



WICCA FOR BEGINNERS

A SIMPLE GUIDE TO UNDERSTAND THE BASICS OF WICCA AND THE
MAGICAL PROPERTIES OF HERBS, CRYSTALS AND ESSENTIAL OILS.
START PRACTICING WICCA AND FOLLOW THE MODERN WITCHCRAFT.

JUSTINE J. SCOTT

Wicca For Beginners

A Simple Guide to Understanding the Basics of Wicca and the Magical Properties of Herbs, Crystals and Essential Oils. Start Practicing Wicca and Follow the Modern Witchcraft.

Justine J. Scott

© Copyright 2019 - Justine J. Scott - All rights reserved

The content contained within this book may not be reproduced, duplicated or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book. Either directly or indirectly.

Legal Notice:

This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

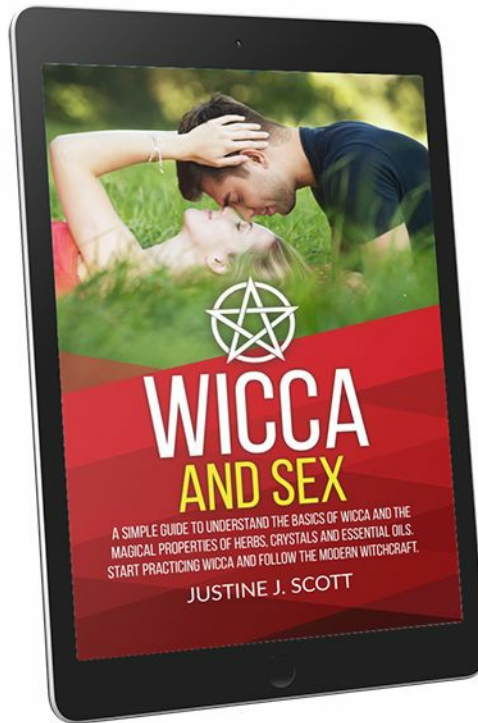
By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as

a result of the use of information contained within this document, including, but not limited to, — errors, omissions, or inaccuracies.

Stop! There is a gift for you!

To thank you for showing interest in this book I have the pleasure of giving you an e-book on Wicca. More specifically, it is the relationship between **Wicca and Sex** and how the Wiccan live the relationship of a couple.

[Download it for free by clicking here!](#)



[Download it for free by clicking here!](#)

CONTENTS

[Introduction](#)

[Chapter 1: So, What is Wicca?](#)

[The Basics of Wicca](#)

[But What About the Magic?](#)

[The Myths of wicca, Debunked!](#)

[Wiccans Can hurt others with Spells!](#)

[Witches are Evil!](#)

[Wiccan isn't a Real Religion](#)

[They only Worship the Devil!](#)

[They Sacrifice Animals!](#)

[They Have an Evil Bible](#)

[It's just a Weird Cult!](#)

[Chapter 2: A history of Wicca](#)

[The origination of Wicca](#)

[But Who was Gerald Gardner?](#)

[Wicca and Feminism](#)

[The Original Beliefs](#)

[Today's Wicca: No, it isn't Harry Potter](#)

[The Beliefs Today's Wiccans Have](#)

[Chapter 3: Wiccan Philosophy](#)

[The Philosophy on Nature, and God itself](#)

[On Nature](#)

[The Two Main Gods](#)

[On Magic](#)

[The Afterlife](#)

[Morality](#)

[Five Elements](#)

[Chapter 4 - Altars and Rituals: What they are, and How to Set them Up](#)

[About the altar and importance](#)

[Things to keep in mind about your altar](#)

[Tools of Altars](#)

[Tips to setting it up](#)

[Rituals](#)

[The important wiccan rituals](#)

[A basic wiccan ritual to try](#)

Chapter 5: The Wiccan Relationships

The relationship between male and female

Wicca and the Gender Revolution

Wiccan relationship with nature and how to practice it

Nature and Not Harming It

How to apply This

Chapter 6: Understanding Seasonal Cycles

What are wiccan seasonal cycles

How rituals play into this

The different wiccan seasonal activities

Chapter 7: Wiccan herbs, candles, and Crystals

All about the herbs used

The purpose of candles and how to use them

Wiccan crystals and how they're used

Cleaning the crystals

Recharging Them

Good Beginner Healing Crystals

Using Crystals in Wiccan Practice

Chapter 8: The Essential oils of Wicca and what they are

How are they Used?

The Power of Scents

The Best Essential Oils for Wiccans

Basil

Anise

Cinnamon

Cumin Seed

Cypress

Eucalyptus

Lotus

Myrrh

Orange blossom

Patchouli

Rosemary

Chapter 9: How to Use Modern-Day Witchcraft

How to use wiccan spells in modern-day world

Ways to Learn About Wicca

How to practice your connection with nature in the current world

The Power of Nature Rituals

[Meditation](#)

[Give Back to the Community](#)

[Chapter 10: Basic Wiccan Spells to Try](#)

[Petition Magic](#)

[Freezer Spell](#)

[Protection Magic](#)

[Tea Spell for Anxiety](#)

[Full moon Compassion and Self-Love Spell](#)

[Chapter 11: Your Wiccan relationships with the World and Others](#)

[A thinking Practice](#)

[Conversing with Other Wiccans](#)

[Praying as a Communication](#)

[Wiccans and Other Religions](#)

[Wicca Branches](#)

[Contributing to the Better of the World as a Wiccan](#)

[Conclusion](#)

INTRODUCTION

Do you feel like you could benefit from Wicca?

Wicca is oftentimes considered “modern witchcraft.” When we hear that, we probably think of Harry Potter or other popular witchcraft series. But it is a legitimate means of living, and it’s a very popular way to improve your life.

Wicca isn’t just casting spells, and it actually is used for good only, and not for bad. While some people look at the modern “witch” with rolled eyes, it’s actually a legitimate religion, and it can help you.

But, how do you get into it? And how can this practice of witchcraft help you? Well, you’re about to find out. Wicca is a little different from what you may think it is, and if you have an interest in it, this book will help you understand it more.

In this book, I’ll give you the lowdown on a beginner’s level what wicca is, including the history behind it, the original beliefs behind it, what exactly Wicca is in our society today, the philosophy that they have in terms of God, and also how to get started on your journey into Wicca.

I’ll provide the basics that you should know about this, and also some basic practices. You’ll also learn the basics of essential oils, healing crystals, herbs, and other items used in the Wiccan rituals.

I’ll also tell you a little bit about what it means to practice modern Wicca, and the relationship you should have with this. You’ll have a practical understanding of Wicca by the end of this and be able to utilize it in your life. I want you to use it, and I want you to understand the beauty that is Wicca, which is why I encourage you to continue on in your journey to reading and learning about Wicca on a beginner’s level.

But first, I want to thank you for choosing this book and I'd be really happy if you left me a quick review on Amazon. Enjoy the reading!

CHAPTER 1: SO, WHAT IS WICCA?

Before we continue with anything else, I want to educate you on what Wicca is on a basic level, and also dispel a few myths about Wicca that are prevalent in our society. The reason why these myths are here is due to not understanding, whether by choice, or involuntarily. But I want you to learn about Wicca, and here, we'll tackle the basic principles of it, and why they matter.



THE BASICS OF WICCA

Many people believe Wicca is actually just witchcraft, but it's not that. It's actually a modern understanding of pre-Christian traditions and beliefs.

However, some do believe there is a connection to the practices of the ancient Druids. It is oftentimes practiced individually, or in groups called covens.

While Wicca does involve witchcraft, it's actually more of a religion than anything else. However, while many religions encourage you to worship a god, Wicca has more of an Earth-focused aspect to it.

The practice does date all the way back to the old shamans, hence why there is such similarities to people such as the Druids. However, it's a little different than that.

Wiccans actually honor the powers of nature, and host rituals and commit to providing earthen balances. Wicca is considered paganism, but not every Wiccan is a Pagan, and oftentimes there are many Pagans who don't consider themselves Wiccans.

Wicca is a very evolving religion, so it is changing immensely. However, most of them do have nature at the focus, and their beliefs and practices encompass nature, celebrations of the seasons, and the like.

We'll go more into the beliefs in the following chapters and sections, but that's at the core of what it is. It's a religion yes, but it isn't monotheism, nor is it centralized like Catholicism or Judaism.

Of course, when people hear religion, they oftentimes cringe due to the doctrines that are usually a part of modernized religion. People don't want to be a part of organized religion in many cases, which is why they turn to Wicca. Wicca has their own set of gods, and there isn't an official "holy book" with rules they need to follow. There isn't one particular way to interpret Wicca, which is pretty cool. It's incredibly fluid, and it encourages you to follow a spiritual path that works best for you.

So, in essence, you're the creator of your own life, and you're the one who takes the journey. There is no pastor who you need to see every week, nor is there one set of rules written by men thousands of years ago that you have to follow. It's your own code, your own understanding, and it allows you to practice the way you want to.

Of course, you can follow ancient rituals that can be practiced honoring a particular deity, and also to help benefit your life. But of course, this is all based on what you want to do, rather than what one particular scripture or code tells you to do.

BUT WHAT ABOUT THE MAGIC?

When we think of Wicca, we think of magic. However, not every Wiccan practices magic. But magic is essentially the intimate connection you have with the Nature energies around you, and the utilization of this people use to help improve their own lives, and the work they do to help others. The practice is called magic of course, but it's not the magic that you know from various media.

It actually is mostly done with rituals, and various tools, and it involves different tools, ingredients, and the like, such as herbs, crystals, candles, and affirmations. These are the "spells" of Wicca, but oftentimes it's calling upon one of the deities to help with the outcome that is desired.

THE MYTHS OF WICCA, DEBUNKED!

Here are a few of the myths of Wicca that we hear oftentimes, and the truth behind them all.

WICCANS CAN HURT OTHERS WITH SPELLS!

That is incredibly untrue. Wiccans have one rule with their magic, and it's one of the very few actual "codes" they have. Their magic can only be used for positive actions, and never done to others in harmful ways, whether it be on purpose or not.

WITCHES ARE EVIL!

Again, another myth that involves the concept that Wiccans harm others. They can't use their magic negatively, and they encourage people to use it positively. There is a Threefold law that says if you use your magic for evil, you'll get that back three times the power. So, Wiccans know better than to harm others, and instead, they use their magic for the good of other people.

WICCAN ISN'T A REAL RELIGION

It is in fact. It was actually recognized by the American government as a religion, and there are actually Wiccan holidays observed by people. There are eight different holidays Wiccans believe in, and while some of the Christian-dominated regions in the country may think otherwise, Wicca is a legitimate religion.

THEY ONLY WORSHIP THE DEVIL!

The common misconception that Wiccans are Satanists is prevalent. Wiccans don't believe in the devil, and the concept of Heaven and Hell isn't a part of their doctrine. They've never existed in common Wiccan practice. They also don't have one particular almighty god, but instead have many different deities, including gods and goddesses they may acknowledge. It's more

similar to Buddhism and Hinduism when it comes to the types of deities they acknowledge.

THEY SACRIFICE ANIMALS!

Wiccans actually respect all living creatures, since the religion is based on nature. They do make offerings and sacrifices yes, but it's usually inanimate objects such as fruit, flowers, and bread, and oftentimes they wish only good for animals. They aren't allowed to make blood sacrifices, and it's nonsense if stated otherwise.

THEY HAVE AN EVIL BIBLE

They don't even have a bible. Some Wiccans might make a "Book of Shadows" which is used as a generalized spell book or compilation of spells, but that's literally it. It's a reference book, just like any old textbook.

Some Wiccans call it a grimoire, magical diary, or a book of spells, and really, it's just an informational text, and it does have some myths, spells, various rituals and ceremonies, prayers and affirmations, as well as the herbs and lore behind them, or even personal records they find.

It's not an evil bible. It's a reference book. It's not made to hurt others, it's just there so they don't have to write down twenty times to use a certain crystal when working on a practice.

IT'S JUST A WEIRD CULT!

Nope. There are obviously "weird" Wiccans just like every other religion, but for the most part, it's incredibly individualized and personal to yourself.

Again, some people can practice in covens if they want, but oftentimes it's easier to practice alone, which is totally fine.

Wicca is a legitimate religion and an interesting practice, and you learned here a little bit about it, along with the truth of Wicca, and what it really entails.

CHAPTER 2: A HISTORY OF WICCA

Wicca actually has a rich history that's worth learning about. Here, I'll take you through the historical aspects of Wicca, and why they matter. Wiccan history isn't as old as you may think it is, although it does have ties to ancient practices, and we'll highlight as well some of those beliefs, and the importance of them.



THE ORIGINATION OF WICCA

As we've said, it's not an old religion. It's actually very new. Like less than a century old.

The origins of it were dated all the way back to 1954, which was when it was originally developed. It came forth in England during then, and Gerald

Gardner was the first to bring it forth, talking about the diversity of it, and how it has many different ritualized practices.

There were a couple of other prevent Wiccans at the time, such as Gardner and Doreen Valiente, who both published works on these teachings and arts of the practice. However, the core structured was varied immensely, and it grew over time, and there are many different denominations and sects of it.

The type of Wicca that was practiced initially was called British Traditional Wicca, which followed the initiation elements of Gardner, and it is usually just the application of the older traditions.

So, there is an old-form of Wiccan tradition, which was the type of beliefs that were purported originally.

However, old Wiccans didn't call it Wicca at all, but it had similar practices. It was later during the 1960s that the name originally came about.

Some do believe it was the hidden lore that was passed during the Dark Ages when the pagans were persecuted, only to come about during modern times, which may be a theory, but it only takes from that in a very generalized sense.

The influences of Wicca are older however, so there is the argument there that Wicca was one of the old religions.

BUT WHO WAS GERALD GARDNER?

He was a man who was originally a civil servant who became interested in folklore, anthropology, the occult, and spiritualism. He was a part of the Rosicrucians who were around in the 1930s. He met some friends at that point, and it was revealed that they were a group of witches. And from there, he was initiated in 1939 to them.

