

# Spells and Spellcrafting

By Eliza Fegley, a.k.a. "Author Unknown" (sarcasm)

Within this file are a number of my writings dating from 1997 to 2001. Nearly all of them have been stolen and placed on other websites under other names or, and this is my favorite, as "Author Unknown".

While I do not have the time to write to all the disgraceful twits who have stolen the former content on my website, I will instead place a majority of my writings in this file as a way of showing who the ignorant swines are.

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Wed, 20 Jan 1999 04:06:28 -0500

From: eliza <eliza@sacredspiral.com>

## **Spellcrafting - How I do it...**

Merry Meet! I thought I'd share with all of you how I create my own spells. I'm a Kitchen Witch and use simplicity to its utmost. My spells and rituals are always blunt and to the point. I am not saying this will work for everyone but it is what works best for me. Also, these are my points of view. Everyone has their own views and interpretations, of which I'd really love to hear about!

**FOCUS:** The most important part in ritual or spellcrafting is focus. Before beginning any spell or ritual, I sit down and tell myself why I am doing this and the outcome I am aiming for. Say I've hurt my back. I want to do a healing spell. Why? Because I want my back to heal. Main focus is sending healing energies to my back.

**VISUALIZATION:** Now that I have my focus, visualization will come easily to me. As I am performing my ritual or spell, I am also visualizing the focus and the outcome I desire. For my back, I would visualize healing energies entering me, 'massaging' my back, loosening up my muscles. I see in my minds eyes and feel that my back is healed.

**MOON CYCLES:** I follow the cycles of the moon to determine the angle of my focus. New Moons are for new beginnings. The waxing Moon, when the Moon is growing larger, is the time for growth and gain. The Full Moon is the time for abundance. The waning Moon, when the moon grows smaller, is the time to banish, dispel, reduce, remove. Not everyone bases their workings on the moon and I am sure others interpret the phases differently from me.

**COLOURS:** There are many interpretations for colours. I say, go by what you feel. I chose the colour candle that suits my work and I use a scarf to set main altar pieces on. A light soft blue is for healing and inner

peace. Red is a colour of great energy and fierce love. Pink is for a gentle love and for happy feelings. Green is for the Earth and life. Brown is also for the earth and for animals. White is for purification. I use a black candle to burn away depression. Silver, for protection and to deflect negative energies. Gold is a joyous colour and one of strength. These are the main colours that I work with.

**HERBS:** I mostly use herbs in teas and for medicinal purposes but I will on occasion use them in ritual or spellcrafting. Again, I go by the feelings that I get from the herbs. Mint is such a prolific plant and I often use it in money spells. I've even made a mint infusion that I use to anoint my green candles. Lavender brings such fond memories. It is a sweet nostalgic plant for me and represents joy and happiness and peace. Dried rose petals and dried carnations for love. For 'woman troubles' I use raspberry leaves. The tea made from these leaves is just a great tonic for the females organs that I also use it when feeling unbalanced due to hormones. It is a very practical herb. Very purposeful and straight forward. Lemon Balm for cleaning and removing negativity. Sage for smudging and purification.

**STONES:** I have few stones as there aren't many places I can readily purchase them from here. What I do have, I use based on colour and the feeling I get from them. How do I get a feeling from a stone? I hold it in my left hand (I am a left-hander and that is the hand I choose), close my eyes, empty my mind, and wait for a feeling from the stone to come to me. I feel closest to plain old rocks I find in the creek bed. I have those sorts of stones all over my home.

SEASHELLS: Seashells cover my altar. They represent fertility, the power of creation, Aphrodite, and the protective ocean womb.

CASTING THE CIRCLE: Everyone casts the circle their own unique way. For me, I do it in my mind. I visualize a bright white flame before me. I watch it grow bigger and then it makes a complete circle around me going clockwise. When I am working on a depression spell, I will add silver shielding to this so that nothing can get through. When I am close to having a panic attack, I find that this shielding helps me. During those times, I need to get rid of all the outside stimuli and focus on myself and calming myself down.

Well, that's it, I think! It is early morning now and I was going to go to bed hours ago but I had to get this out of my system! I hope the rest of you can also share your techniques, what your interpretations are, etc.

Bright Blessings and goodnight!  
eliza

## Working with Circles

**Stones:** Create your circle out of white stones or pebbles for protection. This works great on a flat surface. For healing, paint the white stones with a light blue to enclose around yourself and meditate within. While meditating, place a crystal before you to help amplify the healing.

**Flowers:** To draw love to yourself or for a meditation on loving yourself, surround yourself with red rose petals. To cleanse your mind and to rid bad blocks from a previous bad relationship, surround yourself with white rose petals. For calming and relaxing, surround yourself with chamomile flowers. For energy and strength, use dandelions.

**Shells:** Shells symbolize fertility and creation. If you wish to become pregnant, either with child or with ideas, sit within a circle of shells and meditate/relax.

**Circles for Sleeptime:** For those of us who have nightmares, consider circling your bed with herbs. One night, I was getting terrible visions and so I circled my bed with salt and the visions went away and I was able to sleep. Some herbs you can use are: Bay Laurel, St. John's Wort, Basil, Fennel, and even pepper.

**For the Home:** Circle your home with salt, if possible, to provide protection from outside negativity.

**Seeds and Nuts:** Create your circle out of seeds or nuts if your desire is to begin/create/or give birth. Surround yourself with almonds to help arouse mental abilities. Lemon seeds can be used in healing meditations and for cleansings. Use Juniper berries for protection. Apple seeds for love.

After you are finished with your meditation, take the seeds or nuts and bury them into the Earth.

Just some ideas.

eliza

## **Willow Wreaths**

Date: Sat, 27 Mar 1999 16:27:52 +0000

From: eliza <eliza@sacredspiral.com>

Last summer a huge branch from one of the Willow trees was struck down by lightening. I've always wanted to try my hands at making wreaths but I never felt right about pulling good branches off Willows. This was my chance!

I gathers all the long thin still green twigs off the branch and stripped them of all their leaves. Then I took one of the longest twigs and make it into a circle, about 4 inches both ways (I'm terrible with diameters). I kept wrapping this one twig into the same size circle, about 2 or 3 times, and with what was left, I wrapped it around the already circled branches, making sure it wrapped around the beginning end tightly so it would not undo itself. With the other branches and while holding the latest end down, I wove them through the wreath. Take the ends and tuck them into the wreath. Once you've the thickness you want, tie-tack the wreath so it will not undo itself. Leave the tie tacks on until the wreath is dry, about 1 to 2 weeks.

I made around 20 of these last summer and I am only now getting the chance to decorate them to hang up.

