TO LOSE YOUR TROUBLES

Take a handful of earth and gaze into it. Put all your troubles and thoughts of distress into it. State exactly what it is that's troubling you. When finished, throw the dirt behind you and walk away without turning around to look at it.

PEACE

Design this to suit your needs. Choose candle representing the things you seek peace for (e.g., maybe green and brown for peace on earth).

"From out of the dark and into the light
A circular mark, a candle burns bright.
I look towards the sky...my song do I sing.
Spirits soar high and gifts do I bring.
I offer my all! My mind, I then clear
Hearken my call! I feel you are near!
Candle burns higher: my spirits set free!
Hotter than fire, this magic will be!
Let magic come 'round, from under the ground,
To form with my sound and then, to be bound!
Around me I feel the magic so real,
Before you I kneel.. the spell I now seal!
Let all hatred CEASE! And let there be PEACE!
These words that I say, with magic AWAY!
This spell that I send is now at an end.
Let the magic I've laid, go forth and not fade!
SO MOTE IT BE!"

THE WELL OF FORGIVENESS

red ink Piece of paper small jar vinegar
To enable you to forgive someone who has wronged you write their name nine times with red ink on the piece of paper. Place the paper into the jar and cover it with the vinegar. Secure the lid on the jar. Maybe even malt some wax around it and bury the jar away from your home.

CHARM FOR INNER STRENGTH

Empower an acorn with the following chant & carry it on your person during difficult times.

"Little seed with cap so fine, Grant your strength & make it mine.
Make me as sturdy as your tree. As I will, so mote it be!"
TO CALM AND CENTER YOUR EMOTIONS

Moon Phase: Waning, Any Day, Any Time, Use as needed

Materials: A bowl of distilled or boiled water, favorite Incense flavor, A white candle, some Earth

Begin by casting your circle as you normally would. Say aloud:

*Here before me I gather the elements of life, Earth, Air, Fire, Water, to remove all negative energies from within.*
*The Earth grounds me from harm*

(rub the Earth between your hands)

*The Air blows away any fear*

(run hands through the smoke of the incense)

*Fire burns away negativity*

(quickly run fingers through the candle flame, be careful not to burn yourself)

*And Water brings freshness back in*

(place your hands in the bowl of water)

*With harm to none, I release my negativity to cleanse my emotions, and fill myself full of good intention. So mote it be*

Take the Water and Salt outside and empty it near your door (if in a large city, a park will do fine) and save the candle and incense for later spells of similar need.
SPELL FOR BANISHING AND NEEDED CHANGES

Instructions: Sit in a quiet place that is special to you. Hold a white or cream candle in your hands and visualize the area of your life that this candle’s energy is needed in. After you light this candle the energy will come to you. It may come right away or when you least expect it. When you are ready recite the spell or use your own words of power.

This candle I see before me, its color so bright,
Holds my needs of change in its light.
I call in the forces higher than I
To release the energy that is held inside
May it work for me in the most correct way,
Harming none and helping all as it leaves my stay.
I call on thee in perfect trust and love sending me guidance from above.
This I make happen and so be it will.
Take away this thing that brings me ill.
So mote it be.3x3x3

HAPPINESS SPELL

You need: A candle in your favorite color. 5 red rose petals. A picture of you as a child looking happy.

Sit cross-legged on the floor and make sure you are comfortable light the candle and spread the rose petals out around it. Put your picture in front of you and look deep into the flame of the candle. Relax for a few seconds and breathe deeply forgetting everything that is depressing you. Push all your unhappiness into the rose petal closest to you.
Talk the rose petal and crush it in your hand and throw it away. Breathe deeply again and look into the picture of you as a happy child and chant

"By the power within me, let happiness be.
Dig up from the corners of my mind, the happiness and carefree of a child.
Push away heavy thoughts, let happiness flow free.
So Mote It Be."

Chant this about 3 times, more if you like but no less. Close your eyes imagine being young and carefree. Then blow out the candle stand up and spin around anti clockwise in a circle 3 times. Get two rose petals close your eyes and rub them along your eyelids gently. Then go outside and bury the rose petals under a special tree.
**HEALING SPELL**

This can be adapted to heal anything. Just re-word it. Write the names of the people taking part on a blue candle. On a piece of parchment write a list of the things you wish to have healed. This can be specific or general. For you, someone else, or just the universe in general. Light the candle and see the energy being sent into the candle and leaving through the smoke and flame to carry out your will. Hold the paper to the flame to burn. As it does say:

*By full moon's light, With helping hands,*  
*I spread good health, Throughout the lands.*  
*Send energies far and near,*  
*To heal this earth, That I hold dear.*  
*And all of those, So dear to me,*  
*With harm to none, So mote it be.*

**HAPPINESS / COMFORT SPELL**

You need: Jasmine oil, Freshly picked flower, Paper, Pen, Candle, Container

Write down on a piece of paper who or what makes you sad or angry and burn the paper saying:

"I burn this paper to bring me happiness."

Then drip the jasmine oil on the flowers and burn the flowers saying:

"I burn these flowers to bring me comfort."

Pour the ashes into the container while saying:

"Akasha (the goddess), bring me happiness and bring me comfort."

Repeat it three times then put the container somewhere cool.
DEPRESSION RELIEF SPELL

You will need: white candle, black marker with wide felt tip, kunzite or blue agate, lemon balm, lemon oil, and cloth pouch

Begin by completely coloring the candle black with the marker to symbolize the depression that presently encases you. Light the candle & say:

"Flame cut through depression, deep. Melt it down & make it weep. Grant me power to re-emerge, From its grip, I leap & surge."
Watch the candle burn until white wax appears at the flame.
Rub a bit of lemon oil into the stone & say:
"Kunzite/agate, stone of mellow hue, Dissolve the depression, I beg of you. Take its power & transform its strength. Into positive energy I can use at length."

Lightly rub the stone against your temples & your heart, then place it in front of the candle & sprinkle it with lemon balm. Let the candle burn completely. Place the stone & herb in the cloth pouch & carry it with you. When your spirits need a lift, re-anoint the stone & repeat its empowerment chant. Also suggest that you meditate. It helps make you calmer and be able to see things in a clear light.

A BALM TO SOOTHE EMOTION

This spell uses the principle of sympathy for its foundation. By administering the balm to the instrument of injury, people believed the wound would heal faster. Find an object that symbolizes the issue central to your anger. The item should be something that you don't mind leaving covered with cream. Also, go to your medicine cabinet and find some first aid ointment or any salve that heals wounds. Light a white candle (for peace) and place both the cream and the token in front of you. Slowly consider all the reasons for your anger. Let that energy pour outward into the chosen symbol until, in your mind's eye, it radiates a red light from your fury. By this point you should feel calmer too. Next take enough cream in both palms to cover the emblem. As you apply cream to the emblem, say,

"As balm to this figure, so also to my heart. Where animosity has grown, healing now impart." Repeat this thirteen times while massaging the cream into the object. Place this in a safe place so peace may grow undisturbed.
For dispersing negative tempers, restoring calm and equilibrium, forgiveness. Timing - Waning moons, dawn. Moon in Gemini or Aries. The months of February and August. Monday (healing) or Tuesday (to encourage logic).
**TO BANISH NEGATIVE THOUGHTS**

Draw a picture of yourself with the negative thoughts affecting you (could be a black cloud, or your own interpretation of how they are affecting you). Charge a red candle with healing energy, light it, and hold the tip of the picture in the flame. After it's lit, drop it into the cauldron. Now, with the red candle still burning, draw another picture of yourself without the negativity. Place this under the red candle and let the candle burn out. You are done.

