

Protection magick – in practice©

This text adds to the overview on **Protection Magick** by acting as a [How To](#) document.

How to cast a circle is a vital bit of kit for all witches, whether they are beginners or not. When you've decided to cast a spell, the first thing is to **protect yourself** from any unwanted energies during your ritual or incantation. You can smudge everything in site, but you can also cast a protective circle - and one of the easiest substances to use is **salt** - so, make a circle of salt around your tools and altar.

- Stand in the circle with the tools you wish to use.
- Relax - say, "the circle is open, but never broken and the Goddess is forever in my heart".
- Call upon the guardians: face in each direction and say,
"Air - East, Spirits of the Air I call you
Fire - South, Spirits of Fire I call you
Water - West, Spirits of Water I call you
Earth - North, Spirits of Earth I call you".
- Imagine a pillar of green light from the Earth up to your head, grounding you.
- Say, "thank you - the circle is cast".

Then, you run whichever spell you want to do. When you've completed your spell, you'll need to open the circle safely.

- Face in each direction and say,
"Earth - North, Spirits of Earth I thank you for your presence here today
Water - West, Spirits of Water I thank you for your presence here today
Fire - South, Spirits of Fire I thank you for your presence here today
Air - East, Spirits of the Air I thank you for your presence here today."
- Imagine the pillar of green light returning to the earth
- Give thanks to the Goddess - "AS ABOVE, SO BELOW, SO MOTE IT BE"

How to make a witch bottle = a traditional protective tool that has been around for many centuries as a protection against curses or malicious witchcraft. Nowadays, it could range from a tiny glass bottle and stopper to a jam jar or ceramic pot. What should it contain?

- Pins, rusty screws or bent nails.
- Soil, salt or sand.
- Protective herbs, eg dill, rue, betony or fennel. You could also make protective sachets or incense out of these herbs to use in the home.
- A small crystal to focus the spell, eg quartz or hæmatite.
- Red string or ribbon.
- Drops of blood, saliva or urine from its maker.

Note: if you're creating the bottle for another, blood or urine is not needed, but you could use wine or mead instead and let the recipient consecrate it in his or her own way.

The lid or stopper should be sealed with wax from a purple or black candle, to repel negative energies – and a pentacle marked on the top. Dedicate the bottle – here's a possible form of words, but it's better to create your own: *O Lord and Lady, who protect our home, Guard us with all your might, Protect us from all evil that comes, With this bottle sealed so tight. Keep us safe, I pray to you, For this bottle to act as a guard, Letting good to pass, but not the bad, With the power inside this jar. As above, so below, so mote it be.*

Now - **where to put your bottle?** There are two schools of thought on this, and you can decide which one works best for you. One group swears that the bottle needs to be hidden somewhere in the home - under a doorstep, up in a chimney, behind a cabinet, because that way, any negative magick aimed at the house will always go straight to the witch bottle, avoiding the people in the home. The other philosophy is that the bottle needs to be buried as far away from the house as possible, so that any negative magick sent towards you will never reach your home in the first place. Whichever one you choose, be sure that you're leaving your bottle in a place where it will remain undisturbed permanently.

As an extra protection, hang an iron horseshoe, open end facing down, to keep evil spirits out of your home. A horseshoe found along the side of a road was particularly powerful and was known to provide protection against disease. Or place iron nails around the perimeter of your property.



Smudging is a powerful cleansing technique, originating from First Nation tribes. It calls on the spirits of sacred plants to drive away negative energy and restore balance. For many centuries, smudging has been part of First Nation tradition, but now this practice has become standard to Western pagan worship or spellcraft too. Smudging is a good way to cleanse an altar, ritual site or people taking part in a ceremony. Smudging with sage purifies both you and your home, banishes negative energy and/or entities and calms people, pets and spirits. It's good if you're feeling stressed, fatigued or wish to cut ties after negative experiences.

