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Twelve Herb Yule Sachet
Source Unknown

- 7 parts Juniper
- 4 parts Cinnamon
- 4 parts Allspice
- 4 parts Ginger

4 parts Caraway
2 parts Nutmeg
2 parts Rosemary
2 parts Lemon
2 parts Orange
1 part Clove
1 part Bay
2 pinches Orris

Tie up in a small square of green, red or a Yule print cloth and give as gifts or save them to scent your drawers.

Bath Salts

When making bath salts you may use any combination of the following:

borax
baking soda
table salt
sea salt
epsom salts
dried powdered milk
ground oatmeal

you may add up to 10 drops of essential oils per bath as well as dried or powdered herbs as you like. Some that are beneficial to the skin may include but are not limited to:

Lavendar
Chamomile
Calendula (marigold)

Lavendar Bath Salts

4 cups Epsom salts
2 cups Sea salt
1 cup table salt
1/8 cup borax
1 cup non fat powdered milk
1 cup baking soda
2 cups oatmeal ground to a very fine powder in a food processor or coffee grinder-use ones called Old Fashioned
60 drops of lavender essential oil

Mix together all the dry ingredients in a large bowl, sieving as you add them. Add the lavender 10 drops at a time, thoroughly mixing it through. Do this 4 times, so that the lavender essential oil is distributed as evenly as possible.

You may put the mix in glass jars to store and use 1 cup per bath.

Jim's Sore Muscle Soak
source unknown

4 1/2 c Rosemary
1 1/2 c Chamomile Flowers
2 c Shave Grass
2 c Thyme
2 c Marjoram
1 c Calendula Petals
1 c Spearmint Leaves
1 c Catnip
1 c Lavender
4 c Epsom Salts

Note: all herbs are dried.

Combine all of the ingredients and store in an airtight container. To use, enclose 1 cup of the mixture in a drawstring muslin bag. Pour 4 cups of boiling water over it and then steep for 10 minutes. Empty the tea (along with the bag) into a tub of hot soapy water and soak.

Fizzy Bath Crystals

8 oz wt cornstarch
8 oz Citric Acid
16 oz wt baking soda
up to 1 tsp. Fragrance or EO

Mix cornstarch and Citric acid together thoroughly. Add fragrance oil as desired. Blend in baking soda. Package and label.

Sinus Headache Bath Salts author unknown

2-3 cups epsom salts (or salts of your choice)
1/3 cup peppermint
1/3 cup spearmint
40 drops peppermint eo
20 drops eucalyptus eo

Grind the mints in a mortar and pestle, then sifted them through a mesh kitchen strainer, and add them to the salts.

Use about 1/4 - 1/3 cup of this mixture per bath. Eo's can vary according to individual-probably 4 drops peppermint, 2 drops eucalyptus per bath. Some people may be more sensitive to the peppermint, so be sure they don't have an adverse reaction before using these salts.

Simple Bath Salts

1 part baking soda
2 parts epsom salt
3 parts sea salt

Use up to 1/2 cup of bath salts per bath. You may also add powdered or finely ground herbs and up to 10 drops of essential oils per cup of dry ingredients.

Pat's Bath Salts

2 cups epsom salt
2 cups NaCl salt
2 cups baking soda

This is the base for the rest of the salts.

For an herbal salt add 2-3 ounces of finely ground herbs, whatever is your choice. My Scarbrough Faire blend of (of course) parsley, sage, rosemary and thyme is popular, as is straight rosemary. In making a fine salt, I grind the herbs to a powder, which leaves little to be seen in the water, add them to the salt mix and grind them all together.

If you like the effect of oatmeal in your bath you can add 1 cup or two of powdered oatmeal to the mix.

In addition, you can add a few drops of an essential oil of choice to the bath, but I have given up adding them to mixes containing baking soda that will not be used at once.

Water Therapy

2 cups Epsom salts
6 drops blue food coloring
5 drops each lavender, lemongrass, tea tree and orange essential oils

Place salts in a glass bowl. Add food coloring and oils. Mix until salts, color and oils are blended. Looks striking in a clear glass jar. Dissolve 1/2 cup (or more) in hot running water.

Orange and Tangerine Bath Soak

1/2 C Baking soda
1/4 C Epsom salts
2 drops orange food coloring, (or 1 drop red food coloring and 1 drop yellow food coloring)
25 drops orange/tangerine perfume oil, (or 10 drops each, orange and tangerine essential oils)

Combine all ingredients in a bowl and stir until color is evenly distributed throughout the mixture. Transfer the mixture into a food processor and grind into a fine powder. Spoon into a bottle or jar.

Energy Bath

3 parts Carnation
2 parts Lavendar
2 parts Rosemary
2 parts Basil
6 parts bath salt mix-see above for ideas at beginning of page

Use when fatigued or depressed. Gives a lift, especially if you let the water cool slightly before bathing. Visualize the water sparkling with fiery droplets of energy that melt into your body, lending you vitality and power.

Goddess Pick Me Up Salts author unknown

large bag
1 cup sea salt
1 cup borax
1/2 cup epsom salts
1/8 cup baking soda

add all ingredients to the bag and shake well then add

3 drops grapefruit essential oil
2 drops rosemary essential oil
2 drops sweet orange essential oil

mix well and transfer to jars

**Balms

The recipes below are provided for informational purposes alone and any use of these items is done solely at the discretion and risk of the individual using them. No claims or guarantees are made as to their effectiveness or safety. If you choose to use any oil here on the skin it would be wise to first apply a small amount to the inside of your elbow and wait 24 hours to check for reactions. If you are on any pharmaceutical medications or have a serious medical condition, are pregnant or nursing, consult your health care provider before using anything that you do not normally use, including herbs and over the counter medications.

Basics

The basics of making a Balm are to extract the beneficial properties of herbs in oil, then add beeswax to harden the oil. You may also add other ingredients such as essential oils, or even flavorings in the case of making lip balms. In some recipes the process of infusing oils is skipped entirely and essential oils are used on their own with various carrier oils.

For each recipe below that does use herbs you will infuse your oil first. To learn more about infusing oils please see How to Infuse Oils. I like to leave my herbs to infuse on their own for at least one full moon cycle. Others may wish to use heat for a more rapid infusion.

Depending on the freshness and the type of herbs you are using you may wish to strain the oil and add more herbs once or twice. This is entirely up to you. I find that by using very fresh herbs in generous quantities that I do not need to do this. I also use essential oils in my balms very often, however, so you may wish to do the strain and add method if you choose to leave the essential oils out of the balm you are making.

Once your oil is ready you will melt your solid oils and any wax you are using in a pan over very low heat. Next add your infused oil and test for hardness as explained in the tips below. Cool slightly and add essential oils if you are using them. Pour into containers and label and you are all set. :)

Tips for Making Balms

If you intend to make your Balm using freshly collected plants, you will want to clean them first. Do this by shaking them to remove dirt then spread the herbs out to allow them to air dry for several hours (until wilted) to reduce the moisture content. Any herb that contains a lot of moisture could cause your Balm to spoil or even mold. For this reason I, myself, prefer to use dried herbs in my oil to avoid contamination and excessive moisture which may cause such spoilage.

Once you add your wax you will want to test to see if your Balm is the right consistency. To do a simple test I dip a spoon into the mixture and set it in the freezer for a minute or two. You might also try dipping the spoon into ice water for a few moments. If your Balm is too soft, add more beeswax and if it is too hard add a little more carrier oil.

You will want to pour your Balm into sterilized containers and label them accordingly. You may sterilize by simply washing in very hot water in the dishwasher with a detergent containing bleach

or by using bleach in the rinse water if washing by hand. Air dry to avoid re-contaminating your containers and again causing premature spoilage.

Do not add any essential oils when your base oil is very very hot-it may very well destroy them in the process.

Be sure pans are non-metal such as glass or porcelain. If you must use metal pans or utensils be sure they are not made of aluminum and they are not coated with a non-stick surface.

To add vitamin E, poke a hole in the capsule with a pin and squeeze out the contents. Discard the capsule.

Be careful when using some essential oils and even carrier oils. They can cause allergic reactions. For instance those who are allergic to nuts should be careful and avoid using almond oil or any other oil derived from nuts including peanut and walnut oils. Be sure when selling or giving gifts of balms to label them with all ingredients to avoid someone having a life threatening reaction.

You really should heat your oils and waxes over hot water in a double boiler. I admit that I do not-BAD!! Bad Dawn! Do not do as I do-do as I say! ;)

Be very sure your containers are made for pouring hot liquids into. Many are not and there is nothing worse than spending a month making a lovely oil and getting your balm made and having your containers crack and spill it all over the counter top!

Proportions for beeswax are approximate. If you want a harder or softer balm add or subtract from your recipe accordingly.

You can also soften balm a bit by adding borax and water. The borax acts as an emulsifier and will allow the water and oil to mix rather than separate. I use 1 teaspoon of borax in 1 cup of water. Do not add the whole cup of water to your recipe! Add a few drops or a quarter teaspoon at a time at the most and then test your consistency. Keep doing this until it reaches the desired level. It will cause your balm to harden quickly so do this last.

LIP BALM RECIPE #1:

2 Teaspoons Olive Oil
1/2 Teaspoon Grated Beeswax or Beeswax Pellets
1/2 Teaspoon Shea Butter or Cocoa Butter
1/2 Teaspoon Honey
Any Flavored Oil To Taste
1 Vitamin E Capsule (optional)

LIP BALM RECIPE #2:

3 oz. Almond Oil
2 Teaspoons Honey
1/2 oz. Beeswax or Beeswax Pellets
1 Vitamin E Capsule
1-4 Drops Essential Oil (peppermint or tea tree or sweet orange, lavender)

LIP BALM RECIPE #3:

2 Teaspoons Grated Beeswax or Beeswax Pellets
3 - 6 Drops Flavored Oil
1 Teaspoon Sweet Almond Oil or Jojoba Oil or mix 1/2 and 1/2
3 Drops Honey
1 1/2 Teaspoon Cocoa Butter
1 Vitamin E Capsule

LIP BALM RECIPE #4:

This one is positively excellent for dry, cracked lips - even helps heal cold sores

1 oz. Emu Oil
1 oz. Almond Oil
1 oz. Avocado Oil
1/2 oz. Shaved Beeswax or Beeswax Pellets
1/4 oz. Aloe Gold (with Beta Carotene)
6 Drops Lavender Essential Oil
2 Drops Tea Tree Essential Oil
3 Drops Lime Essential Oil

LIP BALM RECIPE #5

1 oz beeswax
8 oz. sweet almond or carrier oil of your choice
15 - 20 drops essential oil or flavoring oil of your choice
2 Vitamin E capsules

CHOCOLATE LIP BALM

1 teaspoon grated undeoderized cocoa butter
1 teaspoon coconut oil
1/8 teaspoon vitamin E oil
1 teaspoon grated chocolate or 3 small chocolate chips

HEALING BALM FOR BABY

4 oz of calendula petals
4 oz of comfrey root
4 oz of chickweed
1 cup of olive, sweet almond oil or other carrier oil
1 vitamin E capsule
2 oz beeswax

MOMMY-TO-BE's BELLY BALM

5 oz carrier oil such as sweet almond or apricot kernel infused with 1 oz Frankincense
1 oz emu oil
3 Tablesppons Beeswax
2 oz cocoa butter
10 drops lavender essential oil
10 drops Palma Rosa essential oil

HEAL EVERYTHING BALM

2 tsp powdered Myrrh
2 tbs Beeswax
2 tsp Comfrey root
2 tbs liquid Lecithin
2 tsp Chamomile
2 tbs Honey
2 tsp Lavendar
Infuse in:
3/4 cup carrier oil
essential oils:
10 drops lavender
5 drops tea tree
2 drops rosemary
1 vitamin E capsule
2 oz beeswax

BALM FOR CALLOUSES

This balm works wonderfully on callouses for feet or hands and makes a great softner for heels, ankles and elbows, as well.

Fills a 4oz container.
50 ml olive oil (not pomace)
25 ml avocado oil
12.5 ml jojoba oil
2.5 ml vitamin e oil
5 ml emu oil
1/4 oz beeswax (a bit more if you want a harder consistency)
4 drops lavender eo
4 drops rosemary eo

This balm is very oily. But it's the oils that moisturize. It's best used when going to bed, applied semi liberally. But applied in minute amounts, it will soak in completely after about 5 min or so.

Imbolg Brigit's Crown

This is especially appropriate for young girls, since this is the holiday for the return of the maiden)

from: http://www.musicforthegoddess.com/parent/sun_moon/imbolc_proj.html

You will need:

Construction paper in your child's favorite colors, and yellow and/or red, for the flames.
Pencil, crayon, or marker
Scissors
Glue (white glue or glue stick)

What to do:

Cut a strip of paper about 2 inches wide and long enough to wrap around your child's head. You may need to glue 2 shorter strips to get the right length. Remember to include a couple of extra inches for overlap!

Draw and cut out eight thin rectangles (these are the candles) of paper.
Draw and cut out eight flames.
Glue the flames to the candles
Draw wicks in the flames and candles.
Distribute the candles evenly around the headband.
Glue the candles to the outside of the headband. (You can glue it to the inside if you think your youngster will wait long enough for the glue to dry!)

Bride's Bed

Materials:

A Box, Colored Construction Paper, White, Yellow, Green, and Red Tissue Paper, White Flowers or Cotton Balls, Glue, Paint Brush, Crayons, Scissors, Glitter.

This is a great little activity for the smaller children in the household, and they two can boast of helping with your alter decor. Paint one side of the box at a time with a bit of glue, not too thick, just enough to adhere green tissue paper. Cover the entire outside of the box with the green tissue paper. Cut a 2" wide strip of colored construction paper the length of the sheet (11"/14"). Let the child draw symbols and pictures that reminds them of Spring, the Goddess, brides, and weddings on the strip. Cut the white and yellow tissue paper into 2" diameter circles. While you are doing this, allow the child to draw pictures and symbols on the box with glue, and sprinkle with glitter. Place finger in the middle of a tissue square and draw up tissue around finger. Give a slight twist to crinkle paper into a flower shape. Remove finger and adhere to box and decorated construction paper strip with a dab of glue. Remember to leave about 1-1/2 inches on each end of the strip. Attach these ends to the inside of the box with some glue. Let dry. Fill with white flowers or cotton balls. Tell story to children of how the Maiden is a Bride and that the Earth is her Bride's Bed.

These crosses were exchanged as symbols of protection in ancient times. Let the children hand these Brigid's Crosses out to guests at any ritual you attend or host.

Method # 1

Items needed:

a handfull of wheat stalks
warm water
clothespins
clear or red thread and needle

Directions:

Soak wheat stalks in warm water until pliable

Fold one stalk of wheat in half, leaving the kernels sticking out

Fold another one the same way, and thread through the first one. (It now looks like a long "L")

Fold the third the same way, and insert through the second wheat stalk. (It now looks like an L with a tail)

Fold and insert the fourth stalk through the third

Use the clothes pins to help keep the shape as you weave more wheat

Continue folding and threading the wheat stalks until you have several wheat woven through each "arm"

Allow to dry with the clothespins in place

Using the thread and needle, sew the stalks together - this is cheating, but I find that it's necessary!

Hang over the fireplace or stove

Method #2

Brigid's Crosses

Materials: Dried Wheat Stalks, Brown Thread.

Take eight stalks with sheaves still attached.

Place four stalks on flat surface with two sheaves at the top and two sheaves at the bottom.

Measure approx. 6" of stalk between the sets of sheaves and cut off excess.

Tie all four stalks together with the brown thread, first under the top sheaves, then above the bottom sheaves.

Cut off excess thread.

Repeat this procedure with the other four stalks, shortening the length between the sheaves to 4".

Carefully separate the first set of stalks (two in front and two in back) and slip the second set through approx. 1" from the bottom of the top sheaves.

Tie some thread in a knot just under the arms of the cross.

Take the excess ends and diagonally wrap the thread over the opposite corresponding arm and back to the knot.

Tie off in back and cut off excess ends.

Bottled Snowflakes

You will need:

1 white pipe cleaner

1 length of twine

scissors

1 quart jar with a wide mouth

2 cups boiling water

6 tablespoons borax

1 pencil

Cut a white pipe cleaner into 3 equal lengths, twist them together in the center, then arrange the six legs so that they are equidistant from each other. Tie one end of the twine to a leg, and the other end to the middle of a pencil. (For a more ornate flake, tie the twine around the end of each leg in a continuous motion to make a center wheel).

Set aside. Pour boiling water into the jar, then add the borax one tablespoon at a time, stirring to dissolve. (if a little borax settles to the bottom, there's no need to worry, just go on to the next step.)

Submerge the pipe cleaner form in the solution and let the pencil rest on top of the jar. Leave the snowflake in the solution overnight. The next morning, you'll find it covered with tiny, sparkling crystals. Remove it from the jar, and hang it from the window to catch the sun.

Carrier Oils and their properties

There are so many oils on the market today, each with its unique properties. Here is a list that I hope will be helpful to those who are wondering why they should use one oil over the other. I have compiled it from several resources on the internet, in books and from mailing lists.

Almond Oil (Sweet)-Most popular carrier used. The large molecules in this oil make it a heavier oil best suited for heavy massage or for a very moisturizing cream or salve. Sweet almond oil contains vitamins A, B1, B2 and B6 and a small amount of E. Protects and nourishes the skin. Slight scent. Rich in protein and emollient, nourishing and slow to become rancid.

Apricot Kernel Oil-Medium-light weight oil suitable for massage. Use in cream and lotion recipes. Good for all skins, especially prematurely aged, sensitive, inflamed and dry. Contains minerals and vitamins. Same properties as almond oil. Suitable for body oils and lotions. Slightly more expensive than almond.

