

Updated Edition

# THE SECRET BOOK OF SHADOWS

## WHITE AND BLACK MAGIC SPELLS



By "Cretarot"  
Dr. Reginald G. Johnson

# **The Secret Book Of Shadows**

**White And Black Magick Spells**

By Cretarot

Dr. Reginald G. Johnson, Ph.d

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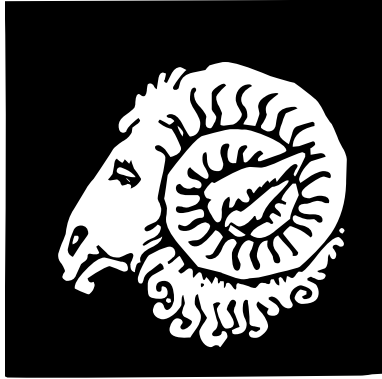


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### **GOOD VERSES EVIL**

**Supporters of gun rights always say that its not guns that kill people, its people who kill people.**

**Without getting into a deep philosophical debate, one can make a parallel statement about the use of black magick – that its not the magic that is good or evil, it is the intentions of the person casting the spell or performing the ritual that makes the difference. I am sure all of you reading these words know the difference between good and evil.**

**One misconception is that all forms of occultism – including spell casting – are Satanic in origin.**

**First off, Satanism is a product of Christianity. Without Christianity there would be no Satan. Those who practice Wicca or Witchcraft (or the various forms of Shamanism) do NOT accept the concept of an all mighty Devil. If you want to talk about the Devil and demonology go see the Pope.**

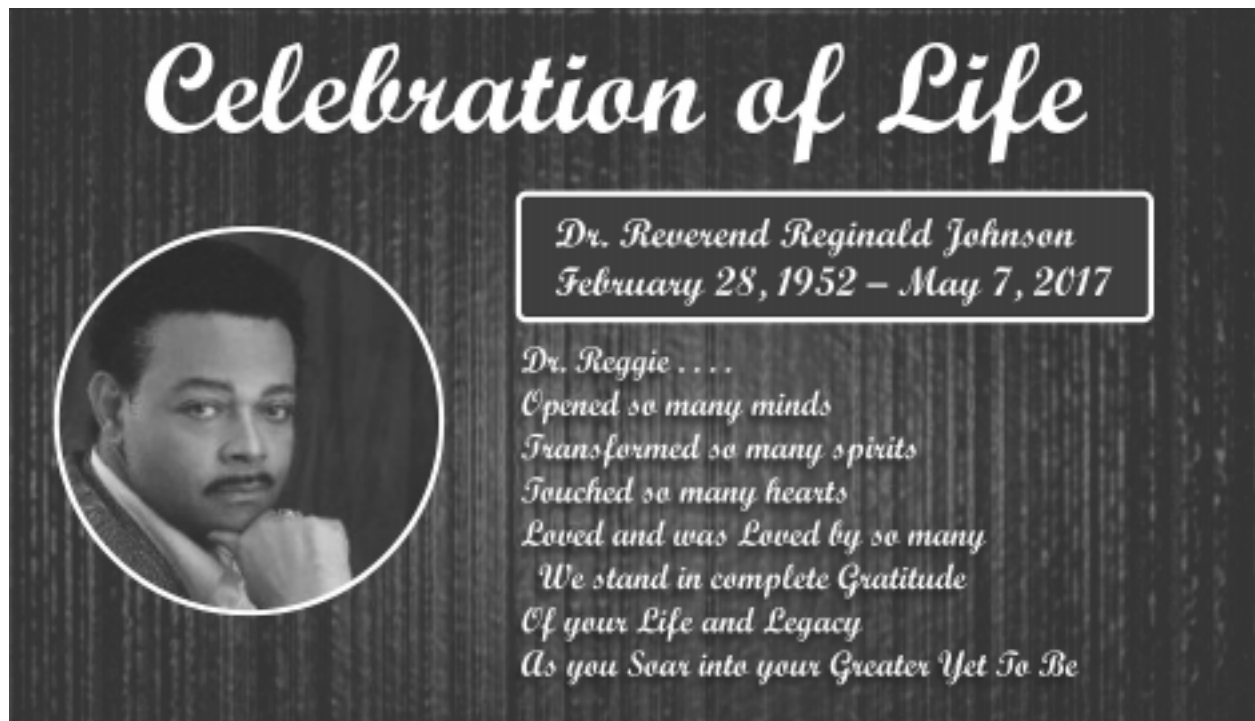
**The author of this book goes by two names (you could say in a sense that he has a split personality). When he uses the name Cretarot, he is evoking and working with the forces of nature to cast spells that will be helpful in raising what witches call a cone of power which can go a long way in benefiting the individual doing a spell or carrying out a ritual. No human or animal sacrifices are necessary or ever required in this form of magick.**

**Cretarot says one should never take part in rituals or cast spells when you are angry as you could possible invoke powers you do not want to invite to your path. You can, however, select the path you feel most comfortable in operating on – the right hand path (white magick), or the left hand path (generally thought of as representing black magick) Whatever avenue you venture out upon this book should become one of your main sources of inspiration. Use it wisely and it will benefit you always**

**When not working with manifesting spirit, Cretarot goes by his given name. Dr. Reginald G. Johnson is a renowned speaker, author, intuitive and**

**soul coach who has helped people integrate their spiritual energy into their daily lives. Though he has passed from this dimension his legacy continues with us in the pages of this wonderful work that he thought enough of to want to share with those looking to fulfill their innermost desires.**

**We know you will use this content wisely!**



*Celebration of Life*

*Dr. Reverend Reginald Johnson*  
*February 28, 1952 – May 7, 2017*

*Dr. Reggie . . .*  
*Opened so many minds*  
*Transformed so many spirits*  
*Touched so many hearts*  
*Loved and was Loved by so many*  
*We stand in complete Gratitude*  
*Of your Life and Legacy*  
*As you Soar into your Greater Yet To Be*

## **PREFACE**

**As most practitioners of magick, wizardry and other forms of spellwork already know, most covens or solitary workers of magick keep a handwritten Book of Shadows. This is your official record book of what works for you. However, there are some special formulas, spells or practices that work universally, even for the “newbie,” or novice as well as the seasoned Wiccan. It is best to keep an open mind when doing this work which will always have the benefit of increasing success and the real added bonus of psychic development. Blessed Be!**

**Please note that since this book is a work of magick and readers may want to perform their own spells and rituals, we have left the back side of each printed page blank so that they can make their own notes as they go along. Happy Spellcrafting.**

**Be CREATIVE! As you read this bok, write down what first comes into your mind on the blank “notes” pages.**

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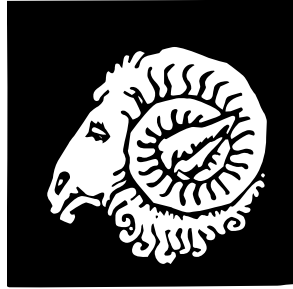
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# THE SECRET BOOK OF SHADOWS



## CASTING THE CIRCLE

Before casting the Circle or performing any magick, we need to know that Magick is real! We honor the God and the Goddess, sometimes called the Lord and the Lady. Magick is like anything else and yet like nothing else. We honor the divine feminine (Goddess) which has been lost from ancient times, including Christianity. Magick, Wicca and Wizardry is motivated by love and self-transformation. The whole purpose is to heal self and others.

You begin the practice of Magick by taking responsibility for your life and everything in it as this is a parameter of coming into your power and self-actualization. When performing any magick, it is important that you are aware of your inner state. Do not become distracted if possible. By all means, eliminate negative energy in your space and in your life before working major magick.

Forgive yourself and others and do not perform rituals when you are angry. You will invoke a power you do not want to invite in your path.

There are three aspects of the Goddess: Maiden, Mother and Crone:

The Maiden symbolizes youth and the continuation of life, the season of spring, and the waxing Moon. The Maiden is associated with purity, enchantment, expansion, female principle, new beginnings, youth, excitement, and a carefree erotic aura. Maiden goddesses include: Artemis, Selene, Brigit, Skuld, Durga and others. Her colors: white, light pink and yellow.

The Mother symbolizes summer, birth, and parenthood, as well as the full Moon and is associated with power and fertility, stability and fulfillment. The Goddess aspect of Mother include: Ceres, Astarte, Lakshmi, Diana and others. Her colors: red (for the life force, blood) and green.

The Crone symbolizes death and the end of cycles, winter, night, menopause, age, wisdom, counsel, and the waning Moon. She also represents compassion and the Crone Goddess is represented by: Brigitte, Hecate, Oya, Kali and others. The Crone colors are black, dark purple and grey.

For the experienced practitioner of magick (spelled with a "k" at the

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end to show the difference between stage magic and the REAL magick that permeates the universe for personal transformation), the circle is cast with visualization, however, chalk is best to mark the circle, which is usually 9 feet in diameter. If you do not want to use chalk, use furniture to mark the perimeter of the circle. You can cast this circle prior to all magick works by using a ritual, black handled knife called an Athame or Sword to “draw,” the circle. You should bless or consecrate all ritual tools before using them. Everyone is not going to understand magick and that is why it’s keep private and personal.

There are other ritual tools for your private altar (censer, bowl, pentacle, candle, etc.) which you can order at most metaphysical stores or online.

1. As I mentioned above, The Athame (ceremonial knife) usually has a black handle to capture all negative atmospheric and astral energies to bind them from entering the Circle.

2. Draw circle with the Athame or blessed sword.

3. Bless some salt water by touching the water with the Athame and saying: “I bless this water with white Light and the power of the Goddess and God by removing all impurities and negative undines or entities and water spirits by the power of Aradia and Cerunnos. I believe it is so, and so it is.”

4. Run the Athame or Sword through incense smoke and say, “I call on the Mighty Archangel Michael to aid me in this rite and to protect me from all harm as this Athame is blessed.’

5. Add 2 tablespoons of salt to the water and sprinkle the blessed water on you and around the Circle.

6. Have 4 white candles available for blessings. Light all four and place them in 4 directions of the Circle - North, East, South and West and say, “I bless and exorcise all negative fire creatures, the salamanders of the fire element or other negative fire entities to harm or deceive my ritual in any way and call on protection from Aradia and Cerunnos.”

7. If others are joining you in the circle or are entering in, have them enter the circle and close the circle door with the sign of the pentagram: Now say “I summon, and Call thee up, thou Mighty Ones, Angels of the East, South, West, and North.” Then state the purpose of your ritual - for example to manifest abundance and prosperity on the Full Moon or the New Moon to bring in your desire. When you close the Circle, always thank the Angels and Nature Spirits for showing up and release them to their element.

