

Sprites Pagan Kids
Kids' Book of Shadows



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Declaration/Disclaimer

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Email credit information to: webmaster@sacredtriskele.net with the subject line "Kids Book of Shadows Credit Information".

All credit will gladly be given at any time, or if the author prefers, we will remove the content - please do not hesitate to let us know! As well, we try to give authors a link to their sites, or some sort of promotion space.

We gratefully accept submissions and donations.

Thank you.

Ierne, Rhi and Care-Bear
Webmasters – Sprites Pagan Kids

Children's Crafts

These crafts were sent in by Lost Soul
ALostSoul@msn.com:

Leaf prints

Leaf prints are so easy to make and the results can be stunning. First, you will want to experiment with all the leaves available to you.

Gather both plant and tree leaves. Oak and maple are perfect for this project. Make sure there is no dirt on the leaves.

Bring the leaves to your work area. Paint one side of the leaves and then press leaves onto paper or canvas.

You can use acrylics, tempera, block printing ink or a thick fabric paint. Watercolours never worked well for me.

This is a really cool project.

All you need is:

Standard Christmas balls (glass)

Copper tubing (from a hardware store in the plumbing section)

Clear silicone glue

Copper wire (optional)

All you do is cut the tubing to the desired length add a little extra to stick in the ground or to make curly Q's or zigzags, cause the tubing is flexible and it adds a little interest. You'll need to take one of the ornaments to the store because depending on the size of the ornaments you'll need different sizes of the copper tubing. Then glue the glass ornament to the end with the silicone and wrap the stem with copper wire to hide any extra glue.(You can hang a little tag from the wire if you want to turn it into a plant marker).

Another option is to solder the ornament to the tubing if you have a soldering iron or gun, all you need is a little copper tape, the kind used in stained glass. That's the way I do it but the other way is simpler if you don't have the stained glass tools and it also goes faster with the silicone.

Corn Mother

Items needed:

- 1 ear dried Indian corn with colourful kernels
- 1 round, wooden base approx.: 5" X 5" in diameter
- 1/2-inch wide-headed nail
- 1 skein natural off-white wool
- 12 feathers
- Glue, hammer, corn meal, and a small bowl

Begin by placing the base on two bricks; books or rocks bottom side up. Hammer the nail through the centre of the base until nail head is flush with bottom of base. Turn base over. Spread glue 1/2" wide around nail. Husk dried corn if necessary. Holding corn carefully, push teem end onto nail. Thin end points up.

Apply light coating of glue to your hands and apple to cob to ensure yarn will adhere to it. Tie one end of yarn around base of corncob with a tight knot. Push knot under cob if possible. Wind yarn around the ear from the base to the top until all kernels are covered. Place feathers into top of ear in a pleasing pattern that resembles a headdress.

Dedicate the Corn Mother

Hold her up to the North, charge Her with peaceful energies, and say these or similar words: Powers of the North! Bless this Corn Mother!

Hold her up to the East, say: Powers of the East! Bless this Corn Mother
South, West----same thing

Place the Corn Mother in Her new home. This should be a spot of some prominence, such as the kitchen table; or some other place. Fill a bowl with corn meal. Slwly sprinkle a circle of corn meal three times around the corn Mother while saying: May this Corn Mother bless our home with happiness and peace.

It is done.

This is my condensed version of instructions.

3-Knot Goddess Bracelet

This is to represent the Goddess's three aspects; Maiden, Mother, Crone.

Take three lengths of cord/string, preferably of hemp or cotton that will wrap around your wrist loosely twice. Knot at one end to represent the maiden. Start to braid until you reach the centre and then make a knot for the Mother. Continue braiding until you reach the end and then make a knot for the Crone. Tie this around your wrist or ankle to complete the bracelet (the cycle of life).

Runes

4 cups flour
1 cup salt
1 teaspoon alum (in spice section of grocery store)
1 1/2 cups water
Food colouring (optional)

Mix all ingredients in a large mixing bowl. If it is too dry, add a tablespoon of water. Work into dough with your hands.

If you want to colour the dough, divide into parts, and add food colouring to each section and knead.

Roll out dough with a rolling pin on a slightly floured surface.

Cut dough into squares or rectangles.

Use a toothpick to carve the rune into the tile.

Place the rune tiles gently onto a non-greased cookie sheet.

Bake for 30 minutes in 250 degree oven. Turn and bake another 1 1/2 hours until hard and dry.

