitive to the Moon's changing phases and all women of child-bearing age are both physically and emotionally effected through their own natural and 'lunar' based monthly cycles. Most witches keep a current Moon calendar handy (they can be purchased at New Age stores, or you can also look for a fishing guide in your local newsagent) so they can cast a close eye on the changing lunar cycles. The Moon orbits the Earth in an anticlockwise 'widdershins' direction and has an approximate 29-day cycle as it grows or 'waxes' from the first day of the New Moon up to the Full Moon. It then goes into a diminishing or 'waning' phase back to begin the cycle all over again. Each of these different phases has a corresponding effect on your ritual.

- ⊙ Full Moon: for casting spells of love and high Magic
- ⊙ New Moon: to begin a new relationship or job
- ⊙ Waxing or Growing Moon: to attract growth, prosperity and commitment
- ⊙ Waning or Diminishing Moon: to finish a relationship or to banish negative energy

## Lunar Cycles

There are 13 Full Moons (Esbats) in the year, and a Full Moon is a very powerful time for spellcasting and rituals.

The Harvest Moon is the Full Moon nearest the Autumn Equinox (Mabon).

'Once in a Blue Moon' happens in a year when a Full Moon appears twice in the same month.

## Days of Enchantment

Another clever aid to spellcasting is to align your ritual with the corresponding day of the week. This can be very handy as a stopgap alignment where perhaps you want to cast a love spell or a prosperity charm, but due to time constraints, can't wait for a new or Full Moon to give it a mystical kick in the right direction. Each day of the week is ruled by at least one corresponding planet, so each particular day picks up the heavenly aspects of its very own guiding star.

- ◎ Sunday: Sun energy for casting spells of healing and tranquillity, and to invoke divine power
- ◎ Monday: Moon energy for beginnings, employment, clairvoyance and family
  - ◎ Tuesday: Mars energy for debates, courage, physical strength and lust
- ◎ Wednesday: Mercury's influence for learning, teaching, predictions, self-improvement and communication
- ◎ Thursday: Jupiter power for wealth, legal matters, luck, materialism and expansion
  - ◎ Friday: Venus energy for love, pleasure, art, music and partnerships
  - ◎ Saturday: Saturn's influence for finalisation, departure and resolution



# Sun Worship

Most people automatically associate the Moon and the stars with the old craft of Magic, but the Sun is also an ancient and constant symbol of wonder and enchantment and many of the sacred sites around the world were dedicated to either the Sun God or Goddess. Sunrise and midday are both perfect times to celebrate the precious life-giving solar rays and performing rituals at either times of the day can greatly enhance the power of certain spells.

## Dawn Sun

The 'new born' sunrays at dawn have been revered since ancient times because the sunrise has always been considered sacred and an eternal miracle to behold. Sunrise can be a great time to enhance outdoor rituals or any kind of spells which incorporate new beginnings, abundance and fertility and power. The dawn of Midsummer Solstice is still considered the most powerful time of all, but for a modern witch any sunrise is just as awe inspiring and miraculous and can be used to empower many ceremonies and spellworking.

## Midday Sun

As the Sun is at its peak it is another peak time for Magic and this hour has a double solar whammy because it's directly opposite to the Moon flavoured midnight and is backed up by the Magical power of the number 12.

My favourite spells to cast at midday are those that need a really big boost of life force, such as spells for getting over heartache and grief and also spells for prosperity and business dealings.

You can also dedicate a simple indoor or outdoor altar to the Sun by decorating a table with summertime flowers—especially sunflowers or yellow blooms—as well as seashells, aromatic potpourri and oranges and lemons.

Special colours associated with the Sun include white, red, corn yellow, and of course gold. Ritual candles can also include the colour blue to represent the sky in combination with yellow, red or gold.

The best crystals for Sun rituals include all green gemstones, especially emerald and jade as well as amber and yellow gems such as sapphires. Other powerful gemstones are tiger's-eye and lapis lazuli. Spells should include the incenses of frankincense, sandalwood and ylang ylang, and for extra enchantment add the essential oils of saffron, lavender or clove to your oil burner. If you have your own herb garden, herbs gathered during the dawn or midday (particularly during midsummer) are extremely powerful and can be dried to use during the rest of the year.

To stimulate your creative ideas and imagination, create your own fantasy spells with pictures of enchanted animals associated with the Sun. Some favourites are sparrows and canaries, and mythical creatures like unicorns, firebirds, dragons and satyrs.

Leave a small mirror near your window for seven days to capture the light of the Sun. On the eighth day, sprinkle it with spring water and recite this self-dedication spell to attract success and happiness:

*'O Goddess, I see you gaze through golden eyes;  
so silently you speak your words.  
A delicate stroll through crystal sands,  
curling through perfumed corridors.  
Now let this ancient alchemy awaken you,  
let your sacred light come to me at last.'*

## Enchanted Seasons

The changing seasons bring different energies and we can perform ceremonies to help align us with the ebb and flow, the light and dark aspects of the natural universe and also to empower our spellworking. There are both contemporary rituals and old folklore ways to celebrate the seasons and for many witches, the magical Wheel of the Year influences not only our physical and spiritual connections to these cycles of climatic change, but also the eternal shape-shifting and merging of God and Goddess energies within nature and ourselves.

Symbolically, as the Wheel of the Year turns, the Great Mother Goddess gives birth to the Sun 'child' at Yule and as the magical Wheel keeps turning, the Triple Moon Goddess helps to purify the newborn energies and light up the night of Imbolc. Spring Equinox sees the developing of the young Sun God who is promised in marriage to the budding Maiden Goddess. As Beltane and Summer arrive and the Sun God fully matures into his physical form, he then appears on Earth as the powerful King Stag and makes passionate love to his fertile Goddess bride, the Queen Faery of the Flowers.

At Lughnasad comes the symbolic cutting of the mystical chord by the scythe of the Dark Sky Goddess, which also marks the last days of the Sun god's life in the earthly physical realm.

Then as the Autumn Equinox passes and the Old 'Hag' Goddess returns to cover the Earth in her Winter robe of ice and snow, the Sun god travels down into the realm of the spirits and underworld, where he becomes the Lord of the Hallows—only to be reborn as the Sun Child again at Yule through the nurturing belly, the eternal Magic cauldron of the Mother Goddess.

In the ancient pagan countryside, important fertility rites were performed during festival days to help balance the Earth's natural forces or to keep

the gods contented and happy. Even in today's urbanised world, many neo-pagans and witches follow as much as they can of the old ways.

The following festivals (also known as the Major Sabbats) date way back in time to the days of the ancient Celts, when Druid priests and priestesses were in charge of most religious and magical ceremonies.

© Samhain: One of the most ancient and biggest Celtic festivals marking the beginning of the old Druid year (which was originally based on a lunar calendar). A deeply spiritual and nocturnal time for long nights of hibernation and communing with the ancestors. Festivities often lasted the whole month of November.

© Imbolc: Post-Winter festival of the ancient Celts with purification ceremonies to reveal the first rays of sacred light and the blessing of the triple goddess, Brigid.

© Beltane: The other major festival for the Celts, the full re-awakening of the Earth and the return of daylight and the Sun god Bel. The virility of the natural world and the regenerating power of light were celebrated with bonfires and fertility and flower rites.

© Lughnasad: Honouring Lugh (the great warrior god of skills and knowledge) and the Mother Goddess (symbol of Ireland). A royal festival led by Lugh's earthly counterpart, the Celtic King, and celebrated with horse racing, dancing and poetry competitions.

Most other old Europeans, particularly the Germanic and Nordic people, enjoyed very similar kinds of festivals around the same days, but they also set aside extra days and rituals to mark the Winter and Summer Solstice as well as the Autumn and Spring Equinox. Throughout the ages and after constant invasions of the British Isles and Europe, there have been lots of mixing and blending between the Celtic, Gaelic and Germanic magical traditions and these four additional festivals (also called Minor Sabbats) are also celebrated by today's Wiccans as well as many other witches and neo-pagans.

- ☉ Mabon: Autumn Equinox
- ☉ Ostara: Spring Equinox
- ☉ Yule: Midwinter Solstice
- ☉ Litha: Midsummer Solstice

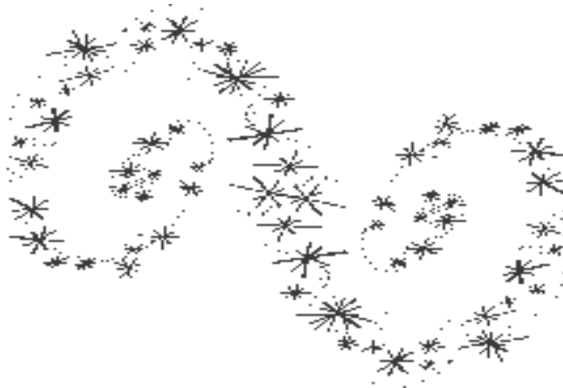


# Wheel of the Year

Not all covens or solitary witches perform rituals on all eight sabbats (or during all 13 esbats and full moons) and there's no need to feel as if you must slavishly follow every single custom and festival you read about. The Craft is constantly evolving and adaptations are always being made, especially by modern city witches or by those who live in parts of the world where seasonal changes are different or not so well defined. Whatever days you set aside for spiritual rituals or celebration should be your own choice and will depend very much on what kind of practices you or your magical groups relate to — and of course, what you can personally fit in with your own family commitments and work schedule.

Any of these sabbats and festival days can also be honoured beautifully and simply by having a celebratory meal with a few family members and friends, or just by giving yourself a quiet moment alone for spiritual reflection and alignment.

Following is a list of festival days that has been clarified for modern living, plus some tips on how these days can also be used to enhance both your meditation rituals and spellworking.



## ☉ Lughnasad (Lammas)

JULY 31 to AUGUST 2

This was traditionally around the time of harvest, to celebrate the various skills and talents of the people. For us modern witches, it can be a time for emotional 'harvesting' as we take stock of our lives and remember not to take our own talents for granted—nor the blessings and abundance of the Earth. Take the time to really look on the bright side of life and spend some quality hours outdoors enjoying nature as much as you can, before the Autumn weather starts to set in. It is also a good time for defining what your talents are, writing down mission statements and casting prosperity spells.

## ☉ Mabon

SEPTEMBER 21 to 23  
(AUTUMN EQUINOX)

This is a perfect time to start a saving program so that you can see what you can afford to put aside and store for the long Winter months ahead. Start being more careful not to waste time and being more discerning about what projects and problems to take on. The best rituals at this time are ones for creating balance and counting blessings. The night and day are of equal length, and this is a time of natural equilibrium, so you may use it to meditate and hone your visionary skills.

## ☉ Samhain (Halloween)

OCTOBER 31

Many witches around the world celebrate their own magical New Year's Eve on this ancient night of 'All Hallows Eve'. This deeply spiritual and significant evening marks the symbolic passing over into the mystical 'shadow' world. The hidden veil between the spiritual realm and the physical world is now at its thinnest – it's party time at the edge or 'hedge' of reality! So naturally, it can be a superbly witchy time for communing with Guardian Angels or ancestral spirits, as well as casting banishing spells or dispelling negative and unwanted vibrations out of your home and workplace.

## ☉ Yule

DECEMBER 21 to 23

(MIDWINTER SOLSTICE)

In pagan times they celebrated the birth of the 'Sun Child' or 'Holly King' during Yule. And you can also use this time to empower yourself with the energy of rebirth and growth. This is the shortest day of the year, where the Earth and the Sun appear to be stilled and suspended together for a moment in time, so this a very magical day and evening for rituals that can align you with the timeless aspects of the eternal Universe. Spellworking can be enhanced by communing with both your inner child and nurturing Mother Goddess energies.



## ☉ Imbolc (or Candlemas)

FEBRUARY 2 to 3

A great time for candle Magic for purification and celebrating the Moon. Also great for witchy initiations or re-affirming partnership vows. The Celtic traditions celebrated Brigid the Triple Goddess so you can also weave spells and rituals that incorporate Brigid or any of the Luna Goddess energies. Generally a good time for bringing some light into the shadowy or darker areas of your life and 'lightening up' by looking at the funny side of things, as well as pampering yourself with long baths or relaxing massages. Excellent too for house cleansing and banishing rituals with the sweeping of brooms both clockwise and anticlockwise.

## ☉ Ostara

MARCH 21 to 23

(SPRING EQUINOX)

The light and dark energies are in perfect balance and this is the dawning of the solar festivals. The youthful Sun god and Maiden goddess energies are flowing through the Earth and rituals are best performed at daytime to take advantage of new possibilities, budding relationships and exciting projects. As well as reconnecting with the bloom of youthful vitality, perform any rituals that can help put a spring in your step and take full advantage of the potent vibrations around you.

## ☉ Beltane

APRIL 30 to MAY 1

A lusty and joyous time with all the family and Magical friends coming together in a full celebration of the love of life as well as the blessing of procreation and fertility.

Great for marriage and handfasting rituals or baby naming ceremonies. Also an excellent time for candle Magic, casting Faery spells, along with boosting either physical or spiritual fertility with abundance rituals and sex Magic.

## ☉ Litha

JUNE 21 to 23

(MID-SUMMER SOLSTICE)

The longest day of the year, traditionally a powerful time for solar rituals and honouring the peak strength of the solar life force. Many ancient temples and sacred sites were built with special altars and archways that captured the Sun's Magical rays during the Summer Solstice and this is a great time of the year to capture some of this miraculous energy for yourself. Great for spells of empowerment, growth and all forms of energising Magic.

# Get in Touch with the Witch Within: Rites of Awakening

## Earthing Yourself

This ritual involving a tree can be used to align yourself with Earth—to feel grounded and to create the energy of that element in your life and spells, and to connect with the Magic of Earth itself.



### You will need to gather:

⊗ A long length of string (to be removed from tree after ritual)

Wrap and tie the string around the trunk of a large tree. Give it a big hug, then sit down on the ground with your back and spine aligned against the trunk and become conscious of the solidness of the ground beneath you. When you begin to feel yourself being pulled downwards and gaining strength and a solid foundation to your mind and body, repeat this incantation:

*'Great Mother Earth, hold me in your arms of green and bring me close to your body of warmest brown. I join with the strength and rhythm of your deepest eternal heart. So Mote It Be.'*

## High as a Kite

Take advantage of lovely breezes and windy weather to align with the magical element of Air.



**You will need to gather:**

⊗ a length of blue material or ribbon

On a breezy day, tie one end of the fabric or ribbon to a fence, a tree branch or a clothesline. Then, stand and watch the ribbon fly and wave in the wind. While consciously feeling the breeze, say these words out loud:

*'Now blow you winds from North and South,  
warm then cold from East to West,  
spin and turn, fly and flow,  
whisper charms wherefore you go.'*

Leave the ribbon in place for as long as you like. You can also add more for family and friends to enjoy.

## Become One With Water

Sit near a lake, swim in the ocean or walk in a light rain as a first step to working with the magical natural element of Water.

Then call on Manannan mac Lir, a sea god and, in the old Celtic world, a Master of Magic. He is also known as the 'Lord of Mists' and 'Lord of the Land Beneath the Waves'. Think of his strength and call his name when you want to invoke a strong sense of the ocean and the mystical seas.