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## MAGICKAL CHANTS

Chanting on a regular basis brings great results and a response from the Universe by changing the very atmosphere from negative to positive. Everyone has a chant to invoke power in all cultures and religious practices. For example the chant *Nom Yo Ho Renge Kyo* is from the Lotus Sutra; the Hindu chant *Om* is said to have amazing powers; and there are others. It depends on your intention. I use an old Wiccan chant which brings great results "My soul belongs to the Cosmos, my soul belongs to the wind; I AM the Cosmos, I am the wind." There are other chants such as the Witch's Chant and Rune:

Darksome night and Shining Moon,  
East, then South, then West, then North,  
Harken to the Witches Rune:  
Here come I to call thee forth.  
Earth and Water, Air and Fire,  
Wand and Pentacle and Sword,  
Work ye unto my desire,  
Harken ye unto my word.  
Cords and Censer,  
Scourge and knife,  
Powers of the Witch's Blade,  
Waken all ye into life,  
Come ye as the Charm is made:  
Queen of Heaven, Queen of Hell,  
Horned Hunter of the Night,  
Lend your power unto the Spell,  
Work my will by Magic Rite.

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**After you have decided which ritual you want to perform, plan in advance if you are performing the ritual alone or with others. Who will be calling in the Quarters or Elements or who will lead the ritual. This allows harmonic atmospheric energy in the Circle.**

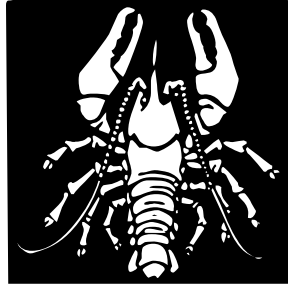
**You may use your besom (broom) to clear the space for ritual if done indoors by not only sweeping but smudging too. Make sure you are cleansed too by bath or shower and include any fragrant oils if you wish.**

**Ground yourself by becoming peaceful and relaxed. Cut off cell phones, house phones, any noisy distractions. Open the Circle. Call the Elements (Angels, Watchtowers, Quarters, Goddess) to be present in your space; Clockwise, starting at the East, remembering:**

- 1. East is the Air Element**
- 2. South is the Fire Element**
- 3. West is the Water Element**
- 4. North is the Earth Element**
- 5. Spirit is All Pervasive**

**Reflect on honoring your deities. You may include a symbolic picture or sculpture to focus. Meditate on your goal. Cast your spell. Thank your God/Goddess for entering in. Thank the Elements and release them in reverse order to close the vortex and other Worldly dimension. When you feel ready, record your experiences in your Book of Shadows.**

# THE SECRET BOOK OF SHADOWS



## SPELL CASTING SECRETS

### Wiccan Rede/ A Magick Code Of Ethics

Although there is no “official” Bible or set of rules in Magick and Wicca, there is a Threefold Law of Return which is the same as Jesus stated 2,000 years ago “Do unto others as you Would have them do unto you.” Or in our more contemporary language, “What goes around, comes around.” The same applies to spells and magick. Do not cast any harm that you don’t want returned to you. Also: do not intentionally do any harm to self, your clients or others.

- keep all Magick information confidential or with those of your coven or if solitary, to yourself.

- serve mankind and all sentient being in their best and highest interest.

- respect everyone regardless of age, race, religion, gender, or sexual preference, just as you should be respected.

The Wiccan Rede is the official Law in Wicca, Magick and Sorcery in the highest honor. Here it is:

**Bide the Wiccan laws ye must,**

**In perfect love and perfect trust.**

**Live and let live-fairly take and fairly give.**

**Cast the Circle thrice about to keep all evil spirits out.**

**To bind the spell every time,**

**Let the spell be spake in rhyme.**

**Soft of eye and light of touch.**

**Speak ye little, listen much.**

**Deosil go by the waxing Moon**

**Sing and dance the Wiccan Rune.**

**Widdershins go when the Moon doth wane**

**And the werewolf howls by the dread wolfsbane**

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**When the Lady's Moon is new,  
kiss the hand to Her times two.  
When the Moon rides aye Her peak,  
Then your heart's desire seek.  
Heed the North wind's mighty gale,  
Lock the door and drop the sail.  
When the wind comes from the South,  
Love will kiss thee on the mouth.  
When the wind blows from the East,  
Expect the new and set the feast.  
When the West wind blows o'er thee,  
Departed spirits restless be.  
Nine woods in the Cauldron go  
Burn them quick and burn them slow.  
Elder be ye Lady's tree  
Burn it not or cursed ye'll be.  
When the Wheel begins to turn,  
Let the Beltane Fires burn.  
When the Wheel has turned to Yule,  
Light the Log and let Pan rule.  
Heed ye flower, bush and tree  
By the Lady blessed be.  
Where the rippling waters go,  
Cast a stone and truth ye'll know.  
When ye are in dire need,  
Hearken not to others' greed.  
With the fool no season spend,  
Or be counted as his friend.  
Merry meet and merry part  
Bright the cheeks and warm the heart.  
Mind the Threefold Law ye should  
Three times bad and three times good.  
When misfortune is enow,  
Wear the blue star on thy brow.  
True in love ever be,  
Unless thy lover's false to thee.**

## **THE SECRET BOOK OF SHADOWS**

**Eight Words the Wiccan Rede fulfill**

**An ye harm none, do what ye will.**

**A spell is a physical prayer connecting your energy to the Cosmic Energy of the One Power.**

**The power that makes a spell work is within you, and surrounds you. The real secret of successful spellcasting, as with all magick, is your connection to divinity, within and without. Your thoughts; willpower, feelings, and physical exertions are actually all expressions or forms of this divine energy — just as air, water, fire, and earth are all forms of divine energy. When you understand the true nature of the energy you work with, you can make real magic.**



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**Casting a spell? Remember to:**

- **decide on your goal**
- **find guidance for your spell from an oracle or divination tool such as the Tarot, Runes or Guides**
- **prepare your space by cleansing with salt water or herbs such as sage**

**Successful Spell casting:**

**Passion fuels a successful spell; doubt can kill it because doubt is prayer in reverse. Spells can be performed almost anywhere You do need to work without being disturbed when you cast a spell. So find a quiet and private place, preferably outdoors.**

**Once you've cast a spell, don't talk about it — or even think about it — for 24 hours!**

**A rhymed spell has rhythm and joyfulness in it, it's easy to remember and repeat, and the repetition itself creates an altered, magical consciousness.**

**A spell is only used to control yourself, never another or Nature and remember, you should not do spellwork on someone else's behalf without their permission.**

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## MISCELLANEOUS SPELLS

### White Candle Magic Spell

Get a white candle — either a plain one (offertory, pillar, or taper). After getting the person's permission, carve the person's full name on the candle, then dress it with Blessing Oil or Olive Oil. For more power, you may place a name-paper of the person, or a photo, or some personal item of theirs (such as a bit of hair or a snippet of clothing) either under the candle or next to it.

Burn a portion of the candle every day for seven days, pinching it out between burnings or snuffing it out - but never blowing it out. As you light it each day, say this:

[Name], may you be blessed  
May all good things come to you  
In all you seek and all you do;  
May your heart be full of light  
And your travels blessed and bright;  
May your health be good and whole,  
And your pockets lined with gold;  
May your friends be loyal too,  
May all your wishes now come true.

If you have a special request for this person (such as that they find a lover, get a good job, come home safely from a war, or whatever), just add it to the list.

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### **BLESSING A NEW HOUSE BY SPIRITUAL HOME CLEANSING**

**Here is a simple procedure for blessing a new home and ridding a house of any unwanted spiritual influences.**

**Burn white Indian sage in all directions of the house, near windows, floors, doors, chimney, kitchen, etc.**

**Sage is a strong herb for cleansing and purification.**

**While walking through the house with the burning sage say:**

**Energy of Air and Sacred Smoke,**

**Blow away darkness with each stroke,**

**In every room in the house you may light a purification incense or white candle and say over each door of the house where candles are lit:**

**O power of Fire,**

**Work my will by my desire.**

**Friendly Spirits, light my way,**

**Aid the magic cast this day.**

**Candle flame that flickers bright,**

**Banish all evil with your light.**

**While the candles are burning and sage is burning out, go to the outside of your home and sprinkle it with holy water created for the circle casting and sprinkle in the front of the house and on the lawn if needed.**

**Come straight back inside without talking to anyone and if you notice any specks of dark pieces of dust or after burn from the sage or candles, use a new broom to sweep the house from back to front and out the front door.**

**Afterwards, properly extinguish candles or sage wands and/or incense and say:**

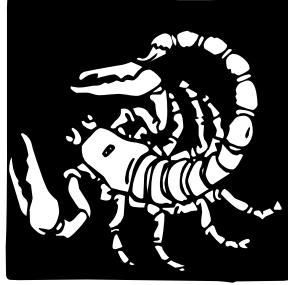
**Thank you God for blessings that be;**

**For clean spirits and this property;**

**I give you honor for love and fate;**

**And make it right by mighty Hecate.**

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### **REVERSE A NEGATIVE SPELL ON YOUR BUSINESS**

**Light two black candles and chant:**

**Small of mind, big of woe,**

**The pain you caused, you now will know.**

**Or:**

**In the name of the Gods and all ye Spirits**

**In the name of Cernunnos and the light and the dark**

**And the Gods of the Netherworld**

**And whosoever shall be casting a curse against me**

**Let them suffer their own curse**

**Let these candles be their candles**

**This burning be their burning**

**This curse be their curse**

**Let the pain they have caused me and mine**

**Fall upon themselves by the order of Hecate.**

**Do this spell for five consecutive nights (as close to midnight as possible) and each night chant the spell until the candles are finished.**

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## MAGIC POTION INCANTATION

The following magick rhyme is a powerful witches incantation that can be used for any potion you brew-up, recite it while visualizing your intent within your mind's eye, you may repeat it several times out loud or to yourself:

Herbal potion, cauldron brew,  
Now be charged with magick true.  
With intent I speak this charm,  
All be blessed and none be harmed.  
Ever minding the law of three,  
This is my will, so mote it be.

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### **TRUTH SPELL**

#### **Materials:**

- Thyme
- A red candle
- An herb dish

**Pour the Thyme into the herb dish and say:**

**Purification I now conjure;**

**Thoughts spoken not just pondered,**

**Light the red candle and say:**

**Passion is red and set to Fire,**

**Let truth be told as I desire.**

**Drop red Wax onto the thyme and say:**

**Mists of thyme, wine and bread,'**

**Send thoughts of truth in my head.**

**Now go to your back yard and bury the herb in wax.**

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### **KNOT HEALING SPELL**

1) Tie seven knots in a black string or yarn.

Say:

**I TIE THESE KNOTS AND MAKE A SPELL,  
IN 7 DAYS YOU ARE MADE WELL,  
BY THE GODDESS OF THE FULL MOON  
MAGICK HEALS YOU VERY SOON  
FROM ALL YOUR STRIFE AND ALL YOUR PAIN  
HECATE MAKES YOU STRONG AGAIN**

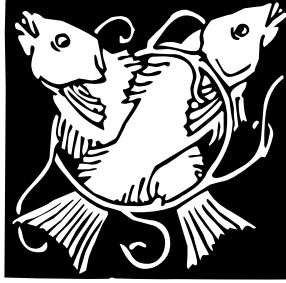
2) Visualize the illness and suffering as you tie the initial knots (you are not Wishing the illness - in fact the opposite. You are transferring the illness into the knot)

3) Make it into a bracelet for the patient or sick person.

4) Untie one knot each day - visualizing the relief as the knots are untied, as the illnesses negative energy is allowed to dissipate into the atmosphere.

5) On the last day, unravel the thread and throw everything into running live water, flowing away from the patient's location, or burn it in your cauldron on the altar.