**DESTRUCTIVE KNOT SPELL**

If there is a situation, problem, possible menace you are facing, there is a knot spell for this. Take the cord and firmly visualize the problem in all its agonizing detail. Become emotional about it; seethe with anger, crumble into tears, whatever works. Then firmly tie the knot. Walk away from it, out of the room if possible. Take a shower, eat, do whatever will get your mind off the spell and allow you to relax. When your emotions are stabilized return to the knot. With calm and peace untie the knot. See the problem vanishing; dissolving into a dust that is swept away by the cleansing, refreshing North wind. It is done.

**TO CONTROL PANIC**

Pan, your dancing around my life has done its part Now chaos reigns, true to your art I call upon your mercy now Though to the good in your power I do bow Playful Pan, act benign Let this chaos now decline So mote it be!

**RID YOURSELF OF BAD MEMORIES**

*I call the past to meet the present, that the future may be bright. I bring myself forth from the dark, and hold me to the light. Let not the past control my present, let not my future be dark as night. I meet and greet me with open arms, and move back into the light.*

**SPELL TO EASE BOREDOM**

Light a green candle, burn a little sage, and pray to your most beloved ancestor to lead you back to your path, to help you regain your balance, to show you a new direction. Say:

*Dearest [ancestor's name], I feel so bored, please make something move, make something shake, let my eyes be open and see what is really there to see.*

Repeat this three times. Boredom is the mother of invention. Something good will come out of your boredom if you have the guts to stick it out, explore it vigorously.
TO CALL THE WIND

This is a simple call to the Wind when you feel threatened, frustrated, angry, or the like. When you recite this, hold out your arms in welcome to the Wind, and, of course, feel.

'Strong gusts of Sweet Nature's Life  
Soft scented stillness to calm all strife  
Blow for me, breathe for me  
Sweeping all evil away  
Blow for me, breathe for me  
In dark winter night or bright summer day'

ANGER BANISHMENT SPELL

Take an onion and wash it in fresh spring water (purchased also from the witches' friend, the local supermarket). This spell is best performed during a waxing moon. Wear earth colors to ground you and, if you wish, burn some sandalwood oil or incense. By the light of a black candle (black absorbs negativity, remember!) peel your onion at midnight. As the tears come, take away a layer of the pain you are feeling with each layer of the onion that you peel away. Onions represent Mars, which represents war and feelings of angst and anger at our enemies, so peeling through the onion will open the heart chakra, allowing you to experience the feelings you have been hanging on to, and layer by layer, release them. This spell is all about not wishing to get even, or to obsess any longer over those who have harmed you. After you have peeled your onion, place the peels on a plate (stainless steel or silver) and put on a window ledge in the kitchen where overnight the moon's energy will draw away the negativity banishing it from your environment for good. Complete this simple spell with a long, languid bath into which you have emptied three handfuls of sea salt. This will purify, protect, and strengthen you further. As you lie there, think of how much better you feel now that the desire to get back at someone has dissipated.

TO END UNWANTED ROMANTIC FEELINGS

Focus your thoughts on the person you want to no longer have feelings for. Think of all the reasons of yours & traits of theirs that you can, to back up your decision. Write this person's name on a small slip of paper. Cross out the name with deliberation. Say:

You no longer hold a special place in my heart.  
You are not the right person for me.  
I will bury my feelings for you here & make a fresh start.

Bury this bit of paper & all your feelings about this person outside under a waning moon.
GET OVER IT SPELL

Cast this spell on a Saturday, the day symbolizing death and endings. This spell will enable you to view the relationship as finished and get on with your new life. Hanging on to the past will itself be a thing of the past.

1 yellow candle
2 sheets parchment paper or handmade paper
green ink
2 drops essential rose oil
2 drops sandalwood oil
a piece of green stone, jade, or green glass
1 green candle
heat-resistant container

Cast a circle of protection. Light the yellow candle and repeat:

"I allow (name of ex-lover) to peacefully leave my life. I am glad that this is so. "

On the piece of parchment, write down all your negative feelings about the ending of the relationship, all the injustices and wounds you felt you were dealt. Do not hold back. Let your emotions bleed into the spell (figuratively speaking of course). Weep or wail if you wish-this is the time for grieving, and take as long as you must. When you have completed your grieving and calmed yourself, sprinkle the oils over the paper. Light the green candle and hold the parchment and glass bead over the flame. Repeat three times:

"Let all fury, anger and despair depart my heart.
(Name of ex-lover) is free to leave my life.
I now allow the winds of change to bring my good fortune to me. "

Place the paper and glass (or mineral) into the heat-resistant dish and allow it to burn down into ash. Feel the pain of the relationship burning away; allow the flames of anger to die down to embers, then ash. When cool enough to handle, take the glass keepsake to a body of water and throw it into its depths and do not look back. As an alternative, bury it deep in the earth, and do not look back. Allow the spell ten days to work.
PEACE SPELL

--four blue candles --a blue marker or pen --a piece of paper --and a quiet place.

Set up the candles in a circle. On the piece of paper write in blue ink the word peace. Sit down in the middle of the circle and place the piece of paper in front of you and stare at it until you have it in your mind's eye once you close your eyes. Focus on this word. Focus on the letters flowing off the paper and surrounding you. See the word become the air around you, and the ground under. Focus on the word, let it roll on your tongue. Let it be you. Picture in your mind a peaceful place, gives peace now a body form. Sit with peace, sing with peace, dine with peace. Let peace guide you along the stone paths of Pompeii, let peace walk you up the steps of a temple. Ask Peace to stay with you, to guide you in life while awake and asleep. Ask peace to join you in your realm. Take Peace's hand and open your eyes.

Tips: take the meditation slow. Do not rush anything. Do not give Peace the body of someone you know.

FRIENDSHIP SPELL TO END AN ARGUMENT

--Two candles with the astrological color correspondences of both your signs.
--Cinnamon.

Light both candles. Chant:

Candle shining in the night
With your flame enchanted,
By the powers of magic might
May my wish be granted.
Winds of friendship blow this way, from now until our final day.

This spell that I send is now at an end. Let the magic I've laid, go forth and not fade! So mote it be! Sprinkle cinnamon over the candles, watching as it crackles. Blow out the candles in the direction of your friend's house, so the smoke wafts in his/her direction. Each morning the following week, have cinnamon toast for breakfast. And if you can, sprinkle cinnamon on your cappuccino. And if you like it, chew cinnamon gum. (Are you sensing a theme here?) If it's in the best interests of the universe, your friend will agree with you during the week.
A SELF CONFIDENCE SPELL

A red Candle, Success incense

Every morning stand in front of a mirror. Light the candle and concentrate on the flame for 30 seconds, then look into your own eyes and say:

"You are beautiful and can succeed in what you wish"

Take a minute to visualize yourself happy and fulfilled. Burn the incense as you get dressed.

