

Writing a Spell

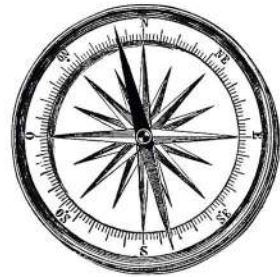
Writing your own spells makes your Magic more personal.

1. Set your intention. Think of what you want and define a goal.
2. Write it in the form of an affirmation in the present tense:
"I lead a healthy and fulfilled life. My body and mind are healthy."

3. Consider if your spell might harm someone.

If you're Wiccan, follow the Wiccan Rede.

*"These eight words the Rede fulfill:
An it harm none, do what ye will."*



4. Gather the ingredients. Each ingredient will have a specific purpose. You can also combine ingredients that all have similar correspondences. In this example, health and wellness.



5. Write the spell. Following the Rede:

*"To bind the spell well every time,
Let the spell be said in rhyme."*

6. Decide if you will invite the aid from any entity such as a God or Goddess.
The Elements of Nature may help too.
7. Consider using other items and symbols that represent or match your intention.

Timing the Spellwork

- Different phases of the Moon correspond with different energies.
- The Sun moves in phases too. These include: sunrise, mid-morning, afternoon, evening, dusk, and sunset.
- Each day of the week also has a ruling deity and a general energy.
- Color psychology can be a powerful tool when casting your spells.
- You may time your spell to astrological events and planetary hours.