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### **TO ENCHANT A BOOK**

**Light a blue candle.**

**Invoke Sophia, a Goddess of Wisdom.**

**Say:**

**AS THE BLUE LIGHT CANDLE FLAMES,**

**I READ THESE PAGES IN YOUR NAME,**

**SOPHIA STRONG, SOPHIA WISE,**

**THIS BOOK IS ONLY FOR MY EYES,**

**EARTH, FIRE, WINDS AND BROOKS,**

**I GIVE THEE THANKS FOR MY ENCHANTED BOOK**

**Inscribe the book letting the inscription express the desired wish.**

**Extinguish the blue candle.**



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### **TO PROTECT AN OBJECT**

**With the first and middle fingers, trace a pentagram over the object to be protected. Visualize electric blue or purple flame streaming from your fingers to form the pentagram.**

**Say while tracing:**

**WITH THIS PENTAGRAM I LAY  
PROTECTION HERE BOTH NIGHT AND DAY  
AND THE ONE WHO SHOULD NOT TOUCH  
LET HIS FINGERS BURN AND SUCH;  
I NOW INVOKE THE LAW OF THREE:  
THIS IS MY WILL, SO MOTE IT BE!**

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### **CAR BLESSING**

**Use olive oil or anointing oil made with a drop of vanilla and a drop of honey in baby oil. Use 1 drop for each side of the car (front, back and sides) and say:**

**EARTH, AIR, WATER AND FIRE,  
BLESS THIS CAR AND ALL FOUR TIRES;  
WITH OPEN ROADS AND A PARKING SPACE,  
MAKE THE DRIVER FREE AND SAFE.**

## THE SECRET BOOK OF SHADOWS



### **CREATE ANOINTING OIL**

**2 drops each sage, basil, patchouli essential oil**

**Carrier oil (can be olive, almond, sunflower, etc.)**

**Choose a small dark vial. Place all but the oil in the vial together, then add enough oil to fill the bottle. Shake thoroughly. Use for anointing ritual candles, self, consecrating tools, etc.**

**You may also add Lavender for purification, happiness, love, and peace; Basil brings protection and love; Sage brings purification, protection, healing, wealth, longevity; Patchouli brings prosperity, wards off evil and negativity, aids divination.**

### **VENUS LOVE OIL**

**3 oz. of Sesame oil**

**3 oz. of Apricot oil**

**10 drops of Verbena**

**10 drops of Lilac**

**1 drop of musk oil.**

**Mix very carefully and slowly. Do not "shake," the oils.**

**Use to bring the Love Goddess Venus around you for love and protection.**

### **MONEY OIL**

**2 oz. honey or honey flavored oil**

**2 oz. vanilla oil**

**2 oz. clear herbal based oil (sesame, safflower)**

**1 drop of musk. Mix well and use on everything!**

## **THE SECRET BOOK OF SHADOWS**



### **HAVE A BOSS OR SUPERVISOR ACT NICELY TOWARD YOU**

**All you need is cinnamon (powdered) to sprinkle around his or her desk and your own. Put some in your purse, wallet or pocket. To enhance the spell you may say:**

**Heat, Water, crystals and ice,**

**I charge you to change from angry to nice**

## **THE SECRET BOOK OF SHADOWS**



### **WEIGHT LOSS SPELL**

**Meditate during the waning moon. Light a pink candle for self-love. Anoint it with the olive oil. On an index card write the number of pounds you are losing. Then visualize banishing the excess weight. You may also engrave the number of pounds you are losing onto the candle. Light incense and visualize the smoke taking the excess pounds away through the power of the air element and say:**

**I call on the Goddess and the God,  
Losing weight is easy, never hard,  
My beauty is from within and without,  
I am trim and lean, no longer stout,  
The power of love, riches and wealth,  
Are now turned into total good health.  
AND SO IT IS.**

## THE SECRET BOOK OF SHADOWS



### WHITE AND BLACK MAGICK

Magick is and always has been one of the essential functions of nature. It is the means by which all that surround us is powered. While science struggles to explain all that there is, many things still defy explanation, such as how the universe and the life that flourishes in it began in the first place. Using conventional wisdom to come to an understanding of how the circle of life functions will always lead one down a dead end path, unless Magick is accepted as an explanation for the unknown forces that exist all around us.

While conventional religions dismiss the existence of Magick they will at the same time use prayer as an excepted means of exerting one's will to circumvent the rules of the three dimensional world that exists around us. While misguided, the act of praying is in fact an attempt at using Magick.

Performing effective Magick requires some measure of study and practice and with time any true believer in the powers of Wicca can harness the necessary powers to work Magick. This doesn't exclude the beginner, for if one truly believes, then the powers can be summoned to perform Magickal working in one's life.

The forces that power Magickal workings flow throughout the universe and exist on metaphysical planes that must be tapped into when casting your spell. Deities are another source of Magickal powers that can be of great assistance when conducting a ritual with the intent of causing Magickal change.

Reaching inside of yourself, even beyond the subconscious to the super-conscious is an integral key to performing Magick, for it is in the super-conscious where your true psychic energies are contained. Meditation is the key to achieving this; hence the understanding of meditation techniques is crucial in performing effective Magick.

The Wiccan threefold return law governs all Magick and Magickal workings and it simply decrees that Magick that is sent out returns to the sender threefold. Abide by the Wiccan threefold law and all good things will come to you and never abuse the powers you harness.

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**The practitioner of white Magick has chosen quite possibly the easiest and most problem free form of the Magickal arts to excel in and this is for a number of reasons. Those who use white Magick spells do no harm unto others and they typically tend to draw no adversaries that would bring them conflict. For this reason alone, those who perform white Magick spells tend to live lives of peace and more often than not are able to focus their energies on their work—remaining undisturbed in their studies and practice.**

**This is of the utmost importance, as white Magick spells require a deep and profound understanding of the intrinsic laws of nature. These are the same laws that govern the use of white Magick spells.**

**White Magick spells are helpful tools for someone who is in the beginning stages of their journey into the realm of white Magick. White Magick spells are available to be utilized to help gain a broader understanding of the inner workings of white Magick, until such time that the practitioner accrues the level of knowledge and wisdom that is the prerequisite for writing and casting effective white Magick spells.**

**Learning the how and why the basic tools of white Magick spells function is imperative. The tools that should be studied first are herbs, oils, and runes. Knowledge of and the mastery therein, of celestial forces and the many ways that they exert their influence during the conduction of white Magick is invaluable wisdom and can be a learning process that has no real end.**

**Finding and maintaining a place where the forces and powers of white Magick spells can be focused and accumulated is of the utmost importance to the Wiccan. It should be a place that is conducive to profound contemplation or a place in nature such as a very large rock or a bend in a small creek where natural forces will tend to exist and magnify.**

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### **BLACK MAGICK**

**Black Magick and the use of black Magick spells is defined as the negative use of the spiritual and or cosmic powers and energies that surround us to bring unfortunate consequences on a person by causing them hardship, misfortune and depravity or to cause their moral fiber to decay. I will NEVER use this magick for anything.**

**Performing black Magick spells is a very dangerous thing to do and many times can and will bring harm and misfortune to the practitioner as prescribed by the Wiccan threefold law of return. There are those who will argue that when a person is engaging in activities that bring harm unto others, that this person must be stopped. By true natural law, it would be justified to use all means necessary to hinder this person's nefarious undertakings and deeds.**

**Anger and revenge are powerful human emotions that lurk inside all human beings and many are the people who walk among the good people of the earth that are well deserving of hate and rage by virtue of their own selfish and evil doings.**

**Unfortunately, far too many times it is decent and good natured folk that are the targets of black Magick spells by those who would intentionally bring them misfortune and mental strife.**

**If you are the victim of such a spell, a solid determination must be made as to the source of the spell or spells if at all possible. A pro-active course of action must be undertaken to counter and remove the effects of the black Magick spells. There are those who may covet what you possess either tangibly or intangibly and tragically, far too many times, it is revealed to be a close friend or loved one that is the source of ones black Magick treachery.**

**One must prepare themselves for the eventual outcome when one begins their quest for the source of the black Magick spell that they have been on the receiving end of. The first priority, however, should always be to remove or reverse the effects of the black Magick spell. Once a determination**



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**has been made as to the source of the spell a proper prescribed course of action must be taken, lest one's suffering continue indefinitely.**

**The most common and effective course of treatment for symptoms of black Magick spells is reversal spells, that effectively return to the sender what ever evil has been done unto the hapless recipient of a black Magick spell.**

**One must bear in mind that in Wicca or Magick, knowledge is power. While others debate and struggle with one another over the rules and the particulars of history and tradition, you are free to cut your own path and begin to practice Magick even as you are reading this. Try not to get too caught up in the dogma of any religion, including Wicca and the practice of Magick.**

# THE SECRET BOOK OF SHADOWS



## THE MOON IN MAGICK AND RITUAL

For the practitioner of Wicca and Magick, the moon is far more than a heavenly body that might catch our eye as we drive home late at night. For us in “the know,” she is the embodiment of the Goddess, she is Maiden, Mother and Crone.

It is also an important source of natural energy that is essential in Magick, if you perform your spells and rituals at the right lunar phase. Performing spells during the wrong phase of the moon can seriously debilitate the spell, producing no result or possibly the wrong result. The Wheel of the Moon, is approximately 28-1/2 days long, waxing to Full Moon and waning to New Moon.

Waxing Moon means the moon is getting larger in the sky, moving from the New Moon towards the Full Moon. This is a time for spells that attract, that bring positive change, spells for love, good luck, growth. This is a time for new beginnings, to conceptualize ideas, to invoke. At this time the moon represents the Goddess in her Maiden aspect, give praise to Epona, Artemis or one of the other Maiden Goddesses. The period of the waxing moon lasts about 14 days.

The Full Moon is a time for spells that transform, increase psychic ability, for fertility spells and invocation to lunar goddesses. This is a time of strength, love and power. At this time the moon represents the Goddess in her Mother aspect, give praise to Cerridwen, Isis or one of the other Mother Goddesses. The period of the Full Moon lasts from about 3 days before to 3 days after the actual full moon.

Waning Moon means the moon is decreasing in size, moving from the Full Moon towards the New Moon. This is a time for spells that banish, release, reverse. This is a time to break bad habits or bad addictions, to end bad relationships. This is a time of deep intuition and a time for divination. At this time the moon represents the Goddess in her Crone Aspect, give praise to Hecate, Morrigan or one of the other Crone Goddesses. The period of the waning moon lasts about 14 days.