SPELL TO LET LONELINESS FLEE

Very wide thick White candle Piece of paper and pen

Light the candle and concentrate on what is really making you lonely, with this in mind write on the piece of paper

"Loneliness flee from me
Misery leave me be
Goddess your comfort
Goddess your warmth loneliness flee from me"

As you roll the piece of paper like a cigarette, visualize a smoky light pouring out of you and into the piece of paper (this represents your loneliness) and fold the ends of the paper to seal the loneliness in. Light the paper with your candle and feel the warmth from the small flame and place the burning paper onto the candle until it is completely black. Blow out the candle and when the wax is hard again remove the burnt paper and wax surrounding and bury in the earth or throw out with the garbage. This is best done on the waning moon.

AN EASTERN EUROPEAN SPELL TO FOIL A JEALOUS WORK COLLEAGUE

A Piece of paper, pen, tack, spring water in a sealable container

Do this on a waning moon. Write persons name on the paper and take ingredients to work with you. Place the paper name side down on a table, and get the person to cast a shadow over the paper (strike up a conversation maybe.) "Pin" the shadow to the paper. Place the paper and pin into the container of spring water and seal it. Place the container against your forehead. Pass your right hand over the top of it three times, mentally expelling all bad feelings. Take it home and put it in your freezer where it will not be disturbed.
**WORRY JAM JAR SPELL**

Worries and anxieties that are becoming too big and interfering with daily life benefit from this spell. Take and cleanse a jam jar or box with a tight fitting lid. Write the problem on a slip of paper Pass it through the 4 Elements, and pop it in the jar, reciting the following spell. Leave the jar in the moonlight, but visible to yourself. Each time the problem sneaks into your mind, think of the jar. You are only permitted to worry if you go and remove the lid and the slip of paper. You'll find that soon, you can't be bothered to even give it thought. When the problem is resolved, remove the slip and bury or burn it, giving thanks to the Lady.

*Into this vessel secured up tight*
*I place my anxieties that they might*
*Find their right level within my life*
*Be only acknowledged when I say it's right.*
*I swear that I will not give thought to my woe*
*Until such time to this vessel I go*
*And take off the lid and grieve, for I know*
*That unless the lid's missing, trapped is my foe.*
*It may not escape into my daily way*
*And trouble my thinking during the day.*
*Some time in the future when I feel I may*
*Dispose of this vessel with no debt to pay.*

**GOOD MEDITATION SPELL**

Pick the petals off some of the flowers in your garden. Fill your cauldron half full with collected rain or spring water. Allow the petals to float freely on the surface of the water (don't pick too many). Light two blue candles and place these on your alter one to the left and one to the right of you. Put your cauldron directly in front of you and allow the candle light to reflect off the surface. Turn off the lights and continue to look into the water until your eyes become fixated on the cauldron, allow for your eyes to close and visualize a relaxing scene such as the sea or beautiful countryside views.

When all the stresses of the day have smoldered away open your eyes. Turn the lights on. Extinguish the candles and pour the water and petals away around your garden, especially over the plant whose petals you picked. See this as the black water with all our troubles in being spread around so you can deal with each problem on its own.
SPELL TO END A QUARREL WITH SOMEONE

You will need small piece rhodonite, assorted flowers, and cauldron filled half-way with water (preferably spring or filtered). Before the spell begins, decorate your altar with fresh cut flowers in a manner that will allow them to witness your work. Call upon the appropriate deity/spirit of your tradition and ask them to witness your spell. Place the stone in the center of the cauldron with water. Open yourself and allow yourself to feel peaceful. When you are relaxed, take a step back and while concentrating on the quarrel say.

_The time has come for his quarrel to end._
_Let anger be released and begin the mend._

Repeat this until you can feel any anger or hurt about the argument floating away. Collect the flowers and put them in a vase using the water from your cauldron. Keep them in a place in your home that you go to often and allow then to remind you that all will be well soon. Give the stone to the other person as a gift. Try to resolve your differences rationally and if you feel yourself getting angry repeat the chant to yourself. Your argument should be well on its way to being over by the time the flowers wilt.

SPELL TO BANISH LOVERS JEALOUSY

Cast this spell in the bedroom. Open the window, walk in a circle widdershins saying:

"_Turn and turn about, out, out, out._
_Badness put to rout, end to every doubt. Out, out, out._" 

'Sweep' the hurtful emotions out the window with your hands. In an oil burner, burn ylang-ylang, myrrh and coriander essential oils. Circle deosil saying:

"_Winding, winding, winding, peace and joy now finding_
_a love that's true and binding, winding, winding, winding._" 

SPELL TO RELEASE ANGER

When a time comes in your life that you feel stressed out and need a constructive way to release pent up anger and energy, go to a lake, ocean, stream, river, etc. Find a black stone. Visualize a circle of white light surrounding you. Cup the stone in your hands and direct all the energy you possibly can into this stone. Then, hurl the stone as far as you can into the water and say:

_With this stone anger be gone._
_Water bind it. No one find it._

Ground and center your self, release the circle.
**SELF EMPOWERMENT SPELL**

This is a fairly simple spell, and of course you should change it according to your tastes.

--1 white candle (probably the bigger the better) --mirror

The candle should be cleansed before you begin, and could be infused with white energy, the energy of love and strength. Meditate upon your intentions before you begin. Why do you need to empower yourself? Is it because you wish to realize the beauty within yourself, or you wish others to see the beauty or strength you know that lies within you. This spell also works best if you do a cleansing of yourself, whether it is bath or shower or just visualize all of the negativity that you are carrying with you washing away. The candle should be placed in front of the mirror, and the mirror should face you. Light the candle. Feel the positive energy emanating from the candle. If you worship a deity, call upon them to help you. Chant or say a prayer. This is an example:

*I walk in beauty with the Goddess.*  
*I am strength. I am beauty. I am will. I am love.*  
*She is within me. All who see me, know Her.*

**RELAXATION RITUAL**

Lay or sit in a place where you will not be disturbed for at least five minutes. Get comfortable. If you are sitting, your back should be straight. Sitting or lying down, your legs should be crossed. If sitting, rest your hands, palms down, in your lap. Close your eyes. Visualize a golden ball of beautiful, warm light surrounding your feet. If you cannot "see" the golden ball when you visualize it, its okay, just know it is there. The ball of golden warm light always brings peace and total relaxation. Wherever the ball goes tension departs. Now allow this ball of light to rise up your legs and up your torso. Then allow it to go down your arms to your fingers, and finally up your neck and into your head until covered with total peace and relaxation and all tension is gone. If you feel tension anywhere, send the ball there and the tension will vanish. Stay in this state for a few moments. If you are having trouble sleeping, try this. Be at one with yourself. When you are ready to come out of this state of deep relaxation, take three deep breaths and feel fresh life and energy coming out of your body with each breath.
EMOTIONAL HEALING SPELL

The point of performing the spell is to remind your heart that the time for healing has come and it also helps to make a painful time a little more bearable. Continue the spell for as long as needed. You may want to freshen the balm once a week and if the span of time passes through a full moon, renew your rose quartz by following the Full Moon Ritual. If months have gone by, you may want to stop and consider what it is that is holding you back from healing. It's good to take time, but life must go on and you must get back to living. You make your own happiness and no one can take that away from you, unless you let them. You have to live your life for you and live it the way that makes you happy, having your heart broken sucks, but it's up to you how long you are going to be miserable. Rethink these things and redo the spell to remind yourself that now is the time to heal. If you are performing this spell for someone else, you can collect all the items needed and present them with a description of each item, what it is for and what they are supposed to do with them. It is important that they perform the spell, either alone or with you, for the doing is apart of the healing.

