

The Essence of Magick

A Wiccan's Guide to Successful Witchcraft

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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) 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 magickal 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 1

Wicca: An Introduction

Wicca takes many of its elements from ancient Celtic paganism and druidism, at a time when it was crucial for humans to live in harmony with nature. It is this harmony and balance that we as modern Wiccans seek to recreate.

Wicca as we know it was shaped in the twentieth century by people such as Gerald Gardner, often known as the father of the pagan renaissance. Gardner was a poet and historian who had a profound interest in druidic magick and Celtic paganism. In 1954, he published *Witchcraft Today*, a book which explored the application of witchcraft in the modern world. This book brought witchcraft out from the shadows and into the lives of spiritual seekers worldwide. Today the number of Wiccans is growing, with more and more people acknowledging our faith as a religion.

Key beliefs

Wicca is a spiritual way of life, where we strive to attain balance and harmony in ourselves and with the world around us. Wiccans live to honour nature and the divine that exists within each of us, with awe and respect for all beings. It is not a dogmatic religion; we have no commandments or rule books to follow, since we value free thought, will and personal responsibility. This is why Wicca is attractive to people who wish to forge their own spiritual paths.

There are a few key beliefs that are shared by most Wiccans, although the applications of them may differ from person to person. Remember, we all walk different paths. While it is good to seek inspiration from others, don't forget that you are the best teacher you will ever have.

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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 2nd and 3rd 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.

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.

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CHAPTER 3

Daily Witchcraft – Transforming Each Moment

If we are to be truly successful in our witchcraft, we must integrate magick and its mechanics into our everyday lives. The modern witch transforms each moment – we are continuously working with the world and the energies around us to create the life we want for ourselves. If we want to attract money, say, then we might cast a money spell, but the spell will bear no real substance without a change of attitude in our daily lives.

Energy follows thought – that is the golden rule. You always get more of what you focus on. Let's continue with our example of money: if you are constantly focusing on your lack of money and your financial worries, then that is what you will get more of. If, however, you instead focus on what you already have (a roof over your head, food on the table, somewhere safe to sleep), and optimistically approach future possibilities, then your focus has shifted from the problem to the solution. As such, a money spell will be significantly more successful if, both before and after the casting, you shift your focus towards abundance and gratitude.

So let's find out how to do that.

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CHAPTER 4

Essential Witchcraft Skills

The previous chapter showed you how to shift your focus and raise your vibrations in your daily life, so as to continuously transform yourself and your life and create your highest reality. This chapter will cover some essential skills that will help you immensely in your witchcraft, such as working with energy and elements, casting a circle, and invoking deities to assist in your magick.

Working Directly with Energy

To become adept at spellcraft we must learn how to manipulate and focus energy, as well as balance our own energy fields. When energy flows through us unobstructed, we feel healthier, happier and calmer. We also increase our ability to focus our minds at any one task.

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Centering, Grounding and Shielding

Everyone who wants to be successful at witchcraft should take time to practice the arts of centering, grounding and shielding. This will improve your ability to focus your energies during spellcasting, which will lead to better results and more successful magick, but it will also help you in your day-to-day life.

Practicing these three skills can make a huge difference in the way you feel. You will be less affected by negative people or energies that surround you; you will feel calmer and more stable, and your connection to your Divine power will strengthen.

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Working with the Elements

Air, water, earth, fire – the four elements are representations of the four most basic energy patterns that exist in our Universe. All that is contains the four elements. All humans, plants, animals, minerals – even emotions and thoughts – are made up of combinations of these elements.

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Casting a Circle

Casting a circle of protection is a way for Wiccans to protect themselves during magick work. It creates a high-energy space where you can safely carry out your magick, without the interference of any negative or harmful entities that might otherwise be attracted to your metaphysical energies during rituals and spell casting.

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Invocation

Spirits, gods, goddesses and other entities

Otherworldly entities. How do they exist? Where do they come from? And how can we access their timeless wisdom and power?

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Divination

What is Divination?

The word “divination” comes from the Latin word *divinatio*, which means the gift of prophecy.

Seen from an energy perspective, divination is simply the act of tuning into and recognising the energy patterns that are occurring in your life (or someone else’s) at the present moment. We can see which energy patterns are holding us back, which ones have potential for us, and what we should focus on in order to achieve our desires.

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CHAPTER 5

The Witch's Tools

Are Tools Necessary?

Tools are never absolutely necessary for magick, but they can be very helpful, especially for the beginner. They focus our thoughts and emotions (i.e. our energy), which is where the true magick lies. Each tool is dedicated to a specific magickal purpose, and it is thus effective at directing energy according to that purpose.

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Cleansing Tools and Gemstones

If you have a new tool, cleansing it will remove all previous vibrations. Items pick up the energy of their surroundings, and in order to work effectively with your tools, you want them to be a blank slate that you can then charge and consecrate before you use them in your magick.

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Consecrating Your Tools

The purpose of consecrating a tool is to bind it to you and make it sacred. After cleansing, your tool is an energetic clean slate. When consecrating your tool, you imbue it with your energy and dedicate it to its specific Divine purpose. This can be done by all sorts of prayers, rituals and meditations.

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Charging Your Tools

The purpose of charging tools is to imbue them with energy. You can imbue them with positive, healing energy or with a specific energy that will aid you in their use.

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The DIY Altar

A Wiccan's altar is our holy space, a place dedicated solely to our magick. It is where we keep our tools and our spells, our herbs and crystals; anything that is related to our religion and practice. We are free to decorate it however we want, and it is worth it to go that extra length to make it feel like it represents you. The colour scheme, the fabrics, the decorations, it's all up to you to make it your special, spectacular space.

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Using Crystals in Magick

Crystals have been thought of as magickal objects in many different cultures throughout the ages. Aside from their fetching beauty, their symmetrical inner structure, formed under extreme pressures and temperatures, makes them incredibly dense and focused. They have their own energy field, which we utilise in magick and healing. Some people think that they are etheric templates which contain a blueprint for healing, harmonious energy.

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Using Candles in Magick

Candle magick is a very common form of magick, which utilises the element of fire (to initiate change or transform or release something which is no longer wanted) and the properties and purposes of the different colours. This type of magick particularly relies on the power of visualisation and intent.

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Using Herbs in Magick

Way before history books and Western medicine, herbs were used for various remedies and medications, brewed into potions, kept in amulets and talismans, and burned as incense to keep evil at bay.

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CHAPTER 6

Living in tune with your body

In order to achieve the best possible results in your magick, you must be able to work with your most precious tool – your body. When you are living in harmony with your body, energy flows unobstructed through you which leads to balance, health, and clarity. These are all important factors in successful magick.

Many of us take our bodies for granted, and mistreat or even abuse them through stress, excessive exercise or none at all, unhealthy eating, low self-esteem etc. Wiccans know that our bodies are holy temples, temporarily lent to us so that we may experience this gift of life.

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SPELLS AND RITUALS

Crafting spells

In the previous chapters of this book you will have found plenty of information that will help you craft your own spells, such as what deities to invoke, what crystals to use, and how to focus your energy. In this section of the book you will find a wide range of example spells to show this information being put into practice. Practise whichever ones you feel drawn to, re-write them to suit your purposes, or use them as inspiration to write your own spells. Each spell is clearly worded and is accompanied by a breakdown of the ingredients and their properties, so that you can see why I have chosen those specific tools and components.

To help further your understanding of spellcrafting, here is a breakdown of the crafting process that will help you write your own successful spells.

The crafting process - a step-by-step guide

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