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## **Magickal Shaws**

When I was a little girl, my mom had these lovely crochets shawls that I would wear around for 'dress up'. And now, for the past year, I've been thinking of making myself magical shawls for certain rituals that I do dressed. Besides, I will not get skyclad when it is less than 0 F out. I will probably measure out the length of my 'wingspan' and figure that to be the length of the shaw. I am not certain yet how long I will have the back corner but will measure out something. I'll be making it out of a solid coloured cotton fabric because I can't crochet for beans. After it is sewn together, I plan on embroidering some designs and corresponding symbols on it for the work it will be used in conjunction with. Such as a protection shawl.

## Writer's Chant

eliza 11/4/99

Mnemosyne. Mnemosyne.  
Muse of the ancient time.  
Keeper of the ancient rhyme.  
Memory of the ancient age.  
When poetry was kept on tongue, not page.  
Whisper to me those ancient utterings.  
Send pen and ink fluttering.

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## Ale Chant

I drink of the Ambrosia,  
The Soma, the red wine.  
Blood of life, I thank you,  
And Mother Hera, Divine.

### Cherries-

Ruled by Venus, cherries are associated with virginity and love magick. Gypsies use the cherry stones in love charms. If you desire to attract a lover, carry three cherry stones in a red pouch or dill holes through fourteen cherry stones on the fourteen nights of the waxing moon and then wear them on a cord around your left thigh.

Cherry Syrup for pancakes and waffles (also good over ice cream) Combine equal parts of pitted cherries and boiling water and cook until cherries are soft. Mash cherries with a potato masher or wooden spoon. Squeeze pulp through a cloth supported by a colander. Combine equal parts of the juice and sugar. Bring to a boil. The thicker you want the syrup, the longer you let it cook. You can do this with any berry or concord grapes (my favorite).

### Cherrystone Bed Warmers

The cherry stones must be thoroughly cleaned and dried before being made into bed warmers. To do this, fill a large pot with the stones and cover with cold water. Rub and squeeze the stones together to loosen any of the pulp that may be sticking to them. Rinse and repeat until all the stones are clean.

Next, simmer the stones in a pot of water, stirring occasionally, for 15 minutes. Dump the cooked stones into a large bowl filled with very cold water and rub them again. Place in colander and rinse thoroughly. Place stones on dish towels to dry. To finish the drying process, spread the stones, one layer, in a shallow pan and bake at the lowest setting. Stir them every 5 - 10 minutes so that they dry evenly and don't burn. (It may be necessary to keep your oven door cracked during this process if there is no setting below 200F) When the stones are evenly coloured, they are done and can be stored indefinitely in paperbags, glass jars or plastic bags.

To make the pillow cases, use only 100% thick cotton such as denim or sailcloth. Cut 2 rectangles measuring 8" X 11" or use a single 16" X 11" piece. (You can make smaller ones to use as foot warmers.) Put the pieces together, right sides in, or fold the double sized rectangle in half, and sew the edges together. Leave an opening. Turn right sides out and loosely fill it with the cherry stones. Sew the opening closed.

To use, heat the pillows in the oven on a cookie sheet set to a very low temp, set in front of the fireplace, in front of the heater, or over a woodstove.

**WARNING:** Do not allow the bed warmer to come into contact with any glowing heating element. Keep it away from flames. The material is flammable!

When the cherry stones are toasty warm, take immediately to your bed and place between the cold sheets. By the time you are ready for bed, the sheets will be nice and warm.

## **Empty Trash Visualization**

For the Computer Minded

Purpose: To clear your mind. Empty the trash.

Often, after sitting for hours in front of the computer, I start to treat myself like one. Before bed, I clear off my desktop and empty the trash.

How to Empty Your Trash:

Trash is everything that is cluttering up your thoughts. What you need to do is stick it all into labelled files. Example of file names: Stress, Job, Lack of Sex, The Kids, Customers, etc.

Once all that clutter has been dumped into these assorted files, highlight them. That's right! Highlight every single one of those files and take them to the trash bin. If you are having troubles dumping your trash files all at once, then start with one at a time until you get the hang of it. Once the files have been removed from your desktop (mind), click on the menu that empties the trash.

Done!

If you need more GUI (graphics), envision two little men picking up your trash bin, walking it out your ear, and dumping it onto the floor.



## Protection Correspondences

Color:

White for protection.

Silver to reflect negativity.

Black for destroying negativity.

Herbs and trees:

Acorn

Angelica

Ash twigs

Balm of Gilead

Basil

Bay Laurel

Cactus needles

Dill

Fennel

Fern

Flax

Horehound

Hyssop

Lemon peel

Mugwort

Mullien

Periwinkle

Pine needles

Rosemary

Rowan

St. John's Wort

Tarragon

Vervain

Miscellaneous Items:

Broken glass

Iron nails

Needles

Pepper (repellent)

Porcupine quills

Rusty nails

Salt

Thorns

Stones:

Amber

Amethyst

Apache Tears

Black Moss Agate

Black Onyx

Garnet

Jade

Lapis Lazuli  
Leopard Skin Agate  
Malachite  
Sunstone  
Tiger Eye

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## **Love Correspondences**

Color:

Red for sexual love.

Pink for emotional love.

White for astral love and soul mates.

Herbs and trees:

Apples (dried fruit, leaves or twigs)

Basil

Caraway

Catnip

Chamomile

Cinnamon

Cumin

Dill

Ginseng

Jasmin

Lavender

Lemon balm

Lovage

Mandrake root

Marjoram

Myrtle

Orange peels

Orris

Peppermint

Rosemary

Thyme

Walnuts

Yarrow

Miscellaneous:

Copper

Heart shapes

Dove feather

Keys

Owl feather

Pennies

Silk (red, white, or pink)

Stones:

Amber  
Amethyst  
Aphrodite  
Bloodstone  
Opal  
Pearl  
Rhodochrosite  
Rose Quartz  
Ruby  
Sunstone  
Turquoise

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### **Fertility Correspondences**

Color:  
Green

Herbs:  
Acorn  
Almonds  
Hazelnut  
Mandrake  
Myrtle  
Pine cones  
Poppy seeds  
Sesame seeds  
Sunflower seeds  
Walnut

Miscellaneous:  
And seed or nut of any kind  
Triple spirals to signify the cycles of life  
Holed stones  
Eggs, eggshells, anything that is shaped like an egg  
Gold  
Rich soil  
Wreaths, a small wreath can be made of ivy to fit inside or around a bottle  
Phallic-like objects such as a small phallus made from clay

Stones:  
Agate  
Crystal Quartz  
Green Jasper

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## Prosperity Correspondences

### Color:

Green  
Gold  
Silver

### Herbs and trees:

Allspice  
Almond  
Basil  
Cedar chips  
Chamomile  
Cinnamon  
Comfrey  
Dill  
Elder leaves and twigs  
Ginger  
Goldenrod  
Honeysuckle  
Marjoram  
Mint  
Nutmeg  
Poppy seeds  
Sesame seeds  
Woodruff

### Miscellaneous:

Dice  
Dollar signs  
Gold coin  
Magnet  
Silver coin

### Stones:

Carbuncle  
Emerald  
Green Jasper  
Green Moss Agate  
Moonstone  
Peridot  
Ruby  
Tiger Eye  
Turquoise

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## Healing Correspondences

### Colors:

White to purify.

