

# WICCA BEGINNER'S GUIDE

A BEGINNER'S GUIDE TO  
MASTERING WICCAN BELIEFS,  
RITUALS & MAGIC



VALERIE W. HOLT

# **Wicca**

## **Beginner's Guide**

**A Beginner's Guide to Mastering  
Wiccan Beliefs, Rituals, and Magic**

**Valerie W. Holt**

**Copyright 2016 by Valerie W. Holt. All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document. Disclaimer: Always consult with your health professional before trying anything new. Nothing in shared in this book is intended to be any kind of advice.

# Table of Contents

[Introduction](#)

[Section 1](#)

[What is Wicca](#)

[The Religion](#)

[The Known and Well Documented History](#)

[Unknown History of Wicca](#)

[Section 2](#)

[Wiccan Beliefs](#)

[Dualism](#)

[The Goddess](#)

[The Horned God](#)

[Polytheism](#)

[Dryghten](#)

[The One](#)

[Everyone Else](#)

[Ritual Beliefs](#)

[The Wheel of the Year](#)

[Sabbats](#)

[Esbats](#)

[The Elements](#)

[Air](#)

[Fire](#)

[Water](#)

[Earth](#)

[Spirit](#)

[Other Beliefs of This Religion](#)

[Reincarnation](#)

[Afterlife](#)

[Animism](#)

[Other Occult Systems](#)

[Section 3](#)

[Witchcraft](#)

[Witchcraft](#)

[Magic and Science](#)

[Ritual and Spell Work](#)

[Tools](#)

[Section 4](#)

[Your Wicca Quest](#)

[Read and Reach Out](#)

[Finding Where You Fit](#)

[Covens](#)

[Circles](#)

[Eclectic](#)

[Solitary](#)

[Autumn Equinox Ritual](#)

[More Wicca Books by Author](#)

## **Introduction**

Wicca is the religion that is most closely associated with paganism. However, it is merely one branch of paganism, one out of the hundreds that exist. There are a lot of rumors and misnomers about the Wiccan religion, and what it is associated with. One of these common misnomers is that it is correlated with Satanism. This is incorrect, along with many other rumors. We'll be addressing those throughout this book. This is a four book series that is geared towards educating and encouraging young spirituals in their journey to become the best version of themselves in this religion.

# Section 1

## What is Wicca

### The Religion

Started in the early twentieth century, Wicca is a contemporary pagan religion that revolves around the use of spiritual and physical energy that manifests itself in and around us. While there are so many different takes on this religion, they are all based on the same fundamentals, to keep the peace, and stay as one with the earth.

This religion is one that does not contain a central authority. This means that there are not really any churches that you have to attend, and every partaker is responsible for their own soul. You have to find yourself in the religion, rather than go to an establishment of worship and listen to someone drone on and on about the boring particulars, you have to follow them yourself. This also makes the Wiccan religion a lot easier to stick with, because it is always more interesting to discover things for yourself.

A lot of people consider the Wiccan religion to be the founding of paganism, however, it is quite the opposite. Paganism is the founding of the Wiccan religion. Wicca is based on ancient paganism ideals and contemporary spiritualism. There is a common theme among the Wiccan practices that is a little newer, and that is to becoming one with the earth. A lot of ancient paganism dealt with using the earth, rather than working with it.

The Wiccan religion is one that is filled with magic and wonder, however, it is often abused, and that is why it gets a bad reputation. If you are planning on following your spirit in the Wiccan ways, then be sure that you are

prepared to handle the responsibility that comes with this religion. Otherwise, you should go about pretending that this religion doesn't exist. Now, what exactly is Wicca? Up to this point, I have been beating around the bush just a tad. The truth is that it is hard to define Wicca, as there is so much that goes into it, and it is not the same for everyone. Everyone experiences Wicca a little differently, and that is what makes it so appealing.

If you had to define this religion, the best way to do so would be to describe it as a religion in where your main goal is to unlock the magic in your soul. Each person has a goal in this religion. And that goal boils down to wanting to find magic in life. While you may not get a whole “Harry Potter” level magic going on, you may find yourself being able to do some beginner “Eragon” magic. And even if you don't find the physical magic, you may find the spiritual magic that every person has locked away inside of them. You do not have to worry if you don't achieve physical magic. Very few do, and there have not been many, if any, accounts of drastic magic being done. That is not to say that it is not possible. The accounts may be locked inside the mind of someone who is locked away for being considered “crazy”. You have to remember that neo-Christianity is not very accepting of other people's religions. This trend started back when Roman Catholicism took hold of the minds of many and swept through many countries. All other religions, including paganism religions, were deemed as heresy, and they were considered punishable by law. Thus, small accounts have stuck throughout the years. Since then, as Roman Catholicism has spread, and broken off into branches and Christianity.

### **The Known and Well Documented History**

The history of this religion is actually not as old as people believe it to be. While it takes some old beliefs and adds it into the religion, it is actually a more contemporary form of paganism that is being celebrated along with

other theologies to make it the best of all of them. Some older pagans call Wicca “picking and choosing” however, this is quite incorrect. Wicca is taking parts of all different religions, the parts that seem to coincide with each other and building from there.

In the early 1920’s, the Wiccan culture began to emerge from the ashes of paganism. By this time, most of the world had turned to Christianity and had denounced any type of religion that was not a form of Catholicism or Christianity. Recall, that at this time, in many countries it was illegal to practice any religion that was not the main religion of your country, so that really made it hard for other religions to be documented.

The Wiccan religion started on the basis that the early witch hunts of England were in fact, based on the wrong ideas, and that the witches were followers of Satanism. This is known as a witch-cult theory, and it is a very popular theory that surrounds the witch trials of early England and Salem. First expressed by a German professor, Karl Ernst Jarcke, the idea quickly flared throughout the world as a very plausible thought, and people soon decided to build a religion that would show the world that true witches have nothing to do with Satanism.