Let cool completely. Sand lightly with fine sandpaper. Spray with clear shellac or acrylic spray.

Magick Sachets

Earthy-material to make small sachet bags (or you can buy pre made sachet bags from a craft store and decorate)

4 tablespoons dried lavender buds (love, protection, restful sleep)

20 whole cloves (love and protection)

4 tablespoons dried rosemary (protection and love)

1/2 teaspoon dried orange peel (love)

1 sunflower seed for each sachet (wisdom)

Mix lavender, cloves, rosemary, and orange peel together in a small bowl. Hold your hands over the bowl of herbs and say:

“From mother moon and father sun

From autumn breezes carrying angel prayers I empower these herbs to bring protection and love to whoever holds them between clasped hands and prays for a restful sleep.”

Hold your hands over the herbs until your hands grow warm.

Fill the sachet bags, and then empower the sunflower seeds, saying:

“From mother moon and father sun

From autumn breezes carrying angel prayers I empower these herbs to bring protection and love to whoever holds them between clasped hands and prays for restful sleep.”

Tie up sachets, reaffirming with each sachet:

“From mother moon and father sun

From autumn breezes carrying angel prayers I empower these herbs to bring protection and love to whoever hold them between clasped hands and prays for restful sleep.”

The recipe will make approximately 7 to 10 small sachets.

How To Make Paper

You'll need:

- 1 blender
- Paper, denim etc. for pulp
- 2 screens a little larger than the paper size you want
- Towels (& for us lazy people an iron)

1. Select medium:

My personal choice is denim and toilet paper (NOTE: if you decide to use denim cut it into 1/2 inch squares before blending to get the same colouring you may want to try dryer lint as it is a lot easier)

2. Blend the medium to a pulp; need I say more? Try for an oatmeal consistency.

3. Now the fun part: with your hands smear the pulp on the screen to a little more than the size you want (you may be cutting the edges for a clean look) place your flowers glitter string etc. on the pulp where you want it.

4. Top with other screen.

5. Place between towels; for thinner paper I use 2 towels on each side and then place heavy books on top.

6. Let sit for a day or so.

7. If still moist Iron the dampness out or put it back between the towels.

Viola you've made paper!

Easy Suet Recipe

From Sabai

- 2 cups shortening or drippings
- 1 cup peanut butter
- 1 cup oatmeal
- 1 cup birdseed

Melt the shortening and peanut butter in a large saucepan, then remove it from the heat and add the oatmeal and birdseed and mix well. Pour into a muffin pan and let set overnight. It will keep for 6 months.

Try grains, nuts, flour and cornmeal in your suet, too. You can even use canned or dried cat or dog food--that's right, they like dog food (just ask the grackles on my back porch). It provides a good source of protein.

Experiment to see what your visitors like best. You may even catch a woodpecker or two trying it out.

When you feed the birds, you're providing them nourishment and yourself some enjoyment and education. Let kids put the scraps on the table, give them some inexpensive binoculars and a bird identification book and you'll start them on a lifetime of nature appreciation.

Kid Friendly Recipes

These came through the old email discussion list – A Recipe for Magick. The list seems to have fallen into the “defunct” category, and disappeared.

Dessert Pizza

1 pizza crust
4 medium apples -- peeled and sliced
1/3-cup brown sugar
1-teaspoon cinnamon

Prepare pizza crust as per recipe. Pat dough into a pizza pan or a baking sheet. Crimp edges as for a pizza. Spread apples over dough and sprinkle brown sugar and cinnamon over apples. Bake at 425 degrees for 30 minutes.

MRS FIELDS CHOCOLATE CHIP COOKIES

Ingredients:

2 1/2 C. All Purpose Flour
1/2 tsp. Baking Soda
1/4 tsp. Salt
1 C. packed Dark Brown Sugar
1/2 C. Sugar
1 C. salted Butter, softened
2 large Eggs
2 tsp. Vanilla extract
12 oz. Semisweet Chocolate Chips

Directions:

Preheat oven to 300 degrees. In a medium bowl, combine flour, baking soda, and salt. Mix well with wire whisk and set aside. In a large bowl with an electric mixer, blend sugars at medium speed. Add butter and mix to form a grainy paste, scraping down the sides of the bowl. Add eggs and vanilla extract and mix at medium speed until just blended. Do not over mix. Add flour mixture and chocolate chips, and blend at low speed until just mixed. Do not overtax. Drop the dough by rounded tablespoons onto an un-greased cookie sheet, 2 inches apart. Bake for 18 to 22 minutes or until golden brown. Transfer cookies immediately to a cool surface with a spatula.