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**Every culture has a name for its moons. In the American Indian culture, Celtic, Welsh, Jewish, Egyptian and other nontraditional religious spectrums the Moon, especially when full takes on a profound aspect. I present the following Full Moon names and the colors, stones and Deities associated with each below:**

### **Wolf Moon (January)**

**Colors: brilliant white, blue-violet, black**

**Stones: garnet, onyx, jet, chrysoprase**

**Deities: Freyja, Inanna, Hera, Chang-O, Sinn**

### **Ice Moon (February)**

**Colors: light blue, violet**

**Stones: amethyst, jasper, rock crystal**

**Deities: Brigit, Kuan Yin, Diana, Demeter, Persephone, Aphrodite**

### **Storm Moon (March)**

**Colors: pale green, red-violet**

**Stones: aquamarine, bloodstone**

**Deities: Isis, Hecate, Cybele, Astarte, Athene, Artemis, Luna**

### **Growing Moon (April)**

**Colors: crimson red, gold**

**Stones: ruby, garnet**

**Deities: Kali, Hathor, Ceres, Ishtar, Venus, Bast**

### **Hare Moon (May)**

**Colors: green, brown, pink**

**Stones: emerald, malachite, amber, Carnelian**

**Deities: Venus, Aphrodite, Maia, Diana, Artemis, Pan, Horned God**

### **Mead Moon (June)**

**Colors: orange, golden-green**

**Stones: topaz, agate, alexandrite, fluorite**

**Deities: Isis, Green Man, Cerridwen, Ishtar**

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### **Hay Moon July**

**Colors: silver, blue-gray**

**Stones: pearl, moonstone, white agate**

**Deities: Athene, Juno, Cerridwen, Venus**

### **Corn Moon (August)**

**Colors: yellow, gold**

**Stones: cat's eye, Carnelian, jasper, fire agate**

**Deities: Ganesha, Thoth, Hathor, Diana, Hecate**

### **Harvest Moon (September)**

**Colors: brown, yellow-green, yellow**

**Stones: peridot, chrysolite, citrine**

**Deities: Demeter, Ceres, Isis, Freyja, Thoth**

### **Blood or Harvest Moon (October)**

**Colors: dark blue-green**

**Stones: opal, tourmaline, beryl, turquoise**

**Deities: Astarte, Demeter, Lakshmi, Hathor**

### **Snow Moon (November)**

**Colors: gray, sea-green**

**Stones: topaz, hyacinth, lapis lazuli**

**Trees: alder, cypress ‘**

**Deities: Isis, Hecate, Bast, Osiris, Lakshmi, Mawu**

### **Cold Moon (December)**

**Colors: blood red, white and black**

**Stones: serpentine, jacinth, peridot**

**Deities: Hecate, Neith, Athene, Osiris, Fates**

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### SPELLS FOR EARTH, AIR, FIRE AND WATER AND THE ZODIAC

▽ **EARTH** spells should be performed when the moon is in one of the astrological signs governed by that element: Taurus, Virgo, Capricorn.

△ **AIR** spells should be performed when the moon is in one of the astrological signs governed by that element: Gemini, Libra, Aquarius.

△ **FIRE** spells should be performed when the moon is in one of the astrological signs governed by that element: Aries, Leo, Sagittarius.

▽ **WATER** spells should be performed when the moon is in one of the astrological signs governed by that element: Cancer, Scorpio, Pisces.

When the Moon is in...

♈ **ARIES**—this is the best time for spells involving authority, rebirth, leadership; healing spells of the face and head.

♉ **TAURUS**—this is the best time for spells involving love, money, acquisition; healing spells for the throat and neck.

♊ **GEMINI**—this is the best time for spells involving communication, writing, travel; healing spells for the arms, hands, and lungs.

♋ **CANCER**—this is the best time for spells involving the home and for honoring lunar gods and goddesses; healing of the chest and stomach.

♌ **LEO**—this is the best time for spells involving authority, courage, fertility; healing of the upper back, spine, heart.

♍ **VIRGO**—this is the best time for spells involving employment, health, diet; healing of the intestines and nervous system.

♎ **LIBRA**—this is the best time for spells involving justice, unions, balance (spiritual and otherwise), artistry; healing of the lower back and kidneys.

♏ **SCORPIO**—this is the best time for spells involving power, psychic growth, sex; healing of the reproductive organs.

♐ **SAGITTARIUS**—this is the best time for spells involving travel, sports, truth, horses; healing of the liver and thighs.

♑ **CAPRICORN**—this is the best time for spells involving organization, ambition, career, politics; healing of the knees, bones, teeth, skin.

♒ **AQUARIUS**—this is the best time for spells involving science, freedom, friendship, breaking bad habits or addictions; healing of the calves, ankles, blood.

♓ **PISCES**—this is the best time for spells involving music, art, telepathy.

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**In magick, timing is very important. In the calendar are listed the times of the New Moon, Full Moon and when it enters a new quarter, as well as the times when the moon enters the various astrological signs, but these times are general Eastern Standard Times. The Farmer's Almanac or Lunar calendar is obtained at most bookstores.**

**Lady Luna, Diana, Selena...and a thousand other names:**

**Goddess of silver moonbeams and flames;**

**Shine upon me in your fullness bright,**

**Turning my darkness into brilliant light.**

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**Evoke Quarters—(Angels & Guides) And Light Their Candles**

**Greetings Mighty Ones of the East, Power of Air and mind**

**I summon and stir thee up to attend and protect this rite  
as I perform a Full Moon Ritual this night.**

**I bid thee Hail and Welcome.**

**(Light a yellow candle and do an invoking pentagram in the air)**

**Greetings Mighty Ones of the South, Power of Fire and energy**

**I summon and stir thee up to attend and protect this rite  
as I perform a Full Moon Ritual this night.**

**I bid thee Hail and Welcome.**

**(Light a red candle and do an invoking pentagram in the air)**

**Greetings Mighty Ones of the West, Power of Water and emotions**

**I summon and stir thee up to attend and protect this rite  
as I perform a Full Moon Ritual this night.**

**I bid thee Hail and Welcome.**

**(Light a blue candle and do an invoking pentagram in the air)**

**Greetings Mighty Ones of the North, Power of Earth and stability**

**I summon and stir thee up to attend and protect this rite  
as I perform a Full Moon Ritual this night.**

**I bid thee Hail and Welcome.**

**(Light a green candle and do an invoking pentagram in the air)**

**Say:**

**FOUR CANDLES I NOW DO LIGHT**

**TO HONOR HECATE THIS SACRED NIGHT**

**BY THE SILVER MOON'S FULL LIGHT**

**MIGHTY HECATE MAKE IT RIGHT.**

**State your intention now. The Crone Goddess Hecate is now present  
and can hear you. What do you desire her to carry out?**

**Thank all the spirits for coming, including Hecate.**





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### **BLESSING OF FULL MOON WATER**

**This spell can be used on the Full Moon, to bless the Holy Water you have made. You can then save it and use to bless candles, babies, pets, etc.**

**You will need:**

**A bowl, jar or cup filled with the Holy Water.**

**Put a compact mirror or small mirror in the Bowl so the moonlight glints off it with the silvery light of the Goddess.**

**Say:**

**Oh Great Ones on whom I call;  
And good spirits one and all,  
I call upon you, from cauldrons steep,  
To bless this water from spaces deep,'  
(Hold up small bowl of water.)**

**Bless this water with your power,  
In this minute and this hour,  
(Put bowl down. You have made Full Moon blessed water)**

**Many people of Magick do not let the sun touch the water and some leave it in the moonlight while the moon is full.**

**Snuff out the candle and do when you feel like eating for emotional reasons.**

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**(OCTOBER 31)**

**(SAMHAIN)**

**Samhain, (pronounced SOW-in) means “End of Summer.” This is the final summer. It is celebrated on October 31, and is one of the two “spirit-nights” each year, the other is Beltane. Space and time are suspended and the Veil between the worlds is lifted and becomes the ideal time to communicate with ancestors and departed loved ones.**

**Your ritual may be a rebirth through death or transition. Light a black candle and honor all those who have gone before. The symbols are brooms, black cats, pumpkins and Jack-o-Lanterns.**

**Herbs for your ritual at Halloween:**

**Mugwort**

**Allspice**

**Catnip**

**Mandrake**

**Oak leaves**

**Sage**

**Incense at this time:**

**Mint**

**Nutmeg**

**Sage**

**Candles and Colors:**

**Black**

**Orange**

**White**

**Silver**

**Gold**

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### **Yule (Winter Solstice) December 21**

**This is the longest night of the year. We celebrate the Goddess as Mother giving birth to the Sun God. This is the festival of lights in some cultures and covens. Some celebrate the conquering of the Lord of Light over the Lord of Darkness. In some traditions it is the set up for the coming of Christmas, a Wassailing pagan custom originally and has nothing to do with the birth of Jesus. I know, it surprised me too.**

### **Imbolc (Brigid) - January 31**

**This is the holiday of the Celtic Fire Goddess Brigid, the Goddess of inspiration, poetry, and healing. She purifies, heals and transforms our nature with cleansing of a holy fire. All that is held back is now released in faith.**

### **(Spring Equinox—March 21**

**The Day and Night become as one as Spring commences to resurrect the environment with new growth and newborn babies and animals! Many people feel “born again” (sound familiar?) after the long nights and coldness of winter. The Goddess Ostara or Eostre after whom Easter is named, is the deity of this holiday. She heralds in triumphal return of life to the earth.**

### **Beltane (The Eve Of May) April 30**

**Things are beginning to heat up (in terms of the weather) and there are dances around the Maypole which is a symbol of fertility and the Goddess Flora, (of the flowers). Beltane means “bright fire,” and we open our hearts to the fires that rekindle our youth.**

### **Lithia (Summer Solstice)—June 21**

**The longest day of the year in which light and life are exuberant and abundant. We focus on the cornucopia of prosperity and the first fruits of the**

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**season. God and Goddess marry and replenish all. Rhea, the Mountain Mother Goddess of Crete, has breathed out all creation.**

**Lughnasadh (Lammas) July 31 .**

**Divine honoring of the Solar God Lugh of Ireland where games and races were held and Lammas, or the Feast of Bread, the time of the grain harvest and the consumption of ritual loaves. What you plant in consciousness Will now come into being.**

**Autumnal Equinox (Mabon)—September 21**

**The balance of light and darkness on this day before the dark of Winter. The festival of the harvest takes place Where We give thanks to the Goddess for providing sustenance and food through the Winter. This is the launch pad of Thanksgiving. Now We go back to the beginning of the Wiccan year as this Wheel of the Year turns and we are back at Samhain.**

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### LOVE AND MONEY SPELLS

#### LOVE SPELLS

**Warning: NEVER use a love spell to force someone else to love you. You will not attract true love which is never forced on someone. It is best to do a spell that will bring you the person that is right for you, not one person in particular that you have a crush on.**

#### Candle Love Spell To Attract New Love

**Get White candle at least '7 inches tall and 3 inches Wide or general altar candle.**

**Place a red rose or a photo representing a beautiful Woman or handsome man.**

**On the White candle write 3 times:**

**True love now. Place the inscribed candle in the center of the altar and light it. For the entire time the candle burns, gaze upon it and visualize your love coming to you in nakedness and beauty. When the candle burns out, collect the Wax puddle that remains. Wrap it up with the photo or red rose and keep it in a safe place. The result of this spell will not be a "victim" but true love that person has for you.**

#### Romance Attraction Spell

**You will need:**

**2 drops ylang ylang oil**

**2 drops Sandalwood (or clary sage oil)**

**Pink candle**

**Mix the oils together and While burning the pink candle and meditating upon finding love, pour the oil into a tight lid bottle with dropper. Wear it whenever you are going to meet potential mates or singles.**

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### **The Witch Bottle Love Spell**