Gerald Gardner became known as the father of Wicca around 1936. He decided that the Wiccan beliefs should become a true religion rather than just a bunch of people who share a similar belief. He also decided that there should be a few basic rules to the religion, rather than everyone making up their own, but all in all the rules were not that bad. Gardner founded a coven after purchasing a country club in his area and made it their headquarters. The coven ran almost entirely on money brought in by its members.

However, despite being the founding father of Wicca, his craft was more

called Gardenerism, and was based more on the old religion than what Wicca is today. He also never referred to the craft as Wicca, however, he did once mention the group as being *The Wicca*, which is where the term Wicca originated from. Gardenerism was the prominent form of Wicca in the British Isles and England.

The British tabloids started to give Wicca a bad image, however, that seemed to just fuel the interest further (back then, no one believed the mainstream media...). They knew since the tabloids were trying to bring it down, they felt threatened. That must have meant that there had to be something good associated with the religion. So people started getting more into it, and it spread throughout the country.

Around this time in history, a man named Alexander Sanders started to mold the Wicca religion, and add in more focus on ceremonial magic. This form of Wicca was known as Alexandrian Wicca. It is the most popular form of Wicca practiced today. This lays its focus on magic that is generally only used for good.

Gardenerism is focused on the belief that there are three levels of witches, a white witch (only does good), a gray witch (does bad things for good reasons), and a black witch (dark magic users, banned from most Wiccan cults). Gardenerism tried to show the difference between the three witches and publicly rebuked those who dabbled in dark magic.

Alexandrian Wicca rebukes all witches who use magic for anything other than pure good. That is why Wicca today is a nice balance between Alexandrian Wicca and Gardenerism, however, the balance is skewed more towards Alexandrian Wicca in the west.

By the 1990's, Wicca had become somewhat of a trend. This disgusted true

Wiccans, because they were in it for life and didn't see it as a trend. It was their religion, not just something that they did for fun, but a lot of the younger generation seemed to only want to get into it for fun. This caused a lot of true Wiccans to start going back to the old ways in order to separate themselves from the trend following sheeple.

Unlike most religions, since this one is fairly new, it does not have a rich, well known history that spans thousands of years. It actually has a very brief well known history. However, there is also Wiccan history that is not as well known. However, because it is not documented, most of the unknown history is considered speculation.

## **Unknown History of Wicca**

The first theory is that Wicca is directly tied to the Salem witch trials in the 1800's. The belief is that other pagan worshipers were so outraged that they decided they were going to show the world that witches were not to be toyed with. The thought was that they were going to wreak havoc on the world by invoking their powers in the name of themselves, and show the world that they had nothing to do with Satan, and the power came from them alone. However, a few people talked some sense into their covens and convinced them that violence would only make things worse. This is where Gardnerism comes from, with the White, Gray, and Black witches. It is rumored that if a coven discovered a black witch, they would bind them, and cure them of the darkness. This cure could kill the witch if they were too tied to the darkness. This is, of course, not well known, because the Wiccan culture tried its best to look like a clean cut society to keep the witch burnings at bay. Alexandrian Wicca decided that any magic that was not used purely was bad, and most accounts of even gray magic were wiped out.

Another theory is that voodoo queens in Louisiana, and the bayou area are

Gray witch Wiccans who were banned from a coven. They were banned from their covens for using hexes, and thus they decided to become their own governesses and start their own culture of sorts. If you live near the French Quarter, or pretty much anywhere in Louisiana, you have probably heard of voodoo queens, and maybe you even know one. The sources say that in 1943, an unnamed Louisiana slave who practiced the Wiccan religion and was part of a coven decided to hex her slave owner for taking her baby and selling him. The slave owner died of unknown causes, but the coven found traces of dark magic around the slave and pieced together the puzzle. The woman was set free, but she was no longer allowed to be a part of the coven. She found herself a little shack in the bayou, and so enthralled with the feeling that the dark curse gave her, she decided she would open up shop. She wanted to clear her conscience by helping people do bad things to people that hurt them. A few of her friends in the coven decided to join her, and thus began the tradition of Voodoo queens.

There is a theory out there that not only should Wiccans cast a circle with the four known elements, but there is a fifth element that is overlooked. This element is known as spirit. It is often invoked in Native American rituals, and in the early 2,000's, PC and Kristen Cast wrote a book series known as the House of Night. It is about vampires, however, these vampires are very close to the Wiccan religion. In fact, it is a mix of Wiccan religion and Native traditions with vampires thrown in. While the book series is entirely fictional, there are some great things in it that can help you learn more about the Wiccan traditions.

Alexander Sanders was rumored to adapt the Wiccan traditions to the Native American rituals. That is why the two are so strikingly similar. In fact, smudging and a lot of spells are extremely similar, or even interchangeable. It is said that Sanders and some of his friends came across a Native American chief who taught them about the rituals. However, it is

not just any Native ritual, it is the rituals of the Cherokee Natives that Wicca resembles.

That is really all that is out there in the unknown history that is even slightly validated. There are a lot of other claims that are extremely outrageous, and though they might be true, this book is for instruction, not fiction.

## **Section 2**

### **Wiccan Beliefs**

Unlike Christianity, which celebrates monotheism, meaning they only worship one god, Wicca is dualistic. Meaning, Wiccans worship not one but two gods. This is based on the gender separation of gods and goddesses, and the belief that we are created from a torrid love affair from these deities. This is also common with Hinduism and Taoism. If you do not know what Taoism is, think Yin and Yang. It is the religion that believes that the Yin and Yang represent the sun god and the moon goddess.