*'Hail to you Manannan mac Lir, Lord of the Mists, Lord of the Waves—  
I feel your strength from between the Ways,  
In the eye of the storm, your heart beats like a drum  
From the salty depths of the Sea we rise up now—together as one!'*

# Feel the Fire

## Element of Fire

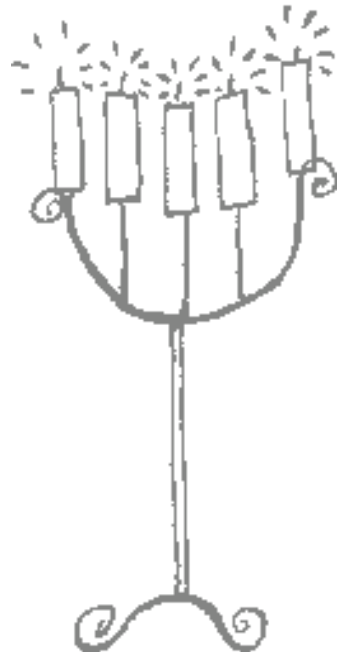
Whenever you are lucky enough to sit by an open fire really take the time to absorb the energy, breathe in the wonderful smell of the burning wood and think about what an amazing gift it is. For an easy connection with the element of fire, simply light a candle and sit nearby while gazing at the centre of the flame. Without coming too close or blowing out the flame, wave your hand near the candle and feel the warmth and observe how the flame moves and dances around. Then just sit quietly a short distance away and really focus your mind on the flame and see whether you can 'will' the candle flame to move up and down or right and left or spin around just by thinking about it. To help you focus on this part of the ritual, say this incantation a few times:

*'Sacred flame, do as I say,  
Sacred flame, dance and play.'*

When you feel energised and ready to end the ritual, say these words:

*'Sacred flame, do as I will,  
Sacred flame, now be still.'*

And then blow out the flame completely.



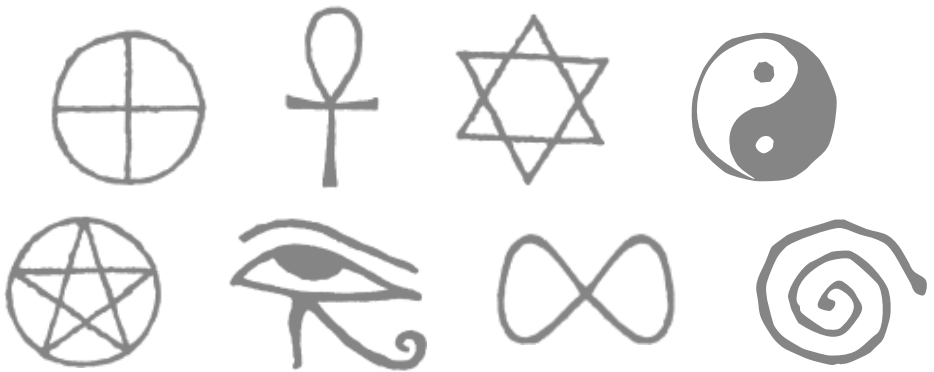
## Cosmic Awakener and Self-initiation

Two of the most treasured and valuable lessons I've learnt through my own journey is that we are all connected to the eternal source of Magic and that every spiritual path in the world holds symbolic keys to cosmic truth and meaning. We are all part of an ancient, Universal Tradition.

This ritual helps awaken you to the boundless source of cosmic knowledge and can also be used as a self-initiation into Universal Magic.

Spend time meditating on each of the symbols written below; you can even copy or trace them out on a piece of paper if you wish. Focus for at least seven minutes on each symbol until you've concentrated on all of them, and do this once a day, in either the morning or the evening, for no less than 21 days.

Symbols are the Celtic cross, the ankh, the star of David, the yin and yang symbol, the witch's star pentacle, the eye of Horus, the infinity symbol and the spiral.



After you have performed this 21-day ritual, look into a mirror and say:

*'I am a magical and eternal being  
of the Universe and I awaken the witch within.'*

## Past-life Vision Booster

To help you get a clearer view of past lives, cast this spell on the day of a New Moon and repeat it once every week for a month.

Take a small white onion and soak it in a bowl of mineral water for half an hour and then take it out and dry it thoroughly with a clean cloth. Meditate for a few minutes while you hold the onion in your hands and then start to peel off the first and second layers of the onion while you repeat this incantation:

*'Memories of the distant past, come forward into the light.'*

Place the layers you have peeled off into a paper bag and bury near a tree. Keep the rest of the onion wrapped in the refrigerator to use again.



# God and Goddess Power

Lift the veil of superstition when you talk to the gods and goddesses. Losing yourself to fear or superstition is magically disempowering. We can still commune and feel at one with all the inspirational magic of the ancient gods and goddesses without bowing down or feeling less worthy than they are.

There's also no need to look at the god/dess energies as if they are completely separate from you, because that is a psychological 'giving up' of your personal power.

Knowing you are responsible for your own thoughts and actions is magically empowering. A real witch is a lead player in her own game of life.

You are just as much a part of the cosmic order as are the god and goddess energies. Summoning the ancient gods and goddesses is a summoning up of the natural forces and the different personas within yourself, which helps connect you with the myriad of archetypal energies throughout the universe.

As my good friend and sister witch Leonora says: 'There is quite a difference between praying to a great goddess and just saying "please help me", and saying, "Dear Great Goddess, I am you and you are me".'

'Saying it without arrogance and knowing that you not only communicate with and are a part of the gods, you *are* the goddess and gods, you *are* the rain, you *are* the earth, the sky, you are that big, that all-knowing.

'And even if that realisation, that knowing, is just for a split second during ritual or while simply meditating and connecting to your Magic, that's okay, because that is true Magic—knowing you are All That Is.'

I've chosen some of my favourite god/dess spells to remind you that every one of us can be empowered by our inner Magic. With the right incantation, you can also call on whatever type of god/dess nature you need to inspire and balance your life.



## The Warrior

When you need to use your warrior energy and assertive nature (this can be a god or goddess ritual), rise early on a Monday morning and cast this spell before you begin your daily routine.

Take a refreshing shower using an aloe body gel and a firm sponge or loofah to slough off any dull and dry skin from your body.

Stand under the warm water while you wash away all of your timid energy and shyness. Feel yourself being filled with new vigour and energy.

When you feel refreshed, wrap yourself in a large towel and look into your bathroom mirror as you say:

*'I am the warrior, I recognise my eternal strength.  
There's nothing I cannot achieve, no road I cannot travel,  
no barriers to my success.  
I am woman (man) full of power.'*



## Young God/dess

Recognise and have fun with your inner child by casting this spell at any time you need an energy lift.



### You will need to gather:

- ⊗ gold glitter
- ⊗ glue
- ⊗ a pair of your old shoes

Place all your spell ingredients on a flat surface and coat the outside of your shoes with glue.

Sprinkle the gold glitter evenly over the gluey shoes, covering as much of the surface area you can. Leave to dry completely.

When the shoes are dry to touch, stand in front of a full-length mirror in your home and slip into the shoes. Then click your heels together three times, look into the mirror and say:

*'Hello again, young child, let's come out to play.  
We'll have fun and joy forever more  
and inside me you'll always stay.'*

Put on your Magic shoes whenever you need a boost of happiness.

## The Nurturing God/dess

All women (and men) can enjoy their independent natures and at the same time still connect with their nurturing and maternal instincts. To honour your inner Earth Mother energy, cast this spell on a Sunday afternoon.



### You will need to gather:

- ⌚ an egg
- ⌚ a piece of wholemeal bread
- ⌚ a trowel or spade

Go outside to a safe place in either your backyard or a park and sit down on the ground with your spell items around you.

Hold the egg and bread in your hands while you breathe deeply and focus on your gentle and maternal nature. Then say:

*'From Mother Nature we are all born,  
nurturing, protective and giver of life.  
I now connect with my nurture energy, O Blessed Be.'*

Next, dig a hole in the ground and bury the egg and bread in the earth.



## The Mystic God/dess

We often forget to look after our spiritual and psychic nature, and this spell can help align you with the cosmic energies around you.



### You will need to gather:

- a clear quartz crystal
- red henna powder or non-toxic red water-based paint
- a small paintbrush

Find some time to be alone and undisturbed for at least half an hour, and dress in some comfortable, light-coloured clothing.

Using the paintbrush, apply a small red dot to your third eye chakra (on your forehead) and also paint a dot on the palm of each of your hands.

Sit cross-legged on the floor while you hold the crystal in your two hands and breathe calmly and deeply while you meditate and let go of thoughts of daily stresses and worries.

Next, repeat this incantation:

*'Thank you, oh universe,  
for my awareness of the eternal power of spirit.  
I open my psychic mind to the Mystic God/dess.'*

## The Wise Wo/man

Our experiences and ups and downs in life make us wiser and more able to make tough decisions. To help honour our growing maturity and wisdom, cast this spell on any day of the week.



### You will need to gather:

- ☉ 1 cup of salt
- ☉ a handful of cloves

Go to a quiet place in your home.

Stand in the centre of the room and sprinkle the salt in a clockwise circle around you.

Then sprinkle the cloves in a clockwise direction around you. Stand in the middle of this circle, with your arms in the air, as you repeat this incantation:

*'Spirit of the North, grant me knowledge  
and tolerance,  
blessed be the wo/man within me  
who brings wisdom and understanding.'*

Seal the spell's power by scooping up the salt and cloves from the floor and keep the mixture in a small wooden or cardboard box.

# Ye Olde Apothecary

## Setting Up Your Enchanted Kitchen

In centuries past, both the country and town folk would ask their village 'witch doctor' to cook them up a healing brew in times of illness, or a potion to fire up their fertility or chances for romance. These old wise people were really the original medicos. Going back as far in history as ancient Europe, Asia and Egypt (and let's not forget the African and Australian continents), they understood the healing power of herbs and insect and animal products. Certain cultures used a specially brewed beer (an original form of tetracycline), mouldy bread (penicillin), snake, toad and spider venoms (anti-disease and anti-cancer properties).

Along with being clever herbalists, many of these witchy medicos were also adept clairvoyants and psychics. They spent many of their days (and, of course, nights) brewing up spellbinding goodies over their bubbling cauldrons and enchanted kitchen fires.

You'll most probably want to skip the snake and wiggly spider bits (handling disagreeable toads is a favourite pastime of mine, but that's another story). There's plenty of scope for you to brew up delicious and magically healing recipes, using safe and palatable ingredients.

I like to write my recipes either in a computer file or an old school exercise book that I've had for years and I still call both systems 'Ye Olde Cookery Book'.

You don't have to go overboard with your 'enchanted kitchen'. If space is a problem you can make one like mine, which is really about making a specific area in a kitchen or laundry cupboard where you can store your witchy ingredients. As long as they're properly tagged, you can store herbs and things in well-washed coffee or jam jars on your kitchen bench. You could also have a lot of fun with it and make a really 'witchy feature' in your kitchen where you can hang a straw broom and pretty dried flowers, and grow fresh herbs in small pots.

## Magic Kitchen Basics

When you first begin to create your own spells and rituals, you might like to put together your own basic spell kit. This could include:

- ⊗ A mortar and pestle (preferably stone or metal) for grinding and mixing herbs and spices.
- ⊗ A variety of glass containers, such as well-washed coffee or jam jars, for storing ingredients and potions.
- ⊗ A small metal tea-ball for brewing single cups of herbal teas and tonics.
- ⊗ Pieces of cheesecloth, which are useful for straining brews and for making sachets.
- ⊗ A tea kettle and a china or metal teapot for magical infusions.
- ⊗ A cauldron is optional; you can still stir up beautiful Magic with a selection of modern pots and pans.

## Ingredients and Sundry— Almonds

- ⊗ **Esoteric Magic**—has an erotic and arousing vibration and is also used in love and fertility spells.
- ⊗ **Practical Magic**—healing and beauty treatments. Famed for their beautiful flavour and wonderful healing powers in ancient Greece and Rome, the oil, meal and milk of almonds were used in tonics, breads and skin creams well before Christian times.

## Hands of Aphrodite

For smooth and blemish-free hands and arms, mix together this ancient recipe on either a Friday (the day of Venus or Aphrodite) or during a waning, diminishing moon.



### You will need to gather:

- ⌚ 150 grams of raisins or sultanas
- ⌚ 150 grams of blanched almonds (unsalted and peeled)
- ⌚ 1 teaspoon of lemon juice
- ⌚ half a cup of full cream milk (not skim)
- ⌚ approx half a cup of flat beer (any type will do)

First put the raisins and the blanched almonds into your mortar dish and grind them with your pestle (you can use an electric blender if you prefer). Then add the lemon juice and slowly add the milk. Mix well with a wooden spoon. Next, drip in the beer a little bit at a time, just enough until you have a nice, thick paste.

Then before you take your next shower or bath, wipe the mixture over the back of your hands and over your arms (you can even put it over your entire body if you wish) and leave it on for at least 15 minutes, and then wash it off thoroughly in your shower.

Throw away the remaining mixture and just make a fresh batch the next time you give yourself the 'Aphrodite' treatment.



## Aloe Vera

- ⊗ **Esoteric Magic**—has a peaceful and cleansing vibration, and can be used in protection and healing spells.
- ⊗ **Practical Magic**—an essential healing plant for just about everything. Every witch should have an aloe vera plant growing in a pot or her garden and they are very easy to maintain indoors or outdoors. It also soothes sunburnt skin and heals scars.

## Vera Vitality

This healing drink is best freshly made in the morning and drunk before you get on with the day's activities. It helps cleanse the kidneys and liver, and will give you extra vitality.



### You will need to gather:

- ⊗ *aloe vera gel (break off a small piece of your aloe vera plant and scoop out the inside gel with a spoon—don't eat the skin)*
- ⊗ *some of your favourite fruit or vegetable juice*

Before you eat your breakfast, pour out a small or medium glass of juice. Squeeze in the aloe vera gel and stir briskly with a long spoon and drink at your leisure.

## Apples

- ⊗ **Esoteric Magic**—the magic symbol for love and fertility. The emblem of Aphrodite or Venus. One of the sacred Druid trees.
- ⊗ **Practical Magic**—an apple a day keeps the doctor away, as well as being a natural teeth cleaner. Apple juice is a blood cleanser and is packed full of vitamins.

## Apple Water

This old recipe is for a healing drink for fevers and hot flushes.

### **You will need to gather:**

- ⊗ *3 – 4 apples, unpeeled*
- ⊗ *1 litre of water*
- ⊗ *a teaspoon of sugar*

Slice the apples thinly, cover with the water in a saucepan, add the sugar and simmer until the apple slices become soft.

Strain the liquid and allow to cool to room temperature. Throw away the apple slices and drink the liquid either warm or ice cold.

# Blackberries

- ⊗ **Esoteric Magic**—robust and lively vibrations used for both health and romantic spells and potions.
- ⊗ **Practical Magic**—a favourite of the ancient Europeans; both the fruit and juice were used for medicinal purposes.

## Blackberry Booster

Blackberries have been used for centuries by spellcasters to energise the body. You can use this recipe to make a healing drink or an external compress (see below).



### You will need to gather:

- ⊗ *1 cup of fresh blackberries*
- ⊗ *a few cloves*
- ⊗ *1 – 2 tablespoons of sugar or honey*
- ⊗ *a glass jar with a lid*
- ⊗ *mineral or spring water (or brandy)*

Press the juice out of the blackberries, and add the cloves and sugar or honey. Heat in a saucepan and simmer until the mixture becomes syrupy. Allow it to cool and store in the glass jar.

To make a refreshing magical drink, add a spoonful to a glass of mineral or spring water; or heat some syrup and drink it warm with a nip of brandy.

