

Thirteen Aspirations

1 - Know thyself.

2 - Live your Truth

3 - Gather Knowledge

4 - Use that knowledge with wisdom and love.

5 - Balance all the aspects of your being
(physical, emotional, intellectual and spiritual).

6 - Deliver rightful words and thoughts.

7 - Make rightful action and deeds.

8 - Celebrate all life and living - laugh.

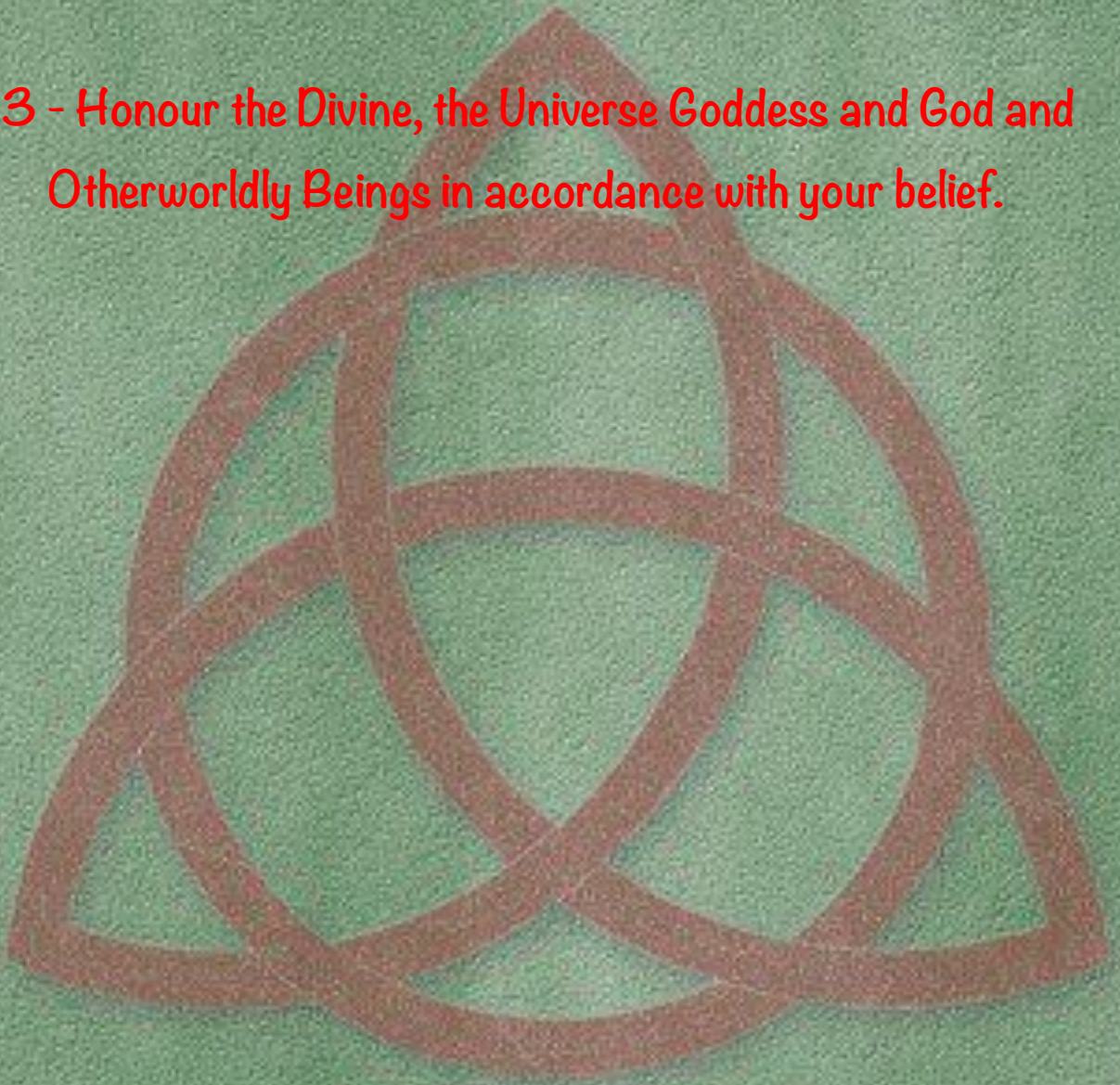
9 - Be at one with nature - love.

10 - Cleanse the mind, body and soul.

11 - Exercise the mind, body, and soul

12 - Practice your Craft to become Powerful

**13 - Honour the Divine, the Universe Goddess and God and
Otherworldly Beings in accordance with your belief.**



BASIC SPELL CONSTRUCTION

It is easy to find spells in books or on the internet but your spellweaving work is more personalised if you write or memorise your own.