#### **Items needed:**

**A glass jar**

**Spring water**

**Drop of dragon's blood oil**

**Strand of your own hair**

**Vanilla extract**

**Rose quartz stone**

**Witch bottles are popular in magick, and usually made for protection. They are great talismans for drawing love into your life.**

**In a clean glass jar place all of the following while visualizing love being drawn to your dwelling: spring water, a of dragon's blood oil, a strand of your own hair, vanilla extract, and a rose quartz stone. You may also use an archetype of love such as drawings or other love talismans representing your goal of romance. On a Friday or during a Full Moon, bury the sealed bottle near an entryway to your home. It will work for a year.**

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### **Love Me Forever**

#### **Supplies:**

**Two previously worn “items”—one yours, one his/hers  
a small stick cut from an oak tree (Cut it down when the moon is waxing.)**

**a two-foot strand of freshly cut ivy (also cut when the moon is waxing)**

#### **Directions:**

**You must be in a relationship with someone that you really love and you want it to last forever. This spell is a little insurance for that. Pick a day that is special to your relationship. At noon, tie the two love items around the stick, using the ivy to wrap everything together. Leave a little ivy at the end, which you will wrap later. As you do this, say:**

**You Are Bound To Me**

**And I To Thee**

**We Two Seeds**

**Are Now One Tree.**

**Now And Forever,**

**So It May Be!**

**Hide the bundle under your bed until midnight, then take it out again and finish wrapping the bundle completely, saying:**

**I am Bound To Thee**

**And You To Me.**

**Together Divine**

**We Are One Vine**

**Now And Forever,**

**So May It Be!**

**Keep the bundle under your bed and make love as soon as possible. When you do so, visualize you and your lover as two vines, or trees, growing together. Later, plant the bundle in a patch of ivy. Your love will remain firm.**

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## Love Spell Ritual Diary

Date of spell: \_\_\_\_\_

Moon phase: \_\_\_\_\_

Day of the Week: \_\_\_\_\_

Charms or Special ingredients/potions: \_\_\_\_\_

Your own chants: \_\_\_\_\_

Results:



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### **MAGICK MONEY SPELLS**

#### **To Attract Money During The Full Moon...**

**Get a 4 oz. glass and fill it with spring water or Moon water. Place a quarter or silver dollar into the water. Allow the light of the Full Moon to be exposed to the water. Gather pranic energy into your hands by rubbing them together and say:**

**Hecate, Goddess, Mother and Crone,  
I honor you now on the Lunar Throne;  
In your power of the aspects three,  
I open my pockets of wealth from thee.**

**Leave the water out until midnight then bring it inside the house. You may keep the Water on your altar or after 3 days pour the water out and keep the silver coin in your possession and don't spend it.**

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### **MONEY, MONEY, COME TO ME SPELL**

**I love this spell and chant because it works quite well in many situations. My students swear by it. Say this spell anytime. You may use your money oil on your fingertips on a dollar or coin and then say:**

**Money, money, come to me,  
Shaken from the money tree,  
In abundance three times three,  
I am wealthy and full of glee.  
From the rooftops, let me shout,  
As zeros add to my bank account;  
Money, money, come to me,  
In abundance three times three.**

**Money Herbs:**

**Basil, Cedar, Nutmeg and Pine.**

**Carry them in your pocket for attracting Wealth. There are others used in charm bags and potions in later chapter.**

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### NUTMEG MONEY SPELL

To get others to give you money, raises, etc., place some nutmeg in a dish or your cauldron and mix in some almond oil or money oil and stir the mixture. Place the mixture in cheesecloth or cotton and tie with green string or yarn tightly.

Say:

Cloth and spice, oil and string,  
Power of giving I now do bring,  
Deep Within me the power lives,

All who enter Will want to give. Hang this on a doorway for 30 days. Reapply the money oil or almond oil to restore the power of the spell. Those who enter will want to “give,” you something, especially gifts of Wealth.



# THE SECRET BOOK OF SHADOWS



## MAGICK RECIPES

At many New Moon rituals, I incorporate some foods that I make myself and some people bring their own. Here are a few of my favorites.

### STRING BEAN AND ONION RECIPE

#### Ingredients:

- 1-1/2 pounds frozen green beans
- 2 tablespoons frozen, crushed garlic
- One medium onion chopped
- 1 dash salt
- 2 Tablespoons butter

#### Directions

Fill saucepan with 2 cups of water, when boiling, add green beans and cook for about 8 minutes before adding a dash of salt. Put butter in pan, add chopped onion and garlic and cook additional 5-10 minutes for a great taste. You can also add pepper, or almonds if you wish.

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### **PAPRIKA MAGICK CHICKEN**

#### **Ingredients:**

- 1 cup flour
- 2-1/2 tsp. paprika
- 1/4 tsp. cayenne pepper
- 1/4 tsp. ground ginger
- 1/8 tsp. nutmeg
- 1 tsp. salt
- 1/4 tsp freshly ground pepper
- 10 to 12 chicken pieces, skinned and boned
- 1/4 cup butter
- 1 large clove garlic, finely minced
- 2-1/2 cups chicken stock
- 2 cups sour cream
- 2 tbsp. Worcestershire sauce
- 1/4 cup dry sherry
- 15 water chestnuts, drained and sliced

#### **Directions**

Preheat oven to 325 degrees. In a bag combine flour, paprika, cayenne, ginger, basil, nutmeg, salt, and pepper. Shake chicken pieces, a few at a time, in flour mixture. In a skillet brown chicken on all sides in hot butter; transfer to a shallow baking dish. Sauté garlic in drippings for 2 minutes. Stir in chicken broth, sour cream, Worcestershire sauce, sherry, and water chestnuts. Heat through, stirring constantly, but do not boil. Pour over chicken. Bake uncovered for 1 hour or until chicken is tender.

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### **WICCAN CHICKEN BARLEY HERBAL STEW**

#### **Ingredients: ‘**

**2-3 lb. chicken breasts on the bone**

**2 Tablespoons Butter**

**1 LB Onions (4-5 little ones) thickly cut.**

**4 cloves garlic, chopped fine**

**6 oz. barley**

**3 Tablespoons red wine vinegar**

**3-3/4 cups water**

**2 bay leaves**

**1 Tablespoon dried sage**

#### **Directions**

**In a large oven (Dutch Oven preferred), melt the butter, then fry the onions and garlic in the butter. Add the chicken and brown. Add remaining ingredients, reserving the sage. Bring to a boil, then reduce and simmer for 1 to 1-1/2 hours. Remove chicken from pot and let cool. Remove meat from bones and add back to the pot. Add sage. Stir well and serve. A Goddess treat! Serves 8.**

## THE SECRET BOOK OF SHADOWS



### **META-MAGICK VEGGIE STEW**

#### **Ingredients:**

**1 envelope Lipton dry onion soup mix**

**8 cups water**

**4 medium potatoes, peeled and cubed**

**1 16-oz. package desired frozen mixed vegetables (chop any large pieces)**

**1 can cream mushroom soup**

**1/4 tsp garlic powder**

**Salt and pepper to taste**

**Instant mashed potato flakes—optional**

**Shredded Cheddar cheese**

**Crackers**

#### **Directions**

**Place water and soup mix in large pot. Add cubed potatoes and bring to boil. Simmer approximately 10 minutes or until potatoes are tender, but not mushy. After the first five minutes, add mixed veggies. Simmer until vegetables are desired doneness, about 5 minutes more. Stir in cream of mushroom soup and garlic powder; season to taste. If you like a thicker soup, slowly stir in enough potato flakes until desired consistency. Serve with shredded cheddar cheese to sprinkle on each serving and with crackers.**



## THE SECRET BOOK OF SHADOWS



**I admit it, I have a “sweet tooth,” but I must be very careful because of the sugar. But sometimes I make cookies for others just in case I want to “try one,” for myself. I love oatmeal and chocolate as special cookies. Try this recipe. It’s soooo good!**

### **MACADAMIA MAGICK OATMEAL COOKIES**

#### **Ingredients:**

**2 cups sugar**  
**1/2 cup milk**  
**1 stick margarine**  
**1 tbsp cocoa**  
**Pinch of salt**  
**3 cups uncooked oatmeal**  
**1/2 cup peanut butter**  
**1/2 cup macadamia nuts, chopped**  
**1/4 cup chopped maraschino cherries**  
**1 tsp vanilla**

#### **Directions**

**In a large sauce pan, combine sugar, milk, margarine, cocoa and salt. Bring to a boil over medium high heat for two minutes. Take off heat then add remaining ingredients and mix Well. Line a large cookie sheet with wax paper. Drop cookie mixture by teaspoon on wax paper and let set until firm.**

## THE SECRET BOOK OF SHADOWS



### **CAKES & ALE - WICCAN STYLE**

**In Wiccan Magick, there is a ritual known as Cakes and Ale which is a way of celebrating to thank the God and Goddess for all their gifts and blessings. Cakes are usually just cookies baked in shape of crescent moons, and the ale can be alcoholic or it can be plain apple cider, juice, or water.**

#### **Ingredients:**

**3/4 cups soft butter**

**2 cups brown sugar**

**2 eggs**

**1 Tbsp. lemon juice**

**2 tsp. grated lemon rind**

**2 cups of flour**

**1 cup finely chopped walnuts (optional)**

**Cream the butter in a large mixing bowl. Gradually add the brown sugar and mix well. Add eggs, lemon juice and rind. Mix until well-blended. Stir in flour and walnuts. Cover and refrigerate overnight. When chilled, shape dough into one-inch balls and place 3" apart on greased cookie sheet. Bake at 375 for 8 minutes. Allow to cool before serving.**

## **THE SECRET BOOK OF SHADOWS**



**Well, it's not really a recipe book is it? I want you to create your own dynamic Magick recipes for your Book of Shadows. Now I present some great magickal herbs that heal.**

### **HERBS THAT HEAL YOU**

**This is by no means a complete herbal list, but a few of my favorites that are either in your kitchen cabinet or at the local health food store or herbal supplier which I find extremely helpful.**