## Chamomile

- ⊗ **Esoteric Magic**—chamomile's vibrations are peaceful and curative, and it is used for meditative and healing spells.
- ⊗ **Practical Magic**—an ancient remedy for nausea and mental stress. One of the nine sacred herbs of the Saxons, who called it 'maythen', chamomile can also be grown near sick plants to improve their health. It can be drunk as a tea, and also can be used in skincare products and hair care.

## Coriander

- ⊗ **Esoteric Magic**—increases hypnotic vibrations and is used for tranquillity and psychic spells.
- ⊗ **Practical Magic**—pieces of coriander were found carefully wrapped in the tomb of the Egyptian Pharaoh Rameses. Used for thousands of years in medicine and for magical foods and sauces.

## Garlic

- ⊗ **Esoteric Magic**—protective and purifying resonance; its vibrations are steeped in occult history. Necklaces can be made from stringing together fresh or dried bulbs and hung up around the kitchen for good luck. It can also be used for banishing and protective spells.
- ⊗ **Practical Magic**—highly esteemed by both old and new witchy doctors and used for thousands of years as a food and medicine. One of the first known antibacterial agents since ancient times. Eases sore throats, colds and flu and helps to lower high blood pressure and cholesterol levels. The fresh garlic bulb contains the best healing properties and is much better than the tablets.

## Kickagermjoy Juice

Try this amazing healing potion for cleansing the liver and blood. It is especially good for helping to clear up a bad flu and also chest colds.

- ⊗ *3 or 4 whole garlic bulbs*
- ⊗ *5 lemons*
- ⊗ *honey to taste*
- ⊗ *8 cups of water*
- ⊗ *1 ginger root*

Peel and roughly chop up all of the garlic bulbs and put them into a large saucepan. Pour in the eight glasses of water.

Chop up the lemons and ginger and also put into the saucepan.

Bring the water to the boil and simmer on low for 5 minutes. Turn off the heat and let it sit for another 10 minutes, then strain off the liquid into another saucepan or a jug and throw away the leftover solids. Drink a cup of the liquid with honey for taste and keep the rest in the fridge for up to two days and reheat when needed. (You can add more water if it tastes too strong for you.)

## Ginger

- ⊗ **Esoteric Magic**—uplifting and passionate vibrations for prosperity and love potions
- ⊗ **Practical Magic**—used for thousands of years in Asian medicine. Antibacterial and good for colds and clearing sinuses, and to relieve mild constipation. Adds zip and zing to any dish, especially fish and chicken dishes.

## Goat's Milk and Yoghurt

- ⊗ **Esoteric Magic**—cleansing and beautifying resonance, used in love and sex potions and beauty spells.
- ⊗ **Practical Magic**—the original glamour queens of Babylon and ancient Egypt swore by the beautifying power of goat's milk, and interestingly enough it has now been scientifically proven to contain alpha-hydroxy agents as well the best kind of healing bacteria. Cleo and the rest of the ancient Divas drank and bathed in goat's milk products, and so should any 'glamour-savvy' witch.

Pour half a bottle of goat's milk into your bath along with a dash of lavender for soft, healthy skin; mix the other half of the bottle with some fresh strawberries or bananas for a power-packed breakfast drink.

## Honey

- ⊗ **Esoteric Magic**—resonance of passion and love, used in witchery for fertility, romance and marriage spells.
- ⊗ **Practical Magic**—a fantastic all-round health food and source of vitamins. Used in ancient Europe and Egypt in food and drink and to soothe burns and dry skin.

## Honey and Roses



### You will need to gather:

- ⊗ *a tub of natural honey*
- ⊗ *1 cup of fresh rose petals (any colour, but red is the strongest)*
- ⊗ *3 cups of water*

Boil the rose petals in the water. Simmer for five minutes and then turn off the heat and leave to stand for 10 minutes. Strain the rose water into a jug, and throw away the petals. Mix the honey into the rose water and store in an airtight container in the fridge, where it will keep for at least a month or so. It can be used for sore throats or mouth ulcers by simply adding a few teaspoons of the honey rose mixture to herbal tea as a healthy and enchanting drink.

## Horseradish

- ⊗ **Esoteric Magic**—strong protective vibrations and cleansing resonance. Used for banishing spells.
- ⊗ **Practical Magic**—since olden times, used as a remedy for digestive problems. It was also wrapped into warm cloths and put around limbs and joints to relieve mild rheumatism.

## Remedial Recipe



**You will need to gather:**

- ⊗ 1 teaspoon of horseradish
- ⊗ 1 teaspoon of dry, mild mustard (French mustard is good)
- ⊗ ½ cup of apple-cider vinegar
- ⊗ 2 cups of water
- ⊗ 3 long pieces of cheesecloth

Mix the horseradish, mustard, vinegar and water together in a saucepan. Heat the mixture on the stove for 5 minutes.

Next, turn off the heat and allow the mixture to stand until it reaches room temperature. Then dip in one of the lengths of cheesecloth and wrap it around your aching joint (make sure there are no scratches or open wounds around the joint or it could sting a bit).

Then follow with the next two layers of dry cheesecloth and leave on for at least 20 minutes.





## Lemons and Limes

- ⊗ **Esoteric Magic**—uplifting and cleansing vibration, to enhance renewal. Used in energising spells and banishing rituals.
- ⊗ **Practical Magic**—relieves colds, sore throats and fever, warts, insect bites and greasy skin. A fantastic source of vitamin C and used in many magical foods and healing drinks.

## Lemon Lift

Make this delicious and uplifting tea which helps reduce fever during flu or chest colds.



### You will need to gather:

- ⊗ *1 lemon or 2 limes*
- ⊗ *1 teaspoon of raspberry jam*
- ⊗ *1 teaspoon of honey (optional)*
- ⊗ *1 or 2 fresh mint leaves (optional)*
- ⊗ *1 cup of hot water*

Squeeze the lemon or limes, and pour the juice into the bottom of a cup. Stir in the jam and honey (to taste), then pour in the hot water to fill the rest of the cup. Add the mint leaves if you wish and then drink at any time of the day or especially before bed if you have a cold.

## Lemon Balm

- ⊗ **Esoteric Magic**—soothing and calming vibrations. Used for family and home protection spells.
- ⊗ **Practical Magic**—has been used for many centuries as a wound dressing. It also makes a nice-tasting and mildly sedative tea to help you sleep. You can purchase tea bags or loose tea and pour on hot water with honey or raw sugar for taste before bedtime for a restful night's sleep.

## Mint

- ⊗ **Esoteric Magic**—activating and clearing vibrations. Used for focus and concentration spells and for success rituals.
- ⊗ **Practical Magic**—the herb can be grown easily in pots and is a must-have addition to any witch's kitchen. Is an all-round additive for pick-me-up drinks and meals. When eaten regularly, it can help relieve nausea and headaches. Wonderful on its own or as an addition to any hot or cold herbal tea.

## Witch's Brew



### You will need to gather:

- ⊗ a slice of lemon
- ⊗ 1 teaspoon of orange marmalade
- ⊗ 2 cups of hot water
- ⊗ 1 teaspoon of fresh mint or mint tea
- ⊗ 1 teaspoon of chamomile tea

Place all the ingredients in a teapot and pour in the hot water. Allow the brew to sit for 5 minutes as you repeat this incantation:

*'Earth, Fire, Air and Sea,  
Natural Magic come to me.'*

## Nutmeg

- ⊗ **Esoteric Magic**—stimulating vibration. Used for casting money and success spells.
- ⊗ **Practical Magic**—ancient medicinal qualities for poor circulation and exhaustion. Go easy on how much you sprinkle onto food, as it too much can be slightly hallucinogenic—which is exactly why it was often used in 'flying' formulas.

To make your own mild flying formula to give you a kick start for a successful day ahead, sprinkle a small amount into a yoghurt milkshake and drink it early in the day. Take some nutmeg with you to work and sprinkle a little pinch of it around you in the afternoon before a big meeting.

## Onions

- ⊗ **Esoteric Magic**—highly protective and purifying vibrations, used in banishing spells and looking into the past.
- ⊗ **Practical Magic**—the use of this plant is so ancient that it is said Hippocrates, the father of medicine, recommended onion juice as a curative for just about everything. Don't go so far as drinking the juice, but definitely try and use onions in lots of your cooking because it is a great blood cleanser, helps relieve water retention and aids the lymphatic system.

## Oranges

- ⊗ **Esoteric Magic**—uplifting vibrations. Ruled by the power of the Sun, used in love, healing and pregnancy spells.
- ⊗ **Practical Magic**—Strengthens the heart and another great source of vitamin C.

Squeeze fresh orange juice at least once or twice a week for you and your family for a powerful dose of Sun power. To help stimulate fertile power, roll an orange softly over your tummy.

## Parsley

- ⊗ **Esoteric Magic** —stimulating and healing vibrations. Used for protection and family spells.
- ⊗ **Practical Magic** —high in vitamins A and C, it has been used for centuries in the treatment of kidney and bladder problems as well as sciatica. It is said that parsley also helps to relieve labour pains, and it can be chewed after meals to freshen the breath.

## Pepper (Black and White)

- ⊗ **Esoteric Magic**—banishing and cleansing vibrations. Used for both hexing and healing spells.
- ⊗ **Practical Magic**—used for over 3,000 years in India and China as a food and in medicine as a treatment for heartburn, stiff muscles and colic.

Sprinkle it over food to stimulate appetite and to add zest and power to any savoury dish.

## Rosehips

- ⊗ **Esoteric Magic**—arousing and healing vibrations. Used in love potions and also wonderful for Faery spells and rituals.
- ⊗ **Practical Magic**—the oil helps to heal scars and is a wonderful addition to skin cream. It can be purchased as a herbal tea and is a lovely healing drink for monthly cramps.

## Faery Basket

Place baskets of rosehips and geranium and lavender potpourri around your home to attract Faery Magic and to have insightful dreams.

## Rosemary

- ⊗ **Esoteric Magic**—probably one of the most important witchy plants (most old folk charmers would have a rosemary bush growing outside to protect the home). With high Magic and protective resonance, and good for just about every kind of spell, it adds power to most rituals.
- ⊗ **Practical Magic**—rosemary is an aid to digestion, clears the blood and liver and is a wonderful addition to hair and skin tonics. Always have a bunch hanging somewhere in the magical kitchen for both good luck and good health.

## Roses

- ⊗ **Esoteric Magic**—arousing and passionate vibrations. Also has a sacred 'goddess' resonance. It was once the custom to suspend a rose over a conference or dinner table to bring truth and sacred energy to the conversation (hence the still-used 'ceiling rose'); also great for love and sexuality spells.
- ⊗ **Practical Magic**—a blood cleanser and natural antiseptic agent with a wonderfully pleasant flavour. Used for centuries in food and medicines.

## Rose-Petal Butter



### You will need to gather:

- ⊗ *1 cup of fresh red rose petals*
- ⊗ *a glass jar with a lid*
- ⊗ *125 grams of butter wrapped in waxed paper*
- ⊗ *a few slices of white bread*

Sprinkle a layer of rose petals into the bottom of the jar, then put in the butter wrapped in waxed paper. Cover again with another layer of rose petals. Twist the lid of the jar on firmly and leave in the fridge or a cool room overnight. The stronger the scent of the roses, the better the flavour of the butter will be.

The next day, cut up some fresh white bread into finger-sized pieces or triangles, and spread generously with the scented butter as well as sprinkling more fresh petals between the slices and over the dish.

# Salt

- ⊗ Esoteric Magic—the use of salt in Magic goes way back to antiquity. Cleansing, protective and with high Magic resonance, it is used for clearing and banishing spells and to prepare altars and areas for all kinds of sorcery. A must-have in any witchy kitchen.
- ⊗ Practical Magic—used in the olden days as a cleanser and antibiotic agent, still great in warm water as a gargle for sore throats and toothache. Adds taste to foods but goes easy as it does help to retain water.

## Bless This House

Mix a pinch of rosemary and salt together in a bowl and stand in the Magical hearth (the kitchen) of your home and walk in a widdershins (anti-clockwise) direction just once around the room, sprinkling the mixture as you go.

Next, stand in the kitchen and relax your body and mind. Visualise the circle of salt mixture now expanding and growing outwards so that your whole house or apartment is now encircled with cleansing energy.

After a moment or two, get your broom (preferably straw, of course!) and sweep up the mixture into a dustpan.

# Health and Body Charms

Society puts a lot of emphasis on health and looks nowadays, and even though men and women come in a wonderful variety of beautifully natural shapes and sizes which are perfectly normal and healthy for them, many people feel stressed and pressured about their body image, or feel as if they need to lose weight really fast.

Of course, there is no Magic spell that is going to make you lose weight overnight so that ZAP! you are suddenly a famous supermodel. But I do believe that true beauty and a good self-image do come from within and Magic can help with rituals to relax you and help you to learn to love yourself. Be proud and happy with whatever body the wonderful universe is lending you while you are here in this dimension, and enjoy this wonderful planet we call Mother Earth.

To follow are a few self-esteem and healthy body spells to have fun with and to help to de-stress and maintain the greatest magical temple of all—your own god/dess-given body!

## Dear Diary

Start up an enchanted diary by finding a new notebook and writing on the cover, 'My Wonderful Life'. Each day, write down at least one positive thing that happened to you during the day. It can be anything that makes you feel good, such as 'I saw a gorgeous sunset' or 'I had a productive day at work' or 'A young child smiled at me.' Read through the pages each week to keep yourself inspired and motivated.



## Mirror Mirror

True beauty starts from within and radiates outwards to give you charisma and confidence.

Find some time for yourself when you can be alone for a while, and take a relaxing warm shower or bath. After you have patted yourself dry, remain skyclad (the magical term for being naked) and stand in front of your bathroom mirror. Place a lightly scented body lotion nearby and start looking at your own reflection in the mirror, starting with your face, concentrating especially on your eyes. As you look into your eyes, repeat this incantation:

*'Inside me beautiful Magic lives,  
my eyes are windows to an enchanted place.'*

Next, smile a big smile and let yourself have a giggle or a laugh if you feel like it. Then put your hands softly up to touch your face and repeat this incantation:

*'Inside me wonderful Magic lives,  
I can feel its glow when I touch my face.'*

Then, squeeze some of the lotion onto your palms and rub it gently over your entire body, feeling yourself being filled with positive energy and power. When you are ready to get dressed, seal the spell's Magic with these words:

*'I will honour myself and my glorious mind, spirit and body.'*



# Superbody

Cook up this enchanted brew to help you curb your appetite for junk food.



## You will need to gather:

- ⊗ 2 carrots
- ⊗ 3 tomatoes
- ⊗ a small bunch of celery
- ⊗ 1 sprig of parsley
- ⊗ 3 cups of spring water
- ⊗ 1 sprig each of thyme and marjoram

Wash the vegetables and parsley well, then chop them up and place them in a saucepan with the spring water. Simmer for 10 minutes or until soft. Stir with a wooden spoon and sprinkle in the thyme and marjoram as you repeat this incantation:

*'Here is energy and joy anew.  
Inspiring forces are in this brew.'*

Allow the soup to cool, then strain the liquid into a bowl. As you throw the cooked vegetables into the garbage bin, say:

*'There go my old worries and woe.'*

Drink a cup of the Magic liquid before lunch or dinner. It can be stored in the refrigerator for just a day or two, then discard and make a fresh batch.

