

All About Protection

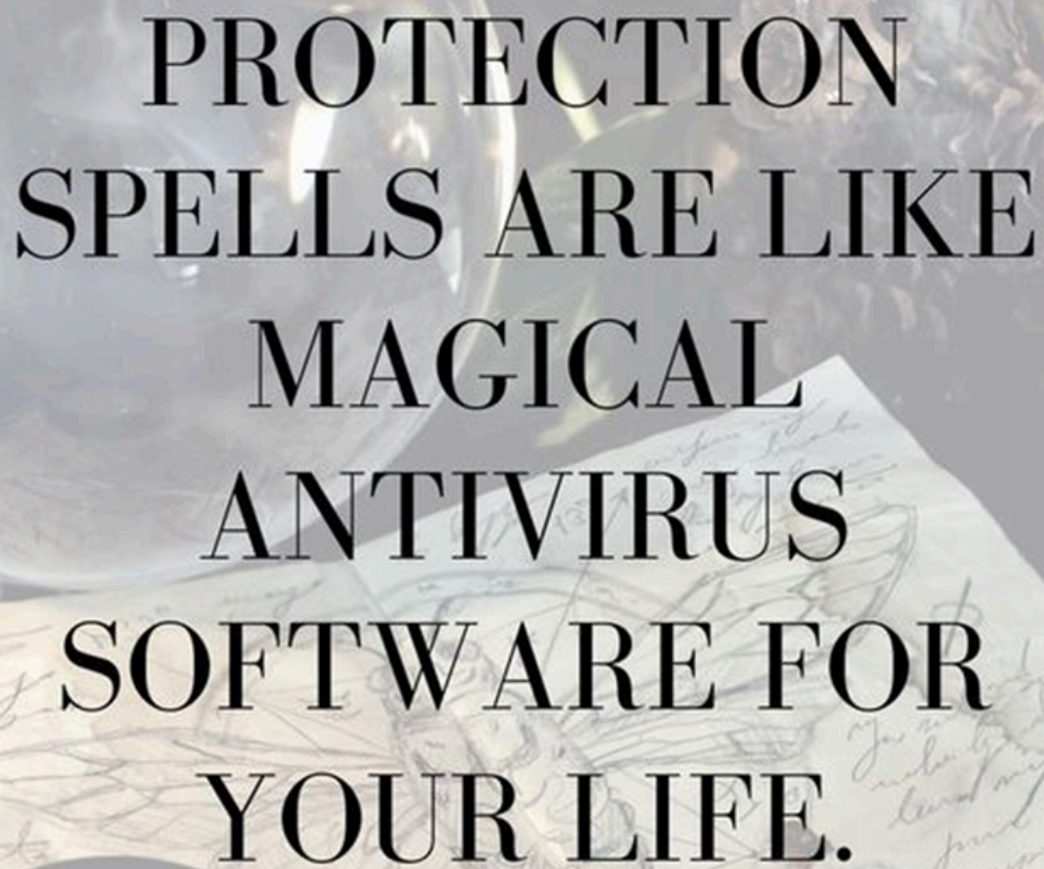
Study guide:

<https://lightwarriorslegion.com/magick-through-history/#mesopotamia>

link for an understanding of magic throughout ancient history. I do have a study guide on this but, this article is great as well from another creator!

Another great read on the history of Apotropaic magic in ancient times and using folk style magic

<https://www.icyedgwick.com/home-protection/>



PROTECTION SPELLS ARE LIKE MAGICAL ANTIVIRUS SOFTWARE FOR YOUR LIFE.

First let's discuss magic in general and what it is:

Magic, a concept used to describe a mode of rationality or way of thinking that looks to invisible forces to influence events, effect change in material conditions, or present the illusion of change. Within the Western tradition, this way of thinking is distinct from religious or scientific modes; however, such distinctions and even the definition of magic are subject to wide debate.

Practices classified as magic include divination, astrology, incantations, alchemy, sorcery, spirit mediation, and necromancy. The term *magic* is also used colloquially in Western popular culture to refer to acts of conjuring and sleight of hand for entertainment. The purpose of magic is to

acquire knowledge, power, love, or wealth; to heal or ward off illness or danger; to guarantee productivity or success in an endeavour; to cause harm to an enemy; to reveal information; to induce spiritual transformation; to trick; or to entertain. The effectiveness of magic is often determined by the condition and performance of the magician, who is thought to have access to unseen forces and special knowledge of the appropriate words and actions to manipulate those forces.

Apotropaic magic (from Greek *αποτρέπειν* "to ward off") or protective magic is a type of magic intended to turn away harm or evil influences, as in deflecting misfortune or averting the evil eye. Apotropaic observances may also be practiced out of superstition or out of tradition, as in good luck charms (perhaps some token on a charm bracelet), amulets, or gestures such as crossed fingers or knocking on wood. Many different objects and charms were used for protection throughout history.



What is protection in witchcraft and spell work:

Protection is a form of shielding and guarding your energy. Most witches are highly empathetic and easily absorb the energies around them. Protection creates a safe space around your body, home, or property.

Protection magic is a type of magic that is used to reflect, neutralize or eliminate negative energy directed at you or your loved ones. This can include protection from negative energy, "evil" spirits, psychic attacks, or even curses.

Sometimes we might find ourselves drained and shuttered from an excessive amount of energies that are attached to our being. To stop that unfavored cycle we can perform different protection techniques.

Protection also allows us to fully understand our personal energies and differentiate them from outer influences. It is performed to guard your being, especially during magical workings.

Looking at protection magic in various forms; psychic shielding and home and personal protection spells:

Protection spells are among many spells that ordinary people practice. These spells help you to cleanse bad forces, keep you relaxed knowing that you are safe from danger and negative energy. Some of them can even attract wealth and abundance. In effect, you are not powerless when faced with other people's bad energies or the dread of loss or harm to your property. You can create an energy field to hold harmful forces at bay by casting a protection spell.

Protection spells are not meant to harm people, rather they should protect you from potential negative energies and emotions that can pose physical harm or even psychic attack. Essentially, protection spells work by creating a shield that keeps away "evil" forces and negative energy.

Knowing how to use protection magic and/or techniques can clear away stagnant energy, shield you from negative vibes and strengthen the barriers of your aura. It can even preserve your vitality and repel people with bad intentions. Plus, it doesn't have to be complicated in order for it to work! In fact, it's the simple spells that are often the most effective.

For as long as humans have been alive, they have sought after protection. When ancient humans lived in tribes, it was very important for people to feel a sense of physical safety, but in our more modern—and domesticated—time period, the focus has shifted toward our own spiritual and energetic protection. Relying on spells to conjure our desires into existence is an age-old practice that far outdates witchcraft, but still lives on today in the form of practical magic and spiritual rituals.

The focus of protection spells ranges depending on the ritual and intentions that are set. Making sure that you have dedicated time to be able to focus during these spells is going to be the most important part of the process. Energy flows where our attention goes!

Many people start their path into Witchcraft and Magic seeking spiritual protection. For many if not all of us, it is vital to have a strong shield of protection that keeps our body, mind, and home clear of negative energies.



Levels of protection:

Generally speaking, there are four levels of protection. In order to cast spells, you should be familiar with the first two and have a working knowledge of the third. You need to know what binding is as well, even if you may not know how to do a binding spell (or choose not to do so, as binding can be considered Baneful Magic by some practitioners).

Magic Cleansing and Purification - Level 1

The first level of protection is cleansing and purifying. This is something you have to do routinely with your home, yourself, your pets, and your magical tools. Whenever you bring something new into your home, magical or not, make sure to cleanse and purify it as well.

Physically cleansing something or someone is key before purifying it. No matter how much Sage you burn in your home, it won't be purified if you have dirty dishes in the sink and rotten food in the fridge. Likewise, don't expect to be purified yourself if you haven't showered in a couple of days. The first step of protection in magic is as mundane as keeping yourself and your home clean and hygienic.

After this is done, we move on to purifying. Purifying is removing the energetic debris that may be present in a person or place. There are many ways to do this. The most popular way is burning incense. Beware of your pets while you burn incense, they have much smaller lungs than we do and inhaling the smoke can be harmful for them. If you or someone in your household is asthmatic, simply refrain from burning incense. There are other ways to purify that don't put anyone's health in harm's way. It's also very important to open the windows in your house so the energy that's being moved by the incense has a way to leave.

Another way in which you can purify someone or a place is through sprays. You can also use visualization combined with color magic. When using visualization for purification purposes, purple is a great color, as it transforms the energy present in a person, animal, place, or tool. White is also a great color to fill up the space you have just liberated of negative energy. Sound cleansing is also an option. After you've successfully removed the negative energy present, always remember to fill the now empty space with positive energy. If you're burning incense, for example, after you're done with the sage, burn flowers that are safe to burn or other sweet smells to fill up the space and attract positive energy.

Magical Shielding, Wards, and Spiritual Protection - Level 2

Once your space is clean and purified, you want to protect it from attacks from other practitioners or angry spirits. To do this, you can shield yourself using things like a veil or visualization. You can also create wards, which are magical objects

that have the mission of absorbing any negative energy directed your way. They can be as simple as a bowl of sea salt under your bed or as complicated as a protective spell jar. During this step, you generally ask for protection from spirits you trust. A good start is your ancestors or a Deity you know well. You can also ask the spirits of the land for help.

Pay attention to your wards. When they appear dull or even break, it means that someone is trying to go through your defenses. Wards aren't always effective when keeping evil away, but they never fail to buy you some time and give you fair warning, which is why you should keep at least a few up at all times.

Banishing Spells - Level 3

When your wards fail and a hex or an unwanted spirit takes firm root in your energetic space, you can remove the negativity from your space by using banishing spells and rituals. This is a topic we have already covered comprehensively. There is some overlap between cleansing and banishing. Some second-hand items you acquire may be haunted by a strong spirit, and, rather than cleansing the object, you'd need to banish it.

Binding Spells - Level 4

Binding means tying a person's symbolic hands together so they are not able to do any more harm, either to others or themselves. Some people consider binding Baneful Magic because you're influencing another person's actions and intentions without their specific consent. In dire situations, however, sometimes binding is the only option left. Even if it is Baneful Magic, I personally don't judge practitioners who bind suicidal friends, a harmful demon they can't banish, or a relentless bully. You may also suffer the effects of binding yourself if you're trying to thwart the spells of another practitioner.

Use a broom

Sweeping is an ancient practice for moving energy, both out + in. As you sweep, put your intentions into what it is you would like to clear out of your space.

Crystals

Use crystals or stones with protective properties, such as Hematite, Black Obsidian or Black Quartz to create a protective shield around the home.

Eucalyptus

Known to purify spaces and protect from negative energy. Place beneath the bed as an air purifier. Or in the shower for aromatherapy.

Blow cinnamon

into the doorway every first of the month, imaging the prosperity and abundance that will arrive at your house.

Mirrors

Place a mirror in the entry of your home to bounce unwanted energy.

HERBS & PROTECTION RITUALS for THE HOME

Salt

Sprinkle salt along window seals, or doorways to draw out negative energy.

The home is a sacred space. It is a place to rest, rejuvenate and ground. Protect the sanctity of your home with positive intentions, prayers, and ritual.

Smoke Cleansing

Burn protective resins like copal, myrrh, dragon's blood, + frankincense to clear away negative energy and make positive changes.

Bless with Trees

Draw upon tree energy to bless the space. Use what grows around you: Cedar, Oak, Juniper, Sangre de Drago. Plant in pots or place small branches over your altar.

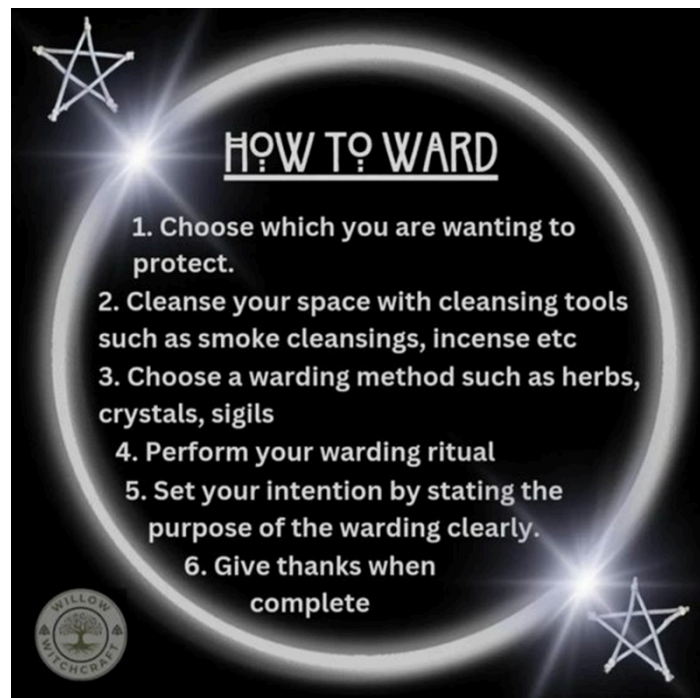
Garden Wands

Make an herb wand from fresh garden herbs such as Rosemary, Chamomile, Sage, Lavender + Yarrow. Place around in specific corners + spaces to amplify energy.

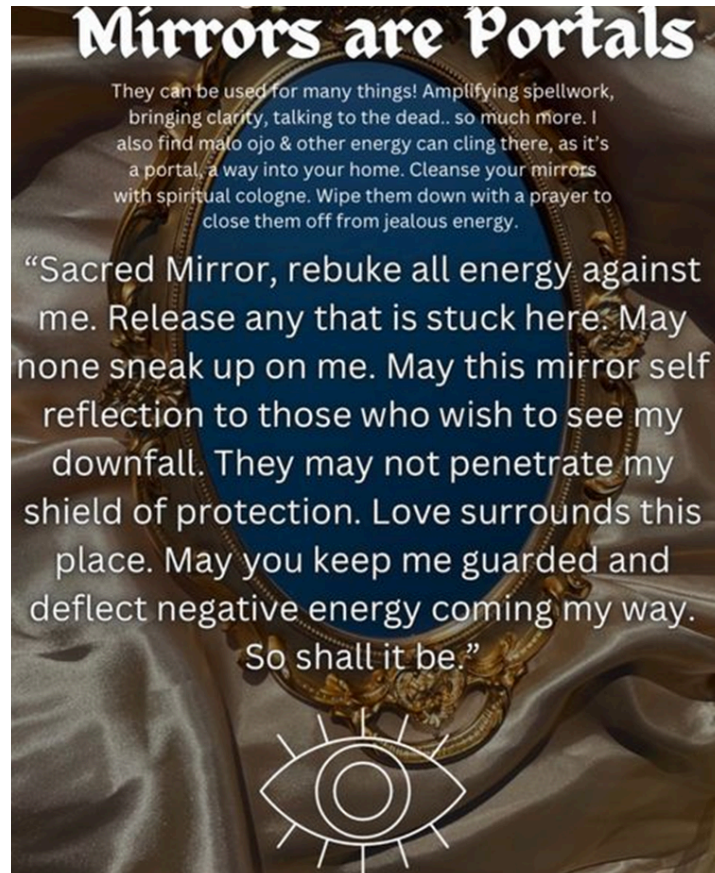
@animamundiherbals

Types of protection spells

Wards: are protective spells that create a shield or barrier to prohibit bad influences from crossing a line.



Reflections: are similar to wards in that they create a shield around a certain line, but instead of just preventing unwanted influences from entering, they act by reflecting the harmful energy back to where it came from or into the ground to be neutralized.



Camouflage: is a kind of protection that merely hides the target from magical forces.

Combat protective spells: just as the name suggests, are combative in that they exert reactionary responses which allows the target to transform negative energy and uses it to fuel various forms of magic.

Centering and Grounding – Centering is finding your energy center and allowing the natural flow within your body. Grounding is a form of releasing excessive and disturbing energies that reside within your body.

Protective Poppet – making a poppet with protective herbs, sigils, salt, crystals, and a personal representation such as hair or nail clippings.

Protection Amulet – a dedicated and charged item that you carry on yourself for protective purposes.


Witch's Ladder – a protective amulet made from twigs and feathers that you hang next to the door.

Protection Spell Jar – a jar filled with salt, protective herbs and crystals, and other items (recipe below).

Charm Bag – similar to spell jar; a sachet filled with protective items.

- Protection Charm Bag -

- 1/2 Teaspoon of Dried Peppermint
- 1/2 Teaspoon of Dried Rosemary
- 1 Small Piece of Amethyst
- Red Cord or Yarn
- 1 Piece of Black Fabric



Place the herbs and amethyst in the center of the fabric, grab the corners together and tie the sack closed. Continue to tie nine knots while saying the following, "Protection and safety, piece of mind, herbs and stone, their magick I bind."

Then place in your car, backpack, purse or anywhere you wish to have protection! You can even gift them to others you wish to protect!

← Protection Spell Sachet

Home

A protection sachet is a small cloth bag with a mix of herbs, crystals, and other ingredients designed to add a barrier of magical protection to an area or person.

What you need...

Herbs:

- Dried Basil
- Dried Lavender
- Pepper

Crystals:

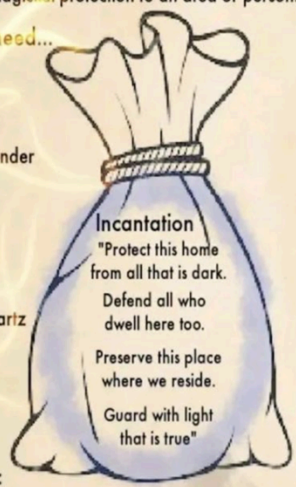
- Amethyst
- Smoky Quartz

Incantation

"Protect this home from all that is dark. Defend all who dwell here too. Preserve this place where we reside. Guard with light that is true"

Directions:

1. Put 1/2 Tbsp of each of the herbs in the sachet.
2. Add the crystals, they can be fragments or the whole stone.
3. While tying the sachet closed, say the above incantation:
4. Wear the sachet or put it somewhere in your home.



Veiling- In pagan and witchcraft circles veiling is a magical process of covering the head, hair, and crown chakra to protect their energy. It is especially helpful for empaths and people with heightened psychic abilities.

Visualizing protective bubble

Using a protective oil for guarding against negativity.

Spells for Protection and Good Luck

Banishing and Self-Defense Spells

Meditations for Protection

Sprinkle Protection Water



“I do not claim your energy,
may your misery be your own
I pray you find healing but I
don’t carry any of this with
me. May your projections be
turned into self-reflection
and you find peace. As I will,
so shall it be.” @bloodmoonprayers



Why do I need to cast a protection spell?:

Danger and harm have always been a part of our lives since the dawn of time. As a result, we have a strong urge to defend and to cleanse our spaces, our loved ones, and ourselves. The truth is that some risks, harms, or bad energy directed your way are undetectable, which is why protection spells are useful.

You can shield yourself from negative individuals and their harmful energies by casting a protective spell against them. You can use a protective spell to prevent yourself or a loved one from being negatively influenced by negative people.

Protection spells also work like banishing spells which help you get rid of other people's negative energy from impacting your life or the lives of others you care about. That is simply how important protection spells are to your life.ï

Why protection is important?

You can imagine yourself as a being of light and high vibrations. Especially when you practice magic or other forms of energy working your aura lights up and attracts all sorts of energies.

Witches, as well as other energy workers, empaths, healers, and medicine people, might find themselves buried among fields of energy from other people, objects, and non-physical beings that try to "steal" a bit of that light for themselves.

If you don't protect your personal energy, you might find yourself tired, unfocused, or drained all the time. Below you will find some examples of protection spells and a simple protection spell jar that you can carry with you on all occasions.

Cleansing Mantra



I WASH AWAY ANY ENERGY THAT IS NOT
MINE TO CARRY. I RELEASE MYSELF FROM
THE BURDENS OF THE PAST. I NOURISH
MYSELF IN BLESSED SACRED LIGHT.
I AM RESTORED. I AM RECHARGED.

PROTECTION

correspondences

CRYSTALS

Amethyst
Obsidian
Labradorite
Tigers Eye



COLOURS

Black
White
Purple



TIMING

Tuesday
Saturday
Waning Moon
Full Moon



SYMBOLS

The Pentagram,
Hasma,
Solar Cross,
Triquetra,
Hexagram of
Solomon.

HERBS & OILS

Angelica	Mugwort
Anise	Rosemary
Basil	Thyme
Bay Laurel	Elderberries
Black Pepper	Hyssop
Clove	Rue
Lavender	Fennel
Juniper	Cayenne
Sage	Dill
Nettle	Marjoram

Key times to cast:

Days of the week for protection spells: Tuesday, Thursday, Saturday .

Planet for protection spells: Sun.

Zodiac sign for protection spells: Aries.

Moon phases for protection spells: Waning moon, dark moon.

Colours for protection spells: Black, dark blue, purple, white.



CLEANSE YOUR ENERGY USING YOUR HANDS



AURA SWEEP

STAND. PLACE YOUR HAND ON YOUR OPPOSITE SHOULDER AND SWIPE DOWN ACROSS YOUR BODY TO YOUR HIP. SHAKE OUT YOUR HAND. REPEAT ON THE OTHER SIDE. DO THIS FOR 1-3 MIN.



INFINITY CLEANSE

RUB YOUR HANDS TOGETHER. SEPARATE YOUR HANDS. IMAGINE YOU ARE HOLDING A BALL OF LIGHT. MOVE THIS BALL IN FRONT OF YOUR BODY DRAWING AN INFINITY SIGN. RELAX YOUR BODY AND GO WITH THE FLOW OF YOUR BREATH FOR 2-3 MIN.



CHAKRA RUB

TAKE YOUR HAND AND GENTLY RUB EACH CHAKRA 10-30 TIMES IN A CIRCULAR MOTION TO YOUR RIGHT. SHAKE OUT HAND. THIS CLEANSSES THE CHAKRA. THEN RUB THE CHAKRA TO THE LEFT 20-40 TIMES TO CHARGE. SHAKE OUT HAND. REPEAT FOR ALL 7 CHAKRAS.

Using your own energy for protection:

Your shield

Once you start to work with energy you also become aware and open yourself up to certain energies. You may start to become more sensitive to the emotions of those around you and you might attract the energies of those that you'd really rather keep away.

However, I want to state now, that a true psychic attack is extremely rare so no need to worry. This lesson is designed to show you how to protect yourself from those unwanted energies.

Bringing in your psychic shield involves visualization. Remember that energy field you felt? Well obviously you have an energy field too and you can strengthen that field for protection.

You need the shield to protect you against negative energy, but you do still want the positive stuff to come through on a general basis.

The aim of the shield is to filter out energies that may affect you in a negative way. We all have those people in our lives who when we are around for any length of time we just feel physically drained.

By placing a shield around ourselves we will be better equipped to deal with them without their being able to take our energy.

Shield Exercise

The most common form of shield is the bubble shield.

1. Take a few moments to ground and center yourself
2. Visualize a giant bubble starting to form around you. The bubble is flexible sphere forming six inches outside your aura.
3. The bubble is completely surrounding you, above your head, down your back, under your feet and in front of you.
4. Your bubble may be clear, or you may want to add some colour to it, the choice is yours.
5. Tell your bubble that it is there to keep anything harmful out, but positive things are able to flow through.
6. When you are ready and no longer need your bubble shield, see it gently start to disperse.

Some people visualize themselves surrounded in a giant bubble which deflects negative energy away from them.

Another option is to visualize yourself pulling on a cloak of protection wrapping it around you and pulling up the hood.

