

Wicca

A Beginner's Guide to Earth Magic



Living Wicca Today Book #2

Kardia Zoe

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A Beginner's Guide
to Earth Magic

KARDIA ZOE

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DEDICATION

This book is dedicated to you, my reader. You are my true source of inspiration and motivation to continue writing. I love sharing my insight into Wicca with you and it is my hope that you'll experience the same magic on this path that I do. If you find the information helpful, please help me in return by leaving a review for this book on Amazon. Thank you so much! Peace and health be with you, Kardia
<http://www.amazon.com/dp/B00QSPXTMW>

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The information in this book draws from our popular Living Wicca Today e-publications, articles Kardia has written over the past ten years for the Inner Circle newsletter and material written for our website:

<http://wicca.com> .

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Working With Magic

As you find your connection to the Earth and all that is natural, and alive in the universe, your life will take on a magical air. Magic begins to flow as you live in balance with the rhythms of nature and know that you are a vital force within that flow.

You will find Magic everywhere!

“In everything that is life is the law written. You find it in the grass, in the tree, in the river, in the mountain, in the birds of heaven, in the fishes of the sea; but seek it chiefly in yourselves.”

Excerpt from an ancient manuscript, The Teachings of the Elect

Wicca, like most spiritual paths, teaches that the Divine is within us and in everything around us. You are a part of this supreme universal power and **MAGIC IS ALREADY WITHIN YOU!**

What you imagine, you have the power to create! With magic you can create your dreams, heal your world, love your life and find the peace that lives in every human heart. Are you ready to start living a magical life?

Generating Positive Magic

You were meant to live a magical life.

While it may not as be as simple as waving a magic wand and saying a few special words, the process is not as complicated or mysterious as many people believe.

Wiccans and Pagans know that Divine energy exists in all things. It's in plants, stones, colors, sounds, movements, words, and it is continually flowing through our lives every day.

Earth Magic is natural magic and it is at work all around you whether you choose to formally "practice" it or not. When you learn how it works, it can help you draw more positive energy into your life

and allow you to shield yourself from some of the negative energy.

This process is natural, not supernatural, and we all have the ability to direct the flow of this energy. Getting the outcome you desire is primarily a matter of training your mind.

Have you ever focused your thoughts on a goal and verbalized what you needed or wanted, only to be disappointed when nothing happened? You may have been sending out mixed messages. For example, at some point in our lives, most of us have sent forth words or thoughts that we wanted better health or money to pay bills. What we were actually *feeling* at the time was ill or broke!

If what you are thinking and feeling are not in sync, how you truly FEEL will always decide the outcome. By visualizing in your mind what it feels like to have vibrant health or to pay your bills in full, you are *sending forth the actual type of energy you want returned* to you. It's essential that both your thoughts AND feelings reflect what you want to draw into your life.

You can change the type of energy that is flowing into your life by simply changing the energy you are sending out into the world. Okay, maybe this is not always a “simple” thing to do, but it is essential if you want to start living life at its fullest. No magical ritual or spell

will ever work properly for you if you don't sync your thoughts and feelings first.

Whenever you complain about your job, lack of funds, low energy or poor treatment you have received, the frustration you send out into the world will draw more things back into your life to complain about.

On the other hand, when you start finding things to be grateful for, the Universe responds quickly by filling your life with more things to be thankful for. Start with little things. Be thankful for the hot cup of coffee you had time for in the morning. Be thankful for catching the bus to work or finding a parking space right

in front of the store. Be thankful that you have a job or the days you have off. Be thankful for the meal you share with family or friends. There is no shortage of things to be thankful for.

Start today and put this Universal power to the test by sending out only the type of energy you want multiplied. As you begin to experience new blessings you'll come to understand that the power to change your world has always been inside you and you'll be well on your way to living a magical life!

Avoiding Negative Magic

Thanks in part to popular movies on witchcraft and misguided superstitions that are still being spread today, some believe that magic is only possessed by "chosen" ones. Others have concluded that Magic is evil and should not be tampered with. Neither of these statements are accurate.

Magic is a natural energy or power. It is already within you and in everything around you. By learning how to draw on this natural energy in a positive way, you can bring about incredible change in your life.

When magic gets portrayed as a supernatural force or power, it causes

concern that if a mistake is made or something is done wrong, bad things can happen. It is important to understand that we are not talking about a supernatural power, but rather a natural energy that is already within you and in everything around you. It responds to ALL your thoughts and feelings whether you want it to or not.

By controlling the type of energy (thoughts and feelings) you send forth into the world, you control the type of energy that flows back into your life.

Understanding and obeying this Universal Law is the first step to achieving the life you have always dreamed about. In Wicca, this is known

as the Law of Three or the Three-fold Law. A line from the [Wiccan Rede](#) gives us this wise advice:

"Mind the Three-fold Laws you should, three times bad and three times good."

Today, most of us know this as the Universal Law of Attraction. It's simply a reminder that whatever type of energy you send forth into the Universe will tend to come back to you three-fold!

The Rede concludes with the line:

"An Ye Harm None, Do What Ye Will"

Keep this in mind and practice responsibly. Be aware that if you try to use Magic to influence or control others

in any way, it can result in that type of energy returning three-fold. You can best protect yourself from drawing unwanted negative energy into your life by not sending any out!

I cannot stress enough that you should only send forth the type of thoughts and feelings you want to multiply in your life.

Tips to Remember: If the magic in your life is not working the way you want it to, focus on changing the type of energy you are sending out. Make sure your thoughts and feelings are in sync so that your message is clear, and if they are not, know that the FEELINGS you send out will ultimately determine what the

Universe returns to you.

Developing a Magical Mind

“Do not think because it cannot be seen, that thought has no power. I tell you truly, the lightning that cleaves the mighty oak, or the quaking that opens up cracks in the earth, these are as the play of children compared with the power of thought.”

(Excerpt from an ancient manuscript called the Teachings of the Elect)

In part 2 of this book, we will cover the traditional tools used in rituals and spells. While these tools can certainly influence magical power, for the most part, it's the user who gives them their power, and not the other way around. You already have within you the ability

to create a magical life for yourself and your MIND is your most powerful magical tool!

“All that we are is a result of what we have thought.” Buddha

But conditioning your mind to always generate the proper signals can be challenging. As you worry about the bills you need to pay, a health issue or a relationship that is not exactly what you want, the Universe is faithfully responding by sending you more of what you are focused on.

If you want to change your circumstances, you must first change your thinking. Start each day by expressing your gratitude for all the little

blessings in your life and you will soon discover you have much more to be grateful for.

Since the Universe does not communicate with us through mere words, your words or thoughts will need to inspire intense feelings within you for them to be effective. When your thoughts and feelings are in sync, this sends a clear message to the Universe.

Imagine in your mind what it would actually FEEL like to have what you desire and express your sincere gratitude to the Goddess and God for sending you these things. When the images in your mind are clear enough to generate the feeling of vibrant health, happiness,

peace or whatever it is you are seeking, you will begin to draw more of these things into your life.

If you're not getting the results you want, take a closer look at ALL your thoughts and feelings. Are you expressing gratitude for the blessings in your life, or are you complaining about lack of money, low energy or the negative energy others are sending your way? You are in complete control of the thoughts and feelings you send out. Make sure they are what you want to see multiplied in your life.

As is recorded in the Blue Book of our forefathers, **true Magic is *'The art and science of changing states of mind at***

will.”

This is why I encourage individuals to create their own magic rituals and spells. You will experience the best results if what you desire comes from your heart. Don't simply utter words or mimic the actions of another person. Let the Divine know how YOU feel about an issue or event.