## Good Habits

This spell works like a charm to get rid of any habits like smoking or niggling worries.



### You will need to gather:

- ⊗ a cup
- ⊗ a white candle
- ⊗ sandalwood incense

Set the empty cup on a table in front of the candle. Light the incense and the candle, and stand near the table as you pick up the cup in both hands and hold it high over the candle and incense.

Breathe slowly and evenly for a moment until you are calm and centred.

Then, hold the cup near your chest and slowly blow air into it, silently naming each bad habit and negative energy you wish removed from your life. When finished, turn the cup upside down onto the table, saying firmly:

*'The contents of this vessel, I give up to thee,  
Lords of Light,  
exchange these bad habits for positive actions.'*

Finish by blowing out the candle and incense and saying:

*'It shall be done, O Blessed Be.'*

## The Time Is Right

One of the most magical times to begin a new health regime is at the beginning of a Waning or Diminishing Moon (when the Moon is moving from full back to new). This will give a special boost to your bid for a fitter and healthier body.

## Good Vibrations

Some essences can be mixed with oils and worn on your body and clothes to attract good fortune and love. One of my favourite oils for mixing is almond, as it also possesses its own enchanted vibration and will help strengthen the energy of your chosen essence. The best time to mix up a magical body oil is on Monday, the day of the Moon, at 7 pm.



# Sexagram

Witchcraft is one of the few spiritual paths that does not separate spirituality from sexuality. In fact, many traditions of the Craft celebrate the merging of the body, mind and spirit and the raising of magical power during the sacred act of sex.

The beautiful and powerful sex rite can be performed to enhance erotic passion between you and your partner, and as an added bonus, the sexual energy raised during lovemaking can be used to empower any type of spell.



## **You will need to gather:**

- ☉ *some pillows and cushions*
- ☉ *a double bed sheet*
- ☉ *a handful of rose petals*
- ☉ *musk incense*
- ☉ *a few candles*
- ☉ *massage oil of your choice (such as almond or jojoba)*

Choose a private room where you can create a magical boudoir for the ritual. Clean an area of the floor and lay down a double bed sheet (it can be in any of your favourite colours). Then lay plenty of cushions and pillows on top and sprinkle a large circle of rose petals (or frangipanis) around everything in a clockwise direction. Dim the lights, put on some sexy background music if you like, and then light the musk incense.

Next, go and have a bath or shower together with your partner, and take your time washing and languishing in the warm water, and when you are both fully relaxed and ready, pat each other dry and remain skyclad and walk back hand in hand into your magical boudoir. If you like, you can light a few candles in the room for extra atmosphere and whenever you are ready, go and stand on either side of the circle of pillows so you are facing each other with your arms and legs apart and looking directly into each other's eyes and begin reciting these incantations.

The woman's first words are:

*'Arise O Herne, Hu Gadern.'*

The man then answers:

*'I am Herne, your horned god, your stag has risen  
from the sacred woodlands.'*

The woman answers:

*'Herne, you are my stag, you are my ram, my sacred temple  
is moist and open, come and let's ignite the astral flame.'*

Then both come into the circle and get comfortable on the pillows and start kissing and caressing and anointing each other's bodies with the massage oil (almond or jojoba or one of your own choosing).

The rest of this powerfully potent ritual is up to your own sexy imagination, but if you do want to use the raised energy for magic during your lovemaking, then when either or both of you are at the point of orgasm, focus your mind on the purpose of your spell to help send it zooming off into the Universe.

# Fertility Magic

Since time began, women have been making lucky charms and casting fertility spells to help them conceive their dream baby.

Many of these old traditions follow the cycles of the Sun and the Moon, as well as the connection between Mother Nature and Goddess Magic. The ancient spellcasters observed that the Moon has a definite link to female fertility and created many charms that could harness the power of the goddess Luna.

Remember that the female cycle usually follows the 13 lunar months. Find out when your monthly ovulation time is and perform this spell then.



## You will need to gather:

@ apple-scented body cream

@ a silver necklace

Take a relaxing shower (ideally a romantic one with your partner) and then, with your partner, gently massage the apple-scented body cream into your skin, paying extra attention to your tummy area. Imagine as you rub in the cream that your and your partner's hands are glowing with a mystic silver light which is filling this area with life and power. Actually visualise yourself pregnant as your partner gently places the necklace around your neck and you repeat these Magic words together:

'Silvery goddess, o shining Luna,  
I wear your precious light.  
Let fertile power glow through me.  
O Blessed Be This Night.'

## Fertile Phases

Many Celtic magicians believe that a woman is most fertile for the three days around the same phase of the Moon as she was born under. In other words, if you were born during a New Moon, then you should be most fertile during a New Moon; if you were born during a Full Moon, you are most fertile during that time.

## Love Potion

Excellent for spells of romance and fertility.



### You will need to gather:

- ⊗ *romantic music*
- ⊗ *2 gold-coloured goblets*
- ⊗ *red wine or fruit drink*
- ⊗ *gardenia and rose petals*
- ⊗ *geranium essential oil*
- ⊗ *an oil burner*

Have some sexy fun by casting this spell with your partner. At midnight on a Friday, take a shower together and both dress in light clothing. Play some romantic music and fill the goblets with the wine or fruit drink. Prepare the bedroom beforehand by scattering the flower petals over the freshly made bed. Burn the geranium essence and, after you each take a sip from the goblets, repeat this incantation:

*'Bacchus, god of wine and fun, Make our wishes come true  
And fill our days with wonder.'*

If you wish to conceive a child, an ancient Sun ritual for babymaking is to place some yellow feathers and an orange scarf under the bed before you make love.



# A Boy or a Girl?

For centuries it has been recognised that astrological signs tend to have either a masculine or feminine nature. To help you choose the sex of your baby, buy a calendar which shows the 12 astrological phases and cast your fertility spell during the best star time to conceive either a boy or a girl.

For a boy, choose  
Masculine Signs

Aries  
Gemini  
Leo  
Libra  
Sagittarius  
Aquarius

For a girl, choose  
Feminine Signs

Taurus  
Cancer  
Virgo  
Scorpio  
Capricorn  
Pisces



# Dream Weaver

The ancient alchemists understood that 'when the body sleeps the soul awakens' and that our dreams are a magical source of inspiration, guidance and prophecy. Dreams are just like secret messages from our spiritual self. They give us information on what is really happening deep in our subconscious mind and the universe around us. With these dream spells and enchanted rituals you can also learn to tap into the power of your dreams—to show you how to best deal with everyday problems and to give you important insights into the past and the future.

## Remembering Your Dreams

We can all learn how to remember our dreams more clearly by following these mindpower and focusing techniques.

Firstly, make sure that you go to sleep in a quiet environment, without the interference or distraction of outside noises. If you do fall asleep while watching TV or listening to the radio, your dreaming pattern will take on some of what you have seen and heard, and will not be a real insight into your subconscious.

Start a Dream Workbook. Put a new diary and pen near your bed and as soon as you wake up in the morning, write down immediately any images or emotions you had while you slept.

Before you go to sleep, sit on your bed and breathe calmly and deeply for a moment or two to relax and then repeat this incantation:

*'Peace and understanding flow this night,  
O Universe, let me remember my dreams  
and clear my second sight.'*

## Sleepy Solutions

You know that old saying 'Go and sleep on it'? Well, it is true that while we sleep we can call on our higher wisdom to help make big decisions and solve all sorts of problems.

To do this, before you go to bed write your problem or question on a red piece of paper. Sit in a quiet place, hold the paper in front of you, and gaze at the colour of the paper and the words you have written.

Don't think about your problem or anything else; relax your mind and let yourself absorb the warmth and vibrancy of the colour.

Then, just before you lie down, tear the paper into pieces and sprinkle them and some chamomile tea leaves under your bed. In the morning you will start to feel an answer to your important question forming.

An old Celtic charm for insightful dreams is to sprinkle salt under the four corners of the bed and walk clockwise around your bedroom three times with your question in mind.

## Enchanted Dream Herbs

There are a few wonderful old herbs that can help you achieve many things while dreaming—like flying, astral travelling and visualising your soulmate.

Before you go to bed, put a teaspoon or a teabag of the chosen herb into a cup of hot water and let it steep for 5 minutes. As you sip your tea, imagine that your body is feeling lighter and more tranquil.

☉ *Rosehip: superb for love and soulmate dreaming*

☉ *Valerian: wonderful for deep, healing dreams*

☉ *Mulberry: for dreams of flying and astral travel*

## No Nightmares Elixir

A Magic potion to guard against nightmares can be made by mixing a teaspoon of apple-cider vinegar and a teaspoon of honey into a small cup of warm water and sipping this elixir slowly before bedtime.

## Facing Your Demons

Whenever you have dreams about being chased, try to find the courage to stop running, and turn to face your pursuer. You will find that it's actually yourself and your inner fears trying to be understood and resolved.

## Viewing The Future

To evoke dreams of future gazing and prediction, wear an amethyst crystal or moonstone on a chain or leather strap around your neck at night.

# Dream Symbols

The memorable images and pictures in your dreams often hold hidden meaning and cosmic messages.

You will often have one main teaching dream each night, and these are a few of the symbols that may appear:

## MALE AND FEMALE FIGURES:

represent your masculine and feminine sides

## ROOMS IN A HOUSE OR FLAT:

represent the different chambers of your subconscious and memories

## CHILDREN AND BABIES:

represent your inner child needing to be listened to

## ANIMALS:

represent the different feelings you have about a situation  
(for instance, a wolf or shark would represent danger,  
a snake or horse usually suggests passion and sexuality)

## A PET OR A RELATIVE WHO HAS PASSED AWAY:

you are about to receive important news

## Broken Mirror

If you break a mirror, sprinkle salt and rosemary over the pieces, sweep them up carefully and throw them into the garbage bin. Then light a stick of sandalwood incense and walk anticlockwise around the bin seven times as you say:

*'One year gone of bad luck,  
now two, three, four, five, six and seven.'*

Then walk clockwise around the bin as you say:

*'Powers of the Universe,  
bring good fortune for one year, and two,  
three, four, five, six and seven.  
So Be It.'*



## Soul Serenity

Take some time for rest and reflection, with this tranquility and self-esteem booster.

On the day of a Full or Waxing Moon, revive your aura by burning some orange or sandalwood incense and dressing in some white or purple clothing. Sit in front of an open window and breathe in and out deeply for a few moments to calm your body and mind. Rest your hands on your knees with your palms facing upwards and repeat this incantation:

'Deep within me, my soul is my guide.  
I shall put away my fears and know  
that I deserve to fulfil my dreams  
and follow my true purpose.  
I open my mind and heart  
in the flow of universal love.  
O Blessed Be.'

## Magical Beginnings

This is a beautiful way to bring Magic to a child's christening or baby-naming ceremony. You will use items that represent the four magical elements: Earth, Water, Fire and Air.



### You will need to gather:

- ⊗ a white candle
- ⊗ a bowl of spring water
- ⊗ a bowl of earth
- ⊗ a white feather

Begin the ceremony by placing the four items on a table. Light the candle and hold the feather in your right hand as you look over towards the family gathering and say:

'Hail and welcome.

We have come together to celebrate the naming of this precious child.

By Water and Earth you shall love the animals  
and learn the wisdom of Nature.

By Fire and Air, you will walk safely through all places.

May the Universal Spirit, God and Goddess bless and protect you  
as you grow in the light of love.'



## Self-esteem Builder

I receive many letters from parents and their children who are concerned about passing their school exams. This self-esteem charm will help release stress and give them the ability to focus on their studies.



### You will need to gather:

- ⊗ a mirror
- ⊗ a clear quartz crystal
- ⊗ a crayon or old lipstick

On any morning or evening, have your child sit in front of a mirror so they can see their own reflection. Put the crystal on a table or flat surface nearby. Ask them to think about what they would like to achieve in the future or in their exams, and let them write that on the mirror surface. Next, ask them to concentrate on looking at themselves in the mirror and letting go of all worries so they feel calm and positive, and then repeat these words:

*'I am unique and special,  
I am loved by the Universe  
and I have a clever mind.  
When I believe in myself,  
I can create wonderful things around me,  
I can do anything and I believe in me.'*

They can then keep the crystal in their room or school bag and so they can repeat this spell whenever they feel like it.

# Animal Magic

Most people adore their pets, especially their cats and dogs. And Nature-lovers and Witches (including me) are no exception. As well as being great company, cats and dogs are quite psychic and can sense with uncanny accuracy when their owners need some extra love and affection, and without any prompting will often know when family members are about to arrive home or need some extra protection. We consider our pets to be part of our family, so why not cast a few Magic spells to help keep them healthy and happy?

One of the most enchanted days of the week to cast pet spells is on Saturday, the day of Saturn, because it rules over Nature and its cycles. Another especially Magic time is when the moon is in the Earth signs of Capricorn, Virgo and Taurus.

## Animal Protection

To keep good energy and healthy vibrations around your cat or dog, buy a cat's-eye crystal and a moonstone from a crystal shop and wash them in spring water on the day of a New or Growing Moon. Dry the stones thoroughly with a clean, white cloth. Hold the stones in your right hand and walk clockwise three times around your pet, softly repeating this incantation:

*'Magico Mystico, bring forth your circle of power,  
protect my beloved (say the name of your pet)  
from this day on and every hour. O Blessed Be.'*

Then keep the stones in a glass or earthenware jar near your front door.

## Communicating With Your Cat

Cats have been known for centuries as psychic and mystical creatures, and your family moggy is no exception. If you'd like to know what your cat is thinking or perhaps bring him/her into your Magic circle, try this spell at midnight on the night of a Full Moon.



### You will need to gather:

- ⌚ a handful of aniseeds
- ⌚ a mortar and pestle or a wooden bowl and spoon
- ⌚ 1 teaspoon of valerian tea leaves
- ⌚ a small cotton or cheesecloth square
- ⌚ some blue ribbon

Place your spell items on a table, grind the aniseeds with the mortar and pestle or the bowl and spoon, and then mix in the valerian tea as you recite the words:

*'By the eye of the cat,  
by the wing of the bat,  
be clean and clear.  
Bring the familiar spirit near.'*

Finish your spell by pouring the mixture onto the cheesecloth and tying up the ends with the ribbon. Wear this bag in your pocket when you're playing with your cat or simply hang it near its bed.

## Fly Away Fleas

An old charm to keep your dog or cat free from fleas is to pour two cups of mineral water into a bowl and mix in one drop each of sage, cedar and fennel essential oils. Stir the potion counterclockwise with a wooden spoon as you say these Magic words aloud:

*'Fly away fleas, begone I say,  
don't come back another day!'*

Then sprinkle some of the mixture directly over your pet's coat or onto a brush and comb carefully over its entire fur.

## Healing Spell

When your trusted dog or cat has to visit the vet, you can cast this charm to help speed up the healing or to calm its nerves.

Light some sandalwood incense and a brown and green candle. Sit quietly nearby with your pet and speak quietly to it and gently stroke its fur for a few moments. As you do this, say the name of the animal goddess Bast (for a cat) or Brigit (if it's a dog) nine times, and then say:

*'I call on the guardian Goddess  
to care and protect this animal.  
Bring health and comfort  
and allow them to be well in the eyes  
of Nature.'*

## Pet Charms

Catnip: helps create a bond between you and your cat; place it in a wooden box or in a drawstring pouch when you are playing together.

Vervain: scatter over your garden or footpath to quieten a barking dog.