Blue is a general healing color.

Red for when energy is needed.

### Herbs and trees:

Allspice

Apple leaves and twigs

Ash leaves and twigs

Camphor

Cinnamon

Coriander

Eucalyptus

Fennel

Hops

Lavender

Lemon peel

Myrrh

Onion, dried

Peppermint

Rose, white or blue

Rosemary

Sage

Sandalwood

Spearmint

Thistle

Thyme

### Miscellaneous:

Smooth, round white stones or pebbles.

Horseshoe nail

Red wool yarn

Holed stone

Salt

Rich soil

Salt water

### Stones:

Agate

Amber

Amethyst

Aquamarine

Bloodstone

Blue Aventurine

Carnelian

Coral

Garnet  
Green Aventurine  
Green Jasper  
Hematite  
Jade  
Lapis Lazuli  
Opal  
Topaz  
Turquoise

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### **Good Luck Correspondences**

Colors:

Orange  
Green

Herbs and trees:

Bay Laurel  
Broom  
Bryony  
Celandine  
Cinquefoil  
Hazelnut  
Jasmine  
Poppy seeds  
Rosemary  
Rowan twigs  
Vervain  
Woodruff

Miscellaneous:

Holed stone  
Rabbit's foot  
Three or four leaf clover  
A piece of coal that has been found  
Penny with your birth year on it  
Whisker that has fallen from a black cat  
Horseshoe charm  
Magnet

Number:

Whatever your personal number is.

Stones:

Apache Tears  
Green Aventurine  
Green Moss Agate  
Jade

Labradorite  
Orange Aventurine  
Tiger Eye

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### **Shapeshifting Chant**

by eliza 8/31/99

Body of Cat.  
Spirit of Bast.  
Lean body in River of Night.  
Caterwaul against the Wind.  
Sinewy stretch against Time.  
Meowing yawn in Field of Catnip.  
Shape and Form me.  
Shape and Form.  
Body of Cat.  
Spirit of Bast.

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### **Candle Chant**

by eliza

Candle tall.  
Candle bright.  
Candle burn  
All the night!

Tue, 04 May 1999 05:40:27 -0400  
From: eliza eliza@sacredspiral.com

## **Holly and Ivy**

Ivy is associated with Dionysus. Kissos or cissos was the ancient name for ivy and was also Dionysus's earliest name. Ancient priests of Jupiter believed that to touch an ivy would put them into a prophetic trance. The ivy is also an ancient symbol of fidelity.

Both holly and ivy are plants of protection and were in use long before Christmas was celebrated. In Roman times, sacred fires were started by rubbing together a piece of ivy and bay. Ivy growing on a house offered the dwelling protection. In Scotland, small wreaths of ivy, combined with honeysuckle and mountain ash, were made and placed over the entrances to the byre to provide protection. Ivy was also believed to bring good luck to women.

Holly that is planted near the house is said to offer protection against lightening and misdoings. It was also used as protection against being poisoned. Holly, ivy and other evergreens were gathered at the winter solstice and brought in to decorate the rooms of the home to ensure the rebirth of crops and the coming of Spring.

The jagged edges of the holly leaf were believed to protect against danger, repelling it. Carrying a leaf on your person would also offer you protection against harm.

A leaf of a female holly placed under a pillow was believed to produce dreams of a future consort.

To dream of ivy foretells upcoming happiness.

BB, eliza



## **Drying Herbs and Storage**

by eliza <eliza@sacredspiral.com>

From July until around the first frost, my home is filled with herbs drying.

For herbs that are long stalked, I will usually do one of two things:

1. Tie small batches of the stalks together and hang in a dry place. This is often in my vacant closet (the one filled with nothing but boxes of books).
2. I loosely fill an onion/grapefruit/ netted bag with the herbs and hang the bag from a hanger in my closet.

Another method I use for drying my mint plants is to take off all the leaves on the stalks and place them in a box lid no more than an inch deep. Twice a day I will stir it.

For smaller items, such as flower tops and rose petals, I dry in bowls. I fill the bowls about 1/2 inch thick and stir twice a day.

### **Storage:**

I store all my herbs now in glass jars. Mostly the glass jars that have a small chip on the rim or sometimes in glass jars from items bought in the stores. Make sure the bottles are well cleaned and completely dry before storing the herbs in them. Keep these bottles out of the sun and store in a dark cool place.

I have tried using plastic tubs and plastic bags for herb storage but I don't like the plastic flavour it leaves on my herbs. Also, plastic bags tend to tear.

I keep all my herbs for one year. At the end of every spring, whatever herb(s) is left, I will make a mad dash to use. Sometimes I will use them in potpourris, in baths, facial mask concoctions, or, when really desperate, a fertilizer for future plants.

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## **Yellow**

Yellow in many Native American traditions is the color of Women (the way pink is associated with women). It is also the color for death so that when a woman, painted in yellow, would meet Mother Corn Woman at the gate of the spirit world, she would be recognized as a new arrival. Yellow was also one of the four main colors in Aztec thought. The colors were red, yellow, white and black. Each symbolized the four main types of corn and the four directions.

In European thought, yellow is the colour of the sun and gold. It can symbolize perfection, wealth, glory, and power. To others it may symbolize creative imagination and communication.

## **To Draw in Wealth**

Should be done during waxing Moon.

Outside your door, under your doormat, draw the wealth rune in either green or white chalk (or paint it on with green). Take four quarters (25 cent pieces), and place one above the rune, one below, and one on either side of the rune.

Place the doormat over top of these.

This should draw money from the four quarters to your home or business.

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## **String Love Spell**

To Attract Love

On a Friday night of the waning moon, cut two red or pink strings of equal length. Before going to sleep, place these two strings on your altar to form a heart. Upon waking the next morning, take the two strings, line them up and tie nine knots in them, together, saying with each knot:

“Love is bound to come to me.”

Of course, don't think of any specific person while doing this. Feel love flowing through you, namely your gut area.

Keep this talisman with you until love has found its way to you, then place the bound strings in a safe place.

You can embellish this spell further by soaking the strings in rose oil, placing rose or carnations upon your altar, etc.