Once you have the hang of shielding you can also fill the inside of your 'bubble' with different colors of energy so you might like to use yellow for happiness or pink for love. You can also visualize your bubble being filled with the elements such as water to cleanse and purify.

It is your shield, tailor it to suit you.

Your shield will act as a barrier and as such will interfere with the flow of energies; it is not designed to be a permanent fixture, but the use of a shield is helpful if you are going to be in a situation where you aren't sure of the people you will be in contact with, maybe at a party where you don't know many people, or it can even be used in a crowded supermarket.

PROTECTION MAGICK

SHIELDING

ONE OF THE MOST
IMPORTANT TECHNIQUES
ANY MAGICKAL
INDIVIDUAL SHOULD LEARN
IS A
PROCESS CALLED SHIELDING
THAT REPELS
NEGATIVE ENERGY

THERE ARE SEVERAL
WAYS TO DO
THIS, FROM LEARNING
THE SIMPLE
WHITE-LIGHT
TECHNIQUE TO THE
MORE COMPLICATED
PROCEDURES

SHIELDING IS PRIMARILY
THE ACT OF PRACTICED
VISUALIZATION.

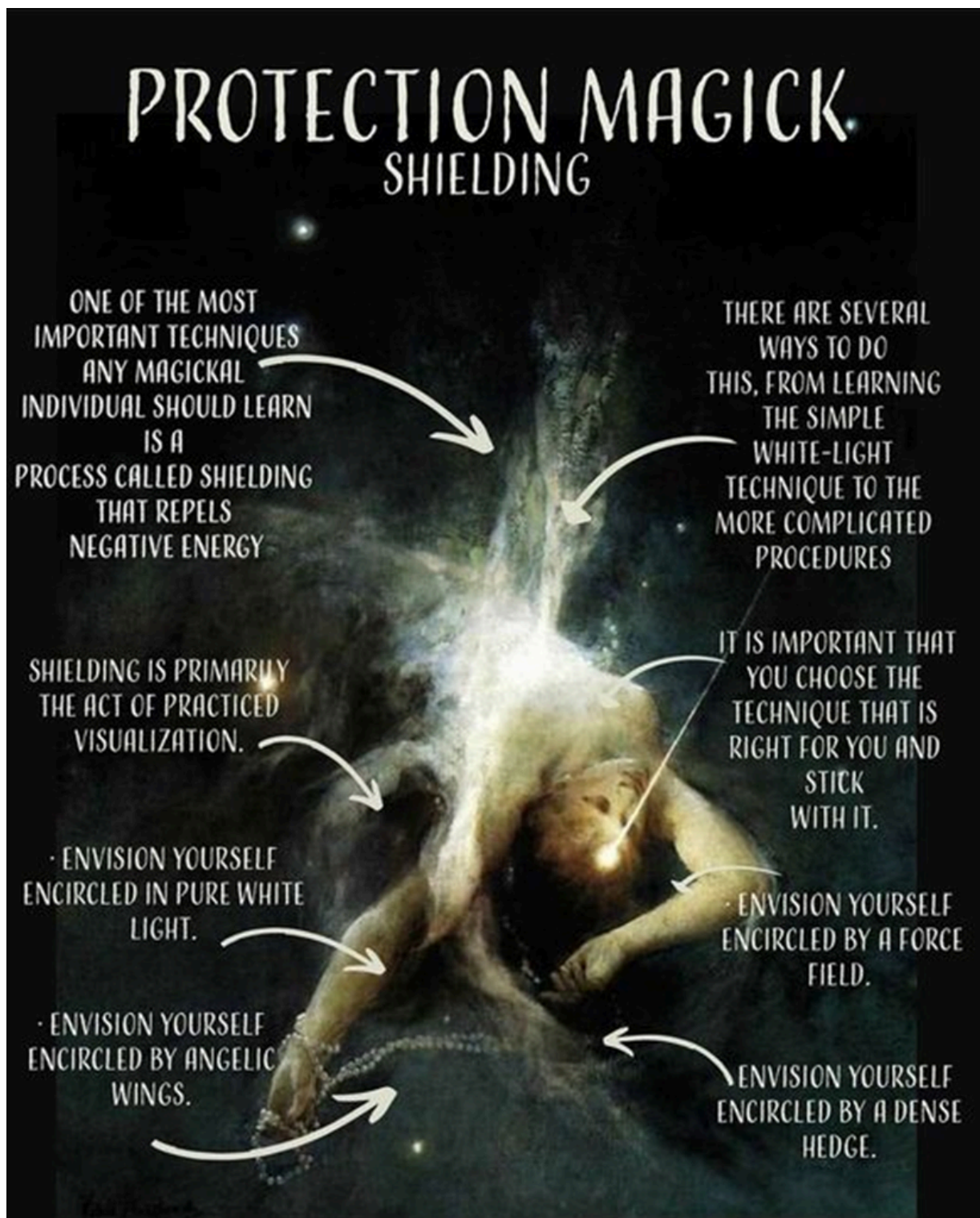
IT IS IMPORTANT THAT
YOU CHOOSE THE
TECHNIQUE THAT IS
RIGHT FOR YOU AND
STICK
WITH IT.

· ENVISION YOURSELF
ENCIRCLED IN PURE WHITE
LIGHT.

· ENVISION YOURSELF
ENCIRCLED BY A FORCE
FIELD.

· ENVISION YOURSELF
ENCIRCLED BY ANGELIC
WINGS.

· ENVISION YOURSELF
ENCIRCLED BY A DENSE
HEDGE.



White light energy protection

This is a form of the protection 'bubble' and can be used for yourself or projected onto another person. If it is for someone else use a photograph to represent them if you can. I have used white because it is good colour to work with for creating a protection bubble but if you prefer to use another colour go with it.

You will need:

Incense or oil burner and oil – use a scent you associate with protection such as bay, rosemary or dragon's blood

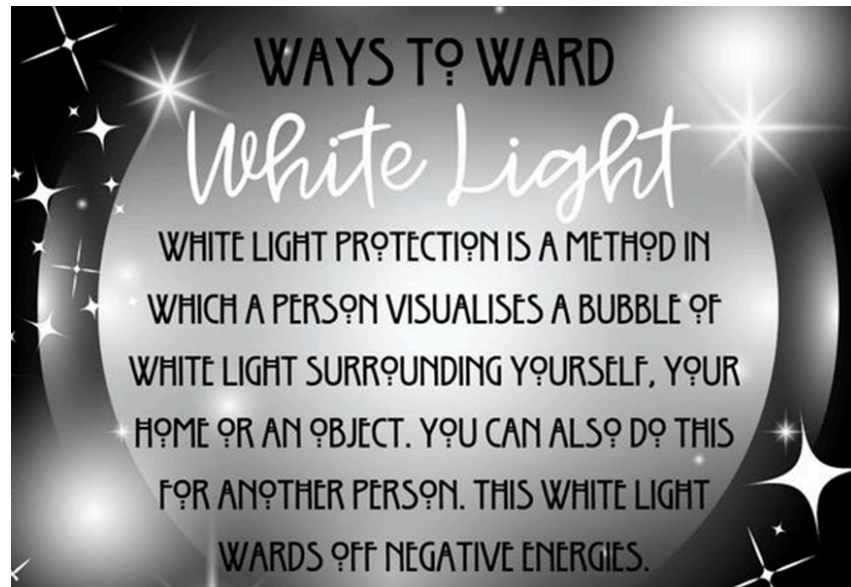
White candle

Sit quietly and light the incense/oil burner and enjoy the fragrance for a moment. Then light the candle. When you are ready call upon the Divine, deity or spirits of your choice to lend their protection. Visualise the light from the candle growing stronger and bigger until it wraps itself completely around you (or the image of another person).

Say something like:

White light protect me and keep me safe

Blessed be



Circle Casting

1. Focus and visualize a circle of light surrounding yourself.
2. Hold your tool (athame, wand) on your dominant hand.
3. Slowly turn deosil (clockwise) and draw the circle in the air.


***"Here is my consecrated circle,
Nothing but love shall enter in,
Nothing but love shall emerge
from within!"***

Cast a Circle for Protection

Casting a circle of protection is a very common way to protect yourself while performing Wiccan spells for protection and other spiritual practices. It's about creating a high energy space where spells and Magic can be safely performed.

A Magic circle prevents the interference of negative or harmful entities that might otherwise be attracted by the energy from the rituals and spells that are being performed. It also helps you contain the energies released by you or your spell in a safe place without dispersion.

Casting a circle is one of the fundamental skills of witches. Before you begin practicing magick, it is important to know how to cast a circle for a spell. While it is possible to cast a circle without tools, the process still requires that your energies are properly aligned.

 *Tip for Beginners: Never cast a circle without taking time to think about the art and magick behind your actions. Whether this is your first introduction to casting circles or you've been doing it for years, let's explore how to properly cast a circle.*

What is a Magick Circle?

A circle is a temporary space for practicing magick or doing a ritual. According to Scott Cunningham, “the circle defines the ritual area, holds in personal power, shuts out distracting energies and creates the proper atmosphere for the rites.”

The word “circle” is not really accurate because it really represents a “sphere” of energy. The circle marks the ring where the sphere touches the earth (or the floor).

Some witches think of a circle as a sacred inner temple for casting spells. You can cast a circle anywhere – inside your home, outside in the woods, on the beach, in your bathroom, you get the point. The ability to cast a circle means you can create sacred space anywhere you are. And the circle can be as big or as small as you need it for your own magickal purposes.

Just like a circle of salt, chalk, or stones, a circle of energy can act as protective boundary that you create with your own psychic abilities. While it exists only in the physical realm, it also encompasses the spiritual realms and exists on the astral planes. You can't see or touch this circle. It's an invisible protective enclosure that can't be detected with any of the senses.

When do you cast a circle?

Typically, practitioners of magick will cast a circle at the beginning of a ritual. Depending on how your coven is structured, it may be done by the High Priestess or Priest, or it could be a coven member. If you are a solitary practitioner, then you would be the one to cast the circle.

Do you need to cast a circle for every spell?

You don't need to cast a circle every time you cast a spell. The circle will give you confidence and a place to practice without distractions, but it's not always necessary. Think of it as a "safe space", your training wheels. Eventually you don't really need it and it's also good for you to experiment without it.

Cast a circle if you feel the work you're about to do will raise a lot of energy. The circle helps to contain the energy so it doesn't drift off in all directions. Also if you want to feel safe and protected, simply visualize a sphere where nothing can come in. If you're just praying to your deities, you don't need any protection.

Casting a Circle in Wicca ☆

The magick circle is cast to contain all that is part of the ritual or working, you and the altar. Some practitioners may use it to clear the area of wandering energies, hence the name "circle of protection" but it is typically used for raising energy and then releasing that energy for a magical purpose.

Different Wiccans will have different approaches to casting circles. In general, the circle is a sacred space that is, metaphysically speaking, between realms. It can be a sphere, a bubble, which encases the ritual area above and below, not just around the perimeter.

The circle can be physically marked but it is mostly a sphere of energy. Gardner's circles were traditionally 9 foot diameter but depending on whether you are working alone or with others, it can be bigger or smaller.

HOW TO CAST A CIRCLE OF PROTECTION

1. Establish your space
2. Clean your ritual area
3. Prepare your tools & altar
4. Draw the Circle
5. Invoke the Elements

How do you cast a Circle

There is no hard-and-fast rule on how to cast a circle. Some people have simple methods for casting a circle in which they simply visualize it, while others perform a full-blown ritual with a salt circle and all their ritual tools.

1. Concentrate and visualize a circle surrounding yourself.
2. Hold your tool on your dominant hand. Use an athame or a finger for casting a circle without tools.
3. Slowly turn deosil (clockwise) and draw the circle in the air.
4. Invite your guardians, chant a energy-raising spell, or remain silent.

Remember that the circle is a working space and the Wiccan altar is a work bench. The altar can be placed in the center of the circle or to the side (for example facing North).

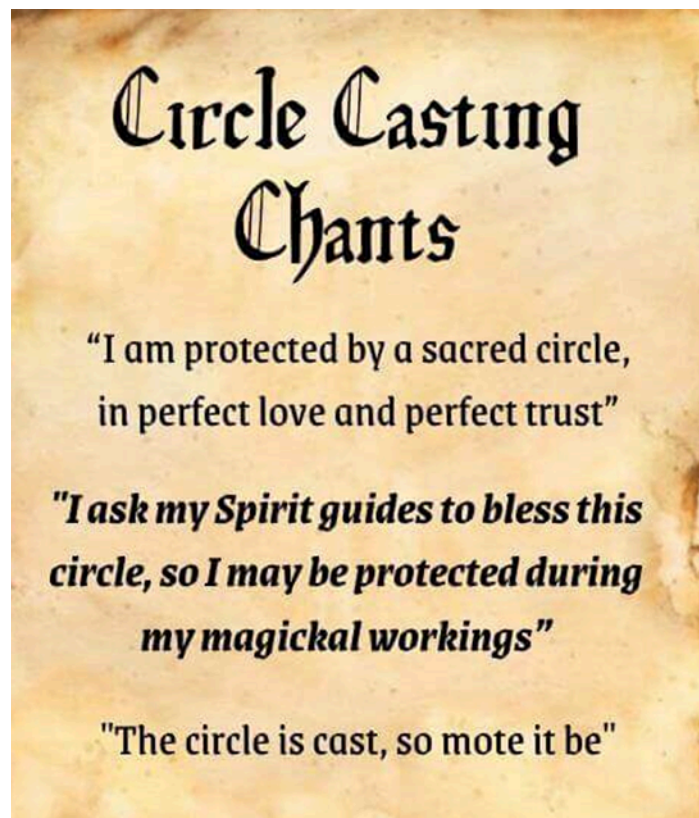
Words for Casting a Circle

"I am protected by a sacred circle, in perfect love and perfect trust."

Remember that the circle is a working space and the Wiccan altar is a work bench. The altar can be placed in the center of the circle or to the side (for example facing North).

Words for Casting a Circle

"I am protected by a sacred circle, in perfect love and perfect trust."



How to cast a circle chant

“Here is my consecrated circle, Nothing but love shall enter in, Nothing but love shall emerge from within. Charge this by your powers, Old Ones!” – By Scott Cunningham

Chants for casting a circle range from the simple:

“The circle is cast, so mote it be”

“I ask the Goddess and God to bless this circle so that I may be protected during my magickal working in this space, so mote it be”

...to the more elaborate. Elaborate incantations can include paying homage to each cardinal direction or reciting a list of deities or angels to protect the magickal space.

An example of inviting the Goddess to your circle would be by chanting to Diana, or reciting Doreen Valiente’s poem The Charge of the Goddess.

Or create your own way of calling Her, like a prayer, a symbol, or a sound. She is listening!

Non-Wiccan Circle Casting

Not every pagan tradition casts a circle. In fact, Norse, Egyptian, and many folk magick practitioners don’t use them. There is no pagan rule that says you must cast a circle to cast a spell.

Casting a circle is still a valid practice if you are an eclectic pagan and you believe in the power of magic circles for concentrating your energy. Ultimately, to cast or not to cast a circle, the choice is up to you.

Protective Circle Exercise by Starhawk

1. Visualize a circle or bubble of white light around yourself, with the energy running clockwise.
2. Tell yourself it is an impenetrable barrier no harmful forces can cross.
3. If you have time, perform the Circle Visualization or quickly call each of the four elements in turn.



Calling the Quarters

Welcome East, power of Air!
Intuition, knowledge and wisdom,
Come and send forth your inspiration,
And be here now.

Welcome South, power of Fire!
Energy, heat and flame,
Come and send forth your passion,
And be here now!

Welcome West, power of Water!
Emotions, love and courage,
Come and send forth your tranquility,
And be here now!

Welcome North, power of Earth!
Stability, structure, and growth
Come and send forth your strength,
And be here now!

Can I leave the circle?

This depends entirely on the practitioner or coven. According to Raymond Buckland, *"At no time during the working of magick should the Circle be broken. At other times it is possible to leave the Circle and return, though this should always be done with care, and no more than absolutely necessary."*

Why do you need to cast a circle?

For starters, there are distractions from the mundane world like your cat or phone ringing. Casting a circle delineates a space that is no longer rooted in the physical world. It separates itself from time and space by creating a sacred area to block out any disruptive influences and protect you if you may be psychically vulnerable during a spell or ritual.

But the circle isn't just for the practitioner. It's also for the deities that are called into the circle. Think about how much energy is out there bouncing around in the universe. All this energy is constantly moving in one direction or another.

The circle captures the energy and allow it to remain swirling in a single location for a period of time. Encasing this energy allows a deity the ability to enter the circle with ease and remain there without being swept away. Plus, it gives you, as the practitioner, more ability to concentrate the energy into a single focus thus using the power and energy of the deity to the best of your ability.

Chord cutting:

The spiritual community doesn't put enough emphasis on energetic cords and cord cutting rituals. Which is sad, because Spirit says it's so important for shadow work, healing, and our paths in life. If you have too many energetic cords attached to you, you might feel weighed down. Pulled in many different directions. If you don't have any energetic cords, you might feel lonely and unfulfilled. In this article, we take an in-depth look at energetic cords: their colors, textures, how to identify them, and how to do an energetic cord cutting ritual. As well as how often.

What Is An Energetic Cord?

An energetic cord is exactly how it sounds: a spiritual "rope" that attaches your aura or lifeforce to another person's aura or lifeforce. These energetic cords develop for many reasons. You're born with some of these cords and attach others throughout your life. Some energetic cords are healthy for you and the person on the other end, while others are the exact opposite.

Why do energetic cords even exist? Because we are all connected through Source energy and typically you only develop cords with other souls of whom are a part of your soul group OR with whom you share a karmic contract. Energetic cords form between two beings: between lovers, family members, friends, co-workers and colleagues, pet-owners and their pets, teachers and students, etc. They can also form between enemies and rivals. Anytime there's an emotional connection (be it negative or positive), the possibility of forming an energetic cord between those beings is there.

Types of Energetic Cords by Color and Texture

Before writing this, I did a little research online regarding energetic cord color and appearance. Unfortunately, there's not a lot of info out there. Other sources liken the cord color to chakra color, but there's much more to it than that. And the colors of your energetic cords will vary depending on what that color's symbolism means to YOU. Here's some of the colors and textures shown to me by Spirit.

Cord Colors & Textures That Are Mostly Negative

- Bright Red, Full of Blood: this means there's a passionate relationship between you and the person on the other end of this energetic cord. This could be sexual or otherwise. Be aware that the blood in this cord should flow both ways if it is indeed a give-and-take, healthy relationship. If you notice the blood is flowing one way – this is an UNHEALTHY, one-sided and potentially vampiric relationship. Sever this cord!
- Dull, Dark-red to black, crusted and dry: an old, clinging energetic cord that was once a passionate relationship of some kind. You may notice a slow, sludge-like liquid inside flowing one way. Cut this unhealthy, dying cord. These types of old cords can cause health issues!
- Gray, dull in appearance: an older, dull and lifeless cord that needs to be severed.

Cord Colors & Textures That Are Mostly Positive

- Light to Royal Blue, Swirling and Watery: a beautiful, light to bright blue cord that looks like or feels like water flowing both ways indicates a deep, healthy relationship. An emotional bond that feeds each person life-giving spiritual water. There can also be an unconscious link between you and the other person. And if you notice it originating from your naval, this is a big sign that the other soul is your twin flame.
- Yellow and appears like fluorescent light or sunlight: a mental connection between people of like mind. Yellow is linked to the solar plexus, as well as communication and knowledge. You may share a yellow energetic cord with a co-worker, teammate, close friend, or colleague. Again, make sure the energy is flowing both ways and not blocked anywhere.
- Orange and bright: a creative relationship between two souls. This can also be a colleague, co-worker, or creative partner of any kind

More Positive Colors & Textures:

- Pink, shimmering, sparkling and/or flowing: a relationship between friends often with a feminine energy (but not always) but can also indicate an intimate or romantic relationship
- White and brilliant: divine light that connects a person to another soul, guide, ancestor, etc. Also seen between a pet and pet owner with a particularly strong bond
- Green, flowing, bright to forest green: this energetic cord indicates a strong heart-to-heart bond between close family members, soul mates, or souls that were born of the same soul group. Mothers will frequently have green cords to their children, life partners as well. This cord may connect between heart chakras
- Purple, bright and flowing or sparkling: a metaphysical or magical relationship between two souls. A teacher-student relationship, specifically when it comes to the magical arts like Reiki master and student, witch and mentee, mage and apprentice.

How to Know When An Energetic Cord Cutting Ritual is Needed

There are times when an energetic cord between you and another being must be cut. How do you know when a cord cutting ritual is needed? Examine your energetic cords through meditation and/or dreamwork. Notice their color, texture, shape, and flow. Also notice what part of your aura or body these cords originate from or connect to. Can you follow those cords to their opposite end to see who or what is on the other side? Here are some general reasons for cutting energetic cords:

- Black, gray and dark cords: this indicates a negative attachment between you and the other being
- Large knots or blockages: depending on the other being and the situation, this cord may need to be cut OR the relationship between the two beings UN-blocked so that energy flows both ways
- Cords connecting you to a negative relationship from the past (or a relationship from the past in which you feel needs to be released)
- Crusted, deteriorating, or dying cords: these are old connections that must be severed. These can cause health problems, physical and mental.
- Vampiric cords: red, blood cords that show blood or energy flowing one way – from YOU to the vampire on the other side and MUST be severed immediately

- Multiple energetic cords that seem to “pull” you in many different directions: in this case, you need to decide which cords should be severed and released to allow you to live life to your fullest

Other Signs of Negative Energetic Cords

Even if you can’t spiritually “see” these cords, you may feel their effects in other ways including:

- emotional or mental blockages
- relationship problems
- feeling “drained” of energy, particularly after being around a certain person/being
- feeling pulled in many different directions, feeling scattered and unsure of your life’s purpose
- not being grounded in reality: head always in the clouds or an overload of anxiety
- health problems with no explicable reason
- chakra blockages
- thinking of someone of whom you haven’t in a long time AND/OR having them appear in your dreams

How to Do An Energetic Cord Cutting Ritual

If you found yourself nodding your head to any of the above signs, it’s time to do an energetic cord cutting ritual. There’s different ways to do a cord cutting ritual, so if one way doesn’t work for you, try another. Mine are most effective when I’m between sleep and waking...in dream space. But others claim energetic cord cuttings are best via guided meditation or trance. Here’s a simple ritual for you to try:

1. Turn down the lights and turn off your electronics (if it’s more helpful for you to turn on relaxing music, go for it!)
2. Close your eyes.
3. Relax by focusing on your breathing. Focus on the breath coming into your lungs and releasing from your lungs. Continue this for at least 3 minutes.
4. Begin by visualizing your aura – the energetic body of light that surrounds your physical body. See it as a bubble of bright light that starts just above

the top of your head and travels out and all around you, ending and joining below your feet.

5. Breathe for a few minutes and hold the image of your aura in your mind's eye.
6. Now focus on the space around your aura and begin to notice if there are any strings or cords protruding from your aura or going into your aura and into your physical body. These will typically look like strings of light (or darkness) and are various colors.
7. You will likely see at least a couple of these cords but up to dozens all around you. Take your time and notice if there are any black, gray, lifeless cords attached to you.
8. Now visualize a pair of scissors, a knife, a boline, or a sword (whatever you feel comfortable with) in your hand and "cut" or sever that cord from your aura. Notice if it dissipates or re-attaches. If it re-attaches, make a mental note to perform this ritual a few times.
9. Carefully take your time and encircle your entire aura visually, cutting energetic cords that seem murky, draining, or dull.
10. Then return to the physical realm by breathing, centering and slowly opening your eyes.