## Meditating Moggy

For a more spiritual and tranquil cat, sprinkle some catnip and oregano into a brown drawstring bag and make a smaller sachet for your cat. Wear yours for three days around your neck while you are meditating with your puddy for at least 15 minutes a day. You can either tie the pet's sachet to its collar while you meditate, or place it near the cat. After those three days, take all the herbs and throw them into the wind at midday or midnight.

If you wish to try this with your dog, use rosemary instead of catnip and add a dash of chamomile.

# Broomstick Travel

There are some ancient recipes for 'flying ointment' which were used for broomsticks, but since we are modern Magic Spinners, we much prefer travelling by jet. I use this one whenever I want to get a good seat on a plane, but you can also use it for attracting a job in aviation.



## You will need to gather:

- ⊗ a small bowl
- ⊗ 1 teaspoon of jojoba oil
- ⊗ 1 teaspoon of sunflower oil
- ⊗ 2 drops of jasmine essential oil
- ⊗ a silver spoon
- ⊗ 1 chicken stock cube
- ⊗ a clean jar with a lid

On the night of a Full Moon, mix together in the bowl the jojoba and sunflower oils and jasmine essential oil with the silver spoon as you concentrate on seeing yourself happily sitting in your favourite seat on the plane or working in your flight attendant's uniform, and repeat this incantation:

*'Silver of Mercury my night-time Sun,  
in Moonlight's power enchantment has begun.'*

Then crumble half the stock cube and sprinkle a little bit into the oil as you say:

*'Birds of a feather, I call thee nigh!  
With Magic's touch I will soon fly.'*

Wipe a tiny bit of the ointment behind your knees and keep the rest of it in the jar.

## Universal Compass

This ritual will help you align with the Universal energies and the four cardinal directions wherever you are in the galaxies.

Instead of trying to work out the four directions with a mechanical compass, in your mind's eye imagine instead that your actual body is a compass—with your head North, your right hand East, your feet South and your left hand West.

Stand up straight, with your feet in a comfortable position and with both arms stretched out to either side. Keep the 'body compass' image in mind as you then 'see' the colour of pure spiritual white glowing in your 'North' head position. Then 'see' and feel that the colour red is glowing warm and vibrant like the Sun in your right hand, which is East, and the colour blue is feeling like cool and refreshing water in your left hand in the West, while in the South at your feet, the colour brown is helping to 'ground' and connect you with earth. Feel yourself align with the four directions and feel the different temperatures and natures of each of the four colours.

Play around as long as you like with these elements and see how they each give you a different sensation and feeling.

Allow yourself to soar up to the sky with the feeling of white 'airiness' in your mind and then bring this feeling down through to the centre of your body, around your stomach area, and bring in some warm colour red from your right hand and some of the cool blue from your left hand to do a bit of self-healing and energising.

When you feel ready to finish your ritual, think about the colour brown at your feet in the South, and see how it helps to ground you.

Let yourself finish with a sense that you are now in a place of balance and strength.

# My life as a Witch

**M**y Magical journey began when I was a young child, growing up with my freedom- and Nature-loving family. In fact, my early attraction to all things Magical was hardly surprising considering my ancestry and family background. Ours is a mixed heritage—a hybrid of Celtic and Anglo-Saxon roots, interestingly enough, the same path I have subconsciously chosen for practice of the Craft.

On my father's side there are Scots and Irish gypsies, who were very much the Bards of the family—travelling minstrels, poets and actors. Some of my father's clan travelled from Ireland in the late 1600s to countries all over the world, and it is thought that quite a few of them ended up as far away as Canada and New England. In fact, just recently I met a namesake of our 'Tutty' clan who lives in Canada, and who is a talented musician and a Magical performer of Celtic and Druidic songs. Dad's own great-great-grandparents migrated to Australia from Ireland and the British Isles in the mid-1800s, and many of that family had also been well known throughout Europe as musicians, dancers and theatre performers. Some even went on to become part of the early vaudeville history of Australia and worked with the legendary 'Mo' as well as Americans such as Harry Houdini and W.C. Fields.

Way back in the early 1900s, Australia was considered to be the last



frontier for the gypsy life of vaudeville, and many international entertainers eagerly came here on ships, to tour alongside the local performers. They didn't only perform in major cities, either. Many braved long journeys on horses with the bullock trains to perform in small country towns, putting up their tents and hauling their caravans along the roughest of dirt tracks throughout the Aussie outback.

Among them were also a number of psychics and mediums (in the old days they use to be called spiritualists and fortune-tellers), and as a child I sat listening to my grandparents and parents passing on the stories of all these Magical adventures from the old days, as well as the Bardic-style verses and songs that have helped keep our family's traditions and our Celtic heritage well and truly alive.

My mother's ancestry is Anglo-Welsh and Cornish, and it is common knowledge in her family that we had an 'aunty witch' back in Wales sometime in the 1800s. From what my uncle tells me, she was the village herbalist and wore a pointy black hat (probably just the Welsh folk costume) and practised her own form of veterinary medicine, as well as mixing up various potions and salves for the village folk. (And I wonder why I get such a kick out of stirring up my own love potions...) Actually, I don't think she had such a penchant for love potions. Apparently, old Aunty never married and lived happily by herself in a tiny wooden house with a dirt floor—which she swept out regularly with a big straw broom, of course.

I could go on forever about all the unique characters on both sides of my family, but it's probably sufficient to say that I've had quite a few important Magical guides and mentors in my life, including my parents and ancestors. And that was a great start to my life of being a Real Witch. Before I learnt much else, I was taught to have great respect and wonder for all things spiritual and mystical.

# A Witch in the Castle of Oz

I always knew about my witchy side but the first time I really understood the power of my own will was when I landed a job as an assistant to our nation's big Wiz, the Australian Prime Minister.

One moment I was a 15-year-old schoolgirl dreamily gazing out of the window of my typing class, occasionally listening to the government employment scout as he whizzed by in his brown safari suit and handed us kids our sign-up forms—each one with a neat list of secretarial jobs numbered one to 100. 'Just pick your first, second and third choices for an exciting career in the Commonwealth Government,' he said.

And can you guess which one I cheekily placed a big tick next to? Why numero uno, of course! My first choice was for the top job available: Secretary to the Prime Minister.

You see, at that time I was having serious second thoughts about having given in to the 'Mum knows best' rave and gone to do this secretarial and typing course in the first place ('In case you need something to fall back on, dear'). I'd be leaving school just to end up sitting in some obscure typing pool? I don't think so. Nope, if I couldn't land the top job, I'd be giving up on this line of work entirely. So I firmly ticked my first and only choice: number one. My rationale was, if I wasn't going to be invited into the VIP room, why bother even going to their party?

*Abracadabra and one, two, three*

clicks of Dorothy's red shoes, and the next thing I know I'm striding through the hallways of Parliament House. But this little Dorothy is now wearing her brand-new white lace-up boots and faux-suede mini-skirt, and she's on her way to her first day as Assistant to the Private Secretary of the Prime

Minister of Australia. Yep, there I was in the land of Oz all right, but my tornado of chance had somehow managed to hurl me far enough along the yellow brick road to land right inside the Wizard's castle in one fell swoop—right over that dreaded typing pool and into the Prime Minister's office, the private chambers of the big Wiz himself.

This was definitely an amazing opportunity and a fast-tracked and very steep learning curve for any teenager. And for me it was a Magical first step into adult life. Somehow, the combination of my own will and sheer serendipity had thrown me right smack in the middle of Australian and world politics where some incredible people were right there making history.

I knew I was in the middle of a special and amazing experience—I couldn't help but know—and I carefully savoured everything I was seeing and feeling around me. Being in those rooms and echoey halls of the old Parliament House in Canberra, especially during those tumultuous first few months, brushing past visiting Heads of State in the hallways, talking to the PM on the phone, sitting in his office taking down a letter, being among the Hansard writers—

*was all Magic and I loved it for as long as it lasted.*

I had many minor yet momentous moments in that time, like taking a cup of tea to Sir Arthur Caldwell, one of the founders of Australia's Labor Party, as he sat in his musty old office looking just like a character from a Charles Dickens novel. A big, ageing man hunched over his large antique desk, surrounded by hundreds of dusty books and yellowing piles of papers.

I met them all, Ministers, members of the House of Reps, Senators, and many of the past and future Prime Ministers—including Bob Hawke, and Sir Malcolm Fraser, before he informed a future Australia that 'life wasn't meant to be easy'. And of course the biggest ol' Wiz of all, Gough Whitlam,

in his pre-Prime Minister days—right before he became a national treasure and icon.

Yep, interesting stuff indeed and a real eye-opener, like the time my first boss, Sir John Gorton, and everyone in his office were suddenly and unceremoniously ousted by his own party—all except little ol' me. Amazingly, I was the only one in the PM's office who was asked to stay, and I was then promoted and went on to work for the incoming Prime Minister, Sir William McMahon.

And so what happened to this promising career in politics? Well, eight months and two Prime Ministers later, just as I was finally getting the hang of manoeuvring the front steps of Parliament House in my 12-inch platform shoes, I unexpectedly won a teen Model of the Year competition, which I'd entered as a bit of a lark, and a picture of me wearing leather hotpants was splashed over the front pages of a national newspaper, along with the headline: 'Look who's working in the Prime Minister's office!'

Well, not too surprisingly, the powers that be over at Parliament House were not too impressed by my media debut. And they seemed quite relieved when I admitted that I had been offered a contract with well-known modelling agency Vivien's Management and I'd been considering leaving Parliament House and moving up to Sydney. Well, Sir William's people really couldn't do enough to help speed me on my way to pursue this alternative career. And they agreed with me wholeheartedly that I should take up this wonderful opportunity straight away—immediately, pronto—and move far away from Canberra, our nation's capital and the Prime Minister's office, as soon as possible.

'Why, I reckon you'll soon be travelling abroad, away from Australia, far, far, far away,' one of them said rather hopefully. The mind boggles as to what would have happened if they had ever found out about my witchy nature.

And so my exciting time in politics and the Castle of Oz came to an abrupt end. But I wasn't too upset—I knew there were many other adventures ahead and, let's face it, once you've seen the real goings-on at the round table of the 'inner sanctum', when you've already met the Ol' Wiz and his Castle Favourites, and seen the storytellers spinning their clever tales and building their glittery myths and legends for the people, what do you do and where do you go from there?

*Well, for me there was to be only one choice: it was time for me to look for some real Magic.*

It was time for me to go back down the other side of the yellow brick road and find a real Wizard—and perhaps, on the way, learn how to be a Real Witch.



# A Model Witchling

I arrived in Sydney in the swinging 70s. The modelling agency had found me a small, two-roomed terrace in the inner city, just down the end of Liverpool Street and within walking distance of the hippest shops, cafes and clubs. I shared the house with another young model who had just arrived from the country and, girls being girls, neither of us wasted any time jumping headlong into big-city living and all the fun and trouble we could find.

Despite quite a few days of missed appointments and way too many late-night parties, I actually started being booked for some great assignments and eventually was photographed for the covers and fashion pages of magazines like *Dolly*, *Cleo* and *Cosmopolitan*, and began appearing on the catwalks and in television commercials for anything from ice-cream to sports cars.

Here I was again, hurtling along another fast learning-curve and having some amazing experiences. I had just turned 16 and was now working with some of the best photographers, magazines and advertising agencies around, as well as socialising with a flamboyant bunch of creative, talented and highly strung fashion folk.

Of course I enjoyed the excitement and glamour of it all. Like a lot of teenage girls, I had dreamt of working as a fashion model since I was a little kid, and here I was in the big city living out one of my major dreams.

But a year or so on, I started seeing a lot of the shallowness behind the glamour, as well as experiencing the inevitable down-side of being valued for just my physical appearance. Modelling can be creatively satisfying and great fun, but your success depends on maintaining an unreal image of beauty and a certain lifestyle that I began to resent.

I managed to pull it off for a while, until I started to get the distinct

impression that I was walking through a kind of a fantasy land full of plastic talking dolls. I was confused and disturbed by how unsatisfying my life was quickly becoming. But at the same time I didn't want to just turn my back on the more artistic and creative aspects of my work, which I still really enjoyed.

I was also very aware that these great jobs and opportunities wouldn't last forever, and I pushed myself to keep going.

But I felt like a stranger in a strange land, a square peg in a round hole, and I sensed that another big life change was on the cards. This one, however, was more of an inner, spiritual change, and one that would eventually help me to make sense of who I was and how I was going to fit into a world that was starting to feel bizarre and more and more remote.

*Looking back, I think I was driven by the natural instincts of spiritual survival*

I was also at one of those major crossroads in a young person's life where I needed to find my true path and understand all the different facets and choices of who and what I could become as an adult.



# The Inner Witch Blossoms

That was around the time that I started looking further into my Celtic heritage and the inner lore of witchcraft and took my first conscious steps to find a mentor. As well as exploring my own Magical background, I began a complete frenzy of mystical study: I learnt about astrology, the tarot and the power of crystals; practised throwing the I Ching; and I looked into yoga, meditation and the spiritual teachings of Eastern philosophies, including Buddhism and Hinduism.

I was also passionately drawn to discover and experience other cultures and writers like Kahlil Gibran, Carlos Castaneda and the many other inspirational authors who were popular at that time. Of course, there were thousands of other people who, just like me, were beginning to look at alternatives to the mainstream religions and philosophies.

The 1970s were definitely a time of spiritual action and awakening for many people. More and more valuable ancient knowledge was becoming publicly available on the various philosophies and more and more spiritual teachers and 'gurus' began to miraculously appear around the world as their students simultaneously started searching around and gravitating towards them.

Because I was also on a mission to find my own Magical path I was always open to meeting a spiritual master, and was fortunate enough to meet a couple of the internationally respected gurus of the time. But, despite respecting their traditions and teachings, I still felt that somewhere out there was the right teacher for me.

At that time, during the 1960s and 1970s, there was very limited public information and few books available about the Craft, and in Australia the practice of witchcraft was not only still grossly misunderstood, but actually illegal (the Witchcraft Act was finally repealed as late as 1971). So the only



real hope for a Magical seeker to learn anything worthwhile was if you were lucky enough to stumble across one of the very few and hidden covens.

*There's an old saying:  
'When the student is ready, the master will appear'.*

Somehow, in the middle of all this universal cosmic soup, I was introduced to mine through a good friend, a lovely young guy called David.

David was an artist. He rode a motorbike, he was handsome in a sleepy kind of way and lived like a rebellious rascal. Just my kind of man. He was also a very spiritual young guy, and wise before his time in many ways. David often spoke about a very interesting man, a parapsychologist and mystic who'd been helping out a mutual friend of ours who was going through some serious personal and business problems.

To cut a long story short, our friend, Jim, was a young entrepreneur who had unfortunately not only lost his savings and reputation in a failed business venture, but was also being hounded by various TV crews and news reporters who were staking out his home and shoving cameras and microphones in his face at every opportunity. With the whole 'hard copy' media frenzy, right on top of losing everything, he was becoming quite desperate and almost suicidal. As a last resort, he sought some spiritual advice to help find some answers and perhaps a way out of the mess he was in.