Thu, 21 Jan 1999 01:48:57 -0500

## **How I interpret my own dreams...**

I don't do very well at interpreting other peoples dreams unless they are well known to me. I do however often interpret my dreams. While growing up with my mother, we would always discuss our vivid dreams from the night before and help give insight into each others interpretation. We still call each other up on the phone and share our vivid dreams.

There are many different interpretations for the symbolisms in dreams. Ultimately, the interpretation lies with you, the dreamer. You know more than anyone else what may be bothering you, what has you depressed, what is making you so happy, your loves, your hates, etc.

A few years back I was looking through one of Carl Jungs books on dreams. He interpreted caves as evil. Right then and there I stopped reading his book. Being Pagan, I view caves as wombs. To go into one is to enter back into the womb, to gestate. To exit a cave is to be reborn. Who you are affects the meanings of symbolism.

Here are a few other interpretations of mine:

Owl: She represents wisdom, the knowledge of secrets and the moon. Athene.

Eagle: The eagle is the bird of the sun. Bold and brave. Dependable.

Egg: Rebirth. Fertility. New beginning.

Ocean: The Great Womb. Life. The unknown.

Books: Knowledge and wisdom.

Rabbit: Abundance and fertility.

Fox: Sly and sneaky.

Snake: Forbidden knowledge. Creation.

Turtle: Slow and steady. Puts up a hard exterior but does have one weakness.

Birds: Freedom.

Dove: Pure love. Aphrodite.

Fish: Ancient symbol of the Goddess. Woman.

Once you decide what each symbol within your dream means to you, the next part is to put the symbolisms and feelings together. Was there something troubling you the day before? Was there an answer you've been seeking? Only you can answer those questions.

## **Free Me Spell (1999)**

by eliza@sacredspiral.com

Loosely bind a dark feather with a thin white thread to a tree and say the following or something similar:

From stress and heartache, free me.  
From all the chaos of the days, free me.  
From stagnant thoughts, free me.  
From idleness and feelings of helplessness, free me.  
Wind, free me!

Walk away. When the wind tugs the feather from the tree, you will be freed.

\*The words of the chant can easily be altered to suit your needs.

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Group Spell Tonight offline?

Light a white candle, focused, calm, and clear. Fill yourself with love for your family and say:

"Candle bright  
Glowing flame  
The Spellcraft family  
Needs good aim

Brightened futures  
Positive energies  
A solid focus  
With simple ease

Brothers and sisters  
Circle round  
In spirit and in happiness  
We are bound"

Send out that love as you chant.

### **Willow Wish**

eliza <eliza@sacredspiral.com>

Willow. Willow. Beautiful White Lady.

Hear my plea.

(Ask for your wish to come true while loosely tying a cotton thread around a branch of the Willow.)

Willows, since times of old, have been thought to bring insight into matters at hand and also to grant wishes. To sleep under a Willow tree is to invite prophetic dreams. As an offering, leave a small silver bit by her trunk or pour cool fresh water onto her roots.

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### **Wind Wish**

Hail Wind!

Breath of the Mother.

I whisper my wish to you.

Take it to where it shall be heard.

(whisper wish)

So Be It!

\*Copyright Eliza 1999.

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### **Butterfly Wish**

I see you, lovely butterfly,

Fluttering amongst the flowers.

Grant a little wish to me

And to you all loves blessings be.

\*Copyright Eliza 1999.

## Walnut Wish Spell

Seeds and nuts represent fertility and new beginnings. For this, use the shell of the walnut (or any nut shell that is available to you).

Write your wish or dream upon a piece of handmade paper or leaf. After you have written down your wish/dream, hold the paper/leaf in your hands and focus on why you feel this wish/dream should come about. Visualize the steps necessary to make this wish/dream come true. Visualize what will happen once it does come true.

Now fold the piece of paper/leaf and place it into the walnut shell. To hold the halves together, use a thick paste made out of mud.

'Plant' the walnut outside, in your garden, or in a patch of earth that is fertile and growing, knowing that you've taken the first step in making your wish/dream come to a reality.

\* Copyright Eliza 1999.

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## Little Leaf Wish Spell

On a windy day, write your wish on a fallen leaf and chant as the wind blows the leaf away:

Little Leaf. Little Leaf.  
Take this dream away  
And share it with the earth and sky  
On this windy day.

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## Broom Charming

eliza 9-18-99

Hecate's broom  
Of the night,  
Give the gift  
Of Witches flight!

---

The Lord and Lady  
Hand in hand  
Bless us all  
Across the land.

---

Hern awakes  
From summer's heat.  
The Hunt begins  
To the drummer's beat.

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### **Medusa Meditation**

for Bringing on Psychic Awareness

Relax and center yourself. Draw a white circle around yourself so that only positive energies may come into contact with you.

Go deep within yourself.

You are now sitting, legs crossed, within a deep cave. There is blackness all around you. You feel the cool dampness of the air and the rock beneath you.

Whisper, in your mind, Medusa. Medusa... Draw out each whispered syllable.

There is movement around you. You can feel it.

It is the sacred serpents of Medusa rising up from out of the rocken earth. You hear them hiss and slither closer to you.

Do not be scared. These are the Serpents of Knowledge. They hold the teachings of Medusa, of psychic awareness, and the secerts of darkness.

You feel the cool serpents upon your legs. You feel them slither up your legs and arms. You feel them entwine loosely around your neck. You feel them in your hair, their weight upon your head. Their hisses turn to whispers. The serpents whisper to you the ancient secerts in an ancient language. You can feel their meanings. Relax and listen to their whispers. Allow the meanings to echo in your mind. Do not try to single the whispers out, just let them come to you and accept them.

Continue for as long as you please.

When it is done, feel the serpents leave you, slithering back into the darkness of the cave.

In your astral/meditative state, you look down between your breasts (or in your hand, whichever you feel most comfortable with (ancient priestesses once carried the serpent eggs between their breasts)) and see a serpent's egg lying there. This egg represents your psychic abilities. Know that your astral self will take care of this egg and it will come to hatch. Your psychic abilities will come to maturity upon this happening.

You close your eyes once more and slowly bring yourself back into the waking world.

That's how I did it last night with one small difference. I allowed one of the serpents to stay on my head afterwards and sort of vanish into my mind. I gave it residence there, to help me, guide me in my quest.

## **Wind Take Away**

Write a bad habit down upon a leaf.  
Take it to a space away from your home.  
Hold it up to the sky and say:

Hail to the Strong Winds!  
Upon this leaf I've written  
Something I know longer need.  
Take it away from me!

Let go of the leaf and walk away without looking back.

\*Copyright Eliza 1999.

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If you're worried about the immediate safety of your pet, a simple and effective spell to do is as follows:

Light a white candle and say:

Candle white  
Burning flame  
Keep my cat/dog  
From harm's way.

Visualize a protective bubble around your pet.

