

Via Strega: Witchcraft + Ritual Coaching FAQ

Personalized Mentorship with Fen Alankuş & Amelio Defontaine

What is Via Strega?

“Via Strega” blends the Italian word strega (witch) with the idea of a chosen path (via). It means “The Witch’s Way.” This offering is a 60-minute, highly personalized coaching session designed to deepen your spiritual path, strengthen your magickal skills, and build your ritual confidence. Whether you’re brand new to witchcraft or returning with fresh intention, these sessions meet you exactly where you are.

**Many clients choose to work weekly or biweekly so that their practice builds steadily, with integration, accountability, and momentum over time.*

What does it mean to be a witch?

Being a witch isn’t about a job title or a set of aesthetics. It’s about relationship with the natural world, your inner self, your community, and the unseen forces you choose to work with.

It can mean casting spells, tending altars, honoring ancestors, reading signs, holding rituals, protecting your energy, or simply living in alignment with your own power. **Your witchcraft will look like yours — no one else’s.**

How is this different from regular life coaching?

Life coaching is often about goals, productivity, and personal development. Via Strega is about spiritual depth, magical skill, and living in rhythm with your own craft and path. In these sessions, you can design your own curriculum, and we’ll guide, teach, and walk beside you. **This can include:**

- Spellcraft and ritual design
- Energy work and psychic development
- Protection, cleansing, and ancestral connection
- Deep integration of spiritual ethics into daily life

What actually happens in a session?

No two sessions are the same, but they **may include:**

- Guided instruction in spellwork, ritual, or energy/psychic practice
- Discussion of your current challenges or questions
- Collaborative planning for your personal craft/practice
- Communication with your spirit guides
- Resource recommendations (*books, herbs, tools*)
- Optional homework or ongoing accountability

What is a coven?

A coven is a group of witches who gather for mutual learning, ritual, and spiritual support. Some are formal, with initiations and ranks; others are informal and fluid. Fen trained for years in an educational coven descended from Irish Druidic traditions, learning both structured ceremonial magick and organic, intuitive craft. Via Strega draws from that lineage, but we believe magick should not be gatekept. Your learning will be open, accessible, and in harmony with your boundaries.

How is this helpful for people?

Via Strega gives you:

- **Structure:** Regular sessions keep your practice active and intentional
- **Clarity:** Learn what works for you without sifting through endless online noise
- **Confidence:** Guided ritual practice builds trust in your own magickal abilities
- **Support:** We help you navigate challenges, deepen your craft, and integrate magick into daily life

What topics can we cover?

Almost anything within witchcraft, ritual, and spiritual development, **such as:**

- Cord-cutting
- Spell jars & glamouring
- Candle magick
- Protection & clearing
- Herbalism & energetic charging
- Psychic development & practice
- Remote viewing
- Spirit communication
- Necromancy
- Ritual planning
- Coven practices & ethics
- Breathwork & channeling techniques

Are there any limits?

We don't engage in:

- Coercive magic or spells without consent
- "Guaranteed" outcome spells
- Medical, legal, or financial advice
- Harmful or discriminatory practices (we **DO NOT** hex)

Do I need to have experience?

Not at all. We meet you where you are. You can be brand new, self-taught, or decades into your practice. If you have the desire to learn and practice, you're ready.

Is this customizable?

Yes — **entirely**. Think of it as building your own magickal course of study. You choose what's most important to you, and we help you design the path, fill in gaps, and hold you accountable as you grow.

What can I bring?

- A notebook or journal
- Any tools you want to work with (candles, herbs, cards, etc.)
- An open mind and curiosity
- Questions, challenges, and inspirations from your own life

Who is this for?

- New witches seeking guidance and structure
- Practitioners in spiritual transition
- People walking through grief or life change who want ritual support
- Anyone ready to deepen their magickal skills and ethics

Can you recommend books or resources on witchcraft?

Absolutely! We'll curate recommendations to fit your path. **Some foundational works we often suggest:**

- The Spiral Dance by Starhawk
- Psychic Witch by Mat Auryn
- Queering Your Craft by Cassandra Snow
- Seventy-Eight Degrees of Wisdom by Rachel Pollack