That spiritual adviser happened to be Edgar Pielke, one of Australia's best known and respected witches of the 1970s, and the man whom I was to later know by his Craft name 'Fenris, the Master Druid'. I was completely enthralled as I heard how the Druid Master had advised Jim to organise a television interview with a current affairs program. Apparently, he had also advised that the interview be held not in a studio, but outdoors in a tree-

filled location. Just as the interview began, the Druid Master concealed himself behind a grove of trees where, undetected by the TV crews, he could direct his powerful energy towards Jim and the reporter interviewing him. Like a scene from the legends of King Arthur, this modern-day wizard and Master of Magic performed an ancient rite of protection and empowerment, and lo and behold, Jim answered all the questions the reporter fired at him with honesty and dignity.

It proved to be the turning point in the whole debacle and after that, Jim's reputation was delicately put back together again. What impressed me the most was that before he went into that interview, the Druid Master had shown Jim how to balance his perspective on everything. He told him to meditate on the fact that his current problems were in fact a special gift that had brought his soul back to its rightful path, and, instead of lamenting over losing everything, he should actually be celebrating a new beginning. Jim had gone into that meeting filled with his own sense of power. He had been shown how to overcome his feelings of loss and despair, and how to reach a point of calm confidence.

That story really fascinated and amazed me. I had already studied some yoga and the meditation techniques of the various Asian-based philosophies, and had read about the possibility of reaching a true state of peace. I sensed that there were many truths among all of these teachings but, other than just as a way of relaxing and calming the mind and body, I had never fully understood the significance of meditation or the state of just 'being'. I was not even sure if it was really possible to attain it.

My hair stood up on end when I got a real glimpse of what all of this could mean, and I suddenly understood that the Druid Master had actually shown Jim how to reach a balanced *non*-state of being. And then he had taken the technique one step further, and had focused that energy into very powerful Magic. He had cast a spell and I knew I had to meet this masterful Witch.

# Meeting the Druid Master

It was 1975, chamois bikinis and crocheted anything were all the rage, the current Prime Minister, Gough Whitlam, had been dismissed from the Castle of Oz, and I was on my way to meet a Master Wizard.

I hopped onto the back of David's motorbike, and felt my stomach churn with anticipation. We were going to a party at Jim's beautiful waterfront property in Vaucluse, to celebrate a housewarming and a new beginning.

The Druid Master was also going to be at the party with his coven, and even though I was dying to meet him, I was unbelievably nervous. My heart was beating a million times a minute.

*Will he see inside my soul? What if he doesn't like what he sees?*

I was petrified at the prospect of someone being able to see inside my head or possibly knowing who I was (even before I did), and yet at the same time I was utterly compelled to find out.

David freewheeled down Jim's winding driveway in neutral and parked next to a shiny collection of imported cars; apparently Jim had bounced back very well from the brink of disaster. Jim's girlfriend Sonia waved to us from the open door and we were soon inside, in the middle of a large crowd, smiling a little stiffly at people we didn't know very well. With a glass of red wine in hand we offered some awkward small talk while both nervously looking sideways for any sign of the Druid Master.

We'd arrived late, so the party had been going on for quite a while and there was a chance he'd already left, so I started to just relax and enjoy myself a little more. Eventually, I wandered over to the terrace for a breath of fresh air. That's when I saw Jim through the balcony window, smiling and waving at me to come over.

As I stepped towards him onto the terrace, a sudden, massive wave of energy travelled up from my feet to the top of my head, and Jim caught my arm just before I toppled over head first. Embarrassed, I straightened myself up, turned, and looked straight into the eyes of a Lord of Light.

*You know those times in your life when you experience a true epiphany?*

A timeless moment when you realise with all certainty that you are experiencing something of great meaning and significance? That's how I felt in that instant. I was no longer scared or nervous about revealing who I was to anyone. I felt entirely relaxed, but at the same time empowered with the wonder of seeing my own spirit reflected through this energy source. Time seemed to grind into slow motion. It was like being in the eye of a storm, that small space where everything is still in the middle of chaos. I also sensed a feeling of déjà vu, a recognition that I had experienced this type of energy before—during a near-death experience I'd had in the middle of the Nullarbor Plain.

I had been travelling with a friend on a 3,000 kilometre trip through the remote interior of Australia. I was having a nap in the back of our car as we drove along the then untarred, sunbaked dirt road that was the Simpson Highway. Suddenly, without warning, the car hit a huge pothole in the road at 100 kilometres per hour. As the car rolled over five or six times, I was mentally preparing myself for death. I was certain that I was looking at my last few seconds of life on Earth.

But, somehow, amongst all the shattering glass and crushing metal, I felt myself surrounded by what I can only describe as some type of 'caring energy'. It gently pushed me through a hole in the back window, and as I was being catapulted through the air, time seemed to slow right down. I remember seeing nothing but an endless and magnificent light which spoke to me. It said: 'Relax, Deborah, it's not your time yet, everything is going to be all right.'

I then had time to enjoy the sensation of soaring like a bird through the air—until I landed like a sack of potatoes on the rock-hard desert floor at least 10 metres away from the crumpled car, flat on my back, with the breath completely knocked out of me. But, incredibly, I was able to stand up right then with nothing to show for it but a pair of ripped jeans. I had no broken bones, in fact I walked away from the completely squashed car without a scratch. A couple of hours later, we were sipping a cup of hot tea with a young Aboriginal couple who had found us wandering dazed in the middle of Never Never Land and had brought us back to their camp.

I had reflected on that life and death experience many times over, and now here I was on a balcony in Sydney, looking straight into that same boundless Universe. And again I was aware of that same shifting of time, the endless well of incredible light and energy, and the aroma of smouldering ashes.

When my vision cleared and I could start to make out physical shapes again, there was a grey-haired man aged around 50 or so standing right in front of me. He looked like a Native American Indian, with a slightly hooked nose, carved cheekbones and long, flowing hair. A split second later, he turned slightly and at a different angle reflected yet another face—this one entirely Nordic, like a young Viking soldier. An instant later and at another angle, an old Sorcerer, with piercing light blue eyes and pale skin appeared.

His face kept morphing between these three images, as if they were three facets of one crystal. But then the face of the Old Sorcerer remained and the words 'Yes, this is Fenris' appeared in my mind.

He was wearing a simple long white caftan, but around his neck was a very ornate and magnificently carved silver pendant. It was fashioned in the shape of a circle and magenta stones and rubies encrusted its centre. It was as if it had been styled by an ancient silversmith, with a mixture of Celtic and Nordic designs, and coiled, swirling fronds spraying outwards like metallic ferns or the rays of a silver sun.

Next to him stood an exotic, raven-haired young woman who also wore a flowing white dress. There were others, too, including a rather gothic couple who sat nearby softly strumming their Spanish-style guitars and singing. But I couldn't focus on anyone else; it was all I could do to stop from falling into the piercing blue eyes of the Druid Master.

'Ah Deborah you're finally here,' he said. 'We've been waiting for you.'

I stammered something like, 'We had to stop for petrol,' but I knew that was not what he meant. I knew with every thread and cell of my being that he was talking to my soul.

*I was in the middle of an eternal moment,  
I was meeting a very old friend, and I was Home.*

### DREAM VISION, 1973

Are we still in the present, or is this the future of the past? These are the most incredible blue eyes I have ever seen, there's a faint scent of sage and now he's beside me again and we've been walking for days through the Nullarbor Desert. We stop to drink from a small billabong the colour of sapphires and burnt cinnamon.

## Behind the Secret Veil

And speaking of mind body and spirit connection, I really got the giggles the other day when I read a letter from someone who wanted to know what kind of Magical clothes our coven members wore. Immediately this spirited conversation between the Druid Master and me, during one of my first skyclad meetings, came back to mind. I thought I might share it with you so you can enjoy the experience of being 'behind the secret veil' at a witches' gathering.

'Banishing inhibitions? I don't have any inhibitions—but I could never sit naked in front of a whole lot of other people.'

'Oh really, how come?'

'Because I don't think that sex or nudity has anything to do with spirituality or metaphysics.'

'Who said anything about sex?'

'Well that's what usually happens when someone takes off their clothes.'

'Oh, every time? Like at the beach, or when you're taking a shower?'

'Well, of course not every time, but in normal circumstances to be naked in front of other people...I mean in normal society, everyone knows...Umm well that's what can or usually does happen.'

'Oh I see, in normal society. And where are you now?'

'I'm in a house, your house, sitting in a living room, talking with a few other people'

'Look around, do you know where you are exactly?'

'Yes, I'm in a witch's coven.'

*'And why are you here?'*

'I'm here to learn.'

A heartbeat later, the penny drops and so do all my clothes as I silently disrobe and sit comfortably naked on a red velvet cushion feeling as joyous and free as a bird in the sky.

*And now do you know where you are?'*

'Yes I know exactly where I am.'

*'And who are you?'*

'I'm Deborah,'

*And what are you?'*

'I'm a woman and I'm a witch'

— Skyclad meeting, The Circle of Light, 1975

Now for those who might not at first get the gist of the above conversation, it is that although some witches prefer to work in special Magical robes, some witches and covens disrobe and have 'skyclad' meetings. Performing rituals naked really has nothing to do with sex orgies or titillation—it has got to do with freedom and harmony and letting go of the boundaries of society's shame and guilt about your beautiful God/dess-given body. It has to do with reconnecting with your personal sacred temple, your own miraculous body which enables you to experience all facets of life and physicality in this dimension.

For me personally, the freeing up of my own inhibitions and understanding the mind/body/spirit connection had practical benefits by enhancing my self confidence as an actress and singer. This directly led to the incredible honour of being asked to sit for a portrait by the famous artist Charles Billich—who was mystically inspired to portray me as a Magical 'triple goddess', in a beautiful life-sized oil painting that was later auctioned in aid of a Children's Hospital telethon and now graces almost an entire wall of one of Australia's largest private art galleries.



## Hex in the City

Many Full Moons after those first ventures of mine into the big wide world, I had moved to New York to study music and theatre at the famous Stella Adler school and to sing in the smoky jazz cafes of Manhattan. It was many years since I had first met the Druid Master and I had continued my Magical studies while juggling a busy career as an actress and singer/songwriter throughout the 1970s and '80s.

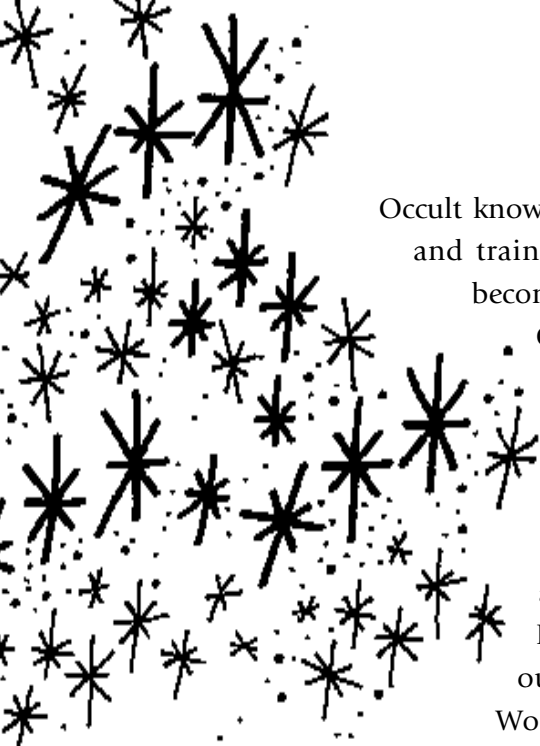
From 1975 onwards I had lived in the family environment of a coven house. During that time and just a few years after my witchy initiation, I made my debut as an actress on Australian television. I played the now legendary role of the nubile and rather sexy Miss Hemmingway on *No. 96* (I never do anything by halves!). After that I had numerous roles on TV shows such as *The Young Doctors*, *Kingswood Country*, *Catch Us If You Can*, *Bellamy*, *Best of Friends* and *Power and the Passion*.

Eventually, I moved into my own home in the mid-1980s and travelled overseas for work assignments such as writing music for the Olympic ice-skaters Torvill and Dean, fulfilling recording contracts and show tours throughout Germany and Europe and, in the '90s, singing assignments in New York jazz clubs including Maxims, Blue Note and the Supper Club. And all that time I remained a practising witch and a member of the Edgar/Fenris circle.

*Like all students, I developed my own style and techniques.*

They will always incorporate my original training, but now my own feminine Goddess energies, individual perceptions and experiences filter through and permeate my Magic.

My spiritual teacher Edgar's genetic background (Edgar Pielke—Fenris, the Druid Master) was German and Celtic, and his Magical traditions and



Occult knowledge were from a long history of family lore and training that also reflected his ancestry. He had become a Master Witch and what is known in the Craft as an 'Ipsissimus' through a series of family initiations followed by life-altering experiences where fate put him through a number of 'vision quests' and extreme tests of courage and will.

One of them was when he was around 16 and he was conscripted into the German army. He was taught to drive a panzer tank and sent out to the Russian Front towards the end of World War II. He was captured by the Russians and sent to a Siberian concentration camp where he remained for a terrible few years. It was during this hard vigil of loneliness, starvation, extreme cold and inhuman conditions that he first travelled 'over the abyss' and only his early Occult training and natural ability helped guide him through and saved his life. A great benefit from his time there was his discovery of his own unbreakable sense of purpose and his True Will to be a master of the Ancient Mysteries.

During my early years in the coven, Edgar appeared on many current-affairs programs and did frequent television and radio interviews. He spoke about witchcraft on discussion panels with mainstream and conservative religious leaders.

*During his life, Edgar was a groundbreaker in a lot of ways.*

He was one of the first male witches and coven leaders in Australia to 'come out' in the media after the anti-witchcraft laws were repealed in 1971. (The Kings Cross artist Rosaleen Norton was the first female witch to previously 'come out' to the Aussie media. Rosaleen had visited Edgar's

Darlinghurst-based coven in the late 1960s and early '70s to discuss the rising interest in and portrayal of the Craft in the media.)

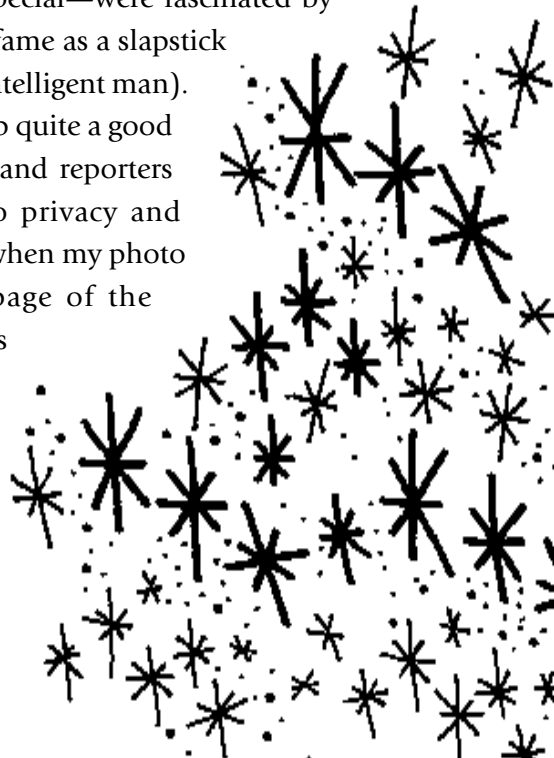
We often had journalists come to our house to interview Edgar for newspaper stories and books (including Craft historian Nevill Drury, author of many excellent books, including *Other Temples, Other Gods*, where he refers to Edgar as one of Australia's best-known witches of the time).