Children's Meditations

These too, were sent in to the mailing list – A Recipe for Magick. At the time, they were unaccredited. Since then, I have been informed that they were written by Maureen Garth, and published in Earthlight, Starbright and Moonbeam. Thus far, I've not received any negative feedback for including them, and I have written several times to request permission. If anyone can reach Ms. Garth or her agent/publisher, please have either contact me! Although I have included more on the website, I am, for now, including only a couple here.

The Star Prelude

I want you to see above your head a beautiful, beautiful star. This star is very special to you, as it is your very own star. It can be any colour you like. You might see it as being a purple star, or perhaps a pink one, or blue, or yellow, or is it a speckled star? Or a silver one? Because it is your very own star, it could be any colour or colours you choose.

This special star is filled with white light, lovely white light that shimmers and glows. I want you to see this light streaming down toward you until it reaches the very top of your head. And now I want you to bring this pure light down through your head and take it right down your body until your whole body is filled with this glorious white light.

I want you to feel the light going down your arms, right down, until you feel it reaching your hands and going into each and every finger.

Feel that light going down the trunk of your body, down until it reaches your legs, and when you feel it there, take it right down until it comes to your feet and then feel the light going through each toe.

I now want you to look into your heart and to fill your heart with love for all the people and animals in the world. They are your friends, be they small or large. Can you see your heart getting bigger and bigger? It's expanding because you have so much love in your heart for all these people and the animals, and of course for yourself.

Now your guardian angel is waiting to wrap golden wings of protection around you before taking you into your garden. The angel's wings are very large and very soft, just like down. Everyone has their own guardian angel and that guardian angel takes care of you and protects you always, so you are never alone. It's important to remember this and to know that you have someone that looks after you with love and care.

Your guardian angel is now going to take you to a garden that is your own special place, but before you enter I want you to look at the large tree that is outside. This tree is called the Worry Tree. I want you to pin on this tree anything that might worry you, perhaps you have had some arguments at school or maybe you are having difficulty with your schoolwork. This tree will take any worries at all, be it with your friends or family. This tree accepts anything that you would care to pin there.

Your guardian angel is now opening the gate for you to enter, and as you go in you find the colours are like nothing you have seen before. The beauty of the flowers, the colours, the textures, and the perfume - breathe them in. The grass is a vivid green and the sky a beautiful blue with little white fluffy clouds. It is very peaceful in your garden. It is full of love and harmony.

You may feel this prelude is very long, but it is wise to create with care, thought, and feeling the setting your child is entering. When your child is used to it, the prelude may become shorter, as it is not always necessary to describe the star and the angel in such full detail. Then it becomes something like the shorter version below.

I want you to see above your head a beautiful, beautiful star. This star is filled with lovely white light. I want you to bring the white light from that star right down through your body until you can feel it in every part of your body, and your heart is filled with love for all humanity and for all creatures great and small.

Your guardian angel is waiting for you to wrap a golden cloak of protection around you and take you to the Worry Tree. Put anything that worries you on the tree, and then your guardian will open the gate and take you inside the garden.

Your garden is filled with glorious flowers; the grass and the trees are an emerald green, and the sky a deep blue with little white clouds.

After you have set the scene, as it were, you can do anything with the children that you think that they would enjoy.

Become a child again yourself, I think you will be surprised at the pleasure these flights of fantasy will give you.

The Fairies

In your garden, the sky is a deep indigo blue with huge ballooning white clouds floating by and a yellow ball for the sun; it is so lovely and peaceful. You can see before you a pathway that is winding in and out of the trees. I want you to walk down that path until you come to a small clearing, if you look very, very carefully you can see the fairies. They have been waiting very patiently for you.

I want you to see yourself becoming smaller and smaller until you are just the same size as the fairies and the elves. They are very excited to have you visit them and they have made you a fantastic costume in your favorite color, and it glistens and glows in the sunlight. The fabric is so light it could float away if you didn't hold on to it.

To go with this magical outfit is a pair of wings that sparkle and shimmer in the sunlight. They are in a lighter shade than your costume. I want you now to dress up and put your wings on, and don't you look wonderful. The fairies are giving you a crown of flowers and herbs, and the perfume from these is rich and exciting.

The fairies want you to go flying with them, and they will take you to examine the flowers that they look after. Each fairy has its own special flower and the perfume and clothes reflect its color and scent. When the fairies take off together, it's like looking at all the colors of the rainbow.