He did travel a lot, and while ancient paganism was stamped out due to Christianity, it was still practiced in secret groups, and they were called a “witch cult,” which asserted that those who were surviving were actually part of these covens. Gardner met with these people, and he was convinced they were part of a pre-Christian religion, and he wanted to make sure this survived well into the 20th century, hence how this was born.

Gardner founded his own little coven called Bricket Wood, and he drew inspiration from the previous covens he had heard about. He teamed up with Allister Crowley and Cecil Williamson, and from there, the core values of Wiccan were born, such as the worship of a god and goddess in your own way. But of course, they didn’t really adopt the name Wicca until almost a decade later, when it spread.

There were other important figures who came about with this, including other occultists. Some do believe Gardner revived it, but there were others who played a key role in the revival of it, such as Margaret Murray, who wrote many books on it, and was a first-wave feminist who wrote about this religion all the way back in 1921.

But, with the rise of feminism in the 1970s, Wicca grew in power, and we’ll dive into how this plays a part in modern society today.

WICCA AND FEMINISM

Feminism did play a part in Wicca becoming popular, especially during the 1970s, and this was due to women who were attracted to this, because of the female deity, but oftentimes were limited because of restrictions women had in other patriarchal religions. Wicca also became more magic-based, especially since it was a spiritual movement. Wicca still has heavy

environmentalism tones to it, along with feminism, and it's why it became one of the major religions that came about in England.

There was even matriarchal lunar worship practiced in Wicca, and it was in Dianic Wicca, and a Wiccan activist even wrote a feminist Book of Shadows, and there are still popular feminist covens that grew out from it.

THE ORIGINAL BELIEFS

While the original beliefs weren't wrong, it was a little bit different. The idea was for two different gods to be in place, and there was a self-designation that had more of a "witchcraft" term to it. The original Wicca was of course referred to as witchcraft, and it was less religious in terms of connotation.

However, the original covens did collectively call themselves "the Wica" with only one C in it, and this was the British term that was in place.

Early Wiccans followed the duo theistic Horned God of Fertility, and the Mother Goddess. With the practitioners typically thinking these were the ancient deities who were worshipped by the old hunter-gatherers you hear about in the Stone Age, and the veneration of these gods was passed down in secret all the way to present times. This was derived from Margaret Murray's claims that she put in place about the witch-cult that was the early form of Wicca.

There were only two core venerated gods at this point, the horned God, and the Mother Goddess, both of which were also a part of Gardner's teachings, but he said that the roots were from the Stone Age, so Gardnerian Wiccan did have this at the beginning of it. However, the names were secret initially, but were later called Cernuous and Aradia, but those were later changed as well.

One of the deities was considered the "prime mover" who was an entity who

was too complex for humans to understand, but there was also the terms called Cosmic Logos, Supreme Cosmic Power, or the Godhead, and this deity was the one who created the undergods as well.

Gardnerism Wiccan did focus a bit more on witchcraft, and while it did dismiss the sacrificing, cannibalism, orgies, and Satanism that's oftentimes considered to be a part of "witchcraft," there is actually a series of rituals that are there, in order to provide a framework the person can use for themselves, and this was brought into modern context as well.

TODAY'S WICCA: NO, IT ISN'T HARRY POTTER

Wicca wasn't an officially recognized religion until 1986, and that came about due to a court case called Dettmer V. Landon, and the case was based off a Wiccan who was incarcerated who was refused the objects they needed for rituals, and the ruling made Wiccans entitled to the same First Amendment protection that every other religion has.

In 1998, there was a Wiccan student who also got help from the ACLU after the board tried to prevent this person from wearing black jewelry and clothes, and of course since it was recognized as a religion, the view was reversed.

The Indiana Civil Liberties Union back in 2004 also tried to help purport the rulings that were in place, and they fought to reverse the idea that Wiccans who were divorced couldn't teach this religion to their children.

There are Wiccans in prominent positions. Sgt. Patrick D. Stewart was the first Wiccan to serve in the military who died in combat. The family wasn't allowed to put a pentacle on the gravestone, but there was a court case that was pushed in 2005 that was initiated to help push for the symbols to be put on Veteran's markers. Today, it is now acceptable to do that.

While there isn't an exact number of Wiccans in practice, there's an estimated number between a few hundred thousand to 3 million different people practicing at this time.

THE BELIEFS TODAY'S WICCANS HAVE

Today's Wiccans do have similar beliefs to the original, such as the idea that they aren't evil witches who hurt people, but instead they use spellcasting and magic in order to link themselves with this. They also don't execute or hurt people in the Wiccan religion.

However, their idea of the gods and deities has changed. The truth about modern-day Wiccans is they actually don't have to follow one specific god, or the Horned God and Goddess idea that Gardnerism originally had. Instead, they're allowed to have a monotheistic, or a polytheistic look to their understanding of their own spiritual journey.

It's a more impersonal religion. While some people like to follow a more monotheistic type of Wicca, such as the Dianic Wicca groups that followed one specific goddess, it usually is multiple gods that are there.

Some don't even believe that the gods and goddesses really exist, but have an archetype that's Jungian in origin.

Some of them have the idea that all the gods are one god, or all the goddesses are one goddess, so some even believe that Kali in Hindu, as well as the Virgin Mary, and others are essentially the manifestation of one specific goddess. This is also seen in Dionysus, Yahweh, and others. However, most of them have a more polytheistic approach to all of these deities, but of course, it's all up to interpretation, and what you believe.

The history of Wicca is important to understand, since it's a little different than the other religions that are out there, and here, you learned a little bit about the different aspects of this as well.

CHAPTER 3: WICCAN PHILOSOPHY

Understanding the Philosophy of Wicca is important to really getting ahold of the different rituals and rites in Wicca. Beginners often think it's just casting spells and wearing crystals, but it's a little different than that. Here, we'll give you insight on Wiccan philosophy, and their beliefs on different parts of it.



THE PHILOSOPHY ON NATURE, AND GOD ITSELF

There are a few different philosophical aspects on Wicca we'll touch on here, and I'll give you an idea of each of these different philosophies and what they mean.

ON NATURE

Nature is one of the core aspects of Wicca, and it should be respected. They want to have a balanced life with nature, and it promotes the idea of oneness with nature and the Earth. It encourages appreciation of the sunset, sunrise, the moon, the world around you, and even the small little aspects of life. These are all part of a presence of Mother Earth, and should be revered. It encourages people to have a more humbled view of nature, where you aren't trying to hurt the environment, and you walk in nature with the integrity and light that you should have.

Wiccans believe nature is sacred, hence why they discourage hurting the world around them. While Wiccans do use modern technology, they're encouraged to care for the environment, and the others in it, which is why many Wiccans oftentimes like to help the Earth by cleaning it up, such as through recycling and other means.

THE TWO MAIN GODS

While it is polytheistic, and there are many gods, there are two supreme deities in this, who were responsible for creating everything. They're both altered at every ritual, and oftentimes, when magical work happens, they are as well. Some call them a Sky Father, or Earth Mother, but there are other deities you can worship as well through their existence. But their union is what creates and sustains life.

The feminine half is both the Earth itself, and the Moon too, and this is what controls the night, sea tides, the reproductive cycles females go through, and their psyche. The Goddess can also take different forms, such as the Maiden, Rone, and Mother, based on the cycles of the moon. This Goddess oftentimes is associated with emotion, wisdom and intuition that happens when it engages with the shadow side, such as that of the moon.

The Mother Earth does encourage life to flourish, and she takes care of the world, and is a mother, but also is a partner to the God, and they work together to keep everything going, clearing away the old and bringing forth new elements.

The masculine side is the God, who is responsible for the sun, and the male energy, along with the growth of different creatures. He's also responsible for the forest, animals in it, hunting, and also the changing of the seasons, and they're often associated with the Holly and the Oak King. The Oak King is the lighter half and is part of the lighter seasons such as the spring and the summer, and the Holly King is associated with the Autumn and winter months.

However, some Wiccans like to work with ancient deities, which is why this religion is so incredibly versatile, some of which have existed since the beginning. Venus and Osiris, for example, are ones some Wiccans count upon, and they feel connected. They are usually part of the lesser aspects, but some polytheistic Wiccans may worship not only the divine pair that we discussed above, but also these ancient gods.

ON MAGIC

Magic is a huge part of Wicca, but it's often misunderstood. Spells are used, and they are a big part of Wicca, and here, we'll dive into what they are, and why they matter.

Magi was used in early practices, and even Aleister Crowley did believe magic would cause changes in the world that conforms to the will. Many people do believe Magic is a type of law that's part of nature, but because of the way modern science treats it, it oftentimes it is viewed as supernatural. However, some Wiccans think magic is using the five senses in order to

create results that are surprising. However, some Wiccans don't even use magic, or don't know how to use it, and just think that because they believe it happens, it just does.

Some Wiccans do use some sacred circles, and oftentimes, the spells they are using will change the physical world, such as through healing, fertility, protection, and also getting rid of negative influences. There is mostly white magic practiced with this, since black magic harms people.

They don't need to believe that it's there, but essentially, they use techniques to work with the universe, and the right magic can be experienced. But of course, not every Wiccan will practice magic. However, all spells that are cast are those that won't harm others, and if you do harm someone, you'll get it back three times as bad.

But the threefold law doesn't just impact black magic, but white magic, or the good magic, can also be affected by it. It's similar to karma in the Eastern religions where what you put out will come back to you. But, it's three times very specific. It's good for those who may have an inclination to do something bad.

Whether or not it's true is really based on interpretation, but the idea is that whatever you send out will come back to you threefold, so if you do send out a good affirmation to protect your home from any evildoing, or a shield to protect your space from negative vibes, that protection will come back to you threefold. If you want to heal from an illness or injury, the right spell will protect you threefold.

In contrast, any harmful spells will come back to you threefold. So, if you are harmful in your intents, that harm will come back to you threefold. It's there to help you resist the temptation to use the harmful spells, but also so you won't be tempted to use the manipulative magic that's out there.

The idea of magic is to use it in a way that benefits others. Some witches may have good intentions though, and sometimes may mess up the spell, so it has manipulative or not so positive intents. Of course, the witch will learn from their mistakes and will not do that again.

Wiccan spells for the most part though, are written in a way where you can't really do any harm. Basic witches won't have to worry about their spells going out of control, nor do they have to worry about any ill intent. The spells we'll mention later on will help protect you and benefit your life, not do any harm to you or others.

THE AFTERLIFE

Most religions in our world have an afterlife, a place where you go after you die. However, the belief in this is varied between Wiccans, so it's not a real focal part of this religion. They instinctually believe, however, that if one person does the most in their current life, and they are good in their current life, they will benefit from it later on. So, basically don't be a bad person in your current life and things will be good later on.

But some Wiccans don't believe in it either, and that's because some believe that once you physically die, you don't have a spirit or soul, and some people don't believe you have one initially, since it isn't something that can tangibly be seen, so once you die, that's it.

But some Wiccans actually have the idea you have multiple souls too, and where they go when you're done is based on a reincarnation sort of way. But of course, this is all a personalized aspect of it.

Some Wiccans also believe in reincarnation, and that's a more dominant practice since Gardner himself believed in it. The idea of how the cycle of

reincarnation happens however, does differ between each person, since some of them insist the human souls would only go to human bodies, but some Wiccans believe a human soul can become virtually anything at all.

Another common Wiccan belief is that witches who practiced it in their current life will be reincarnated as witches later on, and this is also an idea that was espoused by Gardner as well. He also believed the human soul would rest for a period of time between when the body dies, and reincarnation, and this is called “the Summerland,” which is kind of an in-between place.

Some Wiccans also believe they can contact the spirits of the deceased, and are mediums as well, but that’s more of a spiritualism concept than a Wiccan one.

So, the concept of where you go when you pass on varies between everyone, and that’s okay. The idea of Wiccan is that it’s your journey, your beliefs, and you should take your own pathway.

MORALITY

Morality again, follows that threefold law. The idea, however, can also be extended. Their idea is to be nice to everyone as much as you can. If you’re not harming people, do whatever you want. The general concept is you’re free to practice how you want to, so long as you’re not harming anyone, and if you do end up harming someone or something inadvertently, you’ve got to take the right precautions to prevent it from happening again.

This is a bit different from other religions, which have almost a cherry-picked, vague idea of what’s good and what’s bad. But Wiccans believe if you can do something that helps others and doesn’t harm them, then that’s

fine. As long as you're not doing any harm, then there's nothing bad about it.

FIVE ELEMENTS

There are five elements in this, hence why you see the pentagram when you look at Wiccan materials. These represent the four elements along with aether, which is another name for the spirit. This is usually seen when Wiccans construct the magic circle. Oftentimes, it's also seen through the different actions on Earth. Such as Earth being the material itself, water being the water in the air or what's on the plants, the fire being the plant energy through photosynthesis, air being the oxygen and carbon dioxide that's in the atmosphere, and all of that is put together through the aether, the spirit itself.

In traditional Gardnerian Wiccan, the idea behind the five elements actually represents a cardinal point that's on the compass, but some argue that it only applies to the birthplace of Wiccan, which was southern England, and the directions should be based on your own personal region itself. But this is mostly important to know about, since you see these on the Wiccan symbol, and oftentimes, when you're asked to draw a magic circle, you should do so with this in mind.



Wicca is an interesting practice, and there is a lot you can learn about this. Lots of people who are into Wicca oftentimes like to know about the gods and goddesses behind their actions. These are the core beliefs that are worth mentioning, and if you've ever been curious about what goes into Wicca, this is definitely the way to do it, and it's what will help you better understand the practices too.

CHAPTER 4 - ALTARS AND RITUALS: WHAT THEY ARE, AND HOW TO SET THEM UP

All Wicca practices and rituals oftentimes require an altar, and a precise ritual. The rituals are based on events, and the altars that are crafted also have their own specifications. We'll go into detail on what these are, and why they matter here.



ABOUT THE ALTAR AND IMPORTANCE

The Wiccan altar is very similar to altars in other religions, but it has its own importance and relationships.

The generalized purpose of the Wiccan altar is to honor different spirits, deities, and the ancestors as well. It's where the offerings are done, and also

where sacred objects are kept.