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## **Owl Chant**

Ancient bird  
Of wisdom sound  
Show the path  
To which I'm bound



## **Cock** (bird - tee-hee)

Planet: Sun

Deities: Apollo, Asclepis

Believed that its crowing drove away evil spirits. Also believed to have live giving powers making it a bird of healing.

If a cock crows on your porch, visitors are coming.

If a cock crows while facing your house on the front porch, it is an omen of death.

---

## **Fertility**

Seashells represent fertility. She can create a small seashell altar in her bedroom. If she wants to add a deity, I'd use the Goddess of Willendorf. Any round and fertile/pregnant goddess will work, and there are many!

Holed stones are also symbols of fertility. Have her carry one on her person or have her wear one around her neck as a charm. Placing one by the bed or between the mattress is also good.

Eat healthy! Diet plays an extreme part in fertility.

Use visualization. When she is making love, she should visualize/feel herself opening. She must be relaxed. Also, studies show that when the man and woman climax together, the woman has a higher chance of conception.

Full moons... In tribal times and pre-electricity, women would ovulate around the Full Moon and menstruate around the Dark or New Moon. One way to get yourself onto this cycle is to start paying more attention to the phases of the moon and also going out under the moon for even a minute or two. Become aware of her cycles and I'll guarantee you, her cycles will become more in tune with the Moon's. When I lose track of the moon cycles, I always fall off my cycle.

That's all I can come up with right now! I'll look through my new books then and see if they have anything in them.

Oh! Another thing she might want to try and raspberry leaf tea. It helps to tone the uterus and keep it healthy.

## Scary Thunderstorm Spell

Many children get frightened during loud thunderstorms so I wrote this little protection spell to help them through that little bit of drama.  
To be done with parent or caretaker.

Item Needed: White Candle

How:

1. If possible, hold the frightened child.
2. Light the white candle. Please make sure the candle is out of the child's reach but that it is still visible to him/her.
3. Tell the child to look at the candle flame and recite this or similar chant:

Storm storm leave us be.  
Do not harm what we see.  
Mother Goddess loves us all.  
This I know. So mote it be.

Either the parent can recite this or, if the child is old enough and willing, the child can recite.

4. Reassure the child that s/he is safe now and well protected. You can say something like the Mother Goddess heard you/us and she will keep us safe.

Leave the candle burn in a safe, out of reach place. Especially good if the lights should go out. :-)

## Love Spells

by Irtha Vitch (written in 1997 by eliza fegley as Irtha Vitch)

### Apple Binding Spell

Upon the night of Full Moon, go outside with a red apple and a small knife. Carve the name of the person you want to love you and the word "loves" and then your name.

Example: "Jon loves Sue"

Bury the apple as close to your home as you can. As the New Moon turns to Full Moon, the love of that person will grow for you.

### Arousal

To arouse sexual desires, brew coffee with a few cardamon seeds.

### Knot Binding Spell

Take a 3 inch red cord or string on the night of a Full Moon.

On one end, make a single knot saying:

By my love, <name> will love me.

On the opposite end of the string/cord, tie a single knot, saying:

By my will, <name> will love me.

In the middle of the string, tie and single knot and say:

By my actions, <name> will love me.

Carry this string with you whenever you chance to meet or see this other person.

### Carnations to Attract Love

To be performed on New Moon. For this spell you will need 9 red carnations. Place your red carnations in a clear glass vase of water. Add 4 drops of red food coloring to the water. Cup your hands around the flowers and inhale deeply the scent of the carnations. Say:

Flowers red

I see you

Touch you

Smell you

Bring me love as tangible as you.

## To Draw Love

by eliza@sacredspiral.com

### Items Needed:

2 — 3 x 3 inch red squares of fabric

1/4 tsp. cinnamon

1/4 tsp. clove

1 vanilla bean (optional)

Sew red squares together, right sides in, leaving one side open. Turn right side out and fill with cinnamon, clove, and vanilla bean. Tuck in edges and sew closed.

Go outdoors, either under the Sun (both cinnamon's and clove's planetary rulers is the Sun) or under a New Moon (to mark a beginning). Hold sachet on the palm of your power hand (the hand you write with) so that it shows to the open sky. Say:

Lady of Love

Hear my plea

Bring love, pleasure,

And happiness to me.

Carry this with you to attract true love.

## To Reduce the Appearance of Stretchmarks

You will need:

Olive Oil. The Olive tree is affiliated with Aphrodite, the Goddess of Love and Beauty. Olive oil is also great for your skin.

A small, clean, preferably glass, bottle to keep the oil in.

When:

After Full Moon when the Moon begins to Wane.

How:

1. On a night after the Full Moon, fill your bottle with the olive oil. Cover with lid.
2. Go outside under the moon. Hold the bottle in your hands, close your eyes, and visualize yourself rubbing this oil on your stretchmarks and reducing their appearance.
3. Now say this or something similar:

Lady Luna, as you grow small,  
Reduce my stretchmarks one and all.

4. Set the bottle down outside in a safe place overnight under the waning moon.
5. Next morning, bring the bottle in. Use the oil by rubbing it on your stretchmarks. Visualize as you do so your stretchmarks reducing in appearance.

The things I do to pass away a few minutes... :-)  
eliza

## **Lust Spell**

by Irtha Vitch (written in 1997 by eliza fegley as Irtha Vitch)

To be performed on the new to growing moon for the purpose of obtaining the lust of another.

Ingredients:

1 large fresh rose petal

cinnamon

red sewing thread

Place cinamon in the center of a fresh red rose petal and tie shut with the red thread. Then say:

Red of life

Red of spice

Bring to me

The spice of life

Place the rose petal pouch in the path of the one you wish to lust for you.

## **Military Commands...**

(This was written by Ravenfox and myself ages ago. I've since seen another version of Pagan Military Commands which was a whole lot better than this spur of the moment silliness.)

Okay Witches. I want you to cast a circle of protection around us. We're going in!

Glamour spells everyone! Look like the enemy!

Okay everyone! Aim your powerballs at 5 O'clock!

Where's our cauldron?! (instead of Where's our artillery?!)

Ready, aim, VISUALIZE!

I don't know what I've been told  
But I prefer my Pents in gold!

Attention! Face North! Begin Quarter Calls!

Present Staffs! (Instead of present arms!)

Army Manual 316a-194 (from the US Military BOS) - Cauldron Versatility

Focus! Direct! RELEASE! (ready aim fire)

My other tank is a broom.  
also  
My other tank is a Hoover.

Fall out! Commence chants!.... "May the circle be open, but unbroken..."

## Condom of Change Spell

by eliza

Purpose: To bring about change in your life.

Can be performed any time, but preferably during rush hour.

Perform spell skyclad. (Necessary)

Items Needed:

Yellow condom

Water.