A Few Helpful Notes and Precautions

Perform the energetic cord cutting ritual more than once for stubborn cords. Especially if you noticed a particularly thick or clingy cord in your aura the first time around. Following a cord cutting, you might feel relieved. Happy. Healed. And you may notice you have more energy! Also keep in mind, cutting an energetic cord between you and a person that you'll still regularly won't work. Physically cut this person out of your life, THEN proceed with a cord cutting ritual. For example, If you do a cord cutting from your ex-lover Bob, but you have to talk to Bob every day at work, that cord will remain or reattach.

Cord Cutting Ritual

SPELL TO BREAK EMOTIONAL TIES



Using a sharp object, engrave your name onto one candle and the name of the person you wish to break ties with onto the other. Tie the ends of your twine together and wrap it around each candle. Then, place your candles in your bowl of salt (use enough salt that your candles can stand upright). Light both candles and let them burn to the point where the twine catches fire. Allow the twine to burn all the way over to each candle. While the twine is burning, therefore breaking the tie between the two candles, recite:

"(person's name), this portion of our soul contract is now complete. I now release the ties that bind. I now claim that which is mine. So be it."

Close your eyes and visualize your energy being returned to you, and breaking the connection to this person.

Allow the candles to burn down completely. Dispose of the wax and pour the salt into the nearest water source, while giving thanks to nature.

Crystals for Protection

Agate, blue lace agate, amber, amethyst, bloodstone, brass, calcite (orange), carnelian, chrysoprase, citrine, copper, fluorite, garnet, goldstone, hematite, jade (nephrite), jasper, labradorite, lapis lazuli, malachite, obsidian (black), pebble, pyrite, quartz, quartz (smoky), rhodonite, selenite, silver, serpentine, sugilite, sunstone, tiger's eye, tourmaline, tourmaline, turquoise

Crystals for Psychic Protection

Amethyst, carnelian, fluorite, lapis lazuli, selenite, serpentine

House Protection



BLACK TOURMALINE - Protection, Confidence, Inner power, Emotional stability, Strength.



ROSE QUARTZ - Love, Spin darkness into light, Calming and Healing, Attracts positive vibes.



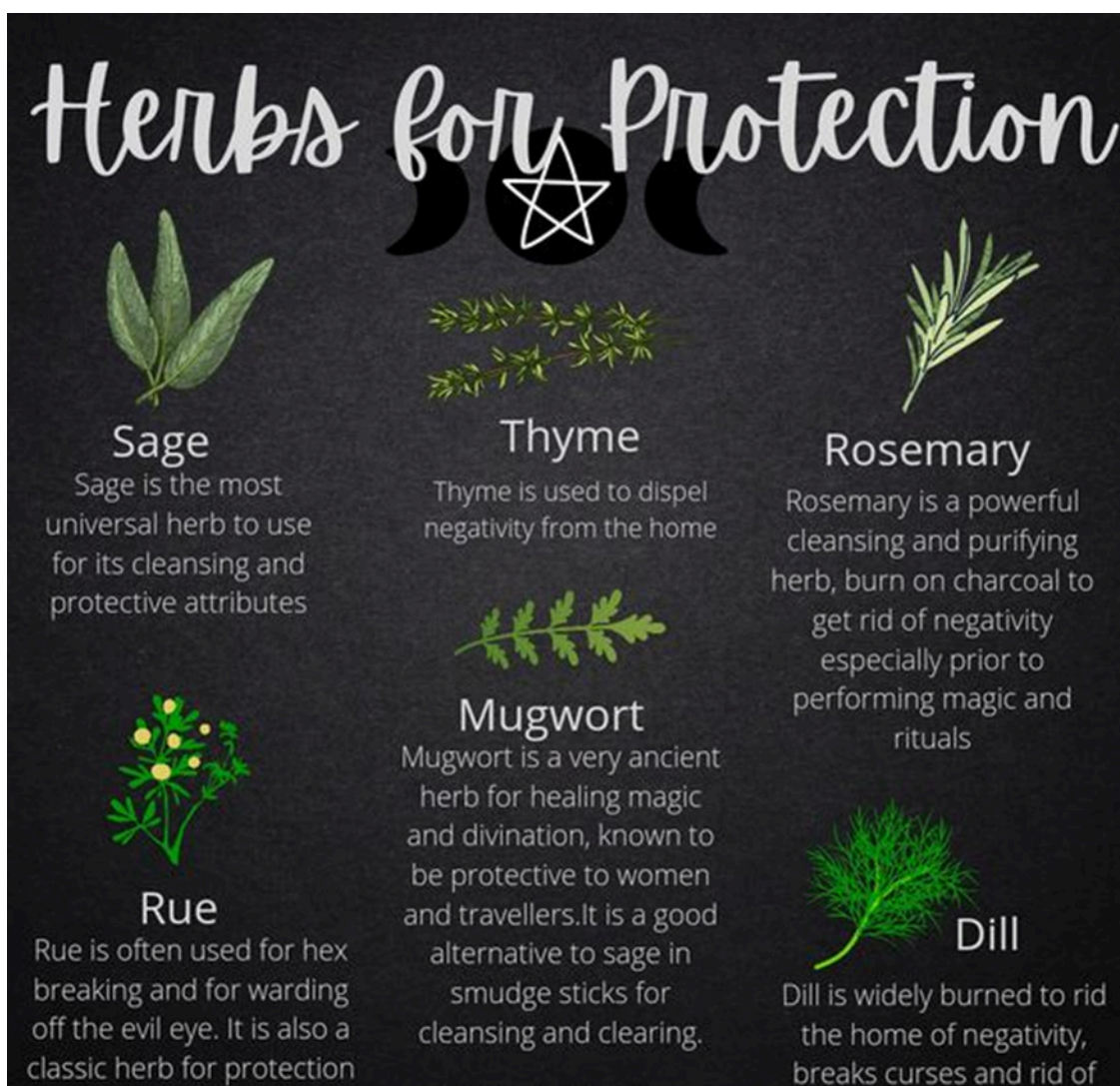
CITRINE - Stability, Confidence, Spiritual growth, Truth, Success, Protection.



OBSIDIAN - Grounding, Energy protection, Relaxing mind and Sleep.



AMETHYST - Balancing, Protection, Purification, Nobility, Attracts positive energy.



Herbs for Protection

A gift from the gods, this plant creates a protective field against all evil. Watch this video lesson to learn more.

A list of Protection Herbs in Witchcraft:

Aloe, Angelica, Anise, Ash, Bamboo, Basil, Bay, Blackberry, Cactus, Carnation, Cedar, Cinnamon, Clove, Coconut, Cumin, Cypress, Dill, Eucalyptus, Fennel, Fern, Frankincense, Garlic, Hazel, Holly, Honeysuckle, Ivy, Juniper, Lavender, Lilac, Lime,

Mallow, Mugwort, Mustard, Myrrh, Nettle, Onion, Pine, Raspberry, Rose, Rosemary, Sage, St. John's Wort, Tulip, Willow, Wormwood



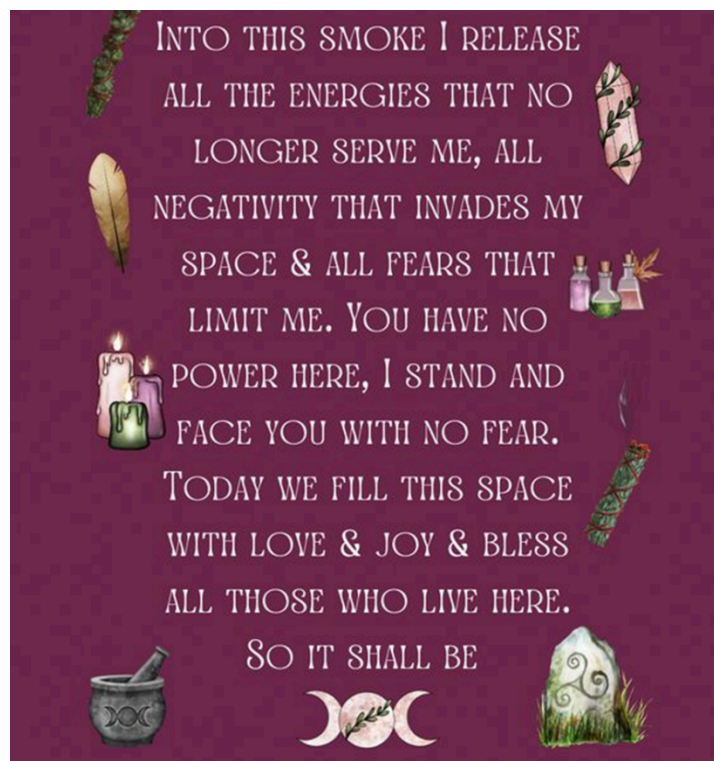
Bay Leaf

Discover how to use the magical and spiritual properties of bay leaves for the energy protection of your home.



Sage: Protection & Cleansing

It is used as incense for cleansing and energy purification because even its smoke has disinfectant properties.



Guide to Sage

MUGWORT



DIVINATION
PROTECTION
PURIFICATION

YERBA SANTA



PROTECTION
CONSECRATION
LOVE

DRAGONS BLOOD



POWER
PROTECTION
HEALING

BLUE SAGE



HEALING
PROSPERITY
SOOTHING

WHITE SAGE



CLEARING
ANTIMICROBIAL
PROTECTION

PALO SANTO



PURIFYING
SPIRITUAL HEALING
CALMING

CEDAR SAGE



PROSPERITY
PROTECTION
HARMONY

SWEET GRASS



HOME BLESSINGS
HEALING
BRINGS POSITIVITY

Decorate your Home for Protection

A good way to chase away the negative energies of your home is by placing a spiral design by the main door, hanging from a key holder, for example. The spiral is a symbol of the Goddess and will serve as a trap that imprisons all negative forces.



Goddess and Spirals for Protection

To attract guardian (benevolent) spirits, you can decorate your house during the last month of the year with an arrangement made of all kinds of seashells. 🐚 Place a green candle in the center of the arrangement. When the end of the year approaches, light the green candle and ask for your magical guardians to protect your home for the whole year to come. Read also: Ocean's Charm: Money-Drawing Spell with Sea Salt and Shells.



Just as homes need to be physically cleaned, they also need to be spiritually cleaned. We call this a house cleansing. A house cleansing is necessary in addition to a house blessing and spiritual protection of your home. This serves to remove negative spirits and energy that's collected in your home over the past years/months/days. Learn how to perform a house cleansing, house blessing, and to spiritually protect your home from invasion.

Importance of Cleansing and Blessing Your Home

Negative energy is particularly powerful in a home where trauma took place, domestic abuse, drug/alcohol abuse, suicide or homicide, severe mental illness, unexpected death and/or long-term illness. A house cleansing removes negative energy. While a house blessing brings in positive energy and spiritual protection prevents from further spiritual intrusion.

When To Do A House Cleansing

In addition to performing a house cleansing and house blessing when moving into a new home, you should also do it when a new person moves into the home. This new person will bring new energies into your house and until the energy stabilizes it's a good idea to do a house cleansing. If there's a tragedy in the house, do a house cleansing. If you're experiencing paranormal activity, perform a house cleansing. I recommend performing a routine house cleansing once a month on the waning or new moon, as well. If you've also noticed a string of bad luck, illness, or discord, CLEANSE your home!

How to Perform a House Cleansing

A personal favorite of mine is to do a good ol' fashioned smoke-cleansing. Smoke-cleansing, to put it simply, is a tradition of lighting bundles of herbs and using the smoke to spiritually cleanse an area or person from negative energy. Different herbs are used for this ritual including sage, cedar, rosemary, lavender, rose, and juniper. If you can't get your hands on an herb bundle, make your own. The point is to let the smoke fill each room with its purifying powers. If you are using incense or an herb bundle, here are the steps to do a house cleansing:

1. Open a few windows throughout your house or the back door. **DON'T SKIP THIS STEP.** It allows the energy to escape...it has to go somewhere!
2. Start at your front door with lit incense or bundle in hand. Allow the smoke to fill the room and say, "I cleanse this home with smoke. All negativity must go away, only positive energy can stay."
3. Move in a counter-clockwise direction from room to room in your home. Allow the smoke to fill the air in each room while repeating the cleansing prayer above. (Take the incense/bundle in one hand and move it in a circular motion counterclockwise while speaking the words.)
4. Be sure to get the corners of the room really well, as well as closets, cabinets, pantries, shower stalls, etc.
5. Once you've cleansed each room with the smoke, extinguish the incense or bundle and say out loud, "so mote it be" or "amen" or "and it will be done".

Other Ways to Cleanse Your Home (Without Smoke)

There's literally dozens of ways to effectively cleanse your home from negative energy. And plenty that don't involve burning herbs or smoke. If you can't handle the smoke or can't burn herbs for whatever reason, try one of the following instead:

- Make a simmering potpourri (also called a simmer pot) on the stove
- Use the cooled remnants from the simmer pot to spray around the house
- Play high-vibrational music around the house (Celtic flutes, Tibetan bowls, etc.)
- Bang on pots and pans (this is especially helpful to scare negative spirits away and shake up old stagnant energy)
- Ring bells
- Light a white candle and go from room to room, lighting up your space with divine white light energy
- Any kind of cleansing herb spray works wonders
- Asperging: dip a sprig of rosemary or other fresh herb into blessed or moon water then sprinkle around your space
- Open the blinds – let in the sunlight!
- Open the windows and let in some fresh air on a cool, breezy day

Perform An Effective House Blessing

House blessings are a common practice among various faiths. That being said, you don't have to be of a particular faith to bless your home effectively. A house blessing acts to dedicate your home to positive energy, peace and harmony AND/OR to a specific spirit, deity, or ancestor. You are proclaiming to the spirit world that your home is under the care and supervision of a particular deity or Universal energy by performing a house blessing. The one thing you'll need is a bit of olive oil or holy water. Performing an effective house blessing is the second step in the process after a thorough house cleansing.

Here's how to perform a house blessing (a.k.a. consecration or sealing):

1. Put your oil or holy water into a small bowl or container of your choice.
2. Start in the front of your house and dip your pointer finger into the oil or water.

3. Draw a protective symbol on the door-frame (i.e. a cross, rune, Star of David, etc.) While you're drawing the symbol, say "Bless this home in the name of _____. (God, the Divine, the Universe, Spirit, Jesus, ancestors, etc.)"
4. Continue to repeat the process for every door, window, fireplace, and vent in your house, walking in a clockwise fashion from room to room until you've drawn your symbol on every entry in the house.
5. End the house blessing with an "Amen" or "So be it", etc.

Spiritual House Protection (Use With House Cleansing & Blessings)

When the house cleansing and blessing are complete, there's one more step to protect your home and family from negative energy and spiritual intrusion. Depending on your faith, how you want to spiritually protect your home is ultimately up to you. Here are a few options to consider:

- hang meaningful religious symbols on the walls and doors
- feng shui
- say a prayer every night to ask for protection
- visualize a circle or bubble of impenetrable white light around your home (do this every night or at least once a week)
- decorate with stones & crystals for protection/cleansing: tourmaline, obsidian, turquoise, tiger's eye, selenite, onyx, etc.
- physically draw a circle around your home with protective powders, salt, red brick dust, pepper, or rosemary and envision drawing a barrier around your home
- hang pictures of deities, spirit guides, angels, or ancestors
- wind chimes, bells, horseshoes, witch balls, mirrors, etc. to frighten away negative entities
- cleansing and protective simmering potpourris (also called simmer pots), save the remnants and spray around the house
- hang a small muslin bag or sachet filled with cinnamon or other protective herbs on your front and back doors
- place statues of gargoyles, lions, and protective animals at the gate or front door
- Pets are a great source of positive energy. Some will even protect you or take on *your* negative energy (cats and dogs particularly).

Warding Your Property and Home

What is a ward, exactly? A ward is an object that works to ward off or scare away negative spirits and energy. Wards are placed around the property, typically in the four corners. Once they're laid down once, you can refresh them once every three months. Wards can be stones with protective properties, statues of angels, gods or protective animals, or protective symbols drawn onto rocks or other non-biodegradable objects. If you choose to use biodegradable objects, you'll want to lay brand new wards once every three months. I typically lay my wards and refresh my wards as a part of my cleansing and blessing rituals. As you're laying your wards, visualize an impenetrable barrier encircling your home and property. Spirits will frequently be frightened off by the barrier and not even attempt to cross it.

What is a Magical Ward?

Magical wards are an excellent way to safeguard your dwelling from as much negative energy from outsiders as possible. Think of a magical ward as a laser security system. Though you can't see the laser lines, it alerts the owners if the lines are crossed. Wards are an invisible energetic perimeter programmed according to your protective instructions. It can provide a barrier against negative energy you acquire in your daily interactions. It can also deflect intentional and unintentional psychic attack. Let's take these two aspects and dissect them for a moment.

Magical Wards Can Prevent Negative Intruders

Most people consider their home their sanctuary. Protective magical wards not only deflect negative energy from our daily experiences, they also help prevent others with negative energy and attitudes from invading our sacred space. *Laying a ward around your home can literally stop someone with ill intentions and negative energy from crossing into your yard, and in some cases, even driving by your house at all.*

Warding Off the Evil Eye and Psychic Attack

Wards also make it exceedingly difficult for psychic harm to get to you within your dwelling space. Sometimes psychic attack is unintentionally caused by envy and jealousy rather than focused intention to harm. In some practices this is referred to as the evil eye. 90% of psychic attack is unintentional. The other 10% of psychic

attack comes from those who wish ill intentions upon you. While wards won't guarantee 100% protection from either kind of psychic attack, it does provide a barrier and alert system to the warding practitioner who can then take appropriate measures to combat a psychic attack. Nightmares, a run of unexplainable bad luck, or a complete change of perspective from positive to negative are all warning bells that someone is either intentionally, or unintentionally, psychically attacking you.

Below is a simple method for laying a magical ward of protection around your dwelling space.

What you will need:

- 4 Medium-Sized Pieces of Black Tourmaline
- Small shovel
- Mortar and Pestle
- Black Salt
- Mugwort
- Red Brick Dust
- Angelica Root
- Dragon's Blood Resin
- Sage
- A Large, Empty, Herb Shaker (using an old one from the grocery works just dandy)

Instructions:

1. Mix all the herbs and powders together in your mortar and pestle until mixed well.
2. As you mix, chant over the mixture "Protect this house from ground to floor, let no harm cross here anymore. Outside and in, warded around, this space is protected and bound."
3. When the mixture is finished, pour it into your shaker bottle.
4. Gather your 4 pieces of tourmaline and head outside.
5. Start in the North corner of your property and bury a piece of tourmaline far enough down so it won't surface. Repeat this process by burying each piece on a cardinal direction point in order from North, West, South, and East.

6. Once all the Black Tourmaline pieces are buried, go back to the North corner, uncap your herbal shaker, and ask each of the four corners to aid you in the protection of your home while shaking the herbal mixture from one point to another. How much herbal mix you will need will depend on the size of your property. You will move counter/anti clockwise because, in a sense, you are performing a banishment. You will need to focus all your energy into envisioning that the circle you are weaving around your property is, in fact, an invisible barrier of energy. If you have ever practiced empathic shielding, this is similar only you are holding a much larger shield during the weaving of the spell. I have found that music is a great tool to aid in keeping a sharply focused intention when weaving spells of magick.
- “I ask those associated with the North to provide stability and grounding of these grounds.”
 - “I ask those associated with the West to provide healing and intuitive site for those that seek to bring harm whether intentionally or unintentionally.”
 - “I ask those associated with the South to lend their speed to alert me when an intruder is present.”
 - “I ask those associated with the East to lend their wisdom and knowledge to craft and create the safest sanctuary possible behind this ward.”

Practice by Refreshing Your Magical Wards

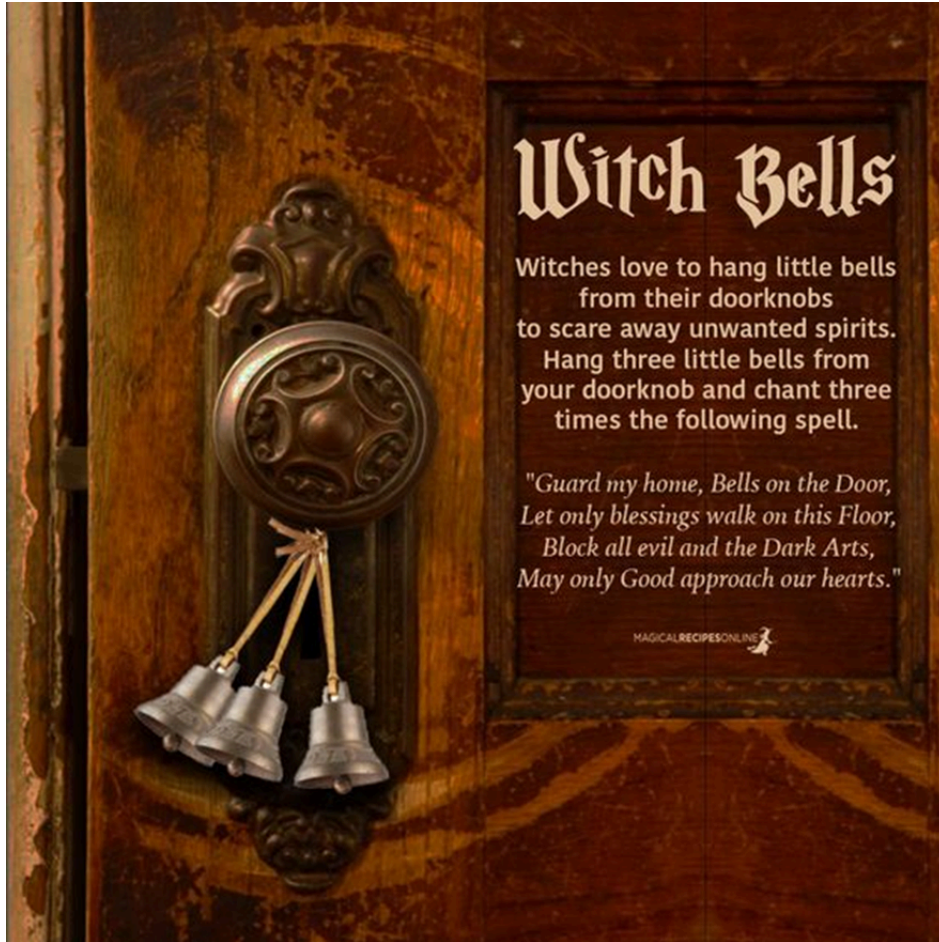
You can program the ward to be as thick or thin as you need but, like anything else, it takes practice. Don't be discouraged if it takes you several tries to get your ward the way you want it. My wards last about 60-90 days depending on how strong I make them when they are cast. You will be able to feel the energy of the ward wane and when it's barely noticeably, it's time to cast again!



Tools:

4 Types of Witch Balls

- Glass (Handblown) Balls
- Gazing Balls for the Garden
- Appalachian Herbal Witch Balls
- Modern Ornamental Witch Balls



Witch Bells

Witches love to hang little bells
from their doorknobs
to scare away unwanted spirits.

Hang three little bells from
your doorknob and chant three
times the following spell.

