



Welcome one and all to a new meeting and a new lesson.

For those of you who couldn't make it to our last meeting, we now have a part of The Crystal Skull website dedicated to Sapere Aude.

To login you will need to go to:  
**[thecrystalskull.co.uk/salogs](https://thecrystalskull.co.uk/salogs)**

Your password is:  
**WitchesKey03** The password is case sensitive.

**PLEASE DO NOT SHARE OUTSIDE THE COVEN**

This week is the New Moon and we'll be taking part in a New Moon Esbat, otherwise known as a Dark Moon Esbat.

This ritual is about the hidden... the darker aspects of yourself and life. It is often used as a ritual for protection and banishing and some witches may choose this time to use the darker aspects of magic.

Tonight we'll be making a charm together for use during dark moon rituals and something that you can use when scrying, doing spirit work, or practising any form of divination.

This charm will also be useful for protection or feeling safe and will be 'coven blessed'.

The ritual will take place after our break and no-one has to take part, if you aren't comfortable with being a part of the ritual part of this evening, please, feel free to take your leave during the break and we'll see you next time.

But first... On with our lessons.

In the last few sessions we have explored a few subjects. This week we'll continue with basic Runes and begin another, Sigil Magic. Both of these subjects are complex in their entirety, so I will include a bibliography at the end of the lessons with further reading available to all.

## Runes: Lesson 2

Last lesson, we brought the Elder Futhark into focus, mentioning the Aettir, the three groups of 8 runes, forming the Aetts of Freyja, of Heimdall, and of Tyr.

Before beginning to read the runes successfully, we need to understand the Aett.



**Freyja's Aett** - Freyja ('The Lady' or 'The Mistress') is a goddess of fertility, of beauty, but also of war and death and she rules over the Aett which represents change, sacrifice, self-sacrifice, and trials.

The runes contained in Freyja's Aett represent hardships, obstacles and challenges which must be faced or overcome to bring growth and the changes needed. No matter how hard facing these challenges may seem, ultimately, they must be dealt with to bring about the desired outcome and the continuation of the sitters journey in the right direction.

These runes can also represent something that must be nurtured, created or started anew.



**Heimdall's Aett** - Heimdall (Heimdallr - 'The one who illuminates the world') is the god who brings the gifts of the gods to humanity. He is known for his keen senses, sight, hearing, and even foresight.

His Aett is the aett of the 'Self', of foresight to see what has to be done... it is the aett of action. Without looking inward at things that must be fought or faced within your own life, how can you move on?

With the runes from this aett, you must become the warrior and find the things that you must confront, control or, ultimately, endure.

These runes show you that you have your own strength and innate power to overcome or endure... and once faced, you will find resolution, protection, and a clearer path.



**Tyr's Aett** - Tyr is a god of victory, of war, of justice, and of laws.

Tyr's Aett represent the outcomes and inevitabilities, like that of losing his hand when trying to subdue the wolf, Fenrir. This act of putting his right hand into the mouth of Fenrir to ask the wolf to trust him as the gods bound Fenrir backfired... Tyr lost his hand once the wolf realised that the chain that was to bind him was unbreakable. This sacrifice shows that not all outcomes are what you might desire.

They are the achievement or the goal you can work towards. They can also represent the aspects in life where you need to find compromise or need to make sacrifices.. Each leading to a resolution, a result, or a consequence.

## MEANINGS OF THE RUNES -

The meanings of each of the runes can change depending on placement, whether or not you use reversals, and they can change depending on the questions asked.

There are a total of 24 runes which make up the Elder Futhark and, often, readings may include a blank rune which is thought to either represent the god that gave the runes, Odin, or the concept of infinity or the infinite possibilities. This blank rune is named either, Odin's Rune, or The Wyrð Rune.

Historically, the blank rune is an abnormality, so you may choose to leave it out, if you so wish... but if you choose to read with it, you need to be aware that The Wyrð Rune can be chaos in itself.



### 0 - THE WYRD RUNE / ODIN'S RUNE

Strangely, this is a rune which represents fate, uncertainty, change, chaos, or, when drawn, can mean that the reading had run into an unavoidable issue. Whether that issue is that the questioner hasn't been clear about their motives or what they asked in the first place, is one possibility, but different sources interpret this rune in so many different ways.