The altar is the main focal point of rituals and celebrations, such as the thirteen Esbats, and the eight Sabbats, both of which are very important ceremonies. The Wheel of the Year is also celebrated here, but you also can use this for meditation, prayer, or even spell work too.

Some people even have Wiccan altars outdoors, since it allows for a connection with nature. But, the altar itself is often nestled into a corner of your space and are pulled out and placed in the center during rituals.

There are various tools used as well, but the purpose of the altar is to create a space for Wiccans to practice, and oftentimes, you place different statues, candles, a wand, chalice, or even a ritual knife and various herbs onto this altar.

Typically, these altars are either permanent, or they are furniture that sets itself up as both a desk and a table. You only need for it to be a flat surface.

Some people like to have a rounded altar, because it makes it easier to put circles on it. But you should choose your altar that best fits you.

Basically, the altar is the media in which you practice your rituals and it is necessary for you to work on.

THINGS TO KEEP IN MIND ABOUT YOUR ALTAR

When you're setting it up there are a few things for you to consider when you're putting this together, and we'll list them below.

If you're struggling with setting up a Wiccan altar, you should focus on making sure it has the following properties:

- Reminds you of the ideals

- Allows you to echo your wishes and beliefs
- Is a focal point for your magical energies
- A home for your divine, whether it be a god or goddess
- Can help you do spells easily

If your altar doesn't have that, then chances are it won't be effective when you're using it.

Wiccan altars are a manifestation of your true self, and your soul's true potential. It's also the place where devotions happen, and it's a spiritual area for this, so you'll want to make sure that, when you're choosing a Wiccan altar, you focus on that point, so you're creating a space you want to work with.

Remember as well that in Wicca, you don't need to follow certain guidelines. Remember, that your altar is the manifestation of the relationship you possess with the god and goddess, so it's a confidential and personal matter. You shouldn't let people watch, and you shouldn't judge your altar on anything else other than what you want out of it, and what will communicate to the deities effectively.

Some Wiccans do like an altar made of natural materials, such as stone or wood. Metal is an option, but it's typically not the one that you go for. Wood is the most traditional of them all, since it's the easiest to obtain, and you typically can get an oak or willow altar pretty easily.

Of course, if you don't want to purchase a whole new table, you don't need to do so. A coffee table or household desk is fine, and you typically can get a Wiccan altar kit for a decent price. Of course, though, you must remember that the object will be charged with energy, no matter what you get. That's why, it's encouraged for you to get one that is natural, since it'll be closer to

nature itself, which means it'll have more power.

This also means that you should avoid anything with synthetics or plastic as much as possible. If you do hold your rituals outside, you can literally use a tree stump, a big rock, or something else that's perfect for the altar. Some witches say that's the ideal situation in many cases.

But again, remember, this is something that you need to keep in mind yourself, and you should figure out the best course of action for your Wiccan practices.

TOOLS OF ALTARS

There are certain tools you should also consider when putting your altar together, and we'll go over each of them, what they are, and their general purpose here.

- **Athame:** This is a ceremonial knife that has a black handle, and it is used to direct the energies that you have, especially in casting ritual circles.
- **Bell:** This brings attention to the divine that you're looking at, and you should get one that has a good tone, and has healing energy, since you can use this as well to clear your energies.
- **Chalice:** This is one of the most important items to have. You can get a fancy cup of your choice, or any type of wine glass is good. Silver is usually the ideal material it should be made out of, and you should make sure you offer liberations with this, or if needed, have it hold a saltwater solution.
- **Libation Dish:** This is a small bowl, typically near the center

itself, that's used to give offerings to the gods and goddesses that are there. Some use a caldron for this purpose too, and you typically will get the offerings from the divine in this fashion as well, so you can offer it to nature at the end of the ritual.

- Pentacle: This is a five-point star that's within a circle, and it's put at the center of your altar, and it offers you immense protection during magical work.
- Wand: You essentially need one of these, and they're made of a natural material, and they help with spell work. You should choose the wand that best fits your energies, but typically, they're used for channeling your energy, casting and recalling circles, and it can be used in place of your athame, and typically, it allows for you to absorb the energies of the world.

These tools are the basics of what you need, and it's very important that you have these, since they are valuable in putting together the right altar that helps you and can help with putting forth the effort necessary for good spell work.

TIPS TO SETTING IT UP

Remember that Wiccan altars are your own personal contribution, and you can decorate it as needed with fabric such as scarves and the like, which allows for you to transform various items into that of a magical nature. Many Wiccans do like to decorate their altars based on the season. For example, during Yule, putting some holly berries and bright leaves around it, or adding flower petals during the spring is good. Crystals, stones, images of your

deities that you're offering to, and the like can be there on the altar as well.

As for where the tools should go, it's based on different directions and traditions.

One puts all the tools associated with the Goddess and the elements such as earth and water on the left, and the God and his elements, which are air and fire, on the right. Another layout places the God and Goddess representations near the altar center, with the rest of the tools themselves arranged according to the directions and elements. This means the tools that are associated with the Earth for instance, will be the ones that are near the northern side, and then the fires will be to the south.

This is also based on the established patterns utilized for altar setups, and oftentimes, some people will be more intuitive with their patterns, and the way that their personal experiences resonated with this. Oftentimes, some people like to have more elaborate setups, but others prefer a more watered-down approach, with only a couple of objects at your altar.

Some people like to decorate their entire altar with all of their objects. The most important thing to remember, is to figure out the space, and if you are limited in space for your altar, you should design it based on a singular guiding principle and keep that vibe for the rest of the altar.

Some people do get down a little bit about their lack of items on the altar, or how extra their altar is. Oftentimes, people feel like their altar is boring, or maybe you feel like the altar is a mistake. But you should keep in mind that the God and Goddess don't care about the quality and the size of the Wiccan altar that you have, or the number of candles you put on it. You should work on making do with what you have, and if you need to, you should use something as small as the kitchen table for your space.

The general idea is to work with what you have, and don't worry all that much about how large, or how small, the area is.

When it comes to setting up your altar, you should figure out what works for you, and the right setup that benefits your life. Remember, this is your own choice, so you should figure it out for yourself on a personal level.

RITUALS

As we've said before, Wicca typically has rituals that allow for you to come together to encourage a closeness and union with the divine.

Sabbat and Esbat are two of the most important ones, but handfasting which are weddings, initiations, or even end-of-life ceremonies are also done. The purpose of these is to come together, either separately or in a coven or circle, to honor a God or Goddess, and the typically purpose is to celebrate the wonders of life. While most of these rituals are private, some will hold them in a public setting, so if you want to observe and learn about the craft itself, you can with it.

Solo rituals are also incredibly significant, and many Wiccans know that as they worship during each point of the wheel of the year, they're adding personal power and light to the magical energy that's there.

The basics of them are typically in many forms, and oftentimes, no two events are totally alike, and some may be more elaborate and structured, and others are very impersonal. Those that are practiced in solitude tend to be more on the spot.

It really does depend on occasion too, oftentimes some of them being more typical of a ritual than others.

The rituals begin with a purification, at the place that it's held, whether it be a

bath, smudging to remove energies, or burning of sacred herbs.

After that, the altar is set up, and while some may set them up permanently, sometimes they may change the different foliage or items on there, such as fall foliage for the Mabon ceremony, or whatever. The altar also has various tools, offerings, and symbols, each laid out based on tradition.

From there, the circle is cast, which creates a boundary. The altar is at the center, with others to work in so that there isn't any stepping outside of the boundary or circle. There are also several candles, stones, or herbs, and oftentimes, circle casting is done at this point.

From here, invocations begin based on the ritual, elements, and the raw materials that are necessary, and the items are based on the cardinal direction.

The intent of the ritual is stated, and from there, there's a petition to the Goddess and God on behalf of someone who needs the help, and if there is magical spell work that needs to be done, they will do this as well during the ritual.

From there, various activities such as recreating scenes from poems or myths, liturgical materials, or even reading from ancient texts, poetry, chanting, singing, or decorating may happen during this time, and it is done with the purpose of informality reflecting on the event and ritual. Prayers may happen, and oftentimes they're personal.

There is also the cakes and ale, which is food and drink that's shared with the god or goddess at this time, and typically, it's near the end of the ritual. From there, the ceremony will connect on a spiritual level with the Earth, and most participants will then share with the God or Goddess before the closing proceedings happen.

This is more of a basic Wiccan ritual, and we'll talk about a basic one you

can try later on in this chapter.

THE IMPORTANT WICCAN RITUALS

So, what are the most important Wiccan rituals to know about? Well, let's talk about some of the key wiccan rituals practiced in this religion:

- Mabon, which is done during the Fall Equinox, and it's used to thank the Goddess and God for the bountiful harvest, and to welcome the dark as you prepare for winter.
- The Sabbats, which are solar holidays that fall onto the different equinoxes that happen, and oftentimes are the cross-quarter days of the Sabbats
- Esbats are essentially the times when the moon is full. This is a ritual that's done with the purpose of honoring the Goddess, and are essentially the counterparts of the eight Sabbats, which showcase the journey of the sun and the God himself
- Samhain, which is done on Halloween and it has the themes of honoring ancestors, introspection, rebirth, divination, and revelry, and oftentimes also has the same themes as the fall equinox does, but with more mischief attached to it.
- Yule or the winter solstice, is held on the shortest day of the year, and it celebrates the beginning of the end of the year
- Brigid: This is the preparation for spring, where the Wiccans will also prepare for the growth of spring

All of these rituals are typically practiced, but they can also be done on a

solitary level. You don't have to practice on an actual Wiccan holiday, but oftentimes, it's when the powers are strongest, so it isn't that a bad thing to consider, especially when you're thinking about partaking in Wicca.

A BASIC WICCAN RITUAL TO TRY

The best basic ritual to try is of course the solitary ritual. This is something you can do right now, on your own, without anyone else around.

First and foremost, figure out what ritual you want to hold, and if you want to do it in your own space, that's fine, or in a group of other witches, that's fine too. Figure out what you want to practice and write it down. Look up information on the rituals as well.

Plan what you need, including your altar, and any tools that are needed, and what quarters to use as well.

From here, prepare the space by either sweeping or smudging, and also clear up any debris in the space. If you're outside, you should do it barefoot, and prepare the practicalities that are used.

From here, take a bath and cleanse your body before you begin, using bath oils that you only use during rituals. From here, ground yourself by closing your eyes, and becoming relaxed. Clear out all of the mundane aspects of life that are distracting you.

From here, you cast your circle by drawing it on your altar. Call the elements to your space, starting with air, then fire, then water, then earth, and finally, spirit. At this point, you should focus on the deity or deities you have at the focus and honor them. Symbolic pictures or sculptures are there for focusing the mind and should be used, especially in ritual groups where you need to be focused. However, closing your eyes and thinking of the deity when you're

on your own works too.

Next, visualize and meditate. Take the spells you're using for the ritual, and from there, say them out loud. Use your wand or your athame to help focus the energy on them

At this point, offer to the God or Goddess the offerings that are there, thanking them in the process too.

Thank the elements in reverse order, going backwards from spirits all the way to air. At this point, open up the circle too, and do it as you say the elements. This in turn will get rid of the residual energies hanging around there and keep everything nice and fresh.

From here, ground yourself once more, whether it be by eating and drinking something, patting your body, or even visualizing some roots as they grow and hold you steady.

Solitary workings usually have the personal grounding, but if you work with people, they may have a wine and cake, where wine, along with bread and cake are passed clockwise, where you bless the next person. When everyone is settled, they may talk and express various emotions at this point.

From here, you may clean up, and you should make sure that you record your own personal experiences in your Book of Shadows. However, that step is optional.

Now what you use in your ceremony is really based on the deity who you're trying to get help from, but also the tools that you feel are needed. Some people may also use herbs, but the best thing to do in this case is to follow the guides that are there and the spells that are necessary. It's important that you take time to learn about it, and if there are specific instructions for certain rituals, do consider using them.

Sometimes the ritual may be based on a holiday, which is fine, because from there, you can thank the God or Goddess during that time, and also celebrate the holiday too.

Wiccan rituals, and the Wiccan altar are both interesting to learn about, and if you are curious about partaking in the activities of Wiccans, you should know about both of these.

CHAPTER 5: THE WICCAN RELATIONSHIPS

Wicca offers different relationships between different concepts, and here, we'll discuss a little bit about each of these Wiccan relationships, and why they matter in the grand scheme of things.



THE RELATIONSHIP BETWEEN MALE AND FEMALE

There is one element that some people who are just getting started with Wicca are curious about: is gender important? What's the relationship between males and females?

Now according to Wiccan philosophy, the universe is created with a balance between both the feminine, and the masculine concepts and principles. So, union and individualizing, light and dark, activity and reception, and also

matter and energy are both dualities that move the world. The world is basically a duality that's balanced, and when they're both balanced out, it creates peace.

This is manifested in gender, not just in Wiccan gods and goddesses, but in other elements of Wicca. The reality of it is, the God and Goddess are often perceived as what they are, where the God is the male and the Goddess is a female, but that's done more out of convenience than anything.

But of course, some Wiccan traditions are incredibly gender-focused, where some of the concepts are fueled by gender. Gardnerian Wiccan and the offshoots of that are more gender-based and rules. But that has changed a lot over the last century or so, where the concept of gender in it of itself is less and less aligned with the reality, or the spirituality and in essence, it changes the constructs of it.

Oftentimes, the God is the male and the Goddess is the female, but the reality of it is, they're both aspects in each person. It may be new to you, it may not be, but the truth is, anyone can invoke either of these energies, regardless of gender. So, anyone can hold the energies of the goddess regardless of their gender, so anyone can hold that god energy. So, if you're LGBT, you can actually take the opportunities to know both of these, and in essence, both male and female are of equal importance in this, and it creates a balance.