The Wicca religion celebrates two deities as well, the Horned God, and the Triple Goddess. These deities are seen as two lovers who have the responsibility of making sure that their followers keep themselves in line, and do good for the world. They are actually not that invasive in their subjects lives, however, they are often the ones that are called upon to help you complete your spells.

However, not all Wiccans are dualistic. Some are polytheistic. This means that they believe that there are a lot of deities out there that make it possible for them to access all of the spells that they do. These Wiccans operate under the belief that it is too much responsibility for even one god to control everything in an area, so there are many lesser deities that handle the more minor responsibilities and the minor spells. This is a very valid belief, and if you feel that it suits you, then feel free to believe that way. This book will include all of the major deities in the religion.

### **Dualism**

Dualism is the belief that there are two deities in a religion. This belief is portrayed in many religions and is based on the belief that having two opposite deities keeps a balance of good and evil, and that we are created from this balance, which is why there are always good and bad people. Everyone has a bit of good and evil within them, it just depends on which they choose to follow.

### **The Goddess**

Also known as Mother Goddess, she is the one you call on for love and healing spells. Spells to do with nature are also under her calling. She is known as a Triple Goddess, as she is seen as the Virgin. The Mother, and the Crone. She is in control of moon rotations, and the growth of the earth. It is said that she graced Mother Theresa, and created the tide in the oceans. She is the Goddess of fertility and love as well.

The Mother Goddess is generally called upon by women, as she influences her gender the most. However, it is not uncommon for a male to call upon her as well, as love is a powerful thing, and even men want it too.

There is not much that is known about the Goddess, because as stated previously, the deities pretty much keep to themselves. There are no ten commandments that you have to follow. You don't have to pray every day. There is no set book of rules and regulations that you have to follow. There is no threat of dying and spending your eternity in a fiery pit of torture if you do not believe.

### **The Horned God**

This is where people confuse Wicca for Satanism. We worship a horned god. However, he is the sun god and has nothing to do with Satan. The horns are because he is in control of animals and the animalistic side of nature,

and has the horns of a bull. He is the caretaker of males and the overseer of protection. Protection spells are mainly done through him. Light spells are as well. The Horned God is also linked to the Greek God Pan, the animal god that disappeared without a trace and has since been obscured by history. It is said that he still exists in a different realm, and has since decided to govern the Wiccans. He is the symbol of virility in males and is often portrayed with multiple interpretations.

Again, there is not a lot on the Horned God, without crossing into different religions. He is pretty hands off as well. This is why a lot of Wiccans believe that there are more deities in this religion, because the more deities there are, the less they mingle with humans to avoid confusing them.

## **Polytheism**

Polytheism is the belief that there are many deities that control the earth in the religion. This is based on the belief that the more deities there are, the fewer hands on the deities become so that they do not relay the wrong information. They control certain spells and do not cross into other territories. This is the only way that they interact with humans, and since this seems to be the case with the Wicca religion, many people follow the polytheism belief rather than the dualistic ideals.

On top of the Horned God and the Triple Goddess, there are a few other deities. Not many, and some of them are small group deities, so, unfortunately, there is not enough information about them to include them. Let's, however, discuss the main two. These two are very different from each other as well.

## **Dryghten**

The star goddess is complimented with creating the cosmos, and she is the

one you speak to when you wish upon a star. She is very vengeful against the human race because Mother Goddess decided that she should have no human contact with them. She tried to sleep with the humans, which Mother Goddess considered would produce volatile offspring. And that is the why wishes are often not granted. She does, however, have a few weak spots and will grant a wish to someone who has won her heart.

Many Wiccans have gained her heart by worshiping her as a real deity. This softens her up, and she will help with spells that are farfetched from working. Such as finding someone you bumped into three years ago on a subway and can't stop thinking about, despite the fact that you never got a name.

## **The One**

Also known as *the All*, this deity is considered to be the controlling deity, and above all other gods and goddesses of the religion. He is considered to be all-powerful, and omniscient, and sometimes referred to as he or she, as there is no defining gender to this deity. Think of this deity similar to that of the Christian faith.

Little is known about the One, but what we do know is that he controls what the other gods do and ensures that they are doing it correctly. He has little to no contact with humans and mainly deals with the Horned God and Mother Goddess.

## **Everyone Else**

Those are the main deities in the Wiccan religion, however, if you decide to join a coven, then there may be a few more deities that you will learn about. These are the fundamental ones that any coven that is polytheistic knows

about, the rest are coven specific, and with all the covens out there, we would be here all day with just coven specific deity information. Plus, since some deities are only believed involved in single covens, there is not enough information out there to really include them at all.

## **Ritual Beliefs**

There are many other parts of the Wiccan beliefs that do not include the gods and goddesses. These beliefs pertain to celebrations and other rituals that are said to be important. These should all be taken into account and acted upon, because they are the core of the Wiccan traditions.

## **The Wheel of the Year**

This is one of the biggest Wiccan rituals out there. The Wheel of the year is not one single celebration. It is a collection of eight celebrations throughout the year. Each celebration is cause for excitement and magic because during these celebrations it is believed that the gates between the magic and mortal worlds are open more so than they are throughout the rest of the year.

Some covens only celebrate four to six of the eight celebrations. We call them party poopers. Just kidding, they believe that the other two are weaker veiled celebrations that invite in the dark magic rather than the good, white magic, so they stay away from them.

The wheel of the year follows the solstices as well. The solstices are important because it's when the magic is most charged through the air, and this is when the witches get the most power from the world. If you miss out on the solstices celebrations, you will miss out on a big chance to do some great magic. This is problematic because you want to do the best that you can if you're serious about Wicca, and if you miss out on the best time to

charge your crystals, then you may miss out on your true potential. However, we are getting a little off track. The celebrations in the Wheel of the Year are called Sabbats.