**Alfalfa is excellent for:**

**Arthritis**

**Cleaning the Blood**

**Cramps**

**Kidneys**

**Morning Sickness**

**Ulcers**

**Aloe Vera for:**

**Burns**

**Constipation**

**Ear infections**

**Hair (growing)**

**Psoriasis**

**Bayberry great for:**

**Diarrhea**

**Eyes**

**Mouthwash**

**Indigestion**

**Menstrual cycle/cramps**

**Thyroid**

## **THE SECRET BOOK OF SHADOWS**

**Black Cohosh for:**

**Blood purifier**

**Coughs**

**Diabetes**

**High Blood Pressure**

**Kidneys**

**Nervous system**

**Skin problems**

**Catnip (Wiccan's favorite);**

**Colds and flu**

**Dizziness and headache**

**Gas**

**Kidney stones**

**Parasites**

**Stressful situations**

**Urinary problems**

**(chickweed, comfrey, cayenne and dandelion are also excellent for blood and circulation).**

**Eucalyptus for:**

**Bronchial tubes**

**Cancer**

**Fever**

**Lungs**

**Garlic is amazing for:**

**Arteries (blocked)**

**Blood pressure**

**Cancer**

**Liver**

**Prostate**

**And destroying harmful bacteria**

## **THE SECRET BOOK OF SHADOWS**

**Golden Seal (herb of the gods):**

**Alcohol problems**

**Asthma**

**Bladder**

**Blood cleaner**

**Bronchitis**

**Colds & flu**

**Constipation**

**Diabetes**

**Gums**

**Heart**

**Infections**

**Kidneys**

**Liver**

**Nausea**

**Overweight**

**Sinusitis**

**Skin problems**

**Throat**

**Ulcers**

**And more!**

**(skin cancer)**

**Licorice Warning - raises blood pressure)**

**Arthritis**

**Bronchitis**

**Coughs**

**Female problems**

**Hypoglycemia**

**Long life**

**Sexual stimulant**

**Ulcers**

**Peppermint is good for many of these as well and mice hate the smell of peppermint.**

## **THE SECRET BOOK OF SHADOWS**

**Sage is good for:**

**Bald spots & dandruff**

**Digestion**

**Flu**

**Laryngitis**

**Sex drive**

**Throat**

**Ulcers**

**Thyme for:**

**Asthma**

**Cramps**

**Headache**

**Heartburn**

**Mucous Membranes**

**Stomach**

**Witch Hazel (I think I met her once):**

**Eyes**

**Sinus**

**Varicose veins**

**Wounds**

## **THE SECRET BOOK OF SHADOWS**



### **YOU LITTLE KITCHEN WITCH!**

**Herbs can be sprinkled or placed around or within boundaries (home, altar, car, or magick circle) to define your “territory” for your magick, just as we do with cinnamon to have people act nicer to us and not invade our space with negative energy. I am listing some of the properties of some common herbs used in magick below, however, not a list of all the herbs. Most of these can be found in the kitchen.**

#### **Angelica Root**

**For protection and exorcisms and carry on your person for protection.**

#### **Basil**

**For love and prosperity spells. Carry on you to attract wealth. Sprinkle basil on the person you love while they are asleep to insure faithfulness.**

#### **Bay Leaves**

**Use in potions for visions, clairvoyance and wisdom.**

#### **Burdock**

**For protection in healing the feet.**

#### **Blackberry Leaf**

**For major protection, and used in invocations to the Goddess Brigit.**

#### **Caraway .**

**Protection against negative entities and bad spirits. Sprinkle the seeds to attract a lover or in cooking to induce sexuality.**

## **THE SECRET BOOK OF SHADOWS**

### **Catnip**

**Use in meditation, for healing pets and psychic bonds with animals. Increases psychic powers.**

### **Cayenne Pepper**

**Witches use this in hexes to prevent evil against them, and for breaking a hex.**

### **Cedar**

**Healing, purification, money, protection, love. Cedar smoke prevents nightmares. Keep cedar in your wallet or purse to attract money.**

### **Cinnamon**

**For protection, love and "sweetness," of disposition. Burn cinnamon for healing, money-drawing, psychic power spells.**

### **Cumin**

**Mix with salt and scatter to keep away evil spirits and bad luck.**

### **Damiana**

**Divine Sex magick for lust, love, visions. Use as a tea for visions and for sex magick.**

### **Dandelion Leaf**

**Invoking Spirits. Use the root in a tea to enhance psychic powers.**

### **Dill**

**Place in the doorway to protect your home, or carry on your to protect your physical person. Use for money spells.**

### **Fennel Seed**

**Long life and strength. Use for protection spells.**

### **Flax Seed**

**Place in a bowl to ward off negative energy.**



## **THE SECRET BOOK OF SHADOWS**

### **Garlic**

**Use in protection spells (no wonder vampires hated it).**

### **Ginger**

**Protection, love, money and power.**

### **Mandrake Root**

**A Wiccan favorite! Mandrake intensifies the magick of any spell. It is said that if you sleep with this root for 3 nights during a full moon it will be so powerfully charged, you will want to walk on water or fly through the air.**

### **Nutmeg**

**Health, money and success. Carry on you for good luck and psychic powers.**

### **Peppermint**

**Healing, purification, sleep and love spells.**

### **Pine**

**Wisdom, prosperity and healing. Also wards off negative spirits.**

### **Rose Petals**

**Love, healing, psychic powers, and protection. Use in love spells. If you want a dream of prophecy, drink rose tea before sleeping.**

### **Rosemary**

**For protection, love, exorcism, healing, sleep, youthfulness.**

### **Sage**

**Wisdom, immortality, protection and prosperity.**

### **Sea Salt**

**For prosperity, protection, purification, consecration of ritual tools. Warding off negative vibrations.**

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### **Thyme**

**For healing spells. Burn as purification incense and to increase psychic powers.**

### **Vanilla**

**Love, sexual aphrodisiac.**

# THE SECRET BOOK OF SHADOWS



## INCANTATIONS, CHANTS AND CHARMS

You can really unleash your own energy by creating your personal incantations (magickal chants) and spells. Incantation are the actual words used within a spell. The spell itself is the whole of the ritual.

You can use candles, crystals, herbs and many other items used within the spell, but the incantation is the cement that binds the spell and sends it into the universe, and as such it is an essential and vital ingredient of the spell as a whole.

Words carry considerable power and the universe resonates with every word ever spoken. Your words should be carefully crafted sent into the universe under controlled conditions such as spell casting because they change our reality.

Caution should always be used, that all you think, say and do should be for the highest good of all.

## POWER INCANTATION

Take a White candle and rub olive oil on it while chanting:

Power, power, come to me  
With good intention easily;  
From the dark, into the light,  
With olive oil and candle white,  
I gain the power, Goddess knows how  
It comes to me, right here and now!

When you feel the energy or a tingling sensation, you have achieved the power in your body and hands. Use it wisely.

## EARTH, AIR, FIRE, WATER CHANT

Earth my body, and where I live,  
Water my blood, as emotion to give,

## **THE SECRET BOOK OF SHADOWS**

**Air my breath with power divine,  
Fire my spirit, eternal through time.**

### **COSMIC MOTHER GODDESS CHANT**

**Cosmic Goddess Mother, always in my heart,  
With power like no other, sacred wisdom you impart,  
Cosmic Goddess mother, known by many names,  
Uniting all as brothers, by the moon's own lunar flame  
Cosmic Goddess Mother, Your aspects are as three,  
Your love's a sweet earth cover, I call you here to me.**

### **HECATE PRAYER**

**Hear me Mother from High Above,  
I stand on faith in Light and Love,  
With this moon, pure and chaste,  
I call Thy will of simple grace,  
To Bide and Bless our sacred rite,  
To manifest before thirty nights,  
Your triple aspects I now hone,  
Of Maiden, Mother and Hecate Crone,  
Bring to me that which I desire,  
By earth, air, water and fire.  
I align myself to the Powers Three,  
I believe it so, so mote it be.**

### **HECATE INVOCATION**

**Watcher of the crossroads,  
Sealer of the fate,  
Mistress of the dark moon,  
I call thee Mother Hecate.  
Holder of the torches,  
The Titan's daughter true,  
Give me threefold power,  
In all I say and do.**

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**When creating an invocation or chant, allow the feelings to flow through you and write them down immediately as they come through. As I am Writing this on the second day of the New Moon, I feel inspired to write a chant to Diana, the Goddess of the Moon:**

### **CHANT TO DIANA**

**Divine Mother and huntress,  
Goddess Diana, I invoke,  
Bring me lunar magick,  
Through candles and incense smoke,  
Teach me the bright lessons,  
Of those Who've come before,  
Empower me with magick, this I now implore,  
On this sacred moon time,  
Shine your rays of light,  
Banish all the darkness here,  
Let love rule with your might.**

### **GODDESS ATHENA**

**Goddess of Wisdom, Athena, divine,  
I call your name and I realize,  
My goals are met, my ideas birthed,  
I need no man to affirm my Worth.  
Athena guide me, expand my mind,  
Let me see with my heart and eyes,  
Rest my spirit, let me now be still,  
I am your vessel, please honor my Will.**

### **GODDESS OF COMPASSION - QUAN YIN**

**Love, I see it when I look deep into your eyes,  
Quan Yin, you lift me right into Paradise,  
I invoke you here from distant skies.  
Goddess of Compassion, teach me your way,  
Fill me with your Light, on each new day,  
Remind me and I shall never, never stray.  
I invoke you Quan Yin.**

# THE SECRET BOOK OF SHADOWS

## Be Creative! Your Own Goddess Chant

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### CAKES AND WINE DEDICATION

**Hail all good spirits, on this moon so pale,  
Join me in this circle of cakes and fresh ale,  
Bless now my ritual of this moon's feast,  
Of merriment making and Circle release.  
Thank you sweet spirits of moon and sun,  
For charging our Circle With joy and fun!**

# THE SECRET BOOK OF SHADOWS



## CHARMS

A charm is a collection of herbs, stones and gemstones and other tidbits from nature that you can use to create added power for magick or for the element's natural power energies residing within it to create a specific outcome. You can "charge," them with your incantations and prayers and then put them into a small bottle, gris gris bag, or cloth. Always use natural material when you make a Charm because of nature's vibration within the item. For example a cotton bag as opposed to plastic. Gather some herbs, leaves or stones from nature. Look up the herbs in this Book of Shadows or gather your own. Wrap the herbs, tiny stones or teems in the cloth and tie with a colored ribbon of your choice for its power.

Place the items in the cloth or bag on your altar or kitchen table. Raise both your hands over the items and recite an incantation over it or create a special blessing and visualize light coming out of your hands from the Goddess to empower your charm bag.

I say:

Power of Earth, Air, Water and Fire,  
Give my charm all I desire,  
Through my hands with psychic blast,  
Ancient powers will forever last.  
Nectar of Gods, and champagne fizz,  
I believe it is so, and so it is.

## CHARM FOR PROTECTION

Dragon's blood resin

Dogwood tree bark

(place in charm pouch or bag and carry with you or give to the person needing protection)

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### **LOVE CHARM**

**Endive**

**Fern**

**Fig tree leaves**

**(combine in small black velvet bag or red bag)**

### **MONEY CHARM**

**Fenugreek**

**Flax seeds**

**Ginger**

**(combine and carry on you)**



# THE SECRET BOOK OF SHADOWS



## THE MAGICK OF STONES AND CRYSTALS

**Stones and crystals carry powerful energy in their own right. Usually stones are used for grounding and crystals for amplifying energy. Here are some magick to use:**

### **Cleaning Stones**

**Stones come into contact with a lot of different energy by people and nature before you take them to your home or place them on your altar. Before using them in magick it is advised that you perform a cleansing them first.**

**As a person of high magick, you will learn to “hear,” what the stones or crystals are telling you by holding the stone(s) in your left hand (receiving hand) and feeling the vibrations coming from them. There are numerous telepathic vibrations crossing in the transit from the stones to you. Trust your feeling nature. You know how electrical impulses and messages can cross in a cable without interfering with each other? The same is true here with psychometry.**

**If the stones are stubborn and not providing information, you can place them in the ground for a week or in sea salt in a clean cloth for 24 hours and wash them off in running water and wipe them off with a clean cloth.**

### **Enchanting And Charging Stones**

**Before using stones in magick, they should be “charged” “enchanted,” which simply means they are programmed with vibrational energy for your purpose. However, remember that the stone has a vibe all its own. You would not ask a lemon to take on the taste of an apple. The same applies. You are letting the stone know which of its powers you need.**

**To “charge,” the stone, hold it in your hand (projective or dominant hand - the one you use the most to write with) visualizing your magical need, and pouring energy out from your body into the stone.**

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Dominant stones are masculine and are chiefly used in healing, protection, intellect, good luck, success, will, courage, and self-confidence. These stones usually are bright, colorful and forceful in nature.