Avocado Oil-Medium-heavy weight oil suitable for massage. Use up to one-fourth to a cream or salve base. Contains vitamins A, B, and D and is rich in lecithin. Penetrates the upper layers of the skin so it is best suited for dry skin conditions. Beneficial for wrinkles. Often added in small quantities to other carrier oils. Rich, nourishing and penetrating. Used on fatty areas of skin during massage. Also, becomes slightly sticky when massaged over a large area.

Borage-Helpful for repairing sun damaged, as well as, mature skin. Useful for maintaining healthy skin. More expensive oil.

Calendula-Often added in small quantities to other carrier oils. Used in cosmetic preparations for dry, chapped & cracked skin.

Carrot-Often added in small quantities to other carrier oils. Rejuvenating for neck massage. Rich in many vitamins.

Corn-Contains large amounts of vitamin E. This carrier is acceptable when no other carriers are available.

Evening Primrose-Often added in small quantities to other carrier oils. Rich and nourishing. Good for scaly skin and dandruff preparations.

Grape Seed Oil-Light weight odorless oil suitable for light massage and is water-dispersible in the bath. Contains vitamins, minerals and protein. Good all around oil. Grape Seed oil is not suitable for creams or lotions. "Satiny" finish without the greasy feel. Mildly astringent and useful for acne

and oily skin.

Hazelnut Oil- Most penetrating carrier oil. Mild scent. Nourishing and stimulating to the circulation. Medium weight oil suitable for light massage. Perfect for base oil for creams. It is stimulating to the circulation and also has astringent properties so is effective on acne. Contains oleic acid and a small proportion of linoleic acid.

Jojoba -This liquid wax is slow to become rancid. Often added to other carriers as a preservative. "Satin" finish to the skin. Good for acne and an excellent choice for many aromatherapy uses. A must in many cream and lotion recipes. It is very stable. Jojoba contains myristic acid, which has anti-inflammatory properties.

Kukui Nut Oil- Thin, light and expensive Hawaiian carrier oil. New on the scene, this oil is wonderful for mature, aging skin. Has a slight odor, which can be overcome by adding essential oils. Not offensive. Kukui nut oil is readily absorbed into the skin and leaves the skin soft, conditioned and very moisturized. An excellent oil to add to cream and lotion formulas. Lubricating without the greasy finish. Best when combined in small amounts to other carrier blends.

To Change the Color of Flame:

For Candles: add the chemicals to the wax, or soak the wicks in a solution of the chemicals using the "recipes" below

To Add to a Fire: Put three level spoons of the chemical into a paper cup; fill 1/2 full with water and stir. Soak several small chips of wood in this solution overnight. The next day, remove the chips with tweezers and lay on newspaper to dry. They can now be added to the flames to produce bright colors.

Green flame: Borax or Boric acid, copper nitrates or barium nitrates, alum (thallium)

Orange flame: calcium chloride

Red flame: strontium nitrate, some sources site Boric acid as well

Reddish/Orange-calcium chloride

Yellow flame: Table salt, Sodium Chlorate or Potassium Nitrate

Yellow/Green-borax (sodium tetraborate)

Purple flame: Lithium Chlorate, (potassium nitrate)

White: psom Salts (magnesium sulfate)

Another special effect can be achieved by sprinkling powdered iron into a flame. If this is done slowly enough, a number of yellow, sparkling "stars" can be seen clearly.

Creating Your Yule Log

Yule Log Magick

The Yule log is a remnant of the bonfires that the European pagans would set ablaze at the time of winter solstice. These bonfires symbolized the return of the Sun. The Yule log can be made of any wood. Each releases its own kind of magic.

Aspen: invokes understanding of the grand design.
Birch: signifies new beginnings.
Holly: inspires visions and reveals past lives.
Oak: brings healing, strength, and wisdom.
Pine: signifies prosperity and growth.
Willow: invokes the Goddess to achieve desires.

On the night of Yule, carve a symbol of your hopes for the coming year into the log. Burn the log to release its power. Save a piece of this year's Yule log for kindling in next year's fire. You may also wish to decorate the log with greenery, flowers, ribbons and herbs for magickal intent. Some choices might be:

Carnations-protection, courage, strength, healing, increases magickal power, vitality
Cedar-wealth, protection, purification, healing, promotes spirituality
Holly-dreams, protection
Juniper- Exorcism, protection, healing, love
Mistletoe-a catalyst, fertility, health, success, protection, banishing evil
Pine-healing, wealth, protection, purification, exorcism, exorcism, fertility, wealth
Rosemary-health, love, protection, exorcism, purification, increase intellectual powers, peace, blessing, consecration, very powerful cleansing and purifying
Roses-love, courage, luck, health, protection, beauty

Ribbons can be used according to their color magick correspondences. Be creative and have fun!
:-)

Candles

Idea from an article by Dancer of New Avalon

Since it is often a messy task rather than try candle making why not use store bought candles for these ideas? Press flowers and herbs until they are dry or use ones purchased from a craft store. Dip your candle into hot water just barely long enough to soften the wax. Place the dry plant material on the candle in a pleasing pattern, and gently press into the wax. Then do a quick dip into liquid wax to seal it all together.

Explore fragrances by using incense herbs and resins sealed into the wax; you could use the above process or make the candles with the herbs and resins included in the hot liquid (experiment before you commit yourself to a big project... if the herb pieces are too large, they'll act like wicks and create a bonfire, and resins sometimes spit when hot). You could also add pure essential oils to the outside of the finished candle, or to the liquid wax as the candle burns. I like to do the last one-especially if you get the unscented candles-try it in a bunch of little tea lights too! :-)

If you don't mind a bit of experimenting... Timing candles. In medieval times, special candles were marked for the hours (as moon-dials did not work as well as sun-dials...) so that the religious would not miss their middle-of-the-night prayers. You can mark candles for special time periods, like the length of your meditation sessions. Make or get a batch of candles at the same time, keep them together, and treat them the same (such as putting them in the freezer to make them drip less-this is my personal favorite taper trick!). Burn one, and at each time period (hour, fifteen to twenty minutes, etc.), measure the amount of candle that has burned and mark the remaining candles at this increment. Add a little color to the marks with cotton thread (you could try paint, but it does strange things) or wax dye.

For magickal work, bind spells with cotton thread wrapped and knotted around a candle. The usual way is to knot the intention so that with each one burned, the energy is freed to do its work; this is especially useful for healing and protection work. Choose appropriate colors for both

candle and thread. This is another project where a final dip into liquid wax would be beneficial, though here it is not absolutely needed.

No matter what you create with your candles, remember that they are living beings, apt to seize upon flammable objects and creatures within their reach. They should never be left unattended unless in a totally secure environment (like an empty bathtub for overnight)! Safety comes first.

Cinnamon Ornaments

Warning: not for consumption!!

Ingredients

3/4 c Applesauce
2 T. white glue
1 oz Cinnamon
1 oz Grd. cloves
1 oz Grd. nutmeg
1 oz Grd. ginger
Cinnamon for cutting rolling out dough
cookie cutters

In a medium bowl, stir together the cinnamon, cloves, and nutmeg and ginger. Mix in the applesauce and glue. Work the mixture with your hands 2 to 3 minutes to form a ball. If mixture is too wet, add more cinnamon. If mixture is too dry, add more applesauce.

Lightly dust a clean surface with cinnamon. Roll out the dough to 1/4 inch thickness. Cut out shapes with cookie cutters, and use a toothpick to make a hole at the top for hanging with a ribbon.

Dry in a slow oven 200 degrees F (100 degrees C) for several hours, or air dry in a sunny spot for 4 or 5 days. When dry, decorate with gingham and/ or ribbon.

Faery Aquarium

This is a wonderful project for apartment dwellers who love the fae or for anyone who does not have a garden to leave offerings in.

Need:

A Glass Aquarium without
Rich Potting Soil
Small Ferns (they Don't -Need Direct Light)
Small White Pebbles
Natural Rocks From Outside
Thimble
Willow Twigs

1. Clean out aquarium with soapy water. Avoid harsh chemicals. Vinegar is a brilliant cleaner and shines up glass nicely.
2. After the aquarium is cleaned, fill the bottom of it up with around four inches of potting soil.
3. Plant the ferns.
4. Put in a thin layer of white pebbles.

5. Gather a few larger stones for the faeries to sit on, place them inside the aquarium.
6. Dogwood or willow twigs can be used to make more fairy furniture. When bound together, they make nice little lean-to's.
7. The thimble can be used to leave juice offerings inside the aquarium.

Be sure to keep the thimble clean and place fresh juice in it each night before bed.

Creating Dream Pillows

In the same way that certain fragrances, like baking bread or fresh roses, evoke a pleasant memory for you, herbs also evoke pleasant associations of memory. Our noses are said to be the most direct route to our minds and recollections. The subtle fragrances in the Dream Pillow blends are mixed to give you pleasant, interesting dreams, a good night's sleep and to promote other aromatherapy uses.

Herbs have been used in bedding for centuries. Considering the hygienic practices of old I am sure that our ancestors used them more often for keeping critters out of bedding as well as keeping the smells both in the bed and on the body a little more bearable. There are records of people creating dream pillows for a better nights sleep in the 16th century. Physicians in past centuries used herbs in little pillows, called 'comfort pillows' in the sick room to ease nightmares and help with relaxation. Today we may use herbs, essential oils and even small stones in our dream pillows.

The How to:

A pillow can be as simple as cutting a piece of muslin into a rectangle or square of the desired size and sewing so that three sides are closed. When I sew a pillow, rather than stitching all the way around it, I like to leave one end completely open and sew Velcro on the open end. I can refresh the herbs and oils in the pillow without trying to rip stitching out or throwing the pillow away and starting from scratch. Now I simply turn the casing right side out I'm ready to add the desired herbs and essential oils.

You may wish to cover muslin pillow with a light weight, washable "casing" as well. I find this is nice to do and in this way you can have any pattern you like. you can even have several and change them from time to time as the mood strikes. I do this by making a casing that slips over the end of the pillow just like a regular bed pillow. You can do this by sewing around three edges of a two rectangular pieces of fabric that are about one half inch wider and about an inch to an inch and a half longer than your muslin pillow. Sew them with the right sides of the fabric together. Next turn the casing to the right side and turn the rough edge inside and stitch close to the edge-you may wish to roll the edge twice so it will not unravel. This casing may be washed according to the fabric manufacturer's directions.

You may wish to skip the casing if you use your pillow inside your own bed pillow casing. I, myself, like to make a small eye size pillow that I can rest right over my eyes where I can inhale the wonderful fragrances, so I like the little casing. This way if the essential oils I am using get on the original muslin pillow they will not be in direct contact with my skin. This is especially important in the delicate eye area.

If you have a large pillow and are finding that you wish to use a filler I recommend using buck wheat hulls for larger sizes and flax seed for a smaller eye size pillow. You may wish to use up to half filler when making a pillow.

Other than the recipes, the way you put a pillow together will not vary with its use. Mix all herbs and fillers together in a clean bowl or on a large clean work surface. Drizzle your essential oils and blend VERY well. Put into your muslin pillow and stick the Velcro together to close. Slip your casing over this if you are using one and enjoy!

The Why

The key here is aromatherapy. Now I realize that aromatherapy is a real "buzz" word today and there are folks who kind of roll their eyes and think it is a bunch of "hokey." I have explained aromatherapy in the past to some of my students and found that the simplest explanation is usually the best. So here goes:

Herbs and plants all have their own very special and unique qualities. If you were to break each one down into its simplest form it would look a lot like the periodic table of elements! With each of them having their own special and unique composition. When you inhale the fragrance of the plant or an essential oil that has been made from the plant minute particles from the plant flow through your nostrils and are absorbed by the mucus membranes and into the blood stream, as well as, directly into the brain via the olfactory glands. Know how cocaine works? We know that sniffing and getting "high" from the chemicals being absorbed in the nasal passages and lungs is possible and so it is not hard to think of aromatherapy in this way. You inhale and receive the herb or plant's beneficial properties in the same way that people might use drugs or other substances in a not so beneficial way.

Well that's my simplified version any way!

Care:

Although you may use your dream pillows without any kind of special care, in order to make them last longer, I suggest that people put it in a plastic zipper storage bag or a closed container like those sold by Rubbermaid or Tupperware. Keeping it in a relatively cool place out of direct sunlight will assure you of an even longer life. If you think about it this only makes sense. You would never think to store your herbs for cooking in an open container. If you did they would become dusty and stale in a relatively short period of time.

You may also re-fresh your pillow periodically by adding more essential oils. If you have made your pillow as explained above with the Velcro opening you merely have to open the Velcro end and drop in new essential oils, close it up and "squish" the contents of your pillow around to spread the oils through out. You may also drop essential oils onto the outside of the pillow if you have made the pillow without an easy "re-open" area. Just remember not to do this unless you have an outer covering for your pillow, as you do not want full strength essential oils coming into direct contact with your skin !

Dream Pillow Recipes

Enhancing Astral Travel

3 parts Mugwort
2 parts Sweet Woodruff
1 part Cinnamon
1 part Sandalwood
5 drops Myrrh essential oil
10 drops Dragon's Blood essential oil

Astral Travel 2

1 part Jasmine
1 part Dittany of Crete
1/8 part Cloves and Cinnamon
2 parts Mugwort
2 parts Sweet Woodruff
1 part poplar (dried leaves from tree)
5 drops Myrrh oil essential oil
5 drops Sandalwood essential oil
5 drops Cypress essential oil
5 drops vanilla

Appetite Suppressant

10 drops Sweet Fennel essential oil
½ part Caraway seed
½ part Cardamom
1 part Sage
1 part Rosemary
2 parts Sweet Fennel

Migraine Pillow

Opens up the sinuses and soothes that throb as well

10 drops Bergamot essential oil
5 drops Neroli essential oil
2 drops Eucalyptus essential oil
3 parts Lavender
1 part Eucalyptus
1 part Peppermint
2 parts Roses
2 parts Hops

Allergy Pillow

This will help open those passages, relieve running nose and weepy eyes as well

10 drops Sweet Basil Oil
10 drops Tea tree oil
1 part Peppermint
1 part Eucalyptus
½ part Benzoin powder
½ part Clove
2 parts Lavender

Banish Bad Dreams/Nightmares

4 parts hops
2 parts rose petals
2 parts chamomile
¼ part anise (optional-you have to like the fragrance)
¼ part thyme

10 drops orange essential oil (Citrus aurantium)
10 drops lavender essential oil

Good Night's Sleep

4 parts Hops
4 parts Lavender
4 parts Chamomile
2 parts Rose petals
1 part White Sage
10 drops Bergamot essential oil
10 drops lavender essential oil

Hush Little Baby

4 parts hops
1 part lemon verbena leaves
2 parts rose petals
2 parts chamomile
1 part rosemary
2 parts lavender
15 drops rose essential oil
15 drops lavender essential oil

Romantic/Erotic Dreams

For anyone who would like some spice in their dreaming.

4 parts Rose petals
2 parts each Jasmine, Sandalwood, Patchouli,
& Lavender
1 part Cinnamon
½ part each Cloves & Ginger
3 drops Ylang Ylang Essential Oil
10 drops Vanilla (you may use
extract)

Relieve Depression 1

2 parts Pine needles
1 part each Oak moss, Rosemary, St John's Wort & Bay leaf
2 parts Lavender
3 drops each Bergamot, Orange & Lemon essential oil
4 drops Lemon grass essential oil
5 drops Lavender essential oil

Cherokee Dream Pillow

4 oz dried lavender flowers
4 oz dried sage
2 oz ground orris root-as a preservative-optional
4 oz deer's tongue herb
2 oz cedar shavings
4 oz coltsfoot herb

4 oz sweet fern
2 oz violet

Depression 2

1 part each Peppermint & Jasmine
2 parts each Lavender & Rose
1 part Hyssop
1/2 part Frankincense resin ground into a fine powder
5 drops Neroli essential oil
3 drops Angelica essential oil
3 drops Ylang Ylang essential oil
2 drops Geranium essential oil

St. John's Wort, valerian, and wormwood all have excellent sedative properties. Unfortunately, they are quite unpleasant to the smell. Catnip, lavender, lemon balm, lemon verbena, and sweet woodruff - all of which smell great - have mild sedative powers, so consider adding these to your pillow if you have them in your garden. If you use catnip or valerian in your herbal mixture and share your home with cats, watch out for your pillow: Cats love these herbs! Substitutes:

As for other substitutions you might find those below of use.

Heliotrope - use jasmine flowers, in smaller amount (about half as much)

Mimosa - use equal parts Orange blossoms and Jasmine

Lilac - use equal parts Linden flowers and Orange blossoms

French Marigold - use any other true marigold flower, but don't substitute 'pot marigold' (calendula). These are two different species and substitution would not give you the same results.

Samhain Door Wreath

Great for kids!

Materials:

Items from Nature, fine wire, sheet of corrugated cardboard, collection sack, small nail.

First, take a Nature hike. Collect items from nature, such as pine cones, seeds, leaves, berry bunches acorns and caps, flowers, etc. remembering how important it is to thank the plant for its gift, and to take only what is needed. When you return home, spread out collection on some newspaper. Cut out a circle about 15" in diameter, from the cardboard. Cut a smaller circle out of the middle. Wrap the wire around each object so it can be fastened to the cardboard. Poke two small holes in the cardboard ring for each item. Feed the wire through and twist in back. Keep fastening objects onto the ring until it is full and no cardboard shows. Hang the wreath on the front door with the nail.

Make Your Own Finger Labyrinth

For those who have been enchanted by a finger labyrinth carved into a tree trunk after the tree has been cut down, do not fret, you too can have such a thing without having to cut down your favorite tree. Here is how:

Supplies:

1 wooden disc, 1-1/2 to 2" thick, in a diameter to meet your personal needs.

1 wooden disc in the same diameter but only needs to be 1/2" to 3/4". This is just enough to close off the bottom and provide a nailing surface.

