



Welcome to Sapere Aude's fifth meeting. Last meeting we were technically homeless due to a miscommunication within the heady departments of Chorley Council... However, now I have some numbers and contact details if ever the same miscommunication should occur.

Due to the unexpected change of venue last meeting we were unable to perform ritual, so we're moving that to this week instead.

This meeting, we'll be covering a few subjects - they are to include the crafting of runes, the first lesson in tree lore incorporating Ogham Staves. But, this meeting we'll be doing the whole meeting in a ritual circle to ensure all that we do is protected, guided, and created in a magical space.

Our Ritual

We Need Volunteers: **Water Bearer, Salt Bearer, Candle Bearer, Athame Bearer, Bearer of The Secrets (BOS), Bell Bearer**

The Ritual - We'll start by creating a circle...Everyone starts outside the circle in the North East.

The chosen helpers take the salt (Earth), the smelly candle (Fire and Air - to replace incense inside), and the water (self representative) around the circle Deosil (clockwise) ... One of us will also take the group Athame, one the bell (clapper muffled), and one will take our BOS. We'll start in the north and make our way round... we will complete a circle north to north and then go back to the east point before coming back to the altar. These Items will be returned to the altar once complete...

At the altar, the Athame Bearer will take the athame and place the tip in the salt, saying -

Dark Moon upon thee, element of earth, all malignity and hindrance be gone from thee.

Then, the Athame Bearer will move to the water, taking the tip and dipping it into the water they will say -

Dark Moon upon thee, element of water, all malignity and hindrance be gone from thee.

The Candle Bearer will light the smelly candle as the athame is held over it... the Candle Bearer will say -

Dark Moon be upon thee, elements of fire and air, all malignity and hindrance be gone from thee.



The Salt Bearer tips the salt into the water - the Athame Bearer holds the tip of the athame in the water and stirs 3 times Deosil (clockwise) The Salt Bearer, Water Bearer, and Athame Bearer together say -

Combined, you create a blessing and a barrier. You will aid in guarding us all, and protecting our circle.

The salt- water will then be carried around the circle followed by the raised athame, the water is sprinkled as it goes... North to north... then it will be taken to the group and sprinkled on each member as they enter.

The Athame is held over each member's head as they enter.

As the water is sprinkled on each member, the Water Bearer and the member will say -

Water Bearer - Hail and welcome, fellow witch.

Member - Hail and welcome.

All members will now be inside the circle... the calling of the corners will begin.

The Bell Bearer here will unclog the bell and ring it once, saying...

Dark Moon be upon you, spirits of old and new... our ancient and wise ancestors - we ring this bell to call you forth... hail and welcome.

All members repeat:

Hail and welcome.

ALL STAND and move to face the altar in the north... **ALL SAY** -

Dark Moon to the guardians and spirits of the north. Element of Earth.

We call you forth to guide our magic and guard our circle.

As we say this we draw the invoking pentagram in the air. We do it in reverse now, as it is to be seen from outside the circle. If you know it, do so, if not, follow the coven.

We bow as we say -

Hail and Welcome.

THE BELL IS RUNG





We then move to the East and **ALL SAY** -

**Dark Moon to the guardians and spirits of the east. Element of Air.
We call you forth to guide our magic and guard our circle.**

As we say this we draw the invoking pentagram in the air. We do it in reverse now, as it is to be seen from outside the circle. If you know it, do so, if not, follow the coven.

**We bow as we say -
Hail and Welcome.**

THE BELL IS RUNG

We then move to the South, **ALL SAY**.

**Dark Moon to the guardians and spirits of the south. Element of Fire.
We call you forth to guide our magic and guard our circle.**

As we say this we draw the invoking pentagram in the air. We do it in reverse now, as it is to be seen from outside the circle. If you know it, do so, if not, follow the coven.

**We bow as we say -
Hail and Welcome.**

THE BELL IS RUNG

We now move to the West and **ALL SAY**:

**Dark Moon to the guardians and spirits of the west. Element of Water.
We call you forth to guide our magic and guard our circle.**

As we say this we draw the invoking pentagram in the air. We do it in reverse now, as it is to be seen from outside the circle. If you know it, do so, if not, follow the coven.

**We bow as we say -
Hail and Welcome.**

THE BELL IS RUNG

All items are returned to the altar and the coven activities will begin.