Two of the fairies, one on either side, will help you to fly, because this is the first time you have used your wings. It feels glorious to be free in the air. It's as though you were floating. They are taking you to their special flowers. You will land on the petals, which feel like velvet. If you lie down you will feel the softness of these petals and the sun warming the flowers.

When you have finished looking at the flowers, and you feel its time to rest, after all, flying can be very tiring. I want you to come back to the clearing. The fairies and the elves are having a party for you. There will be fairy cookies, fairy bread, and gingerbread cakes. You will sit on a small toadstool with a bigger toadstool for a table, and you will drink from tiny pink shells.

There are many games to play, and I know you will enjoy playing with these little people...

Shooting for the Stars

As you enter your garden, you can feel the freshness of the night air caressing your cheeks, ruffling your hair, surrounding your body. The flowers are bending their bodies in the slight breeze as though to say something is going to happen.

There is an air of excitement in your garden, an air that says you are going to travel far, far away, perhaps even out of this world. Would you like that? Some people say they are going to shoot for the stars and perhaps you could do the same. Have you thought about going to the stars? I think that would be fun.

Just stand in the clearing in the Centre of your garden, near the Grandfather Tree, and turn your face upwards towards the many stars that are in the sky overhead. They are all sending a lovely light down to where you are in your garden. Look at all the stars and you will find that one will stand out from the rest with its beautiful light. This is the one what you will go on.

Keep looking towards the star you have chosen and you will see a stream of brilliant white light coming towards you. This white light is like a link of energy, which will transport you forever upwards. You can feel your body lifting off the grass and being taken high above the earth moving towards the heavens. It is lovely to feel free and to be transported by this pillar of light. The air is fresh and cool around you and the many stars in the universe sparkle in the black velvet sky and send off many twinkling lights which can be seen on the earth.

This beam of light is taking you faster and higher as you shoot past many smaller stars. And there you are, standing on the star you have chosen. This star's light streams towards the earth.

Look at the star earth beneath your feet and you will find it very different that what you normally stand on. It is full of small sparkles, which light the path you are on and show the way. There is a waterfall nearby and, if you stand underneath it, you will find that instead of water coming around body, you are being bathed in special starlight so that you now sparkle and gleam with this lovely starlight.

You may find star people living here. I wonder what they will look like? I imagine they will have wonderful silver clothes and flowing hair. They may speak a different language but you will be able to understand them.

Why don't you go looking for them? I think they would love to know someone has traveled such a long way to see them...

Chants

Often these chants are well known amongst the pagan communities. This first one was sent to A Recipe for Magick.

Child's Chant
Author unknown

Now I lay me down to rest.
I pray that all the world be blessed.
Lady Moon and Sister Star
Watch over me from afar.
Mother Earth is always there
And keeps me safe within her care.
The Lord of Dreams will dance and sing
And happy dreams will to me bring.
And when I wake to greet the day
Brother Sun will light my way.

The Goddess Chant
Isis, Asarte, Diana, Hecate, Demeter, Kali, Innana

The God Chant
Pan, Poseidon, Dionesius, Cernunos, Mithras, Loki, Apollo

We All Come From the Goddess
We all come from the Goddess, and to her we shall return
Like a drop of rain flowing to the ocean.
(repeat)

Isis, Astarte, Diana, Hecate, Demeter, Kali, Innana!
(repeat)

We all come from the Horned God, and to him we shall return
Like a spark of flame rising to the heavens.
(repeat and return to the beginning)

The Circle is Open

The circle is open, but unbroken

May the love of the Goddess be ever in your heart.

Merry Meet, and Merry Part, and Merry Meet again.

Earth My Body

Earth my body

Water my blood

Air my breath

And Fire my spirit

(repeat as energy builds – there are actions somewhere online)

Elementals

The Earth, The Air,

The Fire, The Water

Return, Return, Return, Return (2X)

Ah Ay, Ah Ay, Ah Ay, Ah Ay

I Oh, I Oh, I Oh, I Oh (2X)

Spells

All of these spells have been sent to either A Recipe for Magick (defunct) or to me via email. I have never gone too far in checking them out for validity as to authorship. If anyone sees anything out of order, please contact me and I will fix it as soon as possible!