*"Guard my home, Bells on the Door,
Let only blessings walk on this Floor,
Block all evil and the Dark Arts,
May only Good approach our hearts."*

MAGICALRECIPESONLINE



Ring Protection Spell

By the powers that be I ask,
listen to me. I bring you my ring
and ask for the gift of protection,
wisdom, strength and honor.
I say this to the power of three,
so I will it, so it be and it harm
none, let it be.)O(

By Xxander Orion

protection spell jar: is a small jar filled with protective ingredients such as herbs, crystals, ash, salt, ground eggshells, etc. Its purpose is to guard you against negative influences and make sure that your environment is safe from disturbing energies. It's a way of preserving personal vibration at the most optimal state. If you feel like a protection spell jar is something you need in your life, check the instructions below on how to make one.



Spell jars are perfect for beginner witches and those new to spirituality. They are super easy to make at home, and you can find many ingredients in local stores or online.

Spell jars amplify your energy, using different ingredients to send your intentions and wishes out into the universe. When it comes to spell jars for protection, your energy is connected with the magical tools of protection that it contains.

However, spell jars will only work with your power and belief. These are the most important ingredients! Before making your protection spell jar, tap into the magical power within you through meditation and breathwork. This focuses your soul and mind on the magic, allowing you to get the most out of it.

Tools and Ingredients for a Protection Spell Jar

The ingredients for this protection spell jar are easy to get your hands on. However, don't worry if you have to miss out on one or two ingredients. Spell jars are personal, so it's okay to modify and change what you put into them. If you feel called to a particular magical object, put it in!

For this protection spell jar, you will need:

- A medium size jar.
- A white candle.
- Protection stones, such as Black Tourmaline or Hematite. The energy of these stones provides protection for you, your aura, and your home.
- Salt to ward off negative energy.
- A sprig of rosemary, as this herb promotes healing and protects you.
- Sage essential oil to banish evil.

Now you have your magical tools, it is time to make a spell jar for protection! Before you begin crafting your spell jar, it is vital to cleanse your space and ingredients.

Enter your sacred space and place the objects on your altar. Then burn sage or incense to remove any negative energy that may harm your magic. Hold your ingredients in the smoke individually for them to get cleansed.

Once everything is cleaned, take a moment to center your mind and turn your focus on what you want to achieve with your spell jar. Appeal to the elements for assistance, asking the power of the universe to protect you and instill magic within you.

Now it is time to make your spell jar for protection!

- Light your white candle as you repeat the affirmation, *"I am protected and safe."*
- Place the jar in front of the candle.
- Hold your protection crystal for a few moments as you repeat your affirmation.
- Then place the crystal into the jar.

- Place the sprig of rosemary into the jar, repeating the affirmation of protection as you do so.
- Sprinkle salt into the jar, repeating the words, *“This salt wards off any negative energy within me and around me.”*
- Add a few drops of sage essential oil while repeating the words, *“This sage wards off any negative energy within me and around me.”*
- Seal the jar and shake it while repeating the affirmation, *“I am protected and safe.”*

How to Activate or Use a Protection Spell Jar

Your protection spell jar is created and ready for you to use! However, it is important to keep your energy connected with its powers to ensure your protection.

So, what are the best ways to activate and use your spell jar of protection?

- Meditate with your spell jar every night and every morning while repeating your affirmation of protection.
- Place your spell jar near your front door to protect your home from negative energy.
- Carry it in your bag to keep you safe at all times.
- Place it on your altar or in your sacred space.
- Have it near you when astral traveling or lucid dreaming to protect you when exploring higher realms of consciousness.

Protection spell jar ingredients:

What to put in a spell jar?

- a small jar
- black or white candle – to seal the jar
- black salt and if you don’t have it, you can just use cooking salt instead
- some protective herbs – see the list above
- one or two small protective crystals – see the list above
- ground eggshells
- piece of paper and pen to write an intention or a protective sigil



Protection Spell Jar recipes:

1. Cleanse your space, your energy field, and a jar. To do so, you can use the smoke of your favorite herb bundle or incense.
 2. Prepare all protection spell jar ingredients that you want to use.
 3. Cast a circle if you wish to maintain your energy working undisturbed
 4. Find the intention – What do you want to protect? From what? Visualize your outcome and find the right words. Feel safe and comfortable when you choose your intention. Write it on a small piece of paper or craft a sigil.
 5. Put your protection spell jar ingredients in a cleansed jar. Add your intention.
 6. Seal the protection spell jar with the white or black colored wax.
- Close the circle and pick the right place to put



Black salt:

Salt is the most magical ingredient you have in your kitchen. Hands down. Sea salt, kosher salt, black lava salt, red salt and Himalayan pink salt are all great for protection and purification and so much more. But have you heard of witches black salt?

What is Witches Black Salt?

Witches black salt is a mixture of regular salt and one of two things: ashes or cast iron scrapings. This is not to be confused with exotic Indian black salt. There are different ways to make this powerful mixture, and many ways to use it. First, let's learn how to make it.

How to Make Black Salt: Easy Witch's Recipe

Here's what you'll need:

- Sea salt (one half cup) (note: you can use any type of coarse salt you prefer)
- Ashes (1/4 cup): collected from your firepit, fireplace, OR smudging remnants
- OR cast iron scrapings (1/4 cup): from your cauldron or cast iron skillet (the second option if you don't want to use ashes)
- Black pepper (1 tsp): OPTIONAL
- Black powdered food dye OPTIONAL: some witches like to amplify the color of the salt and add powdered black food dye. I prefer to keep mine as natural as possible, so I typically leave this out. My mixture is already black without it. BUT it's up to you!

How to make it:

1. Put all ingredients into your mortar.
2. Mix and grind your salt and ash or scrapings together in a clockwise fashion, while visualizing your intentions. Chanting, singing, and praying over it also works wonders.
3. You may need to add more ash or scrapings, depending on how black you want your salt to look.
4. Bottle it, label it and use it at will.

What is Witches Black Salt Used For?

First, because the salt is black, color becomes a part of the magic. The color black represents mystery, but in witchcraft is used for banishing, binding, protection, and warding. Black also represents the occult and ancient mysteries in witchcraft. If you added black pepper to your witches black salt mix, this amplifies the black color magic within. Notice a pattern with the ingredients below? To answer the question, what is witches black salt used for? Put simply: purification, protection, and warding. Among many other things.

Each Ingredient's Magical Properties

After you've learned how to make black salt, it's time to make magic. Let's look at each ingredient and define its magical properties. All of which have either purifying or protective qualities:

- Sea salt: used by witches for years to purify, protect, and ward off negative energy and spirits. Made by the sea and therefore carries the power of the sea
- Kosher salt: alternative to sea salt
- Table Salt: you can absolutely use table salt if you have no other salt form. It still carries magick within it
- Ashes: if you use the leftover ash from your smudging rituals, this ash contains the purifying power of whatever herb it came from (sage, rosemary, lavender are some examples). Ashes are also used in healing rituals – when a forest burns to the ground, the ashes heal the earth and encourage new growth.
- Cast Iron Scrapings: iron is a traditional tool for protection. Fairies are warded off by iron, as are evil spirits. It's a strong, grounding metal, and therefore adds these properties to the witches black salt.
- Black Pepper: black pepper is similar to salt in its properties. It's purifying and protective. When added to the recipe, it amplifies the vibes.

Ways to Use Black Salt in Your Magic

You know how we love to use salt for nearly every magical reason under the sun? Witches black salt isn't much different! But remember – you can't eat this kind of black salt!!! There are SO many uses for this powerful mixture. Here are just a few:

- Spread over your thresholds and windowsills to protect the home from negative energy and dark magic
- Encircle a candle to contain the energy within OR to amplify your intentions: best for banishings, bindings, reversals
- Add to banishing, binding, and warding spell bottles, bags, jars, and sachets
- Draw a circle around you on the ground/floor during ritual for protection
- Keep bowls of it around the home to ward off negativity and spirits
- Use as a floor sweep (sprinkle all over the floor then sweep/vacuum it up) to remove stubborn negative energy or spirits
- Offer to Underworld deities or dark goddesses including Hecate, Hades, Hel, Kali, Loki and more
- Offer to fire elementals and ancestors
- A great ingredient for any Dark Moon ritual
- Add to the bag in which you keep your reversal mirrors or black mirrors for scrying

- If you use Himalayan pink in your recipe, add to love and self-love spells

Can You Eat It?

Folks, there is a type of salt that is edible but it's NOT this one! There's ashes in this recipe...you wouldn't eat the ashes out of an ashtray or from the bottom of your fireplace or firepit, would you? So DON'T use this in your meals or foods of any kind! To learn about the edible kind, scroll down.

How to Preserve

Black salt keeps for quite a long time. I've had luck keeping it in a mason jar for up to two years. I typically use it quickly, though, so I haven't experimented with a longer period of time than that. If you don't have a mason jar handy, a thoroughly cleaned and cleansed glass jar from the kitchen fills the need. For example – pickle jars, pasta sauce jars, spice bottles, etc. Once it's in a glass container of your choice, store it in a cool, dry place. My favorite spot is in my witch's cabinet, along with my other magical herbs, spices, curios and roots. Label it correctly, and if you have other folks using this space be sure to write NON-EDIBLE so there's no unfortunate mistakes.

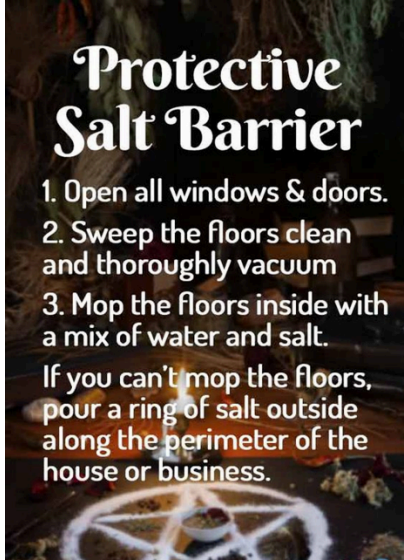
Witches Black Salt Vs. Other (Edible) Black Salts

The recipe here isn't edible; however, if you'd like a black salt that is edible you have a few choices. Purchase these salts through an artisanal grocery store or online. Choose between Himalayan black salt (delicious, in my experience), black lava salt and black Indian salt. All three come from different places in the world, and therefore carry the unique energetic vibrations of these places. PLUS believe it or not, they all have their own unique flavors. I like to experiment with different kinds in my cooking and baking. Then I make note of how it effects my food AND compare and contrast between them. Then again, I'm sort of a salt nerd.

Protective Salt Barrier

1. Open all windows & doors.
2. Sweep the floors clean and thoroughly vacuum
3. Mop the floors inside with a mix of water and salt.

If you can't mop the floors, pour a ring of salt outside along the perimeter of the house or business.





BROOMS

Few household tools have as much magickal lore and mysticism attached to them as the broom. They spiritually cleanse the home and cast out negative energies as they sweep away dust.

Those wishing to be married should jump over a broom nine times to be wed within a year.

Crossed brooms hung on or near a door protect the home from ill will and hexes.

Stepping over a broom will stop any harassment by an unfriendly spirit.




Make a wish before picking up a broom that has fallen from your hands and before using a new broom.

How to create a knot talisman:

A talisman is an object we have charged with a specific energy, or quality. Sometimes, more than just one. Then, it is passively used by the person for whom it was made, in order for them to receive the help of this energy.

Choose a colour of thread that represents the quality of the energy you want to tie in the talisman. For more information about colour correspondences look below in the chart. Then find a simple – preferably one phrase or two – prayer that says what you want to accomplish. What this talisman is going to do for you.

Finally, decide the number of knots you are going to tie. You can decide that according to numerology, or you can use some classic power numbers. The most common are 7, 9, 13, 21, 27, 33, 40, 54, 99 and 108. You may even choose to use a number that is lucky for you. The choice is yours but pre-decide it.

	White: For purification, healing and regeneration, unity and all kinds of Blessings, improve your Spirituality and connection with the Source of All things, for protection and used generally when not sure which colour to use
	Black: To conjure the aspects of Saturn, to absorb and remove negativity, unblocking, uncrossing, to get rid of bad habits and unwanted situations, to contact the ancestors, to honour the Dark aspects of the Divine and to honour Death
	Yellow: For intellect, mental clarity, communication, to contact spirits and other realms, to summon and honour the element of Air, for an extra energy boost
	Pink: For love, friendship, romance, peace, for both physical and mental health, emotions, family relations, to heal the heart
	Red: For passion, power, sex, speed, to summon and honour the element of Fire, to summon the aspects of Mars, for good health and vigour
	Purple: to empower your psychic abilities and your magical practices, in divination, for Dream Magic and Astral Projection, for attunement with Higher Realms
	Orange: For creativity, inspiration, attention, expression and attraction, use as a road opener and for new ventures, to bring good luck and positivity in your life
	Green: For healing, fertility, growth, sensation, to summon the element of Earth and the aspects of the Planet Venus, used in Abundance, Prosperity, Health and Money spells
	Blue: For peace, calm, renewal, healing, protection (physical and psychic), for meditation, use in dream magic, job spells, weather spells, to summon and to honour the element of Water and the Planet Jupiter
	Silver: To empower your intuition, for prophetic dreams, for connection with the astral plane & the Lunar forces, for manifestation of your dreams, anything associated with the Female aspects of the Divine
	Golden: For Success, Wealth and Money spells, for Good Health and Good Luck, for Attraction and Glow, to summon the aspects of the Sun, anything associated with the Masculine aspects of the Divine

Now, sit in a comfortable position. Perform the **balancing breathing** and clear your mind. While holding the thread, focus your intention on the purpose of the talisman, and only on this. When you are ready, start tying the knots one by one. For each and every knot, chant, or say the prayer you have chosen. You can start from left to right or from right to left, according to your beliefs but never go back.

When you have tied the knots the talisman is ready. Tie this talisman in any way you like on yourself or on the person for whom you have made it. You can practically tie this talisman around any part of the body.

WITCH'S LADDER

A Witch's Ladder

A witch's ladder is a very old method of casting a spell. While you braid three cords together, you weave the magic into the braid. Tokens that correspond to your spell's purpose are woven in during the braiding process. Modern witches and neopagans use witch's ladders primarily in healing, binding, and wish granting rituals.

Some also use the ladder to keep track of repetitions in a spell or as a meditation tool. A witch's ladder can also be used to "bind the thirteen moons of the year" and allow the witch to work weather and nature magic.

Knot Chant

- By knot of one, the spell's begun
- By knot of two, the magic comes true
- By knot of three, so it shall be
- By knot of four, this power is stored
- By knot of five, my will shall drive
- By knot of six, the spell I fix
- By knot of seven, the future I leaven
- By knot of eight, my will be fate
- By knot of nine, what is done his mine.

Materials

- 3 Lengths of any type of cord
- Beads (plastic or glass)
- Feathers (as many as 10)
- Trinkets (shells, rocks, sticks)
- Charms (such as pendants)
- Hair (to make it more personal)

Witch's Ladder Steps

- 1) Cleanse and charge all items before you begin.
- 2) Measure and cut your chosen cord to your desired length.
- 3) Firmly fix your intention in your mind.
- 4) Tie the ends of the cords together to make a base knot.
- 5) Begin braiding while visualizing your intention being woven into the ladder.
- 6) Add knots and incorporate the chants along with adding your tokens.
- 7) Seal the spell by forcefully tying the end into a knot and stating "So Mote it Be!"

How to Make a Witch's Ladder

By knot of **one**, the spell's begun.

By knot of **two**, the magick comes true.

By knot of **three**, so it shall be.

By knot of **four**, this power is stored.

By knot of **five**, my will shall drive.

By knot of **six**, the spell I fix.

By knot of **seven**, the future I leaven.

By knot of **eight**, my will be fate.

By knot of **nine**, what is done is mine.



Return To Sender

- reversible red/black pillar candle
- small mirror • needle • olive oil
- agrimony • rue • thyme



Spell

- 1) Using the needle, carve the sender's name into the candle, spelling it out backwards. If the sender is unknown, carve "My Enemy" into the candle, spelling it out backwards.
- 2) Pour a dime-sized drop of olive oil into your hands and rub them together, infusing your intent into the oil. Anoint the candle with the oil, starting from the middle and up to the wick, then flip candle and rub from middle of candle to the base.
3. Dress candle in the herbs; Agrimony for returning the negativity, Rue for purification of your energy, Thyme for protection.
4. Place candle on top of mirror.
5. Light the candle and recite an incantation of sending the energy back from whence it came, or recite Psalm 109:19-29

Potpourri aka simmer pots: it makes your house smell good AND packs a magical punch. This isn't your mother's kind of potpourri – it's your witchy great aunt's. And...she used it as a means to bless and protect the household. Ready to learn how to make 3 EASY simmering potpourri recipes that serve as home protection spells?

Autumn Aromas: A Simmering Potpourri Home Protection Spell #1

This simmering potpourri recipe is my favorite. You can make it in the Autumn season OR any time to fill your home with the spicy, warm aromas of Fall! And the best parts about it are – it's easy to make and fills your home with protective blessings!

Spell Ingredients:

- orange peel (from 1 orange): dried or fresh. For happiness and family
- bay leaves (2 or 3): for protection
- cinnamon sticks (2): for protection
- whole cloves (a tablespoon): to repel the evil eye
- A cup+ of water: as the conduit (bonus points if the water is storm water or moon water)



Home Protection Spell Instructions:

1. Put all ingredients in saucepan.
2. State out loud what each ingredient represents. Pour water over top.

3. Simmer and allow the protective and soothing aromas to fill your house, banishing negativity and illness.
4. When done, let cool, strain and bottle remnants. This can then be used to spray the exterior of the home for extra protection.

Peaceful Simmering Potpourri Recipe: Home Protection Spell #2

This simmering potpourri recipe is perfect for any time the family and household needs to chill out. If the vibes are chaotic, and you need some peace, try this recipe out. Bonus: it purifies and acts as a home protection spell from negativity.

Ingredients:

- Lavender (1 tablespoon): for peace, soothing vibes and purification
- Rosemary (1 tablespoon): for protection and love
- Lemon (1 slice): for purification
- Cup+ of water: as the conduit

Peaceful Simmering Potpourri Recipe Instructions:

1. Put all ingredients in saucepan.
2. State out loud what each ingredient represents. Pour water over top.
3. Simmer and allow the protective and soothing aromas to fill your house, purifying and promoting peace.
4. When done, let cool, strain and bottle remnants. This can then be used to spray the rest of the home for peaceful vibes.

Energizing Simmering Potpourri Home Protection Spell #3

Now, if you're a fan of coffee, this simmering potpourri recipe is for you. Also, we should be best friends. Did you know how magical coffee beans are? In addition to being energizing, they are also purifying.

Ingredients:

- Roasted coffee beans (1 cup): to wake up the household, energize and purify
- Cinnamon stick (1): for protection and amplification
- Nutmeg (1 whole, crushed): for prosperity and protection. You can use your mortar and pestle to crush the nutmeg slightly.
- Cup+ of Water: as the conduit

Instructions:

1. Put all ingredients in saucepan.
2. State out loud what each ingredient represents. Pour water over top.
3. Simmer and allow the purifying and energizing aromas to fill your house, banishing negativity and illness.
4. When done, let cool, strain and bottle remnants. This can then be used to spray the exterior of the home for extra protection.

Keys are a worldwide symbol of good luck and new opportunities. They open doors to new worlds, new faces, and fresh beginnings. They also lock doors and protect us from taking certain destructive paths and protect us from intruders. Keys have been a part of folklore and magic for centuries. Let's explore the importance of key magic and how to incorporate keys into our spiritual and magical practices.

● Magical Keys of the Gods

- Certain gods and goddesses are known to be key-bearers. We see them wearing keys on their belts or around their necks. Or they're known by their culture for opening doors and pathways for those who ask them. **Hecate** is an ancient Greek goddess of witchcraft, the life/death cycle, and of the crossroads. She's known as Lady of the Keys and is said to be the goddess who opens the doors/portals to the spirit world. **Berchta**, an ancient Celtic alpine goddess, wears a set of three golden keys on her belt. She is a psychopomp, escorting the souls of children to the other side, and therefore carries keys to the spirit realm just like Hecate. Truly any liminal

deity bears keys of some kind, including: Minerva, Hermes, Papa Legba, and Ellegua.

- **Menshen: God of Doors and Keys**
- The Chinese God Menshen is a god of doors and gates and therefore presides over keys as well as bears them. Being that Menshen is a threshold deity, he is also a liminal deity. He guards doors that are portals to other places and in the spirit realm are portals to other worlds. When his presence is in a home, he holds the keys that lock your door from intruders or opens it to loved ones.

Medieval Iron, Blacksmiths, and Church Key Magic

In modern times, it seems we've forgotten the magic of small contraptions like locks and keys. But imagine what our ancient ancestors endured before the invention of locks and keys! There was once a time when people didn't have locks and keys or even heavy doors to protect their homes from outside threats. We know that keys and locks existed as early as four thousand years ago, whence began their magic.

Protective Iron and Sacred Blacksmiths

In Medieval times, locks and keys were made from iron, which in and of itself had protective properties. Iron was believed to ward off evil spirits and dark magic, which is why locks and keys were made of it. Spirits can get through small spaces like locks but not if those locks are made of iron! This is why blacksmiths were considered magical people: they made things with iron! They forged protective magic with their hands, tools and fire.

Magical Church Keys

If we look at Medieval locks, we see how important they were. They were iron but also decorated or forged with symbols like dragons and lions. This added extra protection to the keyhole/lock from evil spirits. Some old churches in Europe still bear their Medieval iron locks and keys. Old lore says church keys were especially powerful in that they held healing properties. To pour water through a church key and let a sick child drink it meant healing was inevitable. It was an honor to be trusted with the keys to a church or any important building just as it's modern tradition to grant the mayor the "keys to the city".

The Keys of King Solomon

King Solomon is said to be one of the greatest sorcerers of all time. He commanded a whole host of celestial spirits like angels, demons and djinn. The Key of Solomon is a grimoire written in the fourteenth century that's attributed to King Solomon's magic. The "key" in this regard is representative of Solomon's magical abilities and spells to open doors to the spirit or celestial realms.

The Key as a Female Symbol

The key as a symbol is seen in nearly every culture. In ancient Norse culture, the key was a symbol of female power. Women were given the keys to the household and therefore became the key-bearer of the family. It was an honor and tradition. She wore the keys on a belt or cord along with other sacred tools like a knife and sewing tools. Because of the association between keys and women, keys have been used in the childbirthing process. To place keys under a laboring woman's bed aids her delivery. To learn more about the lore and power of keys in history visit historicallocks.com.

Simple Ways to Do Key Magic:

Old keys always call to me. Any time I've found them at a thrift store or yard sale, I pick them up and keep them. There's a reason keys are so powerful. In addition to using keys as offerings to your ancestors and liminal gods, they can be used in your craft easily in these ways:

- Worn around your neck as a good luck charm
- Hung above an ancestor altar as "keys to the other realm"
- Hold in your hand while meditating to learn a secret or to unlock your shadows for shadow work
- In any spells for finding lost objects
- In love and healing spells to unlock hearts and cures
- During divination (tarot, oracle, runes, scrying) to unlock secrets from the spirit world
- As a representation of liminal deities like Hecate or Berchta
- Put in spell bags, bottles and jars for "locking" things like protection of home and self or keeping secrets or "unlocking" things – new opportunities, new powers, new friendships, old memories, etc.
- Place under your pillow to unlock prophetic dreams and astral travels

A Lock and Key Spell for Protection of Magic or Secrets

What You'll Need:

- A small box with a latch
- A lock and key
- White candle and lighter/matches
- Paper and pen
- 3 protective herbs (rosemary, dragon's blood, thorns, etc.)