Receptive stones are feminine and used for soothing, love, nurturing, wisdom, compassion, elegance, rest dreams, friendship, growth, fertility, prosperity, spirituality, psychic powers, and mystic ventures. Receptive stones are calming, inward, peaceful.

Here is a list of some popular stones in Magick; however, not a comprehensive list and their magical properties:

<b>Stone</b>	<b>Nature</b>	<b>Element</b>	<b>Spell &amp; Purpose</b>
<b>Agate (regular)</b>	<b>Dominant</b>	<b>Earth</b>	<b>Grounding</b>
<b>Agate (blue Lace)</b>	<b>Dominant</b>	<b>Air</b>	<b>Relaxation, Calm</b>
<b>Amber</b>	<b>Dominant</b>	<b>Fire</b>	<b>Spirit Healing, Beauty</b>
<b>Amethyst</b>	<b>Receptive</b>	<b>Water</b>	<b>Love, light, joy, dreams, cleansing</b>
<b>Apache's Tear</b>	<b>Dominant</b>	<b>Fire</b>	<b>Banishing, grounding</b>
<b>Aventurine/Green</b>	<b>Dominant</b>	<b>Earth</b>	<b>Money, Luck</b>
<b>Aventurine/Red</b>	<b>Dominant</b>	<b>Fire</b>	<b>Creativity, energy</b>
<b>Bloodstone</b>	<b>Dominant</b>	<b>Earth</b>	<b>Healing, helps blood</b>
<b>Calcite/Blue</b>	<b>Receptive</b>	<b>Water</b>	<b>Healing, sleep, peace</b>
<b>Calcite/Green</b>	<b>Receptive</b>	<b>Earth</b>	<b>Money, luck, cleansing</b>
<b>Carnelian</b>	<b>Dominant</b>	<b>Fire</b>	<b>Courage, strength</b>
<b>Citrine</b>	<b>Dominant</b>	<b>Air</b>	<b>Healing, light, telepathy</b>
<b>Fluorite</b>	<b>Dominant</b>	<b>Water</b>	<b>Aura clearing, healing, amplifies other stones</b>
<b>Garnet</b>	<b>Dominant</b>	<b>Fire</b>	<b>Love, truth, trust, courage</b>

## THE SECRET BOOK OF SHADOWS

<b>Stone</b>	<b>Nature</b>	<b>Element</b>	<b>Spell &amp; Purpose</b>
<b>Hematite</b>	<b>Receptive</b>	<b>Earth</b>	<b>Grounding, protection, warding off negativity</b>
<b>Jade</b>	<b>Dominant</b>	<b>Earth</b>	<b>Peace, money, love, luck</b>
<b>Iasper</b>	<b>Receptive</b>	<b>Earth</b>	<b>Energy balance, grounding</b>
<b>Kyanite</b>	<b>Dominant</b>	<b>Air</b>	<b>Grounding, healing, aligning Chakras - never needs clearing!</b>
<b>Labradorite</b>	<b>Receptive</b>	<b>Spirit</b>	<b>Angel magick, astral travel, shape shifting</b>
<b>Lapis Lazuli</b>	<b>Receptive</b>	<b>Water</b>	<b>Third eye, visions, healing</b>
<b>Moonstone</b>	<b>Receptive</b>	<b>Water</b>	<b>Lunar Magick, Moon spells, dreams, sleep</b>
<b>Onyx</b>	<b>Receptive</b>	<b>Earth</b>	<b>Grounds, protects, balance</b>
<b>Opal</b>	<b>Receptive</b>	<b>Water &amp; Spirit</b>	<b>Travel, visions, beauty</b>
<b>Quartz/Blue</b>	<b>Receptive</b>	<b>Water</b>	<b>Eases worry, helps meditation</b>
<b>Quartz/Clear</b>	<b>Both</b>	<b>All</b>	<b>Energizing, cleansing, amplifying, focus, healing, meditation</b>
<b>Quartz/Rose</b>	<b>Receptive</b>	<b>Water</b>	<b>Love, emotions, healing</b>
<b>Ruby</b>	<b>Dominant</b>	<b>Fire</b>	<b>Courage, integrity, honor, leadership power</b>





# THE SECRET BOOK OF SHADOWS



## **CANDLE MAGICK**

### **Candle Color Magick**

**Always remember, when other candles of color are not available, a white candle is a neutral substitute for anything. Candle magick is a sacred key to unlock the doors to inner mysteries. To add amazing power to candles, use an oil to bless or charge the candle such as olive oil, dragon's blood oil, jasmine oil (prevents psychic attack), or patchouli oil.**

**Candle Magick works by the color of the candle being used, the type of oil you anoint the candle with to bless it or charge it and the symbols or sigils you carve into the candle or the name or symbol you place under it to provide the correct intention. Also to "boost," the effectiveness of the candle's operation, don't forget to invoke the Deity.**

**Here are the correspondences and use of candles in magick:**

**Black - Is used to invoke the power of Saturn. Contrary to popular belief, black does not indicate evil. Far from it, black is the absence of color. It is protective and symbolizes the night, the universe and the lack of falsehood. Black is symbolic of the blackness of outer space and considered the ultimate source of divine energy.**

**Black is used for:**

**Binding**

**Patience**

**Stability**

**Neutralization**

**Material Gain**

**Protection**

**Manifestation**

**Real Estate**

**Dentists, Bones, Teeth**

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**Separation**

**Stalkers (Murderers, Criminals)**

**Financing and Transformation**

**Blue - Is used to induce the power of Jupiter. Blue is a Goddess color and the color most associated with the elements of water.**

**Blue is used for:**

**Joy**

**Opportunity**

**Abundance**

**Business**

**Political power**

**Wealth**

**Long distance travel**

**Religion**

**Forecasting the future**

**Broadcasting**

**Publicity**

**Legal matters**

**Guardians,**

**Charity**

**Self-improvement, Research, Reading and Studying. Also used to attune to Yemaya, the Goddess of the Ocean..**

**Brown - Is the element of Earth and is symbolic of endurance and animal health. Brown is a good color for Grounding and Strengthening.**

**It is also used for: ‘**

**Matters dealing with Material Increases**

**Eliminating Indecisiveness**

**Improving Concentration, Study**

**Telepathy**

**Financial Success**

**Locating Lost Property and anything to do with Animal matters.**

**Green - Induces a connection to Nature and the elements. Green is used for:**

**Herbal Magick**

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**Luck**

**Fertility**

**Physical Healing**

**Prosperity**

**Bravery**

**Transition**

**Material Things**

**Peace and Harmony**

**Relationships, Success and Romantic love Green is the candle of Soul-mates and Affection. -**

**Pink—Induces the power of the Love Goddess, Venus.**

**Pink represents:**

**Love**

**Friendship**

**Passion**

**Partnerships**

**Energy**

**Sex**

**Surgery**

**Buying and Selling**

**Animals**

**Gardening and Woodworking**

**New Beginnings..**

**Purple - Invokes the power of Mercury and Occult Forces of the Universe.**

**Purple is used for:**

**Hidden Things and Revealing Secret Dealings**

**Pure Divine power (used by Magicians, High Priests and Priestesses)**

**Spiritual awareness of the God and Goddess**

**Wisdom**

**Healing**

**Communication**

**Intelligence**

**Education**



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**Correspondences, Phone Calls, Computers, Messages, Students  
Editing, Writing, Advertising, Signing Contracts**

**Astrology**

**Spiritual Development**

**Intuition**

**Psychic Ability and the Third Eye Opening**

**Red - Involves the power of Mars and to the Japanese Goddess of Mercy, Koyasu Kannon. Red can be used to influence Saturn. It is used when attuning with the God in his fiery aspect.**

**Red is the color of:**

**Vitality**

**Power**

**Strength and Courage**

**Passion**

**Physical Energy**

**Aggression**

**Sex**

**Police**

**Business Deals**

**Mechanical Things (Repairs)**

**Silver - is used for special New Moon and Full Moon occasions or for invoking the Lunar aspects of the Goddess.**

**Silver is for:**

**Lunar Magick**

**Meditation and Psychic Development**

**Warding off Negativity**

**Dreams, and Astral Travel.**

**Yellow - Invokes the power of the Sun and can be used to attune with the Egyptian Sun God Ra.**

**Also used for:**

**Health**

**Success**

**Careers and Personal Goals**

**Personnel Finances**

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**Law and Legal matters**

**Civic Services**

**Promotion**

**Children**

**Achievement and Healing Energy.**

**Yellow represents of the Element of Air, and is used for Clairvoyance, Mental Alertness, and Intellectual Growth and Creativity.**

**White - Invokes the Goddess power of the Moon and is used to attune with the Goddess, Venus and Saturn.**

**Can also be used for:**

**Realization and Intention**

**Insight and power**

**Psychic Pursuits**

**Dreams**

**Astral Travel**

**Reincarnation**

**Full moon magick**

**Purity and Protection**

**Truth**

**Peace**

**Banishing Doubts and Fears.**

**Violet - Involves the Angel Sachiel and the power of Jupiter.**

**Can be used for:**

**Intuition**

**Self-improvement**

**Money**

**Opportunity**

**Business**

**Gambling**

**Religion and Philosophy**

**Expansion**

**Charity**

## THE SECRET BOOK OF SHADOWS



### **A CANDLE SPELL TO BIND A PERSON FROM DOING EVIL**

**Get a large White candle.**

**A tray for the candle.**

**A photograph or other image of the person you wish to bind.**

**Sea salt.**

**Sage and rosemary.**

**Linen cloth.**

**Black yarn or thread.**

**Anoint your candle with oil. Take the photograph of the person and place it in the tray with the candle. Make a ring of sea salt around it the photograph of image of the person. Make a second ring with sage and rosemary (herbal to sprinkle). Light the candle and let the wax drippings hold the candle in place in the tray.**

**Fill the rest of the tray with images that represent what you are binding the person from: pictures of your family, keys to your house, legal documents, whatever, etc.**

**If the problem is complicated for images, write what the person is bound from on slips of paper and place them around the candle.**

**Invoke Isis:**

**Mighty Isis, I call your name,**

**As I ignite this holy flame,**

**Out of sight and out of mind,**

**This is the person I now bind.**

**(their name).**

**[Say aloud what you bind them from]**

**Let the candle continue to burn until the Wax begins to drip over the image.**

**Burn it every day until the image is thick with wax.**

**Wrap the candle and the image with black thread or yarn in a linen cloth or wool. Bury it or toss into the sea. You will have direct results if you have a just reason for this spell.**