Basil Protection Spell

First, open your ceremony however you like; Moon Phase: Full

Things you will need:

- one orange candle
- one carnation flower
- basil

Place the carnation in the bowl of consecrated water, and set basil in front of the orange candle. Light the orange candle with the Presence candle. Breathe deeply and clear your mind. Begin to concentrate on the powers of protection, visualize a strong shell surrounding you, glowing hot. Say in a powerful voice:

I call on the guardians and on the power of the Lord and the Lady

I surround myself with the protection of fire

I am supported by the strength and grace of earth

The winds bring me gentle shifts and the water's flow eases the energy in this time.

I believe in this protection and I release my fears;

so that I may connect to the pulse of life.

May this be done within the greater good,

So mote it be, and be it, it should!

Let the candle burn for as long as you like. You can take this opportunity to meditate and release the spell into the cosmos. When you are ready, snuff out the candle. Keep this candle and burn it during meditation whenever you feel a need for extra protection. When the candle has eventually been burned completely, repeat this spell if you feel the need.

Continue the ceremony with the wine and cake blessing and consumption. Then dismiss the elements and the other spirits present and close the circle. At the end of the ceremony, take the basil and scatter it on the ground under the light of the full moon. The spell is complete!

Rid Evil

Find rose water and sprinkle it about your premises, Chant: "Keep evil eye from roaming here." imagine your religious god or higher power protecting you and being surrounded in peace.

Banishing Personal Negativities

Black candle

Incense

Ashtray or Cauldron

Paper and a Black Pen

Kneel in front of the altar (after having lit the incense and cast the circle), light altar candle focus, and draw energy. Light the black candle, while concentrating on placing all negative energies and thoughts you have concerning the subject into the candle. Write the person's/object's name in black ink on a piece of paper and place it in front of the candle and say:

"Isis mother of Horus, Isis daughter of Ra, Isis wife of Osiris,
I beg of thee.

Please come to my aide

Help me unburden my negativity.

As I burn this candle in front of thee

May all bad thoughts and deeds flee

Out of my sight and into the night.

May they return into the universe to be used correctly."

Take the piece of paper and light it from the black candle. Let it burn (in the ashtray or the cauldron) all the while concentrating that the negative energy is fading away into the night. Look at the ash and say:

"Be gone! Into the night.

Out of my mind and out of my sight.

Never to disrupt my slumber again,

Never to return to cause me pain.

As above, so below and in harmony.

My Goddess I beg of you,

SO MOTE IT BE!"

Let the candle burn all the way down or snuff it out saying:

"Physically though you are quenched,

Astrally you will always burn."

Clearing Negative Energy

Items needed:

Black Candle

White Candle

Sage

Call corners (elements) (and deity if you so desire) but do not cast an actual circle.

Start at a window next to an exterior door. Light the black candle first (to attract the negative to it) then the white candle (to attract the positive) Start the Sage smouldering.

Start with the window closest to the main door, cross or draw a pentagram in front of the window with the black candle then with the white. Go to the next window or door (away from the main door) and repeat. Continue through every room. When you return to the main door (completed the circle) place the black candle outside of the door and snuff out the candle. (do not blow it out as you want to trap the negative in the candle) Then "seal" the door with the white candle. Take the Sage and smudge the windows and the doors in a similar manner for protection. Thank and dismiss the elements (and deities).

Place the white candle somewhere so that it can burn out. It will attract positive and pleasant entities to fill the void left by the negative. Take the black candle somewhere (preferably away from the house) where it can be buried and will be undisturbed.

Energy, Beginnings, Enthusiasm & Fitness

You will need:

1 red candle

Anointing oil (pine or dragon's blood)

Incense: pine or dragon's blood

Sunrise, Tuesday

- Light incense.

-Anoint the candle with the oil, focusing on the upcoming year and all the goals you want to seriously pursue.

- Write down on a small piece of paper what you wish for ... and put the piece of paper under the candle, and as you light it, say:

"May this or something better now manifest in accordance with the highest karmic good for all concerned."

(This is called the KARMIC CLAUSE, and should be repeated every time you make a wish.)

Let the candles burn as you visualize your goal.

You can repeat this for several days, up until the Full Moon, but let the candles burn all the way down on the last day. Keep the slip of paper on your altar, in a special small box or in a medicine bag to be worn around your neck.

Friendship Candle Magick

Materials:

Pink Candle

Good Luck/Friendship Oil

Pink silk Ribbon

White Silk Ribbon

Cast the Circle

Arrange altar

Invoke Goddess and God

You will want to anoint the pink with Good Luck oil all the while thinking of the friends that you want to make. Imagine yourself laughing with them, going out with them. Really see yourself with them.