1/2 inch plywood. Amount depends on the height that you want your labyrinth and depth that you

want your labyrinth.

Thin bendable wood or paintable product. This is for bending in a circular shape.

Sand or heavy substance to partially fill inside with for more weight and stability.

nails, glue, stain , sealer, measuring tools, hammer, cutting tools (saw), sandpaper (fine and rough) and half round sharp chisel.

How to:

1. You may carve your labyrinth into the thicker disc prior to assembly or after. I have provided some pictures of some in this project, but pictures of labyrinths are in many sources (books and Internet). After carving the labyrinth with the half round chisel, sand with the rough sandpaper and then the fine sandpaper.

2. Form cross supports using the 1/2" sheet of plywood. The pieces should be slightly shorter than the upper and lower discs. The shortage in length is where the outside bendable wood will meet flush with the discs and adhere to the supports. These pieces should be cut to the height that you want the labyrinth to be prior to any other cutting. These pieces form the inner frame for the piece. Cut notches in each piece so that they interlock (slide into each other). The notches should be cut in the center of each piece halfway up (Lengthwise/ bottom to middle on one / top to middle on the other) and then the pieces should slide into each other. You may want to glue the pieces at the notch for extra stability.

3. Attach the cross supports to the discs using a small amount of wood glue and nails. Be careful of nail placement in regards to the labyrinth placement. For the top a nail near the outside edges and maybe in the center. Nailing in the bottom is less of a concern. If you want the top flawless, the wood glue should hold and the side covering should assist with stability. More wood glue should be used if just gluing on the top piece.

4. Fill with sand prior to adding the bottom piece and after adding the bendable wood product.

5. Attach the bendable product around the piece gluing and nailing to the supports as you wrap it around the piece. Make sure that this piece is cut to fit the circumference and that it is flush with the outside of the top and bottom disc. It should almost look like tree bark or a ring of a tree. Straps may be needed at this point to hold it in place while the glue dries. Wood glue is fairly strong and can be used entirely to hold the piece together, but nails are that extra support.

6. When dry , stain and seal. If this is to be used outdoors or will live outdoors, it should be sealed with a product to protect from the weather. If the product that you used to bend around the discs is not appealing or tree like enough, a tool called a wood-graining tool can simulate wood. Use a stain some shade darker than the wood and paint it on and while it is wet, draw the wood-graining tool through it at varying degrees until you get the look you want.

Flower Petal or Herb Clay

1/2 cup flour

1 tablespoon salt

3 tablespoon water

3 cups freshly chopped flower petals of herbs

Directions:

Mix flour, salt and water together in a small bowl until it forms a firm dough. Knead in flowers or herbs.

Wrap dough in plastic wrap and refrigerate for 20 minutes. Now you are ready to create! Let finished pieces air dry for 2-3 days or until completely hard. After the piece is dry you can apply a layer of shellac to preserve it and add luster.

With your clay you can create beautiful beads in many shapes and sizes. Use a toothpick to poke a hole while still wet. After the beads are dry, you can string them to make unique bracelets, necklaces, tree garlands and room dividers.

Flying Ointments

The recipes below are provided for informational purposes alone and any use of these items is done solely at the discretion and risk of the individual using them. No claims or guarantees are made as to their effectiveness or safety. If you choose to use any oil here on the skin it would be wise to first apply a small amount to the inside of your elbow and wait 24 hours to check for reactions. If you are on any pharmaceutical medications or have a serious medical condition, consult your health care provider before using anything that you do not normally use, including herbs and over the counter medications.

Do not use these if you are PREGNANT, DEPRESSED, have any history of MENTAL ILLNESS, are in DISTRESS of any kind, or are not in top physical and mental form.

The author of this website does not recommend the use of this or any other product.

Do not use these when you are alone

DO NOT give to or allow CHILDREN or PETS to touch these!

That said.....

Flying Ointment #1

1 part beeswax
1 part Coconut oil (solid at room temp)
2 parts liquid oil of choice-almond, grapeseed, olive, etc--I prefer grapeseed

add the following dried and crushed herbs to your liquid oil and do a cold infusion

Dittany of Crete

Mugwort

Hops

Chamomile

Parsley

Cinquefoil

Poppy seed

***Hemp

***Mistletoe

***Poplar leaves

The oil should just cover the herbs.

Allow the oil to sit from full moon to full moon.

After you have allowed the oil to sit strain the herbs out of the oil with a cheese cloth or very fine strainer. Melt the bee's wax and coconut oil in a double boiler or very very low heat. Add the liquid oil and then add the following essential oils:

Jasmine, Mace, Sandalwood and Benzoin
so that there is no more than 10 drops total to 1 cup of your liquid.

Dunk a spoon into the mixture and stick it in the freezer for a few minutes. When you remove the spoon see if the ointment is of a consistency that you find to be satisfactory. If not you may add more melted beeswax for a firmer ointment or more liquid oil for a looser ointment. Once you have the desired consistency pour into small glass jars or ointment tins. Once the ointment is cooled you may empower it for your use as this will direct the energy toward your purpose. To use: rub into your pulse points before astral travel.

Witch Sabbat Balm
Straif Blackthorn

Here's what you'll need:

10g skullcap
25g jasmine flowers
10g witch grass rhizome
25g lavender flowers
15g hawthorn berries - crushed
5g mistletoe
5g mugwort
10g rue
250 mL sweet almond oil
75g beeswax

First, place the herbs in the bottom of a large bottle - 500mL or bigger. The more finely chopped the herbs are for this recipe, the better however they should not be powdered. Now, over these herbs pour the 250mL of sweet almond oil and give it a bit of a shake. The oil is used as a type of releasing agent - a solvent which extracts the medicinal properties from the herbs and provides a healing base or carrier for the oils. Essential oils are an excellent short cut but for magical recipes, it is always best to do more rather than less work as this helps you put more work and magical intent into your work.

Now you'll need to strain the oil using cheese cloth or a fine mesh strainer. Add this oil blend to the beeswax and heat the oil and beeswax together over very low heat in a double boiler until wax is completely melted. You can, once the wax is melted, check the firmness of your mix by placing a tablespoon of your mixture into the freezer for a minute or two. This is a method used in beeswax candle making to get the candle to firm up more quickly as well as extending the life of beeswax candles by freezing them first. Check the firmness of your mix and you may now wish to add more oil for a softer blend or more wax for a firmer blend.

Once you have achieved the desired consistency, remove the salve from heat and pour into heatproof jars of an appropriate size. Air and organic matter promote decay in your mix so to get it to last for months or years, careful preparation and storage is necessary.

Some people like to add natural preservatives to their mixtures such as tincture of benzoin. This was a measure popularized in certain pagan books and is not particularly necessary although you can trace the origin of the inspiration of a recipe by the addition of this preservative. Salves kept in direct sunlight lose their healing properties after only a short length of time. You will notice the colour of the salve will have faded and your mix may smell rancid.

Some sources:

"An ABC of Witchcraft Past and Present" by Doreen Valiente

"Magical Aromatherapy" and "Incense, Oils and Brews" both by S Cunningham

"The Encyclopaedia of Essential Oils" By Julia Lawless

'Modern Witch's Flying Ointment'
Straif Blackthorn

Here's what you'll need:

55mL of jojoba oil

10mL of wheatgerm oil

10mL of a 5% dilution of narcissus in grapeseed oil

11 drops of the pure essential oil of juniperberry

10 drops of the pure essential oil of bog myrtle

9 drops of the pure essential oil of myrtle

15 drops of the pure essential oil of lavender

10 drops of the pure essential oil of roman chamomile

10 drops of the pure essential oil of ylang ylang

10 drops of the pure essential oil of jasmine

Mix these oils carefully together in a cobalt blue or amber bottle gently shaking every morning and evening for the 3 days of the full moon. Make sure to store away from any light source and try and make it by candle light if at all possible. When finished, you have a modern witches flying oil. This oil is potent. Use it carefully and treat it with respect as you should all essential oils. It should store for 1 - 3 months with a shelf life of up to 6 months in cobalt or amber bottles stored under 25 C and away from direct sunlight. Use your nose to check if it has gone off.

To use, apply first a small amount to the inside of your elbow and wait 24h to check for reactions. Then if it is safe, apply a small amount to the soles of your feet and lie back in a safe place - preferably with a close and trusted friend with you. Make sure you have not had any caffeine or alcohol or drugs within the last 24 hours. While books which talk about flying ointments suggest smearing it all over your body, I do not recommend this approach and please keep it away from your eyes, nose and mouth even though it is quite pleasant smelling. Do not use as a massage oil.

Do **not** ingest this mixture. As this mixture contains oils with contraindications, I suggest that you avoid using this mix if you: are pregnant, have high blood pressure, sensitive skin, have a history of mental illness, or if you are suffering from prolonged insomnia.

Some sources:

"Magical Aromatherapy" and "Incense, Oils and Brews" both by S Cunningham

"The Encyclopaedia of Essential Oils" By Julia Lawless

Flying Ointment Beeswax Base Recipe

by Straif Balckthorn

Here's what you'll need:

4c. Standard Beeswax Base

1/4c. skullcap

1/2c. jasmine flowers

1/2c. lavender flowers

1/4c. hawthorn berries

1/3c. elderberries

1/4c. elderflowers

1/2c. mistletoe

1/3c. mugwort

1/4c. rue

20 drops of the pure essential oil of myrtle

20 drops of the pure essential oil of hops

10 drops of the pure essential oil of linden (careful! often adulterated!)

10 drops of the pure essential oil of clary sage

10mL of a 5% dilution of narcissus in grapeseed oil

To make a standard beeswax base, in a glass double boiler melt 2 1/3 cup of beeswax gently using as low a heat as possible. Once the beeswax has melted, mix 1 2/3 cup of jojoba oil until it is smooth. I prefer to use a combination of jojoba and wheatgerm oil but as this recipe calls for some grapeseed oil, I have omitted my favourite mixture in favour of the standard. Once the mix is smooth (you have just made the base) then add your herbs to this mixture. Once added, keep at as low a temperature as possible, stirring constantly with a wooden spoon. Too much heat destroys the very essence you are trying to extract.

Once you have allowed the herbs to steep in the base (about 30 min), strain using a strainer to get the herbs out. You can try cheesecloth if you're feeling up to the challenge. Return the mix to the double boiler and if it is solidifying, reheat slightly but the water should still be warm enough to fend off premature hardening. At this point, add all your essential oils. DO NOT add more than 10mL of a 5% dilution of narcissus oil no matter how hard it is for you to 'fly'. It could cause nausea and even paralysis so just don't do it. Do not reheat at this point since you are almost done.

When finished, decant into a sturdy, heatproof container. You now have a very potent and potentially dangerouswitches flying ointment. This ointment is quite strong owing to the combinations of herbsand oils used so act in a responsible way and use it sparingly and only after ritual preparation.

To use, apply first a small amount to the inside of your elbow and wait 24h to check for reactions. Then if it is safe, wash yourself completely in a

shower or bath and dry for 30 min (essential as your skin will push the ointment out instead of absorbing it. Meditate on your intent and cast your circle with someone present who will watch over you. Apply a small amount to your body keeping it away from any sensitive areas, as well as your nose, mouth and eyes. Do *not* ingest this mixture. Once you are ready to come back, remove any remaining mixture and eat some fresh fruit, nuts and bread being careful to avoid meat, caffeine, peppermint (including tea), chamomile tea and chocolate.

Do not use this mix if you are pregnant, breast-feeding, have a history of heart disease or have high blood pressure.

Garlands

Garlands are wonderful decorations for the altar, tables, over doorways, around and down stairways and banisters, the porch and so may other areas. You can make garlands out of

- Construction paper
- Popcorn
- Live or artificial evergreen branches
- Holly
- Candies
- Flowers

Construction Paper Garlands

Materials:

Construction paper

Glue or Stapler or Tape

Tape or Thumbtacks

Select the colors of construction paper you want to use. Cut all the paper into strips between 1 and 2 inches wide. Make the first loop: Fasten the ends together so that the strip forms a circle. If you use glue, let the glue dry a little bit before continuing. All other loops: Pass one end of the construction paper through the previous loop. Fasten the ends into the new loop. Continue until the garland is the length you desire. Attach to walls, shelves, doorways with tape or thumbtacks.

Popcorn Garlands

These can be a lot of fun. To make stringing easier you should use popcorn that is one to two days old because "stale" popcorn strings much easier. Be sure to pop new bowls for snacking during stringing! A variation: Add berries, cereal (the kind with holes in the centers like Cheerios are great-especially for kids) popcorn, and seeds for an outdoor garland for the birds and small animals that share your space. Remember it's winter for them and they will appreciate the treat!

Materials:

Plain popped corn, berries and all the things you will put on the garland

Dental floss or other string like fishing line or thread (extra fine, unwaxed) dental floss it is really hard to break

Large needle (it should be sharp to pierce berries and nuts but if stringing cereal you can just give kids a string or a plastic needle used to sew with yarn)

Measure out a length of stringing material. 4 to 6 feet (an arm's length) is good; any longer and you have problems with the thread knotting up. If you want a really long garland, tie several together.

Thread the needle.

Tie a big knot at the far end. An alternative is to leave a couple of inches at the end and tie a loop

around the first thing you string on the garland.

Pass the needle through the popcorn. If your children are too young to handle sharp needles, they can move the popcorn down the length of the floss to the knot.

Continue stringing until the garland is full.

Hang the garland inside or outside.

Remember that popcorn tends to "melt" in the rain. Also, if it's an outside garland, the creatures will probably eat everything in a couple of days, so if you put it out early, it won't last...

If you are planning the bird-food garland, consider hanging suet (animal fat) from the garland.

Birds really like it when it's cold outside. You might also try things like Fruit Loops, Cheerio's or other cereals

Flower Garlands

An easy garland may be made by using the heads of flowers such as carnations, mini carnations, mini roses or roses. Simply break the heads off fresh flowers close to the calyx of the flower and thread on strong thin string, wire or dental floss. Hang to dry in a warm place out of direct sunlight and be sure to move the flowers very carefully together as they dry. Depending on how dry an area you use it will take from 5 days to 2 weeks for the garland to dry. Hang as desired from mantles, on the Yule tree, etc.

Hand Dipped Candles

You need to obtain the following supplies:

2-4 pounds of Paraffin Wax (the kind used in canning) or beeswax (which is usually expensive).

Candle wick (available at most hobby and craft stores)

oils and herbs (for scent and magickal goals)

candle dye (also expensive) or crayons (for color)

wax paper

a wooden spoon

a double broiler

Begin by melting the wax in a double broiler. If you don't have one, you can use a large pot filled half full of water and a large coffee tin with the wax in it, sitting inside the pot. Heat the water to boiling first and cut up your wax so it will melt quickly. Once the water is boiling, turn the heat down and place the tin of wax inside of it. Keep the water hot enough to keep the wax melted but not so hot that the paraffin catches fire (which it has been known to do over high heat).

While the wax is melting, stir with a wooden spoon (never use metal) & make sure it all is completely melted.

Also, while the wax is melting, mix the herbs (if more than one) in a small bowl. After the wax is completely melted and been checked, break the crayons up and put them into the wax. Keep stirring until all of the crayons have melted and the color is even and smooth, with no streaks. Keep in mind that the candle will be a shade or so lighter when dry. The more crayons - the deeper and richer the color, so experiment.

Next, add the herbs to the wax. Empower with your energy and magickal intention while mixing the wax. Stir with the wooden spoon until it is thoroughly mixed. Next add 10-20 drops of essential oil (please, no synthetics when making candles for magickal or ritual use) to the wax until it smells strongly of the fragrance intended. Now your wax is ready.

Start with a long piece of wick - twice the size of your desired candle length plus 3 inches (you will be making 2 candles at once). Bend the wick in the middle and hold it by the bend. Dip the wick into the wax and then lift back out. Getting started is the hardest because the wick will float on top of the wax until it has enough wax on it to weigh it down. Allow it to get completely cold between dippings when you first start.

After your candle has started to take shape you can speed up the process a little. I keep a pan of cool water nearby and dip the candles in the water after each dipping in the wax. While this speeds up the process a little, candle making is a slow process but very well worth the time and energy you put into it.

Keep dipping the candles and allowing them to cool & then dip again. When you have achieved

the proper size, hang them to dry until the wax has set but the candles aren't too hard. Then roll them on the wax paper to smooth out the shape. Once the candle shape is to your liking, dip 1 or 2 more times to make sure your candle is smooth. Trim off any excess wax to make a bottom with a sharp knife. Cut the wick and hang your candles to dry. You are done!

I have made bath bombs before and had encountered several problems. They either seemed to not want to hold together, got rancid too quickly, or when mixing the wet and dry ingredients together for the fizzing variety they would start to foam as I was mixing! After ruining several batches of ingredients I have found these tips and hints to be most valuable.

Using your hands to mix your wet and dry ingredients will help you to really "feel" when it is time to stop adding your moisture. You need to add just until the ingredients feel like wet sand and barely hold together when you squeeze them in your palm.

You may have to add a bit more or less of your wet ingredients depending on the time of year and what type of climate you live in. The more humidity you have the less wet ingredients you will need.

Adding Epsom salts adds a bit of shine to the bomb and also seems to make the fizzing action more vigorous. It also seems to shorten the drying time required.

If you want to add sea salts you should break them up so the grains are no larger than those of the Epsom salts. You may wish to use a pestle or a blender for this.

Put glycerin into the water that you're using to spritz your bath bombs to help them to bind.

Mix your wet ingredients in a plastic spray bottle and spritz your dry ingredients rather than trying to pour or drizzle the wet ingredients into your mixture.

Add the citric acid AFTER you have already spritzed and mixed the water/glycerin in if you are having real problems with the foaming starting. This keeps the acid from activating and foaming all over before you can mold the bombs.

