

# **PREVIEW:**

## **The Essence of Magick: A Wiccan's Guide to Successful Witchcraft By Amaris Silver Moon**

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# ~ Introduction ~

Merry Meet!

I was introduced to Wicca many years ago, back when I was a young girl living in the countryside. There, I had plenty of time and space to learn about and practice the Craft. I wasted no time in building my humble beginner's altar, which instantly became my own sacred space, and I was overjoyed to write and perform spells and rituals together with a close friend. We spent many a night beneath starry skies in the woods surrounding my childhood home, and celebrated the sabbats out in the fields. It was a very special time, when I strengthened my bond with magick.

I have always had a very strong connection with nature and Mother Earth, and would spend my days in the woods searching for fairies and gnomes or talking to trees. So naturally, Wicca made a lot of sense to me. Finally I had come across a community that honoured and celebrated nature in a way that resonated with me and my values, and a faith that allowed for magick.

I had always believed in spirits and otherworldly beings, no matter what my parents or teachers told me, and I knew in my heart that there was more to this world than meets the eye. I had a feeling that perhaps everything isn't as solid as it seems; maybe the universe is just a bit more malleable than traditional wisdom tells us – and perhaps we have a lot more power over our lives than we allow ourselves to believe.

Wicca provides ways to influence the course of our lives through spell work. What I didn't understand back then, however, was exactly *how* it all worked. I learned that spells, herbs and crystals all have different properties and purposes, but *how*?

Being a very curious and inquisitive person, I was never going to settle for simply casting spells and not understanding how they actually worked. So I set about a lifelong mission to try and understand the inner workings of the universe, the patterns of nature, and the principles behind the duality of the Goddess and God. I learned about philosophy, religion and science, studied the teachings of the Buddha, explored Hermetics and other magic systems, became acquainted with the functions of crystals and orgonite, practiced meditation and the Law of Attraction, read up on quantum mechanics and the Holographic Theory, and learned to perform energy healing and tai chi.

It seems the older I got, the more I was tuning in to the world of energy. It seemed to span all the belief systems I was drawn to, providing a logical system explaining pretty much everything. From quantum physics to reincarnation, from black holes to astral projection, from religious apparitions to dream interpretation – when viewed from an energy perspective it all made perfect sense to me.

Since creating my website ([wiccanSPELLS.info](http://wiccanSPELLS.info)) I have received a myriad of questions from visitors about Wicca and spellcraft. The questions often relate to how they can best improve their chances of success at a certain spell, what to do if they don't have a specific tool or colour of a candle, and whether spells can be repeated or amended. I enjoy these conversations and they have touched and inspired me, and soon the idea for this book began to take seed in my mind.

With this book I want to share with you all that I have learned, and provide you with the knowledge to truly understand magick. With this knowledge you will increase your magical skills and it will assist you in becoming the most powerful witch you can be.

## **What will this book give you?**

This book provides you with a concise and practical approach to successful witchcraft through understanding and working with energy, as well as a cascade of spells, exercises and rituals. Each spell is accompanied by an information box explaining why the spell is constructed the way it is, in order to deepen your understanding of spell work and to help you amend or create spells as you please.

If you come across a spell which you feel would really help you, but you are lacking one or more of the 'ingredients,' I hope this will no longer deter you, but that instead you will have the means and resources to go find out for yourself what you can substitute the missing items with.

There are endless opportunities all around us waiting to be grasped. Life is a beautiful manifestation of consciousness, which we can play and have fun with, enjoying all the ups and downs of this colourful world, while learning how to find our highest path in order to live our ultimate existence.

Enjoy, and Blessed Be.

Amaris

## CHAPTER 2

# Understanding and Working with Energy

As a young beginner witch, I always worried that I would cast a spell wrong. And sure, it can go belly-up and backlash on you if you're not careful, but what I didn't realise back then was that with my eggshell approach I was blocking any positive changes that the spirits wanted to bring me. Radiating fear to such an extent will only serve to hinder developments in your life.

Later on, as I grew with age and experience, I came to understand that it is much more about the energy I emit before, during and after casting the spell, than about the words I say or the colour of the candle that I use. Our tools and the shapes, colours and symbols therein, all carry a certain vibration, and by choosing the appropriate herbs, stones, and colours, we use the tools as amplifiers, to extend our energy and to help us focus. But the main tool is us. It is you, the way you set your intention before the spell, the way you hold your energy while casting, and how you focus afterwards.

This is because – as many old religions and beliefs have held for millennia and which science is finally catching up with – we are all made of energy. Energy is our truest essence, and the essence of everything around us, from the tallest tree and the fastest jaguar to the smallest twig and the quietest stone. And behind the steering wheel controlling our energies are our thoughts and feelings.

This idea that we can affect the external world through our consciousness dates back at least as far as Hermetic teachings about magick and alchemy written in the 2<sup>nd</sup> and 3<sup>rd</sup> centuries BCE. “*As above, so below*” is one of the ancient maxims of Hermeticism, and it describes the idea that our external universe mirrors our internal state, and vice versa.