After your candle has been anointed, you may light it. At this point you may call out the things that are important to you in a friend:

honesty, trust, open mindedness (important for every Wiccan!), humour, whatever.

As you light the candle, see the flame as being the energy that burns between any two close friends.

When this is completed, take your two pieces of silk ribbon and weave them together. Simply winding them around each other will do. While you do this, think of bringing that friend closer to you. This binding process is reminiscent of pagan handfasting rituals. You are binding that friend to you, making them loyal to you, a way any good friend should be. You DO NOT want to bind a specific person to you, as that kind of magick is harmful since it harms the other person's free will. Only bind the idea of the perfect friend to you.

Once you have done this, tie the ribbon to the base of your candle as best as you can. The candle's light is a beacon to bring friendship to you and another person.

When this is done, you may wish to sit and meditate on the spell that you have just cast, sending your energies out to bring that perfect friend to you. When you feel that your spell has been completed, then it has. Let your candle burn all the way out and release your circle, thanking the Goddess and the God.

Good Grades Spell

Light two yellow candles and one green candle. Stand (or sit) before the candles visualizing your need strongly and say the following when you feel that you are focused enough:

"Oh Mercury, bestow upon me benevolence and knowledge.
Help me to attain my goals and achieve my desires.
Aid me to show determination and intelligence in attaining my goal (s).
Open my mind to knowledge.
As I will it, so mote it be!"

Sit in contemplation for a few moments and then snuff the candles with foil or whatever you have on hand, but don't blow them out.

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Alertness and Grades Spell

General Uses: Alertness, learning, sensibility, and calculation.

Timing: Any time the sun is visible. When the moon is in Leo. The season of summer; after spring and fall breaks from school.

Props/Focals: Warm, golden colours. The scent of rosemary. Amethyst and coral charms. Books, glasses, desks, or any item you associate with concentration.
The number 1.

Secondary Listings: Choices, Humour, Knowledge, Leadership, Organization, Quick-Mindedness, Teaching/Teachers, Understanding.

Sample Spells: This is a charm for mental keenness. Gather rosemary, amethyst, and coral together in any yellow container. Allow them to sit in sunlight for a full day, soaking up that harmonic energy. At dusk, before the sun goes down, hold your hands to the right and left of the container so sunlight can still shine through.

Visualize the rays being soaked up by your components. To empower the items use and incantation like, "As sunlight finds its way, let me see the light of day. Internal fires start to burn, help me now, my _____to learn." Fill in the blank with the appropriate topic. Carry the container any item you need improved attention. Repeat the verbal component at moments when your mind begins wandering.

Calling The Luck of The Fairy Folk

(note to parents from ierne – this spell calls for skyclad-nude participation. My girls have done this in swimsuits and clothes and been just fine. However, since I didn't write this, I didn't want to edit. And since it's a fun ritual – I didn't want to leave it out.)

This incantation can be done anytime during the summer, when the fireflies are out. Can be performed clothed but is best done skyclad. You must find a VERY quite and private place to do the incantation. Start with your arms out and walk in an open area that fireflies are in. Stop in the same position and call upon the great mother with the following chant:

Fireflies come dance with me
Fireflies come be with me
Oh Great Mother be with us tonight
With (your name) and the Fairy Folk
Fireflies show your true self
Do not fear me for I am (your name)
Your friend, Your Sister/Brother
Invite me into your world to dance
(Dance a joyous dance from your heart)
(Allow yourself to be free and at peace)
Continue Chant:
Fireflies, Fairy Folk, Oh Great Mother
Come dance with me, Be with me
Fairy Folk show your true self to me
I will protect you tonight as we dance
Dance the dance of the Fairy Folk
*repeat the above five lines, and dance
the dance of the Fairy Folk until you
feel and see that the Fairy Folk are
with you...Play with them as you like,
when you are done do the following:
Begin Chant to End the Dance
Fairy Folk, Fire Flies, Oh Great Mother
Fairy Folk, I (your name) leave you now
Go back to hide from where you came

Be not sad, or cry or weep
For I (your name) will return
To dance the Dance of the Fairy Folk
Peace be with you. Blessed Be.
...by Sun Age 9

Submitted by Sun

Ritual to Invoke the Power of the Goddess and God

I came up with this while reading one night and now I use it every time before I cast a spell:

Assume the posture of the Goddess (place feet about two feet apart, with your arms outstretched, palms facing away from you) and gesture the symbol of the Goddess with your left hand (create a half circle with your thumb and forefinger and press your other fingers to your palm) and look down.