A SIMPLE MAGIC EXERCISE

Here is a simple magical technique you may wish to try. To help you achieve your goal (magical or otherwise), find a word or short phrase which sums up what it is that you want to accomplish. Write the word (or phrase) down 10 times each day until you achieve success.

Creating Sacred Space

Magical energy is everywhere, but its flow can be altered, or even unknowingly blocked by thoughts or surroundings. Having a special area that you can retreat to, whether inside or outdoors, can make a big difference when it comes to your magical energy. If magic does not seem to be working for you as it should, you can encourage it to flow freely again with a few simple changes in your surroundings.

A good place to start is in your home. There is an old proverb that suggests "home is where the heart is" and because magic always comes from the heart, your home should be considered a natural

source of magic. At the very least, it's a sacred and powerful place with a roof and walls that shield you from the elements. The door protects those within from unwanted intrusions. You may not be able to control what goes on outside your home, but within its walls, you have some freedom to create the world you want to live in.

Your home, or at least some small area within it, should give you a feeling of comfort and peace when you enter, no matter how chaotic the day's work or family life has been. You can create beauty, enchantment and natural magic in your home by bringing a little of nature indoors.

Change the energy of a room with seasonal decorations. Use sweet-smelling flowers in Spring, bowls of fresh fruit or herbs in the Summer, set out pumpkins and colored leaves in Autumn or baskets of pinecones and evergreen branches in Winter. These symbols of the season are beautiful and usually inexpensive or free.

The wise Wiccan will follow nature's cue and use natural decor in their home to accent each season. This brings magical energies into the home and helps reconnect those within to the energies of the natural world.

NOTE: It's always best to decorate with live plants, as they can bring a healthy

energy and vibration to your home, but silk plants or even prints and artwork of the outdoors can also help the mind connect with nature. If you decide to use artificial greenery, try to have at least one potted plant in the mix.

Small water fountains, or even bubbling fish tanks are nice additions too, as they provide the soothing sound of running water and bring the magical energies of water into your home. DVD's of nature sounds can also create a relaxing atmosphere.

If you grow flowers or herbs, you can bring in fresh cut roses, lavender, or sage to hang in your kitchen. Their aromas can invoke the element of air.

For the element of earth, simply gather an assortment of pebbles, or set out your collection of stones and crystals in a ceramic bowl.

Lighting candles would add the element of fire, bringing all four elements into the room.

These are all small things, but they can have a big impact on your energy level and peace of mind... and THAT will have an influence on the flow of magical energies in your life.

When the weather permits, open a door or window to invite in fresh air. The magical energies of Air can also be influenced with aromatherapy. This power is something that many of us

overlook in our busy lives, but it has long been used to influence our mood.

When we enter our home the first thing that greets us is the aroma. Essential oils like sweet orange and clove spice can be used to create a warm refreshing atmosphere on cold dreary winter day. Aromas can help lift our spirit and will encourage family and friends to relax and linger in a cozy, inviting atmosphere.

Candles fragranced with essential oil can be used to give your home a pleasant ambience and aroma. You can also add 6-8 drops of your favorite scent to water in a diffuser or simply place the drops directly into a bowl of boiling water. If you place a drop or two of oil on a cold

light bulb, the fragrance will fill the room as the bulb warms up. Three or four drops of your favorite essential oil on a cotton ball can add a hint of fragrance to a drawer or cupboard in your home.

NOTE: You can read more on the use of herbal, crystal and candle magic in Book #3 of the Living Wicca Today Series, *Wicca: A Beginner's Guide to Casting Spells*.

Finally, we highly recommend that you allow your Mother Earth to bless your kitchen with an assortment of unprocessed foods. Her bountiful gifts of living foods can help improve your health and increase your lifespan.

Spiritual leaders from many different paths also believe that these foods actually enhance our ability to communicate with the Divine.

The bottom line is, the more ways you find to connect with Nature, the more opportunities the Divine has to offer you wisdom, healing and true spiritual fulfillment!

Many of these tips can also be used to generate magical energy in your office at work or even in your car to make your commuting more enjoyable.

Today, look for simple ways to bring the beauty of Nature into your home. Start with one room, or even a corner in a room, and build a magical atmosphere

that will create a feeling of comfort, peace and happiness when you enter the space. This will help the magical energies to flow freely through your life.

Your Altar

Your altar is a place of power and magic. It's also a place for you to express your faith and to do your spiritual or magical work. Some Wiccans maintain an altar as a decorative space in their home or garden, but most will set it up and dismantled it for each ritual.

You may want to have a round altar to represent the Goddess, or you might prefer a square one that is symbolic of the elements. Either is fine. It can be set up on any flat surface. A small table is nice, but even a cardboard box will work in a pinch.

If you are outdoors, you can use any

available flat space, including the ground, a log, a stump, or a large rock. During outdoor rituals a fire is sometimes used for the altar.

The exact layout is a matter of personal preference. Use your imagination when setting up your altar. If you don't have all the traditional items, use a nature-based altar plan. A round stone might represent the Goddess, or a seashell can work in place of a cup or chalice, and a small branch makes a wonderful wand to represent the God.

Tools sacred to the Goddess, like the cup or cauldron, are usually placed on the left, while symbols of the God, such as the wand or athame, are placed on the

right. Flowers and the censer are commonly placed in the center so the aroma and smoke can be offered up to both Deities. In some traditions the altar is set up facing North which is associated with the Earth, but others prefer to set it up facing East, where the Sun and Moon rise.

Don't get so wrapped up in the details of setting up your altar that you miss the joy of celebration with the Goddess and God. These are simply traditions. As far as the Deities are concerned, there is no right or wrong way to commune with them. They welcome all with open arms.

An altar can be simple, perhaps holding only a flower and a candle on a small

stump outside. Or it can be elaborate, with a full size table, a special altar cloth, candles, ritual tools, incense, herbs or flowers, and statues of their God and Goddess. The choice is yours.

In his book, *Wicca: A Guide for the Solitary Practitioner*, Scott Cunningham describes the Wiccan altar and ritual this way: *"Though we may setup images of the Goddess and God, we're not idol worshippers. We don't believe that a given statue or pile of rocks actually is the deity represented. And although we reverence nature, we don't worship trees or birds or stones. We simply delight in seeing them as manifestations of the universal creative*

forces-the Goddess and God. The altar and the magic circle in which it stands is a personal construction and it should be pleasing to you."

I believe that when we feel happy inside, the Divine is happy too!

Your Magical Tools

Tools can be helpful in creating a magical life. In Wicca, certain objects are traditionally used in ritual to help invoke the Deities, banish negativity, or direct energy. Your Craft tools can help you create the proper frame of mind or atmosphere for your magical work. They don't need to be elaborate, but they should be special to you.

To better understand the role your tools play, think back to a time when you dressed up for a job interview or an important social event. What you wore made you feel better about yourself, and thus improved your chances for a successful outcome. You knew that your

clothes didn't really have magical powers, but there was no question that having the right outfit and accessories boosted your self-confidence, and THAT is why these things are important. Magical tools work the same way. They are a part of our rituals because they can help us focus our thoughts and generate the ideal atmosphere to work in.

Below you will find a list of the most common tools and their general uses. While these items are not required to practice Wicca, you may want to collect some of them to enrich your rituals. You can shop for these tools in our Magical Store, or search through antique and second-hand shops for them. Some

prefer to make their tools and infuse them with a little of their own energy.

In addition to the standard tools like the athame, cauldron or broom, use tools such as relaxing nature sounds and music, fragrance or aromatherapy, and candles, stones, pendants or even wands, to help you focus your thoughts. Just remember, these are **ONLY** tools, and not the real source of your power.