## **Sabbats**

Sabbats are the celebrations throughout the year that Wiccans celebrate. These are important celebrations that are considered sacred and should be treated as such. This means that you should treat them with the utmost respect, rather than make it a commercialized event as some religions have done with their holidays.

The eight Sabbats are all due to the solstices and equinoxes but one is not. They will start at the beginning of the year, and continue on to the end of the year, as per when they are celebrated in the northern Hemisphere.

- **Candlemas:** This is the celebration of the first true signs of spring. It is generally celebrated on the first or the second of February in the northern hemisphere and on the first of August in the southern hemisphere. This celebration is to praise the Mother Goddess and ask her to bring forth the spring to rid them of the cold, and bring forth the flowers and bees to start the pollination process of the garden cycle.
- **Ostara:** This is the celebration of the spring, or vernal, equinox. This is generally celebrated on the twenty-second of March in the northern hemisphere, and the twenty-second of September in the southern hemisphere. This celebration is to ask the Mother Goddess to restore fertility to the animals, and to the women. This celebration is for the celebration of life, and bringing forth what was dead, and bringing it back to life.
- **Beltane:** Celebrated on the first of May in the northern

hemisphere, and the first of November in the southern hemisphere, it is the celebration of the full flowering of spring. It is during this time, that the Wiccans prepare to lay out their gardens, and are wishing for prosperity from the Mother Goddess. This is the time where it is most important to please the Goddess, as you want to be bountiful, and if you have offended her, she may avenge her honor on your harvest.

- **Litha:** In the northern hemisphere this is celebrated on the twenty-first of June, and on the twenty-first of December in the southern. This is the summer solstice, and it is the celebration of hard work. During this celebration, you ask the horned god to give you the strength to do your duties throughout the summer, and (males) ask him for virility throughout the year.
- **Lammas:** No this has nothing to do with a furry, spitting, horse-like animal. It has to do with the first fruits of the year. Celebrated on the first of August up north, and the first of February down south, it is when you thank the Mother Goddess for giving you a successful crop that year, and if you have properly thanked her, she may give you an even better harvest.
- **Modron:** Celebrated on the twenty-first of September in the north, and the twenty-first of March in the south, this is the celebration of the autumnal equinox. This is when you harvest your crops and thank the Mother Goddess, and the Horned God for their help in your prosperity. It is during this time that you take a portion of your crop and burn an offering for the Gods who helped you.
- **Samhain:** This is also known as Halloween, and is celebrated on the thirty-first of October in the north and the thirtieth of April in the south. This is the celebration of the veil between life and death. It is also when the veil is at its flimsiest. Many Wiccans take advantage of this to speak with dead loved ones, however, some are known to do so irresponsibly which can cause problems.

- **Yuletide:** This is the winter solstice celebration where you are thankful for the year as it draws to a close and celebrate the rebirth of the sun. This celebration is for the Horned God. It is celebrated on the twenty-second of December north and twenty-first of June south.

These are the eight Sabbats, and as you can probably see, the only one that doesn't have to do with the turn of the seasons is Samhain. Samhain is also known as the most dangerous of all of the rituals. Some covens do not celebrate it, for fear the power may corrupt its members. However, to truly unlock your Wiccan power, it is best to celebrate all of the Sabbats rather than just the turn of the season ones. Make sure that you cast a circle, and close the circle when you are thanking the Gods, or talking with the dead. This is essential because you can cause some serious issues when you do not cast a circle, because then anyone can answer your call, including a demon. This is generally how most Wiccans get pulled into black magic. They didn't cast a circle when doing a spell or celebration and a demon answered, enslaving the person to their will.

## **Esbats**

Some spells and rituals have to be done during a cycle of the moon. These cycles are called esbats. If you do not make sure that you do the spell during the right esbat, then you will either get faulty results or no results. Don't be impatient, because that is how bad things start to unravel.

Esbats also have to do with when the tide comes in, and fertility cycles. You want to follow these well, so you know when the moon waxes and wanes. These things will have an effect on your spells, so keep that in mind.

## **The Elements**

This is an important part of the Wiccan religion. The elements are there to use when you cast a circle, and each element is to be well respected. Some Wiccans only use the four elements, however, there are actually five. These elements are what give us life, and sustain us as we take each breath. These elements are the wind beneath us, the ground we walk on, the heat that keeps us warm, the water we drink, the spirit inside of us.

You always call the elements in a circle starting north. Then you move clockwise to each other element before moving into the center and calling your final element. Once you have cast your circle, the elements will create a circle of protection around you, and you will be able to cast your spell. It is imperative that you do not leave your circle.

### **Air**

Air is the first element that you should call to your circle while you are facing north. This element is the wind that moves around you, and it is what you breathe.

To call this element, use this chant

*You fill our lungs  
caress our hair  
violent yet gentle  
I welcome you air*

If you have a different summoning chant for air, feel free to use it. This is just the one that I have found to work best.

### **Fire**

After summoning air, turn to the right, and summon fire. This is the element

that gives us heat, and what we use to make our food to eat. This is an important element to the circle just like any other.

When you are summoning fire, use this chant.

*Our hearths are warm  
as we are with desire  
you sustain our lives  
I welcome you fire!*

Again, if you have a different chant, feel free to use it.

## **Water**

Water is an important element as well. It is what we drink, and it is what makes up most of our body. This is the element that we rely on the most to sustain us, and give us life. It is in the south, opposite of air, because they are equally balanced.

To summon the water element, use this chant

*You fill the bodies  
of your sons and daughters  
keeping us whole  
I welcome you water!*

This is a good chant, but if you have a better one, you know the drill.

## **Earth**

Balancing out fire, this is the element that you feel beneath your feet. This is what we are born from, and what our bodies will return to when we die.

To summon Earth, use this chant

*We are born from you  
and return to your dirt  
You are our foundation  
I welcome you Earth!*

By now you probably know that if you have a better chant, to use it.