The concept of the deities themselves in many cases are also considered bisexual. This means it incorporates both genders at the end of it all, and in essence, it will allow for you to work with the traditions around the world. Krishna, Buddha, and other gods are oftentimes ambiguous within gender, and not overly feminine. It's important to understand the divine in Wicca is a duality, and it shouldn't be limited to just that, but instead recognize that it's beyond the entire gender identity, where the divine light, the forces of

creativity, and the mysteries of life all have a similar oneness. When we look into each of these gods and goddesses, in a sense, they're kind of one and the same.

WICCA AND THE GENDER REVOLUTION

Did you know however, that Wicca actually played a major role in the cultural evolution of our society? In a sense, it makes complete sense, since in our society, the gender assumptions are breaking down more and more, with gender roles and rules slowly coming apart. That's because, in our world, there isn't such a thing as duality, that means that gender roles are more of a convenience that we use, and it isn't a part of the reality.

With that being said, you need one and the other, one in the same, but if you are worried about whether or not gender roles are a huge part of your life, the answer to that is no, they're not that important, and they oftentimes are not as big and expansive as you think they might be. Gender roles are often not the reality of life, and instead, with Wicca, there is an understanding of the fluidity of gender itself, along with the divine as well, allowing you to reach beyond the generalized beliefs and rules that you're programmed with, and from there, you accept the diversity of it with gratitude. For many people, it is a wonderful understanding, since you don't have to worry as much about whether you're doing something "feminine" or "masculine."

The God and Goddess are both incredibly important in the Wiccan religion. That's because, without one, the other can't be. This is quite a contrast from the patriarchal religions that are in our world. Oftentimes, women are not seen on the same level as men, and that creates a problem for many.

But, Wicca takes all of that away, destroying the gender and social constructs in order to create a better understanding of life itself.

WICCAN RELATIONSHIP WITH NATURE AND HOW TO PRACTICE IT

Nature is one of the most important parts of Wicca. It's essentially a big part of Wicca itself. Nature plays a major role in Wicca, and it's very important to respect nature in its own way.

Wicca aims to respect nature, as a spiritual teacher, and many Wiccans devote themselves to the integration of the Earth's cycles, and the inherent wisdom within it in order to create a spiritual tradition. They hold nature as a sacred part, since it's what keeps everything in place, and it's very important for many Wiccans to hold nature in place, and it is something Wiccans enjoy practicing.

Most Wiccan rituals are done by living in a harmonious means with the Earth. It has a spiritual worldview that many Native American and indigenous religions have. The practices of spirituality within Wicca are used to help coincide yourself and humanity with the natural rhythms of the Earth, and the cycles. The rituals as well will coincide with the moon and sun phases, and this is a big thing for women especially.

The goal of Wicca is to have a balance with nature, and that's really the ultimate result that Wiccans want from this. They want to practice spirituality in both sacred rituals, but also in the way that they live. Which is why, Wiccans will spend a lot of time outside in prayer, meditation, and they oftentimes will focus on shamanic work too.

Gardening and spending time outside is a big part of Wicca too. It allows for those to be connected with nature to have that purpose, and oftentimes, the focus of the divine presence is a part of this.

Divine presence is said to be everywhere. That includes the air that we're

breathing, the water we drink, and the food that we eat. Wiccans do respect nature, which is why they try to have a natural life, opting more towards foods that nourish us, that don't harm the earth, and textiles that won't harm the Earth as well.

They revere the Earth, which oftentimes encompasses the divine, and they have a deep concern that's more pragmatic than anything. The Earth is not treated as something that you just use or exploit, pollute, or destroy in the short-term, but instead, they respect the Earth as sacred, and will make sure it is treated as such, and oftentimes, they'll keep everything in place, and keep a wonderful bond with nature whenever possible.

NATURE AND NOT HARMING IT

Remember the whole "if it doesn't harm anyone, do what you will? That's the principle Wiccans use when they're working with nature.

Whenever they're doing anything involving nature, as long as it doesn't harm someone, and it honors the divine in some way, you can live your own life. However, you need to be responsible in your actions, and you should make sure that you have that same concept when looking at what you eat, and how you live.

So, if you're curious about doing something, the Wiccan principles basically say as long as you're not harming someone, then you're fine.

That's why when you cast spells, you make sure that they're done in ways that don't harm people, and it's more of a ritual that you meditate on rather than actual practice. Oftentimes the divine energy and the power of the Earth is manifested into the world itself through that interaction. The idea of having domination over nature isn't the end-goal of wiccan practices. Wiccans won't

work with supernatural forces, or work to hurt others, but instead, they'll call upon the help of the God and the Goddess, and together, it will work to showcase respect and the tuning of these natural energies so that everything is sacred.

In simple terms, it's actually unethical to do any spiritual work that will control, manipulate, or force you to have power over another. While work may be done on behalf of another, such as in the case of healing that's important in Wicca, you do it with the consent of the person, and you always do it with respect to nature.

Nature is a natural form of healing, where, when faced with situations that will crush your spirit, making you feel bad, and lost, you can focus on nature to help you, providing you with the strength to live once more. Once you do utilize the power of nature, you'll be able to carry out different activities that will help you.

So, how can live in harmony with both nature and the duality of both female and male? Read below.

HOW TO APPLY THIS

The best way to apply both of these principles, is first and foremost, realize that gender roles are a patriarchal construct you don't have to follow when you're learning all about this.

Second of all, you should work to do more activities that improve your environment. This can be something as simple as gardening or putting together an herb garden, planting some trees, or trimming hedges. You'll be able to divert your focus from your issues to the activities that are there, and from there, accomplish that feeling of happiness, and you'll feel great too.

This also applies to where you go when you're outside. Going on trips, such as camping or little adventures can help you get into contact with nature. Even little trips to the park will help you prevent burnout, and you can learn from nature in this case too. If you feel like you're missing out on some connection with nature, or you feel burnt out and not refreshed, this is how you do it.

Finally, focus on keeping your environment nice and serene, attempting to find calmness and peace in it. If you're tired and feel like you're never catching a break, take a few minutes and spend it outside in the sun, enjoying and basking in the heat, or breathing in the cold air as you sit outside and relax.

You can also participate in different ceremonies and festivals in Wicca as well in order to sacrifice or offer to gods, in order to prepare for the season. You can also do these to help commemorate the journey of the Earth going around the Sun. This in turn will help you stay in harmony with the natural gods and nature. Learning about the different Wiccan festivals, and potentially considering actually partaking in them might be a wonderful choice for those who are curious.

Most of all, be respectful to nature. Nature is hurting due to the way humans are treating it. The best way to exercise caution and understanding of this Wiccan principle is to be respectful to the nature at hand and understand that it's a big part of the way your life is. If you're worried about whether you're doing something that's helping the Earth or harming it, the best thing to do, is think about whether the divine would appreciate what you're doing.

If the answer is no, then chances are you're harming the Earth.

The principles of nature and gender in Wicca are important for understanding Wicca, and it's imperative that, if you do have considerations on whether or

not you can fit into Wicca based on your gender or sexual orientation, or how you respect nature, know that it's quite easy to do, and the religion is very fluid on these concepts, especially compared to other religions in our world today.

CHAPTER 6: UNDERSTANDING SEASONAL CYCLES

Seasonal cycles, or seasons, are very important for Wiccans. They are in fact, the days when rituals are held. Here, we'll highlight the seasonal cycles that are important in wicca, the rituals and how they play into this, along with some of the seasonal activities that they do.



WHAT ARE WICCAN SEASONAL CYCLES

The seasonal cycles are based on the wheel of the year, which is basically the seasonal festivals that wiccans, along with many other pagans, do observe. These usually are held on the different solstices and equinoxes, along with the midpoints between. The names are varied, but typically, they are usually called either quarter days or cross-quarter days. Usually, Wicca does observe

those names. Wicca also celebrates different holidays based on the phases of the moon, but for the most part, the seasons are the major festivals.

The festivals in Wicca are called sabbats, which is based on the term that was originally used in the middle ages, and it also does refer to the Jewish term called Shabbat, which commingled with the celebrations too. Typically, the events are marked on our own calendars as well, which are represented by the beginning of each new season.

Typically, this time is often known as the growth and the retreat of people through the different seasons. In Wicca, these events have generally been based on a lot of the symbolism and solar mythology. The esbats as well, are typically tied to the lunar cycles, and the phases of the moon.

There are a few important seasonal cycles that are recognized in Wicca, and they are listed below:

- Yule: Celebrated on the first day of winter, and it's one of the significant points in this, and it is oftentimes associated with the solstice sunset and sunrise, and the reversal of the sun at this point is supposed to represent the presence of the solar god and the return of the fertile seasons
- Spring Equinox: The first day of spring and is often times called Ostara in Wicca. It is the holiday of the spring celebrations, in which there is a balance of light and dark, with the light rising
- May Eve: This is the first day of summer in Ireland, but this is supposed to be the festival of flora, who is the Roman goddess of flowers, and it recognizes the power of life in its full nature

- Summer Solstice: This is called Litha, which is a name that holds Anglo-Saxon history in it. This is showing the light of summer, which is when it's greatest, and it's when the strength is the highest, is the turning point, and it also is when the sun starts to decline, and it's one of the most important seasons and one of the most important rituals
- Autumnal Equinox: This is a time of harvest, and it is a time when there is thanks given for the fruits that have come from the Earth, and they're used to secure the blessings of the Goddess and God during the winter months. It's often called Mabon, which was coined by Aidan Kelly in the year 1970, which was from a character in Welsh Mythology

So, all of these seasons are important, since they signify important spiritual rituals, and oftentimes, are some of the observed holidays.

HOW RITUALS PLAY INTO THIS

Rituals are a huge part of Wiccan season changes. For many of them, they are a time when you offer thanks or ask for the God and Goddess to offer a fruitful or bountiful harvest.

For example, during Yule, there is oftentimes sacrifices that are done, offerings that are there, feasting, and gift giving during this time. They often encourage wiccans to bring every greenery such as holly, mistletoe, ivy, pine, and yew, and this is a time when you decorate your home.

In contrast, during Beltane, which is May Eve and the first official day of summer in Ireland, it oftentimes is a time of festive dancing, used to help

recognize the power of the fullness of the Earth, and the opening of the flourishing and youthfulness. During this time, a lot of rituals are held, because this is a time when people are thanking the goddess for this type of growth and asking the Goddess to help bring forth a fruitful summer.

Remember that, with Wicca, there is oftentimes a desire for people to ask the God or Goddess for help with the nature-related activities. That's because, wicca has an inherent connection to the earth, so a lot of the purpose of Wicca is of course, to thank the God or Goddess for the help in nature-related activities. Obviously, the turning of the seasons, and the different seasonal changes are incredibly important within Wicca, which is why during rituals, seasonal activities are done in order to thank the deities for the help they've offered.

When it comes to the time it is celebrated, the dates are flexible, and oftentimes, you want to do it either on cross-quarter days, during the nearest full moon or new moon, or the nearest weekend at the very minimum. Typically, if you can, you should even wear seasonal clothing in order to celebrate it.

THE DIFFERENT WICCAN SEASONAL ACTIVITIES

The first of the seasonal activities is of course, offerings. Now, Wiccans don't sacrifice animals and such, contrary to what others might think. Instead, they offer food, drink in a chalice, or different objects that are used as veneration for the God and Goddess.

Some Wiccans may not eat different animals at this time, and instead eat a more plant-based diet and the like. Sometimes though, there will be Wiccans that will eat meat as a celebration, where a little bit is offered, and the rest is consumed.

Most of the sacrifices to the deities are done via burning. Burying and leaving he is offering, however, are the most common of occurrences, where the purpose of his is to show veneration, gratitude, giving back to the world, and also strengthening the bonds between both humans, and the divine within the community.

Within Wicca, the Wheel of the Year is of course, the marriage between the God and the Goddess, and it's when the god is born during Yule, grows during the vernal equinox along with the Goddess, from there, court and impregnate the Goddess during Beltane, and from there, it will wane in power during Lammass, and will pass into the underworld during Samhain, which is Halloween, and from that point, the God and Goddess are both taken. This is core aspects and from here, they're born once again during Yule. The goddess will always rage and rejuvenate during the seasons, and each year, they're courted by the Horned God.

Many Wiccans oftentimes also incorporate the Oak King, and the Holly King into this narrative as well, where these two figures will battle completely during the season turnings. During summer solstice, the Holly King will defeat the Oak King, and will commence their own reign. During the Autumn equinox, the Oak King will then regain their power as the sun starts to wane. During the winter solstice, the Oak King will in turn vanquish the Holly King.

After this point, the spring equinox will then wax again, and the Holly King will regain his strength to once again beat the Oak King during summer solstice.

These two battles are essentially the two parts of the whole, and the light and darkness that make God, and you should realize that one without the other won't exist. The Holly King is often seen as a woodsy person, and Oak King

is more of a fertility god itself. But this is also celebrated through rituals thanking both of the gods for their hard work.

Some of the seasonal activities that Wiccans do during this time include dancing, singing, and also reading poetry, to thank and acknowledge the work the God and Goddess do. For many Wiccans, this can be done alone, and sometimes Wiccans will pray in order to thank the God and Goddess. Some Wiccans, however, will just celebrate in joy.

When it comes to the harvest time, oftentimes the harvest for the year, such as your own personal garden, will be offered to the God and Goddess as thanks for the effort. Of course, this is all a personal thing and at the end of the day, is ultimately your choice in how you want to celebrate it.

Most Wiccans love to celebrate the seasons because it offers a connection to nature they may not have before. With the different seasons and activities, it's no wonder that you'd want to celebrate as well, and you can, with each new year, celebrate the activities, the different ways to acknowledge the seasons, and to have a wonderful time commemorating each of these different parts of the journey of the year.

CHAPTER 7: WICCAN HERBS, CANDLES, AND CRYSTALS

One part of Wicca a lot of witches are curious about, is of course herbs, candles, and crystals. Along with a picture of the deity that you're celebrating, or the one you're making an offering to, herbs, crystals, and candles are all used in order to help accomplish spells, and to ask the deity for assistance. We'll go over the main herbs that witches should know about, the candles, candle colors and their purpose, along with the purpose of healing crystals for witches.