Common Craft Tools

Athame: A ritual blade, usually double edged, with a black or dark handle. The two sides symbolize the God and the Goddess, coming together at the point to join the spiritual and mundane worlds. It

is never used to cut anything on the physical plane. This tool is only used to direct energy that is raised during rites and spells. It is most often associated with the element of air and the east quarter, but some associate it with fire and the south. Coven members can share many of the ritual tools, but the athame is always personal. The sword is a larger version of the ritual knife or athame, and stories of magical swords seem to be quite common in mythic literature!

Bells: Often used to invoke directional energies, to ring in the sunrise on a Sabbat, or to invoke the Goddess in ritual. Some believe they can be rung to ward off evil spells and spirits, and

many others use them to evoke good energies or bring good luck. You can place them in cupboards or hang them on a door to guard your home, or ring them in ritual to signal a spell's beginning or end. Any type of bell can be used.

Besom: A witch's broom is still used in Wicca today. Some begin rituals by sweeping the energy out of the circle space (indoors or out) before drawing the circle. The bristles do not need to touch the ground. While brushing, simply visualize the broom sweeping the area to purify it for your ritual workings. The broom was traditionally thought to be a powerful tool against curses and practitioners of evil magic. Some

believed that laying a broom across the doorway could block any spells sent to the house or to those in it. Some also use the broom to raise energy in a circle. The broom is most often associated with earth and the north, but some traditions link it to air and the east.

Book of Shadows: Also called a BOS, is a witch's book of spells, rituals and magical lore. It's your personal magical journal and can be one of your most valuable tools.

Boline or Bolline: A white-handled knife used in magic or ritual. Unlike the Athame, which is only used in ritual, this is a working knife. It may be used to cut wands, cords, sacred herbs, flowers, or

to inscribe symbols onto wood, candles or wax.

Candles: Candles are used at most all Wiccan rituals and celebrations. You can place candles on the altar to represent the God and Goddess, to mark the quarters, or simply to help set the mood for something magical. We suggest you keep a good supply on hand at all times. Candles represent fire and the south.

Cauldron: This tool symbolizes the Goddess or feminine aspect of the Divine and the waters of rebirth. The cauldron is an ancient vessel used for cooking and brew making. It is the container in which magical transformations take place. It is also

symbolic of the element of Water. Celtic legends about Kerridwen's cauldron have influenced some Wiccan traditions. The cauldron can also be used as a tool for scrying (gazing) if you fill it with water and stare down into its depths.

Chalice or Cup: A ritual tool, the chalice represents the female principals of creation. It is used to drink from, especially in rituals where feminine symbolism is important. The chalice can be made from most anything. Feel free to use one made from glass, ceramic, wood or metal. The chalice is most often associated with water and the west.

Crystal Sphere: The quartz crystal sphere has been used in Divination since

ancient times. Most crystal balls on the market today are glass or plastic. Genuine quartz crystal spheres can be determined by their inclusions or irregularities. Larger crystals are beyond most budgets, as they often retail for several hundred dollars. Small crystals can be effective too. The diviner simply gazes into the ball until images appear in the mind or in the depths of the crystal, revealing the information they are seeking. Some use the crystal ball at Full Moon rituals, and believe that exposure to moonlight can increase its ability to inspire our psychic powers.

Grimoire: A magical workbook containing ritual information, magical

properties of natural objects and preparation of ritual equipment. Often used interchangeably with Book of Shadows.

Incense: You can burn herbs, oils, or other aromatic items to scent the air during acts of magic and ritual. Incense purifies the ritual space and you can consecrate items being used in ritual by passing them through the smoke. Any type of incense and censer (burner) can be used in a Wiccan ritual. The incense represents fire and air, as well as south and east.

Pentacle: A circle surrounding a five-pointed, upright star (pentagram). Worn as a symbol of a witch's beliefs. The

five points represent the Earth, Air, Fire, Water and Spirit. This symbol is often worn as a pendant or placed on the Wiccan altar. Some also hang Pentacles over doors and windows to provide protection for those within.

Wand: The wand has been used for thousands of years in both magic and religious rites. This tool is often used to invoke the Goddess and God. It is also used to direct energy, to draw magical symbols on the ground, or even to stir brew in a cauldron. For some Wiccans it represents the element of Air and it's a symbol of the God or masculine aspect of the Divine. The length and type of wood vary by tradition, so feel free to

cut yours as long or as short as you like. You may also want to strip the bark or carve magical symbols into your wand. The choice is yours.

NOTE: At the end of this book I have listed a glossary of additional Wicca and Witchcraft terms and their definitions. I hope you will find this reference helpful as you continue your studies.

TIP: Don't be too concerned if you lack the proper candles, aromas or other suggested tools for magical work, Focus on sending out positive thoughts and feelings. The words you utter or the tools you use in your magical rituals, will not affect the results nearly as much as the actual thoughts and feelings you

send forth into the Universe.

You won't fail at magic because you used the wrong color candle or different incense than suggested. Always remember that wands, candles, oils and other items are simply used to help you focus your thoughts and set the mood for magical activities.

Increasing Your Magical Energy

No matter what path we choose to walk, Mother Earth has an effect on our lives. We have all been refreshed by the feel of soft grass beneath our feet, the fresh outdoor air and the warmth of the sun on our face or the cool waters of a lake or stream.

"Always have the Brothers of Light lived where rejoice the angels of the Earthly Mother: near rivers, near trees, near flowers, near the music of birds; where sun and rain may embrace the body, which is the temple of the spirit." The Teachings of the Elect

Most are satisfied with this natural exchange of energy, and they will go outdoors to recharge whenever they find time to. But in Wicca, you can learn methods to draw on and amplify this Divine energy whenever you need it.

As you learn how to work with this energy, always be respectful of the powers and spirits of our Mother Earth. You are not trying to control the forces of nature and bend them to your will. You are simply working WITH them to influence the direction they flow through your life.

If you are raising energy for spellwork or magical purposes, you know how important it is to follow the Harm None

rule and remember the Three-fold Law. To consistently insure the best results, you may also want to focus your work on what you can GIVE to the Earth and those around you.

As the three-fold law teaches, the more positive energy you send out, the more you get back. You simply can't out-give the Universe. Thoughts and energy sent forth from a giving or loving heart will always multiply and return to you in kind.

On the other hand, if you allow your mind to simply focus on what you need or want, you may end up multiplying your needs and wants. This is why many get discouraged with spellwork and

magic. They send forth the wrong type of thoughts and energy and then wonder why the results were not what they expected. *Keep in mind that anytime you worry about negative or harmful energies, you give them added power.* If you worry too much, you can actually draw more negative energy into your life.

So, as you begin any energy work, if you want positive results, always make sure you are sending forth positive thoughts AND feelings. Fill your mind with peaceful and relaxing images. Imagine what it feels like to already have the results you desire. Without clear, positive thoughts that generate positive

feelings, negative energies can easily slip in and affect your results.

Finally, don't expect magical results to happen overnight. With a strong will and solid visualization skills, you can achieve what others believe is impossible. But, as with the muscles in your physical body, the strength of your thoughts or mind must be developed over time.

It will take practice. The more you exercise your visualization skills, the stronger your mind becomes. The stronger your mind or intent is, the more effective your magic will be. Some will find it easier than others, but ALL are capable of developing these skills!

Grounding

The thoughts that you hold in your mind have a significant impact on what you will experience during magical work. Each day, your thoughts and actions are affected by the energy of the places you go and the people you see. It's always a good idea to clear any negative beliefs or feelings you may be holding about yourself and others before you begin ritual or spellwork. Grounding is a great way to remove negativity and excess energy from your mind and body.