Using cocoa butter in bath bombs instead of almond oil will avoid rancidity problems. With the cocoa butter, the bombs are still moisturizing but have a longer shelf life.

If you want to be sure that the chocolate smell of the cocoa butter does not overpower your herbs, essential oils or fragrance use the deodorized version.

Sieve your dry ingredients at least once. Two to three times is better. I like to add my essential or fragrance oils to my dry ingredients and then sieve them so that the fragrance is distributed very evenly through the mixture.

To mold the bombs there are several methods you can use:

- *Press into ice cube trays
- *Press into a small funnel
- *Pack into an ice cream cone scoop
- *Press very firmly between your hands
- *Push into candy molds
- *Clear plastic two-part Christmas ornament balls make great molds and come in several sizes ranging from 25 to 80 mm

It should not be necessary to oil your molds. Oiling them usually results in discoloration of the bomb where the oil "sinks" in and may also cause some soggy spots if the oil were to pool in crevices of molds you use (such as with designs found in candy molds).

After molding turn out onto wax paper, baking parchment or plastic wrap on either a rack or baking sheet or other flat surface.

You can usually dump the bombs out of your molds about 5 minutes or so after molding. Be careful not to crack or break the bombs apart when doing so.

If you prefer you may put your bombs into the freezer for 2 hours in the molds to help keep them together. Take the molds out and carefully tip the bombs out. This is especially helpful when using candy molds with intricate designs.

Let your bombs dry at least 4 days in a very dry place. Some of the smaller ones may be ready before this-actually in a day or two-but the added drying time seems to help them from crumbling later.