Say: "Mother Earth, Diana, Goddess and creator of all fertile things and the moon, I/we invoke thee. Bless us by channelling your power to this circle so I/we may spread it throughout the world."

Assume the posture of the God (feet together, body held rigidly upright, arms crossed on the chest, right over left) and form the symbol of the God (ring :or small finger: and index fingers held up, with the thumb holding the others down) and look up.

Say: "Father Sky, Apollo, God and creator of all wild things and the sun, I/we invoke thee. Bless us by channelling your power to this circle so I/we may spread it throughout the world."

"So mote it be!"

Submitted by Jaler - WereBass@aol.com

Rune Candle Spell

Place a candle in its holder in the colour you would like:

White: protection, purification, peace
Red: strength, health, passion, courage
Light Blue: healing, patience, happiness
Dark Blue: change, psychic work
Green: money, fertility, growth, employment
Yellow: intellect, attraction, study, divination

Brown: healing animals, stability

Pink: love, friendship

Orange: stimulation, energy

Purple: power, healing diseases, meditation

Black: Divine power, protection from negativity

Scratch the appropriate rune into the candle just below the top and light it. As you light it say: "Lunar light protect me." As soon as the candle melts down past where the rune is extinguish it, preferably not by blowing.

Tigger's Full Moon Ritual

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Grove of the Hundred Acre Wood

Under the bright full moon, in the grove at the center of the Hundred Acre Wood, the celebrants come together. Pooh, as summoner, bids them to enter into the sacred place. One by one, they file in and take their places around the fire. And they wait, and wait and wait, and wait.

"Oh Bother!" says Pooh. "Our High Priest is not here. However can we hold our ritual tonight?" And they wait some more. Then they hear a crash, and a crash and a crash and a crash, and out of the brush explodes the High Priest.

"Wooohooohooohooo!!! Never fear! The night is clear, and Tigger's here! Tiggers run on Pagan Standard time you know! Now let the ritual begin!!!" He looks to his left, and takes rabbit's hand. "Hand to hand this circle is cast"

Rabbit turns to his left, to Owl. "Hand to hand, this circle is cast" Owl turns, and reaches down to Piglet. "Ahem. Now from hand to hand, in a most wonderful way, a way that has a history that stretches back into the dawn of time, to when ..." (coughing from the group) "Oh yes. To you Piglet, hand to hand the circle is cast".

Piglet turns to Eeyore. "Hand to...uh....er...em." Eeyore: "I don't have any hands. I guess I'm messing things up once again" he pouts Piglet, though he is a little fellow, feels up to any challenge. "Well well well then, hand to ear the circle is cast my friend". And so, on it goes.

"Wooohooohoo" says Tigger. "The circle is cast, our sacred space is whole. So Mote it Be!! Wooohoo!!" "So Mote it Be" reply the others. "And now, why don't we invite the elements to join us in our celebration tonight? Rabbit?"

Rabbit: Guardians of the North, Element of Earth, wonderful earth that gives forth carrots, oh beautiful, joyous, wonderful carrots, I invite you to join us in our celebration tonight. Hail, and Welcome" "Hail and Welcome" repeats the group.

Owl: "Ahem!!! Guardians of the East, Element of Air, the spirit of our intelligence and wisdom, of which I of course am a prime example, well read and studious as I am, a font of knowledge as it were, the source for any information you may need, the..." (coughing from the group once more) "Ahem, er, yes, Element of Air,

we invite you to join us tonight. Hail and Welcome". "Hail and Welcome" repeats the group.

Piglet: "G g g guardians of the South, Element of Fire, I invite you to join us tonight. I know I'm a little Piglet, but I have a b b b big voice, and an even b b b bigger heart, s s so I know you' will hear m m m me. H h hh hail and Welcome" "Hail and Welcome" repeats the group.

Eyore: " Oh. I guess it's my turn. Not that anyone would really listen to me, but it's my job so I'll do it. Guardians of the West, Element of Water, I suppose I should ask you to join us tonight. And I'll probably get all wet, and have to walk around all night, smelling like wet fur. Oh well, Hail and Welcome I suppose". "Hail and Welcome repeats the group.

"Woohooohoo!!! Now, if our sister Kanga can call upon the lady?"

Kanga: "Blessed Lady, Goddess of the moonlight, Mother of us all who keeps us as Joeys in the pouch of her world. Oh, now Roo, you musn't do that. You musn't play with the cleansing oil like that.