### **Spirit**

The fifth and final element. This is the element that gives us the will to do things. It is our literal beings because it is what we are reduced to when we die. To call this element, and thus complete your circle, step into the center and cast your last element with this chant

*You give us will  
we never want to lose it  
All we have when we die  
I welcome you spirit!*

I have tried several different chants, and this seems to be the only one that works for me. If you do happen to find a different one, definitely use it, because it may give you a stronger bond with the element.

Those are the elements that you have to work with. They are important, and they protect and serve you. Be sure to thank each one of them as you close your circle.

### **Other Beliefs of This Religion**

Aside from the main beliefs that everyone seems to know about, there are smaller, lesser known beliefs that are a part of the Wiccan religion as well. Not every coven follows these, but a large majority do.

### **Reincarnation**

This is one of the most controversial beliefs of the Wiccan religion. There is a belief that once you die, you are reborn into a new body. This belief itself is not really disputed, it is how you are reincarnated that is what causes the disputes. There many ideas surrounding this belief that it literally splits covens, and causes people to fly solo.

One of the beliefs is that if you lived a good life, then once you die, that is it—it is over. You don't have to redo it, and you no longer have to suffer. Some say if you are not reincarnated, once you die, that is it. Others say that once you die if you are not being reincarnated, you get to go to the Isle of Souls. This sounds ominous, and it hasn't been called this for a long time, but it is basically a heaven for your spirit. There is no pain, there is no suffering, and you are content to spend eternity there.

Another belief is that if you lived a good life, you get reincarnated, rather than the souls that were not as pure as yours. This is highly disputed, because a lot of people say that if you die when you were good, then why should you be punished to live this life over again.

There is yet another belief that is everyone is reincarnated, just at different times, and no one directly dies. This belief involves limbo. Limbo is where your soul goes while it awaits reincarnation. A lot of religions refer to Limbo as a bridge between life and eternal death. If you are in limbo it is said that you did not live a pure enough life to be immediately reincarnated, but you also did not live a bad enough life to be sentenced to eternal death.

However, while in limbo, if you break the rules, you stand to be sentenced to eternal death. However, if you stay good while awaiting your time to be reincarnated, you will enter the world once more.

Many reincarnated spirits do not know that they are reincarnated, except when they are young, they may have some flashbacks from their previous lives. This is why little kids sometimes know things out of nowhere. In Wiccan beliefs, there is no other explanation for them knowing other than reincarnation.

### **Afterlife**

Many Wiccans do believe that there is an afterlife. This is where you spend your time when you have died, and you do not need to be reincarnated. The Wiccan afterlife is not described like Christian afterlife. There is no paradise per se. And there are no streets of gold. It is a place for your spirit goes to rest, and relax for all eternity. Also, you can choose to be reincarnated if you find the rest phase too boring.

No other religion has the belief that after you move on to the “heaven” stage you can move back to life. However, the Wiccan belief is that energy never stops moving, and since your spirit is pure energy, it makes sense that it would not want to stay complacent for all eternity.

### **Animism**

Animism is the belief that everything has a spirit. That everything is living, even if it is an inanimate object. This applies the most to plants, the earth, and the elements. This belief is that you must respect all things because they feel just as we do.

This is based on the belief that you should always respect the earth. This

includes the trees, and the grass, and plants. Many Wiccans believe that if you touch a tree, and summon Earth, you can feel the tree's feelings as if were your own.

The earth as an element really does feel. That is why Mother Goddess is often also called Mother Earth. To experience this feeling, go out to an area with a clearing, and lay down. Try to get as much of your skin touching the earth as possible by taking off your shoes and socks, and if it is warm enough wear a tank top. Let your hair fan out around you if it is long, removing it from the back of your neck. Lay as flat as you possibly can, and focus on slowing your breathing till it is at the rate of a sleeping person. Call earth to you. However, instead of using and invoking chant, use what I call a companion chant. This asks the element to come and join you, to assist you and allows the element to refuse to assist.

*Earth I call you  
In hopes that you will come  
Help me see the pain you hold  
show me the damage that was done.*

By showing the earth that you care, it will most likely answer your call. If you are having trouble getting Earth to come to you, try focusing on your breathing. You may not be breathing slow enough. If you are too excited, it will not work, because Earth is a very sensitive element and is not a fan of extreme excitements.

You can try to feel if the water feels as well, however, you do not want too much of your body in the water, as drowning is a real danger.

To feel the water, go to a beach or a river bank, and stick your legs in. Stay sitting up or leaning back away from the water, and close your eyes. Listen

to the sound of the waves, and make your breath match the rhythm of the water. Once you have the pattern of breathing down, call to water.

*Water I call you  
I ask you to join me  
show me the problems  
show me all I need to see.*

After a couple of tries, you should be able to sense the emotions coming from the water. Water is not a shy element and will generally come if asked nicely.

Air and fire are harder to feel as one is almost intangible and the other will burn you. However, if you find a way to summon them and feel their emotions then you definitely should try.

### **Other Occult Systems**

Wiccans are not against other occult systems, as some of them are good as well. However, they are wary of others, because too many of them front as a good group, but in reality, they are dabbling in black magic, or are entirely misinformed.

However, since Wicca was formed from other occult systems, they do not have any ill will with them, in fact, some covens learn new magic from other pagan occults. This is often encouraged to establish an open bond, but also to make sure that other groups are not dabbling in the dark arts of magic.

Remember that not all covens follow all of these beliefs, but a majority of them do.



## **Section 3**

### **Witchcraft**

#### **Witchcraft**

Witchcraft is the art of using magic to help you in everyday life. These spells can range from healing potions to curses that cause death. Witchcraft is a very varied subject, and it is looked upon as evil. People often portray witches as green evil beings that fly on broomsticks. Not all witches are bad. In fact, Wiccan witches are very helpful and want to heal the earth along with other people. Witchcraft itself is divided into three different parts.