Items needed: Fresh Balm leaves, Rose Quartz, Frankincense oil (or incense) and a cup, bottle or flask to hold water.

Find a place where fresh running water is available, such a river or stream. If you know of a water fall, that would be ideal. If you only have access to a pond or lake, it will do, but if you have absolutely no access to any of the above, you'll have to use tap water, but distil it by letting it sit overnight. If it is winter and all is frozen, still go to your spot and gather snow off of the ice to replace water. Once you're at your spot, sit and listen to the water flow (imagine, if winter), and let your heart ache. When you feel engulfed in pain, fill your container with water and place the fresh Balm leaves in it. As you close you container, say:

"This is water is to heal, this herb is to soothe, and I will be happy again."

Take your container home and place it on your altar or surface that you'll be working on. Set a Rose quartz and a red candle next to your cup of water. Anoint yourself with Frankincense oil to help you block negativity (or burn incense) each morning for 3 days or until you are healed. Light the Red Candle each morning until you are healed and say:

"Now is the time to be strong and passionate about the things that I love. I will spend time doing things that make me happy and these things will help me to heal."

Sometimes when you've been hurt, it's hard to remember what makes you happy. This is the time to make the effort to remember or to find something new. Place the Rose Quartz in your pocket or wear it somewhere on your body everyday until you are healed and say each morning:
"I will love myself and let others love me, as I need my friends now. 
I carry this stone as a reminder that others care about me and I am never alone. 
This will help me to heal."

Even if you feel alone, remember that your parents, friends, siblings or pets, even the 
spirits of your ancestors and loved ones are all apart of you and this makes it so we are 
never truly alone in this world. Blow out the Candle and take in it's smoke, then carry 
your stone, wear your oil, (or breathe in incense every morning) until you are healed. The 
spell calls for a three day span until you are healed, but depending on the severity of your 
pain, the span may vary.
BREAKING UP AN ARGUMENT SPELL

To be done after an argument has occurred between you and a loved one. Draw two figures on separate sheets of paper—one representing you and the other representing the other person. Personalize the figures as needed (e.g., draw yellow on the head for blond hair, draw glasses, etc.) Place an unbroken bay leaf on one figure and lay the other figure face-down on top, creating a sandwich type thing. Say:

"Let the bay leaf take the energy and anger that is between us."

Separate the figures. Pick up the bay leaf and crumple it in the palm of your hand. While doing so, say:

"As this leaf is broken and blown away, Let the anger contained within also break and blow away."

Place the figures again on top of each other and say,

"Now there is no anger between us."

Blow the leaf to the wind. Wrap the figures up with a pink ribbon and put in safe place.

UNRAVELING SPELL

Needs: White candle Scissors Small knitted clothing article

Inscribe the candle with your problem, then draw a question mark beneath the inscription. Light the candle and say:

"Problem, problem, melt away. Solutions come to me today."

Snip a thread at the edge of the knitted piece and pull the yarn to unravel it. Say:

"Knitted thread, as you unwind, Problems can no longer bind."

Wind the yarn into a ball saying:

"As I smooth you to a ball, Solutions rise-come one and all."

Alternate unraveling and winding with the appropriate chants. The solution will come by the time all the yarn is wound.
TO BANISH NEGATIVE THOUGHTS

Draw a picture of yourself with the negative thoughts affecting you. (could be a black cloud, or your own interpretation of how they are affecting you). Charge a red candle with healing energy, light it, and hold the tip of the picture in the flame. After it's lit, drop it into the cauldron. Now, with the red candle still burning, draw another picture of yourself without the negativity. Place this under the red candle and let the candle burn out. You are done.

TO GAIN FORGIVENESS

Write the name of the one offended on one side of a Popsicle stick, and yours on the other side. Place the stick in a jar, fill the jar half full with sugar. Chant:

In this sugar we both stand, back to back, but hand to hand,
Change (name of the person's) sour thoughts of me, to sweet forgiving thought, I plead.
Add water until three fourth full....and say with this water:
I wash away all that keeps us now at bay sugar water,
I now pray let forgiveness come my way

Cap the jar tightly and shake 9 times, saying:

Sugar sweet do your thing and bring (name of the person) forgiveness,
Quickly bring him/her of thoughts of me so sweet
That his/her forgiveness is complete

Shake the jar 9 times each day while saying the last chant.

SPELL TO RELEASE ANGER

When anger, a form of energy, is directed to worthwhile purposes, it can be beneficial, but often estranged lovers harbor anger beyond its usefulness. It hinders them from getting on with their lives. Here is a spell to release anger and send it back into the universe where it becomes neutral energy.

You will need a glass item, if possible a wineglass, plate, or other glass object your lover used to use, but any glass bottle or jar will do and some black paint.

Paint your lover's name or initials on the glass. Take it to the local dump or recycling center. Go into alpha and transfer your anger into the glass object. Spend as much time doing this as you need until you feel you have released all your anger, or as much as possible. Then summon all your strength, close your eyes, and throw the glass as hard as you can into the dump. Listen to it shatter. Smile. Then walk away and don't look back.
FOR REMOVING ENVY AND JEALOUSY

You will need:
raw steak
cocoa butter
eggshells
cigar
white dish towel
brown paper bag
four pennies

This spell is very effective for removing envy and jealousy. There are moments in life when one must step out in front. This spell is used to protect yourself from those who have nonts who would seek to destroy your good fortune by placing the evil eye on you. The spell must be performed on a Thursday night. A Thursday that falls on or shortly after the new moon is best. This spell is used to ask for the blessing and protection of Obatala. S/he is considered the highest and purest of all the Yoruban deities. Obtala's day is Thursday, and all ingredients in this spell are sacred to Obatala. Take a raw piece of meat and rub completely with cocoa butter and crushed eggshells. Light a cigar and carefully place the lit end in your mouth. Blow smoke over the entire steak. Roll up the meat in white fabric and pass across your whole body from top to bottom. This should be done naked. Dress yourself afterward and place the cloth with meat in a paper bag. Place four pennies in the bag. Fold up the bag and throw out in the trash outside of your house. In the olden days the meat was thrown in the street where an old stray dog might eat it. The dog would then take your troubles away.

TO GAIN CONTROL OVER A SITUATION

Items Needed: purple candle, pen, paper, vegetable oil, fireproof dish, cayenne pepper

Inscribe the candle with your name, then draw the infinity symbol (a horizontal figure 8), both above and below your name. Anoint the candle with vegetable oil and roll it in cayenne pepper. Write a brief description of the situation on the paper and place it under the candle holder. Light the candle and say:

"Wax and herb, now bring me power
That grows with every passing hour.
Bring control back unto me.
As I will, so mote it be!