Store the bombs in a closed container to keep fresh or wrap individually in cellophane bags or wrap.

~~~~~

### Fizzing Bath Bombs Recipe

2 cups baking soda  
1/2 cup cornstarch  
1/2 cup citric acid  
2 teaspoons deodorized cocoa butter, melted  
4 teaspoons of scent of your choice of essential oil or fragrance oil  
Between 1 to 2 tablespoons distilled water  
3to 6 drops liquid colorant (like food coloring) if desired

Mix the baking soda, cornstarch, and citric acid together in glass or stainless steel bowl. Sieve together adding fragrance a little at a time. Mix your wet ingredients in a spray bottle including the coloring. Spray and dry mix until it feels like wet sand and just begins to hold together. Mold and allow to dry thoroughly. Wrap or store in an airtight container.

### How To Infuse Oils

Infused oils are produced by soaking the plant material in a carrier oil over a period of time and is probably the oldest method of extraction and was used thousands of years before distillation and other methods were devised.

Oil infusions can be prepared by hot or cold methods.

These oils are very effective because they extract the herbal constituents and volatile oils from the herbs. They contain many properties that essential oils do not, and are not as strong as essential oils so they can usually be used without further dilution. Another advantage of using infused oils is that is possible to use many plants that yield either very little or no essential oil but which are immensely useful. Infused oils can be added to recipes, used for cooking, used in balms, salves and creams or massaged into sore body parts.

### Tips For Making Herb Infused Oils

Well dried or thoroughly wilted herbs are the best to use to make infused oils as the water content in fresh herbs could cause bacteria to grow and spoil the oil. I personally prefer to use dried herbs.

The carrier oil you use will make a huge difference in the shelf life of your infused oil.

Refrigeration of the oils will ensure a much longer life as oxidation and rancidity will be retarded.

Remember! When using the heat method if the oil overheats you will lose some of the important volatile properties of the herbs

Hot Method tends to lose a lot of the natural perfume of the plant material while the cold method retains more of the scent.

When using the cold method of infusion remember that unless the herbs are completely submerged they will mold. Also be sure to leave as little air space as possible in the top of the jar for the same reason.

#### Hot Method #1

To begin, tightly fill a large sealable jar with selected herb flowers or leaves. Place the jar up to the neck in a saucepan of water and bring to a medium temperature. Simmer for up to three hours. Strain through filter paper or cloth into a brown glass bottle.

#### Hot Method #2

Place herbs in a crock pot on the lowest setting and cover completely with oil. Allow to remain, incoved on the lowest setting for 12 hours or longer being careful not to scorch the oil and plant materials.

#### Cold Method

Put either lightly bruised herbs or dried herbs in a jar and cover to about 1 to 2 inches above the plant material with a slightly warmed, light weight and scentless oil such as grapeseed or almond. Cover closely with a well fitting lid. Put in a sunny spot for one week. Bring the jar in at night if you prefer or allow the moon's energy to infuse into the oil as well. A sunny window makes a great substitute in cold weather.

#### Creating a Beautiful Hand Etched Chalice

Items needed;

Soft flat paint brush approx. 1/2 inch wide  
Wine glass or other appropriate glass to etch  
Etching cream (I used Armor Etch brand)  
Printable image  
Printable Sticker(s)  
Home PC or Copier  
Newspaper to cover work area  
Masking Tape  
Xacto Knife and a NEW blade  
Water

lean the glass in order to remove all grease, dust, and any finger prints.

Select the design you would like to use. In this case I used a pumpkin carving design that I found online. Using a computer or photo copier shrink the design to fit the area of your glass you intend to etch.

Print onto the sticker or label of your choice (you can use left over labels from other projects.) I used a full sheet label in this case and printed more than one of the stencils since I wanted to etch several glasses.

Cut the stencil from the larger sheet

Measure your glass and stencil and determine where you would like the etching to be located.

Remove the sticker from its backing and place the tacky side against the glass.

Once you have secured the stencil in place you will want to rub it down so there are no air pockets or bubbles at all.

Next take four pieces of masking and tape around the stencil if your printed pattern is less than 1 inch from the edge of the stencil, overlapping the tape on the stencil material by 1/16" to 1/8". This overlap is very important because it prevents the etching cream from seeping onto the glass and etching unwanted areas!

Using an x-acto knife with a new blade cut around and then carefully remove all the black areas of the printed design area. Be careful not to cut into any of the white area because the etching cream will seep into those areas and leave fine lines where you do not want them.

It is important the blade of the knife be very sharp or you will have trouble removing the areas of the design so you can etch them. Clean sharp lines are very important for this project and each glass will probably need a new blade if you are making more than one of these at a time.

You may check the back of the design through the glass to see how it is coming along.

Hint: It is generally best to start in the center of the design and cut out all the smallest pieces first. Applying the Glass Etching Cream: For best etching results one should use the cream at a room temperature of 65 degrees or above.

Cover your work area with newspaper or some other covering and be sure to work in a well lit, well ventilated room near a water source. Wear protective goggles and plastic gloves.

Using a soft brush apply the etching cream liberally

You must apply a thick layer of etching cream in order for the chemical to react properly on the glass project. You should not be able to see the design through this layer of etch cream. If there is not enough cream used there will be swirls rather than a fully etched item. Also be aware that the cream can run so applying it too thickly is not a good idea either.

Washing off the etching cream: Leave the etching cream on according to the bottle directions. Once the item has been left for the specified time wash off all traces of etching cream under cool to warm water.

Remove stencil and tape:

After washing off all the etching cream, peel back and remove masking tape along with the remaining stencil pieces.

Your finished project is ready for use once you wash the glass completely and cleanse and consecrate it accordingly.

## Create Your Own Crystal Wand

Crystal Wands are one of the most powerful forms of 'light tools' presently known to mankind.

The wand itself consists of a hollow copper tube of about one foot in length. The copper tube should be around three-quarters of an inch in diameter.

A quartz crystal of at least three inches in length and around three-quarter of an inch wide, clear and with reasonably unchipped facets, should be affixed to one end of the copper tube. At the other end of the copper tube is either a copper cap or another quartz crystal.

Either single - or double terminated quartz crystals may be used. The whole copper tube is insulated by a leather strip wound completely around the wand.

The very best way to discover exactly how a crystal wand functions - and its tremendous potentialities as an 'energizer' - is to make one for yourself. By constructing your very own crystal wand you will soon find that it then becomes much easier to merge your own vibrations with that of your wand.....

To make your own personal crystal wand first take your hollow copper tube and, with a hacksaw, cut two lengthwise strips at one end of the tube, about three inches deep. Then, with a pair of pliers, bend the sides outwards so as to allow your quartz crystal to slide into place.

Before doing so, however, you must glue the sides of your quartz crystal and then gently slide the crystal into its place within the copper tube. You must now bend the sides back into place and ensure that at least one inch of your crystal protrudes at the end.

At the other end of the copper tube, either glue the copper cap into position or affix another quartz crystal.

Finally, take your leather strip (any colour will do) which needs to be about three feet in length and place a small amount of glue at intervals along one side. Then tightly wrap the leather, in spiral fashion, around the copper tubing.

Your crystal wand is now ready to be used!

When your crystal wand is lying by itself without you holding it, it is in what I would describe as the 'passive' mode but as soon as you pick up your crystal wand it becomes operational and is in an 'active' mode.

Crystal wands are extremely simple to operate. All that you need to do is to pick up your wand, focus the crystalline energy by visualizing a blue/white light of energy radiating from the apex of the quartz crystal in your wand, and you have now created your own powerful ray of energy and power.

You must ,however, be very sure that you use your new 'tool' and crystal friend very wisely!

At my very first crystal healing workshop, when I had only just constructed my very first crystal wand, I was holding my wand in my right hand whilst I was talking and, without thinking, I must have directed the wand at the third eye chakra of one of the students present.

With a 'yell' the student nearly toppled back on his chair. Apparently he had experienced a tremendous burst of energy and power emanating from my wand which had almost thrown him back into his seat!

It is therefore very important that you are extremely careful where you point your crystal wand

when you are holding it.

For ordinary crystal healing purposes I use my wand in much the same way as if I were using a normal quartz crystal. I take my wand in my right hand and I move the wand around the perimeter of the patient's body, in a clock-wise direction - for a few moments.

I then focus the crystalline energies of my wand through the apex of the quartz crystal and direct these energies into the body of the person whom I am treating. I find that about fifteen minutes is sufficient at any one treatment session.

After directing the crystal healing energy into the patient I finish the treatment session by once again moving the wand around the perimeter of the patient's body, again in a clock-wise direction, for a few moments.

Using this technique the patient's body becomes surrounded by a 'sea' of crystalline energy and this energy penetrates every fibre of the patient's inner and outer being; and, in most cases, deep,lasting, healing occurs.

As soon as I pick up my crystal wand I can feel the whole wand begin to vibrate and pulsate. My hands start to tingle and I feel alive with crystalline energy and power. I channel my own healing energies into the wand which then becomes even more powerful and thus by the time the healing rays are projected through the quartz crystal at the end of the wand I can sense that I have managed to create a wonderful source of power and energy.

I am often asked at my workshops and seminars why it is necessary to insulate the wand with leather. Insulation is essential for your own personal protection as I have found out myself from painful experience.

When you are working with your crystal wand for any length of time a great many subatomic particles accumulate within the copper tube and, on occasions, if you were to touch the actual copper you may receive an electrical type shock. This has happened to me on more than one occasion in my experimental work. So be warned!

The results that you are able to obtain by using a crystal wand depend very much upon your own ability in being able to attune yourself at a high enough level with all the vibrational energies at your disposal. Like everything else in our earthly life, the more you practise, the more you achieve!

As your energies become stronger, your wand will grow more potent too! Crystal wands never ever breakdown, never need an external power source (eg batteries or electricity) and may be used twenty-four hours a day, seven days a week.

The possibilities are unlimited. Experiment with your crystal wand. Stretch your imagination and inventiveness beyond their normal range. Allow yourself to become at one with your crystal wand. Establish a complete rapport and empathy with it.

Crystal wands may, from time to time, be used for purposes other than for healing. For example, one evening I had to give a talk at a town some 50 miles from where I live. I was running late!! I had been unavoidably delayed and I knew that time was short. I came off the motorway and found myself engulfed in traffic being delayed by a continuous stream of red traffic lights.

By a strange coincidence my crystal wand was lying on the front passenger seat next to me. Without really thinking about what I was doing I idly picked the wand up with my left hand and focused it on the next red traffic light that I came across. It turned to green immediately!

And so it went on. Every red traffic light, virtually instantaneously, turned to green as soon as I

directed the crystal wand in its direction. I thus managed to arrive at my meeting dead on time. Strange, but true!

Why not construct your very own crystal wand now - and discover for yourself all that it can do?

## Incenses

Most of the recipes below are for loose incense that is to be burned on charcoal tablets.

Incense has been used for centuries and can be used for many purposes including aromatherapy, reduction of stress, easing depression, repelling mosquitoes, enhancing meditation or prayer, and improving concentration.

Incense burns hot and produces ash that can fall off as it burns, so you'll need a container or surface that is fireproof. A heavy ceramic bowl filled with at least an inch of sand, salt or ash works well. Metal or ceramic censers can be purchased that either hang on a light chain or have feet to hold them safely above a table surface. Other options might be shells or concave shaped stones (either natural or drilled for this purpose). Be sure that what ever you use is on a safe surface.

If you have a tendency toward allergies, use incense cautiously at first. The oils and resins are potent and concentrated, and inhaling the smoke can sometimes irritate sensitive respiratory systems.

Please note that I have given credit when I know the origin of the recipe. \*Cunningham-denotes items that have been attributed to Scott Cunningham-author of Incense, Oils and Brews (among others). I am not sure if they are all this author's but since they have been attributed to him else where I have given credit-If you have other information please contact me and I will make any corrections necessary.

The recipes are listed directly below alphabetically.

## Incenses

Mugwort Incense  
for Opening Psychic Channels

3 parts mugwort  
2 parts sage  
1 part sandalwood  
1/2 part rosemary

Horned God Incense  
Unknown

1 Part Patchouli leaves  
1 Part Golden Rod  
1 Part Oak Bark  
1 Part Myrrh  
2 Parts Damiana  
Few drops of Amber Oil

Full Moon Incense 3 (soothing)  
Unknown

3 parts Frankincense resin  
1 part Sandalwood powder

Sun Incense (energizing)  
Unknown

3 parts Frankincense resin  
2 parts Sandalwood powder  
1 part Bay leaf  
1 pinch Saffron  
few drops of Orange essential oil

Prosperity Incense 2 (optimistic)  
Unknown

2 parts Frankincense resin  
1 part Cinnamon powder  
1 part ground Nutmeg  
1 part Lemon Balm

Shiva Blend (assertiveness)  
Unknown

5 parts Sandalwood powder  
2 parts Myrrh resin  
1 part ground Cloves

Meditation or Prayer (spiritual)  
Unknown

3 parts Myrrh resin  
1 Part Cinnamon powder  
3 parts Frankincense resin

Kyphi Incense  
Author Unknown  
(Kyphi Tsa)

This recipe was reconstructed from ancient Egyptian papyri. Although an ingredient or two may not have translated correctly, this should be pretty close to the actual incense used in Egyptian temples.

Ingredient  
3/4 Parts Honey  
3 Parts Raisins  
1/4 Part Copal  
1/4 Part Myrrh  
1/4 Part Orris  
1 Part Sandalwood

1/4 Part Storax  
1/2 Part Frankincense  
1/2 Part Cinnamon  
Red Wine (enough to moisten mixture)  
Benzoin (enough to roll balls in)

Thoroughly grind all ingredients separately, then mix together groups of ingredients by nature: resinous together, powdery together, etc. Finally, mix all batches together, add red wine to moisten, then roll into 5/8" balls and roll balls in benison. Lay out on waxed paper for a week or so, until firm.

CAUTION: Incense balls will look like donut holes. Be careful that folks know that these scrumptious looking balls of incense that you've left laying around are NOT edible!

The balls can be used when firm, but for best results, they should be allowed to cure a few weeks. Kyphi I've had for two years is better than ever.

Jupiter Incense 1  
Dawn Walenda

Equal Parts:  
Anise  
Cinquefoil  
Sarsaparilla  
Sassafras  
Star Anise

Jupiter Incense 2  
Dawn Walenda

Equal Part  
Maple Leaves (dried and powdered)  
Sage, Clove, Nutmeg, Oakmoss

Fall Sabbat Incense  
\*Cunningham

3 parts frankincense  
2 parts myrrh  
1 part rosemary  
1 part cedar  
1 part juniper

House Purification Incense  
\*Cunningham

1 part cedar  
1 part sandalwood  
1 part myrrh

## Spring Sabbat Incense

\*Cunningham

3 parts frankincense  
2 parts sandalwood  
1 part benzoin  
1 part cinnamon  
a few drops patchouly oil

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The recipes are listed directly below alphabetically but are on the page as I find, make them or receive them from other sources. Enjoy ! :)

Abramelin  
Altar  
Autumn  
Banishing  
Banishing 2  
Circle  
Clearing  
Divination  
Divine  
Domestic Tranquility  
Dreaming True  
Eightfold Hearth  
End Negativity  
Exorcism  
Fall Sabbat

Fast Money  
Fertility(Prosperity)  
Full Moon  
Full Moon 2  
Full Moon 3  
Goddess  
Healing  
Help  
Hex Breaking  
Horned God  
House Blessing  
House Blessing 2  
House Blessing 3  
House Cleaning  
House Purification  
House Purification 2  
House Purification 3  
Iron Protection  
Isis  
Jinx Removing  
Jupiter 1  
Jupiter 2  
Keep Away Hate  
Keep Away Trouble  
Kyphi Incense  
Law Stay Away  
Love  
Lunar Dream  
Marital Bliss  
Meditation/Prayer  
Mugwort Psychic  
New Orleans Protection  
Pax (peace)

Pagan Power  
Peace & Protection  
Penny Royal Protection  
Purification-simple  
Purification 1  
Prosperity  
Prosperity 2  
Prosperity 3  
Prosperity 4  
Protection  
Psychic Portal  
Rosemary Protection  
Samhain  
Sandalwood Protection  
Shiva Blend  
Solstice Citrus  
Spring  
Spring Sabbat  
Sun  
Total Protection  
True Love  
Uncrossing

Uncrossing 2  
Universal Ritual  
Wealth  
Winter Solstice

Abramelin  
(named after some great mage that I have no other info about-sorry)

2 parts myrrh  
1 part wood aloe (expensive)  
a few drops cinnamon oil  
(Use this incense to consecrate and purify the altar and tools)

Altar Incense  
\*Cunningham

3 parts frankincense  
2 parts myrrh  
1 part cinnamon

Circle Incense  
for general use  
\*Cunningham

4 parts frankincense  
2 parts myrrh  
2 parts benzoin  
1 part sandalwood  
1/2 part cinnamon  
1/2 part rose petals  
1/4 part vervain

Housecleaning Incense  
\*Cunningham

3 parts frankincense  
2 parts copal  
2 parts myrrh  
1 part sandalwood

Hex Breaker Incense  
\*Cunningham

2 parts sandalwood  
1 part bay  
1 part rosemary  
(This will banish any unwanted influences, human or otherwise, that are causing you undue trouble)

Full Moon Incense  
\*Cunningham

3 parts frankincense-ground  
1 part sandalwood

Healing Incense  
\*Cunningham

2 parts juniper berries  
1 part rosemary

House Blessing Incense  
\*Cunningham

3 parts frankincense  
2 parts dragon's blood  
1 part myrrh  
1 part sandalwood  
1 part wood betony  
1/2 part dill  
a few drops of rose oil

Isis Incense  
\*Cunningham

3 parts myrrh  
2 parts sandalwood  
1 part frankincense  
1 part rose petals

Love Incense  
\*Cunningham

2 parts sandalwood  
1/2 part basil  
1/2 part bergamot  
a few drops rose oil  
a few drops lavender oil

Simple Purification Incense  
\*Cunningham

2 parts sandalwood  
1 part cinnamon

Prosperity Incense

\*Cunningham

2 parts frankincense  
1 part cinnamon  
1 part nutmeg  
1 part lemon balm  
1/2 part orange peel  
1/2 part lemon peel

Protection Incense  
\*Cunningham

2 parts frankincense  
1 part sandalwood  
1/2 part rosemary  
1/2 part comino

True Love Incense  
\*Cunningham

1 part cinnamon  
1 part orris root  
a few drops patchouly oil

Universal Ritual Incense  
\*Cunningham

3 parts frankincense  
2 parts benzoin  
1 part myrrh  
1 part sandalwood  
1 part rosemary

Wealth Incense  
\*Cunningham

2 parts pine needles  
1 part cinnamon  
1 part ginger  
a few drops patchouly oil

Full Moon Incense #2  
\*Cunningham

2 parts sandalwood  
2 parts frankincense  
1/2 part gardenia petals  
1/4 part rose petals  
Domestic Tranquility

\*unknown

3 parts Sage  
1 part Rue  
2 parts Ground Ivy  
1 part Bayberry  
5 parts Linden  
Few drops of Bayberry oil

Eightfold Hearth Incense

\*unknown

Burn for a safe, warm, loving home.

2 parts Dragons Blood Resin  
12 parts Juniper  
2 parts Sassafras  
2 parts Orange Flowers  
2 parts Myrrh Resin  
5 parts Rose Petals  
House Purification 1  
\*unknown

3 parts Frankincense  
1 part Myrrh Resin  
2 parts Dragons Blood Resin  
1 part Sandalwood  
1 part Betony  
1/2 part Dill Seed  
Few drops of Geranium Oil and Rose Oil  
Exorcism  
\*unknown

Burn with windows open to drive out very heavy negativity.

3 parts Frankincense  
1 part each Rosemary, Avens Mugwort, St Johns Wort, Angelica, Basil, Bay Leaves  
Purification 2  
\*unknown

Burn with windows open to clear a disturbed home.

2 parts each Sandalwood, Bay  
1 part each Cinnamon, Vervain  
1 pinch Salt

End Negativity

\*unknown

1 part each Bay Leaves, Cloves  
2 parts Oregano  
4 parts each Thyme & Marjoram  
Banishing  
\*unknown

1 part each Bay Leaves, Rose Petals  
2 parts each Cinnamon, Myrrh Resin  
1 pinch Salt  
Uncrossing 1  
\*unknown

1 part each Orris & Tonka Beans (ground)  
2 parts each Ginger Root (ground) & Frankincense  
Marital Bliss  
\*unknown

Burn at night when you go to bed.

1 part each  
Vanilla Bean (ground), Khus Khus,  
Narcissus  
2 parts Wintergreen  
House Blessing 2  
\*unknown

1 part each Lavender, Basil, Hyssop  
few drops Cucumber or Melon Oil  
Jinx Removing  
\*unknown

1 part Deerstongue  
2 parts Cloves  
few drops Rose Geranium Oil  
Pax (peace)  
\*unknown

1 part Lavender, Lemon, Violet, Cardamom  
2 parts Orris Root (ground)

Uncrossing 2  
\*unknown

1 part Verbena & Rose  