It is usual to find smudge sticks made of sage (white or common), rosemary or lavender. You can either buy a smudge stick at an MBS fair (eg £2-£3) or opt to make your own stick(s). If you've got herbs growing in your garden or allotment, the latter option may be more attractive. To make your own smudge stick, you'll need:

- Scissors or secateurs.
 - Cotton or hemp string or thread.
 - Sage, lavender, rosemary, etc.
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- ✚ Cut the branches of the plant into 6-10 inch lengths; leave for a day.
 - ✚ Measure and cut a piece of thin string about 4-5 feet long.
 - ✚ Put several branches together so that the cut ends are all together, and the leafy ends are all together.
 - ✚ With the tips of the branches pointing down, begin wrapping the cord tightly around the base of your bundle, while firmly pressing the plant lengths together, working your way to the tip.
 - ✚ When you reach the tip of the branches, begin working your way back down toward the base, giving a criss-cross pattern.
 - ✚ Tie the two ends of the cord together at the base.
 - ✚ Trim the edges to make it look all nice and neat.
 - ✚ Put your smudge stick to hang up or dry in a basket for 4-7 days.
 - ✚ Once your smudge stick has dried completely, you can store it in a bag or box in the dark until it's time to use it, burning it in a spell or ritual simply by lighting one end.

Before using a smudge stick

- ✚ Open the door and at least one window of the space to be cleansed, so that any negative energy can leave.
- ✚ Focus on your intent and keep that in your mind throughout.
- ✚ Light the smudge stick with a match or candle until it smoulders.
- ✚ If there's a flame, wave your hand (or use a feather) to put out the fire, but allow the stick to smoulder and release smoke to the air.
- ✚ When smudging a group, smudge yourself first and offer smoke to the 7 directions (east, south, west, north and up, down and centre).

During the spell or ceremony:

- ✚ Fan the smoke around **yourself** from head to toe with your hands or a large feather, concentrating on any blocked chakras.
- ✚ **Visualise the smoke** lifting away all the negative thoughts, emotions and energies that are attached to you. If you are feeling depressed, for example, you could visualise the smoke carrying away all your feelings of depression.
- ✚ When smudging **another person**, follow the same procedure as for yourself, fanning the smoke all around their body and state an intent, eg "the smoke it cleanses your body and spirit, to bring you into our ritual".
- ✚ For smudging **a home**, offer smoke to the 4 quarters outside the home. Start at the lowest level and move to the top with the smudge stick lit throughout. Walk around the perimeter of each room and ensure that corners or areas behind doors are covered – create your own statement of intent, eg "May the smoke cleanse all negative energy in this space, bringing love and light in its place".
- ✚ Smudging **objects** is easily done by holding them in the smoke of a lit smudge stick, eg crystals or wand.

Do not forget **smudging safety**.

- ✚ Ensure the area you are smudging is well-ventilated, both to allow negative energy and fumes an escape route.
- ✚ Some plants may have toxic fumes - do not burn a plant unless you know it is safe to do so – sage and rosemary are fine, but more exotic plant smudge sticks may be hazardous.
- ✚ Following on from the above point, smudge smoke can cause acute asthma, allergic reactions or respiratory illness to people, including babies or very young children.
- ✚ Do not use smudge sticks if you are pregnant.
- ✚ Have a fireproof dish or plate available to hold the smudge stick when not in use or after use.
- ✚ It's best to put some sand or earth in the dish for insulation, if you've finished the spell or ritual – do not leave a burning smudge stick unattended.



Here's a Mabon protective spell for your family.

Set-up:

Nine autumn leaves
A plate
A small candle
Some salt

Join in a circle and light a small candle. Focus on the positive feelings to be sent to either you/your family or another person/their family during this season.

Start with by stacking the leaves on the plate, one on top of the other, sprinkling salt in between each one.

Chant:

***Autumn leaves we ask of thee,
Full blessings of safe family.
With salt to make our wishes pure,
Harming none, no less, no more.
So mote it be!***

When you've finished the stack, put it on your altar where all can see it.

At the end of the ritual, bury the leaves in the ground, to be recycled by the earth with thanks.

If you're beset by bad dreams or restless sleep

Optional: 1 cup of herbal tea, containing valerian root, lavender, chamomile + honey to taste

You'll need a serenity crystal for the charm, eg amethyst, snow quartz or blue lace agate – at present, I'm recommend a piece of rough amethyst, as it absorbs all negative or stressful thoughts and gives sweet dreams!

Hold the crystal in your dominant hand & spend a few minutes to focus on the stone - then say,

***"Stone of peaceful, calming light,
Shining in my mind so bright,
I pass you all my dreams tonight.
Dissolve the nightmares – the rest can stay,
For me to sleep until next day,
So mote it be and come what may."***

Banishing personal negativity

Set-up: bowl* of water, salt, cloth, table & athame. *Could be a cauldron.

This spell is best done during a waning moon or at the dark of the moon.