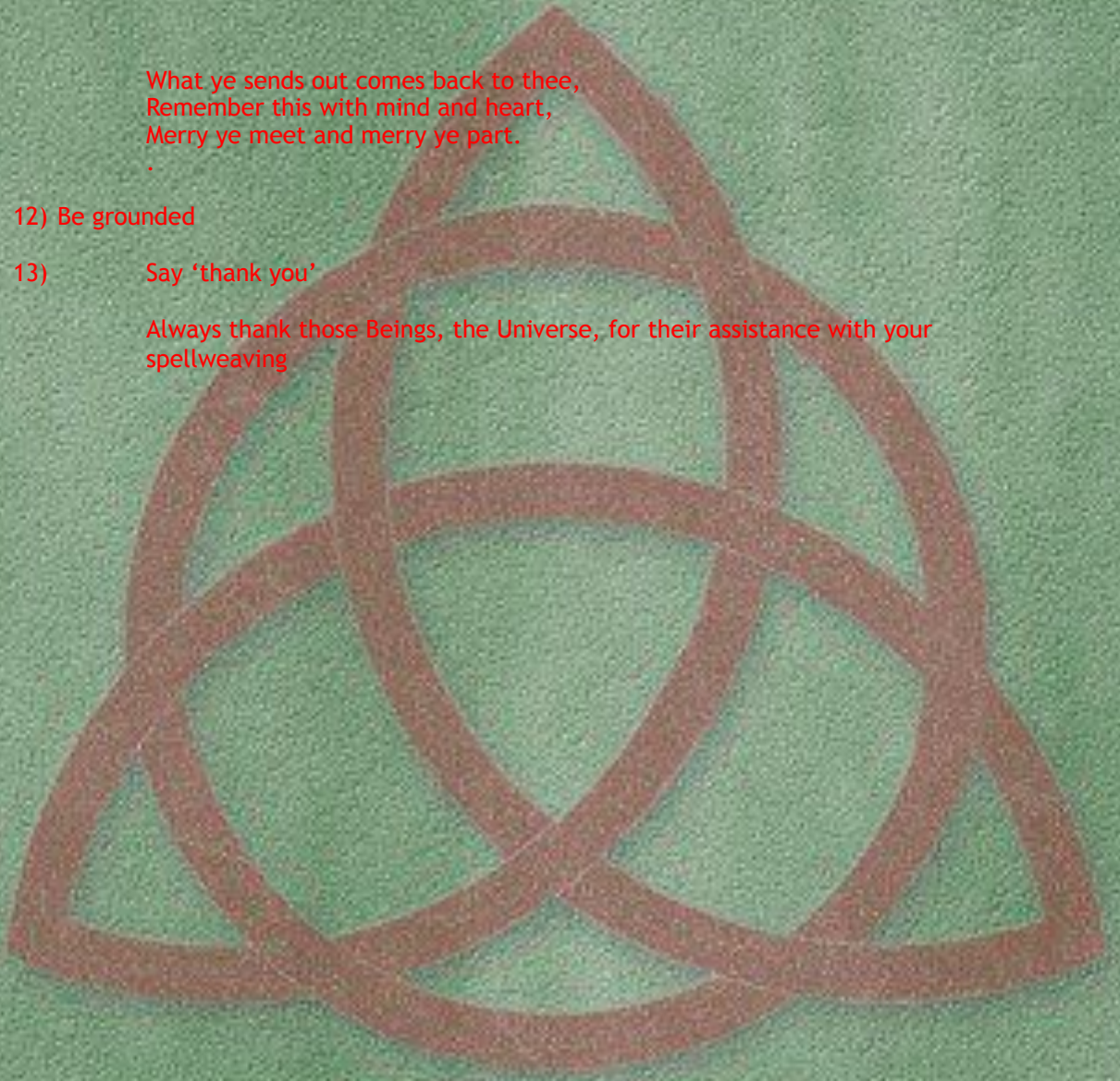
- 1) Know your Intent, consciousness and will
- 2) Plan
Decide on the desired result and be very clear, specific and unambiguous
- 3) Correspondences
Look at correspondences such as time, colours and tools
- 4) Time
Use moon cycles, seasons, times of day to allocate when to perform the spell.
- 5) Place
Think about where you will perform your spellweaving - a special place at home, or if you want solitude, or have to go bush, to the ocean, beside a lake - and what tools you need to take with you.
- 6) Cleanse
Always cleanse yourself and consecrate your tools prior to spellweaving
- 7) Dress your altar or your area
 - a. Set out your altar in a way that it is personalised with the tools that you will use;
 - b. place the elementals in the four directions and a representation of the goddess or what you are spellweaving for, what you desire/asking for in the centre, or have a fire ready to light, etc (for example).
- 8) Personalise
Poetry, verse, prose, and format of the spell
- 9) Protect
Make sure that you protect your sanctuary from evil forces prior to commencing your spellweaving.
- 10) Call
On the Goddess/Gods/Otherworldly Beings/Ancestors that you would like to assist you with your spellweaving.
- 11) Abide the Rede (here's the short version)
Abide the Ancient Rede ye must,
In perfect love and perfect trust,
Eight words the Ancient Rede fulfil,
'An' it harm none do as ye will',
Always mind the rule of three,

What ye sends out comes back to thee,
Remember this with mind and heart,
Merry ye meet and merry ye part.

12) Be grounded

13) Say 'thank you'

Always thank those Beings, the Universe, for their assistance with your spellweaving



PROTECTION SACHET

TIE UP IN A RED CLOTH

- 3 x sprigs of rosemary
- 3 by sprigs of basil
- 3 x fennel seeds
- 3 bay leaves
- 3 x ferns
- 3 x pinches of salt
- 3 x Black crystals



While making this sachet keep the intention of protection in mind


Invoke the Goddess/Gods of Protection to surround you

Energise the sachet with the power of the Elements

Recite/Chant – ‘protect and keep safe’ as you work

Hang in a high but accessible place inside your home

Simple PROTECTIVE SHIELD



Simply visualise a clear protective shield surrounding yourself, your loved ones, your home, or your car, etc; surround in a white or silver light or bubble; see it clearly, bright and strong protecting you, others or things from harm

Simple mirror defense

To banish or deter nasty, obnoxious, harmful people simply hold up a mirror and imagine/visualise deflecting their negativity back at them. Or if possible hold up a picture of them in the mirror and deflect their impositions back at them



Simple binding

Tie a photograph of the person (if possible) or a representation of that person (poppet) or a piece of paper with their name on it up in a black piece of cloth tied with white ribbon. During ritual/spellweave burn this in the sacred fire.