In Wicca, grounding can be described as the process of getting rid of negative or excess energy by pouring it into the Earth (the ground). The Earth is a great

purifier. You can then draw energy back out of the ground to renew yourself. The energy you draw from it is clean energy. By taking some of her energy, you make yourself more like your Mother Earth, and your connection can help you become stronger, more focused and calm.

One popular method of grounding is to imagine you are a tree. Visualize roots extending from your feet into the ground, then allow all negative energy to flow out through your roots. When you have released your negative thoughts and feelings into the ground, then draw fresh energy in just like a tree would draw in water.

Some prefer to sit on the ground and place their hands on the Earth as they imagine roots extending from their fingertips into the ground. You can also literally hug a tree. The strength of the tree connects you to the Earth and allows you to release your energy into it where it can flow down the tree into the earth.

Just remember to draw clean, fresh energy back into yourself after you ground your old energy. If you forget to reset your energy levels you may simply feel drained.

Another tradition suggests that you pick up a stone and release your negative energies into it, then toss it into a lake or pool of water where the unwanted

energy can be washed away. Some have found that a simple bath or shower works to wash away stress and help them ground.

Many different methods work well for releasing negative energies. Most will involve a bit of visualization to clear the mind. How well a method works for you will depend on how easy it is for you to visualize the results. You may need to experiment to find what works best for you.

A passage from a 2000 year old manuscript records several Essenes men kneeling at a tree they believed the life-force or energy of the Divine flowed through. It's a beautiful image.

“...there he knelt at the place where the roots, gnarled and hoary with age, spread over the river edge. And the Sons of Light knelt also, and they did touch with reverence the trunk of the ancient tree, for it was taught to them that the trees are the Brothers of the Sons of Men. For their mother is the same, the Earthly Mother, whose blood runs in the sap of the tree and in the body of the Son of Man.”

Raising Energy

In Wicca, energy and nature are one. Mother Earth can help you renew your energy when you become attuned to nature. Divine energy naturally flows through everything. It connects us to each other and to the world we live in. This energy can be directed by your thoughts, feelings and activities, so it's important to learn exactly what increases or drains it.

Your mind simply needs to visualize or sense the Earth and it will naturally begin to draw energy from the connection you have to her. Sometimes this may only take a few short minutes. However, when life is extra tough, or if

the actions of others seem to be draining your energy, you may need prolonged or multiple sessions to truly refresh your spirit.

Reach out as much as you need to. Your own spirit must be strong if you hope to banish the unwanted spirits or negative energies in your life.

The Divine has always existed in Nature and always will. You can count on Mother Earth to be there for you, waiting to lift your spirit and comfort you. Her Divine energy is far stronger than that of any individual, and if you stay connected to her, she will help you find the strength to face all conflicts or challenges in your life.

The methods you use to raise energy are similar to those used to ground it. You can amplify your energy by visualizing it entering your body as you draw it from the Earth.

Some see themselves as a tree drawing energy from the ground. Others imagine her energy entering and flowing through their body as they drink a glass of water or juice.

Whenever I consume fresh fruit, I think about the life-energy of the living food entering my body and merging with my own. Spiritual leaders from many different paths also believe that living foods (fresh fruits and vegetables) actually enhance our ability to

communicate with the Divine. If this is true, then consuming Mother Earth's living foods can help raise both physical and spiritual energy.

No single method works for everyone. Use whatever combination of methods you are most comfortable with to draw energy from the Earth. As you send forth your intentions in rituals and magical work, don't forget to give back to the Earth and those around you, and always be thankful for strength and power given to you.

Casting Circles

In Wicca, the circle is used to create a sacred space in which we can welcome and honor the Goddess and God. Rituals and magical workings usually take place within such a circle. While other religions use a building such as a church or temple to hold worship, Wiccans and Pagans can cast a circle any place they choose.

In ancient times, some of our ancestors worshiped in stone circles, while others met in sacred groves or meadows. At the point in history when Pagan rites were outlawed, most practitioners grew secretive about their rituals. Some began to practice only under the cover of

darkness. Others began practicing indoors. Wicca has inherited these traditions. Many today still practice indoors, and while that is acceptable, it's ideal to hold the rites outside whenever possible, surrounded by Nature with the Sun or Moon shining down on you!

The circle defines your ritual area and is intended to create a sacred space for you to work in. It is a space to contain your positive personal power, while shutting out any distracting energies. Hollywood has dramatized this idea to suggest the circle is for keeping out evil spirits or entities that may appear. You are simply creating a sphere of positive energy to work in. What you want to leave outside

the circle are all the negative or distracting energies that have pursued you during the day.

The circle is made with personal power that is felt or visualized as streaming from the body. In some traditions a Circle is physically marked on the ground, while in others it is merely visualized. Those who outline their circle may lay stones, flowers or objects on the ground to form their sacred space, or they may simply use a cord or mark a circle on the floor with chalk or salt.

A solitary practitioner may be able to work in a space as small as 3 to 5 feet in diameter, but any comfortable size is fine. In most traditions the circle is

oriented to the four quarters with candles or other markers at the north, south, east and west points.

If you choose to use candles, green represents the Earth and is traditionally placed to the North, yellow is placed in the East to represent Air, red or orange symbolizes Fire in the South, and blue is placed in the West to represent Water.

The pentacle, a bowl of salt or earth may also be placed to the North, which is the realm of Earth. The censer and incense or fresh flowers are commonly assigned to the East to acknowledge the realm of Air. To the South, a burning candle represents Fire. Finally, a cup or bowl of water can be placed in the West of the

circle, which is the realm of Water.

These objects represent the four elements. If you prefer, they may also be placed on the altar in the center of your circle, in their corresponding directions.

A ceremonial circle is a place in which positive energy and power are kept in, and negative energy is kept out. Some like to use a broom to symbolically sweep the area where the circle will be. Before starting your ritual, you may want to purify yourself as well. Some do this by taking a cleansing bath or shower. Others may simply sprinkle themselves with clean water to symbolize the cleansing.

If you intend to raise energy for a

magical purpose, your Circle will allow you to focus on drawing in the energy, and it will contain it until you direct it to its purpose. It also works as a protective barrier to minimize outside distractions.

When you are in the correct frame of mind to do ritual, everything outside your Circle seems to fade away. In the beginning, you don't need to be overly concerned about how strong you cast your circle. If you can see the circle when you look at it, it's strong enough to do the job. In time, you will be able to cast your circle with no visual aids. As you develop your visualization skills, your circle should feel more and more real to you.

This is the basic framework for casting a circle. What you do inside your circle is between you and the Divine. This is your sacred space, a place to connect and commune with the Divine. Speak to the God and Goddess from your heart. Send out energy that is loving, giving and thankful, and watch as your Deities respond in kind!

Elements and Elementals

“I tell you truly, the Book of Nature is a Holy Scroll ... teach how once again to read from the living pages of the Earthly Mother. For in everything that is life is the law written. It is written in the grass, in the trees, in rivers, mountains, birds of the sky and fishes of the sea.”
(Excerpt from The Essene Teachings of the Elect)

The Elements

Earth, Air, Fire and Water are the four elements of nature honored by many paths. Ancient myths and traditions tell us that these four Divine Spirits or Elements were sent to the earth while it

was still being formed, to bring about order out of chaos. These four elements are said to link man to nature, and the Divine.

The four elements are still accepted in magic, for they are more closely linked with emotions, the human psyche, and with nature than are modern explanations of the world. These “magical” Earth elements are also of some importance in astrology. Many occultists think of the magical elements as forces, or as “qualities” of energy; especially within the astral world.