1. Undress and bathe. (It might be your last relaxing bath for a long time to come)
2. Fill yellow condom with water and knot the end.
3. Step outdoors during daylight, preferably during a traffic hour. Walk briskly to crossroads.
4. Chant while walking:  
Yella yella  
Brightest fella
5. When you get to the intersection, stand in the center of traffic.
6. Using the yellow condom as your wand, cast up a circle around you.
7. This is the most important part of the ritual. Center yourself with eyes closed. Lift water-filled condom above your head and begin to swing it around. While doing this, gyrate your hips in a circular motion to bring about the wheels of change.
8. While doing this, chant the magical word "YIP" over and over until you reach an ecstatic state.

This spell is guaranteed to bring about change in your life. There is no need to worry about grounding the energy you have caused afterwards.

There will be drugs to calm you down shortly.

---

## Condom Love Spell

On the night of a full moon, fill a red condom with cool water while chanting:

"Latex, Rubber, Lambskin

Draw love to this country bumkin."

Tie end so water does not escape. Set condom on porch under full moon.

Wait and see what happens.



Thoughts on Baba Yaga  
by eliza@sacredspiral.com

In the book, "A HISTORY OF PAGAN EUROPE" by Prudence Jones and Nigel Pennick, it states that Baba Yaga was a goddess of the dead. She lived in a hut which was surrounded by a bone fence topped off with skulls.

When reading all these tales of Baba Yaga, it becomes clear to me that she was a sort of goddess of the dead, a goddess of dried grain. Nearly all the tales involve an oven, which is a symbol of the womb and baking. It reminds me of baking bread and also how, when we die, we go back into the womb only to come out as something else. And yes, our bodies are essentially food that the earth will feed upon.

How many earth mounds have been found filled with bones of our ancestors? Whenever I read of these, I think of Baba Yaga and her oven. She bakes us and feeds upon us, she puts us back into the womb and disposes of our material form. She is the ending part of the life cycle, not the creative part. She is neither good or bad, but she provides a service. For us to move on to the next realm/life, we must be finished here. She cuts the ties for us so that we can move on.

Since our ancients, we gained a phobia for death. We're frightened of it, wondering what will happen to us, our families, unsure of where we will go, if anywhere. Some are afraid of hell, or having to finally face up to the "wrongs" that we may have done in this life. Whatever the case may be, I strongly believe, that this is why we hear of these horror stories about Baba Yaga. We're afraid she will come and take us away. She'll grind us in her mortar and pestle and make us into food.

I am uncertain what the solution is to our fears. Perhaps it is time once again to embrace Baba Yaga, not as an enemy or someone to be feared, but as a dear friend who is helping us on our way. Our grandmother who makes sure we are leaving nothing behind when we leave this reality and head off to the next.

---

### **The Cautioning Rede**

by eliza 08-10-00

Listen all and blessed be  
A new rede has come to me.  
The rule of three may bring deeds 'round  
But to that trinity we are not bound.  
Listen well and use your thoughts;  
You may have swallowed more than you bought.  
The Wiccan Rede is poetry;  
Not ancient law in symmetry.  
It is a warning, yes, that's true,  
But a strict following we can not do.  
For who decides what's wrong or right?  
Perception relies on individual sight.  
So think before you quote the Rede.  
Are your morals meant for another's deed?

## **Wicca / Wicce**

While researching some word origins, I went to the word witch. In Old English witch was Wicca or Wicce.

Wicca is masculine for a male witch.

Wicce is feminine for female witch.

This should be of interest to the feminists and matriarchs out there as Wicca was resurrected, so to speak, by men. Hence the masculine usage.

I've a collection of old dictionaries here, been collecting them since I was little, and this is stated fact in all the ones that give word origins.

Food for thought. You might want to pass this tidbit around.

Blessings,

eliza

-

Today while at my mother's, I picked up her new Webster's Unabridged Dictionary and looked up the word WITCH. And this is what it also said:

Wicca - OE (Old English) - male wizard

Wicce - OE - female witch

I was then speaking to another person online about this and he said that AJ Drew has pointed this out in the past and that he gets blasted out of the water for saying it.

I'm not a fan of AJ Drew and for all the slack the fella takes, I've got to stand with 'im on this fact. If anyone has an unabridged dictionary, they can probably see this for themselves.

---

## **How long does a charge last?**

Most people re-charge their items every quarter. Summer and Winter solstice and Spring and Autumn equinox. You don't have to stick to this schedule, especially if you feel an item(s) needs recharging sooner.

Herbs last from 8 to 12 months in storage. In magickal use, they last for up to 3 months.

Candles kept in storage can last a long long time as long as they are kept cool and dry. Candles kept on the altar should be burnt/used. You could burn altar candles upon the quarters to symbolically burn away the debris / negativity which may have accrued over the 3 months.

One of the first things I made for myself, when I learned to quilt and do applique, was a meditation blanket.

I simply bought 6 yards of plain coloured cotton fabric, 3 yards for top and 3 yards for bottom. I appliqued the symbology that had meaning to me onto the top part, then basted, quilted the meditation blanket together.

You can easily plan one out to include a large circle which you'd sit in. You could include runes around the circle and even use the blanket for a sort of meditational divination.

The possibilities are endless and the fact that you only use that blanket for meditating makes it extra magickal.

=====

To make magickal plant pots, you need to know or have reference to symbols, runes, other ancient scripts, if desired.

First, you will need to coat clay pots with a primer. After it has dried, use acrylic paints to give a background colour to the outside of the pot (if desired) and then to paint on any symbols you wish. If the pot is for a protective plant, paint protective symbol(s) on it.

Last, paint or spray with a good sealy to keep the moisture away from your paint job.

For fertility, you can paint circles and spirals on a pot in greens and plant a dandelion plant in it.

You can even make these for your altar. Fill with floral foam, cover with that dried grass stuff and stick a small branched stick in there of a proper corresponding wood. Hang crystals from it, jewelry pieces, and whatnots.

Again, just a rambling.

My allergies are killing me and everytime I try to lie down, my nose stops up and I begin sneezing. So I may as well yap at myself!

## **Make the Fields Alive Once More!!**

Our ancients said that it only took the belief of one person to make a god/dess real. Action with a strong underlying understanding and belief is the most powerful magick we have and will ever have.

Our ancients believed that the Earth was living. The fields were living Mother.

Should you ever come across a sheath of corn, write upon it:

Isis

Demeter

Ceres

Place it within or by a corn or wheat field and whisper loudly:

“Mother, I believe in you.”

---

## **Magical Closets**

by eliza@sacredspiral.com 6/28/00

If you're still in the closet, shouldn't you at least make it a magical place?