#### **Magic and Science**

Witchcraft is often portrayed as mumbo jumbo. A lot of magic is based on science. For example, the property that different herbs have, along with the cycles of the moon. Though you can make up your own spells, you still have to know the basics of science. If you are making a potion it is just like chemistry. In fact, a lot of the time it is chemistry, just taken to a magical level.

If you look at a lot of spells, you will find that there is a certain air of certainty to them. That is because they are based on the scientific knowledge of each herb that is included in them. When you are going to do a spell, just like with an experiment, you have to be precise, otherwise, things could go very wrong. They could literally or figuratively blow up in your face.

Don't get scared, if you do it right, you could have a great outcome. Because

just like in science, if you follow the directions, then you will find out that things go a lot smoother.

Of course, true scientists know that it is no fun if you can't find your own solutions to a problem. In our case, that's where making your own spells come in.

To get started you to know about:

- **Book of Shadows:** This is where you will write down all of your spells and potions, and you should definitely keep it safe because it is believed that if another witch gets a hold of your book of shadows, they can control you.
- **Herbs:** You have to choose the right herbs for your spell, based on the properties each herb has. For example, if you were wanting to heal someone or something, a good herb to have is white sage based on its healing properties, and ability to soothe. Having the right herbs is essential, because even if you have a good spell if you do not have the right herbs, you could end up with a disastrous result. Make sure that you get the right type of the herb that you need as well. Take sage, for example, there are many different types of it, and each one has different properties. If you used a purple sage, then you would not heal so much because it's known to cause drowsiness.
- **Moon Cycles:** You also need to know what each part of the moon cycle is related to. Not all spells are done on a full moon. And not all spells are done during a new moon. Some are at a certain point of the waning and waxing stages. You have to be sure to keep track of the moon cycles at all times if you are planning to do moon spells. However, most spells need at least one part of the moon cycle.

Once you acquainted with these concepts then you can move on to actually

creating spells. This is the most crucial point, because your chant has to make sense, and has to have a rhythm. It does not have to rhyme, but it does have to flow nicely. A poetry class doesn't hurt and will help write what you want to say with a good flow, and make it sound like a song to please the gods.

Take this chant for example.

It is a spell to bless the year to come

*Mother Goddess  
Father Sun  
I ask you this year  
to undo the hurt that has been done  
and to look over those  
who need a good hand  
give me the ability  
to help where I can.  
Mother Goddess  
Father Sun  
I call to you like you are one  
I ask your efforts  
in my year to come  
keep me bountiful  
and my year fun.*

After the chant, sprinkle turquoise dust on the ground, and a drop of wine. This spell must be done during the first full moon, at the beginning of the year, for it to work. You have to be calm and collected when you do it. You say the prayer over a crystal bowl filled with aloe, angelica, basil, bay, and chickweed. There are many other herbs that you could add into this spell to

make it more powerful, but I just use it mainly as a protection spell.

I created this spell myself and have found that it genuinely works. Of course, there are still some bad times in life, but that is life, and you can't always prevent bad things from happening. This is mainly a spell of protection to avoid injuries and to heal the pain from the year before, and it really works. It is also a good blessing for heading into new friendships.

## **Ritual and Spell Work**

The rituals are important because they are part of the religion and are what makes it unique. It's especially the spell work that you do that will make you unique. See, the fact of the matter is, every witch leaves a magical fingerprint after they do a spell. Meaning that no one else can ever replicate the spell quite like you. No one flourishes the wand or athame like you, no one pronounces every word just like you, and no one moves through the motions like you do. No two people do a spell exactly the same.

Rituals are how you do the spell and must be done before you start the spell. Rituals are like traditions. Sometimes it is best to just do them and leave them alone because they are identifiers of a group. One of the rituals is a circle. However, the circle is not what identifies Wiccans. It is how they open the circle. They go clockwise, rather than counter-clockwise as most paganist groups do. Also, most groups use candles to indicate a circle. Wiccans do not have to, but they can choose to if they so, please.

There are other rituals, such as what you need at your altar when performing a spell, and things of that nature as well. Wiccan altars are a leveled platform used for prayer and worship. Traditionally Wiccan altars have multiple symbolic items that worship the God and Goddess. They're used for casting spells, chants, and prayer. You as a Wiccan practitioner can personalize your altar as you wish.

The Wiccan religion is based on personal interpretation, so there are not too many rituals for spells. However, for celebrations, there are a lot of rituals. Such as making sure you use this time to charge your crystals (crystals are a large topic, which can be saved for a future book).

Spell work is more personal. It is how you do your spell, what you wear, how you stand, what spell you use. What your altar looks like, how you choose to mark your circle. All of those things are specific to you. You have to find your style and be consistent.

Spell work is also what makes you identifiable to other Wiccans, and covens. Covens, by the way, are territorial. An elder can sniff out any magic done in their territory, and often times they will just ask you to go someplace else, but if you have stumbled upon dark Wiccans, it's not pleasant. Always talk to the earth before choosing a ritual area.

## **Tools**

There are several tools that you need as a witch. These tools are essential and will help you in your craft. Beware, though, some of them may be beautiful, but when you have to use them, are not so pleasant.

The tools are as follows:

- **Athame:** A ceremonial knife that is used when you have to make a blood offering. This blade is to be decorative and kept sharp so that it pleases the Goddess while causing minimal pain and scarring upon use. When you use it, either prick the tip of your index finger or cut across the meaty part of your palm under your thumb depending on the amount of blood needed. Often times, you just have to cut the air with an athame.

