

Dark Goddess

Lilith

Lilith is known as Adam's first wife in Jewish mythology, who chose exile over submission. She represents independence, rebellion, and the untamed aspects of femininity. Modern interpretations see her as a symbol of female empowerment and sexual freedom.

Correspondences

Colors: Black, red, dark purple

Crystals: Black obsidian (protection, shadow work), garnet (strength, passion), moonstone (divine feminine)

Herbs: Mugwort (psychic work), belladonna (banishing, protection), mandrake (power, protection), blackthorn (cursing, protection)

Animals: Owl (wisdom, night), snake (transformation, rebirth), black cat (independence, mystery)

Planet: Moon (especially the New Moon)

Elements: Air (intellect, communication), Fire (transformation, willpower)

Symbols: Crescent moon, snake, owl, dark wings

Connecting with Lilith

Materials Needed: Black candle, mugwort/mandrake incense, black obsidian, small mirror, pen, and paper.

Steps:

Create Sacred Space: Cleanse your space.

Light the Candle: Invoke Lilith's presence.

Meditate: Focus on the candle flame, invite Lilith to reveal your shadow aspects.

Mirror Work: Gaze into a mirror, ask Lilith to show you hidden truths.

Journaling: Record any insights gained.

Thank Lilith: Close the ritual by expressing gratitude.

Ground Yourself: Ground and center your energy.

Attributes

Independence: Self-sovereignty and autonomy.

Rebellion: Defiance against patriarchal and societal norms.

Sexual Freedom: Empowerment and freedom from shame.

Dark Feminine: Primal power and embracing the shadow self.

Shadow Work: Integration of repressed or hidden aspects of the psyche.



How Lilith Can Help in Witchcraft

- Empowerment: Reclaim personal power and autonomy.
- Sexual Healing: Explore and heal sexual aspects free from shame.
- Breaking Free: Challenge norms and live authentically.
- Shadow Work: Confront and integrate the darker aspects of the self.