FIRST COVEN ACTIVITY - CALL THE ENERGIES - WE'LL CREATE AN ENERGY CIRCLE

All of us will stand in a circle, LEFT PALM FACING DOWNWARDS, RIGHT PALM FACING UPWARDS...



Some of you have been around the coven and done this before, but here we'll do something a bit different... a NEGATIVITY PUSH.

Here we ask that you think of the person standing on your right, turn your face to them (you'll see the back of their heads if we're doing it right). Think of anything they have suffered or gone through and, BREATHING IN, accept their woes as yours, then turn to the left, breaking the circle to face behind you, and PUSH THAT NEGATIVITY OUT using your LEFT HAND as you BLOW OUTWARDS. WE WILL REPEAT THIS THREE TIMES.

VISUALISE BREATHING IN THEIR DARKNESS - IF YOU CAN, IMAGINE A CLOUD OF DARKNESS ENTERING YOUR LUNGS... THIS IS NOT YOURS - IT WILL BE ELIMINATED.

AS WE TURN TO OUR LEFT AND BACKWARDS, IMAGINE YOUR OWN LIGHT RISING AND FORCING OUT THE DARKNESS — THEN RAISE YOUR LEFT PALM TO PUSH IT OUTSIDE THE CIRCLE AS YOU BLOW THE BLACK CLOUD OUT - BLOW HARD - REMOVE NEGATIVITY.

Once we have repeated this 3 times, we'll go to the next step... HEALING

In the same stance - We'll start to move our positive vibes around the circle.

VISUALISATION - TRY TO THINK OF HAPPY THOUGHTS, OF LOVE, OF JOY... IMAGINE HOW YOU WOULD LOVE TO FEEL AND HOW YOU WOULD LIKE OTHERS TO FEEL - WE THEN BEGIN TO RAISE OUR RIGHT ARM AND BREATHE IN -

COMING IN TOGETHER NOW AS CLOSE AS WE CAN... WE IMAGINE JOY, PEACE, LOVE AND WE ARE GOING TO SEND IT OUT TO THE WORLD - AS WE COME AS CLOSE TO THE CENTRE AS WE CAN - WE IMAGINE OUR THOUGHTS AND ENERGIES COMBINED AND FORMING AN ENERGY - A GLOW - A JOYFUL COLOUR... AND, AT THE SOUND OF THE BELL - SAY THE FEELING YOU SEND TO THE WORLD

YOU MAY CHOOSE SOMETHING ALONG THE LINES OF:

JOY, PEACE, LOVE, HEALING...

WE THEN SHOUT - HARAYAH! AS WE IMAGINE OUR INTENTION BEING SENT. (DON'T BE SURPRISED IF YOU LAUGH OR FEEL LIKE YOU CAN'T HELP BUT SMILE)

WE THEN TAKE TWO STEPS BACKWARDS AND JOIN HANDS - AT THE SOUND OF THE BELL - WE RAISE OUR JOINED HANDS AND SHOUT OUR WORDS LOUD - FOLLOWED AGAIN BY 'HARAYAH!'

WE THEN TAKE ONE MORE STEP BACK AND, SMILING, LAUGHING - AT THE SOUND OF THE BELL WE RAISE OUR JOINED HANDS AND SHOUT OUR WORDS ONCE MORE - FOLLOWED AGAIN BY 'HARAYAH!'



Now, let's begin our classes.

Runes 4: - Creation of Runes

Here, in a magical space, we'll create our own rune sets.

Taking either a set of stone, wood, or items that you have chosen, the first thing we need to do is hold each one and ask for them to be a tool to connect with fate... ask the guides, guardians, ancestors, gods, fate... to imbue them with the power to bridge the gap between the physical and the occult. Ask them to become a conduit of fate, to become a tool of truth for divination, and to give clear answers to every questioner. (This same visualisation and imploration should be made every time you use ANY divination tool)

Now, using the rune chart, you will create 24 runes (if you wish to include Odin's Rune/The Wyrd Rune, feel free... however, we'll touch on that properly when we come to divination lessons).

As you create each rune, focus on its meaning, its shape, its name... get to know them as you make them, again, asking each to become a tool of truth for divination.

So peeps... let's craft!

Tree Lore: Lesson 1

As witches, our home and remedies are to be found among nature and nature is to be revered.