Let the candle completely burn down, then burn the paper in the fireproof dish. Flush the ashes down the toilet, or bury them under a tree.
SPELL TO FREE YOURSELF FROM YOUR HIDDEN FEARS

Components:
1 tablespoon of lemon juice (or another citrus juice)
1 tablespoon of sea salt
1 teaspoon of olive oil
1 light weight cauldron (a fire proof bowl works too)
1 piece of parchment/paper
1 black felt pen
1 black candle
1 red candle

Mix the lemon or citrus juice, sea salt, and oil inside a bowl or your cauldron. Place the bowl or cauldron before you on the floor. Sit comfortably and place the candles beside the bowl or cauldron (red on left, black on right.) Now, tear the piece of parchment/paper in half and then place it aside... Light both candles, (Red one first.) Close your eyes and visualize a sort of bubble or sphere. In the center of the sphere, envision yourself trapped inside and trying to get out. Concentrate on the red and black candles burning beside yourself following them with your eyes until you envision the separate candle flames as spinning around you, getting faster each time they pass. Now see yourself as magically being released from your "sphere of fear." As your terror lifts you feel as light as air. On one half of the parchment /paper, draw a picture of what you saw as you were freed. On the other, write down your biggest inward fear that you cannot tell anyone. Ignite both pieces of parchment/paper , using the black candle flame for the written half and the red candle flame for the drawing. Most of your fears have been released into the universe. Now throw pieces of paper into your bowl or cauldron. Your bitter fears and any flames left are now quenched by the magically charged contents inside. Take the bowl or cauldron outside and pour it (paper and all) into a hole in the ground. Fill in the hole with earth. The last of your fears have now been buried forever. Feel how free from your fears you now feel and thank the Earth Mother for accepting and transforming them on your behalf. You feel the sweetness of being free from all fear. The spell is done.
SPELL TO LET GO

October is a good time to tidy up the soul. First, make a list of things that have to go (i.e. anger at yourself and others, resentments of friends and enemies, bad habits). Go through your soul as if it were a long forgotten attic where cleaning is overdue, then write down what you find. Decorate altar with black cloth. Place some fallen leaves, two black candles, and incense on the altar. Place the list in the center. Say:

"Dearest Goddess,
I have come a long way this year, Carrying my burdens.
I would like to take them off my shoulders
And give them back to you to recycle, bury, to compost.
Here I offer you my resentments against friends and family And (say your need)
And ask you to absorb them into your black universe.
Relieve me of them and allow me to walk more lightly."

Burn the list from candle flames and imagine all these feelings evaporating into smoke. Say:

"I feel all light, happy and cleansed now.
I thank you for being accessible and
Answering your children's call.
I honor you and thank you."

Gather everything and cast them into a living body of water. Don't look back.

A SPELL FOR IMPROVING NEGATIVE THOUGHTS

Needed tools: Glass jar Honey Sugar Water Wooden Popsicle stick Permanent Marker

Put a mixture of one third honey, water, and sugar in a glass jar with a screw top. Take wooden Popsicle stick (or equivalent), write the name of the person who is creating problems through negative thoughts or actions on one side, and the perceived source of the problem (witches, a particular person, etc.) on the other side. Place stick in the jar and at least once a day, shake the jar vigorously. The person who is having negative thoughts will have an improved ability to relate to those persons or things he didn't like before. "He'll have sweet thoughts and won't know why." If this person is someone who is causing you a specific problem, when you shake the jar say:

"Sweet, sweet thoughts of me, you will think, constantly."
A SPELL FOR FORGIVENESS

This is a spell for self-acceptance when you have made a mistake or are filled with guilt or regrets.

You will need;
1 black candle
1 white candle cup or chalice of clear water
either milk or juice
image of the Goddess
green plant

Cast a circle. Sit facing North Light white candle and say;

Here is ________ whose spirit burns as
brightly as this flame.
I come to you for forgiveness
Light the black candle and say;
Here are the negative things in my life.
All my anger and shame are here.

Hold the cup in both hands, filled with clear water. You should have before you the image of the goddess and the green plant. Visualize all the negative things you are feeling about yourself, the mistakes you have made, the things you have done wrong. Admit you feel bad, think about what you have done wrong, and let your emotion build energy. Project all the energy into the cup. Breathe on the water to raise your power. Visualize the Goddess as a forgiving Mother. Imagine her hands cover yours. Hear Her say:

I am the Mother of all things,
I pour my Love upon the earth.
I drink you in with perfect love,
Be cleansed. Be healed. Be changed.

Pour the water onto the plant, and feel all your negative emotions draining out of you. Fill the cup with milk or juice. Raise more power, and visualize yourself as you would like to be, free of guilt and sorrow. Now say,

"Mine the cup, the waters of life. Drink deep!"

Know that you have changed, that you are now a new person, not affected by the patterns and errors of the past. Ground yourself and open the circle.
HAPPINESS SPELL

All you need to do is to first make the area of your working pure. Then you need to take Chamomile (oil or tea, doesn't matter) and breathe in the scent. Relax. Breathe in through your nose. Imagine the light of good flowing into you. Breathe out through your mouth. Imagine the darkness of evil leaving. Now when you are very comfortable ask any God of your choice to remove your depression. You may say this any way you like. Now try to remember the times that you were the happiest, and the god that you asked for help will make you as happy as you were in that moment. If that doesn't work just try to make yourself happy and forget about what's making you sad.

HAPPINESS SIMMERING POTPOURRI

This just does something to people and I can't figure out what it is. They totally love the scent and go absolutely wild over it. I've used the recipe in simmering potpourri, soap and other things. It works in almost anything and is simple to make.

1/2 teaspoon vanilla extract, 1 teaspoon and a half of rose oil, 1 teaspoon and a half of lavender oil, One chamomile tea bag (empty the bag into your bowl), 4 good shakes of cinnamon, 1 teaspoon of coriander, 1 bowl and 1 spoon

Measure out all the dry ingredients into your bowl. Add your energy into them by mixing the ingredients with your fingertips. When you feel they are well mixed and you are content, add the oils and other liquid ingredients and mix with a spoon until all dry ingredients are damp. Use as needed...simmer with water as potpourri or...use it however you wish. When I made this I simply couldn't get the smell off my hands. Not for days. No matter how many times I washed. But when I made it into bath salts and soap the smell hardly showed up at all. It only seems to show up when you seem to need it and then a person can't get enough of it and they smell it and smell it until it's ALL they smell.

TO BE HAPPY

This requires a mirror (preferably round), and an old photograph of yourself taken in happier times. The picture should include only you and no one else. Prop the mirror up and place the picture in such a way that it is reflected in the mirror. Allow the mirror to reflect the photo for a minimum of 3 minutes. During this time, recall those happier days. Immerse yourself in them. Don't allow your concentration to waver and melt into a sea of tears concerning your current state: keep your mind firmly fixed on those happier days. When you feel that you have achieved this, sit within the mirror's reflection (between the mirror and the picture). Stay there until your sadness truly blossoms into happiness. Repeat as needed.

FORGIVENESS SPELL
Write, on a sheet of paper, exactly what you have done that needs forgiveness. Fold up the sheet and then write the name of the offended party. Anoint it with only a drop of oil or maybe a drop of charged water. Don't drown the paper or else it won't burn which is the next step. Take a matchstick and light the paper in a fire safe container. With the crime destroyed and the ashes washed away, say

"forgiveness I seek and safety I need,  
help me now prepare the seed."

