



Introduction:

Welcome to week 2 of your teaching coven, Sapere Aude.

As promised, we've been working on a coven area on our website where future meets and information will be housed. There you can download previous lessons and, in time, there will be an online Book of Shadows for your information.

The hidden page you need to enter is:

thecrystal skull.co.uk/salgin

Your password is:

WitchesKey03

The password is case sensitive. **DO NOT SHARE OUTSIDE THE COVEN.**

Tonight, things will be a little different as we will be performing a small ritual for the Esbat (full moon)... this will take place after the break. Feel free to join-in or, if you don't want to take part in the ritual, you can wait downstairs in the courtyard or take your leave.

Before the break, we'll be discussing the topics requested at the last coven meeting... Protection Magic and Runes.

So, let's begin.

Protection Magic - Lesson 1

Protection Magic has been practised, in some form or other, since ancient times.

The Ancient Egyptians, Ancient Greeks, Romans, and Mayans among all other cultures, had their very own amulets, talismans, sacred words and rituals to protect from the world beyond, from the unseen, or from the dangers of the natural world.

Each culture had countless ways to protect themselves from dangers seen, felt, or perceived and that's because we, as humans, encountered so many of the same dangers.

In textual and archaeological evidence we can find more than we'll ever be able to cover here... but, we'll try to cover a few.

Reasons

What would you believe the reasons were, and still are in many cases, for needing protection magics?

The biggest one, common to all, was Death. Since the dawn of humanity and, as increasing amounts of archaeological evidence seems to show, even in communities of early hominin species, Death, and our fear of it, has led to reverence and ritual... eventually becoming forms of protection magic.

The fear of death has brought about many types of protection magic, some of which we still use today labelled simply as 'traditions', and we still carry them out blindly, despite forgetting how and why these traditions began.

From the colours we wear when mourning, to caring for the deceased... these all have their beginnings in sympathetic magic... whereas, the funeral itself, in Western culture, has its beginnings in ritual magic.

Another reason behind protection magics was to ward off illness or disease. In a way, it's a continuation of our fear of death, adding a fear of pain and suffering into the mix created different forms of sympathetic and ritual magic, depending on culture.

Have you heard of Poppet Magic? These 'Poppets' were dolls made from straw, wax, tallow, clay, or cloth, created to represent either the person who made it, or another who they wanted to keep safe. The doll could be bandaged, kept safe, looked after, or fed medicines as a sort of avatar of the person it was created to represent.

Of course, this poppet could be used to heal or harm... and modern versions for dark purposes are often called a 'Voodoo Doll', but this is still poppet magic or 'Golem' magic just the same.

If we search through the reasons for protection magic, we will always find a root in fears and us, as witches and wise ones, were always the key to knowledge of how to carry these rituals out... knowledge is power... something organised religion began to detest in us... and when religion or, later, medicine, was concerned with being the only key to knowledge, they persecuted the very people who held the knowledge... Witches. Something even the best in protection magic couldn't keep us safe from.

Most protection magic is apotropaic (used to avert evil or avoid ill health or bad luck) and is still used by most of us today.

Examples of Protection Magic

Ancient -

Talismans - many of our ancient counterparts created talismans to ward off evil, death, illness, war, starvation, and the wrath of the unseen world.

Some examples of these talismans are;

Bulla - a hollow talisman of metal, wood, leather or other substances, whether a bag, bottle or locket with words of protection or herbs carried within. A Bulla was traditionally given to male children in Ancient Roman culture on the ninth day of their lives.

Other versions of Bulla commonly used today are things such as Gris-Gris bags, locket, and ashes jewellery.

Lunulae - A protection talisman in the shape of the moon... full, crescent, or even triple. These were often given to girls in Ancient Rome to protect from evil.

As most ancient cultures saw the link between the lunar and menstrual cycle, the moon was used as a symbol of the protection of the Mother Goddess and still is very much used today.

The Mati (Evil Eye) - This was a painted or crafted talisman of an eye, usually blue, used to ward off evil thoughts, words, or deeds... and often used by the Ancient Greeks on their boats to protect from the wrath of deities of the sea.

This talisman is still used in many parts of the Mediterranean and by those who believe in its powers of protection.



Hecate's Wheel, Hekate's Wheel, Strophalos - A wheel talisman used to call Hecate to protect the wearer... most often used to help in safe travels or in childbirth. The Strophalos is a wheel in the form of a maze of three paths, representing the crossroads, with Hecate as the hub in the centre.

Versions of this triple maze are found across cultures, sometimes depicted as spirals, interlocking triangles (like the Valknut of Norse mythology), or circles.



The Eye of Horus, Wadjet Eye - This is a depiction of the restored left eye of the god Horus. Wearing the talisman would protect the wearer from evil, ill health, and even serve as a protection for the dead in the afterlife.

This symbol is still used today as a protection talisman. Often used by mystics and psychics to protect them as they traverse 'the other side', as well as by those who connect with Egyptian mythologies.

Many other Talisman exist, can you think of any, their use, and how they came to be?

Do you wear a protection talisman? I know I do.

Protection Rituals

Do you realise that we all use some form of protection rituals that have links to ancient ways?