How to Prepare:

1. First, cast the spell on a Waxing or Full Moon for full potency. But it can be done when needed.
2. Gather your supplies.
3. Cleanse your space and all supplies (by smudging, spraying, or whatever cleansing method you prefer).
4. Light incense, light candles, turn down artificial lights, turn on magical music to set the mood.
5. Light your red candle and say, "I call on the ancient blacksmiths in my bloodline to fill this candleflame with your iron wisdom and alchemy. May it fuel my lock and key spell for protection."

How to Cast the Key Spell:

1. Next, write your clear intentions (whatever it is you want to protect or keep hidden) on the piece of paper and fold it 3 or 7 times towards you. Be careful what you write, as the lock and key spell is powerful. I recommend something like this, "protect my magic/secret from all evil forces or spirits that seek to interfere or use it for evil. By the power of flame, lock and key. So mote it be."
2. Place the piece of paper in the box. Then sprinkle your 3 protective herbs over it while stating what each herb's job is (rosemary to purify, thorns to protect from intruders, etc.)
3. Next, close the box and visualize protection around whatever it is you're wanting to protect. Visualize it being locked away and hidden from harm, intrusion and the evil eye.

4. Take your lock and hold it far above the candleflame and say, “may this lock serve to ward off evil and negative energies.” Then place the lock on the box’s latch.
5. Then take your key and hold it far above the flame and say, “only I bear the key to this box. Only I shall unlock its power.” Use the key to lock the box if need be, then place the key around your neck or in your pocket.
6. Lastly, take the box and put it somewhere inconspicuous OR on your altar for your ancestors or gods to watch over.
7. Keep the key somewhere safe and hidden. If you ever need to open the box, make sure to tell the box you are the key-bearer before opening. The
8. spell is released once the box is opened.

What is Banishing? What is a Banishing Ritual?

When someone says they are performing a banishing ritual, it means they want to eradicate or annihilate something from their lives. Completely get rid of it. Banishing rituals are often cast to remove negative energy and entities from our homes and lives, as well as to cut someone out of our lives completely. Sometimes a banishing is necessary to get rid of someone who is causing harm to us personally, our property, or our loved ones. Some may say banishing another human being is “wrong” or morally incorrect, but I beg to differ. It’s simply protection.

How you perform a banishing ritual is entirely up to you. There are truly many ways to get rid of someone or something. My first tip is this – use what you have on-hand. Don’t go out and spend a ton of money on anything fancy. Sometimes ingredients as simple as a handful of salt and a black candle is enough to remove a person or thing from your life.

What Happens if a Banishing Doesn't Work?

If one banishing ritual doesn't seem to "work", try something else and on a different day. Don't forget to raise enough energy during the ritual to catapult your intentions into the ether. And believe in yourself. In addition, consider whether a banishing is actually necessary. Sometimes we may need to cast a different type of spell: a cord cutting, binding, or hex-breaking may even be required.

BANISHING HERBS

ANGELICA	OAK
BASIL	ONION
BROOM	PINE
BLACK PEPPER	ROSEMARY
CEDAR	ROWAN
CUMIN	RUE
DRAGON'S BLOOD	SAGE
FLEABANE	SALT
GARLIC	THISTLE
HOT PEPPER	THORNS
LILAC	WOLFSBANE
MANDRAKE	YARROW

Powerful Banishing Herbs

Having a problem with ghosts, negative entities, intruders or stalkers? Time to stock up on at least ONE of these banishing herbs, though two is better! Find them in your backyard, local forest, grocery store, online, or nearby metaphysical store.

1. Thorns

While not technically an “herb”, thorns (aka prickles and spines) from nearly any plant or tree work wonders as banishing herbs and as an ingredient in banishing rituals. The thorn serves as a protective weapon, psychically pricking any intruder (be it spirit or person). Trees with thorns include: honey locust, hawthorn, black locust, and american plum. Plants and shrubs with thorns include: roses, firethorn, bougainvillea, blackberry, raspberry, and cacti. Use heavy gloves and caution when removing thorns or spines from a plant or tree.

2. Garlic

Did you ever wonder why garlic is used to ward off vampires in the movies? Garlic has been used for centuries in exorcisms of many kinds – from ghosts to illness. Its cleansing and protective qualities make it one of the best banishing herbs to get rid of ghosts and ex-lovers.

3. Pepper

When you have too much pepper, you sneeze, right? Think of pepper as a powerful banishing herb in this way – sprinkle a ton of pepper in a circle around your house and it will drive away any negative entities. Pepper is used in hoodoo recipes like hot foot powder to send an enemy far away. Pepper’s magical associations include the element of Fire, which serves to “inflamm” any ritual it’s part of. This herb has been used for centuries in warding off evil and the evil eye.

4. Sage

Most people know white sage is probably the most powerful banishing herb to use in a house. It clears out negative energy and entities with ease. But sage smudging alone will not work to banish a ghost or person from your home and life forever. Measures must be taken to keep them away for good. This is why a banishing oil and ritual are crucial (cleansing, blessing, and protecting).

5. Rue

Rue is one of my favorite banishing herbs because it packs a real punch. It's cleansing properties go beyond cleansing – rue is powerful for warding negative spirits and energies. Grow it in your garden to have quick access to it. Be aware – the smell is pungent but I believe that's part of why it works so well. In addition, rue sometimes causes skin irritation for some people. So test it on your skin before using it in a bath or other topical uses. Rue in a bath banishes any spirit attachments. Moreover, adding rue to any spray, floor wash, or floor sweep banishes negativity from the ground up.

6. Salt

Salt isn't necessarily an herb but it is a boon in any herbal cabinet for many magical reasons. It's one of my most-used banishing herbs. Salt is purifying but also protective. It absorbs negative energy when sprinkled over thresholds. Added to the bath, it cleanses your aura and literally strips away negativity. Salt's protective powers make it an essential ingredient in protection and banishing spells.

7. Chili and Cayenne Powders

Truthfully any spicy or hot herb has banishing properties. This includes chili and cayenne pepper of which most people have right in their kitchen cabinet. Chili or cayenne powder can be added to hot foot powder to send an enemy far away. Add it to your home protection powders and sprinkle over the threshold to banish unwanted spirits and enemies. Moreover, add a little extra chili powder to your bowl of chili to ward off spirits and negativity.

DIY Banishing Oil Recipe

Ingredients:

- olive oil (base)
- black pepper
- garlic powder
- dried hot peppers (with seeds)
- jar or bottle with air-tight lid

- gloves

Directions:

1. IMPORTANT: Wear gloves to protect your skin and membranes from pepper oils which can cause rash and burning.
2. Fill an air-tight jar/bottle three-quarters of the way with herb mixture.
3. Pour olive oil over the herbs, almost to the top of the jar/bottle. Leave about a quarter of an inch empty at the top.
4. Close jar/bottle with an air-tight lid.
5. Shake the jar/bottle liberally.
6. Place in a dark cabinet.
7. Shake the jar/bottle daily for two weeks (up to a month).
8. While wearing gloves, strain the herbs (or leave some in) and re-bottle your banishing oil.

Creeper-Be-Gone: Powerful Banishing Ritual to Get Rid of Exes

In addition to using the banishing ritual above to keep creepy, intrusive exes away from your house, you also need to protect yourself while out and about. Also on a Waning Moon, perform the Creeper-Be-Gone banishing candle ritual. Don't be afraid to add or remove things to fit your needs and preferences.

A black candle is best. Dress the candle with one of your banishing oils (*once again wearing gloves if ingredient was pepper*). Stick thorns into the candle. Carefully burn a photo or small piece of paper with the ex's name on it, while repeating a banishing spell chant like the one at the top of this post. Once the candle is burned out, gather up the remnants of the banishing ritual and bury them off of your property. Then say, "it is done."

A Potent Banishing Illness Ritual

I wrote this ritual when I was struggling with a painful chronic infection. I'd been to numerous doctors, been on numerous antibiotics and other medications, with no lasting results. This is a powerful healing spell when performed with purpose. If you are struggling with a chronic infection or illness and need a boost of magic to heal yourself, try my personal Banish Illness Powerful Healing Ritual. For Bella Donna (premium) members only.

Disclaimer

This powerful healing ritual should not replace the advice or treatment of a licensed healthcare provider. Please seek medical attention first, then proceed with the ritual in conjunction with medical treatment. You must also take care of yourself for this ritual to work. That means eating your fruits, veggies, lean proteins and healthy fats. Getting enough sleep. De-stressing. Drinking enough water. Exercising. The Universe/gods/ancestors won't grant healing if you aren't making a full *physical* attempt to heal yourself. This is similar to doing a ritual for a new job but never applying for any jobs and expecting one to just magically fall in your lap. Magic doesn't work that way.

What to Do:

Timing: Waning or New Moon

Intention: Banishing illness or infection in the body and disparity from the mind and spirit

Supplies Needed:

- Banishing Oil (see above recipe)
- Herbs: rosemary, basil, ground pepper (already infused in the oil but for added effect!)
- Stones: black tourmaline, obsidian, desert rose
- Black Chime Candle
- Athame/knife or pin
- Candle Holder/Plate
- Lighter

Instructions:

1. Carve the runes Tyr, Naudhiz, and Thurisaz into the black candle. (Learn about the runes [here](#))
2. Anoint candle from bottom to top with banishing oil. As you do this, envision your illness as black particles in your body. If there's a specific spot in your body the illness is affecting, visualize the black particles in this spot.
3. Next, roll the oiled candle in the 3 loose leaf herbs. As you do this, visualize those black particles beginning to break apart into smaller pieces.
4. Place candle in candleholder and light it.

5. Place the three stones around the candle.
6. Now repeat 3, 5, 7, or 13 times: "As the fire burns, it shall burn away the illness in my body. Let it burn bright and strong, until the no longer comes." *(Feel free to change the wording to fit your needs. The important thing is to really feel the words you speak, and visualize the black particles disintegrating and leaving your body never to return.)*
7. Let the candle burn out on its own. Gather the remnants in a bag and burn in a bonfire or bury at the graveyard (burning to burn away the illness for good or burying at the graveyard to put the illness itself in the ground).

SIMPLE HOME ✧ Protection Spell ✧

Tools:

Salt
(ANY salt)

Cleansing tools
(incense, bells, sage, etc)

Actual home cleaning supplies

Ritual:

Clean your house or space. You don't have to deep clean, just enough that there's no stagnant energy.

Once your space is clean, use incense or whatever method of energy cleansing is preferred. (If you are burning something be sure to open a window or door for negative energy to exit through.)

While cleansing, focus on pushing any negativity or stagnant energy out.

Imagine a forcefield around the home protecting it.

Sprinkle your salt in the corners of the home and near any doorways and windows.

While performing the ritual, hold the intention of protection and repeat the following:

*"Salt of Earth, protect this home
When I am here and when I roam."*

Freezer spell:

First, What is a Freezer Spell? The Basics

A freezer spell is exactly how it sounds – a spell that utilizes the freezer in your home and its freezing capabilities. In recent years, they’ve become popular among the witchcraft community. So much so that you’ll even hear people say that doing a freezer spell is a “closed” tradition. I don’t believe that it is, if you truly make it your own and use your ingredients and words mindfully.

History of the Freezer (And Why It’s Important Magically)

For those who say only a specific magical tradition can use freezer spells in their magick, this is what I say to them. Should I also stop using my stove or oven in my spell work? How about candles, are they a certain magic tradition too? The point here is there are some freezer spells that utilize techniques from the Hoodoo folk magic tradition including sour and sweetening jars. If you want to stay away from appropriating, simply leave those ingredients and methods out of your personal freezer magick.

From Ice Boxes to Modern Freezers

There’s no doubt in my mind our ancestors who made magick, cast spells, and gave out remedies used what they had on-hand. That includes any of the appliances or features of their home at their disposal. When I say our ancestors, I mean ALL of our ancestors. There were and are magical folk from every culture who have been casting powerful spells for centuries. But if they didn’t have a freezer, what did they have?

According to Swirl Freeze, the fact that ancient humans learned how to freeze food for preservation is just as important to humanity as the use of fire to cook it. For people who lived in colder climates, they first learned to preserve food by placing it directly on the ice. Gradually, there came icehouses, which were small buildings where ice was placed and food placed within to freeze it. Then ice boxes in

How Do Freezer Spells Work?

Freezer spells work in a few ways. Let's break down the magical mechanics, shall we? First, the freezer essentially does one job – freezes things. And freezing = preservation. But when we think of various intentions for spells, this is when the freezer's MAGICAL abilities vary. For example, let's say you're working at a job that has become dangerous. A co-worker has made it a hostile environment, and you are even sometimes fearful for your life. You've gone to the boss but nothing has been done. So you decide to do a freezer binding spell on this coworker. It will work, but you have to consider the length of time you plan to keep the spell going AND how long you plan to keep the binding spell in the freezer.

Next, let's just say you are at a point in life where something is moving too fast for your liking. And is causing you significant stress, anxiety, or pain. Is there a way to slow the process down or even stop it in its tracks? Yes...freezer spells are perfect to do this magical job, as well. And when you're ready to allow the natural time to flow again, you remove the spell from the freezer and let it "defrost". Think of it like this – whatever you want to freeze in place or PRESERVE, a freezer spell will be powerful.

There are MANY Intentions for Freezer Spells

Most of my research on freezer spells prior to writing this guide yielded the same intention – to bind a person or situation. This is probably the most popular intention for a freezer spell but definitely not the only way a freezer can be utilized in one's magical practice. There are a number of intentions, and more specifically when we use the freezer in place of ice spells another world is opened to us:

- Freezer spells are great to preserve love
- And friendship
- To preserve a job opportunity or salary
- To stop time from moving too fast
- Preserve one's health
- Bind a dangerous person or situation from causing harm
- When using ice in our spells, promotes stillness
- Self Control
- Focus and concentration
- Learning how to adapt to abrupt change

- Cooling a “hot” situation off (the refrigerator is actually better for this depending on the severity of the circumstances)
- Extreme purification
- In god/goddess dedication rituals (particularly of a Northern pantheon from colder climates)

The “Magical Morals” of Casting Freezer Binding Spells

I guess at this point, it’s time for me to step in and talk about magical morals when it comes to casting freezer binding spells. You’ll hear a lot of people tell you when you mess with free will, you’re messing with something you shouldn’t. To leave these things to the Universe or gods to work out. But here’s the problem with that – sometimes the universe/gods expect US to protect ourselves. And if we’ve done everything we can in the physical but still feel threatened, we have the magical to help us through. So I say, if you feel that binding spells of any kind are against your morals, don’t do them. But if you feel the need to protect yourself or others, I won’t tell you what’s right or wrong.

Ingredients and FUN SPELL Methods

I’m sure you’ve figured out the main 2 ingredients in freezer spells: water and the freezer itself. But don’t discount other intuitive ingredients like herbs, flowers, different containers, fruits, etc. And also experiment with different ways to use the freezer in your magick. The typical spell is to write the person’s name or situation on a piece of paper, then put that paper in water and freeze it. Simple but there’s SO many other things to use and ways to make magick with your freezer:

- Use an ice cube tray and freeze herbs, flowers, and other ingredients into ice cubes. Then use those ice cubes in magical potions (as long as the ingredients are edible, obviously)
- Turn fun, at-home science experiments with ice into an actual spell
- Use your witch’s black salt to melt an ice cube or block of ice (this is particularly powerful when defrosting or diffusing a freezer spell AFTER it’s manifested)
- Make magical herbal tea or coffee cubes to put in your food/beverages later
- Preserve your garden seeds to use next growing season
- Make aloe vera ice cubes in the Summer to soothe sunburns and bug bites
- Prep individual magical smoothie packs for a healthy witchy breakfast

By now I guess you've figured out that when it comes to freezer spells and spell-work in general, **your creativity and intuition is your limit.**

Lemon Freezer Spell: Freeze Them OUT

Lemons have been used in many magical traditions for hundreds of years. They are linked to the moon, the feminine, and water and have an inherently purifying energy. They're also used in spells to make a person leave you alone. Sort of like feeding someone lemons straight up – they'll grimace and probably not want to try any more. So if you need something to get rid of a person who's bothering you, you can freeze them out and send them off with this lemon freezer spell:

What You'll Need:

- Lemon (1 whole)
- Toothpicks or needles (4-6)
- Paper
- Pen
- Plastic bag or container
- Your freezer

How to Cast the Lemon Freezer Spell:

1. Gather your tools and ingredients (You don't have to cleanse anything beforehand)
2. Put on music that reminds you of either protective vibes or send-them-away vibes.
3. Write the person or situation's name on a small strip of paper.
4. Fold it away from you 3 times, visualizing the person or situation leaving your life for good.
5. Cut the lemon in half but not all the way through. Just enough to slip the piece of paper inside.
6. Secure the open cut in the lemon with toothpicks or needles, being careful not to prick yourself.
7. Place in a plastic bag or container, then set at the back and bottom of your freezer. The freezer serves to freeze them out...turning them cold against you so that they leave you alone.

8. Cleanse your pen if you plan to use it again in the future (run it through smoke, etc.)
9. Once they are out of your life for good, remove the bagged lemon freezer spell and throw it away far away from your home and property. DON'T EVER OPEN THE LEMON.

Freezer Binding Spell: Stop DANGER in Its Tracks

Sometimes an alarm on the house and a big dog isn't enough to keep someone away. Sometimes we need a little magick to shield us from danger. This freezer binding spell works in a pinch...and it works WELL. It's also effective if the person that needs the binding is hurting a loved one. You can do this spell for them, with their permission of course.

What You'll Need:

- Plastic bag or container
- Paper and pen (optional: picture of offender)
- Water
- Freezer
- Optional: herbs for banishing and binding like rue, thorns, pepper, etc.

How to Cast the Freezer Binding Spell

1. Gather your tools and ingredients, all the while thinking of the offender being bound from harming anyone.
2. Write the offender's name on your piece of paper (or if you chose a photo, skip this step.)
3. Fold the paper 3 times away from you and say, "you are bound from harming me and anything/anyone near me. By the power of 3 times 3. So mote it be." (repeat 3x for amplified effect).
4. Place the photo or paper in the plastic bag/container.
5. Add water and any herbs you chose to the container and say, "with the ancient power of water, you'll stay away from me and mine forever."
6. Seal the bag and say, "it is done." Then place in the freezer.
7. Remember, once the person has been stopped from harming you or your loved ones, you may dispose of the spell. I recommend burying the photo/paper and contents away from your property AND trashing the plastic bag far away (don't bury plastic in the earth).

THE FREEZER SPELL

WHAT IT DOES

THE FREEZER SPELL IS USED TO STOP
SOMEONE FROM TAKING ACTION
AGAINST YOU.

WHAT TO GET

FREEZABLE CONTAINER
PHOTO OR PAPER AND PEN
PLACE TO FREEZE WATER
WATER

WHAT TO DO

FOCUS ON WHAT YOU WANT THIS
SPELL TO ACCOMPLISH.

WHEN IT'S CLEAR, WRITE IT ON
THE PHOTO/PAPER.

SAY: "I BIND (PERSON) FROM
DOING HARM TO ME."

PLACE IT IN THE CONTAINER,
COVER WITH WATER, AND FREEZE

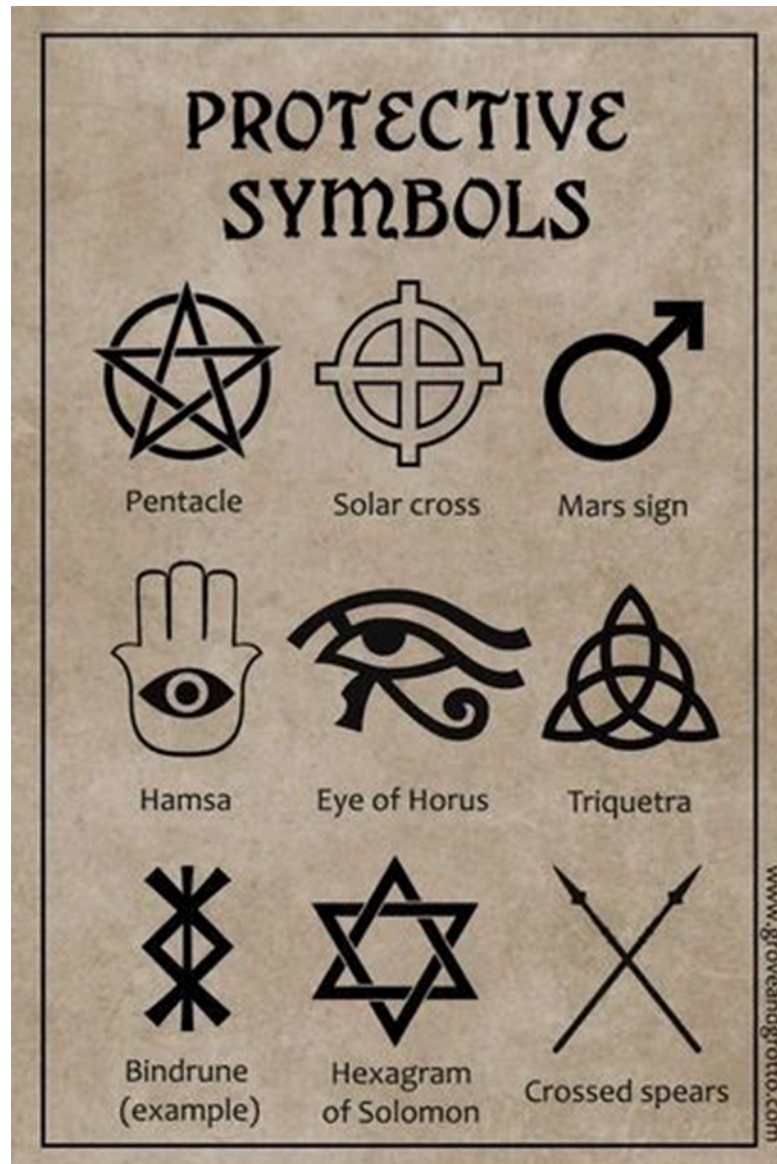
WHEN TO STOP

IF YOU FEEL THE SITUATION IS
RESOLVED.

PULL THE CONTAINER
FROM THE FREEZER & LET IT
THAW. BURY THE PAPER, POUR THE
WATER OVER IT.

SAY: "I RELEASE THIS BINDING,
BUT THE INTENT BEHIND IT."

BEST DONE DURING THIRD QUARTER MOON (WANING).



Common protection symbols:

1. Algiz Rune: A Norse & Viking protection symbol – keeps you safe from random, unseen harm.

The algiz rune is a great all-purpose protection sigil that can be used to keep you safe from everything!

This symbol of protection comes from the Elder Futhark runes of the ancient Germanic people. It is said that Algiz stems from Heimdall's Aett, or Heimdall's portion of the runes. Heimdall was known as the Watchman Of The Gods, meaning that Algiz is perfect for keeping you safe from things you can't see or detect.

Shaped like a Y with an extended post, use this rune to protect you from any harm that may come your way, due to a random event. It also helps empower you to be less afraid and make the best decisions if you find yourself in danger. Finally, it can help you make the best choices for your highest good,

How To Use Algiz For Protection

Simply carve the rune into a candle, trace it onto any surface, or buy a necklace charm that has it inscribed. Then, visualize the rune turning gold as you see yourself protected by its historic power.