On the whole, many of the Australian journalists considered Edgar to be one of the most adept spokespersons on the Occult and respected his unique opinions and communication skills highly. He was dedicated to his life mission as a teacher, and was determined to dispel the negative myths and misconceptions about the Craft. I gained a lot of valuable insights from those times. We would often accompany him when he was being interviewed by any of a long list of well-known journalists, including Mike Willesee, Clive Hale, Derryn Hinch, Caroline Jones, Mike Walsh and Mike Minnehan.

Many international personalities of the day were intrigued too. Irish showman Dave Allen, the famous Doctor Who, and even the legendary Benny Hill—whom I worked with in a TV special—were fascinated by our coven (Benny especially, who despite his fame as a slapstick comedian, was actually a deeply serious and intelligent man).

Our witches' circle also managed to develop quite a good relationship with the media over the years, and reporters usually respected coven members' right to privacy and anonymity whenever they requested it. Even when my photo was inevitably splashed over the front page of the newspapers with the headline: 'Leading actress admits she's a witch,' the story on the inside pages was actually quite fair and balanced.

It was just a matter of time before my 'secret double life' as a witch was made



public in the late 1970s. I had already become well-known as a television personality, and when I started being interviewed at the coven house by journalists about my acting and singing career, it must have been pretty obvious to even the most unobservant visitors that there was a certain air of 'mystery' (to put it mildly) around our house.

I've never shied away from telling people what spiritual path I follow, but only if they specifically ask me. I've never been ashamed or embarrassed by the necessary explanations, no matter how tricky it was to speak openly about witchcraft way back in those more conventional days, when 'practising witch' was definitely not something most people put on their résumé.

Edgar passed on to his next phase of life in the early 1990s (though he still continues to visit me in my dreams and visions, just as he has done for aeons) and throughout all these years I have applied his teachings, along with my own Magical inspirations, to my creative work, music, relationships and life in the 'real' world.

Most of the remaining members of our coven are now living in different parts of the world. We'd all spent many years going through big changes, ups and downs, comings and goings, losses and triumphs, but the inner core always remained close and the coven 'flame' is still burning brightly.

Athena Starwoman and I met in the late 1970s when she first came to meet Edgar, and even though she didn't live in the coven house, she was a frequent visitor and a great student of Magic. She and I soon became close friends and while Athena's work as a world-famous astrologer took her to places far and wide, we always considered each other sisters in spirit and close allies in helping to bring the mystical and Magical back to the modern world.

There we were back then, still following the gypsy life and living on the other side of the planet in New York City. I had managed to find a great loft apartment in the West Village and we'd spend any spare moment going to SoHo or the East Village of Manhattan searching out all of the hidden-

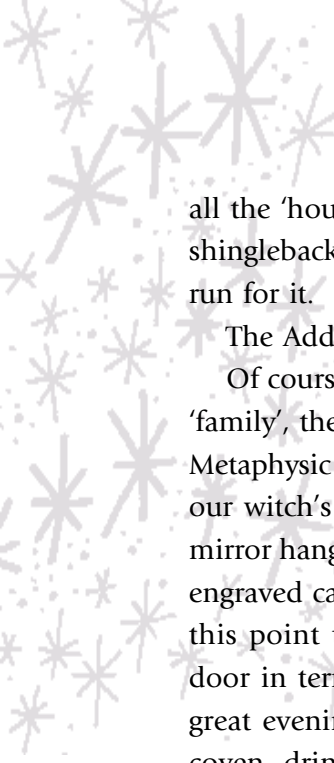
away and gloriously bohemian witchy shops. We'd be on the lookout for old grimoires and Magical curios and knick-knacks (as well as the occasional cute boy witch or two).

We had lots of hysterically funny experiences in the Big Apple, like the time we were wondering where to find an old-fashioned alchemy shop to stock up on some spell ingredients, and Athena suddenly exclaimed, 'Hey, this is New York, just look in the Yellow Pages under "Occult"! So, just like in an episode of *Bewitched*, we flipped through the Yellow Pages and there it was—a fabulous advertisement saying: 'Fresh supplies of dragon's tail and hexing powder, 20 per cent off graveyard dust'. When I called the shop's number a very sweet voice answered with 'Enchantment Incorporated, can I help you?'

In fact, it was during those years that Athena and I started writing *How To Turn Your Ex-Boyfriend Into a Toad*, after we'd searched around and realised that there were very few decipherable books on spellcasting, and even fewer that included fun and humour from the perspective of a modern city witch.

We also loved to spend time reminiscing and giggling about the early coven days in the 1970s when unsuspecting visitors would nervously knock at the door of the grand old Art Deco coven house in Sydney, to be greeted by the baying of the Hounds of the Baskervilles (really just our arthritic old German shepherd and various rescued pound dogs barking in unison).

Most visitors would almost faint on the spot as the door would slowly creak open and one or other of the girls of the house would be standing there, resplendent with flowing hair, witchy jewellery and diaphanous gown. I'll never forget the look on the face of a particular photographer who had been sent over by a TV station to take some pictures of me for a magazine. As soon as he knocked on the door, all six of our dogs rushed barking like crazy into the front hall and scared the life out of him. He admitted to me later that when I opened the door in my long white dress, calmly holding



all the 'hounds of Hell' back with one hand and carrying Lucy, our black shingleback lizard in the other, he almost dropped his camera and made a run for it.

The Addams Family had nothing on us!

Of course, if a visitor was lucky enough to be invited home to meet our 'family', the *pièce de résistance* would be when they were ushered into our Metaphysic Room (much like an old-style drawing room), and they'd see our witch's altar draped in wine-red velvet, with a giant, ornately carved mirror hanging overhead, complete with ancient Magical symbols and two engraved candelabra sitting on either side of a pair of matching skulls. At this point they would either turn around and hightail it out the front door in terror, or they would immediately relax and settle in to spend a great evening philosophising with the Druid Master and the rest of the coven, drinking aged port from our best set of chalice cups, or playing chess and listening to the songs and music that were usually being performed by someone in the house, until the early hours of the morning.

*But not everyone agreed with my spiritual choice,  
especially back in the 1970s and '80s.*

There was still quite a lot of misunderstanding about and even fear of covens and witches, and some people were downright insulting and tried to do their best to bring me 'back to my senses'. Despite these people's misgivings and sometimes laughable perceptions of what witches do, however, I just kept on rediscovering this ancient path of harmony and self-knowledge. Sure, socialising and explaining my private life to work colleagues and the media has been very tricky sometimes. And very few boyfriends felt comfortable around my mentor in those early days, either—many mistakenly believed they were competing for my affection. But, nevertheless, I hung in there, and reaped the benefits of this way of life and of having such a wonderful spiritual guide.

I always felt that our coven house was quite a sacred environment, similar in many ways to a Buddhist temple or an ancient school of philosophy and alchemy. As soon as you walked in the door, you felt the energy shift and the communal focus come into play. Spells, rituals and any ceremonial Magic were only taught after willingness and readiness to accept and understand the seemingly mundane and simple day-to-day chores of growing up. You would often hear dialogues that went like:

*'Clean the Metaphysic Room, Deborah.'*

*'But it wasn't me who made the mess!'*

*'Clean the Metaphysic Room, Deborah.'*

*'But how come I've got to do it again?'*

*'Because you need to clean it again.'*

There was plenty of spiritual discipline throughout my early training, but there was also a great deal of humour, creativity, music and lots of love—along with all the normal personality clashes and arguments you'd expect in a group of strong-minded people. And there was the loud foot-stomping of neophytes in the face of reflected truth.

The various members of our coven had a wide variety of ambitions and professions, including law, science and medicine, and we still needed to go out each day and actually apply these spiritual lessons and 'practical Magic' in our jobs. We went on living with outside society as we earned our livings, built our careers, socialised and carried on our everyday lives as people in a large, modern city, in perfect balance with what we were simultaneously coming to understand in the coven.

I was and have always been an urban witch, although I do adore the Magic of the countryside and the more natural environments, and it has been a constant challenge to apply certain country folk traditions and old-style aspects of the Craft to city living, that's for sure. Many times I've been tempted to go and live in a rainforest or live full-time in the beautiful

Australian bush growing herbs. But I figure if your work is in the city, you have to learn to adapt.

*You actually need to go to the core of the meaning of Magic practice,  
so you can learn to be flexible and to be able  
to take it on the road with you anywhere.*

This approach has worked well for me over the years. Apart from working in the performing arts in Australia, my television roles and singing career have taken me to just about every country on the planet. And wherever I go, I continue to practice my craft, in New York, Los Angeles, London, Munich, Paris, Singapore and Tokyo. Because once you've learnt how to tap into the source of real Magic, once you've accessed that Universal power and touched the face of your own eternal and Magical spirit—there's no looking back. It changes you forever. You become a self-contained and mobile Magic-maker and no matter what emotional or physical circumstances you're in, you can apply that knowledge, connect with your higher self and use any of the tried and true techniques to weave your spells and charms wherever and whenever you want to.





# PerfectBound Special Feature

## Buddhism and the Craft

I was asked on a radio interview recently if I thought Buddhism had influenced modern witchcraft and the way we practice it today. My answer was a resounding, 'Yes'. In fact, many of today's scholars of the ancient mysteries are convinced that the influence and crossover of magical links between India, Asia and Europe go right back to our historical past, spread over thousands of years of migration, trade and travel between most of the ancient nations.

Today, many meditation techniques that are integrated into rituals of wicca and witchcraft as well as procedures such as aligning 'chakras' and 'chi' energy are obviously from the more Asian practices. It's very useful to study at least the basics of Buddhism and to look into other Asian influences such as Feng Shui and Chinese astrology. If you are really keen to expand your overall knowledge you may like to visit your local library and research the Indo-European migration, the Neolithic period of human history and the fascinating connection between ancient Sanskrit and our own modern day languages. It is said that even the European Druids had an historical connection and spiritual brotherhood with the old mystics from the continent of Asia.

## Guatama, The Last Buddha

Guatama was a sensitive intelligent human being, an extraordinary man who lived and laid down his ideas and spiritual teachings around the sixth century BC. He was a humble and modest man who personally never referred to himself as 'the Buddha'. That title and the Buddhist religion as we know it today were to come much later.

Guatama was born a wealthy prince who was tired of the privileged life he was born into and the 'goings on' in the royal court. He was greatly disturbed by the pain and suffering he saw around him among the poorer classes. Despite the love from his family and children, he felt an undeniable and unstoppable calling to go out into the world and look for wisdom and enlightenment. He searched for and studied with many great mystics and wise men of his time and after many years wandering his land he became well versed in the teachings of all the metaphysics his age and country extended him. But his great intelligence was still dissatisfied with the solutions being offered to him.

The respected old Indian mystics and their followers believed that power and knowledge was only obtained after denying many of the normal bodily needs and desires. The disciplines to attain enlightenment included fasting, sleeplessness, extreme self-torment and self-denial. Guatama certainly put all of these ideas and techniques to the test. He took five of his friends and disciples to a jungle gorge in the Vindhya Mountains where he gave himself up to fasting and severe penance. But even after a very long period of near starvation and strict self-denial, he felt no sense of truth achieved.

One day when he was pacing up and down and trying to think clearly, in spite of his body's extremely weakened state, his legs gave out from under him and he fell unconscious. When he finally awoke from his semi-comatose state, a great wisdom was suddenly very plain to him. He horrified his five disciples by sitting up and asking for normal food and drink, as well as wanting to bathe and to be dressed in some clean clothes. The truth he realized is that whatever wisdom is to be reached, it is best attained by a healthy body and a properly fed and nurtured brain. His disciples and followers deserted him in disgust because such a concept was completely against the religious and mystical ideas of his land and age.

Everyone was certain that the famous young mystic, the wonderful Guatama had now seriously fallen from grace and for a long time Gautama wandered sad and alone with his own thoughts and revelations. He finally

traveled to Benares, an Indian village, and one day sat under a great fig tree by the side of a river to eat, when another sense of illumination and clarity of vision came to him. He now saw life in a very simple and wonderfully plain way. It is said that he sat all day and all night in profound thought, and then he rose up and set out to gather his disciples once more around him and traveled even further afield to impart his unique vision to the world. All his teachings were originally passed on by word of mouth because there was little or no writing at that time in India. To help communicate the teachings and commit them to memory, Guatama composed simple verses and stories, very much like the poems and affirmations we are familiar with today.

He also worked out lists of separate 'points', and knew that it was of great help to one's memory to have these points and affirmations numbered. It is said that Guatama was one of the first mystics to use this simple point system and numbering method and he is probably the original inventor of the terms, 'threefold path', the 'four truths' and the 'eightfold path'. These methods of imparting great truths in simple and memorable communication have helped keep his teachings very much alive today, as well as being adapted by many other spiritual paths, including witchcraft. (This is no surprise really because the 'Bardic' style method of oral teaching through verses and poetic points is now such a universal and classical theme.)

The clarity of Guatama's fundamental teachings was purposely designed to be understood by as many people as possible. After 2500 years they are still in harmony with our modern urban minds of the 21st century. To many seekers of knowledge Guatama is not only a great spiritual teacher, but also a true Master of Magick. There are deep connections and analogies between the Buddhists and many other world religions and spiritual paths including witchcraft.

How magickal and inspirational it is that one human being could leave such a penetrating spiritual legacy which continues to influence the world and crosses over into so many other cultures and paths.

# Words from the Wise

In the study of witchcraft and metaphysics we often refer to days past and the wonderful wisdom of the ancient teachers and philosophers. I consider witchcraft a living and constantly evolving Craft and throughout my life I have met philosophers and masters of metaphysics who practice their own magickal and spiritual paths in today's world. They are living examples of the possibilities to successfully apply magick and spirituality into our modern urban lives, and I have been enriched not only by their friendship, but also by their great knowledge and wisdom.

I have asked a few of my magical and inspirational colleagues if they would pass on to you some of their own 'Wise Ways' and how they incorporate their magick and techniques into their daily lives.

## Leonora (Lady Sage)

*Leonora is a dear friend and close colleague of mine. We lived, studied and 'grew up' together as sister witches in the coven 'The Circle of Metaphysics' for many years. She is a modern-day 'wisewoman' who, along with Edgar (Fenris the Druid Master) is one of the original founding members of our coven. Leonora and I have shared many incredible events and magickal awakenings during our time with Edgar, our spiritual teacher. Now in her third level of mastery, Leonora is a respected teacher of metaphysics and parapsychology with thirty years of 'witchery' under her belt, as well as being a talented singer and musician. Here she speaks about our early training and the path of old Druidry in today's world.*

**Metaphysics and magick** is what Deborah and I originally studied with our mentor, someone who I consider to have been a Grand Master. It is akin to the ancient teaching of the high Druid priests. This is very ancient magick, an ancient philosophy, or 'high psychology' if you like. It is at a level where you need to know yourself very well internally and externally, both your positive and negative aspects. Emotionally, intellectually,

spiritually, we were learning how to balance ourselves, to get rid of useless paranoia and outer layers of brainwashing and guilt.

**Logic** is what we learned to use as the first criterion for personal growth work, learning new techniques for resolving problems — *not* the use of any emotionally-charged reasoning, *or* the worship of any particular deity or spirit. Although a lot of our conversations, actions and experiences were quite ‘spirited’, most of the training was gained by putting certain information into practice on a daily basis to see how or if it would work for us. If it did or didn’t we would explore why with guidance. Nothing was taken for granted and very few books (if any) were used. It wasn’t something we did once a week at a lesson or ‘gathering’ on a full moon, it was a way of life, and it still is.