Each element has a symbol and color. (Common symbols are -- fire: a triangle pointing up; air: a triangle pointing up

and with a horizontal line through the middle of it; water: a triangle pointing down; earth: a triangle pointing down and with a horizontal line through the middle of it.) Colors of the elements are -- earth: brown and green; water: blue; fire: red; air: yellow. The elements are often used in magic ritual.

Magic sees relationships between things. These relationships are called 'correspondences'. Although magical correspondences are not literally equal to one another, you can think of them that way (such as gold equals sun). Thus one thing or symbol can be used to suggest another. This is important in magic, because surrounding yourself with

multiple correspondences can enhance the senses.

The magical elements also have correspondences with the four suits of tarot cards, the four quarters (directions of the universe as used in magic ritual) and the Archangels.

Element Correspondence Table

Element	Suit	Quarter	Archangel
Earth	Pentacles	North	Uriel
Water	Cups	West	Gabriel
Fire	Swords	South	Michael
Air	Wands	East	Raphael

Astrological signs also correspond with the elements. Taurus, Virgo, and

Capricorn are earth signs. Cancer, Scorpio, and Pisces are water signs. Aries, Leo and Sagittarius are fire signs. Gemini, Libra, and Aquarius are air signs.

Elementals

Elementals can be defined as the spirits that inhabit Nature. They are the life-force in all living things, and they exist in the four elements of earth, air, fire, and water, as well as in all the planets and stars above. The belief in their existence was almost universal in the ancient times. Interest in them was especially high in the Middle Ages when practitioners of alchemy and magic sought to acquire nature's secrets and

control her forces. Today, this belief still exists among those who believe that all things possess life.

Sometimes fairies and gnomes are included in the elemental category, along with elves and household spirits such as brownies and goblins. Elementals are said to be ruled by higher spirits. In some Witchcraft traditions these higher beings are referred to as Lords of the Watchtowers, the Guardians, or the Mighty Ones. Most Elementals are viewed as benevolent forms that help maintain natural harmony.

Elementals are usually viewed as friendly little spirits of nature. But they are thought by some to be entities of the

astral plane, and they are occasionally described as evil or mischievous. These troublesome entities are usually associated with ritual magic and believed to be sent on psychic attacks by magicians. Artificially created elementals are commonly called thought-forms. They are non-physical entities that exist only in the mental or astral plane.

As we mentioned above, worrying about negative or harmful energies will only give them power. Fill your mind with positive, peaceful and loving thoughts, until there is simply no room for negative energies. Harmful thought-forms sent out by others will tend to

bounce off and fade away if your own energy is strong. Refer back to PART 4 of this book whenever you need tips on how to raise your energy!

For additional reading about working with the Elements we recommend *Wicca Elemental Magic* by Lisa Chamberlain

The Power of the Humble Grass

Below are two excerpts from an ancient writing that I thought you might enjoy. They teach the importance of the humble grass which is one of the precious gifts from the Divine that we tend to take for granted. I hope it gives you a new way to look at, not only the grass beneath your feet, but all the amazing gifts and blessings that your Mother Earth offers you!

"...And I did moisten a handful of wheat that the angel of Water entered into it. The angel of Air did also embrace it, and the angel of Sun, and the power of the three angels awakened also the

angel of Life within the wheat, and sprout and root were born in each grain. Then I put the awakened wheat into the soil of the angel of Earth, and the power of the Earthly Mother and all her angels entered into the wheat, and when the sun had risen four times the grains had become grass. I tell you truly, there is no greater miracle than this."

The "angels" or messengers of Earth, Air, Fire (Sun) and Water can awaken the your life force as well. These elements have the power to energize your body, clear your mind and renew your spirit. Connect with them daily for a truly magical life!

"...that most precious gift of your Earthly Mother is the grass beneath your feet, even that grass which you tread upon without thought. Humble and meek is the angel of Earth, for she has no wings to fly, nor golden rays of light to pierce the mist. But great is her strength and vast is her domain, for she covers the earth with her power, and without her the Sons of Men would be no more, for no man can live without the grass, the trees and the plants of the Earthly Mother."

Today, let your heart be full of joy and gratitude as you walk through the soft grass and commune with your Earthly Mother!

Wicca & Witchcraft Glossary

In this section you will find a convenient glossary of words commonly used in the practice of Wicca & Witchcraft. Understanding the meaning of these words will prove helpful in your studies as you continue to learn about the Old Ways.

Adept: An individual who through serious study and accomplishments is considered highly proficient in a particular magical system.

Akasha Spirit: The fifth element, the omnipresent spiritual power that permeates the universe.

Alchemy: A branch of High Magic developed in the Middle Ages which sought to magically and/or chemically turn base metals into gold.

Altar: A special, flat surface set aside exclusively for magickal workings or religious acknowledgment.

Amulet: A magically charged object which deflects specific, usually negative energies. A protective object.

Ankh: An Egyptian hieroglyphic widely used as a symbol of life, love, and reincarnation. It is a cross with a looped top.

Arcana: The two halves of a tarot deck. The Major Arcana consists of 22 trumps, the Minor Arcana consists of 56 suit cards (sometimes called the lesser or

lower Arcana).

Aspect: The particular principle or part of the Creative Life Force being worked with or acknowledged at any one time.

Asperger: A bundle of fresh herbs or a perforated object used to sprinkle water during or preceding ritual, for purification purposes.

Astral Plane: A place which is generally conceptualized as an invisible parallel world which remains unseen from our own solid world of form.

Astral Travel/Projection: The process of separating your astral body from your physical one to accomplish travel in the astral plane or dream time.

Astrology: The study of and belief in the effects the movements and placements of

planets and other heavenly bodies have on the lives and behavior of human beings.

Athame: A cleansed and consecrated ritual blade. Usually double edged, and black handled. It is never used to cut anything on the physical plane. Pronounced several ways: Ah-THAM-ee ATH-ah-may ah-THAW-may.

Aura: The life-energy field which surrounds all living things.

Automatic Writing: Form of divination where the channeler uses a pen, paper and an altered state of consciousness to receive messages.

Balefire: A fire lit for magickal purposes, usually outdoors. They are traditional on Yule, Beltane, and

Midsummer.

Bane: That which destroys life, which is poisonous, destructive, dangerous.

Banish: To magically end something or exorcise unwanted entities. To rid the presence of.

Bells: Often used as ritual tools. They can be used to invoke directional energies, to ring in the sunrise on a Sabbat, or to frighten away faeries and baneful spirits.

Besom: A witch's broom.

Bi-Location: A type of astral projection during which you maintain awareness of your present surroundings.

Bind: To magically restrain something or someone.

Blue Moon - Whenever there are two

Full Moons in one calendar month, the second is referred to as a Blue Moon.

Book of Shadows: A witch's book of spells, rituals, magickal lore. Much akin to a magickal cookbook. Also known as a BOS.

Boline: A white-handled knife, used in magick and ritual for purposes such as cutting herbs or piercing a pomegranate.

Burning Times: Reference to a historical time from around 1000 C.E. through the 17th century when it is said that up to nine million people were tortured and burned by church and public officials on the assumption that they were the Christian version of Witches. This turned into an extremely profitable venture, as all land and property was

seized from the accused individual and portions given to the accuser (in reward fashion) and the remainder seized by the church officials. Historians indicate that the majority of people tortured and murdered were woman and children.

Call: Invoking Divine forces.

Calling the Quarters - Verbal or symbolic acknowledgment of the Four Elements (Earth, Air, Fire Water) in a ritual environment.

Cauldron: Linked to witchcraft in the popular mind, this symbolizes the Goddess, the waters of rebirth.

Censer: A heat-proof container in which incense is burned. It is associated with the element air.

Ceremonial Magick: A highly codified

magickal tradition based upon Kabbala, the Jewish-Gnostic mystical teachings.