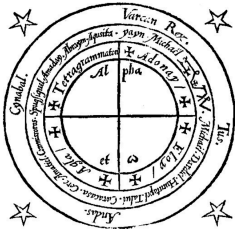
One view is that this rune shows that there is a more important question or situation which needs to be faced before the current question can be answered. Another is that something unexpected is going to occur... or, yet another, that the ancient ones have noticed and that they will give guidance or play their hand.

As you can see, interpreting runes, even just the blank rune, is a very personal thing. Many sources give many meanings and we aren't going to stretch to them here.

I will put some links to rune meanings and interpretations on our Sapere Aude page on the website.

The main thing is to research and create a journal of meanings for yourself.

In the next rune lesson, we'll go into actually casting runes to create a reading. But until then... research and learn.



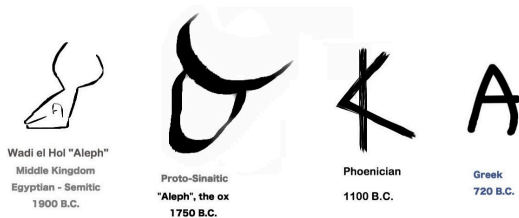
## Sigil Magic: Lesson 1

Sigil magic has been practised in human culture ever since the beginnings of art and expression.

In ancient times there were probably several other names for it, sadly lost to time, but since Ancient Rome, we have called it Sigil Magic from the Latin *sigillum/sigilla* meaning seal or seals.

There have been many recorded cultures who have used pictorial and, later, numerical and alphabetical symbols to call forth powers, weather events, deities, spirits, angels or demons. Our ancestors believed in these sigils, some of which became pictograms used for writing systems, or the names of months or days which, alongside religion, have brought sigillic magic into modern times.

From the letter A to the Christian cross, symbols in daily use have been used as sigils.



To make our example clearer, the letter A came from ancient cultural depictions of a bull, strong and virile. Over time, the meaning was lost as the letter changed in shape and orientation yet, perhaps, some of its intended strength remained in the meaning, forming the start of many of our writing systems.

As sigils progressed in cultural, social, and spiritual use, there have been many created over time, such as in The Lesser Key of Solomon, also known as Lemegeton Clavicula Salomonis, a collection of 72 seals compiled in the 16th or 17th century from materials which dated back centuries.

The Lesser Key of Solomon is a grimoire containing 72 seals to purportedly call forth the 72 demons or hierarchical rulers of hell. These seals or sigils are collected into just one of the books contained within the Lemegeton, the book called Ars Goetia.

Common ways to create the demonic sigils found in the Ars Goetia or, on the other side of the divide, the angelic sigils found in books such as The Grimoire of Armadel, was to use the Kameas, or magic squares.

The names of the demons or angels would be changed into numerological representations which were then located along a magic square. The resulting lines formed the sigil used.

A Kameas, or Magic Square is a square filled with numbers that total a specific number in each column and row as well as in each diagonal. Origins of the Kameas are unknown, although the earliest complete examples come from China, Babylon, and India, with the earliest whole example dating to around 190 BCE.

These mathematical oddities became revered as a sigil in themselves and have been used in ceremonial and sigillic magic ever since.

22	47	16	41	10	35	4
5	23	48	17	42	11	29
30	6	24	49	18	36	12
13	31	7	25	43	19	37
38	14	32	1	26	44	20
21	39	8	33	2	27	45
46	15	40	9	34	3	28

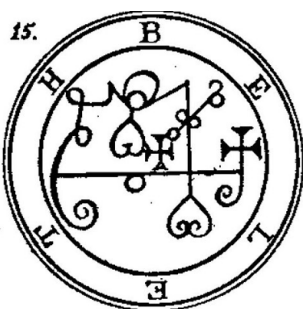
Hagiel = הגיאל = 5; 3; 10; 1(10); 30(3)



An example of how a Kameas and name was used to create a pictorial sigil comes from the name of Hagiel transposed onto the Planetary Kameas of Venus.

The sigils created through these methods were often then encircled, or double circled, and often accompany the name or what is being called, as well as the aspect which the magus is calling forth.

Eg.



Nowadays we'll often see examples of this in the sigils of Lilith, Metatron, and Lucifer on common sale from places like Temu.