Ancient peoples came to see the trees around them as important... they realised that the trees were the old ones and had stood for many years. They came to see them as watchers, old spirits of earth.

The trees were their shelter, their lookout place, a place of safety, a source of fuel, of tools, of medicine and some, even as food.

Some of the oldest places that were revered were groves, clearings, and groupings of trees... and our ancestors knew their importance.

All trees began to represent the circle of life... life, death, and re-birth... and different trees began to have their own symbology and meanings. These were the pillars that connected earth and sky... that reached their fingers upwards to the stars, and downwards into the earth... they had their seasons, became gnarled and warped... were conduits for lightning strikes.

The trees became where the ancestors dwelt, where old dark spirits and mischievous fae folk made their homes in the knots and gaps between twisting roots. Sometimes a tree root may dislodge a bone, a fossil, a crystal, or grow over a stone... and became even more revered and magical.



Over aeons, these trees became a focus of worship but also a root of a language system. They developed their own lore... something that was passed on through the generations and still exists to this day.

Each specific tree beheld a lore of its own... and here we'll take a look at some of these, perhaps learning enough to ensure we use the right wood for our magical tools and totems, sharing in a knowledge both ancient and mystical.

Specific Trees and Their Lore

Oak	A symbol of strength, wisdom, and endurance, often associated with the divine and ancient traditions. Oak trees are also linked to the fae and are considered sacred spaces.
Elder	Considered a tree of transformation, death, and rebirth, often associated with healing and powerful spirits. Elder is believed to be connected to the cycles of life and death, and its berries and flowers are used in potions for healing and protection. Cutting down an elder tree without permission is often seen as bad luck.
Rowan	Known for its protective qualities, particularly against witches and malevolent spirits. In folklore, rowan trees were planted near homes to ward off evil, and rowan wood was used in protective charms.
Willow	The willow tree is closely associated with the moon, water, and feminine energy. Its graceful, drooping branches and affinity for water make it a symbol of intuition, emotions, and healing. Willow trees are sacred to many goddesses of the moon and water, such as Hecate, Selene, and Artemis. In witchcraft, willow wood is used in rituals for divination, dreaming, and enhancing psychic abilities. Its association with the moon makes it a powerful tool for those who work with lunar cycles and water magic. Willow branches can be woven into protective talismans or used in love and healing spells.
Birch	The first letter of the tree alphabet, and birch brooms were traditionally used by witches for flying. The birch tree, with its distinctive white bark, is a symbol of purification, new beginnings, and renewal. In many cultures, birch trees are used in cleansing and purification rituals, sweeping away the old to make way for the new. Birch is associated with the goddess Brigid and is considered a tree of protection and rebirth. In witchcraft, birch wood is used in brooms (besoms) for sweeping away negative energy, and its bark and leaves are used in purification



	rituals. Birch is often planted to bring good fortune and new opportunities.
Ash	In Norse mythology, the ash tree, Yggdrasil, is the world tree connecting the heavens, gods, underworld, and humans. In witchcraft, ash wood is used to craft wands, staves, and magical tools that enhance communication, divination, and healing work. Ash leaves are often used in herbal sachets or as incense to promote protection and attract good fortune. The ash tree's energy is thought to bring balance and harmony, making it ideal for rituals of grounding and spiritual connection.
Hawthorn	Known for its protective and healing properties, often associated with love, fertility, and fae magic.
Hazel	A tree of divination, particularly water dowsing, and also associated with wisdom and knowledge. Hazel rods were used for divining water and other forms of divination. Known for its association with sacred wells and the Salmon of Wisdom in Irish legend, the hazel tree embodies the pursuit of knowledge and mystical insight. Hazel wands are highly valued for channelling energy and enhancing psychic abilities.
Blackthorn	Also known as sloe, this tree is often associated with witchcraft and is sometimes referred to as a "witch's tree". Blackthorn sticks were carried by those suspected of being witches in the past.
Yew	The yew tree, <i>Taxus baccata</i> , has long been associated with death, rebirth, and immortality due to its longevity and ability to regenerate. Its dark, evergreen foliage and toxic properties have earned it a mysterious and revered place in many cultures. Yew trees are often found in churchyards and graveyards, symbolizing the connection between life and death.

We'll carry on with tree lore next meeting... there is lots to cover.