ALL ABOUT THE HERBS USED

The purpose of herbs is based on the different magical properties that you're trying to possess. Whether love, romance, or even just to cleanse your space,

some of the herbs that are used in Wicca are very powerful, and they are incredibly potent.

The list of herbs is very long, but here, we'll highlight some of the best beginner herbs to start with, and some of the different factors utilized in each of these herbs.

Herbs should be ground up, and you should take care of them in the way that the spell requests you to. Otherwise, it could adversely affect the potency of this. When choosing herbs, always choose those that are fresh, and not filled with any pollutants.

Herbs can sometimes be carried around too and having them physically on your body can help with improving the magical properties of such.

Some of the top herbs that are used include the following:

- Caraway: Used to add charms to attract a lover, oftentimes used as well to help improve passion, and to protect you.
- Catnip: Is oftentimes used in cat magic, but can also be used to treat colds, insomnia, and also can help to consecrate your tools
- Chamomile: Used with protection because it's incredible calming, and it can also induce sleep. It's wonderful for insect repellent too, and you'll have success if you plant this
- Cinnamon: This is a wonderful one for spiritual quests, improving power, your success, psychic work, and is used in healing, telling the future, and it is also a male aphrodisiac. It also has wonderful properties for skin issues, and it aids in digestion

- Clover: Associated with the Triple Goddess, and is used to help maintain beauty, youth, heal any injuries, and also cures madness, and if you find a four leafed clover, that's a proven good luck charm
- Clove: Used to help dispel negativity and those that will speak ill of you, if you wear it on a red thread, it's a protective charm, that helps with clearing out any gunk involving money, visions, and purification and cleansing
- Coriander: Another good one for keeping peace within your home, and overall serenity, it's used to help improve both longevity, and the love spells too. You can create a love potion with two people who are consenting, simply by grinding 7 grains of this into a container, mixing it together with wine, and then drinking it. This is also the love potion herb, which is used in charms and sachets
- Lavender: Used to help with love, healing, protection, purification, sleep, and peace, also used to promote healing. Can be used to preserve chastity when it's mixed with rosemary. Lots of flowers are burned to help induce sleep, and it generally helps cleanse the home in order to bring peace and harmony.
- Juniper: Will banish anything that's injurious to your health, attracts energies that are healthy, and it can increase the potency of males. You can string these over in order to improve your love, and it can be burned in order to safeguard

your home and allow for magical protection. You can use the berries, or the wood itself

- Jezebel Root: Oftentimes popular in casting spells related to money and achievement
- Jasmine: Used in order to charge your healing crystals and is used in divination. Oftentimes used in sachets in order to draw love and attract soulmates. Carry or burn these around in order to create money and wealth. Oftentimes used in dream pillows to induce sleep within the body
- Hyssop: This is one of the most common herbs in purification magic, and will lighten the vibrations around, and also used widely in purifying herbs that are used in magic. This is also used to protect properties as well against people, and it's used to consecrate the magical tools, and is oftentimes used for general cleansing, and is used to help ward off evil
- Hyacinth: Used in order to help promote peaceful minds and a more restful sleep, allowing you to attract luck, love, and often, and this is good for guarding against nightmares.
- Lemon: Is commonly used to help clean and protect the spiritual openings, and is used for purification, and also removing blockages. Oftentimes, lemon peels are used in sachets and mixtures. You can soak these and wash magical objects in order to get rid of the negativity that's there, and they're great for secondhand objects
- Licorice: This isn't the candy, this is the herb, and it's used to

attract lust, love, and fidelity, and is used in many cases to attract lovers too

- Lotus Root: Used in many cases to help with maintaining clean and pure thoughts. You can mark one side yes, and then no, and then toss the root of this into the air, and from there, it will help figure out if wishes will come true.
- Marjoram: Used in order to cleanse, dispel and purify a space. It oftentimes is used in reading dreams, and you can put it in different areas to help protect it and is oftentimes used in food in order to strengthen this, hence why you see it in ingredients.
- Marshmallow root: Used to protect against psychic powers, in order to help stimulate the psyche. You can put this on an altar in order to improve your spirits, and encourage a good ones
- Mint: Used in order to promote vitality, communication, and energy, drawing customers to your business as needed. You can use this within a green paper in order to use it for healing. You can put it in a purse or wallet to draw money to you. Use it on your altar to help promote the spirit and the magic that's here. You can also put it into your home for protection
- Mistletoe: Oftentimes used to help improve your fertility, creativity, and prevent the misfortune and illness, protecting you against negative spells and such. You can also carry it around for good luck with hunting, drawing in customers, and

improving healing in rituals. You should, however, know that it's used with caution, since it is poisonous. Don't use this in the presence of animals, and don't use it internally

These different herbs are used in order to promote wellness and happiness in life. Wiccans should use this in your spell making as needed, in order to help with improving the effectiveness of spells and magical works. Lots of Wiccans have these on hand, and you should use these as needed in order to ensure proper happiness.

THE PURPOSE OF CANDLES AND HOW TO USE THEM

The next Wiccan tool we'll be going over is candles. Candles are often used during rituals and rites for different reasons, and they are oftentimes used for worshipping the deities, and you use them as well honoring these as well. Worshipping deities is often done with torches, flaming wheels, and balefires. It is the only source of natural illumination short of the sun, which makes it obvious why Wiccans would use something so natural. It's got sacred power, and it has been used throughout history.

While we do use electricity in our world today, there are still candles utilized in almost every religious service there, in order to create specific intentions, and you even use these in the secular world.

The custom is oftentimes done because it creates an atmosphere that's pleasant and peaceful, which means that when we look at this light, it calms us.

Some also say candles are used in spell work too, since it helps you practice better and incorporates concentration. These also help strengthen your muscles magically, and the ability to focus the energy in each direction. Plus,

this is both the simplest, and most complex form of magic.

Candle magic is very interesting, because the concept is incredibly simple, where you simply send out an intent on the physical plane, a message of sorts, with the request being made in order to help signify an intention. You send it through, and from there, it transforms into a physical plane, and it carries the message and then some.

Candles are oftentimes used with color at the beginning of this, and it's done in a way that's focused and tangible. It allows for you to create the intent in a way that is possible, and it can help with this. Different factors such as luck, love, and the like, and even death can be associated with candle magic, and it's said that it's supposed to help make the intent of this much stronger, and it can help with improving the overall strength of the intent as well.

For example, red candles are associated with love and passion, such as the color of the heart. Green is associated with abundance and is often used in spells involving money cause it's a green color, just like money is. The growing season is identified by this.

You can use each of these candles in order to help you reinforce the intent of the spell. That's literally the purpose of this, and these spell candles are found in almost every single color that's there.

The process of candle magic and using candles in wicca is simple. Once you light the candle, you can sit there and watch the size, shape, flame, and just let it burn, with the intent of this in mind at this point to help you focus the energy in this.

If you send the intent out quickly, you'll have a quick manifestation. If you notice that the candle is flickering brightly and quickly, that means that this will manifest itself super quickly, whereas a low, weaker flame will indicate

that there isn't much spiritual energy in it. It also is said that if the wick is black, or thickly smoking, there's an opposition in the intent, whether it be from a person, item, or unknown circumstances, and not even the unconscious mind may know that it's happening. But you just have to hope for the intent to push through.

Now, you continue to push that intent, and once it's all the way downwards, you can look at the wax that's left behind. Some witches will do that with the candles that are left, and it's called ceromancy, and it's suited for people to visualize, and if you get visions easily, this is a great way to do it. If you look at the wax, you look for shapes and the patterns that are there before you suggest the forces that are taking shape in terms of the wax. From here, you can look at where the wax is pushed when it melted, where the air went, and you can look at the mood of the wax, and what it seems to be.

Of course, if you are confused by this, you shouldn't worry too much about it. Some people get so hung up on the different aspects of this. You'll probably not understand this at first, but once you have a sense of where the flames and wax are communicating, you can do what you need to do with this.

Some of the different candle colors include the following:

- White: The goddess, purity, peace, virginity
- Black: Binding, shapeshifting, protection, and repels negativity
- Brown: Influences friendships
- Silver: The Goddess, female energy, astral energy, clairvoyance, and dreams
- Purple: Third eye, psychic ability, spiritual power, and

influencing people in higher locations

- Blue: Water element, protection, wisdom, calmness, good fortune, and opening up blocked communication
- Green: The earth element, healing, success financially, and growth of the natural world
- Pink: Affection, romance, and care
- Red: The fire element, passion, strength, career goals, lust, survival, and the blood moon
- Orange: Generalized success

These candles can be used as you see fit, and if you want to try basic candle magic, you're welcome to do so.

Now, you should always practice safe candle magic when doing this. Most candle spells call for you to let the candle burn on its own, which is fine, but understand this may take a while. It's never a good suggestion to leave burning candles unattended, and you should make sure that you stay near it at all times. If you really, really must leave a candle burning for a long period of time, put it in a sink or tub, and away from where it might fall down and burn. You should also make sure that you are careful if you're adding oils to this too. Those things are incredibly flammable, and they can burn your fingers.

It is a great way to improve your focus and direction, and you can explore the magical arts with this type of magic, that's for sure.

WICCAN CRYSTALS AND HOW THEY'RE USED

Finally, we've got Wiccan healing crystals. Oftentimes, people will wear

these crystals on their body physically in order to ward off energies, or they're used with different rites and intent in mind.

When you look at crystals though, you're going to see that there are 70 different ones that are used in Wicca. But, here's the thing, the average witch doesn't need to have that many. You can use over 100 crystals, ten, or just one. The reality of it is, don't take it as a set element to just have a certain amount of crystals.

With crystal, you need to ground, charge, cleanse, and recharge them, and that is a very in-depth process. Others might just like the fact that they're pretty. At the end of the day, crystals are what you make of them, and they're what you want them to be.

So, what are crystals used for? Well, here's the thing, crystals are used for your rituals, in order to appease a goddess or other deity, or they're used for grounding, which is used to help keep you focused on the Earth so you're not feeling the effects of negative energies.

There is also the fact that crystals are wonderful for power. Power is something that you'll want to work on, and something worth mentioning over time. But the right crystal will make all the difference. Crystals can be used as well to help make intents that you have come true.

For example, if you're thinking about trying to fall in love with someone, or you want to work on passion, you can take a crystal, and hold onto it.

Each crystal has a certain amount of power to it though. Think of it like a stamina bar in a video game. Each crystal needs a certain amount of charging in order to use it, and then needs to be recharged in order to maintain the effects of that, which is something most beginner witches don't worry about.

So, how do you do each of these? Read below to find out.

CLEANING THE CRYSTALS

You should clean these after another has touched them, if you have had guests within your space, if you've taken them with you, or a few days before the full moon.

You can typically clean them using a saltwater bath. Put them in there to help get rid of that energy. Everyone is different though, but 24 hours should be ample.

You can also bury them within the dirt. This is what many Wiccans do in order to help keep them nice and cleaned up. Plus, they're connected with the Mother Earth better, so they'll have more power.

Beaches are another good place, and this is great for blue and green-colored crystals. This is fast, and natural too. This is incredibly quick, and personally, if you live near a beach, this is a good way to do it.

Now, if you don't want to put that much work into cleaning, salt is the best way to purify these items. Salt will naturally purify things, so put them on top, or bury each of them for about 24 hours on average to help clean them up.

You can also use sage too. Burn some sage, and literally keep the smoke around each of the sides of the crystal, in order to clear away your energies. You can also do this with a selenite stick, which is used as a wand, and from there, it will help eliminate any negative energy.

Cleaning them is incredibly important, especially if you want to keep them free from negative elements.

RECHARGING THEM

Crystals are powerful, but if they aren't charged or recharged fully, you won't get the results that you want to from them.

You need to make sure you do this after you clean them, because otherwise, your intention will get mixed up with the intent of the others, and that's not what you want to do.

What you do, is you take each crystal, speaking the intent into each one that you have. For example, if you're sing rose quartz and say that you want to fill your heart with love. Black tourmaline can be used to help keep away negative energy. Essentially, speak what you want the crystal to be used for.

Next, put them by a window so they can charge in the sun. That's how they get energy.

Another time you can recharge these is during the full moon, where you leave them in a container or by the window outside.

At this point, you can use these in rituals, or even just on your own. Many Wiccans prefer to use jewelry than to have them just for rituals, and let's face it, they're incredibly pretty too.

GOOD BEGINNER HEALING CRYSTALS

There are a few good healing crystals for beginner witches to try out. It ultimately depends on what you want to use them for. Lots of people like something that's easily accessible, so something you can get from a natural shop is the best answer to this.

Clear Quartz is one of the most versatile out there, and it's the second most common mineral in the earth, and it's found on every continent but

Antarctica, and it's the least expensive crystal to buy. It's wonderful for healing, clarity, and protection. It's kind of like the most universal stones out there, and if you don't have a particular stone for the job, then you should consider this. It's an impressive chemical, and it's wonderful for amplification, and healing spells too. It also is wonderful for clearing up any issues you have, and to help with focus. It's the most essential crystal you need, and it can be used for pretty much anything under the sun.

Amethyst is another one that's super popular for Wiccans, since it has the meaning of sobriety, self-discipline, inner strength, awareness, and peace. It can calm down fears, induce hopes and dreams that are peaceful. It's wonderful for cleansing energy, and to enhance spiritual growth. It can be used during meditation in order to heighten your own psychic abilities, along with improving intuition. This is also a beautiful gemstone that can be used to prevent overindulgence and also curb destructive habits you'd like to change.

Rose Quartz is on our list as the second most useful crystal in spell work. It's got the name from the pink hue this obviously has. It does have small traces of titanium within the crystal, but it's got a pale shade of pink, to rose pink. It oftentimes is used and associated with love, unconditional love to be exact. Oftentimes, these are carved into the shape of hearts to help push this idea.

They are good for promoting love, friendship binds, and deep healing on an inner level, and are wonderful comforts for those times of grief. It also can help promote the feelings of anxiety and heartbreak. It also is used to help dispel emotional pollution, creating a vibe that's loving and nice, and pushes acceptance and forgiveness, both of which are important aspects of building a happier, more reliable friendship not just with others, but with yourself as well.