You can also trace it into the aura of individual people you want to protect or use it as a ward around your property.

2. Cross: A Christian & Celtic protection symbol – protection in all areas.

Though this is typically seen as a Christian symbol, the cross holds an immense amount of power.

If you're a Christian Witch who successfully mixes your spiritualities every day, we know you love working with the true, divine, universal love and protection that this historic symbol provides.

We cannot deny the amount of power embedded into this protective symbol over dozens of centuries. Power is power, and this symbol is packed with it.

If you don't feel a close connection to the traditional Christian cross, take a look at the Solar Cross or the Celtic Cross, instead.

How To Use The Cross For Protection

Wear this symbol or draw in on any item to invoke the power of universal love and protection. These powers help ward away bad luck, illness, harmful energies, and physical harm.

Be sure to always let your cross know what you need help with, in order to direct its charge to a specific purpose.

3. Angels: A Supernatural protection symbol – protects you when you ask them directly.

Wish you could have a bodyguard whenever you need one? You can and do – Angels.

Often seen as strictly Christian, as they are most often noted in Christian theology and Jewish culture, they also exist in the Witches Qabala and the Qabbalistic Tree of Life.

Long story short: Angels are always on standby to help anyone in need, no matter who you are or where you are in life.

Angels can bring you good luck and good fortune, turn away the power of evil, bring blessings, and bestow good health and healing upon you.

How To Work With Angels For Protection

Wear angel symbols, light angel candles, and ask your angels for specific protection; they often don't help unless directly asked.

Also, be sure to listen out for any divine thoughts of encouragement and guidance when working with Angels.

4. Nazar Or Mati (Evil Eye warding charms): Greek, Turkish, & Middle Eastern protection symbol – keeps harmful wishes and hexes away from you.

In many ancient European cultures, evil eye warding charms represent a fake version of your own eye that is meant to distract harmful energies from finding your real eye.

In Middle Eastern, Greek, and some cultures of Ancient Egypt, this fake eye is typically a blue glass bead that is used to protect against the evil thoughts that are sent to you.

How To Use The Nazar or Mati For Protection

Use this eye symbol or wear it as a protective amulet to guard against what some people call “the stink eye”.

Belief in the Mati and its protective powers will keep you safe from any evil wishes sent from your enemies.

Think of it as a decoy that pulls intended negative energies away from you and toward it.

5. Hamsa or Hand Of Fatima: Ancient protection symbol – protects you from everything.

The Hamsa is known in Middle East cultures as the hand of God.

This hand-shaped symbol features a palm with the fingers of the hand, which are pressed together like the universal symbol of “stop”.

It literally stops things and negative energies from harming you.

In the center of the palm is a single eye, which is similar to the Nazar charm. This charm not only wards off the evil eye, but also brings divine intervention to anything that would cause you harm. This is a powerful protection symbol.

How To Use The Hamsa For Protection

Hang the hamsa in your home or wear jewelry that has this symbol to keep yourself protected against all that is not aligned with your highest good.

6. Eye of Horus: Ancient Egyptian protection symbol – gives you good health. Coming from Ancient Egypt, the Eye of Horus protects you from becoming sick.

This eye-shaped symbol represents each of the parts working together to complete a whole. If any single part is not working well, the entire system does not work.

By wearing the Eye of Horus, you are allowing your entire body to be healed so that all of your senses may operate as one.

Your divine thoughts become more closely tied to the overall health of your physical body.

How To Use The Eye Of Horus

Wear the Eye of Horus to promote energetic balance and help boost your immune system and keep you healthy.



Protection Spell

*The sheild of
protection
I carry it strong
no ill wishes or
trouble
shall come along
you cannot harm me
or weaken my soul
my light is my
weapon
and peace is my
goal*

Mystical Enchantments

Bonus. Pentacle: Witchcraft & Wiccan protection symbol – protects and empowers the wearer.

The pentacle is a symbol made of a pentagram, or star, that is enclosed in a circle.

Each arm of the star stands for the elements of creation: earth, air, fire, water, and spirit.

The circle around the star stands for protection from negative energies that slow down creation and manifestation.

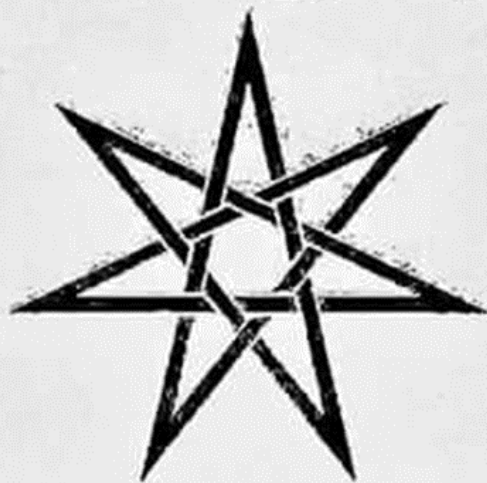
While primarily used by Wiccans and Witches, the pentacle carries symbolism that can be seen in many ancient circles.

How To Use A Pentacle For Protection

Simply remember that you always have the power of manifestation within you and that you're always protected by the powerful energy of your aura.

Seal that visualization into your pentacle and wear it, knowing, with your divine thoughts, that you're protected.

the faery star



"The septagram, or Faerie Star, is used instead of, or with, the Pentagram by many Faerie and Celtic-based traditions. The seven points represent the Sun, the Forest (or Wood), the Sea, Magic, the Moon, the Wind, and Connection (or Spirit).

An alternative set of definitions rests upon use of the Faerie or Elven Star as a gateway to the Otherworld, each point of the star is one of the entrances to the Faerie Realm, a pathway, or the 7 rays of manifestation of the Higher Self, as follows:

- 1st point – Power, Personal Will and Determination
- 2nd point – Unconditional Love, Wisdom and Growth
- 3rd point – Knowledge and Intelligence
- 4th point – Harmony and Tranquility
- 5th point – Powers of Mind and Science
- 6th point – Devotion and Honesty
- 7th point – Magic

The points blend with each other, nurturing and joining us as one with the Universe, bestowing personal and spiritual transformation."



Blood Magic

'Blood magic' conjures up all kinds of gothic images, doesn't it? The very word 'blood' is a real attention-grabber. Combine it with words like 'magic', 'ritual', 'spell', or 'rite' and the first thing that comes to mind is human sacrifices on a stone altar dripping with dark red and other images that look like something straight out of a horror movie.

As usual, the fiction is much darker and more stirring than the reality of it. Yes, blood can be dangerous— both magically and mundanely. But fire can also be dangerous, and yet no one would think to tell you not to use it to cook your meals. You just have to learn how to use it safely and properly.

The truth is that blood magic can be quite potent if you're inclined to do it, and if you know what you're doing. It should not be undertaken lightly, or carelessly; but it doesn't deserve the 'taboo' stamp that many are quick to give it.

The Power of Blood

Blood is associated with death: the slain warriors on the field, the victim of violence, the hunter's prey all lay bloody in their final state. Blood is also associated with life: it's part of the cycle of fertility that perpetuates life. If you lost too much blood, you would grow weak and die. If your blood is tainted, you will wither.

Blood is associated with pain: you see it when you stumble and fall, have an accident, or fight. Blood is also associated with passion: when you love doing something, when you are good at it, it's 'in your blood'. Someone you love, particularly family members, are your 'blood'. Blood connects you to things, or others. Even if you don't know someone, you can empathize with them, your 'heart bleeds for them'. Blood is passion, it's connection, it's raw emotion.

Blood is life. It courses through your body delivering oxygen and nutrients to every part of you. Blood is energy—when you push yourself, your heart pounds and your pulse races as your blood flows even faster. A woman bleeds during her menstrual cycle, she bleeds when her hymen breaks, there's blood at childbirth. If you donate blood you might be saving someone's life.

contain the very essence for all that you are. A scientists can (illegally) clone you if they had just a drop of your blood. Your blood contains your DNA—a blueprint not just for you, but your complete ancestral line.

Something that contains this much power is naturally powerful in magic. Perhaps some would say it's *too* powerful.

Blood Magic: No Harm Necessary

Blood magic is not magic that involves killing people or animals in ritual sacrifice. Let's just make that clear. We're not talking about laying some innocent creature out on an altar or in the center of a pentagram and killing it, or wounding it. This would be all kinds of wrong, not to mention illegal, and is not at all what I mean when I talk about blood magic.

Blood magic is the use of a few drops of blood during a spell or ritual—usually your own blood, but if you are casting for someone else you could use theirs (with caution and permission, of course). Those few drops can add power to a magical working in any number of ways.

Is Blood Magic Evil?

The first thing you need to learn about blood magic is that it's not inherently evil. Blood isn't evil, is it? Does it make you 'evil' or desire to do malicious deeds just because it's currently inside your body? If not, why do you think it would it become 'evil' outside of your body? Some people mistakenly think that using blood in magic is 'dark' or somehow only associated with malevolent intentions. This is simply not true.

The negative connotations stem back to that fear of blood I spoke about earlier: fear of our own mortality, fear of power, etc., are the kind of driving factors behind a fear of blood. Indeed, if you are hemophobic, you might want to avoid blood altogether. It's not for everyone.

But I come from a more objective perspective. I see blood—like any object or component you would use in magic—as simply a tool. It's a very powerful tool, but a tool nonetheless. It's neither benevolent nor malevolent in its own right. You could use it for any number of purposes, though like any other tool it's not advised to use it for unethical purposes.

Practicing Safe Blood Magic

- Don't ever take more than a few drops.
- Don't ever take blood from an unwilling participant (this includes animals because they cannot give consent).
- Do not smear your blood on people, let people smear blood on you, or try to exchange blood in any way; remember that many diseases can be transferred through blood.
- Do not ever consume blood, either directly or by putting it into a drink; aside from the fact that you can catch diseases, blood itself is toxic to human beings. More than a couple of teaspoons can cause haemochromatosis and potentially do some serious organ damage.
- Don't let others drink your blood, either directly raw or by putting it into food or drinks; this is essentially giving your power over to that person, and not in a good way.

The correct way to perform blood magic safely would be:

- Sanitize the area of skin with an alcohol pad or sanitizing gel.
- Sanitize a small poking implement, such as a pin.
- Poke only enough to break the skin.
- Squeeze out your few drops to collect for your use
- Clean the wound immediately and put some antibiotic ointment on it. If it's still bleeding, put a bandage on it.
- Handle and dispose of anything that has been touched with blood with extreme caution until the end of your ritual or spell.
- Disinfect surfaces (of your skin and your work space), implements and any other tools after performing blood magic.
- Keep the wound clean as it heals.

If you are a woman and you prefer, you can use your menstrual blood rather than pricking yourself. You can catch menstrual blood easily with a diva cup if you need to temporarily preserve it for ritual—just don't hang onto it very long, and all the same sanitary practices regarding care and clean-up also applies.

when (and When Not) to Use Blood Magic

I can't tell you exactly when and where blood magic is your best option, but I can tell you my reasoning: I use it only in extreme need for the most important circumstances.

- I'll use it for protection— not minor protection, such as if my co-worker is a nuisance I'm not going to use blood magic to keep her out way; but major protection, when there is a potential for serious life-changing threats (accident, crime, etc.)
- I'll use it for health and wellness—not minor issues like sore throats or skinned knees, but big health issues like disease, injuries, surgery or breaking unhealthy addictions.
- I'll use it for desperate needs—not minor things like saving money for a Disney trip, but big things like if I were on the verge of being homeless or starving I would use it to draw what I need to survive.

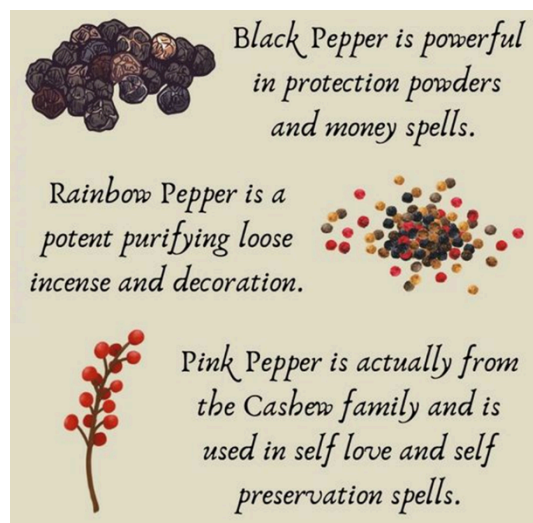
That's about it. I have more rules about when to never use it:

- I never use blood magic unless I'm (or the person I'm doing it on behalf of is) fully prepared to accept whatever the consequences may be (which means thinking them through very carefully).
- I never use it to target other people without their permission (unless, of course, it's deadly necessary for protection; I had no issue banishing a violent family member who refused to leave my mother's home and threatened my life with a gun).
- I never use it in love or relationship magic; bonds between people need to be naturally developed, not forced. Blood magic turns a potential bond into a chain: emotional slavery.
- I never use it to gain power; if you can't earn it naturally, you don't deserve it and probably won't know how to wield it.
- I never use it to bring harm to anyone or anything.
- I never use it for vengeance or retaliation.

Using Blood in Magic

Now that you know the correct way to safely use blood in magic, let's talk about how you might put it to use. There are countless ways, actually, limited only by your imagination. But here are a few ideas to get you started.

- In candle magic, mix blood drops with oil to dress and charge your candle.
- Use a small drop or two to anoint and charge any talisman or amulet.
- In jar or container magic, add a few drops of blood to the container.
- In petition magic, smear some blood on the paper the petition is written on.
- Place a drop of blood in a mojo bag before tying it up.



Glamor spells:

Glamor spells are a fascinating and often misunderstood form of witchcraft. This form of spell work can be very intimidating to newer witches. It can seem very complex, unpredictable, or intangible, and many witches avoid them entirely simply because they don't know enough to feel comfortable performing this kind of magic. Some witches consider glamor spells to be immoral, almost like lying, while others consider glamor to be more like magical makeup, in other words, not

immoral at all. And then there are the misconceptions about what glamor spells even do and how they work. Does it change how you look? Does it change what other people are seeing? Are the changes permanent?

What Are Glamor Spells?

A glamor spell is any spell that changes how you are perceived by other people. This might be a change in how you look to other people, it might be a change in how you sound to other people, it could even be a change in the emotional response that you create in other people. Often when we hear the phrase glamor spell, we think of it as a purely physical type of magic, focused entirely around the visual presentation that you have, but this is not always the case. And glamor spells are not just for making yourself look more attractive!

This kind of magic is excellent for adjusting not only how people see you visually but also how confident your voice sounds, how competent you seem, how your gender presentation is being perceived, how put-together you seem, how much people feel like they can empathize with you, and much more. If you can think of a way to adjust how someone else is perceiving you, you can probably achieve that with a glamor spell.

That said, you can use glamor spells for vanity! There's nothing wrong with that. If I'm going out on a date and I want to feel more confident and attractive on that date, a glamor spell can give me a little boost and help me feel much better going into my evening. If I'm going to a job interview and I want to impress the interviewer, I can use a glamor spell to make myself seem more competent, or professional, or trustworthy. As long as the magic adjusts how other people perceive you, then it's a glamor spell.

How Glamor Spells Work

The big thing to know about glamor spells is that they do not actually change anything about you. Using spells that make you look more attractive to your date does not change your physical appearance. A spell to change how your gender presentation is perceived will not change your gender. Hell, a spell that's designed to make you seem competent and trustworthy will not make you competent and

trustworthy if you're not. All a glamor spell does is change how people are perceiving you.

This means that if you cast a glamor spell to make yourself more attractive, your appearance is not changing. Instead, people are going to be more inclined to be attracted to you exactly as you are. If you cast a glamor spell to seem more confident, it's not giving you confidence, all this spell is doing is making it so that the people you encounter feel like you are a confident person.

Some of you may be disappointed by this, but this is an excellent way to approach this kind of magic. It might take ten times the amount of magical energy to give you a boost in confidence, as it would to just make you appear more confident. And the amount of energy it would take to create actual physical changes to your body would be astronomical, to the degree that it's practically impossible, compared to simply changing how other people perceive you. Not only that, but creating real, tangible changes takes time. Remember, we have to work within the bounds of the reality that we live in. Physics still exists. Time still exists. If you're going to change something big about yourself, that change will take time. Usually, by the time you realize you need the change, it's too late to cast a spell to do something that big. Glamor spells are a quick, relatively energy-sparing form of magic that can give you the result of making the change without having to spend a ton of effort making that change first.

You should also keep in mind that glamor spells can only do so much. You can't make yourself look totally different from how you are. You probably won't be able to make someone who hates you suddenly feel positive toward you. These spells are for creating subtle shifts in perception, not for making you into someone totally different!

Is Glamor Magic Immoral?

Okay, this brings us to the next question. Isn't this kind of like lying to people? While I can't give you a definitive answer as far as morality is concerned, since morals are highly relative and very much dependent on your individual beliefs, I can give you my perspective on the matter. Using glamor is no different from pretending that you are more confident than you are or putting on makeup to make yourself feel more attractive. And we do these things every day! Almost

everyone pretends to be more confident than they are in a job interview. Everyone takes steps to make themselves look and feel more attractive before going on a date. These things aren't lying, it's natural to want to present yourself in the best light.

Often, glamor spells are used on special occasions. They're used for that first date or they're used for that job interview or they're used for meeting your spouse's parents. Usually, we use them in situations where we want a little boost to help things go our way or to help us feel more comfortable going into a situation. Now, if you were to use a glamor spell every single day, at that point it might tip into being morally questionable. For instance, if you use a glamor to make yourself more attractive on a first date and then you continue to use that same spell every single day for the entirety of your relationship, that could be seen as lying to them or manipulating them with magic.

Again, it's not my job to tell you what's right and wrong for you to do. But if you feel you have to use a glamor spell every single day, you should consider making real tangible changes to your life instead. Ask yourself, why do you feel like you need a glamor spell every single day? Do you feel like this person wouldn't like you without the spell? Do you really want someone in your life who doesn't like you unless you greatly alter their perception of you? Is this a change that you would want to make in your life, and would that change be worth the effort?

Only you can answer these questions for yourself and it's going to vary depending on your circumstances. The bottom line is that glamor spells themselves are not immoral, but how you use glamor magic may or may not conflict with your moral compass. It's up to you to figure out what feels right and wrong in your practice.

Using Glamors In Your Craft

Okay, so you have a better understanding of what glamor really is and how it works, and hopefully, you've taken a bit of time to figure out what feels right to you in terms of using this magic in your own life. Now how do you go about using glamor spells in your practice?

The good news is that glamor magic is just like any other spell. Provided you are following a quality spell and you're comfortable and confident in your spell

casting, there's very little difference between casting a glamor spell and casting weather spells or love spells or money spells. The end goal is simply different. Here are three of my favorite glamor spells that you can use to try out this kind of magic for yourself.

Come To Me Glamor

This spell is used to make yourself more attractive or to give you a charismatic draw. It will not necessarily create sexual desire in other people, it simply makes people want to be near you and feel drawn toward you. This is great on first dates, but it's also useful when making new friends, when networking, when meeting the in-laws, and for job interviews.

You Will Need:

- A hand mirror
- A black cloth to cover the mirror
- Clove powder
- Allspice powder
- Nutmeg powder
- A glass of water
- A plate
- Incense or liquor for offerings

Begin by placing the glass of water on your worktable. Take a few pinches each of clove powder, nutmeg, and allspice and put them on the plate. Make offerings of incense or liquor to the herbs and ask them to help you in your spell today. Petition them for exactly what you are hoping to achieve, tell the plant spirits who you would like to draw toward you and what you want them to feel when they're around you.

This might sound something like *"I ask that you, the spirits of clove, nutmeg, and allspice, lend your assistance to my spell. Make me irresistible to potential new friends, draw them to me and endear me to them. May they feel that I am funny, interesting, and enjoyable and make them desire my company again in the future."*

When you are finished making your petitions, mix the spices well and set the plate aside. Take your mirror and set it flat on the table facing up. Sprinkle your spice mixture around the edge of the mirror so that the mirror itself is ringed in the powder. The powder should be on the surface of the mirror, but not obscuring the mirror's reflection. Now, lean over the mirror so that it reflects your face and recite the following incantation.

"Come to me, come to me

All you who gaze upon,

The face reflected here.

I draw them in,

And hold them rapt,

And the longer they stay,

The clearer this draw becomes."

When you are finished reciting the incantation, quickly cover the mirror with the black cloth WITHOUT losing sight of your reflection until it is covered. You essentially want to "catch" your reflection in the mirror. Leave the mirror covered for as long as you need the spell to function.

Secret Amulet/Jewelry Protection

@bloodmoonprayers

There's power in people not knowing your wards! This doesn't mean you have to hide all of them but it's really beneficial if there's a few they don't know/see. Hiding a piece of jewelry or amulet on you that's not easily seen and especially not telling others this is a protection ward.

Bloodmoon Bruja

For example, a necklace that's always tucked into your shirt or a thin bracelet that isn't very noticeable. Or an amulet that stays in your pocket and isn't posted on social media or taken out in front of people.



Charm/Bless it with an element of your choice. (Water, air, fire, earth) or pray with it and ask your Ancestors to bless it with protection.

“Sacred Ones, bless this piece. Charge it with your protection. That way, it may protect me physically and spiritually. May it stop those with ill intentions & low energy from affecting my state of being. So mote it be.”

Invisibility Glamor

This glamor spell doesn't make you literally invisible, instead, it makes you much harder to notice. Please keep in mind that glamor can only do so much, if you're making a ton of noise or if someone is specifically looking for you, it will be less effective. This glamor does not create "rob a bank without being seen" levels of invisibility. Instead, you will skate under the radar of most people's notice. When I use it, often people are distracted at opportune moments, absorbed in their own affairs, and otherwise unlikely to take any notice of me.

The one downside of this spell is that it takes a bit of practice and you need to be feeding the spell the entire time you want to be invisible. I would suggest that before you use it, you dress to blend in. Don't wear a suit to a college campus. Don't wear pajama pants in an office building. You want to make it easy for people to overlook you. Blend in with what people are expecting to see and they can ignore you.

Practice this at home and around housemates first before trying it out in public. Start somewhere secluded where you can focus. You will tap into a feeling signature or energy and then maintain that as long as you can.

Sit comfortably and close your eyes. Notice the surface of your body, where your skin meets your clothes or the air around your body. Feel into this very tangible part of yourself. When you're ready, imagine this barrier between yourself and the outside world dissolving, leaving your outline hazy and indistinct. Imagine that your body becomes as insubstantial as mist, like someone could look right through you if they tried. Work to strengthen this feeling signature and cement it in your mind. When you're ready, try opening your eyes and then getting up and walking around. Avoid catching sight of your reflection as that can jar you out of the right headspace. Can you maintain this sense of an insubstantial body while you are moving? When you can keep the insubstantial, mist-like feeling while moving, it's time to try it with another person around. Again, remember that if you make noise or speak to anyone, they will probably still see you. If you struggle to maintain the insubstantial body around other people, or if it's not effective, don't worry. This takes practice! You might try adjusting the visualization or sensation that you're focusing on. What would invisibility feel like to you?

Try this around different people and in different situations as you become more comfortable with the technique. You may find that some people are more susceptible to it than others, or that it's easier for you to maintain in some situations more than others.

Sweet Words Glamor

This glamor sweetens your words so that other people are more likely to believe you, to agree with you, or to think you're right. This is a quick, simple spell, so it's great to use in a pinch. Excellent for use before presentations, job interviews, or any kind of negotiation.