- **Chalice:** The ceremonial cup that you often have to fill with wine as an offering to the earth. Sometimes you have to drink some of the wine as well, so if you are underage, it is best not to attempt those spells just yet. What has been done in the past is finding a red grape juice, as a substitute. Wouldn't want you to get in trouble for trying to heal the earth!
- **Wand:** Unlike in Harry Potter, often times, wands are just decorative pieces for your altar to please the goddess. The wand may need to be waved, but you do not have to have it for your power. The power comes from inside of you.
- **Pentacle:** This is different than a pentagram. It is a pendant with the five-point star encased in a circle on it. You use it to capture the energy of your spell and release it in a gentle and controlled manner. It sits on your altar at the front, so it can catch the energy before it is released in a dangerous way.

There are other tools that you will often need as well, such as incense, smudge sticks, and candles, but you do not need those for a lot of rituals, so they are not essential tools.

## **Section 4**

### **Your Wicca Quest**

#### **Read and Reach Out**

The best way to begin your practices in this religion is to learn more about it. This means that you are going to have to read more sources than just this book alone. This book series will have a lot of information, however, learning never stops. Read and learn as much as you possibly can.

Reach out to other Wiccans for help. There are many out there that will be happy to mentor you and help you on your journey to becoming a great witch. Even if you do not want to join a coven, you can still ask for help from another lone wolf Wiccan. There are a lot of helpful forums online to help you find people and reach out. Reach out to these groups, and you'll get so much help—it is amazing. If you have a question, there is bound to be someone who has the answer.

Reaching out, and reading up are great ways to strengthen your belief and the magic in you. That is the goal of this religion, to strengthen the spirit and your belief in the religion.

#### **Finding Where You Fit**

Everyone wants to fit in, that is no secret. You want to feel like you are a part of something special, and it is the same with this religion. Just as there are several different sanctions of Catholicism and Christianity, there are many different branches of Wicca as well. In fact, it seems that the Wiccan religion is more flexible than even Christianity because Wiccans can make

their own groups based on their belief system. Find your Wiccan community, and if you don't feel like you fit in, just go on your own way, and be a lone wolf. There are a lot of lone wolf Wiccans.

## **Covens**

This is one of the best known types of Wiccan groups. Think of it like the country club for Wiccans. This is a large group of Wiccans that schedule regular meetings, and they often have club dues. Along with having dues, they often have a lot of rules and regulations that you don't see in a less strict group of Wiccans, but that is because they want their coven to stay on the straight and narrow, and when you have too many witches in one group, then you could have some serious issues if one of them go rogue. You as a part of the coven could get taken down with the rogue. So covens have to be kind of strict to keep things organized.

Covens are also great for beginners because there are rules. It may feel confining to not be able to find your style in the beginning, but you could grow to appreciate having so much help as you are learning. With covens, it is an all hands on deck deal. If one member is not up to par, all members of the coven pitch in to help the weak link. However, within a reasonable amount of time, there are possibilities you may get kicked out if you are in a pretentious coven. It is for the best if you are kicked out of a coven like that. A coven based on pretenses is one that has the most risk of turning to dark magic.

If you feel like a coven could be a good fit for you, you can go online to find one that is near you. There are a lot of online forums for Wiccan covens. This is often how they find new members in their area. If you are interested in it, try it for yourself.

## **Circles**

A circle is a little different than a coven. The main difference is the size. A circle is always five people no matter what. One person for each element. The best part about this is, you can build your own circle pretty easily if you know four other Wiccans. Circles have rules and regulations like a coven, but they are often less strict due to the fact that they do not have the sheer volume that covens have.

Circles are a great way to establish rituals, and learning how to cast spells. If you do not feel like starting your own circle, you can look to see if there is a circle that is needing a new member online. Circles are great because you have people who can help you get to their level, and you don't have to worry about pretentiousness. You also don't have to worry about information overload, because there are a lot fewer people who are helping you.

When you are a part of a circle, it can be a great bonding experience as well. Since you don't have to pay dues to be in a circle, you find yourself making true bonds with the people you are working with. In a coven you are making forced bonds because you paid your money to be there, and you have to drag your butt there at least once a month. More if there is a celebration that month.

With a circle, you don't have to meet a certain amount of times if you choose not to. Most circles only meet when there is a need, or they feel they need to practice a spell. Needs could be a pollution problem in the area, and needing to cast a protection spell on the trees and the earth. Or it could be a drought, and you need to beg to Mother Goddess to please bring rain. These are some of the needs that circles meet for. If one of you finds a spell that you think is useful, you may meet several days in a row to practice it until you have it down.

Circles also meet for celebrations, but rather than a whole ordeal where an Elder gets up and speaks about how you should thank the great goddess and horned god that you are able to gather with your brothers and sisters in this time of power and all the other things that Elders drone on about, you can actually be out there using your power. This is one of the best perks of being a part of a circle.

If you feel like you might fit in with a circle, you can either start your own or look for one in your area looking for a new member. You never know, you might find the place that you belong.

### **Eclectic**

This is a group of Wiccans who really don't have a lot of rules, and are all at multiple different levels. It is great if you do not want to be pressured into having to become great in a short period of time, but the lack of rules and structure can cause a lot of rogues if you are not careful.

Eclectic groups are made up of a lot of different Wiccans, of all different ages. This makes it the most different from covens and circles because with circles, it is generally people around the same age, and with covens, there are groups of ages. And by a certain age, you are expected to be at a certain level. With an eclectic group, you may find a twenty-one-year-old at a level seven, and a forty-year-old at a level two. There is no limit for what level you have to be at what age. You just have to be willing to put in the time, and the effort to become the best you can be.

Eclectic groups are also a little out there when it comes to beliefs. They are like the hippies of the Wiccan world. They have some radical ideas that could change the world, but they are often looked down upon by “civilized” groups such as covens or circles. Because eclectic groups are so different,

there is not a lot of information on what they do, but if you want to find out what they do, you could look online for an eclectic forum and learn more about if there is a group in your area taking members.