**True witchcraft.** A lot of our original training could be called mysticism, shamanism or simply occult, meaning ‘that which is unknown’. It was the way of the ‘Wise Ones’, and it was definitely magical, a deeply involving exploration into the workings of the mind, not just in the psychological but in the parapsychological sense.

**Knowing yourself**, your limitations and abilities, are the most important requirements, and is the result of the study of this form of true witchcraft. In essence it was the study and practice of *metaphysics* (that which goes beyond the physical) and *parapsychology* (that which goes beyond the psychological).

**Life can be a constant battle** between balance and imbalance. But your focus as a witch, wizard or sorcerer is to make sure you remain within the boundaries of a balanced center ground. You can still go out and experience the highs and lows of normal everyday life, all the while maintaining a core balance. That’s where the strength and the true magical knowledge lie.

**Magic (or Magick) is life, reality, creation and application.** It is the way you think, followed by how you feel, then by what you do. It is also perception — the thought, the feeling, the action. I come completely from

the point of view that thought is all things, followed by the color of feeling, then the focus and the motivation followed by the action, making it happen and bringing it into being.

**The emotion colors the thought.** For example, I may think about making a cup of tea, but until you really *feel* like one, the motivation to get up and make one is not there.

**Hexing and cursing.** Once you've grown to a position of equilibrium, where you have purity of thought and know what is balanced fair play, then this kind of more 'defensive' magic is usually unnecessary. If someone comes into your life and starts 'rippling the waters', you really don't have to do anything directly to them because they will already be getting splashed around by the waves and ripples they have caused themselves. However if you perceive something as a real threat then you can choose to do a ritual to request some extra protection, but this must always be done with balanced and controlled emotions in order to be truly effective.

When I say 'controlled emotions' that doesn't mean not feeling them. You still experience them, certainly. You can't pretend that you don't care if something sad happens. You will grieve. You will have that sensation of sadness, which is okay, and you should certainly feel it. But if you are serious about studying the Craft, you should recognise that even when you cry and feel painfully vulnerable, or feel great pleasure and highs, as a witch (or whatever term you choose to call yourself), you need to start observing yourself while you are experiencing these feelings. You also need to master your self-control. You can still feel things to the height of ecstasy, pleasure or grief. But while experiencing the full throws of passion, even when you are fully involved in the heat of the moment, you also know that you can instantly stop it, just in case you have to, or walk away from it if you need to.

A master magician, sorcerer and Zen warrior knows when it is wiser to just stop, and walk away from any battle.

*In essence, what Leonora is talking about here is that you can and need to learn and experience wonderful erotic pleasures and the thrills of surprise and even the anger and frustration of existence. That is all part of the journey and love of life. The full gamut of human emotions has to be experienced to be an enriched human being. But if you want to master the art of magic and true witchcraft, then you can, and should, learn to experience these emotions without letting them control you or take over your life. Only then are you able to draw comparisons, so that you can see what you are able or unable to cope with — that is one of the most essential teachings in the mastery of the Craft. In other words, learn to be constantly aware of both your human side and your 'sorcerer', 'wise', 'Faerie' self.*

*As metaphysics and witches, Leonora and I were taught by our spiritual mentor and coven leader to look for the balance — that is where the real magic is found, through the harmony of it all. Casting spells and all of these magical rituals and ceremonies really are geared to say 'wake up and look around and really see the magic'. Look at the beauty, magic and mystical nature of what is around us, in its softness and harshness, it's complexity and simplicity. That's what inspires us as human beings and lifelong students of the ancient mysteries — the great magic of life.*

## *Athena Starwoman*

*Athena Starwoman and I had met in the late 1970s when she first came to study with our coven and even though she didn't live with us in our house, Athena was a frequent visitor as well as a great student of magick. She and I soon became close friends and while Athena's work as a world famous astrologer had taken her to places far and wide, we always considered each other sisters in spirit and close allies in helping to bring the mystical and magick back to the modern world. Here she shares some of her own magical thoughts and memories.*

**The first time I knew** that magic was real and I could make something happen by focusing on it and thinking it into being was when I was five years old. I'll never forget it because it made such an impact on me. Every

Christmas one little girl was selected from the class to be the fairy on the Christmas tree — she was like the star of the Christmas play and I really wanted to be that gorgeous fairy. But I was a gawky, little kid with straight hair and skinny little legs and they always chose the cute little ‘Shirley Temple’ type with pretty curls and dimples. The teacher stood at the front of the class and said, ‘Who wants to be the fairy on the Christmas tree?’ Every little girl put up her hand but I remember I wanted it so much and I started focusing my mind so hard at the teacher that instinctively I knew I was going to be that fairy.

In my child’s mind I remember knowing it, and before she even said it I was thinking ‘it’s me, it’s me, I’m making it happen’. When she called my name everyone in the class was completely taken by surprise but not me, I knew it all along. Later when I did the play, my mother had made me wings which were a bit droopy and I was all gangly arms and legs and some of the other kids complained and were asking, ‘why was she chosen?’, but I didn’t care, I made it happen, I was very aware of it and I knew it was magic.

I also remember thinking to myself, ‘If I can do something like this, well, I can do anything!’ I used to be the little waif of the class, the shy one, a little nobody, then after I knew about mind powers there was no turning back. That was a real life changer and I consider it my first conscious step into how I live my life today. Until you flex your magic muscles you don’t even know you have them. You have to put in the effort and get out and try it. You make something happen with your own will because that’s what’s such a big part of it. You’re starting to project what you want, then you see it coming back, and once you see it happen there is no turning back because you will have that realisation forever. I zapped those teachers with my focus and it all fell into place. I remember wanting to be the fairy so much, then knowing I could do it and then seeing it happen — it was almost as if they ‘couldn’t *not* say it was me’, and that was very definitely a magic spell.



**Magical names** aren't chosen, they choose you. For example, the name Starwoman came into my life quite naturally and I believe that it chose me. An American Indian, a Shaman called me by that name. I met him when I was studying astrology at the Eselan Institute in California in the early seventies. When I was introduced to him he immediately started calling me 'Starwoman', and he later christened me that name in a magical ceremony. That was a very strong experience for me and it really changed my life. It was even more profound for me because that Indian 'name-giving' ceremony was also my very first christening. I was never christened as a child because my father had thought it was better for me to wait until I was old enough choose my own religion. When the Shaman took me through that wonderful, magical ceremony, dipping a big feather into the ocean foam and wetting my hair with it, then naming me 'Starwoman', it really meant something to me because it was my first 'naming ceremony' or christening. The Shaman's name was Don Juan, from the Huichol tribe in Nayarit, Mexico. One of the professors at the college had studied with him and brought Don Juan from his village in Mexico to California. He was a tiny man, very small and stocky but in his presence, a part of you felt completely humble. He would make quick movements like a bird and scratch his head with his one hand (he had lost the other hand in an accident). His skin was like a coconut shell, and his black, beady eyes would look right through you. He had that Shaman presence.

Having the name Starwoman has given me both pain and pleasure. When I came back to Australia in the seventies a few people probably thought I'd gone out of my mind! But let's face it, I'm in a field that is 'out of this world', so I couldn't have been called something like Athena Smith because it probably wouldn't have resonated the right energy. All names, magick or otherwise, definitely vibrate their energies around you. Sometimes if I ever feel a bit run down or tired I may choose to call myself 'Earth woman' to ground myself a little, but it doesn't last long because I prefer to fly off among the planets, I feel right at home there.

**I apply my knowledge of astrology daily.** It is a great tool to help give you hints as to which way to take on an important decision, or to guide you to improve your relationships with others. But like any tool you should also listen to your higher mind and your own inner voice because that will override anything, even an astrology reading. Your inner voice is your greatest guide and it is all your own. For instance the synchronicity of meeting my husband seven years ago was an interesting example of how I chose to follow my inner voices, even though it conflicted with my planetary alignments and a whole lot of other things going on in my life at the time.

My father had just died and it deeply affected me. I became exhausted and just wanted to stay quiet, nurturing myself inside my apartment in New York. But a friend of mine kept calling me and telling me to go to this 'Breakthrough' seminar run by Dr John Demartini. I really didn't want to go, I just felt like being by myself for a while. Also Mercury (the planet of communication and travel) was in retrograde, which meant it was not a good time to travel to another city and certainly not to a seminar about communication. So I kept resisting, saying no and avoiding it. Then the next night, right in the middle of a deep sleep, a strong voice woke me up and said, 'Go to that seminar'. But I still kept resisting and making excuses not to go. I even threw coins, 'betting' on heads 'I go' and tails 'I don't'. Three times I threw the coins and three times they landed heads. And the strong voice in my mind kept waking me up in the middle of the night and saying, 'Go to that seminar'. So even though Mercury was in retrograde and I had not felt at all like going, I had to listen to that voice, I knew enough from my life experiences not to ignore my higher voice especially when it was calling so strongly. I finally went and had a fantastic seminar, learnt about the collapse technique through Breakthrough and of course met my soul mate, my husband Dr Demartini who is also a great spiritual and inspirational guide to me and to many people around the world.

## Dr John Demartini

*Once in a blue moon, an inspiring individual comes along who breaks through the conventional boundaries of thinking and gives birth to a new paradigm in philosophy and personal transformation. Dr John F. Demartini is one such rare and gifted man, whose span of experience and study encompasses a broad scope of knowledge, philosophy and healing.*

*As an international speaker, John breathes new life into his audiences with his enlightening perspectives, humorous observations of human nature and practical action steps. His personal and professional success programs are packed with profound wisdom. He runs the Concourse of Wisdom School of Philosophy and Healing, whose mission is to inspire and perpetuate research into the physical and metaphysical arts, sciences, religions and philosophies of the great world cultures, and for the further evolution of the individual as well as social mankind.*

*Recently I asked John about his views on the role of spiritual teachers and how 'magic' permeates his own life.*

**Mentors and spiritual teachers** have been important guides in my life and I have had a number of them. One I met as a teenager when I was hitchhiking through El Paso Texas. I was 14 years old and met this old tramp, who picked me up in his beat up old car. He walked me into a library and after he told me to sit down and start reading said, 'Young man I want to teach you two things, and I want you never to forget them'. Then he came back with two books and said, 'The first lesson is to never judge a book by its cover for the cover will always fool you'.

He was talking about the physical personas we project to each other. Then he told me, 'You probably think I'm just an old bum, but I am a very wealthy man, and a year ago someone in my life died and it caused me to stop and reflect on my own life. And one of the many things I had never experienced before is to live as a bum'.

So don't judge a book by its cover because it will always fool you.

Then he took my right hand and placed it on two books. They were the

classic writings of Aristotle and Plato and he said, 'Now young man, learn how to read and you can study and gain wisdom and love. For the world can take away your possessions and loved ones, but there are two things it can't take and they are **your love of wisdom and the wisdom of love**.

At the time I was a high school dropout and learning disabled, and had been told by my first grade teacher that I would never read or write or communicate normally and never amount to anything. But from that day, I set my mind to it and I started learning how to read these and other classic books and that was my first big step onto my life's path.

Another guide came along when I was 17, who was 93 years old and he taught me **how to identify my mission**. Not only did he help clarify my mission, but he gave me an affirmation to say every single day for the rest of my life. They are my words of power and are a form of great magic. That affirmation is.

I am a genius and I apply my wisdom.

And I have never missed a day affirming those words in three decades.

Another mentor I met at the age of 23 was a South American Indian from whom I learned a vast amount on the mysteries of life and I've been a disciplined student of those ancient mysteries ever since. During that time I had another revelation and eventually found out that I would dedicate my life **to sharing love and wisdom**, which is why I have dedicated my life to mastering these studies and to becoming a teacher of the great mysteries and wisdom of the ages.

**I believe that all mentors are stepping stones** on the pilgrimage to divine love. But it would be unwise if we allow ourselves to be confined only by their teachings. We still need to be our own masters and stand on their shoulders to look to other horizons and challenges beyond.

All of these events have been the greatest teachings and blessings in my life. They have helped me to appreciate the natural magic in all of us, the perceptiveness of our own souls, which are constantly guiding us, as well as the ultimate power and potential of our hearts and minds.

We are not here on earth to be right or wrong, infatuated or resentful, **we are here to be wise and to love.** In life, whatever you build up and accumulate you also destroy, change and move on from in order to become a wise, inspired, truth-conscious human being.

**Magic is the understanding and application of natural laws.** The mind is involved in manifesting and influencing the universe around you, which is full of vibrations. Both the mind and body are also made up of vibrations as is the spirit and all matter. They all resonate and they are all vibrations. With the mind you can influence those vibrations because our thoughts are things. **Our thoughts can manifest, create and influence.** So our dreams can be realities. In other words, *dream time is real time.*

Every aspect of the Universe from the macro to the micro is a reflection of itself, because all of these are subsets within the one Universal set. For instance, take a blade of grass. We also have the 'memories' of that blade of grass within our own human receptors. Every one of us has those molecules of every blade of grass and every other plant and animal, but we also have receptors and molecules of all the farthest cosmic rays in the outermost galaxies, along with all of the Universal information and cosmic wisdom.

**We are a perfect receiver and broadcaster of all levels of nature** and we also reflect on all levels. In order to reach our needs in this Universe, so that we can feel it and be grateful for it, human beings throughout the ages have personified all these different aspects and levels into the realms of Gods and Goddesses. Then we could commune with each level and when things go our way we could be thankful and when things did not go so well, then we might offer a prayer, or a ritual and we are in a sense requesting guidance. This deifying of nature into different gods and goddesses helped us do that.

It is true that because the Universe relates and is connected on all levels, then we can just talk to a rock, a tree, the stars if we like, and know we are at the same time **talking to the entire Universe.**

## The Druid's Farewell

I hear your word, deep in my thoughts,  
Next to the morning star,  
The goddess moon, as symbolised,  
Speaking to me of times so long ago,  
Belonging to the future.  
This mound of trivia on which I stand  
Diminishes as I look up, in utter loneliness  
Raising the hand that bears my mind,  
To let it float by golden worlds,  
In dreams of endless time.  
I am the night now  
Looking down to see it all  
But nothing of importance,  
As immortality will shift me here and there  
Unto the tower, to the cave and to the oak tree.  
A thousand eyes made of the night are mine  
To meet myself  
At Stonehenge and the circle  
A masterdruid of timeless mind.  
You are his flower, you his sickle,  
You are his herb and you his maiden,  
While you forget he will become a stranger.

*Poem by Fenris the Druid Master  
(Edgar Pielke), 1984*

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## About the Author

Deborah Gray was initiated as a teenager into a Magickal Druid Circle in the 1970s. She inherited her knowledge of metaphysics and magick through the rare and respected apprenticeship method while studying alongside one of the world's few remaining Druid Masters. She is an award-winning songwriter and metaphysical lecturer and is the author of five international bestsellers (*How to be a Real Witch*, *Nice Girl's Book of Naughty Spells*, *How to Turn Your Ex-Boyfriend into a Toad*, *Good Witch's Guide to Wicked Ways*, and *How to Turn Your Boyfriend into a Love Slave*). Her books have been translated into ten languages and continually excite and inspire the imaginations of her loyal readers throughout the United States, the United Kingdom, France, Germany, Spain, Japan, Australia and many other countries around the world.

For further witchcraft information, magickal message boards and Deborah's Magick Music CD, visit her website [www.deborahgray.com](http://www.deborahgray.com) or send your spell enquiries to [spell@deborahgray.com](mailto:spell@deborahgray.com)

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