And now, in modern times, man has delved deeper into the truths of our existence, and broken open the smallest building stones only to find that, in fact, energy lies deeper than matter, and connects the physical world in an infinite web. Quantum physicists are slowly uncovering this truth as they conduct experiments in which particles that are vast distances away from each other still affect each other's behaviour. One particularly famous experiment – the double-slit experiment – showed that particles acted differently when they were being observed by the scientists. The mere act of observation altered the particles' behaviour, which shows that consciousness does have an effect on material objects.

Energy comes before matter – your body is simply a manifestation of your energy. You use your five senses to organise the world into forms, but beyond our physical senses there is a world vastly richer and more colourful than we could ever imagine; a world where everything is connected, where each thing is part of another in an immense mandala of souls and beings and thoughts, a beautiful fractal that carries on into eternity.

## Resonance and dissonance

Energy bodies have a way of entraining to each other. Have you ever noticed how someone who is in a terrible mood can walk into a room and bring everyone down? Or the opposite, when someone

who is beaming with joy can lift a whole room? When an energy body holds a strong enough vibration of any kind, all the energy around it will entrain to that stronger vibration, because there is an innate desire to *resonate*.

If there is dissonance – disharmony – it will feel very uncomfortable for everyone involved, like two violins playing in different keys. That is why it is so difficult to stay in a certain mood when someone is strong enough to bring you up or down. That is also why some people may make you feel uncomfortable for no apparent reason – if their energy cannot comfortably bring itself into resonance with yours, the result is a feeling of uneasiness or even distress.

Imagine that you are a cloud of energy floating through a world of yet more energy clouds, and everything around you is trying to resonate in harmony. This means that if you are holding a certain vibration, you are inevitably going to attract more of that same vibration. Things, people and circumstances of that frequency will gravitate towards you like asteroids to the sun. There is the saying, “it never rains but it pours.” If one thing goes wrong, you will lower your energy frequency and start attracting more unfortunate events into your life. Similarly, think of when you first fall in love with someone. Suddenly the world is smiling at you, you rarely fall ill, and you walk through life on a cloud. When you are that happy and so strongly optimistic, more joy will drop into your lap before you know it. You are simply attracting more of the same.

## Energy and spellcasting

If we want to see changes in our lives, spells are a great kick-starter, but they won't do the work for us. They are a way for us to communicate our desires to the Universe, but holding the right focus and energy are what can truly create miracles.

Spells aren't strict rules that must be followed down to the slightest detail; they are simply guidelines that you can tailor as you wish. I write my spells in a way that works for me, but that doesn't mean that they will speak to you in the same way. I encourage you to find your own way and, in order to cast spells most efficiently, to pay attention to your **intent**, **energy**, and **focus**.

Let's look at these three in detail.

### ***Intent***

Our *intent* is a powerful way to set our course through life. It's like looking at a map of endless possibilities, and drawing an arrow in a certain direction. We decide where we want to go, each moment of each day – we have so much more control over our lives than we realise.

Sometimes you get stuck on your path and feel like you're not moving anywhere. This is a frustrating situation, but one you can always break out of. The first step is to set your intent – something you can do any time you like: before casting a spell, before a major challenge, or in preparation of a big change. However, to integrate this practice into your daily life, I would also recommend that you set your intent every morning when you wake up, for example: “*Today I intend to feel good, to see the best in everything, to make the most of everything, and to be patient with myself if I fail.*”

Before casting a spell, set your intent as clearly as you can. The Universe is listening, and it appreciates clear messages. For more on how to best phrase your intentions, see [The weight of words](#).

## ***Energy***

Now that you understand the basic workings of energy, you will see its importance in magick and the profound effects it has on the outcome of a spell. Imagine the spell as a container, which must be filled with your own energy. The container holds the shape of your wishes, and your energy attracts the results.

It is therefore important to cast a spell from a place of joy, trust, and excitement, since these higher vibrations will draw in results of the same frequency. Negative emotions during casting will block any positive results. If you find yourself feeling sad or anxious when you are about to cast a spell, use the [emotional clearing exercises](#) to raise your vibration in order to ensure that you are in the best possible mindset.

## ***Focus***

After casting a spell, your focus is very important – you will greatly improve your chances of success if you carry on holding a strong, high vibration in your everyday life. To do this, you will need to make the most of what you have and whatever comes to you. Let's say you want to buy a house, and you cast a spell for your dream home. If you also view your current living space in a positive way, by being thankful for whatever you have and focusing on any aspect of it that brings you joy, then you are swiftly moving towards the reality of having that dream home of yours.

This can seem tough at first, since your mind might have a tendency to wander back into old ways of thinking and acting, but it's just about forming new habits. Hang in there! Conscious efforts soon become subconscious routines, and this higher state of being will quickly become your new way of life.

Ask yourself in any situation, “*How I can make the best of this?*” That question will automatically increase your vibration and flow, since it points your focus towards a higher reality.

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