If you have a garden or a simple plant, scattering the ashes will help foster growth within the relationship.

Notes:
Charged water is any liquid that possesses a spiritual and usually not physical quality, given by prayers, chants, and incantations. It's basically a Wiccan form of Holy Water. Using a gemstone or other item to give it a charge is also a good idea. Magnets are often used to give the water a special force and sapphires are good, general enchanters. Keep in mind however that some crimes cannot be forgiven and harsh words will only galvanize a situation.

**SPELL FOR SELF-CONFIDENCE**

Incense blend: Frankincense, benzoin, dragons blood, mace, orange peel, rose petals

Preferably, choose a time just before the full moon. Form your magic circle and be very still. Imagine warmth within you, gathering behind your navel and gradually spreading outwards so the whole of your body feels warm and glowing. Light a golden yellow candle and say:

*May my inner confidence glow like this candle flame  
May it be an ever-burning flame inside me  
May it grow like the moon and, having reached fullness,  
Remain constant as the northern star.  
As this candle burns and is transformed,  
So my inner confidence becomes complete  
So shall it be.*

When you are ready, close down your circle and end the ritual. You may like to put the candle somewhere safe to burn out, or relight it each day until it is finished.

**SPELL FOR RECONCILIATION**
--1 white candle --1 blue candle --1 pink candle

Anoint each with love oil. Carve the names of yourself and the person you wish to
reconcile with in the blue candle. Invoke cerridwen and pan. Light the white candle and
say:

"Cerridwen, Mother, blessed be
I light this white candle to remove hostility."

Light the blue candle and say:

"Mother and Father, blessed be
Bring between (name) and I tranquility."

Light the pink candle and say:

"pan and Eros, blessed be
If there is still love between us, let it be.
For the good of all and harm to none, as I will, So mote it be!"

Let the candles burn down.

**CLARITY OF THOUGHT AND MIND**

Make or buy a small cotton draw-string bag about 1-2 inches deep.
Put in equal parts of each of the following: Rosemary, Lavender, Camomile, Quartz

During the Full Moon, put the bag together, then consecrate and charge it. Inhale the
scents when you feel stressed or overwhelmed. These herbs will act to soothe you if you
are feeling stressed or frazzled and will help you focus your mind to deal with the
problem at hand.

**WITCHES LADDER FOR COMFORT AND BLESSING**

If you want to do a spell to comfort [a sick friend], try making a witch's ladder. Take a
long blue cord or ribbon, and collect 7 symbols to hang from it -- things like Grey
feathers for protection during sleep, sprigs of healing herbs, garlic for healing and
protection, small talismans, conjure bags, charms you get the idea. The important thing is
that the symbols should represent comfort, protection, and healing. Tie them to the cord
and charge it with comforting power.

**FREE ME SPELL**
Loosely bind a dark feather with a thin thread to a tree and say the following, (or something similar):

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

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

**PEACEFUL HOME**  
This spell is very good if there is a lot of turmoil or stress in the household. Do the following spell, and while doing so, remember to focus on your intent for a peaceful household. Sew a small pouch of lavender cloth. Place a small trinket in the pouch for each member of your household. Add to this a pinch each of lavender, rose and chamomile, before placing each pinch in the pouch, remember to hold it for a moment and REALLY focus, finally, add a small amethyst. Now, anoint a lavender or pink candle with peace oil and then light it. Sit in front of the candle and hold the pouch in your hands and whisper the following chant over it softly 3 times:

*Blessed Goddess, most gentle one, calm my home for me.  
Relieve all tension, send it far, so from stress we shall be free.  
Touch my family with peace and calm, and the sweetest softest bliss,  
Bless my home, Great Gentle Goddess, with your calming kiss.*

Set the pouch with the candle. Allow the candle to burn down completely. Hang the pouch in your home, preferably in the room where everyone gathers the most. Whenever tension seems to build, repeat the above chant 3 times and envision peace and tranquility radiating from the pouch and The Goddess.

**HEMATITE GROUNDING**  
Hematite is the all-purpose grounding (energy-balancing) stone, not to mention a beautiful ornament. Tell, or charge all your troubles to or into the rock, then put it on the ground overnight, so that the negative energy will soak into the Earth and become neutral.

**BREAKING GLASS SPELL**  
Visualize anger, hatred, and all other bad emotions into a glass. Making sure you're far back enough as to where you won't be hit, hurl the glass into a wall or on the floor as hard as possible. Good for stress.

**SPELL FOR SELF CONFIDENCE**
Incense blend: Frankincense, benzoin, dragons blood, mace, orange peel, rose petals

Preferably, choose a time just before the full moon. Form your magic circle and be very still. Imagine warmth within you, gathering behind your navel and gradually spreading outwards so the whole of your body feels warm and glowing. Light a golden yellow candle and say:

*May my inner confidence glow like this candle flame*
*May it be an ever-burning flame inside me*
*May it grow like the moon and, having reached fullness,*
*Remain constant as the northern star.*
*As this candle burns and is transformed,*
*So my inner confidence becomes complete. So shall it be.*

When you are ready, close down your circle and end the ritual. You may like to put the candle somewhere safe to burn out, or relight it each day until it is finished.

**RELEASE OF PAIN INCANTATION/RITUAL**

This is to be done on a rainy night outdoors. Stand in the rain and let it touch you - do not wear heavy clothing to protect yourself from it. Call the rain and draw it down harder. Cast no circle, lest the pain stay trapped within it. When the downpour becomes heavy, begin. Say the incantation charged full of emotion and let it come from the heart.

"Rain, take the pain.
Rain, take the pain.
Rain, take the pain.
Rain, take the pain.
Rain, take the pain.
Rain, wash away my pain.
Cry for me and take away my fears.*

Hold palms open to the sky and let the rain fill them. Wash your face and eyes with it. Repeat this three times.

"Let the tears fall, with the water,
into the earth, into the rock.*

Let the pain go, release the energy. Let it wash away. Imagine it leaving you and entering the earth bound by rock.

**HEALING AFTER A PERSONAL LOSS**
Here are two ways you can use magic in your search for healing after a loss. You can use either a ritual or a mojo bag. Below are some materials to choose from. Use only what you can find, and put together your ritual however you want. Because this loss is personal to you, you must write your own chant and put together the spell as it suits you. If someone wrote it for you, it wouldn't work.

Herbs: Allspice, apple, bay, carnation, cedar, cinnamon, gardenia, flax, rowan, pine, rose, rosemary, thyme.

Colors: White, violet, and blue.

Fabrics: Silk or cotton.

Elements: Earth and fire.

Symbols/Amulets: Ankh, billiken, chai, cross, dragon, heart.

Suggest you use this info for is to create a sort of loss-bearing ritual, or create a mojo bag to carry with you which will help heal and strengthen your heart & soul. For a ritual, burn a candle of one of the colors and incense of an herbal scent (one of those listed), and you should create your own chant while focusing on the healing you seek. For a mojo bag, make a small bag of blue or purple cotton (or satin, or silk) and fill it with herbs and a small bit of earth. Tie it off tightly with a white string or ribbon, and if you would like, attach a small charm or talisman (see suggestions above) to the tie. Carry it with you, then just hold it in your hand and recite your own small affirmation (chant) whenever you feel the need.