2 parts Lavender & Bay Leaf  
Banishing 2  
\*unknown  
Use outdoors to rid yourself of negative thoughts and habits.

16 parts Nettle & Blessed Thistle  
8 parts Bay  
1 part each  
Belladonna and Aconite (both are poisonous, don't inhale)  
Clearing  
\*unknown  
Burn with  
windows open to remove negativity.

1 part each  
Frankincense, Copal Resin, Myrrh Resin, Sandalwood  
New Orleans Protection  
\*unknown

2 parts Myrrh  
1/2 part Bay Leaves  
1 part each Cloves & Cinnamon

Iron Protection  
\*unknown

1/4 part Iron Filings  
1 part Galangal Root  
Citronella Oil few drops

Pennyroyal Protection  
\*unknown

2 parts Verbena or Vetivert  
1 part each Galangal & Pennyroyal  
1/4 part Rue  
1/2 part Cinnamon

Rosemary Protection  
\*unknown

2 parts Rosemary  
1/2 part Orris Root (ground)  
1 part each Basil & Frankincense

Peace & Protection  
\*unknown

4 parts Lavender 4,  
3 parts each Thyme & Basil  
2 parts Vervain  
1 part Frankincense  
1 pinch each Rue & Gum Benzoin  
few drops each Bergamot Oil & Jasmine Oil

Sandalwood Protection  
\*unknown  
3 parts Sandalwood  
2 parts Juniper  
1 part Vetivert

Total Protection  
\*unknown

2 parts Frankincense

1 part Dragons Blood Resin  
1/2 part Wood Betony 1/2

Spring

\*unknown

(for vibe-cleaning your house after winter)

1 part each bay, benzoin, lavender, cedar  
a small pinch of thyme

Autumn (Mabon)

\*unknown

2 parts white sage (Native American type, not culinary sage!)

1 part patchouli

1 part dried oak leaf

1 part lavender

a pinch of copal if desired

House Purification 3

\*unknown

1 tbsp pine needles

1 tbsp juniper

1 tbsp cedar

Prosperity 3

\*unknown

1 part Cassia chips

2 parts Frankincense

1 part Orange peel

1 part Allspice

3 drops Orange Spice oil

2 drop Cinnamon oil

1 drop Myrrh oil

Prosperity 4

\*unknown

3 cups water

4 tbsp cardamom seeds

2 tbsp whole cloves

2 cinnamon sticks

3 nutmeg berries

1 tsp ginger

Simmer ingredients together on the stovetop or in a potpourri pot.

Dreaming True

\*unknown

- 1 part camphor
- 1 part powdered Aloes wood
- 1 part jasmine
- 1 part pulverized cucumber seeds
- 1 part Sandalwood

Psychic Portal

\*unknown

- 1 tsp lavender blossoms
- 1 tsp cinnamon
- 1/4 tsp sage SACRED SPACE
- To clear and make an area pure
- 4 tbsp cedar chips
- 1 tbsp Thyme
- 1 tbsp Sage
- 1 tsp Rosemary
- 1 tsp Cinnamon
- 1 pinch Salt
- 1 pinch Tobacco

Samhain

\*unknown

- 1 part each of the following:  
Nettles, Bayleaf, Calendula, Sage, Tarragon, Oak Leaf
- 2 drops Frankincense or Myrrh oil

Solstice Citrus

\*unknown

- 1 tbsp dry Orange Peel
- 1 tbsp dry Grapefruit Peel
- 1 tbsp dry Lemon Peel
- 1 tbsp dry Tangerine Peel
- 1 tsp Orange extract
- 1 tsp Lemon extract

Keep Away Trouble

\*unknown

- 8 parts southernwood (no substitutions)
- 4 parts lavender
- 2 parts benzoin

2 parts sandalwood  
1 drop sweet pea or violet oil

#### Keep Away Hate

\*unknown

8 parts southernwood (no substitutions)  
4 parts lavender  
2 parts benzoin  
2 parts sandalwood  
1 drop sweet pea or violet oil  
1 part slippery elm  
a pinch of dragon's blood

#### Law Stay Away

\*unknown

4 parts southernwood  
2 parts sandalwood  
1 part dragon's blood  
1 part cinquefoil  
1 or 2 drops rose oil

#### Fast Money

\*unknown

this is for survival money, not to feed greed

3 parts pine resin or powdered pine needles  
1 part nutmeg  
1 part cinnamon  
1 part sassafras  
1 drop honeysuckle oil in 3 to 6 drops honey  
(mix this very very well)

#### Fertility (Prosperity)

\*unknown

2 parts nutmeg  
2 parts sandalwood  
2 parts minced dried fig  
1 part cinnamon  
1 part honey  
a pinch of hawthorn leaf

If for fertility a splash of peach brandy/cordial, just enough to moisten Mix well in a waxing moon and let dry before bottling. For fertility, burn this incense during lovemaking.

#### Help

\*unknown

2 tbsp Cinnamon

2 tbsp Vanilla Extract  
1 tbsp Rosemary  
1 tbsp Thyme  
1 tsp Cloves  
1 tsp Ginger  
1 tsp Allspice  
1 pinch Salt

House Blessing 3  
\*unknown

2 tbsp dry lemon peel  
1 tbsp Rosemary  
1 tbsp Almond extract  
1 tsp Cinnamon  
1 pinch Garlic skins  
1 tsp Anise seeds  
1 tsp Allspice  
1 tsp Coconut extract  
1 pinch Salt

Lunar Dream  
\*unknown

camphor  
jasmine  
powdered aloe-wood  
pulverized cucumber seed powdered white sandalwood

Divination  
unknown

1 part patchouli  
1 part cinnamon  
1 part juniper  
1 part sandalwood  
A few drops of clove oil

Divine  
\*unknown  
To honour your personal Deity

Dry peel of one Orange  
1 tsp Nutmeg  
1 tsp Vanilla Extract  
1 tsp Almond Extract  
Petals of one Carnation  
Petals of one Rose

Goddess

\*unknown

1/2 dram Cypress oil  
1/2 dram Olive Oil  
1/2 ounce dried Rose petals  
1/2 ounce White Willow Bark  
3 dried Rowan berries

Pagan Power

\*unknown

For Ritual Energy

1 tbsp Cinnamon  
1 tbsp Anise Seed  
1 tsp Nutmeg  
1 tsp Ginger  
1 tsp Lemon Peel  
1 tsp Lemon Extract  
1 tsp Peppermint Extract  
Dry petals of 3 white roses

Winter Solstice

\*unknown

1 part each of the following:

Pine Needles,  
Cinnamon,  
Apple Rine,  
Myrrh,  
Frankincense

~ Imbolc Potpourri ~

45 drops of Musk oil 'or' Myrrh oil  
2 cups dried Heather  
2 cups dried Wisteria  
1 cup dried Oakmoss  
1 cup dried yellow Tulip petals  
1/2 cup dried Basil  
1/2 cup chopped Bayleaves

Lavender Wands

You will need:

Dried lavender, stalks and flower heads;

20 pieces for each wand.

Floral Wire

Ribbon in the color of your choice  
(the length needed will vary)

Instructions:

Hold approximately 20 stems of dried lavender in your hand and arrange flower heads so that they form a pleasing bouquet. Once you are happy with the arrangement, wrap floral wire around the stems tightly. Weave ribbon around stems and tie a bow at the base of the stems. Try to obscure the wire with the ribbon when possible.

Magickal Inks

Beware! Some of these inks may be corrosive and harmful to expensive writing and drawing equipment. There may also be toxic environmental effects in mixing them. Before experimenting with these recipes, you must consider the risks and accept responsibility for whatever happens.

Beet Juice Ink

Beet Juice/Dried Beets ground down  
Gum Arabic  
Few drops of rivier water

Mix dry ingredients then wet with water slowly in cauldron/pot of metal, then heating slowly place under moon and sun for three days and nights.  
(\*sorry about this sketchy info folks-I got this from a mailing list I am on-source unknown and there were no measurements for it-I have done this using 1 part to 1 part with enough water to make it thin enough to use and it seems to have worked well.)

Dragon's Blood Ink  
source unknown

Dragon's Blood resin is a plant latex. It is more soluble in some inks than others so experiment a little. It contains contaminants and plant fibers that will clog pen nibs and quills. The following steps help to eliminate some of the impurities:

- a. Grind Dragon's Blood resin into a fine powder with a large pestle and mortar.
- b. Measure out 1 very heaping teaspoon of the powdered resin, store any remaining powder for future use.
- c. In a clean pestle & mortar, add the heaping teaspoon of powdered resin and one ounce of the finest red calligraphy ink you can find. Grind for about 15 minutes being careful not to splash or spill the ink. Store in a jar for a day or more, shaking occasionally. A full lunar cycle of "steeping" is great!
- d. Filter out the undissolved plant materials with a fine paper coffee filter. This is a messy, but necessary, process. Filtering can take a few hours so cover the filter with plastic wrap to prevent the ink from drying.
- e. If you look closely, the coffee filter will contain very fibrous particles, like very small strands. These dry to an orange-brown color rather than the deep blood red of normal Dragon's Blood resin, even after soaking in red ink! This is the plant fibers and contaminants. You should have

about 1/2 the amount of residue left in the filter as resin you put in. In other words you added a heaping teaspoon of resin powder and the filter should contain about 1/2 teaspoon residue. Dragon's Blood is a natural product so the contaminants can vary widely.

f. If you would like a realistic "true blood" color, add a few drops of brown calligraphy ink. Start with just a drop or two and adjust the color as desired.

### Invisible Inks

Remember writing in lemon juice, scorching the paper and having it show up? Well you can use a lot more than lemon juice! You can also use grapefruit juice, acetic acid (white vinegar), onion juice, and milk.

\*mix 4 measures of table salt in a test tube 1/2 full of water, use as ink. When the writing is dry, rub over it lightly with a soft lead pencil and the writing will stand out.

\*to create invisible "blue" ink -dissolve one measure of sodium ferrocyanide in a test tube 1/2 full of water. Using a toothpick, write a message with this solution on a blank sheet of paper. Make another solution by dissolving one measure of ferric ammonium sulfate in a test tube 1/2 full of water. Dampen a piece of blotting paper with this solution and press it on the first sheet of paper. Your writing will turn blue.

\*to make your secret messages disappear - dissolve 1/2 measure of ferric ammonium sulfate and 1/2 measure sodium ferrocyanide in a test tube 1/4 full of water. Using a toothpick, write a message with this solution on a blank sheet of paper. To make the writing disappear, say your magic words as you wipe over it with a mixture of two measures of sodium carbonate in a test tube of 1/4 full of water.

\*to create a special ink that disappears when you breathe on it: Make an ink by dissolving 3 measures of cobalt chloride in a test tube 1/2 full of water. Using a toothpick, write a message with this solution on a blank sheet of paper. Carefully hold the paper near an electric light bulb. Your message will appear in blue. The blue writing will disappear again if you blow on it.

### Lavender Ink source unknown

Scented ink will give a delicate, intangible fragrance to your personal writings, a fragrance that will waft out as soon as the envelope or pages are opened. It will linger mysteriously over the pages of your Book of Shadows.

#### Ingredients:

1/2 oz (15g) dried lavender flowers  
6 tbsp water  
1 small bottle ink (can use Dragons Or Doves Blood ink)

#### Directions :

Crush the lavender and put into a saucepan with the water. Bring them to the boil and simmer for about 30 minutes or until you have 2 tablespoons brown, opaque liquid left. Strain, pressing down well. Mix the liquid with the ink.

### Prosperity Ink

source unknown

- a. Grind one pinch of each of the following herbs with a pestle & mortar: basil, alfalfa, cinquefoil, cinnamon powder, clove powder, and galangal powder (a.k.a. Low John the Conqueror Root)
- b. Add 1 very heaping teaspoon of the powdered herbs to one ounce of the finest green calligraphy ink you can find. Grind for about 15 minutes being careful not to splash or spill the ink. Store in a jar for a day or more, shaking occasionally. A full lunar cycle of "steeping" is great!
- c. Filter the ink with a fine paper coffee filter. This is a messy, but necessary, process. Filtering can take a few hours so cover the filter with plastic wrap to prevent the ink from drying.
- d. In each bottle of ink, place a small piece of aventurine stone. ( small beads work well for this)

### Make Your Own Besom

#### Materials:

4ft dowel- 1" in diameter or a tree branch of the same approximate size

ball of twine

scissors,

straw, thin willow twigs, broom corn or pliable herb stock.

Take the straw or other herb stalk that you have chosen and soak overnight in luke warm salted water. The water swells the stalk slightly for bending without breakage, and the salt dispels former energies. When ready, remove stalks from the water and dry for just a bit. Not too much or the stalk will stiffen up, again. Place the dowel on a table where you have room to work. Start lining the stalks along the dowel , about 3 inches from the bottom, moving backwards. Begin binding the stalks to the dowel with the twine. Tie very securely. You may add as many layers as you like, depending on how full you want the Besom to be. When stalks are secure, gently bend the top stalks down over the binding. When all have been bent over, secure the stalks again with more twine a couple of inches under the first binding. Allow to air dry for a day or two. The dowel can then be stained, painted, or carved into to make personal. Remember to concentrate and charge at the next full moon

### Make Your Own Robe

Robes are another item that is not required but many individuals like to have. They may be made of any fabric. Some will choose to have only natural fibers for their robes. Remember if you will be wearing the fabric next to your skin to choose fibers that will be comfortable. Also depending on your climate you might like to have a robe for warm weather and one for cool weather. A light weight robe that can be worn over street clothing in cooler weather is also another choice. There are others who like to have different robes for different seasons. This is generally considered quite a luxury, however!

Robe colors are another matter. Some prefer to choose according to the season and others prefer black or white. I have included a list of colors under Color Magick that you may wish to refer to when choosing robe colors. You might like different colors for different holidays or magickal works. Black is, however, the old stand by, so to speak and many choose it because it is felt that black absorbs power.

It is difficult today to find trims that are of 100% natural fiber so any trims would probably have some man made materials in them for those choosing to have a more decorative robe. There is nothing wrong with this, it is once again, up to the individual what he or she prefers or up to the coven leaders and members if you are a member of such a group. I have included a pattern here for a very simple robe that almost anyone can make. There is not really pattern to trace or follow and most of the seams are straight- actually a very good beginning sewing project even for younger members of the household. Enjoy!

Figure 1

The Robe

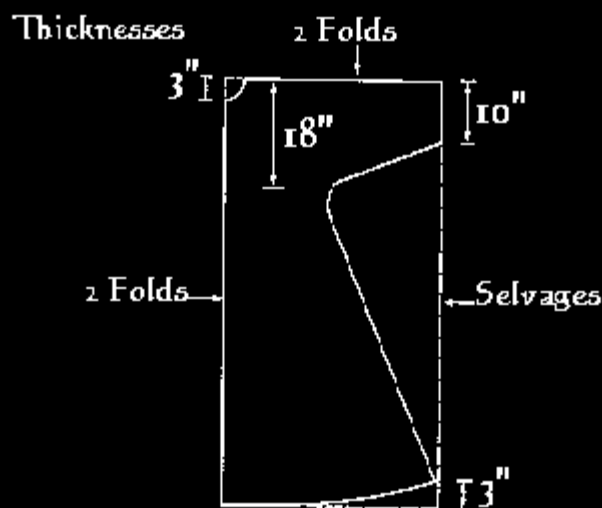


Figure 2

2 Thicknesses



## Make Your Own Oil "Candles"

### What You Need:

Old bottles such as wine bottles, perfume bottles, vinegar bottles, etc. with the labels removed

Nylon wick with bottle cap holder-available at craft and candle making/supply stores

Lamp oil (actually I have had good results with cooking oil when in a pinch)

Funnel

### How To:

Put funnel on bottle and fill with your oil. Place the wick in the bottle; the bottom of the bottle-remember the wick must touch the lamp oil. Let wick soak for about 5-10 minutes and it's ready to light!

\*\*Remember, the wick is made of a special nylon material that lasts a long time and doesn't burn up like a candlewick. You may need to trim it a few times a year.

\*\*Two ounces of lamp oil will burn for approximately 12 hours.

## Moon Cords

The idea behind moon cords is to embrace and preserve specific attributes of moon power which are available during a specific moon phase. These attributes are directed into a length of cord and held there by knots; thus the attributes are available to the witch at any time. For example: you may wish to perform some magick which is appropriate to the waxing moon.

Ideally, you would be wisest to wait until after the moon is new to utilize the most compatible energies for your work. But what if you have good reason not to wait, and what if in linear time the moon is actually waning? No problem, if you have prepared a new moon cord, you can draw upon the new moon power at any time of any month. You can prepare a cord during each phase of the moon, and thus, have available to you the power of each phase. However I strongly suggest that you use the cords only when absolutely necessary, and try to work with the phases of the moon in the sky whenever you can.

### TO PREPARE A MOON CORD:

Use a length of colored wool, or embroidery thread about two feet long. You can have five different colors if you prefer and prepare five cords: new, waxing, full, waning and dark. Or you can simplify matters and use three colors for three cords: new and waxing combined, full (alone), waning and dark combined. I find it sufficient to work with three.

To prepare a cord during the appropriate Moon phase, Light your goddess candle and sit at your altar or work table- or go outside. State alignments, and call on that aspect of the goddess who rules the phase you wish to put into the cord. This is called charging the cord. Thus for the new and waxing call upon Diana; for the full call upon Selene, for the waning call upon Hecate. It's a good idea to use your athame for this, as the process is related to drawing down the moon. In a sense, you are drawing her down for each phase to enter your cord, so you may draw a pentagram over the face of the moon, or over the candle flame which represents her, and trace a line of power from the moon or flame into your cord, stating words of power.

"By the one power.  
Working for and through me  
I hereby call upon you, Diana,  
To enter this cord with your power  
to charge this cord  
enter this cord  
for the good of all  
and according to free will  
for the work of positive magic only  
To aid me in my work  
at the appropriate times,  
According to your will  
as these knots are tied."

Then tie nine knots in the cord, placing them equidistant from one another and use the ninth knot to tie the cord into a circle. then add:" So mote it be"

Place this circle on the altar encircling your Goddess candle, and leave it there for awhile, meditating if you wish on the phase of the moon with which you have charged the cord. When you feel your work is complete, wind the cord into a compact little entity and enclose it in a tiny pouch or box. This is kept on the altar. It is best kept near your own tools.

When you work with a moon cord either hold it in your hand or place around your goddess candle, as you do specific magic for which you need it's aid. When you are finished, put it back in it's holder. You may take it out and hold it under the moon during it's name phase, to recharge it, but this is not absolutely essential. There is no drain on moon power, such as with a battery. The power is in the moon cord to stay.

#### How I Created My Wand

This is a reply to one of the email lists I am on. It is rather long winded but I thought it might be of interest to some of you crafty folks out there.



When creating this wand I first got a branch from a tree that is a friend of mine ;). It is a little crooked and some folks don't like that fact-but it is my want and I like it so tough. ;) Any way, I left a little offering for my friend and thanked him for his lovely gift. I also was sure to cut the branch about 6 inches longer than I needed it to be when finished.

I cut the tip of the branch at an angle. I don't know why..it just appealed to me so I did it. Next I hollowed out the tip-I did this with both a jack knife and a drill fitted with a little dremel kind of tool that was round with little teeth on it..kinda like a mace-yeah I used power tools that looked medieval-LOL. I made the impression about an inch deep at its deepest point. The tip is cut at an angle so in order for the crystal to fit into it straight I made the bottom of the hole straight. This makes the hole any where from 1/3 to 1 inch deep.

I then inserted a long clear quartz crystal that I liked into the hole and glued it in place with a really strong epoxy-I filled the hole and then wiped off anything that came out of the hole once I squished the crystal into the glue since I wanted to be sure it was secure. Once the glue was totally dried I cut the end of the wand to correct length. I made it the length of my arm from under my arm pit to the tip of my middle finger. This is rather long...most folks say it should only be from your elbow to finger tip but this is what I liked and what felt right to me. I actually old it up further when I use it than most people do-I do not grasp it at the very end. There is a piece of smoky quartz on one side and a hematite on the other that I grasp (the smoky quartz is a perfect shape to hold against my thumb and the hematite fits against my palm-both great grounding stones-I really did not know this when I made this-it felt right so I did it). Any who...

I had many other stones (as seen in the photos). Some I bought, some I collected here or there (like the Herkimer diamonds that we went to NY to dig, garnets and smoky quartz from NH and the piece of sea glass from a beach here in CT , etc) and some kind of "came" to me. I used anything that appealed to me from hematite to smoky quartz, amethyst, amber, moonstone, garnet, turquoise, emerald, apache tear, obsidian, ruby, tiger eye, clear quartz,carnelian and others that I am not even sure of actually. If I liked it I added it to the pile. :) Any how I dug out impressions in the wood the same general shape as the bottom of the stone with the jack knife. It took quite a while to do this as I carved, fit, carved and refit and I did this over several days/weeks. I epoxied stones into place as I finished each carved out spot-I tried it by waiting to glue several at once and then had to play "jig saw puzzle" to try and remember which stone went where. LOL I suppose you could mark each impression with a number or code of some type as it will later be covered with the stone..maybe a magickal symbol for that stone or something you hope the stone could accomplish (this just occurred to me..I kinda wish I thought of it then).

The epoxy I chose to use was for strength and not really all that quick drying-I think it took 10 minutes to dry (not exactly instant but pretty fast) so I used masking tape to hold the stones in place while it dried. Any tape residue was easily removed with Goo Gone. Any oil would work just as well actually.

Next I took copper foil tape (it is used in stained glass work) and wrapped around the base of each stone and attached it to the base (the stick itself) as well. The copper foil tape is not very wide stuff-it comes in several widths but the one that wrapped around the odd shapes of the stones was quite narrow-like 1/4 inch. I used quite a bit making sure to cover up around the base of the stones and all around the wood as well. The tape I used on the branch itself was slightly wider if I could fit it between the stones as they are rather close together.

Then I took solder and soldered over the tape. I layered the solder so that it was kind of bumpy and ridgy and gave it texture and covered the tape over lapping so it did not look like a collage so to speak-the tape over laps showed until I did this. Next I used a black patina finish on the solder. You can get this in stained glass supply shops as well and it comes in several colors like copper, black and green (looks like aged copper patina).