Chakras: Seven major energy vortexes found in the human body. Each is usually associated with a color. They are: crown - white; third-eye - purple; throat - blue; chest - pink or green; navel - yellow; abdomen - orange; groin - red. Smaller vortexes are located in the hands and feet as well.

Chalice: A ritual tool. It represents the female principals of creation.

Channeling: A New Age practice wherein you allow a discarnate entity to "borrow" your body to speak to others either through automatic writing or verbally.

Chaplet: A crown for the head usually

made of flowers and worn at Beltane.

Charge: The Originally written in modern form by Doreen Valiente, it is a story of the message from Goddess to Her children.

Charging: To infuse an object with personal power.

Charms: Either an amulet or talisman that has been charmed by saying an incantation over it and instilling it with energy for a specific task.

Circle: Sacred space wherein all magick is to be worked and all ritual contained. It holds ritual energy until the Witch is ready to release it.

Cleansing: Removing negative energies from an object or space.

Collective Unconsciousness: Term used

to describe the sentient connection of all living things, past and present. See also Akashic Records.

Coming of Age Ritual: At age 13 for boys, and at the time of a girl's first menses, Pagan children are seen as spiritual adults. The ritual celebrates their new maturity. Generally this is the age when they are permitted membership in covens.

Cone of Power: Psychic energy raised and focused by either an individual or group mind (coven) to achieve a definite purpose.

Conscious Mind: The analytical, materially-based, rational half of our consciousness. The part of our mind that is at work while we balance our

checkbooks, theorize, communicate, and perform other acts related to the physical world.

Consecration: The act of blessing an object or place by instilling it with positive energy.

Correspondence - An item that has a magickal association. Correspondences include: days, planets, moon phases, herbs, oils, colors, gemstones, Zodiac signs, hours, etc.

Coven: A group of thirteen or fewer witches that work together in an organized fashion for positive magickal endeavors or to perform religious ceremonies.

Covenstead: The meeting place of witches, often a fixed building or place

where the witch can feel safe and at home.

Craft: Witchcraft

Crone: Aspect of the Goddess represented by the old woman. Symbolized by the waning moon, the carrion crow, the cauldron, the color black. Her Sabbats are Mabon and Samhain.

Cross-Quarter Days: Refers to Sabbats not falling on the solstices or equinoxes.

Days of Power: See Sabbat. They can also be days triggered by astrological occurrences - your birthday, a woman's menstrual cycle, your dedication/initiation anniversary.

Dedication: The process where an individual accepts the Craft as their path

and vows to study and learn all that is necessary to reach adept ship. It is a conscious preparation to accept something new into your life and stick with it, regardless of the highs and lows that may follow.

Deosil: Clockwise, the direction in which the shadow on a sundial moves as the Sun "moves" across the sky. Deosil is symbolic of life, positive magick, positive energies.

Dirk: Ritual knife of the Scottish tradition.

Divination: The magickal art of using tools and symbols to gather information from the Collective Unconsciousness. This can be on people, places, things and events past, present, and future.

Divine Power: The pure energy that exists within the Goddess and God. The life force, the ultimate source of all things.

Dowsing: The divinatory art of using a pendulum or stick to find the actual location of a person, place, thing, or element.

Drawing Down the Moon: A ritual performed during the Full Moon by witches to empower themselves and unite their essence with a particular deity, usually the Goddess.

Drawing Down the Sun: Lesser-known and lesser-used companion ritual to Drawing Down the Moon in which the essence of the Sun God is drawn into the body of a male witch.

Duality: The opposite of polarity. When used as a religious term, it separates two opposites such as good and evil and places those characteristics into two completely separate God-forms.

Earth Magick: The energy that exists within stones, herbs, flames, wind, and other natural objects.

Earth Plane: Metaphor for your normal waking consciousness, or for the everyday, solid world we live in.

Elements: Usually: Earth, air, fire, water. The building blocks of the universe. Everything that exists contains one or more of these energies. Some include a fifth element- spirit or Akasha.

Elementals: Archetypical spirit beings associated with one of the four elements.

Elementals are sometimes called Faeries.

Enchantment: A magickal object that must be kept absolutely secret and hidden from all human eyes and affects a hidden aura. They must be charmed first. Gems and magickal writing are good items to use.

Eostre's Eggs: Colored, decorated eggs of Ostara; named for the Teutonic Goddess Eostre. AKA Easter eggs.

Esbat: A gathering or ritual usually occurring on the Full Moon and dedicated to the Goddess in her lunar aspect.

Evocation: To call something out from within.

Faerie: See Elemental

Faerie Burgh: Mound of earth which covers a faerie colony's underground home.

Familiar: An animal that has a spiritual bond with a witch; many times a family witch. Familiars can also be entities that dwell on the astral plane.

Fascination: A mental effort to control another animal or person's mind. Also known as "mind-bending". Often considered unethical.

Folklore: Traditional sayings, cures, faerie tales, and folk wisdom of a particular locale which is separate from their mythology.

Folk Magick: The Practice of projecting personal power, as well as the energies within natural objects such as herbs, and

crystals, to bring about needed changes.

Gaea/Gaia: Mother Earth.

God: Masculine aspect of deity.

Goddess: Feminine aspect of deity.

Grain Dolly: Figure usually woven at Imbolc from dried sheaves of grain collected at the previous harvest. The dolly is traditionally burned at Yule and a new one made the following Imbolc.

Great Rite: Symbolic sexual union (also sacred marriage) of the Goddess and God that is enacted at Beltane in many traditions, and other Sabbats in other traditions. It symbolizes the primal act of creation from which all life comes.

Green Man: Another name for the God

Grimoire: A magickal workbook

containing ritual information, formulae, magickal properties of natural objects and preparation of ritual equipment. Often used interchangeably with Book of Shadows.

Grounding: To disperse excess energy generated during magickal work by sending it into the earth. It also means the process of centering one's self in the physical world both before and after any ritual or astral experience.

Grove: Synonymous with coven.

Guardians: Ceremonial magicians use the Guardians of the Watchtowers or Four Quarters. Some witches use them, too.

Hand Fasting: A Pagan wedding.

Herbalism: Art of using herbs to

facilitate human needs both magically and medicinally.

Higher Self: That part of us which connects our corporeal minds to the Collective Unconscious and with the divine knowledge of the universe.

Hiving Off: This term is used for a small coven which splits off from a larger one. Sometimes this is done to keep the gatherings of a manageable size, other times covens split over philosophical differences.

Horned God: One of the most prevalent God-images in Paganism. NOT Satan or the Devil!!!

Initiation: A process whereby an individual is introduced or admitted into a coven. Usually a ritual occasion. Not

to be confused with dedication.

Incense: Ritual burning of herbs, oils, or other aromatic items to scent the air during acts of magick and ritual, and to better help the witch attune to the goal of the working.

Invocation: To bring something in from without.

Karma: The belief that one's thoughts and deeds can either be counted against them or added to their spiritual path across several life times.

Kabbala: Mystical teaching from the Jewish-Gnostic tradition. Ceremonial Magick and the Alexandrian traditions are based in these teachings. Also, Qabala.

Labrys: A double-headed ax which

symbolizes the Goddess in Her Lunar aspect. Has roots in ancient Crete.

Left-Hand Path: Refers to the practice of using magick to control others, to change the will of others, for personal gain. Generally frowned upon by true Wiccans and Witch's. Dark Magick.

Libation: Ritually given portion of food or drink to a deity, nature spirit, or ghost.

Macrocosm: The world around us.