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**NOTES:**

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## **ASTRAL TRAVEL TIPS**

**Astral projection which is also considered an OOB (Out Of Body Experience) is a process of leaving the body to travel to other worlds and places while the physical body sleeps or is in a trance state. Astral projection is not dangerous. It is as safe as sleeping.**

**When you dream you open the door to the subconscious which can be used for psychological and spiritual insight, and sometimes for precognition. Everyone normally dreams 4 or 5 times a night (about every 2 hours). By keeping a dream diary you will improve dream recall. Have a pen or pencil or a tape recorder at your bedside for this purpose. Suggest to yourself several times before you go to sleep, "I will awaken with the knowledge of a dream." Then when you do awaken, write the dream down, and then add as many details as possible.**

**The next day check for facts. Once you start remembering your dreams in this way, it will become easier to do so.**

**Astral projection may become less "scary," for you when you keep a dream diary. With the first level of astral projection - mental (and astral) you are able to travel through solid objects, but are not able to act directly upon them or to move them While they are in the "physical." During the etheric (spirit energy) projection, you are unlimited because part of your physical body has been relocated with your projection where you travel near the physical World. Jesus did this using bilocation where hundreds of eye witnesses saw Him in various places.**

**A complete physical relaxation is required to "travel." This means deep, focused meditation and alert (aware) conditioning. If you ever watched famous TV witches and wizards, they conquer demons and entities on this level.**

**1) Diet is very important for astral travel. Being vegetarian for the trip is as essential as is fasting. Overeating should be avoided and NO foods should be consumed right before an out of body experience.**

**2) Progressive muscular relaxation - relaxing the head, neck, shoul-**

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ders, arms, back, etc. until you reach the feet which is what is used in hypnotic suggestion. First each part is tensed or "tightened" and then progressively relaxed. You may use a tape recorder to do this. I can custom make you a tape.

3) Mantra and breath - are great for relaxing especially a magick mantra repeated over and over or deep breathing exercises to induce physical relaxation.

4) Visualization - is really an aspect of extended clairvoyance of remote surroundings by experiencing being there mentally.

Guided imagery is helpful by adding a "guiding voice," of another person or yourself to aid in your projection. "See," or visualize a duplicate image of yourself standing in front of you and transfer feelings and thoughts to your Body of Light.

And as we mentioned above, "Dream control," through imagery and becoming aware of your dreams. Effort is necessary and practice to achieve consistent success. The astral world is the next dimension into we pass after physical transition or death. It is often possible to visit with the dead and you may be "chosen," to comfort and assist those who have just passed over.

Obviously various spirits, angelic realms, elementals and so-called "ghosts," exist in the astral World. The magician or Wiccan should feel comfortable there. Of course, always protect yourself with White Light and prayer.

Astral travel is also a form of ritual and you may want to shower first, or anoint yourself with a special oil or fragrance, wear special clothing, etc.

If your animals can't be patient while you "travel," they should be somewhere safe where you won't be disturbed.

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### **Goddess Special Chant**

**OH GODDESS SELENE, MY SISTER SO BRIGHT'  
OH GODDESS DIANA, MY MOTHER IN LIFE,  
OH HECATE CRONE, MY TEACHER SHINE LIGHT,  
AS I TRAVEL ON THIS MYSTIC FLIGHT.**

Repeat several times until you “know,” it and relax and wait on the Goddess. Record your experience in writing or on a tape recorder. Let’s begin the process, now that you are ready:

1. Lie down in a position comfortable for you where you will not be distracted in a semi-dark room.

2. Breathe deeply and relax as suggested above (8 to 16 times) or in a way comfortable for you. Suggest to yourself that when you are conscious of a specific area of your body that a tingling sensation will be more powerful in that area. Suggest that this feeling is healing and relaxing. Be conscious of every part of your body and feeling. Be conscious of what you suggest to yourself as absolute true in the “now.”

3. Continue your relaxation until you are no longer aware of your body or the touching any surfaces.

4. In the relaxed state suggestions are accepted easier. Create your own suggestions on tape You will travel out of your body easily. It is safe to do it so don’t worry.

5. Use creative and smooth suggestions such as “I’m rising effortlessly out of my body now.,” Repeat it in a relaxed manner. Try to imagine and feel an imaginary rope above you where you are lying down and imagine climbing out of your body. Just feel it with your imagination and let the rope pull you up. Do not force anything. If you feel too much tension or effort, allow your body to relax or take a break.

If you feel an energy “build up,” or hear a high pitched sound that keeps repeating itself, you are now launching out of your body at this time. The next sensation should be one of “floating,” above yourself.

If you have difficulty after several attempts you may have a little fear or a belief problem. Let it go! You will be glad you did.

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### **OH, MY GODS!**

**Because of most of the Christian backgrounds prevailing in our modern society and throughout most religions of the world, we tend to believe, that we have the copyright on God and on Jesus the Christ. Jesus was NOT the first man to be born of a virgin, receive gifts from the Magi, perform miracles, die and resurrect. There are approximately sixteen different gods who parallel this. If you do the library research and on the Internet, you will find this true of Mithras, Odin, Egyptian deities and more. In fact, Christmas, Easter and Halloween are pagan and Magick holidays! In fact, if anyone is a “true,” Christian, or a person who is Christ-like, you will discover He was the evolutionary forerunner who left the blueprint to follow the cosmic laws residing outside of mere manmade religions!**

#### **Invocation To Apollo (Son Of Zeus)**

**God Apollo, Son of Zeus, Third Ray Master and more,  
Bring harmony and success in my heart's open door;  
As you did in days of old, let me not have fear,  
When faced with any earthly foe, I know that you are near.  
Let me see with your eyes on this new day and sky,  
The magick of the Son of Zeus in me that never dies.**

#### **Invocation To Hermes (Mercury)**

**Hail God Hermes, son of Maia, Goddess of the clouds,  
Hear my plea as I call to thee, in all places clear and loud;  
I call for your protection, how swiftly you appear,  
A son of the Pleiades, on your wings I feel you here.**



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### **Invocation To Thor—The Viking Thunder God**

**I call you Thor once again,  
In thunder, lightning and in rain,  
I invoke you as I pray,  
At your request, on each Thursday.  
First born God Earth, the Mother,  
Come as friend and as brother.  
Let us know that in our minds,  
None is lost that we can't find.**

### **Invocation To Ares (Aries—Mars)**

**I summon you great Ares, as I lay in my bed,  
Fight off all the demon kind, that come into my head;  
God of war and action, and determination too;  
Aid me in my battles now, in all I say and do.**

### **Invocation To Eros (Cupid—The Love God)**

**Eros, Cupid God of love,  
Shoot golden arrows from above,  
Let no sorrow enter here,  
Only that which casts out fear.  
Power of both Gods and men,  
I invite you to come in.  
(Burn a red candle to add great power!)**

# THE SECRET BOOK OF SHADOWS



## AFTERWORD

Cretarot is the magickal name given to me over 7 years ago. It came to me when I was in Cerritos, California and wondering what that magick name would be. I loved teaching the Rede (Creed) and the Tarot. Voila-Cretarot is a combination of them both. The nickname-"Creto." I thought it was the coolest thing! Thank you Goddess! I only use the name in sacred circles or when performing public rituals such as New Moons or Esbats. Others know me by the name of Reggie Johnson, the speaker, minister and teacher. I have always been a magickal person since I was a toddler and can remember my fourth birthday for some odd reason and the odd look my parents gave each other when I would say something and it always would come to pass.

*That is probably why I remember it.*

I attended many churches while growing up and several of the ministers who did not have an answer for me would tell me about the dangers of "going to hell" if I pursued these New Age theories outside the "church." Because of them, I have been to hell so many times, I have a pass to get in. Then it dawned on me that if "the kingdom of Heaven is within," where would hell be? Uh oh...now I knew I was headed for trouble. Hell is a creation of man from ancient times as a form of control and punishment on earth.

God and Goddess are the combinations of eternal love and creation. No matter how we look at it, we are all One. Alexander Pope summed it up best in his Essay on Man when he wrote:

*"We are but parts of one stupendous whole,  
Whose body is Nature, and God the soul."*

Your Book of Shadows is dedicated to you, the novice, the seasoned practitioner and the earthly Crone because you are on Earth, our temple of Cosmic Wisdom, where your spirit can soar beyond the fear of man and into the arms of the Creator and Creatrix.

















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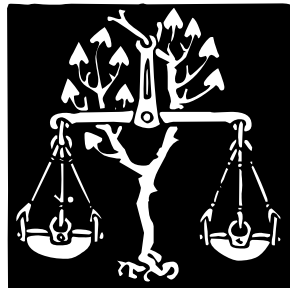
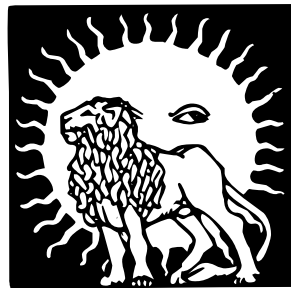
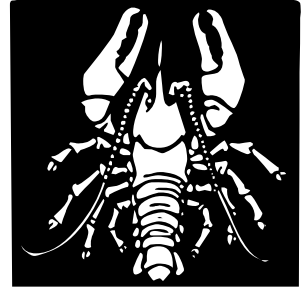
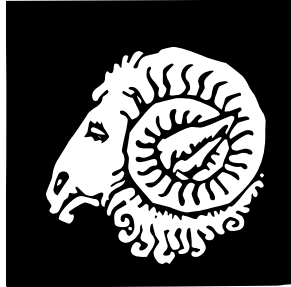








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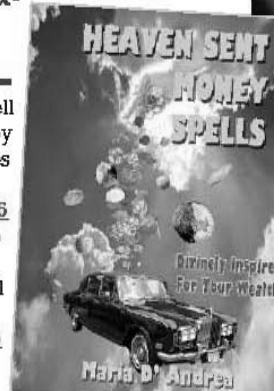
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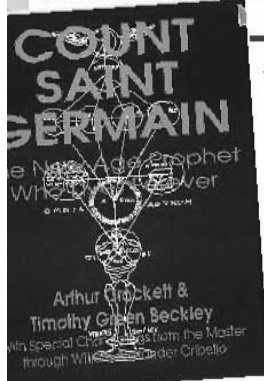
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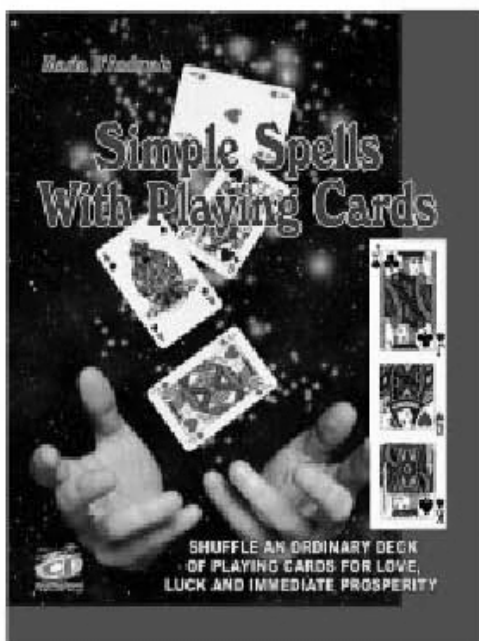
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