Again this all took a long time. All told I probably worked for 3 to 8 hours over 10 to 15 days. I did not do this all at once. I think it really was not finished for like a year. I wanted to be prepared mentally and magickally when I did it so it was truly "mine."

This is only the way I did it. It is not something everyone will want to tackle. It just felt right to me

when I was doing it and kind of evolved over time. I had no clue that I was going to solder anything when I started this. I kind of thought about just gluing things on really and wrapping them but had a couple things fall off in between work sessions and did not want to have to keep regluing things -plus the epoxy is a real pain to get off both the branch and the stone when you go to reattach anything. I know there are tons of other ways to do this kind of thing and not all people like epoxy. To me everything, even chemicals, have to come from somewhere that at one time is natural so I don't really worry about things like glues or epoxies not being natural.

If I can answer more questions on how I did this please don't hesitate to ask. :)

## Oils

The recipes below are provided for informational purposes alone and any use of these items is done solely at the discretion and risk of the individual using them. No claims or guarantees are made as to their effectiveness or safety. If you choose to use any oil here on the skin it would be wise to first apply a small amount to the inside of your elbow and wait 24 hours to check for reactions.

Oils fall under the influence of Scorpio, Pisces, or Cancer. Use Cancer to begin a project; Scorpio to "fix" or set in place; and Pisces to change a situation. Most oils are merely mixed in a dark glass bottle by adding the essential oils and/or herbs to the container and then filling with carrier oil.

You may wish to use Oils in the following ways:

- \* Anoint candles
- \* Anoint physical objects or talismans
- \* Add a bit to your favorite incense.
- \* Anoint ones self
- \* Anoint windows, doors, etc. (great for protection oils)
- \* Perfume a room by placing a drop on a light bulb (make sure it is not turned on or hot when doing so!) or in a diffuser

## Air Oil (Elemental)

1/4 cup olive or almond oil (or your choice of carrier oil)  
25 drops Lavendar oil  
13 drops Sandalwood oil  
3 drops Neroli

Wear Air Oil to invoke the powers of Air and to promote clear thinking. Also, for travel spells, and to overcome addictions.

## Astral Dreams Oil

Here's what you'll need:

90 mL of grapeseed oil  
10 drops frankincense  
10 drops myrrh  
10 drops sandalwood  
10 drops clary sage  
10 drops chamomile  
10 drops jasmine

10mL of a 5% dilution of narcissus

Mix this oil by candlelight on the night of the maiden full moon in a cobalt blue bottle. Now store in a dark place away from natural sunlight and shake gently every morning and evening for the 3 days of the full moon.

When ready to use, first apply a small amount to the inside of your elbow and wait 24 hours to check for reactions. Then if it is safe, apply a small amount to the soles of your feet and lie back and relax. Use whatever method you prefer to prepare to astral travel and while you prepare, the mixture will be doing its work.

Keep this mix away from your eyes nose, mouth and other sensitive areas of your body. Do \*not\* ingest this mixture, use for cooking or massage. As this mixture contains oils with contraindications, I suggest that you avoid using this mix if you are pregnant or have high blood pressure.

#### Astral Projection Oil

10 drops orange oil  
10 drops anise oil  
5 drops jasmine oil  
5 drops eucalyptus oil  
5 drops wintergreen oil  
3 tablespoons of almond oil (carrier oil)

Store in a dark glass bottle until ready for use. Spread the concoction all over your body and begin to enter a alter state.

#### Fire Oil (Elemental)

1/4 cup olive oil or your choice of carrier oils  
6 drops Ginger  
4 drops Rosemary  
2 drops Clove  
2 drops Petigrain

Wear to invoke the powers of Fire, such as energy, courage, strength, love, and passion.

#### Morgana's Prosperity Oil

One tonka bean (money, courage, and wishes)  
three parts BERGAMOT oil (also called orange mint for money and success)  
two parts PATCHOULI oil (money, fertility, and lust)  
one part VETIVERT oil (money, breaking hexes, and love)  
one drop PINEAPPLE oil (money, luck and chastity)  
SWEET ALMOND OIL (Base) (money and wisdom).

Put tonka bean in any dark colored glass bottle. Fill half of the bottle with sweet almond oil. Add the other oils and mix well. Store in a cool, dry place. Use the oil to anoint money, candles, spell papers, etc.

#### TO ENHANCE MIXTURE:

- \* Make on a new or full moon.
- \* Make during a rain shower.
- \* Make on Yule (December 21)
- \* Make at midnight.
- \* Make when the moon is in Scorpio (for intensity)
- \* Make on Sunday in the hour of the sun.

#### Spirit Oil

1 tablespoon powdered orris root  
1 tablespoon dried Solomon's seal  
1 tablespoon dried and crushed rosemary  
1 small pinch of powdered jade or turquoise ( gems can be powdered with a metal file)  
3 drops sandalwood oil  
3 drops mint oil  
1/4 cup safflower oil

Mix all the ingredients together and store in a tightly capped glass jar for at least 3 weeks in a cool, dark place. Strain through a cheesecloth and use to anoint candles for exorcisms, séances, counterspells, purification rituals, protection against evil influences and spells to increase clairvoyant powers.

\*\*The above oil was adapted from the book Wicca Candle Magick, written by Gerina Dunwich.

#### Goddess Oil

1 teaspoon dried yarrow  
1 teaspoon dried sweet basil finely crushed  
1 teaspoon powdered myrrh  
6 drops rose oil  
6 drops lavender oil or crushed lavender flowers to equal 1 teaspoon  
1/2 cup to 3/4 cup olive oil

Fill a clean glass jar with all above ingredients and use your finger from your projective hand to swirl it together in a clockwise motion. Vision white light entering the glass and the Goddess surrounding you with her protection and love. Seal the jar well and place in a dark, cool place for a week. Strain the oil through a cheesecloth and use it to anoint any candle that will be used for positive intent, invocation of the Goddess, healing rituals and love.

### Goddess Oil 2

3 drops Rose  
2 drops Gardenia  
1 drop Lemon  
1 drop Lotus  
1 drop Ambergris  
1 tablespoon carrier oil

Wear to honor the Goddess during rituals.

### Horned God Oil

2 drops Frankincense  
2 drops Cinnamon  
1 drops Bay  
1 drops Rosemary  
1 drops Musk  
2 Tablespoons of your favorite carrier oil

Wear to honor the Horned God during rituals.

### Aphrodite Love Oil

5 Drops Cypress  
2 drops Cinnamon  
a small piece of dried Orris root

Add the true essential oils & the orris root to an olive oil base. Anoint your body to bring a love into your life.

### Aquarius Oil

5 drops Lavender  
1 drop Cypress  
1 drop Patchouly

Wear as a personal oil to increase your own powers.

### Protection Oil

5 Drops Basil  
5 Drops Black Pepper  
5 Drops Frankincense  
5 Drops Geranium  
5 Honeysuckle  
2 tablespoons carrier oil

#### Water Oil (Elemental)

1/4 cup olive oil  
6 drops Palmarosa  
4 drops Ylang-Ylang  
2 drops Jasmine  
2 drops Lotus bouquet

Wear to invoke the powers of Water, such as love, healing, psychic awareness and purification.

#### Meditation Blend

20 drops cedarwood essential oil  
10 drops clary sage essential oil  
5 drops fir essential oil  
4 drops vetivert essential oil  
2 drops patchouli essential oil  
2 Tablespoons of your favorite carrier oil

#### Altar Oil

4 drops Frankincense  
3 drops Myrrh  
1 drop Galangal  
1 drop Vervain  
1 drop Lavender  
2 Tablespoons of your favorite carrier oil

Anoint the altar with this oil at regular intervals to purify and empower it.

### Full Moon Oil

8 drops Gardenia  
6 drops Lotus  
2 drops Jasmine  
2 Tablespoons of your favorite carrier oil

Anoint the body prior to Esbats to attune with Lunar energies.

### Full Moon Oil 2

6 drops Sandalwood  
3 drops Lemon  
2 drops Rose  
2 tablespoons of your favorite carrier oil

Anoint the body prior to Esbats to attune with Lunar energies

### Sabbat Oil

9 drops Patchouli  
6 drops Musk  
4 drop Carnation  
2 Tablespoons of your favorite carrier oil

Wear to the Sabbats to promote communion with the deities.

### Sabbat Oil 2

2 drops Frankincense  
1 drop Myrrh  
1 dropCarnation  
1 drop Allspice  
1 Tablespoon of your favorite carrier oil

Wear to the Sabbats to promote communion with the deities.

### Love Oil

7 drops Palmarosa  
5 drops Ylangylang  
1 drop Ginger  
2 drops Rosemary  
1 drop Cardamom  
2 tablespoons carrier oil

Wear to draw love. Anoint pink candles & burn while visualizing

### Purification Oil 3

3 drops Orange  
2 drops Lemongrass  
2 drops Lemon  
1 drop Lime  
1 tablespoon carrier oil

Anoint white candles & burn in the home to purify it.

### Business Success Oil

6 drops Bergamot oil  
2 drops Basil oil  
2 drops Patchouli oil  
1 pinch of ground Cinnamon (herb, not oil)  
1/2 ounce carrier oil

Anoint the cash register, business card or the front door of the place of business to increase cash flow.

### Divination Oil

4 drops Camphor oil  
2 drops Orange oil  
1 drop Clove oil  
1 tablespoon carrier oil

May be used sparingly on divination tools

#### Healing Oil

6 drops Lavender oil  
6 drops Camphor oil  
6 drops Rosemary oil  
2 tablespoons carrier oil

#### Sexual Energy Oil

2 drops Ginger  
2 drops Patchouly  
1 drop Cardamom  
1 drop Sandalwood  
2 Tablespoons carrier oil

Wear to attract sexual partners.

#### Gemini Oil

4 drops Lavender  
1 drop Peppermint  
1 drop Lemongrass  
1 drop Sweet Pea Bouquet  
1 tablespoon carrier oil

Wear as a personal oil to increase your own powers.

#### Earth Oil (Elemental)

12 drops Patchouly  
12 drops Cypress  
2 tablespoons carrier oil

Wear to invoke the powers of the Earth to bring money, prosperity, abundance, stability &

foundation.

#### Good Luck Oil

1 tbsp dried wormwood  
3 tsp ground nutmeg  
1/2 tsp powdered mandrake root  
13 drops Pine oil  
1/4 cup olive oil

Allow to sit for 13 nights before use.

#### Hecate Oil

3 drops Myrrh  
2 drops Cypress  
1 drop Patchouly  
1 dried Mint leaf  
Sesame Oil

Mix the essential oils in a base of sesame oil. Add the dried mint leaf to the blend. Wear during rituals of defensive magick. Also wear during the waning moon in honor of Hecate, Goddess of the fading crescent.

#### Visions Oil

4 drops Lemongrass  
2 drops Bay  
1 drop Nutmeg  
1 tablespoon carrier oil

Anoint the forehead to produce psychic awareness.

#### Air Oil 2 (elemental)

6 drops Benzoin

22 drops Lavender  
15 drops Lily of the Valley  
2 tablespoons carrier oil

Air is the sphere of the intellect, reason, new beginnings & change.

#### Altar Oil 2

8 drops Frankincense  
4 drops Myrrh  
2 drops Cedar  
2 tablespoons carrier oil

Anoint the altar with this oil at regular intervals, calling on the deity or deities of your choice to watch over and lend their energies to it.

#### Wealth Oil

12 drops Tonka Bouquet  
3 drop Vetivert  
2 tablespoons carrier oil

Wear to attract wealth in all forms. Also anoint candles & burn while visualizing abundance in your life

#### Psychic Oil

12 drops Lemongrass  
4 drops Yarrow  
2  
tablespoons of carrier oil

Wear to increase psychic powers, especially when working divinatory tools.

### Hoo Doo Oil

1/4 cup Sunflower oil  
3 tbsp Honey  
3 dried pumpkin seeds  
6 drops honeysuckle oil  
3 drops rose oil  
3 drops Patchouly oil

When the Moon is full, crush the pumpkin seeds using a mortar & pestle, & then mix all of the ingredients together by the light of a new white candle. Using a sterilized silver pin, prick your right thumb & add 3 drops of your blood to the mixture. Spit twice into the mixture & stir thrice. Store.

### Sagittarius Oil

8 drops Rosemary  
2 drops Oakmoss Bouquet  
3 drop Clove  
2 Tablespoons carrier oil

Wear as a personal oil to increase your own powers.

### Water Oil 2

12 drops Sweet Pea  
4 drops Jasmine  
7 drops Camellia  
4 drops Lotus  
2 tablespoons carrier oil

### Taurus Oil

8 drops Oakmoss Bouquet  
3 drops Cardamom  
2 drops YlangYlang  
2 tablespoons carrier oil

Wear as a personal oil to increase your powers.

### Temple Oil

12 drops Frankincense  
5 drops Rosemary  
2 drops Bay  
3 drops Sandalwood  
2 tablespoons carrier oil

Wear during religious rites, those designed to promote spirituality, "temple workings," & so on.

### Cancer Oil (Astrological)

8 drops Palmarosa  
2 drops Camomile  
3 drops Yarrow  
2 tablespoons carrier oil

Wear as a personal oil to increase your own powers.

### Capricorn Oil

6 drops Vetivert  
4 drops Cypress  
3 drops Patchouly  
2 tablespoons carrier oil

Wear as a personal oil to increase your own powers.

### Mercury

8 drops Lavender  
3 drops Eucalyptus  
2 drop Peppermint  
2 tablespoons carrier oil

Wear to draw Mercury's influences in areas such as communication, intelligence, traveling as well

a, for luck in travel and communication.

#### Fast Money by Dawn

15 drops Patchouly  
11 drops Cedarwood  
8 drops Vetivert  
4 drops Ginger  
4 drops Basil  
2 drops Tonka Bouquet  
2 tablespoons carrier oil

Wear, rub on the hands, place on talismans, dab on wallets or in purses, anoint money before spending to ensure it is returned to you, or anoint green candles to bring money. Store remainder in a green bottle if possible.

#### Sun Oil

4 tsp Cinnamon ground  
2 tsp Juniper berries mashed  
2 Bay leaf, crumpled  
3 drops lemon essential oil  
pinch of genuine Saffron  
1/3 cup carrier oil

Gently heat over low flame carrier oil then strain and seal in a dark colored bottle-amber is especially good.

#### Venus Oil

6 drops YlangYlang  
4 drops Geranium  
3 drops Cardamom  
3 drops Chamomile  
2 tablespoons carrier oil

Wear to attract love & friendships, to promote beauty. Store remainder in a red or pink bottle.

### Virgo Oil

8 drops Oakmoss Bouquet  
4 drops Patchouly  
2 drop Cypress  
2 tablespoons carrier oil

Wear as a personal oil to increase your powers.

### Sun Oil 2

9 drops Frankincense  
5 drops Cinnamon  
2 drops Petitgrain  
2 drops Rosemary  
2 tablespoons carrier oil

For healing, vitality, strength, promotions, the Sun God & all solar influences.

### Aries Oil

6 drops Frankincense  
3 drops Ginger  
1 drop Black pepper  
3 drops Petitgrain  
2 tablespoons carrier oil

Wear as a personal oil to increase your own powers.

### Fire Oil 2 (elemental)

3 drops Cinnamon  
12 drops Orange  
2 drops Clove  
7 drops Nutmeg

2 teaspoons carrier oil

Use this oil to attract or for help with transformation, passion, leadership & personal success.

#### Leo Oil

12 drops Petitgrain

6 drop Orange

6 drop Lime

2 teaspoons carrier oil

Wear as a personal oil to increase your own powers.

#### Mars Oil

2 drops Ginger

2 drops Basil

1 drop Black Pepper

1 tablespoon carrier oil

Wear for physical power, lust, magickal energy & all mars influence

#### Pan Oil

3 drops Patchouly

2 drops Juniper

1 drop Pine

1 drop Oakmoss Bouquet

1 drop Cedarwood

1 tablespoon carrier oil

Wear to be infused with the spirit of Pan. Ideal for magickal or ritual dancing, music making, singing & so on. Also for attuning with the Earth.

#### Libra Oil

4 drops Rose Geranium  
2 drops Ylangylang  
2 drops Palmarosa or  
1 drop Rose absolute or otto  
1 drop Cardamom  
2 tablespoons carrier oil

Wear as a personal oil to increase your own powers.

#### Astral Travel

12 drops Sandalwood  
3 drops Ylangylang  
2 drops Cinnamon  
2 tablespoons carrier oil

Add these to the base oil as usual & mix. Anoint the stomach, wrists, back of the neck & forehead. Lie down & visualize yourself astrally projecting.

#### Peace Oil

3 drops Ylangylang  
3 drops Lavender  
2 drops Chamomile  
1 drop Rose absolute otto  
1 tablespoon carrier oil

Wear when nervous or upset to calm you down. Stand before a mirror, and while looking in your eyes, anoint your body.

#### Come Hither Oil

5 drops Patchouly  
1 drop Cinnamon  
1 tablespoon carrier oil

To attract the ideal mate, mix these true essential oils in an olive oil base, smear on a white image candle of the appropriate sex and burn with visualization.

### Spirit Oil 2

1 tbsp pwd orris or serpentaria rt  
1 tbsp dried Solomon's Seal  
1 tbsp dried & crushed rosemary  
pinch of pwd Jade or Turquoise  
3 drops Sandalwood oil  
3 drops Mint oil  
1/4 cup Safflower Oil

### Lunar Oil

4 dropss Sandalwood  
2 drops Camphor  
1 drop Lemon  
1 tablespoon carrier oil

Wear to invoke the Goddess within.

### Pisces Oil

3 drops Ylangylang  
3 drops Sandalwood  
1 drop Jasmine  
1 tablespoon carrier oil

Wear as a personal oil to increase your own powers.

### Spirit Oil (elemental)

8 drops Sandalwood  
8 drops Violet  
5 drops Crocus  
5 drops Gardenia  
2 tablespoons carrier oil

Spirit unifies all the other elements & is part of each of them. The realm of the Divine, of spirituality & of the unseen worlds & their many inhabitants.

### Power Oil

8 drops Orange  
2 drop Ginger  
2 drop Pine  
2 tablespoons carrier oil

To infuse yourself with additional power during potent rituals, anoint with power oil.

### Interveiw Oil

8 drops YlangYlang  
6 drops Lavender  
2 drop Rose  
2 tablespoons carrier oil

Wear to interviews of all kinds to calm you. Helps make a favorable impression.

### Saturn Oil

4 drops Cypress  
2 drops Patchouly  
1 drop Myrrh  
1 tablespoon carrier oil

Wear to break negative habits, when looking for a house, to create an aura of mystery around you, when going antiquing to find bargains, or for any Saturn rituals or activities.

### Energy Oil

4 drops Orange  
2 drops Lime  
1 drop Cardamom  
1 tablespoon carrier oil

Wear when feeling depleted, when ill, or just to strengthen your own energy reserves. Especially

useful after heavy magickal ritual to recharge your bodily batteries.

#### Jupiter Oil

3 drops Oakmoss Bouquet  
1 drop Clove  
1 drop Tonka bouquet  
1 tablespoon carrier oil

Wear for wealth, prosperity, help in legal matters & all other Jupiter influences.

#### Scorpio Oil

3 drops Pine  
2 drops Cardamom  
1 drop Black Pepper  
1 tablespoon carrier oil

Wear as a personal oil to increase your own powers.

#### Sleep Oil by Dawn

5 drops each:  
Rose  
Chamomile  
Lavendar  
Jasmine  
2 drops Mace  
2 tablespoons carrier oil

Anoint the temples, neck, pulse of both wrists, soles of the feet. It brings on natural sleep.

#### Protection Oil 1

5 drops Petitgrain  
5 drops Black Pepper  
2 tablespoons carrier oil

Wear for protection against all kinds of attacks (not for skin). Also anoint the windows, doors & other parts of the house to guard it.

#### Sacred Oil by Dawn

9 drops Frankincense  
5 drops Sandalwood  
2 drop Cinnamon  
1 piece of Myrrh crushed  
2 tablespoons carrier oil

Place in a dark bottle for 1 moon cycle before use-you may wish to leave it on the pentacle of your altar during this time.  
Anoint your body prior to religious rituals to stimulate spirituality. Also anoint others during mystical & religious group rites.

#### Courage Oil

3 drops Ginger  
1 drop Black Pepper  
1 drop clove  
1 tablespoon carrier oil

Wear to increase your courage, especially before being introduced to people, prior to public speaking, & other nervewracking situations.

#### Protection Oil 2

4 drops Basil  
3 drops geranium  
2 drops Pine  
1 drop Vetivert  
2 tablespoons carrier oil

#### Sabbat Oil 1

3 drops Frankincense  
2 drops Myrrh  
2 drops Sandalwood  
1 drop Orange  
1 drop Lemon  
Add to an olive oil base & wear to Sabbats.

#### Sabbat Oil 3

2 Parts Frankincense  
1 Part Myrrh  
1 Part Allspice  
1 drop clove  
1 tablespoon carrier oil

#### Sabbat Oil 4

2 drops Pine  
1 drop Ginger  
1 drop Cinnamon  
1 drop Sandalwood  
1 tablespoon carrier oil

#### Sabbat Oil 5

1 tsp Frankincense, powdered  
1 tsp Myrrh, powdered  
1 tsp Benzoin, powdered  
1/4 cup olive oil.

Heat slowly over a live flame until the gums have melted into the oil. Cool & apply sparingly  
Sabbats.

### Sabbat Oil 6

3 drops Patchouly  
2 drops Musk  
1 drop Cinnamon  
1 tablespoon carrier oil

### Initiation Oil

3 drops Frankincense  
3 drops Myrrh  
1 drop Sandalwood  
1 tablespoon carrier oil

Use for mystic initiation ceremonies & also to increase your awareness of the spiritual realm.

### Demeter Oil

3 drops Myrrh  
2 drops Vetivert  
1 drop Oakmoss Bouquet  
1 tablespoon carrier oil

Anoint to attract money & for the successful completion of your protections & dreams. Also wear when planting, tending, harvesting or working with herbs & plants to ensure a fruitful yield. Help us tune in with the energies of the Earth.

### Full Moon Oil 3

6 drops Rose  
2 drops jasmine  
2 drops Sandalwood  
1 tablespoon carrier oil

### Goddess Oil 3

1/2 tsp dried yarrow  
1/2 tsp dried sweet basil  
1 tsp powdered myrrh  
3 drops rose oil  
3 drops lavender oil  
1/2 cup olive oil

Place all ingredients in a clear glass jar & gently swirl in a clockwise direction. Keep in mind images of the Goddess & visualize Her divine power as an aura of white glowing light radiating from your hands into the jar of oil, charging it with magickal energy.

### Goddess Oil 4

10 drops Rose  
10 drops Tuberose  
5 drops Lemon  
5 drops Palmarosa  
5 drops Ambergris  
3 tablespoons carrier oil

### Full Moon Oil 4

3 drops Sandalwood  
2 drops Lemon  
1 drop Rose  
1 tablespoon carrier oil

### Earth Oil 2 (elemental)

1 drop Patchouly  
2 drops Pine  
13 drops Magnolia  
10 drops honeysuckle  
2 tablespoons carrier oil

Use for fertility, wealth, abundance & stability.

### Good Luck Oil

1 tbsp dried wormwood  
3 tsp ground nutmeg  
1/2 tsp powdered mandrake root  
13 drops Pine oil  
1/4 cup olive oil

Allow to sit for 13 nights.

### Healing Oil

4 drops Rosemary  
2 drops Juniper  
1 drop Sandalwood  
2 tablespoons carrier oil

Wear to speed healing.

### Healing Oil 2

3 drops Eucalyptus  
1 drop Niaouli  
1 drop Palmarosa  
1 drop Spearmint  
1 tablespoon carrier oil

### Moon Oil

2 drops Jasmine  
2 drops Sandalwood  
1 tablespoon carrier oil

Wear to induce psychic dreams, to speed healing, to facilitate sleep, to increase fertility & for all other Lunar influences. Also wear at the time of the Full Moon to attune with its vibrations.

### Purification Oil

10 drops Frankincense  
7 drops Myrrh  
3 drops Sandalwood  
2 tablespoons carrier oil

Add to the bath or wear to be rid of negativity.

### Purification Oil 2

4 drops Eucalyptus  
2 drops Camphor  
1 drop Lemon  
1 tablespoon carrier oil

### A Paper Mache Offering Bowl

#### Materials:

1/2 cup flour

1/2 cup water

Newspaper or grocery bag strips (1 inch by 3 inches)

Petroleum Jelly (Vaseline)

A Bowl of the size you wish to copy

Acrylic paints

Acrylic gloss finish \*optional\*

1. Tear paper into strips

2. Take a small, rounded bowl, set upside down, and cover it with petroleum jelly.

3. Mix equal parts of flour and water. A half cup of each is enough for two small bowls.