1. Sprinkle some salt on the cloth.
2. Use the athame to bless the salt, eg *"I bless this salt to make it fit for our spell. Blessed Be."*
3. Add the salt to the water; one person holds the bowl up towards the sky.
4. Each person visualises their deities, eg Brighid or Ceridwen.
5. All say: *"We ask you, Brighid/Ceridwen, to let this bowl receive all our negative feelings, so that we can cleanse ourselves and became whole again once more. Blessed Be."*
6. The bowl is replaced safely on the table.
7. Each person dips their fingers and thumbs of both hands into the water and focuses on all their negative energies moving through their bodies, down through their arms and out of their hands into the water. As they do this, each person should be aware of becoming lighter, i.e. of losing the weight that has been on their minds.
8. When each person is sure that this is completed, they should take their hands from the bowl and any drops of water shaken into the bowl.
9. Each person grounds themselves again and the bowl held up again – all say *"We ask you, Brighid/Ceridwen, to take this negativity from us through your elemental power and to keep us safe in your hands. Blessed Be."*

Throw away the bowl of water into the earth (away from plants).

While we're on the subject, which **tools are best for protection magick**? I mentioned amulets in the overview and certain crystals, eg tourmaline or celestite. Here's some other tools that are useful.

- ✚ Athame – and there's a spell for banishing negativity above.
- ✚ Pentacle.
- ✚ Wand – the best wood for protection magick is rowan.
- ✚ Cauldron.
- ✚ Charged candles.
- ✚ Icons, eg a statue of your deity or protective spirit.
- ✚ Talismans and amulets.

Using the moon for strength

Sometimes you need extra power to a spell and the supplementary file on *Blood Magick* gives one option. However, these linked spells on moon magick can also provide personal oomph – remember that if you take power from the moon, return it to the moon after. I worship Brighid, but you can tweak it to your deity.



Asking the moon for extra strength

1. To be performed shortly after moonrise on a full moon. If it's a supermoon or blue moon – so much the better.
2. Outside is best, but it can be done indoors.
3. **Create the altar needed** = your icon, staff + amulet.
4. Smudge, stand with arms across chest, feet together, facing the full moon.
5. *"Goddess of the Moon, Brighid to my belief, you are universal and forever – in the darkest night, you give light and love to us. I ask you, blessed One, to grant me some of your presence and energies within my heart."*
6. Move the feet apart, raise arms and welcome the moonlight into you.
7. *"Help me on this night of the full moon by granting your power for a little time to my heart for healing. It is your universal strength, wisdom and clear sight that perceives my purpose this night and aids my call."*
8. *"I feel your presence in me – Brighid, the Lady of Nature, the Lady of the Moon and the Stars. Together, we are the rocks and soil, the rushing waters of rivers and streams, the blazing fires and the constant zephyrs – we are also the eagles that soar on the winds and see the lands below our wings. I feel your presence and we are together."*
9. Take a moment to feel her presence and visualise the eagle's/ moon's view of forests, rivers, mountains and bonfires in the steads. And breathe deeply to infuse the moonlight into the forest of the soul, lowering the arms.

"Brighid, I thank you for granting me your love tonight – we are empowered."

Releasing the moon's strength for protection magick

Add to your altar: white pillar candle, crystal, floating candle, a large bowl/cauldron, spring water, matches, a pen/paper, picture of you or the person needing protection.

- ✚ Arrange altar with a white pillar candle and a clear quartz.
- ✚ Light the pillar candle and fill the bowl with water.
- ✚ Focus on the moon's energy drawn down, as above.
- ✚ Write the release words on the paper and fix to the floating candle
- ✚ *"Return the injury and illness sent to <you or the victim>, his/her family and his/her friends to its source. I do not accept intentional harm and release healing energy against jealousy and hatred."*
- ✚ As the floating candle is placed on the water, declare what is being released.
- ✚ Light the floating candle.
- ✚ Focus on the transfer of releasing the shared energy for you or the victim's healing.
- ✚ Let the floating candle burn as a symbol of the transfer and the end of the malice.
- ✚ Chant aloud:
*"And here is the moon, offering a release
With gentle light and peace for our spirits.
The moon does not fear people's spite,
But helps us to heal and shield ourselves in future,
Helping each of us to cast off our chains.
And here are we, bathed in moonlight,
The malice is but an invisible mist and we have emerged:
We face a new dawn with moonlit fortitude."*

Protection magick at work

Turning to your **place of work** for a moment, there can be all sorts of problems that require protection magick.