Magick/Magic: The projection of natural energies (such as personal power) to bring about needed change. Magic is the process of raising this energy, giving it purpose, and releasing it. Some choose to spell magic with a "K" on the end. This spelling was made popular by Aleister Crowley in the

1900's to differentiate it from the stage magic performed in that time. Some believe that Magic is evil and should not be tampered with, or that it is only possessed by "chosen" ones. Both of these statements are false.

Magic Circle: A sphere constructed of personal power in which rituals are usually performed. Within it the witch is protected from outside forces. The sphere extends both above and below the surface of the ground.

Magical System: The basic set of guidelines relating to the worship of specific Gods and Goddesses or cultural traditions.

Male Mysteries: Pagan study which attempts to reclaim the power and

mystery of the old Gods for today's Pagan males.

Matrifocal: Term used to denote pre-patriarchal life when family clans centered around and lived near or on clan matriarch.

May Pole: Sexual symbol of Beltane representing the phallus.

Meditation: Reflection, contemplation-turning inward toward the self, or outward toward Deity or nature. A quiet time in which the practitioner may either dwell upon particular thoughts or symbols, or allow them to come unbidden.

Megalith: A huge stone monument or structure. Stonehenge is the best-known example of a megalith.

Menhir: A huge stone probably erected by early peoples for religious, spiritual, or magickal reasons.

Microcosm: The world within us.

Monotheism: Belief in one supreme deity who has no other forms and/of displays no other aspects.

Mother: The aspect of the Goddess representing motherhood, mid-life, and fertility. She is represented by the full moon, the egg, the colors red and green. Her Sabbats are Midsummer and Lughnasadh.

Myth: Cycles Body of lore about any land or people that makes up their mythology.

New Age: The mixing of metaphysical practices with a structured religion.

Nursery Rhyme: Cute doggerel or poems supposedly written for the amusement of children. Much Pagan lore was hidden in these ditties during the years of witch persecutions.

Occult: Literal meaning is "hidden" and is broadly applied to a wide range of metaphysical topics which lie outside the accepted realm of mainstream theologies.

Occultist: One who practices and or studies a variety of occult subjects.

Ogham: Celtic equivalent of the Teutonic runes. The ancient alphabet of the Celtic people.

Old Ones: The A term which refers to all aspects of the Goddess and God.

Old Religion: A name for Paganism as it

pre-dates Christianity by at least 20,000 years. Also referred to as the Old Ways.

Pagan/Neo-Pagan: General term for followers of Wicca and other magickal, shamanistic, and polytheistic Earth-based religions. Also used to refer to pre-Christian religious and magickal systems.

Paganing: When a baby is presented in circle to the Goddess and God, and given a craft name which s/he will keep until about 13 and can choose their own at their Coming of Age celebration.

Pantheon: A collection or group of Gods and Goddesses in a particular religious or mythical structure.

Pantheism: Belief in many deities who are really one because they are all

merely aspects of the single creative life source. Paganism is pantheistic.

Passion Over Ritual: Ritual observed when a loved one dies.

Past-Life Regression: Act of using meditation or guided meditation to pass through the veil of linear time and perceive experiences encountered in a previous existence.

Path Working: Using astral projection, bi-location, or dream time to accomplish a specific goal. Also called vision questing.

Patriarchal: Term used to apply to the world since the matrifocal clans that worshipped Goddesses were supplanted by codified religions that honor all-male deity(s).

Pendulum: A divinatory device consisting of a string attached to a heavy object, such as a quartz crystal, root, or ring. The free end of the string is held in the hand, the elbows steadied against a flat surface, and a question is asked. The movement of the heavy object's swings determines the answer. It is a tool which contacts the psychic mind.

Pentacle: A circle surrounding a five-pointed, upright star (pentagram). Worn as a symbol of a witch's beliefs. Many witches consider wearing it inverted to be blasphemy of their faith and is commonly associated with Satanism.

Pentagram: The basic interlaced five-pointed star, visualized with one point up. It represents the five elements: Earth,

Air, Fire, Water, and Spirit. It is a symbol of power and protection.

Personal Power: The energy which sustains our bodies. It originates within the Goddess and God. We first absorb it from our biological mother within the womb, and later from food, water, the Moon and Sun, and other natural objects.

Polarity: The concept of equal, opposite energies. The Eastern Yin Yang is a perfect example. Yin is cold; yang is hot. Other examples: Goddess/God, night/day, Moon/Sun, birth/death, dark/light, psychic mind/unconscious mind. Universal balance.

Polytheism: Belief in the existence of many unrelated deities each with their own dominion and interests who have no

spiritual or familial relationships to one another.

Poppets: Anthropomorphic dolls used to represent certain human beings in magick spells.

Projective Hand: The hand thought to be the point through which personal power is sent from the body. Normally the hand used for manual activities such as writing, dialing the phone, etc. It is also the hand in which tools such as the athame and wand are held.

Psychic Mind: The subconscious, or unconscious mind, in which we receive psychic impressions. It is at work when we sleep, dream, and meditate. It is our direct link with the Divine, and with the larger, nonphysical world around us.

Psychism: The act of being consciously psychic, in which the psychic mind and conscious mind are linked and working in harmony. Also known as psychic awareness.

Quabala: See Kabbala

Receptive Hand: The hand through which energy is received into the body. The left hand in right-handed persons, the reverse for left-handed persons.

Rede: The Basic tenet of witchcraft. "An it harm none, do what thou will.

Reincarnation: The process of repeated incarnations in human form to allow evolution of the sexless, ageless soul.

Ritual Ceremony: A specific form of movement, a manipulation of objects or inner processes designed to produce

desired effects. In religion ritual is geared toward union with the Divine. In magickal works it produces a specific state of consciousness that allows the magician to move energy toward needed goals.

Ritual Consciousness: A specific, alternate state of awareness necessary to the successful practice of magick. This state is achieved through the use of visualization and ritual. The conscious mind becomes attuned with the psychic mind, a state in which the magician senses energies, gives them purpose, and releases them toward a specific goal. It is a heightening of senses, an expanded awareness of the nonphysical world, a linking with nature and with Deity.

Ritual Tools: General name for magickal tools used by a witch or magician. They vary by tradition and usually represent one of the elements.

Runes: A set of symbols used both in divination and magickal work. There are several types with different origins-Scandinavian, Norse, Germanic.

Sabbat: A witch's festival.

Scourge: Small device made from leather or hemp which resembles a whip and is used in flagellation rites within some traditions.

Scrying: A method of divination. To gaze at or into an object (a quartz crystal sphere, a pool of water, reflections, a candle flame) to still the conscious mind in order to contact the psychic mind.

Scrying allows the scryer to become aware of events prior to their actual occurrence, as well as to perceive past or present events through other than the five senses.

Shaman: A man or woman who has obtained knowledge of the subtler dimensions of the Earth, usually through periods of alternate states of consciousness. Various types of ritual allow the shaman to pierce the veil of the physical world and to experience the realm of energies. This knowledge lends the shaman the power to change his or her world through magick.

Shamanism: The practice of shamans, usually ritualistic or magickal in nature, sometimes religious.

Shillelagh: Magickal tool corresponding to the staff in other traditions. Usually made from blackthorn wood.

Sigil: Magically oriented seal, sign, glyph, or other device used in a magickal working. Ones you create yourself are the most effective. Sigils can be used on letters, packages, clothing, etc.

Simple Feast: A ritual meal shared with the Goddess and God.

Sky Father: Shamanistic in origin. It refers to the sky, or that which is above us, as a masculine deity.

Skyclad: The act of celebrating or performing magickal works in the nude. Considered deeply spiritual, NOT sexual.

Solitary: Pagan who works and worships alone.