Examples of Protection Rituals

As I Lay Me Down To Sleep - This innocuous little children's prayer is an example of how protection rituals even seep into the nursery. There have been forms of the same ritual since early humans... from words of protection to chanting and prayers, they all have the same ancestor... Protection Rituals.

First Foot - A new year protection ritual to ward off darkness and hunger. Nowadays we have someone bring a piece of coal in... but the origins were to bring in a lit candle, a piece of fruit or bread, and a bundle of sticks (later replaced by coal). In turn, these ward off darkness, hunger, and cold and were ritualistically used as the first day of the year began... nowadays, New Years Day... but in ancient times, this was the day after the Winter Solstice.

Bonfires - From the Old English, 'Banefyre', meaning 'Bone-Fire'. It is thought that the bonfire began after successful battles, burning the bones of the deceased to ward off their vengeful spirits.

A common occurrence at bonfires is singing, dancing, and even storytelling... this is thought to have started in Iron Age communities alongside some of the head cults. Gruesome, but sympathetic magic at its finest.

Again, there are so many more of these rituals to explore... but there were a few. Can you think of any other examples of protection rituals? Perhaps research some of the traditions associated with other common protection traditions and you might be surprised at what you find.

Now we've explored a few protection rituals and talismans, prepare a few yourself... turn your findings and protection spellcrafting into pages for your Book of Days, Book of Shadows, or Magical Journal.

In a future meeting we will create a little protection magic of our own.

As with all magic, remember...

1. Intention - Set your intention before beginning
2. Visualisation - Try your best to see the outcome of your magic, think of all the ways your spellcrafting could affect those around you.
3. Preparation - With what you learn, prepare your magical space, the tools you will need, and any herbs or ingredients.
4. Be safe.

RUNES - Lesson 1

Runes are a type of writing which have baffled many for centuries. They are formed from staves crossing one another and their origins are unclear.

As a form of writing, the Runic alphabets are pretty late in date... most historians and Epigraphists put their beginnings to the 1st century AD (for the Elder Futhark, at least), however, some believe that their origin may go back a little further, to the 1st Century BC.

What seems correct is that they have common ancestry with other angular scripts such as Etruscan, Ogham Staves, The Phoenician Alphabet, or Old Latin... and they were originally used to convey secrets or mysteries... something that is shown in the name. Rune = Proto-Celtic **rūna* ('secret, magic'), Old Irish *rún* ('mystery, secret'), Middle Welsh *rin* ('mystery, charm'), Middle Breton *rin* ('secret wisdom'), and Proto-Germanic **rūnō*, translated as 'secret, mystery; secret conversation; rune'.

The runes we know of form 3 main alphabets - Elder Futhark (c. AD 150–800), the Anglo-Saxon Futhorc (c. AD 400–1100), and the Younger Futhark (c. AD 800–1100).

Today let's focus on the Elder Futhark - the one used for divination.

Divination by Runes

A basic guide to Runes and their meanings is hard to find. However, it is important to note that the 24 Runes for reading are broken down into three Aettir, groups of 8, each associated with a Norse God.

8 for Frejya - Who brings change. These show the changes, sacrifices, and decisions that you need to make in life to reach your goal.

ᚼ	Fehu	Prosperity, Wealth
ᚱ	Uruz	Strength, Energy
ᚦ	Thurisaz	Transformation
ᚳ	Ansuz	Communication
ᚷ	Raidho	Journey, Change
ᚫ	Kenaz	Vision
ᚨ	Gebo	Gifts
ᚹ	Wunjo	Joy

8 for Heimdall - Who brings action. These show what you must face, endure, or battle to reach your goal.

ᚨ	Hagalaz	Chaos to Harmony
ᚠ	Nauthiz	Endurance
ᚩ	Isa	Introspection
ᚪ	Jera	Triumph
ᚦ	Eihwaz	Dependability
ᚫ	Perthro	Foresight
ᚷ	Algiz	Protection
ᚹ	Sowilo	Power

8 for Tyr - Who brings results. These show what you may expect, good or bad.

↑	Tiwaz	Honour
⚡	Berkano	Renewal
↻	Ehwaz	Movement
✎	Mannaz	Creativity
↗	Laguz	Imagination
◇	Ingwaz	Virtues
⚔	Dagaz	Will
⚖	Othala	Source

How these are read depend on many factors... something which we'll go into on the next lesson.

For the next lesson on runes... learn their basic meaning as much as you can... focus on each and don't worry if it won't stick in your head, that's what these handouts are for.

Today's Herbal: Deferred to Next Meeting.

Esbat - Full Moon Ritual

As witches, the Esbat is an important ritual to mark the changing months and the flow of natural and magical energies.

Here we'll start off with a basic full moon ritual for group involvement.

Casting a circle.

Last meeting we discussed calling the corners, and this week, we're going to do just that as we cleanse and cast a magical space for ritual work.

From here, we'll go off page... Write as much as you can as we go along.

Steps:

- Invoke the Energies / Deities
- Call The Moon - Draw Down The Moon
- Banish Negative - Release What No Longer Serves
- Set Intentions & Charge The Moon
- Send Out A Spell or Wish
- Ground & Centre
- Close The Circle With Offerings