4. Dip each strip into the paste and apply the first layer of strips vertically, covering the bowls surface. Don't worry about it being uneven or jagged. It can be easily trimmed with scissors after it is dried. Apply the second layer of strips horizontally and so on until you have 5 layers.

5. Allow to dry. This takes about one full day.
6. Separate the papier-mache from the bowl. Use the tip of a butter knife to separate the two. If the inside is not completely dry, allow to dry for another day.
7. Once completely dry, trim the edges with scissors.
8. Paint with acrylics. Add symbols or sponge. Use your imagination!
9. Allow to dry and then cover with the acrylic gloss finish \*optional\*.

The bowl you've created can be used on your altar to hold herbs, potpourri or shell/stones, etc. It can be gently wiped out but don't wash it with water or use it to hold liquids of any kind.

\*\*\*Note\*\*\* The finer the paper and smaller the strips that you use the smoother the bowl will come out. I have done these in layers using a coarser paper for the first 2 layers and using thinner paper for the top layers. This creates a finer and smoother appearance. It is also fun to experiment with different types of papers in different colors (tissue and crepe are great). Sometimes I don't paint them at all and just use the different papers. Experiment and enjoy! :)

#### Pentacle Dream Catcher

pentacle dream catcher is not difficult to make. It requires a circular ring; even a large curtain ring will do. You will also need some thread, string, or heavy crocheting thread to weave the design upon this ring. If you really want to be decorative, you can string tiny beads on the thread and attach little feathers where the string is wound around the ring.

To begin, tie one end of the thread to the ring. Wind the thread around the opposite side of the ring three times at a slight angle from the original attachment, pulling it tight. This will be part of the left leg of the pentacle. Each time you attach the thread to the ring, wind it three times.

Now wind the thread about the ring a short distance from the 1st tying. Your design should look like an inverted V-shape. Pulling the string to the left side of the ring, wind it about the ring a little more than half-way up the side. Adjust it until it looks like the lower angle of the cross-arm of the pentacle. Now stretch the thread across to the opposite side and wind it about the ring. For the finishing angle, pull the thread back to the point of the beginning.

If you carefully check the angle of the thread each time you prepare to wind it at another point on the ring, you can adjust the design. Make a small loop for hanging at the top of the pentacle.

If you want to string beads on the thread, do it on each section before you wind the thread around the ring. I've seen one pentacle dream catcher decorated with a Samhain artificial cobweb and a tiny spider in the center.

Dream catchers do work. They are symbols of personal control over dreams. And the subconscious mind which creates dreams only understands symbols.

#### How to Make Colorful Burning Pine Cones

The Things You'll Need:

newspaper

pine cones

deep glass or plastic bowl

one salt or compound for color

1. Pour 1/2 gallon of hot water into a deep glass or plastic bowl.
2. Dissolve 8 ounces of any one of the following chemicals in the water:  
alum (thallium) for a bright green flame  
strontium chloride for a bright red flame  
boric acid for a deep red flame  
calcium for a reddish-orange flame  
calcium chloride for a yellowish-orange flame  
table salt for a yellow flame  
borax (sodium tetraborate) for a yellow-green flame  
blue vitriol (copper sulfate) or barium for a green flame  
saltpeter (potassium nitrate) for a violet flame  
or Epsom salts (magnesium sulfate) for a white flame.
3. Soak the pine cones in the solution for 6 hours.
4. Dry them for at least three days in a warm, dry area on newspaper or hang in a mesh bag.

#### Tips:

To get the pine cones looking their best, heat them in the oven at 225 degrees F on a foil-covered cookie sheet. They will open all the way and look fuller.

#### Warnings:

Use only one salt or compound for color.

Be very careful handling these chemicals and follow the manufacturer's directions. Some compounds can be poisonous if mishandled.

#### Ritual Prayer Beads

I wanted to create prayer beads that I could take with me outdoors for a subtle ritual that wouldn't get much attention (I feel like I need to be careful, living in the Bible Belt). These beads are used to focus your attention on each step of creating a circle, though they can also be used to recite poems for each step in honor of the directions and the Lord and Lady.

The beads can each be whatever color works best for you. They can be joined together by wire and jump rings or by stringing onto beading thread using smaller beads as spacers. It's all up to you. I'll just list the bead's purpose below, starting from the bottom strand, up to the connecting donut shape, then around the looped strand that connects back to the donut shape (Hope this makes sense without a picture)...

1. charm/symbol (sun, moon, pentacle) (would be the cross on a typical rosary)

spacers

2. Bead: Purification of Self

spacers

3. Bead: Purification of Space

spacers

4. Donut: Creation of the Circle (would be the Y connector on a typical rosary)

spacers (starting the looped strand that will eventually connect back onto the donut.

5. Bead: Welcoming the North Guardian

spacers

6. Bead: Welcoming the East Guardian

spacers

7. Bead: Welcoming the South Guardian

spacers

8. Bead: Welcoming the West Guardian

spacers (use more if you want to set apart the Goddess/God/Higher Self beads)

9. Bead: Welcoming the Goddess

spacers

10. Bead: Welcoming the God

spacers

11. Bead: Welcoming your Higher Self/Guardian Angel

spacers (use more if you want to set apart the Goddess/God/Higher Self beads)

12. Bead: Spells/Honoring/Meditation/Visualization

spacers

13. Bead: Earthing the Energy

spacers

14. Bead: Offerings/Cakes&Ale/Salt

spacers

15. Bead: Thanks and Goodbye (This bead signals to go back to the Higher Self bead #11 and work your way back through the God, Goddess, West, South, East, North, and say thanks and goodbye...ending back at the donut and dissipating the circle.)

spacers, connecting back to the Donut shape.

\*\*\*\*\*

On my ritual beads I just used a strand of round agate beads. With their variations in colors and patterns it was easy to find beads that fit each instance...without having to spend a lot of money on different types of beads. I used eye pins to hold each of the beads with a small silver bead on either side, and connected them all together with silver jump rings, using more jump rings to set the Goddess/ God/ HigherSelf beads apart. I wrapped silver wire around the donut shape to be

able to connect my strands of beads to it. I'm going to get a sun/moon charm to finish it off.

### Priapic Wand

Children will love the sound of this magical wand as they walk about pointing and shaking it at plants and trees, invoking them to wake up from Winter's sleep to witness the union of the Bride and the Lord of the Forest.

**\*\*PARENTAL SUPERVISION REQUIRED!\*\***

#### Materials:

Small Tree Branch

Acorn

Thin Brown String or Thread

Yellow, Green, and Gold 1/4" Ribbon

Small Gold/Silver Jingle Bells.

Select a small branch about 1/2" to 3/4" in diameter. Cut top end flat. Approx. 1/2" below top score a groove (parents only) with a sharp knife. Take 1' long piece of string/thread and tie in groove. Take another 1' piece of thread and tie in groove on opposite side of branch. Place acorn at top of branch (flat end) and adhere with some glue. Now pull the string up over the cap and wind once around acorn. Repeat with all 3 other pieces of string. Pull strings back down to the groove in the branch and tie off. This will hold the acorn in place. Decorate the branch by wrapping it with the ribbons, leaving enough length at top for streamers. Tie gold/silver jingle bells to the ends of the ribbons. For smaller children, thread the bells onto the ribbon while wrapping the branch. Tell the children about how the acorn-wand is a symbol of the Lord of the Forest, and how this magical wand helps the sleeping plants and animals wake up and prepare for Spring.

### Sacred Circle Necklace

A Sacred Circle Necklace is a beaded necklace which holds special beads to represent three different aspects of paganism: The Lunar Cycle, The Wheel of the Year, and the Five Elements. The beads which represent these aspects are chosen by the creator of the necklace. More than one necklace can be made with different beads for different representations. I have about 13 necklaces in all. Here is what you need and how to space the beads:

13 beads to represent 13 moons (I use 13 of the same beads)

8 beads to represent 8 spokes of the Wheel of the Year (Samhain, Winter Solstice, Candlemas, Spring Equinox, Beltane, Summer Solstice, Lammas, Autumn Equinox) I use 8 of the same beads but you can find ones to represent each of the 8 spokes

4 beads to represent the 4 elements (Spirit is the Fifth Element and is represented by you when you are wearing the necklace. Again, I use 4 of the same beads but you can find different ones for the different directions.

Spacer beads to go in between - larger seed beads. Usually 7-10 in a row between segments. These will be the basic color of your necklace.

The sequence for threading goes as follows:

Direction Bead, Spacers, Moon Bead, Spacers, Sabbath Bead, Spacers, Moon Bead, Spacers, Sabbath Bead, Spacers, Moon Bead.

Repeat this cycle three more times and end with the 13th moon which will rest by the 1st moon (with spacers in between).

Now, you can vary this and get as creative as you like. In some of my necklaces I let a sequence of beads represent the Sabbats or the Elements or the Moons. For example, in stead of just 0 representing a Sabbat, I might use three beads in a sequence to represent the Sabbat like this: o0o . I would use that sequence eight times around.

#### Shelf Life of Carrier Oils

Carrier oils also referred to as base oils are used to dilute essential oils, CO2s (oils extracted by the carbon dioxide method) and absolutes before applying to the skin or being used in the making of soaps and toiletries. They are referred to as such because they "carry" the essential oil onto the skin or in the product that they are used in. Different carrier oils offer different properties and the choice of carrier oil can depend on the therapeutic benefit being sought by the products maker Carrier oils are generally cold-pressed vegetable oils from the fatty portions of the plant. Unlike essential oils that can evaporate and have a very concentrated aroma, carrier oils do not evaporate or impart their aroma as strongly as essential oils. This is not to say that they are fragrance free but that they are merely not so strongly scented.

Many carrier oils used in soap and toiletries are available to the home soap and toiletry making hobbyist as well as the professional. Something to remember is that an oil that is primarily a polyunsaturated one will go rancid more quickly than one that is monounsaturated. This is because it will have greater amounts of free radicals, which are associated with rancidity. Many vegetable and all animal oils quickly degrade and will then generate odors signaling their rancidity. Questionable preservatives usually need to be incorporated to compensate for this and this is especially true of those high in monounsaturated fats.

Below are many of the better-known oils, and a few not so well known, listed under their respective shelf lives. It is important to remember that oils should be kept in a cool dark area for longest shelf life. For highly unstable oils one may wish to store them in the refrigerator. Some such as Jojoba and even olive oil may become solid when stored in this manner. One needs only to leave them on the counter until they come back to room temperature when using them so they will return to their liquid form.

Short Shelf Life -up to 3 months, \* denotes those that may last up to 6 months if kept cool, unopened.

Aloe Vera Oil  
Camellia  
Evening Primrose  
Flax  
Grape seed  
Hemp-natural  
Soybean  
Sunflower  
Walnut\*

3-6 month Shelf Life, \*denotes possibly longer shelf life if kept cool and unopened.

Almond  
Apricot Kernel  
Borage  
Cottonseed  
Evening Primrose

Hazelnut  
Hemp-refined  
Macadamia  
Peanut  
Pecan  
Pistachio  
Rice Bran  
Safflower  
Sesame  
Soy  
Walnut

9-12 month Shelf Life or longer when kept cool

Safflower (high oleic)  
Avocado oil (refined)  
Corn  
Canola  
Emu  
Castor  
Cocoa Butter  
Coconut  
Fractionated Coconut  
Jojoba  
Macadamia nut  
Olive oil  
Palm  
Kukui Nut  
Safflower-Oleic  
Shea Butter  
Sunflower (high oleic)  
Tea Tree  
Wheat Germ

Solstice Dream Pillow

Materials needed: 1-4 oz (30-120 gms) each of the following five herbs: dried chamomile, mugwort, catnip, hops, lavender, whole oranges & lemons, cinnamon sticks, allspice berries, (optional) myrrh or frankincense resin lumps. Scraps of lightweight cloth (4-7 inches/100-175 mm, two for each bag) optional bits of ribbon, embroidery floss, scraps of lace or a few small beads.

For those who are sitting up all night on the Solstice, this is a special dream pillow you can make for prophetic dreams when you go to sleep the next night or throughout the year. (If you are not sitting up a vigil, go ahead and make them anyway - I get some interesting quirks to the dreams when I use the spices in the dream pillows.)

Take the first five dried herbs and mix them in whatever proportions you desire/have on hand. More Mugwort will lead some folks to more psychic dreaming, more hops will lead to a sounder sleep for some others, more catnip may encourage feline pillow sharing.

As the night passes, eat the oranges, and use the lemons (minus their peels) in teas/punches/hot drinks. As you use them try to remove the peels in large chunks or in easy to work with sections. Using a

spoon, carefully scrape out as much of the white inner rind as you can without damaging the zesty outer peel. Scatter the remaining outer peels on a cookie sheet and dry them on low heat in the oven (200F or less). Watch them to make sure they are drying but not scorching. Remove them from the oven, and let them cool.

If you have a fire or incense burner, burn some of the incense resins, saving most to use in the pillows.

Crumble the dried peels up into smaller bits, break up the cinnamon sticks up into smaller pieces, and add the spices, resins and peels to the herb mixture. Mix well. Gather up the scraps of material, and sew up small bags: 3-6 inches/75-150mm should be fine. Leave one side open: small openings will make it more difficult to fill the bags later. If you want to use the ribbons and floss to embroider protective or other magical symbols or representative designs, it will be easier to do before you stitch the sides together. Work on this to keep you awake, thinking of the season and what it means to you as you do it. If these are intended as gifts, think kindly and lovingly of the folks you will be giving these to.

Fill each of the bags with the herb/spice mixture, but not so full that it is hard: people will want to smell them, but they need to be soft enough to sleep on. Fold the last side inward, and stitch closed. If you want, a small loop of ribbon may be added at this point at the top.

After the sun rises, and you have finished your celebrations, set these aside, and finish them when you have/make time during the day if they aren't done. When you go to bed, slip one or more of these into you pillow case, and inhale deeply as you relax before sleeping. Watch for special dreams as you sleep.

#### Witches' Ladder

This charm can be of two varieties. One is a general purpose charm of protection and good luck, the other for a specific purpose.

Supplies needed for a general purpose charm:

A length of White Cord  
A length of Red Cord  
A length of Black Cord  
Nine Feathers, each of a Different Color

Red for physical vitality, Blue for mental abilities, peace and protection  
Yellow for cheerfulness and prosperity  
Green for growth and health  
Brown for stability and respect  
Black for mystical wisdom  
Iridescent Black for mystical insight  
Barred Black, Gray or White for balance and harmony  
Feathers with "eyes" such as peacock feathers for protection and inner clairvoyant vision

If it is possible, make the Ladder on the night of a Full Moon. Arrange your alter and cast a circle. Use about a yard of each color yarn. Tie the ends together then braid the yarn together while you

say :

Yarn of Red, Black, and White  
Work Your magic spell this night.

Repeat this until the braid is finished. Braiding is a magickal act because it makes three strands into one. This represents the three aspects of the Goddess in one. Tie a knot at the end of the braid.

Starting at about a foot from the beginning of the braid, tie a feather with a knot around the base and say :

With this feather and this string  
(state purpose) this charm will bring

Tie all nine feathers to the cord, spacing them as evenly as possible. Tie the ends of the cord together to form a circle. Pass the finished Ladder above a candle flame then incense smoke. Sprinkle it with consecrated water and say :

In the names of the Goddess and the God  
By Air, Earth, Fire and Water  
I consecrate this charm  
Of feathers nine and cord of three  
As I will, so mote it be!  
Hang the Ladder where it will not be seen by others but where you will see it every day.

Your Book Of Shadows

Your Book of Shadows is your most important form of record keeping and a reflection of your spiritual journey. It is an ever-evolving volume, or volumes, that will change and grow along side of the individual creating it. It becomes a record of all of your magickal workings, spells, and their results, as well as, any knowledge you have gleaned along the spiritual path you have chosen.

Since our tools are such personal extensions of ourselves I think it is difficult to tell someone what they "have to" do when building one. We create unique book by recording those sacred individual events and all those things that are holy to you. Ultimately your Book of Shadows is your reference manual on you spiritual path. There are guidelines that are generally followed by most people that I know and by myself. I have included them here and hope you find some measure of help from them. Be aware that if you feel something more or less should go into yours then you should be sure to follow that instinct. I will refer to the Book of Shadows as a BOS, henceforth, in this article.

My private BOS is actually 3 separate volumes kept in three ring binders. One binder is titled Potions and Recipes and contains things such as recipes for bath and toiletries, cakes and ale and crafting projects. The second section titled Spells contains ritual and spell work (wow! What a concept! J) and the third section titled Grimoire contains all the correspondences, information and lore that I have studied and used in my journey. You might use this method yourself and perhaps keep a separate journal in a blank bound book or in another binder.

There are those who like to use blank bound books for their BOS and they add to them, as needed along with their journal entries. There are drawbacks to this option that should be considered. These drawbacks do not make the task impossibility. They just must be thought about, and measures taken, to see that they do not create any problems. One should number all the pages and create a table of contents in the beginning of the book and/or and index in the back of the book. Although, time consuming to begin with, this will save you countless hours of

running through the book page by page when you need a particular correspondence, spell or ritual. I have seen books done with this method and the owner simply used the book from front to back and when the book was full they created an alphabetical index in the last several pages. They then used a new book to continue on.

To many people, keeping a BOS in their own hand is the only way that is acceptable. Actually there are some traditions that demand such. There are benefits to this method, one of which is that a person will absorb much of the information while doing the actual writing in their book. Something to consider if you decided on this method is that you will be filling the book with your own unique energies while writing. This will make a personal and tangible connection between you and your book.

I find nothing wrong with using one's computer, with its variety of fonts and graphics, to create a book that is not only beautiful but also unique and easy to read. There are those who wish to keep their books on disk in order that they may replace or rewrite sections with ease. I use a combination of these methods. I write my book with a computer program and keep it on disk, but I also print the hard copy whose information I keep in the different sections I explained earlier. I also cover each page with a sheet protector. This has saved me on many an occasion! Dripped wax, spilled wine, water and oils are all hazards around your beautifully created pages. The sheet protectors offer one resolution to these problems that will, again, save you not only time copying or reprinting items that are ruined but also the paper you would normally have had to replace.

Many beautifully bound books are available for purchase. You may also wish to create your own unique volume. Fabric may be used to either cover or create a storage bag for your BOS. Silk, wool, linen or cotton are good choices if you prefer natural fibers (or your tradition requires it), or velvet or satin are nice if you like other "posh" fabrics. If you wish to put herbs in the cover of your book, you might do so by wrapping or gluing the outer cover in fabric and sandwiching the herbs between the book cover and the fabric. You might also decide to prepare a fabric bag in which to store your book and any herbs you may choose can be put into the bottom of the bag. You might decide to sew the herbs into the walls of the bag if you are creating a lined bag-the only drawback with this method is that you will have to take the entire bag apart to refresh your herbs. A good solution to this is to place a small pillow of herbs that is easily replace in the bag.

Things to include in your BOS are listed below. If you can think of anything that I have missed please e-mail me with your suggestions and I will be glad to include them here.

A dedication

A protection spell for the book

A blessing

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Traditions in Wicca

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Oils

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Meade and other drink

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Blessed be