### **Solitary**

Some Wiccans choose to learn the ropes by themselves, rather than let someone else take the reins. This is because they do not want to be steered in the wrong direction due to choosing the wrong group, or because they are just more comfortable being alone.

If you choose to be alone, you have to be good at self-motivating. However, it is a lot easier to learn at your own pace and you don't have to search for a group.

### **Autumn Equinox Ritual**

To get you started with your book of shadows (which I'll go into more detail, in my book *Wicca: Book of Shadows*) here is a ritual for an Autumn Equinox Celebration. It was taught to me by my great uncle who was also a Wiccan. You may find others, and you are free to choose the one you want, but here is the one that I know.

#### **You will Need:**

- The main tools for your altar
- Wine
- A fully charged crystal
- Crystal Bowl
- Crushed White Sage
- Crushed Basil
- Crushed Cayenne

- Crushed Cinnamon

Open your circle with your choice of gesture or candle. Greet all the elements with exuberance on this special night. This is the most important part because the elements want to feel your excitement at the change of the season.

Once you have opened your circle around your altar, take the charged crystal, and hold it over the bowl of crushed herbs. Try to hold it as still as possible at first.

While you are holding it still, chant this portion of the spell:

*Hear my voice Gods, Goddesses, Elements  
As this season starts to change  
Leaves fall far from the trees  
Things will never be the same  
for who we are  
is not who we were  
be with me Goddess  
as I choose to move forward*

After you say forward, move the crystal in a circular motion clockwise above the bowl and finish the rest of the spell out.

*Follow me great God  
as I turn over a new leaf  
Follow me elements  
as I strive for peace.  
So it is said  
so it shall be*

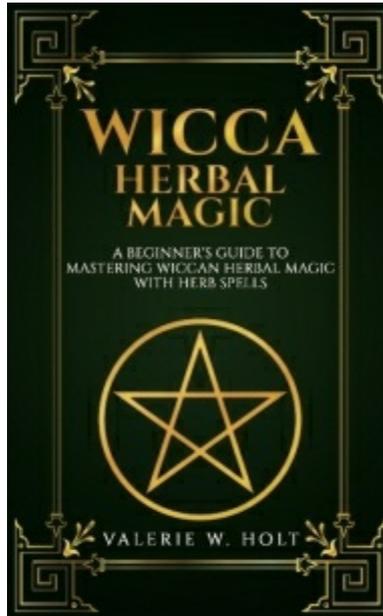
*I thank you all for joining me.*

With that, you put the crystal around your neck, and take the chalice full of wine and spill a drop on the ground. After you spill the drop, thank the Horned God for joining you. Drop another drop on the ground, and thank the Great Goddess for being with you. Drop a third drop on the ground, and thank the elements for joining you.

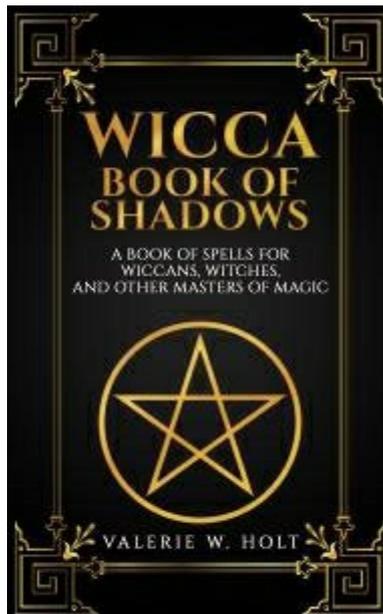
Finally, take a drink yourself and invite all three to become a part of you. Once that is finished, you close your circle as normal, making sure that you thank each element for its part in your ceremony.

## More Wicca Books by Author

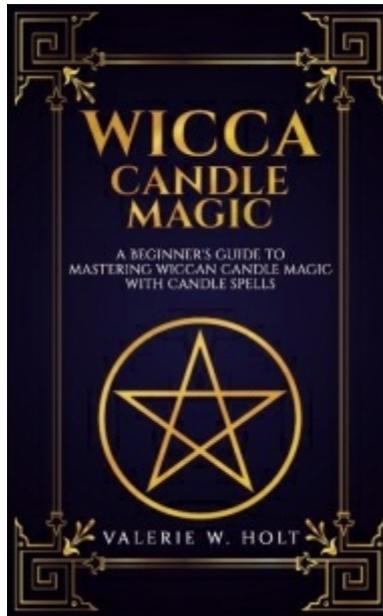
### [Wicca: Herbal Magic](#)



### [Wicca: Book of Shadows](#)



## Wicca Candle Magic



# Table des Matières

Introduction	6
Section 1	7
What is Wicca	7
The Religion	7
The Known and Well Documented History	8
Unknown History of Wicca	11
Section 2	14
Wiccan Beliefs	14
Dualism	14
The Goddess	15
The Horned God	15
Polytheism	16
Dryghten	16
The One	17
Everyone Else	17
Ritual Beliefs	18
The Wheel of the Year	18
Sabbats	19
Esbats	21
The Elements	21
Air	22
Fire	22
Water	23
Earth	23
Spirit	24
Other Beliefs of This Religion	24
Reincarnation	25
Afterlife	26
Animism	26
Other Occult Systems	28
Section 3	30

Witchcraft	30
Witchcraft	30
Magic and Science	30
Ritual and Spell Work	33
Tools	34
Section 4	36
Your Wicca Quest	36
Read and Reach Out	36
Finding Where You Fit	36
Covens	37
Circles	37
Eclectic	39
Solitary	40
Autumn Equinox Ritual	40
More Wicca Books by Author	43