You Will Need:

- A dab of honey or a pinch of sugar

Place a drop of honey on your fingertip or take a pinch of sugar. Close your eyes and place it on your tongue, let the sweetness fill your mouth. Now say *"May all of my words taste this sweet and may all that I say fall on their ears like honey."* That's it! Now go and watch them fall over themselves to agree with you.

Glamour Magick often involves something you wear, and imbuing it with magick or positive energy; usually via clothing, jewellery, perfume or makeup.



Lipstick

Wearing lipstick or makeup can act as a mask, or boost the confidence or emotional strength of the person who wears it. Regular use helps place the wearer in a certain mindset, a bit like the act of wearing ritual jewellery.



Colour

We can use colour to project an energy, to attract things or people to us, or to help us feel a certain way.



Hairstyles

Like makeup, wearing certain hair styles can project a certain image, or give us something to hide behind.



Jewellery

This can be consecrated and used much in the same way as ritual jewellery. A particular necklace might help you feel confident or strong. This is then projected to others. Repeat use of the helps this mindset to become established.



Scents & Perfume

Use the aromatic magickal correspondences of plants, or cover yourself in a mist of protective perfume after dedicating to a purpose.



Clothing

Certain clothes can make you feel safe, protected or confident. Some people choose to cover their crown chakra with a hat or headscarf.



Enchanting lotions and potions

Use face creams and lotions to draw protective sigils on your skin, provide a protective barrier, or some other magickal purpose.

What is Spiritual Cleansing?

Before we explain the importance of cleansing, first we should explain what spiritual cleansing actually is. Cleansing, according to the dictionary, is a method of “cleaning something thoroughly” or completely. Then it goes on to reference “cleansing the skin” with soaps or creams. While this gives us an idea as to what cleansing is, it’s not particularly clear how one can cleanse the spirit or aura. I explain spiritual cleansing like this – it is any method that seeks to remove negative energy, illness, or spirits from a person’s body, soul, aura, or even from their space. A person’s space that may need spiritual cleansing includes one’s home, vehicle, property, and workplace.

Why is Spiritual Cleansing Important?

Spiritual cleansing is important for many reasons. The first being that it purifies you and your sacred space of negative energy. Negative energy can build up and wreak havoc on our lives. In addition to getting rid of negative energy, spiritual cleansing also purifies your aura and space of harmful spirits and sometimes wards off illness. Lastly, there are certain gods and goddesses who prefer a clean space in which to visit.

Negative Energy and the Importance of Self Cleansing Rituals

We go about our day coming into contact with many people, which means we are coming into contact with many different energies. The emotions, trauma, illness, misfortune, and even spirit attachments that cling to other people have the ability to affect us. If you are particularly a connected person, or have empathic tendencies, you’ll be even more susceptible to picking up energy throughout the day. Sometimes we can see a person with negative energy coming. Sometimes we can even see a person with a spirit attachment coming.

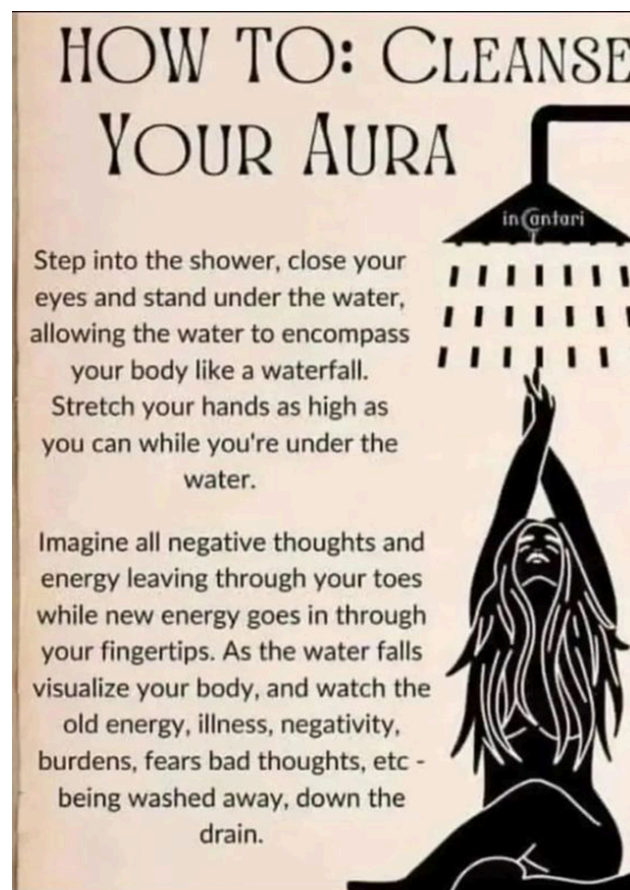
The Land, Heavens, and Technology Affects Us

Witches tend to cue into energies naturally, with or without realizing it. And it isn’t always a good thing. In addition to people’s energy, we also come in contact with energy from the land, wildlife, weather, heavenly bodies and even technology. The land itself carries its own impressions of the past and of current events. It holds onto the good and bad, particularly when those energies are strong. For example, a meadow that was the site of a bloody battle will carry that energy for years to

come. And when we step onto that meadow, we might even pick up on that energy.

The same goes for wildlife. Have you ever been to the zoo and truly felt depressed afterward? It's not just the idea of animals being caged their entire lives, you're also feeling their unhappiness. We absorb our pets' energies too. In addition, if you're tuned into the earth and the Universe, you will feel the impact of the heavenly bodies: the sun, moon, planets, etc.

Computers, phones, TVs, and cars all emit their own energy waves – both physical and spiritual. All of which can also affect our energy. So how do we counteract some of the negative effects of ALL this outside energy? We CLEANSE.



Different Ways to Self-Cleanse

There are many different ways to spiritually cleanse oneself of negative energies. Most use one or more of the main elements (earth, air, fire, water) in a purifying manner:

- Spiritual Cleansing Ritual Baths: bathing in water that's infused with salts, flowers, herbs, teas, crystal vibrations, etc. Also bathing in the ocean or river does the trick.
- Smoke-cleansing Rituals: using smoke from herbs and woods including sage, cedar, rosemary, sweetgrass, rose, lavender, juniper, rabbit tobacco, Palo Santo, etc.
- Crystal Rituals: using a high-vibrational crystal wand such as selenite to pass over one's body to rid it of negative energies. Or placing energy-absorbing crystals like black tourmaline around your space
- Fire Cleansing Rituals: passing through two bonfires or leaping over a bonfire to cleanse oneself (CAUTION! We don't recommend this method although it's an ancient one. You can catch on fire or get severely hurt!) It's safer to roll an unlit candle all over one's body to pick up negative energy. Then burning it.
- Blessing/Asperging with Magical Waters: spritzing/spraying blessed water over a person's body from head to foot. Holy water, moon water, rose water, etc.
- Drinking cleansing teas: drink detoxifying teas, kombucha, energy-infused waters, etc.
- Energetic Cleansing: some individuals use Reiki or other divine healing energies
- Sound cleansing with singing bowls, high vibrational music, etc.
- Egg cleansings: a ritual in which an egg is rolled over the entire body to rid one of negative energy. Then cracked into a bowl of water and "read" for attachments, etc.

Try each of these and see which self cleansing ritual you prefer. If you can't take a bath, a cleansing shower also works! Visualization with white light is also effective if you need a quickie-cleanser and you can't perform the other methods.

Spiritual Cleansing Rituals of Sacred Space

In addition to spiritual cleansing of oneself, cleansing rituals of sacred space are JUST as crucial. Just like our auras get muddled with negative energy, our homes do too! Think of all the traffic going in and out, the other people that live and visit, and even the energies you bring into the house. I find it's extra-necessary after service and repairmen come to my house. Also consider the land your home sits on, any cell phone towers, warehouses and manufacturing plants nearby. All of these can negatively impact the energy in your home.

Before performing any intense spiritual workings in your home or sacred space, a CLEANSING is necessary. Routine cleansing rituals are recommended on a monthly basis to keep negative vibrations, illness, and spirits out of your home. But, if you can't get to it monthly, do it when you can!



Sacred Space & Home Cleansing Rituals:

- Smoke-cleansing rituals: smudging one's sacred space and home with sacred herbs can rid one's space of negative energies and spirits. Don't

forget to open a few windows to allow that negative energy to escape! It has to go somewhere!

- Asperging/Blessing: take a sprig or branch of rosemary or rue, dip it in holy or blessed water and sprinkle about the house to rid of negative energy
- Floor washes and sweeps: this method cleanses the floor of negative vibrations by infusing purifying herbs into the mop water OR by sprinkling purifying herbs onto the floor and then sweeping/vacuuming up.
-

Negative room spary



- Sprays and spritzes: similar to an asperging, sprays made of infused holy water or combined herbal oils can be sprayed around the house to quickly cleanse the space
- Cleansing with Sound: Tibetan singing bowls, chanting, ringing bells, clapping, banging on pots/pans, and music of an ancient kind (Native

American, Buddhist, Celtic, etc.) all work to cleanse one's space using the power of sound

- Essential Oil Diffusers: modern witches often use essential oil diffusers to cleanse the air with purifying aromas like lavender, lemongrass, rosemary, etc.
- Cleansing with Light: are you the kind of person who sits in the dark when the sun's shining just outside the window? OPEN THE CURTAINS and let the sun shine in! The sun's cleansing power is strong and sends low-level negative entities running!
- Sweeping: many witches use a spiritual besom (broom) crafted specifically to "sweep" out the negative energy in a space. (A separate smaller besom can be used to "sweep" one's aura from head to foot, as well!)
- Simmer pots: this is a method of cleansing in which the individual adds water and other items like herbs and fruit to a large pot. Then allows the pot to simmer on the stove, releasing a cleansing steam into the home
- Houseplants and crystals: maintaining houseplants in the home purifies the air naturally and brings good vibes. The same goes with certain crystals like black tourmaline, selenite, and obsidian.
- Himalayan salt lamps: no, they're not just a silly gimmick! They're known to purify the air and bring good vibes to your space

Crafting Your Own Personal Cleansing Ritual

Once you've tried a few different cleansing rituals with various cleansing tools, you'll find something that feels right for you. For example, my go-to cleansing ritual involves a spiritual bath with purifying herbs, then I use Reiki and smudging to cleanse my personal space. This is the ritual I use before any large magical working, including intense divination. But you will find one that feels best for you and it'll come naturally in time, to where you barely have to think about it!



When to Perform Cleansings

We've covered why it's important to cleanse one's self and space, but not exactly when to perform them. Here's a basic guide:

- Once a month on the Waning or New Moon, cleanse your space
- After illness, injury, death or misfortune in the home, cleanse your space and yourself
- At the start of a new season, cleansing rituals are traditionally performed to bring in new, fresh energy
- BEFORE any major magical workings – sabbats, esbats, intense divination, potent spells, contacting new deities or spirits
- AFTER workings that involve new deities or spirits
- After visitors have left the home or upon new residents moving in (including new babies)
- Cleanse yourself for routine spiritual maintenance once a week+
- Whenever you feel the atmosphere in the home is “heavy” or emotions are running super-charged, cleanse yourself and your space

- After serious arguments or fights, divorce, discord
- Before and following renovations in your home
- If you haven't done a cleansing in a long time
- If you're just feeling off, depressed, or yucky

Gods of protection

***Almost any deity can be used for protection these just have it listed as their specific role**

Isis

Osiris

Artemis

Bastet

Horus

Hecate

Hera

Athena

Bes

Sekhmet

Minerva

Kali

Vaiśravaṇa

Indra

Sobek

Helm

Serket

Selûne

Lathander

Lakshmi

Maat

Durga

Yemôja

Tymora

Lilith

The Morrigan

Protection magic is a powerful tool for your well-being and safety. These examples of rituals and spells are just the beginning. Don't be afraid to experiment and find those methods and practices that best fit your unique beliefs and needs. After all, it is the individual approach that makes magic so powerful and personal.

EASY, 4-INGREDIENT

Protection Spell Powder

SALT

Keep it simple with regular old table salt or go fancy with a gourmet salt like Himalayan pink from your kitchen cabinet. Either is fine!



FIRE PIT ASHES

Gather ashes from a recent wood fire to add to your protection spell powder for extra powerful potency.

CINNAMON

Add a generous pinch of ground cinnamon powder, which is known for raising spiritual vibrations and sending icky vibes on their way.



BLACK PEPPER

Add ground black pepper to your protection spell powder for a classic spell ingredient to ward off negative energy.

MOONLIGHT

Place all the ingredients above in a clean, clear glass jar and leave it to charge in the full moonlight overnight. It's best to leave it outdoors, but you can put it in the window if the weather won't cooperate.



Protective spell using crystals

Crystals have strong energy and are often used in protection magic. In this example, we will use black obsidian, which is known for its protective properties.

Instructions: Take the crystal and focus on your intention to protect yourself. Say the following words: "I charge this crystal with my energy of protection. Let it be my shield against negative energy. So be it!". After that, carry the crystal with you or keep it in a safe place.

Ritual of cleansing and protection at home

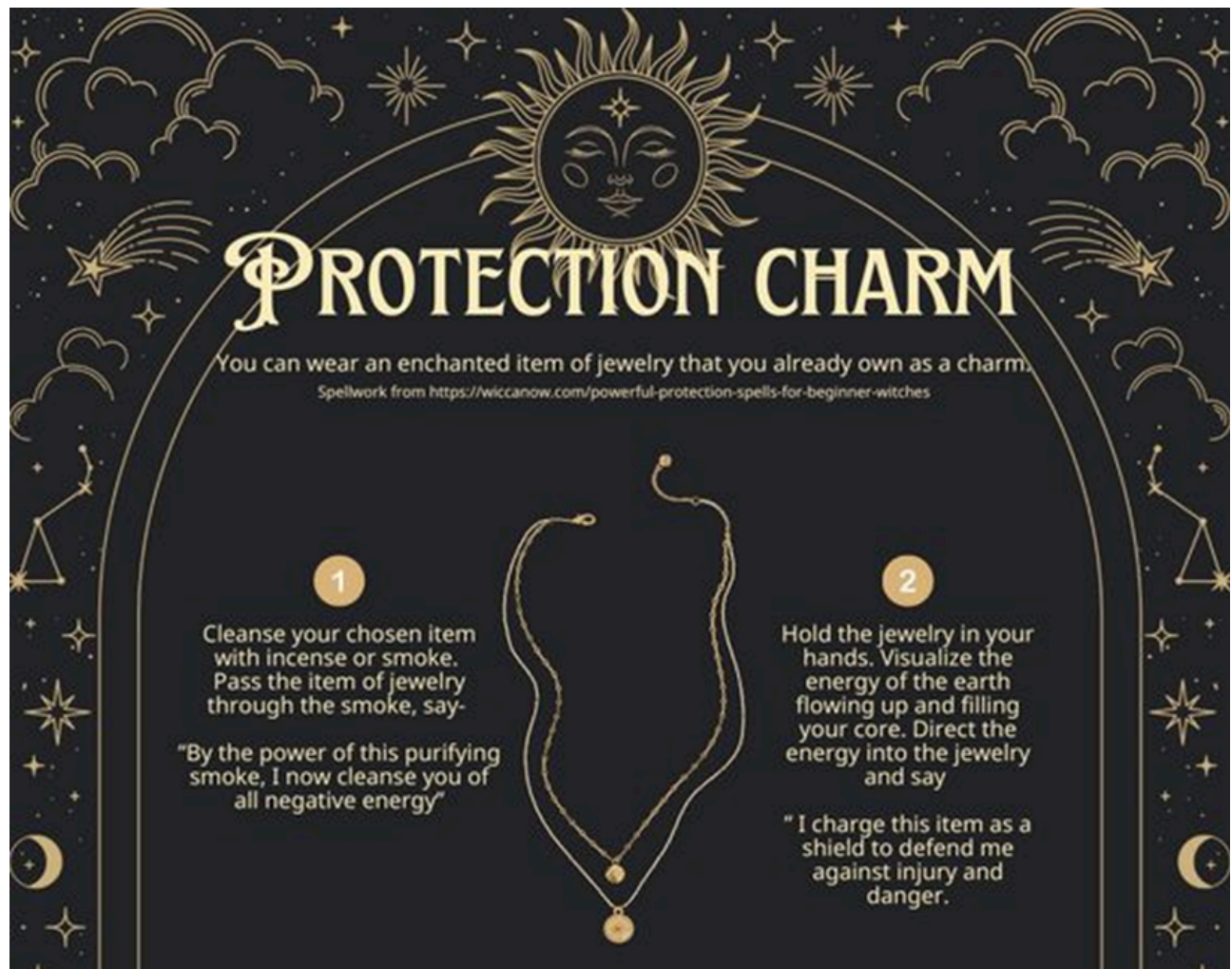
This ritual will help you clear your home from negative energy and set a protection.

Instructions: Take a bundle of sage and set it on fire. While the smoke fills the room, walk all over the house, especially concentrating on doors and windows. While doing this, say the following words: "I am cleansing this house of all negative energy and establishing protection from all harm. So be it!"

Creating a protective amulet

Amulets are powerful tools of protection. In this example, we will create a simple protective amulet that you can carry with you.

Instructions: Take a small stone or piece of wood that you feel connected to yourself. Dedicate it to your protection intention, saying the following words: "I charge this amulet with my protection energy. Let it be my shield against all harm. So be it!"



Protection charm

You will need:

A small crystal, shell or similar item to use as a charm.

This works well with a small crystal but you can use whatever you are drawn to, maybe a shell or a feather but you need to be able to carry the item with you.

If you can sit outside then do so. Make yourself comfortable with the crystal in front of you. If you are able to place it in direct sun or moonlight then even better,

but in front of a candle flame also works well. Sit quietly and gradually enter a meditative state.

Allow the positive energy from the crystal to enter your body on each breath you draw in and allow any negative energy to escape each time you breathe out.

Next expand the energy from the crystal so that it starts to surround you with a strong positive light. Let it envelope you completely (but not restrictively) in a flexible bubble forming a body shield around you. Enjoy the feeling of protection, move about, stretch your arms and legs and feel how the shield moves with you.

When you are ready focus on your breathing once more and allow the energy bubble to dissipate back into the crystal. Carry the crystal with you as a tool to tap into any time you need to activate a personal protection shield.

Protection bag spell for a child

This will keep a child from harm, they might also like to help when you create it.

You will need:

Protection herbs and spices

A coin minted in the child's year of birth

An initial bead or charm with the child's name on

A baby tooth (if you have one)

A pouch

Charge all the items with protection and pop them in the pouch, keep in a safe place until the child is old enough to look after it.

Wiccan House Blessing Prayer and Spell

Chant this Wiccan prayer to bless a new home or as part of a house and family protection spell. You don't need to be a Wiccan or Pagan to chant this home blessing prayer.

Sweet Embrace: Spell to Banish Evil and Negativity

Whether you need to banish someone's energy to get rid of a curse, or banish a spirit from your home, this incantation will ward off intrusive energies that might be hurting you or making you vulnerable to psychic attacks.

Magic Armor: Good Luck Onion Protection Spell

Cast this powerful spell to ward off negative energies using the power of Salt for spiritual protection in combination with the healing properties of onion.

Cleanse and Protect Spiritual Spell Bath

This pre-spell cleansing bath can be done at any time and will set the perfect mood for any kind of spellwork, but particularly on those where we need to open a spiritual road, such as unblocking a path to success, money, love, or luck.



Pet Protection Spell

This is a protection spell for pets, including cats, dogs, birds, turtles or any other household animal. It will protect a pet from theft or so that they don't get lost or sick.

Elemental Road Opener Spell

If you are feeling stuck or having a hard time with a specific problem, this simple spell might help you find the right course of action.

Lunar Protection Wiccan Spell

Chant this Full Moon Prayer for protection, which you can accompany by a super easy ritual of kitchen Magic. This is a simple candle spell that you can cast on the next full moon.

Elemental Protection: Home-Cleanse Spell with Salt

Do this super easy home ritual to cleanse the energies at home and bring extra protection with salt. Use this spell to clear any evil spirits or bad energies from your home as often as you need to.

How to Consecrate your Amulets

This ritual works just like the consecration of your tools. It's a small ceremony in which you invite the object to become a part of your identity and your spiritual path.

The Fearless Sigil: Self Confidence Spell

Cho Ku Rei is a very versatile symbol that can cast away anxiety and fear. Use this spell before taking a test, a job interview, or in any other stressful situation.

Sun Sigil: Candle Magic to Pass a Test

This spell to ace an exam channels focus and concentration into a solar sigil that will be your good luck charm for the test.

Moondrop Blessing: Spell to Keep and Protect your Job

This is a very simple ritual that transfers the energies of the Full Moon to your clothes or home with a simple protection chant. Chanting is a great way to transmit positive intentions.

Shaman Blessing: Easy Protection Spell with Sage

This simple ritual for protection works wonders for clearing negative spiritual entities. If you are feeling bad energies at home after an odd event or unexpected visit, try this easy Wiccan protection spell.

Good Luck and Protection on my path: Spell Jar Recipe

A powerful incantation and beautiful jar filled with positive intentions.

Home Blessing Oil Recipe and Ritual

This anointing oil can be used for dressing candles, blessing your home, yourself and any tools or objects you'd like to anoint with its power!

Banishing Curses and Self-Defense Spells

Reversing a Hex with Mirror

Did you know that you can use a mirror to reverse a spell cast against you? Learn to create a spiritual barrier to protect you against psychic attacks.

Removing a Curse with Salt

If you need to get rid of a negative presence, entity or person, try these self-defense spells instead.

Spells for Anxiety

Troubling times call for comforting aromas, flavors and Magic. Take a deep breath, release slowly, and cast a spell to invoke calm.

Stop Draining Energies

An easy way to create a pagan protection spell bag to fight anxiety using mugwort, a quartz crystal and a candle.

Stop a Bully Jar Spell

Make a witch bottle to stop bullies in their tracks with vinegar and mint. Protect yourself from attacks or banish a rival. Use it wisely!

Smokeless Smudging Mist Recipe

This smudging mist spray is a great smoke-free alternative to Sage, Palo Santo smudging or other incense-burning cleanses and rituals. Ideal for those with lung problems (or over-sensitive smoke alarms!).

Meditations for Protection

Drawing Down the Moon

A central ritual in many contemporary Wiccan traditions, this ceremony can re-unite us with the protective Mother Goddess.

Devotional to Goddess Bast for Protection

Invoke the protective energies of the Cat Goddess and guardian of the home with a prayer against curses.

Hestia's Home Blessing Prayer

She presides over the fire of homes (the hearth) and can be a great ally to protect your home and family.

Prayer to Brigid

"Bless and protect my hearth and kin." Invoke the the Celtic goddess of inspiration for the protection of your home and family.

Ritual to Remove Blocks



write down the block. Light a candle, say "i now release this blockage from my life" burn the paper completely.

Rituals for Removing Blocks

Choose whatever connects with your spirit.

@AnnietheAlchemist



Write the block down. Pour salt in a circle around it counter clockwise & then clockwise. Leave for 24 hours.



Write block down on paper bury paper at sunset facing down in a jar or a bowl. Throw dirt over it. Leave under sink for 3 to 7 days and then throw out.



Write block down. Light a candle. Say: "I release this block now. Burn paper."



Write block down. Carry into ocean with you. Submerge and say: I release this block and let go of paper.



Write block on sheet of paper. Place black crystal over it to repel block. Then, toss paper out in 3 days.