Dresses, business suits, dress shirts, and other clothing related to work and prosperity usually reside within closets. For that reason, mints and cedar chips are called for. Both correspond with protection, prosperity, abundance, and health.

Cedar chips can be bought at some drug stores, animal feed stores (especially the country feed stores) and at some larger craft chainstores. These chips can be placed within a drawstring muslin bag and hung upon hangers. You can even buy larger cedar chunks from some places. These can have holes drilled through them and be strung up like onions.

Dried mint can be placed inside muslin drawstring bags and hung from hangers or it can be sewn into cloth hangers. Flat pillows of mint can be sewn and used to line closet shelves.

For shoes, sew tubes out of cotton material and fill with soothing lavender or boosting mint. Stuff each herbal tube inside a shoe.

In this hot weather, who needs their wardrobe smelling like stinky feet?

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And next on *As The Witch Brews: Between the Sheets*.

## **Discordian Love Ritual**

by eliza 5/10/00

To be performed on a friday night at 9:23 pm, when you aren't sure if the moon is waning or waxing.

Items Needed:

3 day old hotdog

Spam key

Gold nail polish

9 pink fruitloops

white string

Gather items and take to your garage.

Light a bunsen burner.

Take the spam key (athame) and hold it above your head with your left hand.

Say:

Oh Thou who art thrifty with Her apples of gold

Bring me love of the frantic kind

Of nizzling and bozzling and grozzling bold

True Chaos, I seek to find.

To show your dedication to this newfound quest, begin painting all your finger and toe nails gold.

Take your 9 pink fruitloops and string them into a necklace with the white string. When finished, touch it with your spam key and say:

Bippety boppety boo

I might look like a fool

But I'm mighty

And flighty

And all seems all-righty

It's all so much better than drool.

Place your necklace around your neck and wear it to draw your love to you.

Cook the hotdog in the bunsen burner and devour it hungrily.

Close the ritual by shouting:

Sweet Mother Mayhem!

AMEN!

## **Thoughts on Bread Baking**

by eliza@sacredspiral.com

Fornax is the ancient Roman Goddess of baking bread. Most Kitchen Witches are aware that bread baking is a sacred act. You can make a loaf of bread symbolize so many things. Add seeds to it for the seeds of life and cover it with egg so that the egg surrounds the seeds within the loaf of bread and you have a strong loaf of fertility bread which is also perfect for Spring celebrations. Shape it like a phallus and add more magick and charm to the eating.

Make a batch of wheat bread, separate the dough into three equal parts, roll out, and braid and you've the braided wheat sheaf, the braided hair of the Earth Mother.

It is believed that adding an equal armed cross to the tops of soda bread allows the faeries to escape Christian prosecution. The equal armed cross is also a symbol of balance where the four elements meet in the centre.

Bread offerings are environmentally safe. Make sure you use all natural ingredients. When you bake a loaf or two of bread for you and your family, remember to make a small roll for an offering to the faeries, gods, and/or goddesses.

## First Blood Ritual Thoughts

What an embarrassing subject for a teenager these days, right? But why is it embarrassing? Is it society in general? Or is it our own hang-ups on this taboo topic?

Raising children in an open environment where the body is discussed freely is one way that both parents and children can overcome their fears and misunderstandings of the natural body. Young girls worry about it hurting. They worry about what the boys will think and how they can hide their changing bodies from sight. As parents and caretakers we must step in and bring about positive and self-empowering rituals to help young girls during this often confusing time.

Our ancients had many many life passage rituals. A ritual for when we are born. A ritual for when we leave childhood and become adults. A ritual for becoming mothers and fathers. A ritual for the wisdom you've gained with age. In these times, many of us are lost as to what stage of life we are in. What is to be our focus? Who are we, really? What does it mean to be a woman? With these questions in mind, we must begin to reconstruct and recreate the old rituals of passage.

First Blood Rituals often involved undressing the once girl and placing her in solitude for a day, 3 days, a week, or many months. We can recreate this for modern times. After a girl has received her First Blood, her caregivers can allow her space for reflections and solitude by having her stay in her room for the period of one day. Food and drinks can be brought to her. Bathroom facilities can be used freely by her with no family interruptions. It is her time to think and reflect.

Prior to her First Blood, the caregiver might want to buy her a journal to give to her upon the first day of this ritual. This is so that she may sit and record her reflections as a child and what she would now like to do as a woman.

After the period of solitude, a small ritual or gathering should be held. This can be as small as Mother and Daughter, or an entire coven. Whatever you both are comfortable with doing. An outing with Mom to a nice restaurant to show that she is now an adult and can go out to nice restaurants or a picnic where Daughter now Woman can sit and talk with other women about Women Issues. A gift of red, maybe a red scarf or a red cloak, can be given to her to represent the life blood that is now a part of her Womanness.

Whatever it is that we do with our daughters, it is important that we do DO something. We can no longer hide in bathrooms and whisper to our daughters about how to use a tampon and how to hide it after its use so that no one knows. By our hiding we are actually telling the world that it is a shameful thing to be a woman. We are read by our actions. It's time to let the world know that we are strong and proud to be women and so are our daughters.

## **Yearning Spell**

by Irtha Vitch (a.k.a. eliza fegley)

On parchment paper, write the name(s) of the man/men you want to yearn for you in red ink. Fold the paper in half and then in half again. Toss into a burning fire or burn in fireproof dish.  
Say:

Ipsum Kipsum  
Fire burn!  
Men of my desire  
Begin to yearn!

---

## **To Attract a Lover**

-eliza 1/29/00

Take 9 pennies, all bearing your birth year. Place the nine pennies in your under-garment (personal garments) drawer.  
Say:

“3 plus 3 plus 3  
Lover come to me.”

Close drawer.  
The spell is done.

---

## **Magickal Significance of Alcohol**

by eliza@sacredspiral.com

Alcohol is a joining of two opposite elements, fire and water. Fire representing masculinity and dominance and water representing femininity and passivity. Together they create a ‘burning water’.

Knowing this, alcohol can be used in rituals with the intent to join two opposite thoughts / instances / situations. It can also be used to consecrate your ritual tools to both fire and water and hence a balance between the opposites.



## To Cross Paths

This is just a simple little spell to bring about a meeting between two people.

Take two pieces of thin wire or even two twistie ties and begin twisting them saying something along the lines of:

Two people whose paths will cross  
Crossing paths these people will talk  
(name) and (name) whose paths are now crossed  
To meet on a singular path

---

## Aphrodite Mini Altar #2

Copyright Eliza Fegley, 2000.

This one is even simpler to make.

Items Needed:

off-white candle (anything but the long thin tapered candle. it must be able to stand on its own)  
natural bowl (sandstone / clay / etc., although glass is fine  
(made from fine sand))  
sand  
sea salt  
small sea shells

To Make:

1. Fill bowl with a mix of sand and sea salt.
2. Insert the candle into the sand so that it is in a safe secure position. If needed, melt some wax to help hold it in place.
3. Place small sea shells around the candle on the sand and voila!