You should consider getting some rose quartz if you feel stressed, depressed,

or need to recover. While it isn't a replacement for medication and therapy, it's a wonderful way to cope with the various issues at hand.

Selenite is another very potent mineral. It's the crystal form of gypsum, and when put into water, it can revert all the way back to gypsum, and it's generally transparent and colorless. These are usually used in the form of sticks and points when used in Wicca and are important because they help to purify the world around you.

This is actually named after the Greek goddess that's associated with the moon, Selene, and it helps clear the mind, expanding your own self-awareness and your surroundings, and it helps open up your chakras and get guidance from the spirits. Selenite also does instill peace and comfort, and if you use meditation in your Wiccan practices, this can help push judgement aside, and make seeing the deeper picture even more possible.

Finally, you have hematite, and that's a mineral with iron oxide in it. It's the oldest iron oxide out there and it's widespread in the soils and rocks. Typically, it's black to steel or silver-gray in color, or even reddish brown or red. These are wonderful for protection and grounding, used to strengthen the connection that's there with the Earth, making you feel secure and safe. It will allow for you to have the strength, courage, endurance, and the vitality that's possible.

It's essentially a "stone for the mind" which stimulates both focus and concentration and improves your memory and organic thinking. It also is potentially a good luck crystal, which the ancient Romans used to smear this onto their bodies, which they believed would make them invisible when used in battle. It is oftentimes used to bring you good luck during situations that are troublesome, especially legal ones.

It also helps to balance out the ethereal nervous system, along with the

physical nervous system, helping with energy focus for the emotions between the spirit, mind, and body. It also helps to dissolve negativity within other people and is a valuable crystal to be used in practice.

USING CRYSTALS IN WICCAN PRACTICE

Crystals are oftentimes used in Wicca to mark out the sacred circle before you start, and it's often also used for honoring deities, and these specific stones are used to help honor the different goddesses and gods. Sometimes, pentacles and wands have crystals in them, and those Wiccans who wear magic jewelry can benefit from this.

In the Wiccan magic itself, it is used for everything from divination to healing, to even just manifesting wealth, along with love. It also is used in amulets, different talismans, and other "good luck" charms, along with scrying and protection too. They're a powerful part of spell work, whether it be ingredients that are added, or the main parts of a spell. Some Wiccan spells have these as the focus of the spell work, which is fine, and they're still quite powerful.

For example, you can use amethyst as a "power booster" for almost every spell. Rose quartz is used for sharpening your focus, especially if you're using spells that are more complex. You can also charge different crystals for different purposes, and you can even just charge and carry it for the proper results. For example, carrying red jasper for courage, or even citrine for attracting some money as well.

Crystal magic is also unique because you can take advantage of color correspondence in a natural way. You don't have to dye them like different cloth or candles, and the colors that are on the stone self are already available, and they resonate with all of the different parts of our existence, according to

those vibrations. Pink for example is harmonizing, loving, and it is a powerful part of drawing love within your life. Green has a vibrational resonance with growth and abundance, making green stones, including bloodstone and jade, good for different spell work aspects, especially money and prosperity.

You can pretty much buy all of these stones at wiccan, or even New Age shops, and you can get ones that specifically focus on the phenomena at hand. However, lots of times crystal magic believes that the stones choose you, not you choose the stone. You might be given a stone that is a gift from a friend, or you just find it during a walk. You should find one that has an intention and comes to you.

Here's the thing about buying from shops. It might seem like a wonderful idea, but the thing is, you might be drawn to that stone without thinking much on it, and there will be a gravitational pull to certain crystals, but then, you may not even notice that there are energies associated with this. For example, if you do find one, scan your body, and if it makes you feel good, chances are, it's a good one. If you have a negative feeling, it might not be for you. Stones aren't harmful themselves, but if they aren't a good fit, they will just be ineffective.

That's really all there is to it. Wiccan crystals and herbs are very important, and the candles and candle magic change the game as well. As a Wiccan, you should always consider using these and from there, you can build a much happier, more worthwhile experience for yourself.

CHAPTER 8: THE ESSENTIAL OILS OF WICCA AND WHAT THEY ARE



Essential oils are another part of Wicca, and while they are a tool used in spell work, they also have healing and other properties that are wonderful for you to use. Here is a list of some of the essential oils that are important for Wiccans to try, and also how to use these essential oils.

Essential oils are a component of ritual practice, and it's something that isn't totally new, since a lot of ancient healers used these to help with their creations. The oils in the past were of course made by heating up plant matter, and then the carrier oils are then put together with these in order to be used. Some of the earliest oils that were used were frankincense, cinnamon,

and myrrh, and of course, cinnamon is still used today.

The oils today are extracted a little more differently, and there are other technologies that are discovered, letting the oils be extracted from different plants, especially citrus plants and flowers. These days, essential oils are used more in aromatherapy than anything else, but for Wiccans looking to get their hands on some good essential oils immediately, this is the way to do it.

HOW ARE THEY USED?

If you're familiar with Wiccan spell work, you probably think these oils are part of the main course, but they're not. The oils are used for anointing crystals, tools, amulets, talismans, and their own bodies. These oils are oftentimes used to create incense, and this is great for making candles and charms. Pretty much anything that you'd like to do on a magical level is enhanced by the utilization of oils, whether it's a single scent, or a blend of multiple scents that are used to help build a better foundation.

These are used for two reasons: they are from the earth, so naturally they have plant energies in them. Plants are living forms, and of course, they work with the harmony of nature to help others. Of course, plants also have the magical properties that are concentrated within essential oils.

The best thing to remember is that synthetic oils are nowhere near as good, simply because they don't contain the ingredients in botanicals. While witches have used synthetic oils with great success, most of them will say that botanicals are your best option, and they can't be rivaled.

THE POWER OF SCENTS

Scents have incredible power. Many of us are very in-tune with the scents

and how we feel. Different scents will put us in great moods, letting us feel happier, and of course more relaxed. Myrrh and cedarwood, or even blends are really good since they awaken within something that's beyond ordinary scents of smell and such, putting us in different frames of mind. This is also a good way to get in touch with the invisible powers within the universe, letting us achieve the aims that are there. These oils provide a good and direct line between both the physical, and the spiritual world.

You can't summon the mind state you want if you're not in line with the universe. You should be in good harmony with both, which is why many essential oils and incense is used in Wicca. The richly-scented smoke that's there will help you keep a good frame of mind, and you won't be so focused on the worrisome details that might be happening outside of spell work. It helps create focus, and if you want the spell to be effective, then this is how you do it.

This focus will of course, help you connect with the higher deities, self, or whatever you're looking to use. They also promote inner focus, and they can even be charged as well by giving it a little bit of solar or lunar energy, and from there make them a powerhouse in your life.

THE BEST ESSENTIAL OILS FOR WICCANS

So which oils work for you? The answer to this of course, is all relative. You may love the smell of something people normally don't like, or if you smell something that you can't utterly stand, don't use it. It's that simple.

Of course, with the commercialization of essential oils, you run into the problem of people selling cheap knockoffs that aren't that good. If you notice that the oil is a bit putrid, or just doesn't make you feel good, you shouldn't use this.

With that in mind, let's talk the best essential oils for Wiccans out there.

BASIL

First let's talk about basil. This is one that stimulates the mind of the conscious, and it can be used for reducing fatigue in the body, and allowing for the mind to reveal itself, and it's good for understanding yourself on a different plane. Some also use it with spellcasting and different rituals that invoke joy and money.

It also has the power of creating sympathy between those who wear it, to avoid clashes that are there, and sometimes can be used in clashes that might be happening. It creates a harmony within others too, which is why people use it in order to help calm down negative energies between two people.

ANISE

Anise is used within clairvoyance especially if you are trying to tell the future, and through divination. It's added to bath rituals that have divination as the focus, and it can be worn during rituals of divination.

It is also used to help scent a sacred space in order to help get rid of negative energies and also invoke the gods themselves so they can utilize their magical protection in order to help the caster.

CINNAMON

Cinnamon is used in many ways to access the realm of the psychics, and with visualization in order to strengthen the body itself. Many times, it's also a big part of spells that promote wealth. The leaf especially is used for this.

The oil is very vibrant, and it is great for protection, and for females, it's a sexual stimulant. If you add this to any other incense or essential oil, it will increase the powers. Some mix it with sandalwood to create a good incense for magic, meditation, good, and for illumination.

CUMIN SEED

Cumin seed promotes harmony and peace within the home itself. Some witches will use this to anoint the doorways of a sacred space once a week before the sun is up, and when the house is asleep and quiet, and that in turn will help to bring a balance of all of these factors to the home itself.

CYPRESS

Cypress is one that's used for smoothing the transitions that the caster is going through, especially those who are suffering from the loss of those that they love, the separation of friends, or the end of a relationship. Cypress also bestows comfort and solace within a space, so it can help calm you down after all the negative energies have started to fall away.

Cypress in spell work is an oil that's used for blessing, protection and concentration. It is actually a symbol of the element of earth, and of course death, which is why it's used when there is a situation of those leaving for some reason.

Some wiccans will wear this at funerals, so that the oil is uplifted by the meaning of the death at the doorway, but another life at this point, and it will screen out those negative feelings that mourners have. Many will wear it on Samhain itself in order to become aware and help remember the people who have passed from here on out.

EUCALYPTUS

This is a healing oil, which is wonderful for those who are healing after an illness. It also can cure throat issues and colds when applied to the throat, wrists, and forehead, or used in healing baths. It also can be used for purification rituals with wonderful results.

LOTUS

Lotus is a sacred oil that ancient Egyptians used, and it's got a very high level of spiritual vibration, and it's great for anointing, blessing, meditating on, and also as a dedicatory oil to the gods themselves. Many Wiccans will also use this in healing rituals. The idea of lotus is that if you wear this, you'll have good fortune, along with happiness too, hence why many Wiccans add it to their lucky and prosperity rituals.

MYRRH

Myrrh is a very old oil, used during ancient times, but it is incredibly powerful. Myrrh is used to protect, and purify the user, and it also is protection from hex breaking as well. It's got a very high level of vibrancy in it, which makes it excellent for most magic rituals itself. The house should be anointed every morning and evening with this in order to create a space that's protected in every shape and form.

However, it also will help with the awareness of the spiritual reality in our existence every day. It will calm the fears and stop the questions that are there in relation to the future. It also is used in meditation, and healing of the body itself in order to improve the connection that's there.

ORANGE BLOSSOM

Orange blossom, or orange sweet is used for people who want to get married. Many women who use it in baths do use it to help with their attractiveness. It's a good way to boost your own personal, and sexual prowess as well.

It also can purify the self as well, and if you feel sad, it will transform that depression into joy. I also increase the bioelectrical energy in most magical activities and is pretty strong in terms of an essential oil.

PATCHOULI

Patchouli is great for those who want to boost sexual desire and prowess, and

also to help with improving the physical energy of a person's interest. Patchouli is also used as a way to manifest the money that you desire, so if you want money, or using a money spell, patchouli will be your best friend.

It is a very powerful occult oil too, and it's called a magnetic oil, which means it attracts the opposite. Oftentimes, men wear it to attract women. It also will ward off evil and negativity, giving peace and mind to the one who is wearing it, making it possible for the person to have a happier state. The oil is also very sensual in nature, heightening the senses as well.

ROSEMARY

Finally, we have rosemary, which is incredibly vitalizing in oil form. It's used in almost all healing rituals in order to make sure that prudence is followed, along with common sense, and general assurance as well. It aids the power of the mental plane when it's rubbed into the temples. It's used with rose in many cases, such as in terms of blessing homes and apartments, protecting the space, and warding off negative energy. It can also be used to help infuse peace and tranquility in the home as well, and when burned once a week along with rose oil, this will help with the domestic tranquility sense.

Essential oils are so good for wiccans to use, and many of them love to use all of these different ones to great results. Check them out and find the oils that work best for you.

CHAPTER 9: HOW TO USE MODERN-DAY WITCHCRAFT

Most people reading this wonder how they can use this. After all, maybe you're not ready nor do you want to use complex rituals or celebrate wiccan holidays. But wiccan spells and activities are incredibly popular in the modern world, and there are a lot of ways you can utilize wicca in modern society. It's a little different from what you think, and just like with Wicca principles, you don't need to use dark arts or anything in order to achieve the results that you want.



HOW TO USE WICCAN SPELLS IN MODERN-DAY WORLD

Now most of us may be ready to take the plunge and start using Wicca, but some of us may not be ready to invest what you need to invest into Wicca. That's totally fine, because many people don't want to spend that money.

However, in the modern-day world, there are basic spells you can use.

Spells for money, for love, and for happiness are what many modern-day witches strive to use. These spells usually involve a few herbs, maybe a crystal or two, and a few incantations. You just have to work with what you've got, and from there, try out some spells.

We'll go over a few key Wiccan spells for beginners to use, but the best way to go about getting results with Wiccans in the modern-day world may be through just learning on your own.

Oftentimes, these beginner practices will help as a supplemental reason for you to get into wicca. There are many spells out there, and a lot that date back to ancient times, and you just have to, with this as well, create the best and most worthwhile experience that you can with what you have, and try it from there.

WAYS TO LEARN ABOUT WICCA

How can you learn more about Wicca though, especially in modern society? While you may not be ready to join a coven yet, you can learn a lot about Wicca through different media, and through different activities.

Listen, watch, and read different pagan and Wiccan publications. There are tons of websites, videos, and podcasts, even social media pages that will help you figure out how you want to practice Wicca. For many Wiccans who are first starting out, it can be hard to figure out what your focus may be, and if you're ready to move to the next step. But learning is powerful, and Wiccan

and pagan books will help you understand Wicca a little better, and help you get a feel for how you want to practice it. You can choose to be a more devout practitioner, or someone who is a little more casual with this. At the end of the day, it's your choice.

There are also Wiccan and pagan festivals you can check out. Festivals and Wiccan holidays might be a wonderful way for you to get to know those who are also interested in the practice and who may want you to join their coven. You also can find out about the traditions of pagans as well as Wiccans at these festivals.