**BLACK BALL OF TROUBLES**

To help you make a decision, or to neutralize your trouble, light one white votive candle, and one gray, deep blue, or magenta candle. Stand before a window, and visualize your troubles going into a glowing black orb which surfaces from the Earth. Psychically push the ball back down when you are finished. Don't forget to push the ball back! Your energy will go into the Earth as neutral.

**THE RAINBOW SPELL FOR HAPPINESS AND JOY**

7 candles 7 ribbons
7 flowers, in each case one in each color of the rainbow.

The rainbow colors also represent the old planets of the Zodiac: red for Mars, orange for sun, yellow for Moon, green for Mercury, blue for Venus, indigo for Jupiter and violet for Saturn. Tie each candle at the base with its matching colored ribbon. In each of the seven rooms in your house, or in seven places in one room if you live somewhere smaller, place one candle with its matching flower in a stem vase, to make a simple yet colorful altar.
Open all the windows and ask for nature's blessings: promise to honor nature more attentively in future, by leaving out crumbs for the birds, growing more plants and flowers, not killing creatures who come inside and by recycling as much as you can for the sake of the environment. Promise, too, to try to smile more and not to criticize others too much. Light your candles in the order of the rainbow colors (as above) and feel the color of each light burning into you. Sit in the middle of the room (or house) and surround yourself mentally with the swirling light of every color. After one hour, extinguish the candles and untie the ribbons, then wind them loosely together into a braid. Repeat this procedure for six more nights, undoing the ribbons from the braid and retying them each time. At the end of the week, when the flowers will have wilted and the candles burnt down, take the ribbons and weave them into a tidy braid. This will become your most powerful talisman, and will always attract rainbow colors into your life. Recharge the braid at an open window on one day of every month, and always keep it in a special place.

**SELF-IMPROVEMENT SPELL**
Items needed: wooden clothespin, black felt-tipped marker, small piece or pieces of paper on which you have written the bad habit(s) or trait(s) you wish to dispel, some black thread, a pin, black pepper.

Shield, ground and center, cast circle, charge of the Goddess. Sit quietly and meditate on changes you wish to occur. Raise power by chanting the following:

"This spell I do, within my rights to be free~
Darken my house no more! Begone! Begone from me!"

Color clothespin with black pen and tie pieces of paper (mentioned above) around the clothespin and secure with black thread. Sprinkle clothespin with pepper, and then stick pin into clothespin while repeating the same chant. Raise energy with chant and send off. Ground, cakes and wine, thank the Goddess, open the circle. Bury the clothespin near your front door.

**CONFIDENCE SPELL**

Buy or make a charm that resembles a lions head. Pass it three times through the flame of a yellow candle, meditating on your esteem and the respect you deserve. Infuse then the charm with your energy by anointing with essential oil of rose, orange or hazel. Wear it on a chain, band, or in your pocket. Whenever you touch it, feel the confidence building within you.

**BANISHING DEPRESSION**

black candle, piece of paper, a pen, your favorite incense, something to burn the paper in

Light the incense and the black candle. Inhale to the count of 8 exhale to the count of 8 (repeat until you feel calmed) concentrate on the not-so-happy's that are bothering you... Write them down on the paper. Really visualize these things in your life. See how they affect you. Let yourself focus on them. Let yourself become upset all over again. Crumple up the paper. Focus all of your anger and negative energy into that little piece of paper. Mash it to a bloody pulp! Now light it on fire with the candle and drop it into whatever your fireproof holder is. Watch it burn. Enjoy it going away. See your negative energy fading away. As the last dying ember goes out shout:

"AWAY! AWAY! AWAY!!"

Blow out the candle. The wind (your breath) carrying away the not so happy's. Now, take a deep breath and smile. (I like to light a small white candle to let it cleanse the remaining energy and chase the not-so-happy's away.)

**BEAUTY SPELL - FOR BEAUTY INSIDE AND OUT**
This spell is designed to raise you self esteem and become a better person, inside and out. You will need 1 white candle, a piece of Amber, Dragon's Blood (herb), Catnip (Herb), a bowl, and a hand mirror.

Cast a circle and light the candle. Place the piece of Amber near the candle. Look into the mirror and study your face. Think about what good and bad qualities you have, inside and out. Think about what you would like to work at changing. Now mix the Dragon's Blood and the Catnip together in a bowl. (Careful, Dragon's Blood can be sticky if it gets wet! Make sure your hands are dry!) Rub the herbal mixture onto the mirror as you look into it once more. Say the following words:

"Mirror of beauty, mirror of light...
Bring my true beauty into sight!
May I become a better person inside and out!
I'm a beautiful person without a doubt!"

Study yourself in the mirror once more. Focus on only your good qualities and tell yourself how beautiful you are. Close the circle.

**NEW BEGINNING SPELL**

Just before sunrise, go outside with some heather and a feather. Face East, light incense, and hold feather in hand while concentrating on the new day ahead as a new beginning. Say:

*Flight of feather, Scent of Heather Give me Cleansing With this beginning!*

Blow feather from hand and let the wind carry it away. Watch the sunrise and feel its rays cleansing you for the new day ahead. It is done.

**SELF PURIFICATION**

Useful for alleviating sorrow. You will need salt, a bowl of bottled spring water or New Moon Water. Cast a circle, then invoke the elements and the Lord and Lady. Sit quietly and think about what you want to clear out of your aura. When you are ready, add three good-sized pinches of salt to the water and stir widdershins (counter clockwise). Breathe deep into the bowl and as you do, let your fears and doubts pour into the water. Breathe them into the salt water where they will dissolve away. Do this until you feel that the negative energy has passed out of your body. Next, hold the bowl into the air and visualize a gold or white light flowing into the water, transforming the negative vibrations and cleansing them. Carry the bowl to the sink and flush the water down the sink with cold, running water. Smudge yourself with either jasmine or lavender incense (or another scent that promotes peace) and open the circle.

**SPELL TO EASE A BROKEN HEART**
strawberry tea (one bag)
Small wand or stick from a willow tree
sea salt
2 pink candles
a mirror
one pink drawstring bag
one quartz crystal
a copper penny,
a bowl made of china or crystal that is special to you
1 teaspoon dried jasmine
1 teaspoon orris-root powder
1 tsp. strawberry leaves
1 teaspoon yarrow
10 plus drops apple-blossom oil or peach oil
10 plus drops strawberry oil

On a Friday morning or evening (the day sacred to Venus) take a bath in sea salt in the
light of a pink candle. As you dry off and dress, sip the strawberry tea. Use a dab of
strawberry oil as perfume or cologne. Apply makeup or groom yourself to look your best.
Cast a circle with the willow wand around a table the other ingredients. Light the second
pink candle. Mix all oils and herbs in the bowl. While you stir look at yourself in the
mirror and say aloud:

"Oh, Great Mother Goddess, enclose me in your loving arms
and nurture and bring forth the Goddess within me."

Gaze deeply into the mirror after you have finished mixing the ingredients and say aloud,

"I represent the Great Goddess, Mother of all things.
I shine in the light of the (your Deity). All that is great and loving only belongs to me."

Then put half the mixture in the pink bag and add the penny and crystal. Carry it with you
always [or until you find another love]. Leave the other half of the potion in the bowl, out
in a room where you will smell the fragrance. Repeat this ritual every Friday if necessary.