Another mini Aphrodite altar.

For personal use as research.

Some of these remedies use an infusion or a decoction as a hair rinse. It is said that you should use the infusion/decoction as hot as you can stand it. My advice is to allow the infusions/decoctions to cool, test their temperature before using, and don't burn yourself! I prefer warm infusions, such as those I use for hair coloring (sage) and highlights.

Always test for allergic reactions! This rule applies to both store bought remedies and home remedies.

#### Columbine Seeds

*Aquilegia canadensis* or *A. vulgaris*

Crushed seeds that are rubbed into hair and scalp are used to control lice. Do not ingest. Has potential to be poisonous.

#### Black Alder Bark

*Alnus glutinosa*

Boil the inner bark in vinegar. Strain through coffee filter and allow to cool. Wash hair with shampoo and use warm (not hot) decoction as a rinse. This is said to kill head lice and to relieve the itch.

#### Larkspur

*Delphinium consolida*

The leaves and flowers of the larkspur were once used by the United States Army to kill lice. Today it is used as an ingredient for some of the over-the-counter remedies. Do not take internally. Poisonous.

#### European Pennyroyal Oil

Said to be used to kill lice. The exact method of usage is currently unknown to me. Poisonous. Do not ingest. Do not use if pregnant.

#### Anise Seed

*Pimpinella anisum*

Anise seeds made into a salve are said to rid lice.

#### Parsley Seeds

*Petroselinum sativum*

A tea made from parsley seeds and used as a hair rinse is said to kill head lice.

#### Club Moss

*Lycopodium clavatum*

The leaves from this plant were once made into a tea and used as a rinse on the hair and scalp to rid lice from matted hair. This plant is poisonous. Do not ingest.

#### Sassafras

*Sassafras albidum* or *S. variifolium*

Sassafras bark shampoo has been used to kill head lice.

### Labrador Tea

Ledum latifolium

Make an infusion of the leaves. This folk remedy is said to reduce itching and kill lice.

### Herbal Shampoo

To make a herbal shampoo, boil one cup water, add one tablespoon of the dried herb, and steep for 30 minutes. Strain the infusion using a coffee filter and add to a bottle of liquid castile soap.

### Using Infusions and Decoctions

To use an infusion or decoction on your hair and scalp you must first wash your hair with shampoo. After your hair has been cleaned, pour the warm infusion/decoction over your hair and massage it into your scalp. Make sure to keep the infusion/decoction out of your face.

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## The Fill my Inbox Spell

To be done in front of any cats or other pets you may have about.

1. Pull your chair away from computer desk.
2. Get undressed.
3. Stand on head while a person takes a snapshot of you.
4. Send out snapshot to the list while chanting:

Spaceless, expanseless,  
Inbox devoid.  
Email and witches  
Fill this void!

In mere jest... although sending nude pics to the list might get things started up on here. ;-)

## Position Openings:

Seeking virgin applicants!

Coven seeks sacrificial victim. This is a once in a lifetime opportunity!

Simmer and sizzle. This is one HOT position!

EOE

Did you ever want to be King for a Day?

We've got the position for you! Local coven seeking one adult male come Spring. You need only work one day as King and you will be compensated with eternal life.

That's right! Eternal life with the Gods and all for being King for a Day!

For more information, please refer to The Wickerman.

---

## Hark the Moontime Bitchy Wiccans

by eliza 9/10/2000

Tis the season

to be Wiccan.

Fa la la la la, La la la la.

Hear the coven

all a'bitchen.

Fa la la la la, La la la la.

Don they now

their black apparel.

Fa la la, Fa la la, La la la.

Hark the moontime

they've all gone feral.

Fa la la la la, La la la la.

---

I vote that we change our currency and model it to look like body parts.  
That way when someone says that'll cost you an arm and a leg...

## Sun Charged Stones

by eliza fegley

Purpose: For energizing yourself when you feel drained.

Items Needed:

River bed stone, one that lies flat and has a flat or slightly rounded surface on which to paint.

Acrylic paint

Old toothbrush

Find a flattish river bed stone. River bed stones are already charged with energy by the flowing of the water and are in themselves energizing.

Clean with the old toothbrush and warm soapy water to get rid of any dirt that might cause the paint to chip off or peel.

Dry completely, preferably out in the sun.

Once dry, paint an image of the sun. The design needn't be elaborate. A simple circle surrounded by lines is fine.

Allow to dry.

Sun charging:

Upon a sunny day, take your stone outside to an open space where it can spend the day soaking up the sun's energies. Set it upon the ground, another rock, or on a table. Say:

Burning Sun, shining bright,

Help remove this sleepy plight.

Bless this stone with energy.

As I will it, so mote it be.

Bring the stone in once the sun begins to go down. Keep on your altar or working area.

Use:

Whenever you feel drained, take the stone in your passive hand, opposite your writing hand, relax and feel energy flowing from the stone and into you. Feel the warmth of the Sun envelope you. Energizing you.

## Sun Correspondences

-eliza fegley

Metals:

Gold

Bronz

Colours:

Orange

Yellow

Magickal Properties:

Encourages boldness, courage, openness. It carries no secrets and lays all before. Energizing and useful for getting things done.

---

Like the moon, spellwork can be done by the waxing and waning of the sun. It can be as simple or elaborate as you wish.

The simple way to use the different energies of the sun is by the time of day.

When the sun is 'waxing' it is going 'up' into the sky. This is from morning to high noon. It is a time to utilize the gaining powers of the sun.

When the sun is waning, it is going 'down' in the sky. This is the time to remove negativities.

Examples:

To gain courage, use the waxing sun.

To gain strength, use the waxing sun.

To rid yourself of too much energy, manic-ism, use the waning sun.

To rid yourself of aggressive tendencies, use the waning sun.

---

The Sun... We always seem to be working with the Moon and Her mysteries and leave the Sun neglected. Why is this?

Our recent ancestors had to take their workings to the darkness for fear of persecution. It has since stayed with us to do our work in the night, in the dark, in secrecy, working with the moon.

There never was a need to take back the night for us. We've always used it's cover.

We are now part of the fastest growing religions. We are becoming more vocal, more noticed. We are standing on our own two feet. It's time to take back the day! Rejoice in the light of the Sun.

Be open. Be bold. Be couragous. It's time we showed that we are sure of our footing.

With Winter Solstice coming up and the birth of the Sun, I'd love for us to share our views on the Sun. Do you see the Sun as masculine or feminine? What about spellwork utilizing the power of the sun? Gods and Goddesses of the Sun? What does the Sun symbolize to you?