There is usually holidays during summer and winter solstice that you can learn about, and these usually are found through websites, or even on social media. Social media is one of the best ways to connect with fellow Wiccans too.

Speaking of social media, this is how you contact other Wiccans in life. You can find people through both social media and email, and when you feel it's right, you can meet each other directly. You should definitely do this only when you're an adult, but if you are a child interested in Wicca, you should have a guardian that's with you if you do meet people. Most of the time, the groups, festivals, and teachers aren't even open to those under 18 unless they get parental permission, but for the most part adults are who are interested in Wicca, so it makes sense that the festivals are more geared towards adults.

There are Wiccan and pagan centers and sacred sites. You can visit these during their sabbat festivals, the classes, full moons, or other visiting days. You might have to put a little effort into finding these, but once you do, you'll have a lot of good opportunities to meet other Wiccans, and if there are places where this is being practiced, then you're in luck as this can help.

There are seminars, classes, and retreats that offer valuable learning

experiences. You should consider potentially looking into these. Circle Sanctuary is one of the best resources, and they offer a wide variety of different classes, and you can work on trying to get with other Wiccans within this.

Sometimes, it takes a bit of time to find those who are interested in working with you, but it's possible to find fellow Wiccans ready to work together, and this is something that lots of Wiccans can benefit from.

HOW TO PRACTICE YOUR CONNECTION WITH NATURE IN THE CURRENT WORLD

In our current world, tis hard to connect with nature. With all the tumult that's happening with a lot of the issues in our world, it can be hard for a wiccan to toss that to the side for a second, and spend time connecting with nature. But Wiccans have a deep connection with nature, and you should as well.

It is hard to just do away with all modern conveniences especially since we often rely on those. But it does involve taking care of the planet, even just a little bit, and many Wiccans will practice this connection to help better their experience in the common world, and here, we'll talk a little bit about building that connection in modern times.

THE POWER OF NATURE RITUALS

Nature rituals are one of the best ways to connect with nature, especially in our modern world. Oftentimes, you don't spend enough time in nature, and we are typically stuck in the rut of our spaces and rooms, instead of just getting out and exploring. But journeying into nature, and divine

interconnectedness will help you.

The way to do this is simple. You should find a place within nature that's special in your eyes, such as the woods, a meadow, a lakeshore, or even a small brook, or the ocean, a mountain, or even just a pile of rocks or a small hill. You should find a space where you can be connected with animals, plants, and elements, but also away from other humans and ideally away from modern conveniences.

As you journey there, you should commune with nature of course, but you should shift your focus from a human-centric mindset to a nature-aware mindset. The journey there should remind you that you're a part of nature, that you as a human are a part of this.

This journey will help nurture the spirits that you have, and also strengthen the relationships that you have with lifeforms that aren't humans, a part of the biosphere.

You should, once you get to the chosen place, sit down. You should be seated and relax. Take deep and slow breaths that will help you relax. You should become aware of yourself resting at where you are. You should experience the planet as mother earth is holding you to her. You should feel the sky lightly caressing you, along with the Earth and the sky energizing one another.

You should express appreciation at the core for the planet, along with the cosmos for nurturing you, and the other lifeforms. You should drink the life energy that nature has, and is surrounding you, and from there, become aware of the energy as you feel it hits you. This nature connection is oftentimes known as the divine communion.

From here, you should become aware of the plants that are here, and their

own aliveness, such as a tree or something that's near you. But, don't just look over it in a glossed over manner, but instead, merge and become one with it. Imagine you're literally that plant, experiencing the world at the level these plants do. You should then focus on yourself as a human once again, and mentally thank the plant that you have as a friend, relative, and teacher, and from there sit and reflect on the experience.

From here, shift to another plant and do the same thing, and you can continue to do this until you start to feel one with nature and the plants themselves.

From here, you want to pay attention to the sounds, the birds, the wind, and the other nature sounds. You should also pay attention to your sights, and from here, you can see the nature and beauty in different shapes, patterns, and colors that are around you.

From here, focus on the rhythms of nature, such as touch, taste, and smell of nature, and as you expand the awareness of the sense on a physical level, you should allow yourself to experience the place with your sixth sense, intuition, and where there is neither space nor time, only the sense of being.

You can from there open up your mouth and let the sacred vibrations of sounds flow within you. Let the sound be pushed from deep within your being, but also from your diaphragm, heart, and your entire body. You should fill this with sound, creating a oneness with it. From there, you can rise and celebrate by dancing and celebrating nature, living, and celebrating the spiraling circle of change and rebirth.

From here, be quiet once again. Take the time that's necessary to reflect on this, and then give thanks with the divine and all of nature once you're done. You can connect with wisdom through this, which is around you, and is a part of nature, and you essentially connect with the spirit that possesses a deeper part of meaning.

As you go back, reflect on what you've done, and from there, you can picture the level of thanks and happiness that thinking about and connecting with nature has bestowed to you.

MEDITATION

Meditating within nature is the next thing you can do. Lots of us don't have that good of a connection with nature. You can do this in a similar way to the nature journey, but you can do this with walking. As you walk, notice the sounds, the sights, and the feeling of nature. Become aware and mindful of it. From here, reflect upon yourself: how could you do that better? You can figure out how you can have a better oneness with nature as well. There are a lot of different ways, but as you meditate on this, you'll be very happy with the results of this, and in turn, create a better, more worthwhile experience for yourself.

As you meditate, if you notice intrusive thoughts start to come in, you can always banish them as you continue. These intrusive thoughts will happen regardless, so you should definitely make sure not to dwell on them.

If you feel like there is nothing you can do to help nature, then as you meditate on this, meditate on what you can do in order to help you with this. For many people, meditating and being one with nature is hard, but it's completely possible, and worthwhile.

At the end of it, thank nature, and point out three things about nature you're thankful for. Send out your vibes, and let nature know how important it is to you, and how much it matters.

Understanding the importance of nature, and what you can do with it is important, and you'll be able to understand what you're doing with this too.

GIVE BACK TO THE COMMUNITY

In many instances, being in contact with nature is good, but if you feel like you can't do anything about the way life is going, modern Wiccans try to give back to nature.

Some of the different ways they do it is ultimately dependent on what they're working with.

For example, many Wiccans actually love working in gardens, tending their own garden, but they might get that urge to work with a community garden to help others.

Many Wiccans will volunteer at forest preserves and at different animal shelters, or work to help bring nature to others, along with the benefits of it. Many Wiccans do love volunteering in nature, such as by helping to plant a tree and the like. They want to give back to nature, since nature is so important to them.

Lots of Wiccans try to reduce their own personal carbon footprint and energy output. Many of them will try to recycle or save energy as much as they can. They're conscious of it, and while you might not think that what you're doing is much, remember a little bit goes a long way. Caring about the planet is important too, since we are on the precipice where we need to start being mindful. Some Wiccans may choose to eat less meat, but of course, this is ultimately up to them.

With that in mind, Wiccans may consider practicing more within nature than in their home. The connection with nature will help them improve their own understanding of this, and it's quite helpful especially if they want to build the connection with nature and want to know more about it. Wiccans

oftentimes will struggle with that connection, but going out in nature and casting spells in regard to nature is a good way to do it.

Even just being mindful of Wiccan traditions and beliefs is a good way to practice modern Wicca. Many Wiccans do become more mindful of this as time does go on, and it's important that you understand the importance of Wicca, and its own characteristics. Wicca is possible to practice in modern times, just consider these different nuances of practice before you begin.

CHAPTER 10: BASIC WICCAN SPELLS TO TRY

For those who are beginning on their Wicca journey, they may wonder what the best spells to try are. There are a few that are wonderful for beginner witches, and here, we'll give you a few to choose from, and those that let you ask the deities for extra help. These spells are basic, but they are wonderful, and should be used.



PETITION MAGIC

This type of spellcasting is used when you need something, and

you want to ask the gods for help. In our world, we have most of the resources, and they should be used both responsibly and ethically, but they are meant to be used. You don't have to ask the gods for things all the time, but if you do have something that you can't get yourself, it is a good action to take. If you're asking for stuff that's feasible from the gods, then future spellcasting might be affected by this. Petition magic is basically used whenever you have a warranted excuse, and it's essentially a magical prayer.

Now of course, you must remember that not all prayers may be what you want. Sometimes, you might not get what you want when you ask, and that's okay.

To do this, you first and foremost need to write the petition. You also can choose a candle for this so that you're able to get extra help from the gods as well. You should make sure that you do this in a way that will be meaningful, and if you need something else, add it to this. For example, a bag of sugar to "sweeten" the situation is a wonderful addition. If you want guidance on what job to take, you might print out the housing listings. You can also use this with various photographs as well. Basically, the goal is to be very heartfelt and meaningful, no matter how you do it.

From this point, once the petition is written, you can cast your magic. First, you need all the supplies, and go to a well-ventilated room. From here, you can do your spell as a full circle ritual and start with that by creating the casting circle. Ground and prepare

for this, and make sure if you need to dress the candle, you do that, but also do it with the goal as the focus. From here, light the candle, and from there invoke the deity that's there.

You then meditate on the goal, actually focusing on this. Take the writing implement and the paper, and from there write or draw out the petition that you have, with all the focus being on what you want from this. You might need to add things to the paper as well, and fold it in. You can actually use herbs, nail clippings, hair, or even blood if you want to do blood magic, and from there, make the statement and tell the deities that you want something, and from there, you light the paper towards the candle. Hold it without getting burned, and when finished, put it in a pot that holds heat well.

Finally, thank the deity for their cooperation with this, and once that's done, you can from here finish the ritual. You can at this point finish up, ground yourself once again, and finish all the ritual activities.

This type of magic should be used only if you really want something, and if you feel like you're unable to get it otherwise.

FREEZER SPELL

Chill out! Well, maybe you want someone to keep their mouth shut, or you want people to stop being gossipmongers. If that's the case, then you should definitely learn this one. Ice, freezers and the

like are oftentimes used in various Wiccan spells, since they are effective for freezing or keeping one quiet.

Freezer, or icebox spells are great for beginners, and this is good to help cast spells that stop you from getting harassed. To use this, you'll need to get a freezer bag with a seal that zippers it, or some container that you can fill up with water, and from there seal. If you do have a glass jar for casting, make sure you can keep it in the freezer.

You'll need a piece of paper as well with the person's name on it, and from there, you should also get some water that is consecrated, or even vinegar and urine. From here, you write the name of the person on the zippered bag, from there fill it up with some consecrated water, or whatever liquid you'd like to use, and from there, you put the bag directly into the freezer. As the person's name freezes up within the ice, they should "chill out" from this point forward.

Some Wiccans have used this with beef or even animal tongue on a lemon, which represents sour words being said, the paper is then put into the slit of the tongue, and then the whole thing is wound up with some twine, and from there it's placed in the freezer to freeze up. You can also use this to keep someone in check, especially someone who is having sexual exploits that are harming others. A veggie that looks like genitalia can be used, such as a peach, or even a zucchini can be used with this type of spell.

This spell is oftentimes done with the intent of your own benefit in place. This means that you're not cursing or hurting another person, but instead, you're actually using this to stop those harmful words from hitting you, which is a good thing for most people to utilize.

PROTECTION MAGIC

Another common type of magic that wiccans will use is of course, protection magic. Protection magic is wonderful, since it helps keep you safe during those trying times. If you're worried about whether or not you'll have someone intruding in your space a lot or if you are someone that is going through a situation that's rough, then you should consider some kind of protection magic.

Protection magic comes in a number of different forms. It is actually the oldest spell work documented, all the way back from ancient Egyptian times, where they had simple protection spells that were used both in the home, but also with the dead to protect them and provide for a journey.

One of the simplest spells comes in the form of making an onion braid to protect your home. You essentially braid an onion, and you can do this as well when preparing them for winter storage. You need lots of onions with the top of the greens attached, and a few feet of heavy rope or twine.

Fold the twine in a halved manner, and from there, tie a knot at the

end, making a loop, and from there you put the twine onto a surface, and put the onion in an upside down fashion so the greens create a third string, along with the two extra ends of twine. You then braid this until it's all in place, and do it with all of the onions, braiding them and also doing it between the stems too.

When you braid these, have an intent in place, and continue to focus on making sure that you're protecting something. You can put together a magical incantation and link them to the protection that you need.

You can ask for protection of your home, or even just protecting yourself, asking for you to keep the negative energies away from you.

Another thing you can use during ceremonies is protection oil. Protection oil is something you can use to protect yourself from magical, along with psychic attacks. You can also use this within your home, car, or even anoint people during rituals to help keep them protected. You need about an eighth of a cup of the base oil you want to use, and then 3 drops lavender, 4 drops patchouli, a drop of hyssop, and a drop of mugwort.

Combine and blend the oils that are here, and from there, you want to visualize the intent, and from there, smell the aroma that's there. You should know the oil itself is sacred, and magical too. You can then keep this labelled and dated, and then stored whenever you need it. You should use this for protection of yourself, and the

protection of others too.

Finally, you have the wolf protection spell, which summons the spirit of a wolf that's ferocious, and it's used to protect against people and evil forces that you feel you need. To make this, you need a picture of a wolf, specifically one that's an artists' rendition, two candles that are green, a white candle, holy water, and the protection oil from before. As well for offerings, you need a drink that's lunar focused, such as wine or even ale, and it doesn't have to be alcohol either. You should also have some sort of small cake.

Put these on your ritual space in the way you want to and do this during the full moon and from there chant the incantation of, "Three candles, both green and white, give me protection tonight. The sky is cleared, the moon full, and make the evil around me disappear. The wolf that runs over and gives me protection from harm come hither, please come hither!

From there, you continue chanting that as the candles go out, and from there, lightly put the oil on your hands, and rub it in. Offer to the deities the food that you brought, and end the ritual with food and drink.

Wiccan protection spells will keep you safe, and you'll be much happier with the result if you have this in place as well.