Spell: A magical ritual or concentrated form of energy, usually non-religious in nature and often accompanied by spoken words. It should always be clear, concise, focused and emotional.

Spiral: Symbol of coming into being.

Staff: Ritual tool which corresponds to the wand or athame.

Subconscious Mind: Part of the mind which functions below the levers we are able to access in the course of a normal working day. This area stores symbolic knowledge, dreams, the most minute details of every experience ever had by a person.

Summerland: The Pagan Land of the

Dead.

Sympathetic Magic: Concept of likes attract. Most common way spells are worked.

Talisman: An object charged with personal power to attract a specific force or energy to its bearer.

Tarot Cards: Set of 78 cards which feature pictures and symbols used to connect the diviner with the collective unconscious.

Threefold Law: Karmic principle that energy that is released is returned three times over.

Tradition: Branch of paganism followed by any individual Pagan or coven.

Trilithon: A stone arch made from two upright slabs with one lying atop these.

They are featured in Stonehenge.

Triple Goddess: One Goddess in all of her three aspects: Maiden, Mother, Crone.

Virgin: Youngest aspect of the Triple Goddess. Also known as the Maiden. Represented by the waxing moon, colors white and blue. Her Sabbats are Imbolc and Ostara.

Vision Quest: Using astral projection, bi-location, or dream time to accomplish a specific goal. Also called path working.

Visualization: The process of forming mental images. Magickal visualization consists of forming images of needed goals during ritual. It is also used to direct personal power and natural

energies for various purposes during magick, including charging and forming of the magick circle.

Wand: Ritual tool brought to the craft from ritual magick.

Warlock: Antiquated term misused in reference to a male Witch. It means oath-breaker or Liar. Most Pagans, Witch's find the term offensive.

Web Weaving: Networking with other magickal people via conversation, writing, e-mail, to gather information which will mutually assist each party.

Wheel of the Year: One full cycle of the seasonal year.

Wicca: A modern Pagan religion with spiritual roots in the earliest expressions of reverence for nature. Some major

identifying motifs are: reverence for both the Goddess and God; acceptance of reincarnation and magic; ritual observance of astronomical and agricultural phenomena; and the use of magical circles for ritual purposes.

Wicce: Synonymous with Wicca. In some circles, Wicce is used for women and Wicca is used for men.

Widdershins: Counter-clockwise motion, usually used for negative magical purposes, or for dispersing negative energies or conditions such as disease.

Witch: A practitioner of folk magick, particularly that kind relating to herbs, stones, colors, wells, rivers, etc. It is used by some Wiccans to describe

themselves. This term has nothing to do with Satanism.

Witchcraft: The craft of the witch-magick, especially magick utilizing personal power in conjunction with the energies within stones, herbs, colors, and other natural objects. This belief system also has nothing to do with Satanism.

Yggdrasil: One of the best known Tree of Life symbols. It unites all existence from the Underworld, to the Physical world.

Excerpt from Book #1 Sabbats and Children

I was talking to my daughter (now 30) about teaching Wicca to children. Her dad, Herne, believed that being a Wiccan or Witch meant you were a healer, a teacher, a seeker, a giver, and a protector of all things. He felt that walking the old paths meant "...being in the presence of Mother Earth's nature and being humbled in reverence."

For us, teaching Wicca to children was not about teaching spells and rituals. It was about helping them connect with our mother Earth. Our focus should always

be on teaching nature's cycles and rhythms, and helping others, both young and old, learn to respect, honor and work with all living things.

No one knows more about having fun and celebrating the moment than a child. My favorite book on connecting with nature was written by a child. After reading a few paragraphs from this book it was clear that children could teach adults a lot about following a nature-based magical path.

Excerpts from this child's writing are listed below. She grew up in the woods of western Oregon and in her diary (written when she was 6 - 7 years old) she recorded a world alive with

creatures, fairies, talking trees, and singing creeks. Here are a few of her words:

The wind ... calls to me to come go exploring. It sings of the things that are to be found under leaves. It whispers the dreams of the tall fir trees. It does pipe the gentle song the forest sings on gray days. I hear all the voices calling me. I listen...

The wind does have many things to tell. He does toss back one's curls so he can whisper things in one's ears. Today he did push back my curls three times, that I might better hear what he did have to say.

"I wave greetings to the plant-bush

folks that do dance all about. Today a grand pine tree did wave its arms to me. And the bush branches patted my cheek in a friendly way.”

“Raindrops were beginning to come down from the sky. Their coming was in a gentle way. I had longs to be out with them. I so do like to feel the raindrops patter on my head and I like to run runs and hold out my hands to meet them.”

For this little girl, something magical was always happening right outside her front door. Most children experience this enthusiasm for the natural world. We should think of ourselves as *Leaders of Learning* when we explore our Mother Earth's gifts with them. If we are lucky,

as we share our knowledge of the old traditions, moon lore and nature's changing seasons with our children, they might teach US something about the true spirit and magic at the heart of these wonderful celebrations!

One Last Thing

Thank you for your interest in Wicca and the Old Ways. If you found this book helpful, please help me share this information by posting a short review on Amazon. Your review really does make a difference! Reader feedback has always been my greatest source of inspiration and motivation to keep writing. I read all the reviews personally and use your comments to give you more of what you want.

Review

Page:

<http://www.amazon.com/dp/B00QSPXTMW>

If you scan to the end of this book, you will find a list of the other books on Wicca I have written for you. Enjoy! And I'll be looking forward to reading

your review on Amazon. :)

Peace and health be with you,

Kardia

P.S. Please feel free to email me with any questions or comments you may have about Wicca. I would love to hear from you! kardia@wicca.com

ABOUT THE AUTHOR



Kardia Zoe is a native Oregonian and co-founder of one of the oldest and largest information sites for Wicca and Witchcraft on the Internet. The website averages over 2,000 unique visitors per day and she has been providing these guests with guidance since 1997.

Now, in her Living Wicca Today series, Kardia is sharing her years of insight into this

beautiful Earth religion as she addresses the most frequently asked questions about Wicca and gives you a clear, accurate understanding of the traditional beliefs and practices. Her books dispel the lingering myths and misconceptions that surround this religion, so you can move forward with confidence on an amazing journey into the enchanted world of Wicca.

ADDITIONAL RESOURCES

If you are on Facebook, visit our Living
Wicca Today page at:

<https://www.facebook.com/living.wicca>.

This is a great place to connect with
others who practice the Old Ways!

To receive a **FREE** subscription to the Inner
Circle Newsletter visit:

<http://wicca.com/publications/free.html>

*This complimentary publication explores the
ancient spiritual wisdom of Wicca, Witchcraft
and Pagan traditions and it keeps you
updated on any helpful new articles or books
we publish about the Old Ways. **Welcome to
the Inner Circle!***

e-Books by Kardia Zoe you may enjoy!



Book #1 Wiccan & Pagan Holidays

<http://www.amazon.com/dp/B00PZCMT3O>



***Book # 2 Wicca: A Beginner's Guide
to Earth Magic***

<http://www.amazon.com/dp/B00QSPXTMW>

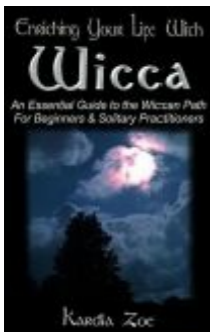


***Book #3 Wicca: A Beginner's Guide to
Casting Spells*** **Release**

<http://www.amazon.com/dp/B00SXL48WY>



Book #_4 Taking to the Goddess: The Power of Intuition & Divination - *Release Date: March, 2015*



Enriching Your Life With Wicca: An Essential Guide to the Wiccan Path for Beginners and Solitary Practitioners.

Release Date: September, 2015