SPELL TO BECOME MORE POSITIVE
Take a white candle and some anointing oil. Depending on the desired result, you should choose an oil which corresponds to this end. At the time of the full moon, cast a circle or just shut yourself away from all distractions and with the moon shining on your working area (if possible.) If this is not possible, just visualize the moon while anointing the candle. Place the white candle (preferable a taper) on the altar with the oil. Cast the circle if you wish. Call the Goddess if it feels right. Now, anoint the candle. Should you wish, you can use a burin or sharp pin to engrave the candle with the spell itself. While you anoint the candle with the oil, speak these words out loud or silently

"Tonight the moon, tomorrow the sun.
Let this power build till my will be done.
Candle burn down to send my will.
This spell be cast, for good, not ill."

Once you have anointed the candle, place it in a safe place to it can burn down completely, preferably in sight of the moon.

**SPELL FOR CONFIDENCE**

As you walk about say inside your head

"*I am a powerful witch and my powers are real*

Scream it or chant it inside your head. Imagine creating fireballs or lightning in your head as you say it to increase the force of your power. Visualize your aura clearing and show that you can be confident. Take a breath and whisper:

"*Water, fire, earth and air,
Leave me without any care!*"

You will be confident.

**SPELL TO HELP RID YOURSELF OF ANGER**

Take a black or dark gray stone and place it in a container of salt for three days. After the three days, take it out and imbue it with all the anger you have, no matter what caused it. You tell it all the things you would wish to tell the people/situations which have made you angry, even if it was the Gods themselves. All the while you are telling these things to the stone, keep turning it over and over in your hands. When you have said all that you can say, either bury it in the earth or throw it into a river or running stream. Ask the earth or water spirits to take this anger and transform it into energy which can be used for healing and/or cleansing. Think about how it feels to be with no anger for a few minutes, then turn your back and walk away, thinking of it no more.

**HAPPINESS SPELL**
Spell box
A Crystal Incense (rose or jasmine)
White candle
Yellow Candle
A necklace with a pendant if for you or something of your friend's if for a friend

Cast your circle, lay out everything that you need and bless them. Open the box and say:

"With this chest let happiness come and sweep ____'s (name) pain away."

Place the object that reminds you of them or yourself. Light the white candle and say:

"Purify ____'s (or my) life with love and hope filling them (me) with this white light again.

(Light yellow candle)

From this candle and my heart, I give them (me) all I have"

Pick up the pendant necklace or something belonging to your friend in your hands and say:

"And Goddess bless this pendant/thing belonging to friend
to help them (me) to choose the brightest path."

Place the pendant in the box or give it to whomever. Pick up the crystal and say:

"Trap the things that hurt my friends (me) placing pain in their (my) eyes."

(place the crystal in the box)

Show me that they (I'm) aren't (not) alone and feel the true happiness inside."

The emotions linked to the person are trapped in the crystal. If you use this crystal again it must be thoroughly cleansed by burying in mother earth for 3 days or soaked in salt water and dried in sun or moon shine. Thank the Goddess and close the circle. Keep the box shut full of positive energy in a safe place until they (you) don't need it anymore. Then, if necessary, you can open it, recharge the spell or do another spell.

TO BRING PEACE
This is a good spell for after work or after stressful events.

Materials: blue or green pastel candle, soft incense, soft music.

Take a deep breath and say,

"I am at peace, I am in the void, neither stress nor worry can find me here."

Close your eyes and imagine peaceful things: A soft falling rain; a sleeping kitten or baby; a gently path through a green forest; a walk along the beach; etc. Be careful with this spell or you might just fall asleep.

**STOP DEPRESSION**

3 black candles, 3 white candles, cedar chips, rose petals, catnip, cinnamon
Go outside, somewhere where you can feel the air, and open a circle. Kneel in the middle of the circle facing east. Place the candles in a semicircle in front of you, and light each one. On a fire proof plate, start a small fire of cedar chops. Sprinkle the rose petals, catnip and cinnamon in the fire white saying:

_Earth and Fire, Water and Air Hear my prayer, Hear my prayer_
_Take this depression, Take it away_
_Give me the strength To face a new day_

When the fire dies down, splash a little blessed water on the fire. Take the wet ashes and throw them as far from you as you can and say:

_With these ashes go my pain,_
_From the healing fires,_
_New strength regained_

Thank the elements for hearing you, and close the circle.

**SPELL FOR STRESS AND RELIEF FROM SUICIDAL FEELINGS**
Make sure you'll be alone for a while. It's good to listen to nature sound CD's and meditate to relax and try drinking Chamomile tea. Light a white candle and choose a stone such as an Amethyst or Topaz or something you are drawn to. Hold the ring and chant

"When times are bad and spirits low, let me look upon this charm and feel the peace; I'm in the light now"

Chant for a while, then snuff (don't blow) out the candle. Make sure you were relaxed when you started chanting. (You may have to go through photos that made you happy before starting this.) Basically you're putting happiness and energy into the stone so when you wear it, it's power still works for you. Keep the stone on your person for times when you might need its comfort. Re-charge the stone by repeating the spell as necessary.

**KALI-MA SPELL**

The power of the Goddess Kali-Ma is truly awesome. Be very sure before you invite her into your life. She has the power to transform you. Be ready for the changes that may come. Set up a small shrine in dedication to her. Place on it one large candle that will last for as long as you think you'll be working with Kali-Ma. You will also need a piece of parchment paper and ink. Bless and anoint the candle in Her name. Light it and call her into your life using whatever words you like. For example:

Gracious Goddess Kali Ma  
*I invite you into my life*  
*Bring me your courage, your strength, destroy my fears!*

On the parchment paper, write the words:  
I am Kali, Wild Woman, Fierce and Free,  
Free of Fear  
I listen only to the voice of my own heart  
And speak my truth for all to hear  
I am change, I am Growth,  
Like a river to the sea Fear is banished,  
Fear has NO hold on me!!!

Whenever you need to feel her strength, light the candle and chant those words.

*Make sure to release her when you feel ready to let go!*

**TO RID THE MIND OR BODY OF AN AFFLICTION**
Gather a quart (1 liter) of water from a spring or stream. Pour this into a large bowl, or cauldron. Set it within a darkened chamber; by candlelight, then, take a silver knife and write with its point upon the water's surface the name of that which afflicts you. Next soak a small lock of lamb's wool first in a sweet-scented oil and second in some red wine. Carry it to the bowl of water and drop it into the water saying these words:

*The dark be lightened*
*The harsh be softened*
*The rank be sweetened*
*By the power of the knife*
*And by the power of the water.*

Leave the wool to soak all night, until sunrise. Remove, wring out and set to dry upon a small circle of white velvet. Empty contents of bowl into a hole in the earth. Fill the hole. When the wool is dry, sew up the velvet and wool to form a pouch, pin this beneath clothing for a month. Thereafter keep it safe in a drawer or other safe place; that its powers may not be diminished through neglect.

**RECONCILIATION AMULET**

Trace your hand and write the person's name in its palm. Wrap it and tie it up around a dried honey comb, or honey-flavored candy, while saying:

"*I open my hand and heart, so that anger may depart.*"

Carry this to your next meeting with the person.
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