Here's some suggestions for small-scale protection of your workspace.

- Keep the area free of clutter and dirt.
- If a work neighbour is an issue, try a spiky cactus between.
- If you feel under threat from something, visualise a guardian/totem animal standing by your side to strengthen your aura.
- Add plants that have protective qualities to your desk, eg rosemary, lavender, rose or ferns.
- Clear quartz or celestite crystals help to absorb harmful energy from electronic gadgets.
- Smoky quartz is also good for absorbing negative energies.

Tip: any crystals used like this should be purified monthly.

A common issue is office politics, gossip and spiteful talk...here's a spell to avert such malice.

What you will need: a black candle, a lock or tress of your own hair, an envelope, a lit red candle for sealing and a red ink pen.

- ✚ Put all the items on your altar.
- ✚ Draw a circle on the envelope with the pen.
- ✚ Draw a pair of closed lips within the circle.
- ✚ Drip red sealing wax on the lips and draw an X through them.
- ✚ Put your hair inside the envelope.
- ✚ Light the black candle and set it on top of the envelope.
- ✚ Visualise the person spreading gossip about you & see them stop at once.
- ✚ During this visualisation, chant the following:

*"Sealed inside I shall be,
So, no harm can come to me,
From your cruel words and evil aim
Are returned to whence they came.
So mote it be."*

Let the black candle burn out and dispose of the envelope. My suggestion is to bin it, but do not bury it.

Candle protection with black tourmaline

Here's a candle spell that's designed to give basic protection for most magick, including your workplace. A lot of candle magick involves writing on the wax and I find that using a black tourmaline crystal to write on the candle can give a boost to the spell. Never blow the flame out - just pinch it or snuff it out.

Set-up: a dark blue candle, a small container of patchouli oil, pine or sandalwood incense, salt and water.

1. Anoint the candle with some of the patchouli oil.
2. Chant:
***"Candle of protection, power and might,
Protect me from evil with your pure light"***.
3. Light the candle and the incense.
4. Anoint your forehead with some of the patchouli oil.
5. Sprinkle salt and some water around the candle.
6. Visualise all negative thoughts and stresses fading away.
7. Chant,
***"Let all the elements now combine,
To protect my heart and mind,
Let darkness and evil fade away
So only good shall come my way"***,
8. Let the candle burn out completely and repeat as needed.

Note: a word or two about black tourmaline (schorl), which is very good for protection against psychic attack, negative energies or malicious spells. It's also linked to the base chakra and can help with grounding or anxiety problems. If you believe that someone has sent a hex or curse against you, black tourmaline can be used with either quartz or mica to send the malice back to source.

Here's **some ways to use** black tourmaline.

1. Keep the crystal with you when travelling spiritually or meditating, as its protective nature guards against psychic attack on other planes.
2. Key feelings to lose are negativity and phobias – black tourmaline soaks up all your tensions or stresses and leaves you to think about being positive, optimistic and relaxed.
3. Wear black tourmaline jewellery, eg necklaces, rings, bracelets, etc. It's recommended to wear it on the left side of the body, to permit better access to your chakras.
4. Place the crystal in living spaces, in the car or near any source of EMFs. To cleanse a room, place the stone in a bowl of spring water each day.

Dolls for protection magick

The **Protection Magick overview** file referred to **dolls**. Doll magick is very old, going back to early shamanic practice, when figures were made of clay, wood or bones. Many such dolls were used to send to different people to cure or to inflict harm. In the dolls, symbols were carved with a pointed object and placed in the fire or buried in the earth.

But, dolls can be used for protection magick too...if you are the victim of a hex, make a doll of you with reflective material and protective herbs and write an incantation to send the hex back to source. Then burn the doll.

Dolls can be made from wax, card, fabric, bones, clay, straw, etc. It's important that the doll has a head, two arms and two legs and a body. Those who produce a doll made of materials must also have to fill them with stuffing, herbs or straw, paper, rice, etc. Each doll needs some item of **sympathetic magick**, i.e. something personal from the person to be enchanted. Hair, nail clippings, photo etc are suitable.

Furthermore, you can include the colours, eg red for love, black for protection, green for happiness, etc. The doll must have a reference to the person for whom the spell is intended to protect, eg his/her name carved or painted – or the date of birth. Do not forget to charge the doll before use, perhaps in the moonlight or smudged on your altar.