TEA SPELL FOR ANXIETY

For some who practice Wicca, they may use it to help them get through a hard time, and to help quell the anxiety in their body. This spell can relieve it, and you just need tea that's been brewed, a little place for sitting, and a few minutes. You probably will notice it's a pretty similar spell to what you've read before, but what you can do with this spell, is to write one up that's meaningful for you. Do that in a way that lets you put together a wonderful spell that will help you get through the issues in life.

The first thing that you do, is you make the tea. A nice, lavender blend will do just fine with this. From here, you then sit down, and you think of the incantation and chant, and then you sip the tea. You also can say it while you mix the tea. It definitely is a good one to try if you have recent issues. It can be used to help calm you down after a rough day.

You shouldn't, when you're chanting, say anything about others or wish ill upon them. Make sure that you don't say anything about the person within the spell and keep the intentions mostly private when you're using this. Don't do this in a public setting either, especially one that would frown upon Wiccan spells.

Tea magic is mostly enchantment, and you can actually do this beforehand as well if you know your week is really going to be rough. The magic happens when you take honey, or something else that's sweet, and from there, stir the tea in order to activate its powers.

When you do this, first simmer and steep the tea in a container for about 20 minutes, and from there, you can strain and put it into a teacup. You can then add honey and stir it in a way that's clockwise, and this will make the intent sweeter, helping you have a sweeter situation. From here, say the spell, encouraging that no harm is happening to either you or the other person. When everything is complete, you finally drink the tea, savoring the taste of it.

This is a wonderful way for you to get the most that you can out of your work, and you'll be able to, with this as well, create a better, easier week for yourself.

FULL MOON COMPASSION AND SELF-LOVE SPELL

Do you feel like you're too hard on yourself, and you like to second guess yourself all the time? Well, if you notice you don't take your own advice enough, then perhaps a spell is in order. Oftentimes, if you're the type who struggles with mistakes, beating yourself up over the simplest things, and generally feeling terrible, then you need to start working on yourself, and here, we'll tell you how.

The full moon is a wonderful time to do spells, for the sole reason of you'll be able to cultivate compassion and have better compassion for yourself. First, you must release what's blocking your self-compassion, and from there inviting that which is needed

for this to grow. You can from there do this on the full moon, but it also may be done at any point in time that you need to use it. It also includes meditation, and various items around the house that you can use.

To do this, you need to do this on either full moon days, or on Mondays when the moon is waxing. It will take about thirty minutes to do. You'll need a pink candle, a cauldron or a container that's fireproof, two bay leaves for each person that's doing this, a book or Book of Shadows you can use for recording, a writing utensil, crystals and incense that helps with self-love, anything with pink, green, or blue, rose quartz or selenite for the healing stones, and lavender or sandalwood or anything that relaxes you.

To begin, you want to create a sacred space, and you can cleanse it by casting the circle or using a sacred space ritual. From there, sit yourself down in the working space or altar. Take some breaths, and from there, bring the body and mind to the moment, reminding yourself of the intention needed.

From here, create the intention by lighting the candle, looking at the flame. You should remind yourself of the intention of this.

At this point, close your eyes and start to visualize yourself within a room, whether the one you're in now or another. From here notice that there's a mirror here, either full-length or a mounted or small one. From here, visualize yourself going to the mirror, picking this up, and then holding it in your hands, and then gaze at

it to see your face. You can from here face your own reflection, understanding the person looking back at you currently. Start to visualize this reflection smiling and looking at you, feeling the love from all of this.

From here, receive any messages, such as those that you need for self-love, and what you need to take in your self-compassion and growth, and from here, stay like this for some time. After you feel this, you then can start to ground yourself, writing the experience down within your journal. You should note what you need to release, and what needs to be taken in to cultivate your self-compassion.

You can then consecrate the bay leaves by taking one of these, using them to represent what you must release. Hold this into the palm of your hand, and send the intent to the leaf, imagining that it will embody what you need in order to let go, and bring more self-compassion.

Finally, you should then say out loud “I release ____ to allow for more self-compassion within me.” From here, light the bay leaf on fire, putting it into the cauldron or fireproof receptacle. And that is your intention that you’re releasing into the world.

From here, grab the second half of the bay leaves, which represent that which you’re going to need to take in so that you can grow your self-compassion within your life. You can from there have it take that in by saying so, and then light that same bay leaf on fire,

doing the same thing as before, and then dropping it into the cauldron.

At this point, you close the circle by taking in what's been done, and when you are finished, put out the candle, closing the space as well. Bury the leaves that are there into the earth, since you want the connection of nature and the Goddess, and from there, you can let it break down the intention as you go along.

So, if you want to reinforce this, you do this by reinforcing the spell every single waning moon, and you should light your candles each time you use this, since it will help with growth and building the compassion and self-care that's necessary.

These spells can all be used in a ritualistic sense, but also used for many who want to utilize this type of magic for themselves to benefit them. If you're curious about it, try one of these, and work on trying this each time, so you can build the best and most rewarding experience possible.

CHAPTER 11: YOU WICCAN RELATIONSHIPS WITH THE WORLD AND OTHERS



For you as a Wiccan, you may wonder what your relationships with the world currently are. You may wonder how you fit into the grand scheme of things, and how to really go about bringing your own personal spiritual growth and wellness into this.

When you start on your journey into Wicca, one of the best things to do to better understand your relationship with the world, is to read. Before you even think about finalizing decisions, you should study this. Some will say that studying this can be hard, but the thing is, wicca doesn't have a dogma to it, so unlike religions such as Christianity or others, there isn't one set of steps for you to take. So, it's important for you to understand that, when

learning about Wicca and practicing it, it isn't just one set of beliefs, but instead, it's what you feel is right.

Also, one book shouldn't be where you start. You should consider multiple books and study, and study it for a bit before you make the decisions necessary to be a Wiccan.

A THINKING PRACTICE

With Wicca, it isn't just you following one doctrine. When you talk with other Wiccans, chances are you're going to notice that you might have different beliefs from others, whether it be in the realm of love, of the deities, or even rituals. It is not a dogmatic type of religion, unlike others, so anyone who comes into this looking for one set of directions will start to realize it's a little different.

The goal here, when you study Wicca, is to figure out how your personal beliefs fit into wicca. Is there a certain deity that you feel is a part of your life? Do you feel a connection to the moon? Do you want a religion that's focused more on a spiritual pathway, or one that's focused on one delineated book? Wicca is a religion that has many different parts, and there are some parts that don't even fit underneath the definition.

If you don't believe in gods, and you just want to practice magic, then Wiccan rituals may not be for you, since those rituals are centered around gods and goddesses. Witchcraft is something you can practice without being a wiccan. If you are someone who believes in Jesus, chances are Wicca may not be ideal for you, since there are two deities, both of which fit on the same plane.

If you want to practice Wicca, the beauty of it is there's no certain practice that

you have to follow no matter what, but you also need to accept responsibility for reasoning and logic, which are really two of the core beliefs of Wicca. This may be one of the few things that may attract you to Wicca, but if you don't think you can at least practice the rituals, you may just want to consider the spellcasting elements.

If you have a connection with nature, then Wicca is perfect for you, since it does involve a deeper, more pronounced understanding of this, and if you feel you can appreciate nature more and more, then you're in the right business.

CONVERSING WITH OTHER WICCANS

When you do converse with other Wiccans, the first thing you might notice is that your beliefs are a little different. Remember that that's fine, everyone has their own set of beliefs, and their own ideas of how they want to practice.

You should be respectful, and if one Wiccan likes a certain aspect of their religion that you're not interested in, respect it. You should always talk to others as if they have their own beliefs.

You can partake in rituals together, or even pray and meditate together, but you don't have to. Some Wiccans like the conveyance that happens within covens, and if you feel strength in numbers and actions, this is the way to do it. But, if you feel like it's not your thing, and you're not sure whether you should do that or not, then you may want to consider your own personal spiritual growth and wellness first.

The idea of being a Wiccan isn't that you have to practice it one way or another, but instead, you do what works for you, what's best for you, and you respect the beliefs and religious ideas of others.

PRAYING AS A COMMUNICATION

One aspect of being a Wiccan which might be a bit odd for some, is of course praying. If you know that you want to worship as a Wiccan, you should start praying, whether it be to the gods, or whatever. You should introduce yourself and tell them who you are. You can ask for understanding, clarification, or even guidance. Rituals accomplish this too, but it's a little different, since it involves actual steps that you may not be used to.

However, praying is very similar to meditation. If you're someone who believes Wicca might be the answer you're looking for, but you're not sure about the prayer parts, then consider meditation. Meditation is where you sit quietly, and you begin to close your eyes and focus on one thing for a period of time. Remember that meditation is wonderful both physically and mentally, and it works for both spiritual development, and your personal health as well.

Praying is something that anyone can do, and you can actually do it on your own. Some people like to spend lots of time praying, others may just do it every so often, checking in and saying what's happening. It doesn't have to be something you should force yourself to do, but instead be realistic in the way you handle your own personal needs and actions.

WICCANS AND OTHER RELIGIONS

One of the common misconceptions is that Wiccans are so different from other religions, such as Christianity and otherwise. Many times, lots of Wiccans feel like they are ostracized or different from the Christians that are out there.

But it doesn't have to be this way. The truth of it is, you're more similar than you'd think. While Christianity does believe in one singular god, and Wiccans the two deity beliefs, oftentimes when you come together, you'll realize you're not as different as you'd think. Some Christians may believe that Wiccans worship various strange creatures, such as unicorns or the like. The biggest thing to learn, is that Wicca doesn't do that, and instead, understand that as a Wiccan, you harness divine magic, and you work through that with others.

You may run into those who don't understand. This is common, and lots of times, those who are meeting you with hostility only do so because they don't get it. But as a Wiccan, you don't have to have that mindset. Instead, you should learn to help bridge the gaps, and learn to understand.

Some of the ways you can help bridge into the conversations with others about Wicca include the following:

- Tell them about it
- Show them that it's not just witchcraft
- Talk to others about their beliefs, and work together in order to come to an understanding
- From here, both of you can work on the similarities, rather than the differences, between each of these.

Lots of times, some people will meet those in Wicca with that hostility because they believe that all they do is cast harmful spells that hurt others. Which isn't even the case. Some people don't realize that there is a big difference between witchcraft and Wicca. Oftentimes, people don't realize that Wicca can be a conglomeration of many different things.

WICCA BRANCHES

Of course, if you want to learn a bit more about Wicca, there are different branches. Oftentimes, people just think Wicca is rituals, but in reality, it's actually a bit more than that. Wicca has secular practices as well that you can utilize different types of branches of Wicca in order to improve your own wellness.

If the religious and worshipping aspect isn't for you, there are other ways to practice different Wiccan concepts, and they include the following:

- Faith healing
- Tarot reading
- Spell casting
- Connection with nature

All of these are different parts of it. It does have a small bit of doctrine of course, but it isn't just that. It involves many different other aspects of it too.

Practicing on your own is usually the way most people begin, since it's how you push forward, and how you can better yourself. If you find likeminded people who want to practice with you, then great. Otherwise, if you're fine with a singular type of practice, then so be it.

Some people like to practice it all the time, some during rituals. It's your practice, your own personal connection with the world. Do as you must to benefit from this.

CONTRIBUTING TO THE BETTER OF THE WORLD AS A WICCAN

So how can you better yourself in this world as a Wiccan? You may wonder how this is possible, but the connection with nature is the one that you should

focus on. Building a connection with nature that helps benefit you is one of the best things that you can do as a wiccan.

Some ways you can build your spiritual connection as a Wiccan include these:

- Going outside and appreciating nature
- Taking a meditative walk
- Cleaning up the planet
- Not littering
- Focus on recycling
- Start a compost pole

All of these things are a good way to begin with this. For many people, this can be a bit of a struggle though, since oftentimes their connection with nature is one that's deep, and one that is important.

With Wicca, you can practice this as you go along. Lots jump into it thinking they need all of the ritual objects, when in reality, all you need is a few small tools and the like, and then you're fine. Lots of Wiccans overprepare, but you can always invest in more as you go along to help with this. You just need to do a few things here and there, and you'll be well on your way to being the best Wiccan you can be.

You have to remember that as a Wiccan, you'll probably meet those who don't understand, and those who won't get it. But, with the right mindset, you'll be much happier, and by better understanding what being a Wiccan is, you'll be able to create a better, safer experience for yourself as well.

CONCLUSION

This beginners' guide taught you a little bit about Wiccan spells, concepts, and the like, so you'll be able to, quite easily really, take care of yourself. With the right mindset, and the right ideas, you'll be much happier with your life, and you'll be able to create a much more immersive experience for yourself too.

For many Wiccans, these different spells, incantations, and rituals may take a bit of time to master, but they are very important for those who are interested in learning about the concept of Wicca. Wicca has a lot of freedom to it, especially compared to other religions, so how you practice it is ultimately based on what you want to do.

So, the key takeaway here is, that you can practice Wicca as you see fit, in the way you feel is right. Lots of people like that about the religion and learning the different practices will prove to you that Wicca is a wonderful religion, and one that you can use to better your life.

Plus, the spellcasting, which is a big part of it, are quite wonderful to try. The reason why so many people like Wiccan spellcasting, is it's done in a positive manner, which means that you'll be able to, with the right concepts and ideas at hand, create a better life for yourself. You can use this for anything from creating spells to help improve your luck and health, to even spells to help eliminate the negative energy that you might have. Lots of Wiccans are definitely happy with this, and the freedom to do the type of spellcasting that you desire is a big part of it.

So yes, your next step is to figure out the way to use Wicca, and how to master it so that you can improve your life. This beginner book will help you

get a better understanding of how to be a Wiccan, and it will start you on your spiritual journey.

As a Wiccan myself, I know it's a bit complex at first, and oftentimes, people don't realize the problems that come about when you start with this religion. You probably are going to be hit with so many apothecary ideas, and different mindsets as well. But, Wicca is easy to grasp at the end of the day, and it's quite wonderful to use. You'll be able to with the Wiccan practices in here, use it to improve your life on every level.

If you enjoyed this book, let me know what you think and leave me a quick review on Amazon, I'd be really happy, thanks!