Clean home & declutter. Donate items you don't use/need. This helps to remove blocks.



Write block on sheet of paper. Then, cut the words. Envision the cords from this block being cut out of your life. Toss out paper.



Salt scrub. Take a shower with salt and scrub body. As you do say: I release this block and clear my journey.



Meditation, Soundbath to cleanse chakras or use the Namu Myōhō Renge Kyō mantra on spotify. Listen to it daily till block is gone.

This fiery protection spell is pulled and draws on the power of the sun to create a powerful ward around the caster.

Fire and solar energy are closely related but solar energy tends to lend a secure, stable element to fire magic. To take advantage of that this spell uses 6 candles since the number 6 is commonly thought to hold solar energies.

You Will Need:

- 6 candles (use electric if you have carpet to avoid a fire hazard)
- Matches or a lighter
- Salt
- A quiet area away from distractions, pets, or children

Step One:

Set up your candles in a circle, make sure that you have enough room to sit and move comfortably within the circle. Choose a candle to be your cardinal point, all actions and movements start here. Beginning at your cardinal point, sprinkle salt just outside the ring of candles moving in a clockwise direction, make three full circles this way (you should vacuum or sweep the salt up immediately after your spell is closed).

Step Two:

After your third time around the circle, when you come back to the cardinal point, pause and face the candle that designates this point. Take your matches and light the first candle saying, *"With this candle, I focus my intent, protect me from all that would harm."*

Step Three:

Work your way around the circle clockwise, at each subsequent candle stop, light it, and recite the corresponding verse of the incantation.

Candle 2: *"With this candle, I call peace into my life, give me tranquility and safety from the chaos of the world."*

Candle 3: *"With this candle, I call energy to my work, may my spell be strong when I am weak and shield me when I need it most."*

Candle 4: *"With this candle, I add strength and stability, may my spell be unwavering in its protection."*

Candle 5: *"With This candle, I make my shields adaptable and versatile, any threat aimed at me shall fail."*

Candle 6: *"I call upon the power of the sun, with this final candle I seal my ward! Protect me from all that would harm!"*

Step Four:

Return to the cardinal point. You can stay in the spell and add more energy to it and meditate if you like. When you are ready to close the spell begin with the candle at your cardinal point, snuff that candle out first and work your way around

clockwise, blowing the candles out as you go.

Protection Spell

For general protection

Candle Colour
ANY COLOUR INC; SILVER & GOLD. EXCLUDING ORANGE.

Timing
MOON: FULL, WANING, WAXING
DAY: MON, SAT, SUN TIME: HIGH NOON
ZODIAC: TAURUS, CANCER

Herbs
BASIL, CARNATION, CINNAMON, CLOVER, CORIANDER, CUMIN, DAISY, DANDELION, DILL, FLAX, GINSENG, JASMINE, LAVENDER, MARJORAM, MUSTARD, PEPPER, RASPBERRY, SPEARMINT, THYME, YARROW

Symbols
Y E E
NUMBERS: 3-5, 8, 9 ELEMENTS: ALL DIRECTION SOUTH
PLANET: EARTH, MOON, SUN, NEPTUNE

Crystals
AMBER, AMETHYST, AQUAMARINE, BLACK TOURMALINE, CARNELIAN, CATSEYE, CLEAR QUARTZ, HEMATITE, JADE, LEPIDOLITE, MALACHITE, PETRIFIED WOOD, ROSE QUARTZ, RUBY, TIGER'S EYE, TURQUOISE, WATERMELON TOURMALINE, YELLOW QUARTZ



Protection Chants

One:

God and Goddess of the skies.
Please respond to my cries.
Lift me up in your strong arms,
Away from those who seek to harm.
Shield me from the awful rage,
That shall face me day to day.
Help me be strong in what I do,
And help my heart remain true.
Give me strength to face each day,
And the hardships before me lain.
Let those who I love,
Love me in return,
And everyday let me learn.
I bid you both my spirit keep,
While I'm awake and asleep.
So mote it be!

PROTECTION SPELL

You will need:

White candle, Protection
incense, Photo of your loved
ones
Light the incense. Place the
candle on top of your photo
(s) and light it. Envision a
protective white light
surrounding your loved ones
and say:

'O Goddess, protect my loved ones every
day
As they sleep and as they play.
Help them to always smile bright.
And keep them safe in Your loving light.
Protect them from harm and from all they
fear.
For they are the ones that I hold dear.
I thank the Goddess for helping me.
I trust in Her aid, So Mote It Be!
Let the candle and incense burn down.

Two:

Here is a protection chant
to protect you from evil,
you should do this before
and after doing spells.
Visualize yourself sitting
in the middle of the
pentagram facing upwards
with 3 circles of purple light
around your and say:
Protect me with all Your might
Goddess gracious day and night
Say it three times and end with,
So Mote It Be!

Three:

Trice around the circles bound
Sink all evil into the ground
Say it three times and end with,
So Mote It be!

Chant for Protection



Written by Raven Sagemoon

Burn a white candle while chanting:

Blessed Goddess, I call upon you in this
hour

Grant upon me the supreme power

Let my spirit, body and mind be
protected

Let no harm come upon me or those I
love

Let my home, family, friends and pets
be under the wings of your love and
protection

As the candle burns, let the smoke
carry my spell

As I do will it, So mote it be!



ROSEMARY



BAY LEAVES



GARLIC

PSYCHIC PROTECTION



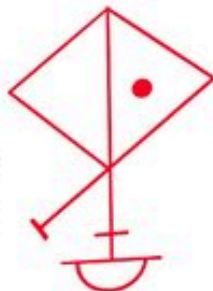
JUNIPER BERRIES

ENERGY CLEANSING MANTRA

I CLEANSE THIS SPACE OF NEGATIVE ENERGY,
THOUGHTS AND INTENTIONS.
I SURROUND THIS SPACE AND EVERYONE IN IT WITH
LOVING, PROTECTIVE ENERGY AND WHITE LIGHT.

SIGIL

CREATED WITH THE INTENTION PHRASE OF "I AM PROTECTED". DRAW THIS SIGIL AS NEEDED, OR IN THE AIR, OR IN YOUR MIND'S EYE AND PROJECT ONTO A DOOR, WALL OR PERSON.



SALT

ABSORBS STAGNANT AND NEGATIVE ENERGY.
BATH IN SALT WATER TO PURIFY YOUR AURIC FIELD.
SPREAD ACROSS THRESHOLDS FOR PROTECTION.



ESSENTIAL OIL BLEND

MAY CHANG
ROSEMARY
PATCHOULI
FRANKINCENSE
JUNIPER BERRY
CEDARWOOD



CRYSTALS

COFFIN NAILS

BOUND TOGETHER IN THE SHAPE OF A CROSS AND HUNG OVER DOORWAYS OR BEDS AS A PROTECTIVE TALISMAN.
IRON 'PIERCES' THROUGH BANEFUL ENERGY



BLACK TOURMALINE



AMETHYST



BLACK OBSIDIAN

How To Cast A Protection Spell

*for
someone
else*



LIGHT THE CANDLE

WRITE THE NAME AND
PROTECTIVE SYMBOL ON
PAPER



PLACE HERBS OR CRYSTALS
AROUND THE CANDLE

HOLD THE PAPER AND
CHANT THE FOLLOWING:

*"I call upon the forces of light
and love, To protect and shield
[person's name] from above.
Surround them with a shield so
bright, To keep them safe both
day and night."*



I call my power back to
me. I call my energy back
to me. I call my magic back
to me. I am cleansed and
disconnected from
anything that may drain
me. I am shielded from
any energy that does not
serve me. I am safe. I am
protected. I am whole.

And so it is.



Spirit banishing Candle spell

You will need:

- Preferred cleansing tool • Carving tool
- Circle casting tool • Banishing oil
- A black or white candle • Matches/lighter

1. Cleanse yourself, your space and your tools.
2. Cast a protection circle
3. Carve a banishing sigil into the candle
4. Anoint with the banishing oil
5. Light the candle
6. Speak the incantation

"I call upon powers far and near
To banish what's not welcome here
By this candle by this flame
I banish what can cause me harm
Then I ask this charge I lay
Send unwanted things away."



Clearing and Cleansing Prayer

"I release the toxic ties that surround me.

I release the burdens thrown at me.

No outside energies may inflict me.

I am protected and clear of
energetic ties that drain me.

I clear and cleanse this space around me.

Sacred Ones, who love and protect me.

Help me to release all that does not serve

my greatest good and

bring gentle energy.

As I will, so mote it be."

Spell of Protection for Children

Start at New Moon and repeat for full cycle of the moon.

*Anoint Candle. Light at the New Moon, and say:
"As the Moon waxes, so shall this child's power increase.
Keep him/her from harm."*

Picture the child surrounded by a ring of light. The more loving energy you invest, the stronger the protection.

Continue everyday until the Full Moon. When the lunar tide turns, light a black candle saying:

"As the Moon wanes, so shall danger diminish. Keep this child from harm."

*Visualize darkness fleeing from the ring of flaming light.
Continue until the Moon is dark.
Repeat as necessary*

WHERE TO PUT SIGILS

Once you've finished your design, consider these ways you can use your sigil. There are three forms that sigils can take.

Permanent Sigils

This sigil is made to last for a long time, so that it is **constantly working**. Permanent sigils should be able to be recharged if need be. Best for spells that work on a subconscious level, like protection spells.



Temporary Sigils

This sigil is created in a form that will naturally wear away over time or a form that is removable. Best for spells that are **time based**, like a temporary increase of luck or a surge of creativity.



Destructible Sigils

This sigil is destroyed in some way in order to activate it. The act of destruction is the burst of energy the spell needs to work. Best for spells that call for a certain **event** to take place, with energy and action.

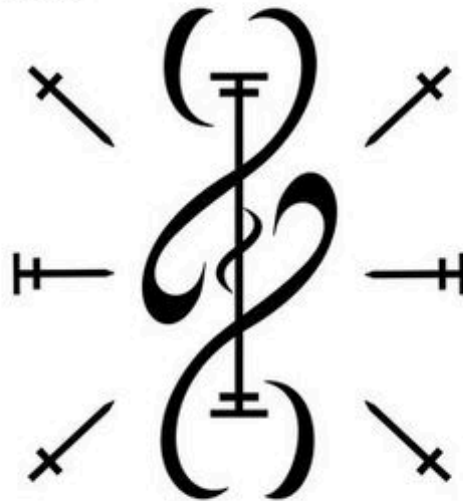
Sigils:

Defense of the Home

Defense of the Self

Dream Shield

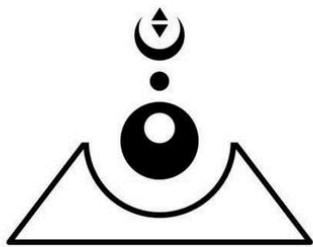
Offensive Shield



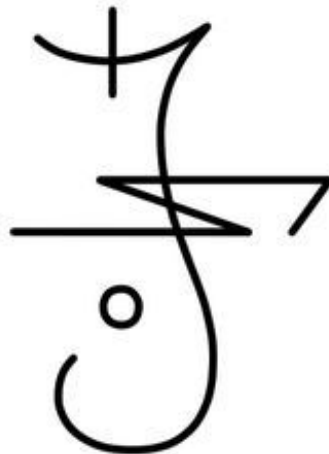
Very strong sigil for active attacks/curses/hexes)

Protects against negative entities/spells)

Protects from nightmares and negative energies during sleep



Those who would harm me
suffer their own ill intentions
turned back on themselves.





"I am protected from that which would
do me harm."

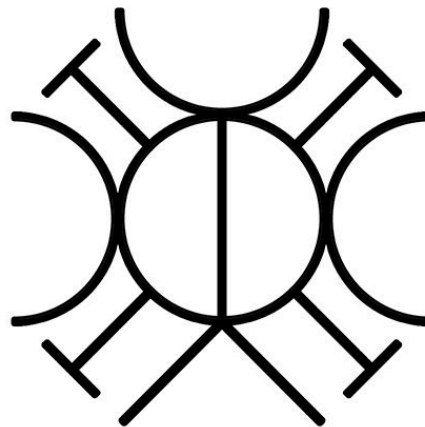
THE MORI WITCH



I am safe



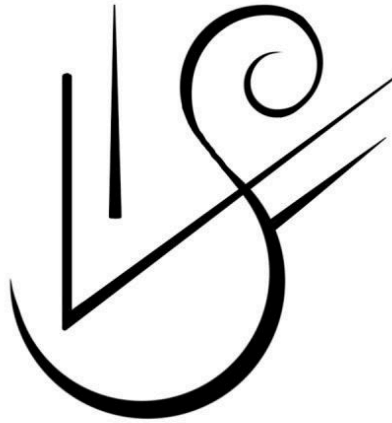
May the magick of this earth
flow through my veins from
this day until my last



I am protected from magical attacks.



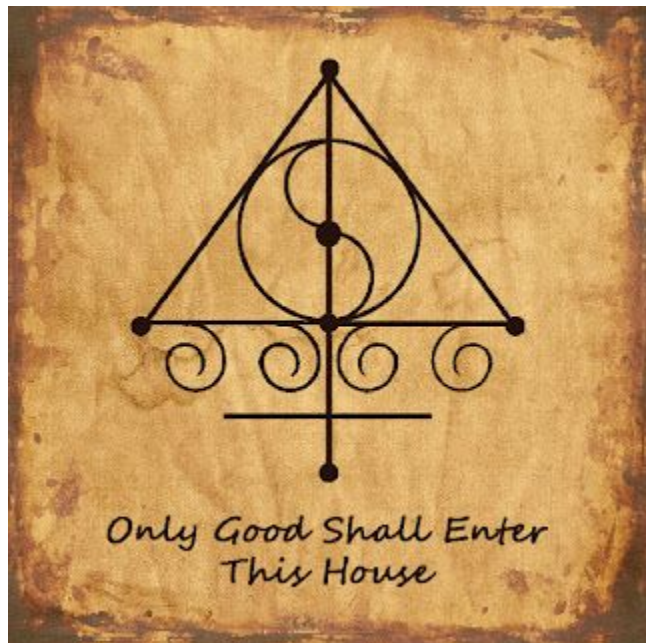
I am safe



Only kind spirits may enter and stay here



I am protected from
all bad spirits



Only Good Shall Enter
This House

Signs of a Curse



Let's face it. Bad things happen to good people sometimes for no logical reason. Sometimes we don't understand why illness or misfortune befalls us, and we want to know the signs of a curse. In this article, we teach you how to tell if you're truly cursed plus teach you how to BREAK curses and reclaim the power over your life.



1. Inexplicable Illness and/or Injury
2. String of Bad Luck
3. Strange Animal Occurrences
4. Broken Glass
5. Random Negative Thoughts
6. Broken Relationships
7. Missing Personal Items
8. Bad Omens
9. Nightmares and Recurring Dreams

In recent years, a practice called an egg cleansing ritual has gained popularity in the online witchcraft community. One might think this is a new, modern practice but in reality, the egg cleanse dates back centuries. And its origins are spread out across cultures. Eggs are a powerful tool in any witch's or magical practitioner's repertoire.

First, Why Are Egg Cleansings A Thing?

I am one that believes certain practices of our ancestors are passed down over generations, and certain practices are just ingrained in our DNA and spiritual memory. Either way, we have our ancestors to thank for these powerful rituals. One such ritual is called the egg cleanse. We all know how important it is to cleanse yourself and your space regularly. But why is an egg used as a purifying tool?

Egg Magick & Oomancy

First, we have to look at the magick of the egg itself. Typically when we say "eggs", we are mostly referring to a chicken's egg. But there are eggs from other animals that can also be used in magick and cleansing rituals. However, we recommend sticking to the chicken variety. And here's why – the chicken in and of itself has a gods-given ability to keep evil at bay. Many cultures and traditions believe chickens "scratch" away evil spirits and/or scare any that are near. So, yes! It is good luck and a great natural warding device to have chickens in your yard or on your property.

Eggs = Protection

That being said, eggs by default are also protective. But think of their actual physical make-up: the egg yolk and whites are contained in a hard, protective shell. Egg magick is both protective and can be used to increase fertility. Eggs actually have a long history of being used in folk magic from various traditions including: African diasporic, Mesoamerican, Romani, German Folk Magic (Pow Wow), and were even used by the ancient Greeks, Romans and Celtic Druids.

Oomancy...Ohhhh Eggs

Oomancy is a form of ancient divination in which the individual “reads” eggs as messages from the gods. There were various ways of doing this including cracking an egg into water and reading the pattern of the whites and yolk. Some people read the lines, cracks, and color of eggshells. I know today we have mass-produced chicken eggs that are all mostly of pure white color. But back in the day, and on free ranging farms, eggs took on different colors, shapes and some were even speckled.

Speaking of eggshells, when you’re done reading them, you can use them as flying vehicles. Witches in Medieval Times were said to fly around in empty eggshells, as were fairies. Most people discarded their eggshells quickly so as not to encourage mischievous magic-makers from taking them.

How to Do An Egg Cleansing Ritual

What You’ll Need:

- One egg (and have a back-up in case you drop or crack the egg)
- A candle
- Glass filled halfway with clean water

How to do an egg cleansing on yourself or another person:

1. Begin by cleansing the egg of any negativity it might have picked up before reaching you. I like to carefully run the egg over a candleflame (not through it, but over it. I don’t want to cook the egg, just let the fire’s light touch it to cleanse it of negative vibes).
2. Next, start at the top of the head and gently roll the egg in counter-clockwise circles around the crown of the head, if you can close your eyes and focus on your intention do so throughout the process. I like to imagine the negative energy is being “picked up” by the egg, sort of like the egg is a little vacuum. If you’re doing this for someone else, have them close their eyes and explain to them what to visualize.
3. Then moving the egg down the back of the head with your egg, then around to the face.

4. Move down the neck, over the left arm down to the fingers, then to the right arm down to the fingers. Continue in circles. Follow with the chest, stomach, hips, buttocks, thighs, all the way down the legs.
5. Don't forget to rub the egg over the soles of the feet. This is an important step some folks forget.
6. For the next step, you can do one of two things: a. crack the egg over a cup of water and read the yolk and white patterns. Or b. place the egg under your (or the person's) bed or on the altar for 24 hours, then crack it and read it after (see the next section for how to read an egg cleanse meaning).
7. After you've done the reading of the egg yolk and whites, get rid of the contents immediately. You can crush and bury the eggshell, as well as the yolk/whites. Or simply trash the eggshells and flush the egg yolk down the toilet.

PLEASE NOTE: if the evil eye or malefic magick is suspected, don't crack the egg right away to read it but place it under yours (or the person's) bed for at least 24 hours. Then continue with the steps below (cracking in water and reading)

Reading Egg Cleanse Meanings

Once you've rubbed the egg all over your body, the next step in the egg cleanse process is to read the egg yolk, whites, and the patterns therein. Like so:

8. Crack your egg over a clear glass, half-filled with water.
9. Let the yolk and whites settle, then gaze through the glass from the side.
10. You'll begin to see shapes, patterns, strings, colors, and more. Here's how to interpret different meanings behind your egg cleanse.

When reading an egg cleanse, the yolk is representative of you and the whites symbolize others.

Patterns, Symbols, and Colors in Your Egg Cleanse Cup

- **Clear or mostly clear** means you've been keeping up with your cleansing methods and wards...it means you don't have a lot of negative energy affecting you!
- **Strings of white** that go from top to bottom in the water indicate energetic cords that are negative and need to be cleared (if it's thin, the attachment

can be cleared easily but if it's thick, it might take a longer stint of purification rituals to sever the tie)

- **Blood in the yolk** could mean one of two things (or both simultaneously): the person is ill and/or is being spiritually attacked by a witch/evil eye
- **Cloudiness** in the whites and around the yolk is the actual negative energy you've lifted off yourself/the individual
- **Foul odor** also means the person is being spiritually attacked and affected by witchcraft or the evil eye
- **Actual symbols** should be read accordingly. For instance, if you see an eye, we interpret this egg cleanse meaning as someone is watching you or sending you the evil eye. If a scary face is in the white, you may have a ghost or spirit nearby of a malevolent nature
- **Thick white blob** still connected to the yolk typically means the person has another person strongly attached to them and could be feeding off their energy (sometimes the blob appears to look like a little head growing off the yolk itself)
- **Cobwebs** or thready substance around the yolk means you have folks who are envious of you and your endeavors
- **Thick coating** around the yolk could indicate a strong protective shield around the person OR the person is so defensive that they struggle in relationships
- **Letters or numbers** should also be read accordingly in an egg cleansing reading. Letters could indicate someone's initials who is throwing magical shade your way OR someone who is attached to you energetically. Numbers could indicate the amount of people who are throwing shade your way, or it could be predicting a future event on a certain date.
- **Double yolk** means one of a few things: a. if you're pregnant, you're having twins. Or b. you have a twin soul somewhere out there. Or even c. your soul may have been split in two during a traumatic experience during your life.
- If **eggshell** gets into the cleanse: this means your spiritual protective barriers have been penetrated. Consider learning how to shield yourself and wear a protective amulet.

You've Read Your Egg Cleanse Meaning, Now What?

Maybe you've read the meaning of your egg cleanse and received certain results. What do you do with this information? First of all, if your egg showed mostly clear or somewhat cloudy, this is a good thing. It means you've cleansed yourself well

enough already. But if you feel out of sorts still, cleanse yourself again by some other method (bathing ritual, smoke-cleansing ritual, etc.) If you noticed you have attachments or cords, it's truly up to you to figure out who these people or spirits are, and whether you want to cut those cords or not. Remember, not all energetic cords are harmful.

If there's blood or a bad smell...

When there's blood in the egg, extreme cloudiness, or a foul odor, this means someone is working magic against you or that you have an evil spirit nearby. What do you do in this case? There's a few things you need to do: cleanse your space and yourself, lay wards around your property, call in your guides to protect you, and start wearing a protective amulet. In addition, some folks might consider a reversal spell (return to sender), as well as crafting and burying a witch bottle on the property.

Cobwebs and Double Yolks...

In addition, if you find you have cobwebs in the egg or an eye, you have folks who are envious of you. Taking extra precautions to shield yourself from jealousy and the evil eye is necessary at this point. Wearing an evil eye amulet like the nazar or a hag stone is a powerful way to keep envious vibes at bay.

As far as double yolks after an egg cleanse, this is typically interpreted in different ways depending on the person's situation. If pregnant or trying to conceive, a double yolk could mean twins for the expecting mom. But if pregnancy is out of the question, a double yolk could mean one's soul was split during a traumatic experience. If this is the case, a shaman would be best to aid the person in soul retrieval.

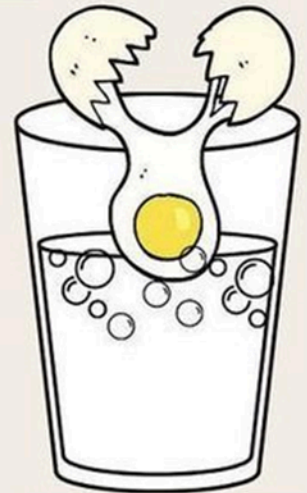
HOW TO READ YOUR EGG CLEANS



If theres blood in
your egg cleanse
then it means
heavy negativty
lies within you, will
cause illness



If the water turns
cloudy then you must
repeat another
cleanse, you aren't fully
cleansed yet.



If the water and
egg are clear and
bubbles are rising
to the surface of the
water, you're clear
of negativity