"But Mama....."

"Now Roo, behave. Thank you. Now, Blessed Mother, you know what children are like, so I'll just go ahead and invite you to join with us and lend yours spirit to this joyous night. Hail and Welcome".

"Woohooohoo!!!. The circle is cast. The Lady is with us. Aint it just grand?" Tigger raises his arms to the sky, and starts to twirl, and starts to bounce, and twirls and bounces, twirls and bounces, deosil around the circle.

"Woohooohoo. The wonderful thing about witches, is witches is wonderful things. They dance, they prance, they clap and sing. They live a life of joy, peace and fun. But, the most wonderful thing about witches is...I AiNT the only one.

The wonderful thing about witches, is witches is wonderful folks. They're serious when needed, but always quick with jokes. They honor the Lord, they honor the Lady. They love to lay in a field and bask in the sun, or under a tree where it's shady. But, the most wonderful thing about witches is, I AINT the only one.

The wonderful thing about Witches, is Witches have wonderful souls. Their hearts will swell, they make folks well, and around campfires, stories tell. They're happy, clappy, sometimes sappy, and when they don't ground right, they're often zappy, but the most wonderful thing about Witches is I.... AINT.... The..... Only..... One. Woohooohoo. Blessed Be!"

"Blessed Be" repeats the group. "Oh, bother" says Pooh. "That is so silly. This is a ritual. I don't think we're supposed to be silly, are we?"

"Au contraire my dear Pooh. Woohoo!!!. We are willy nilly, and silly, but we are celebrating the joy in our hearts, the zest for life that we have, the energy that we share. We heal our souls with happy fun, we set our spirits free to run, we live the beauty of the moon and sun. We're Witches you know. hehehehe. Now, please bring forth the bread, wine and honey so we can complete our blessed night".

"Oh, Bother says Pooh. "The honey jar seems to be empty. I know there was some here, when I checked its taste before ritual. Where ever could it have gone? I guess I've ruined the ritual now. Oh bother, Oh whoa".

"Woohoo!!!, Christopher Robin is right you know, you really ARE a silly old bear. We're together, with each other and with the Lady. Honey would be nice I'm sure, but our ritual was good and lovely and pure. Perhaps next time tho, you could bring two jars? woohoo!!! Now, take this cup, and take this bread, and with all being done and said, we are sisters and brothers, from last to first. May you never hunger, may you never thirst. Woohoo!!!"

And so the cup is passed, and the bread to share, and not one thought given to a worldly care. "Woohoo!!! And now, let us end our Full Moon Ritual. Kanga?"

Kanga: "Thank you Tigger, and for behaving yourself, thank you Roo".
"Oh, Mama!!"

Kanga: "Blessed Lady, we thank you for your presence with us tonight, tho like the good Mother you are, you are always with us, at least in our hearts. Go if you must, stay if you will. Hail and Farewell". "Hail and Farewell" repeats the group.

Eyore: "Well, Water, I didn't think you'd come, but I guess it's nice that you did. Go if you must, and you probably will, stay if you want to. Hail and Farewell".
"Hail and Farewell" repeats the group.

Piglet: Element of Fire, I kn kn knew you would listen to my c c c call. Thank you for c c c coming. Go if you must, stay if you will. Hail and Farewell". "Hail and Farewell" repeats the group.

Owl: "Ahem!! Element of Air, I knew that you would come, as I'm wont to know so many things, but I thank you none the less. Go if you must, stay if you will. Hail and Farewell". "Hail and Farewell" repeats the group.

Rabbit: "Element of Earth, provider of carrots and cabbages and many great things, I thank you for coming tonight. Go if you must, stay if you will. Hail and Farewell". "Hail and Farewell" repeats the group.

"Woohooohoo. Just one more thing to do!! As hand to hand the circle was cast, or hand to ear, or ear to hand, or from me to you and you to me, it's time from hand to hand the circle set free".

Tigger turns to Pooh. "Hand to hand, the circle is opened". And so in widdershins, on it goes. "Woohooohoo, and now we're thru. Unlike my furniture, and many other things as well, the circle is open, yet never broken. So Mote It Be!!!" "So Mote It Be!!!" shouts the group.

Tigger starts to bounce, the others to smile and look about. "Now, music laughter and dance, this is it, this is your chance. Tiggers are excellent drummers you know. Wohooohoo!!!!"

And the sounds of drumbeats and laughter are heard all thru the night and all thru the Hundred Acre Wood.

The End

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