You can create your own sigils in this way, using your name and the planetary Kameas, easily found through a google search.

To give a sigil its modern use would be to take our alphabet, an alphabet given 26 letters, and assign a number to each letter, one to twenty six. In this way, Sapere Aude would be numbered like so...

S=19 A=1 P=16 E=5 R=18 E=5

A=1 U=21 D=4 E=5

#### Magic Square of The Moon

37	78	29	70	21	62	13	54	5
6	38	79	30	71	22	63	14	46
47	7	39	80	31	72	23	55	15
16	48	8	40	81	32	64	24	56
57	17	49	9	41	73	33	65	25
26	58	18	50	1	42	74	34	66
67	27	59	10	51	2	43	75	35
36	68	19	60	11	52	3	44	76
77	28	69	20	61	12	53	4	45

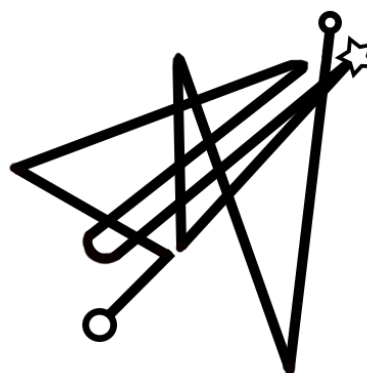
Because we are a coven based on witchcraft, we use moon magic and lunar cycles, so let's use the Kameas of The Moon for our sigil making.

#### Magic Square of The Moon

37	78	29	70	21	62	13	54	5
6	38	79	30	71	22	63	14	46
47	7	39	80	31	72	23	55	15
16	48	8	40	81	32	64	24	56
57	17	49	9	41	73	33	65	25
26	58	18	50	1	42	74	34	66
67	27	59	10	51	2	43	75	35
36	68	19	60	11	52	3	44	76
77	28	69	20	61	12	53	4	45

So, our coven sigil in its basic form would be this:

#### Sapere Aude Sigil (Basic)

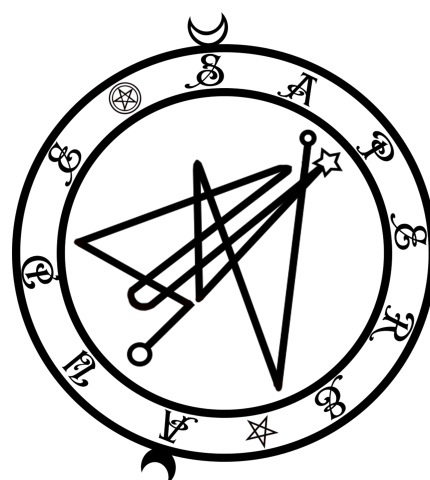


Using the Kameas of The Moon means that all of our corresponding numbers are within the square... this makes our sigil making very straightforward. Sometimes, the number is not in the Kameas that you are using, then a numerological sum would be done, such as R = 19,  $1+9 = 10$ ,  $1+0 = 1$ ... you would then use the number 1 as a representation of 19.

Shapes and symbols often denote the beginnings and endings of words or conjoining symbols are used between words. In our Sapere Aude sigil, I have used a larger circle to denote the beginning of the name, a star denoting the end of one word and the beginning of another, and the end of the name is noted with a smaller circle.

To make a sigil more intricate, other symbols can be used wherever you desire. Symbols such as planetary, astrological, alchemical, and others, have been used in sigil magic over the centuries... the main thing to remember, when placing symbols into a sigil, make them have meaning.

In this example, the Sapere Aude Sigil has been converted to a full seal with symbols and the name. The symbols chosen are the moons of maiden and crone to express that our coven learns from the beginning to the end, the mother is included as the circle of the seal, we have also included an open pentagram and a closed pentagram to express that we explore the earthly and the spiritual realms.



**EXERCISE:** Using planetary Kameas, create your own sigil for your own name.

A good site for Planetary Kameas is:

<https://www.learnreligions.com/planetary-magical-squares-4123077>

But a Google Search will help you find many sites.

In lesson 2 we will explore Chaos Magic within modern Sigil Magic and how to create your very own sigillum.

## Herbal Grimoire -



**Calendula** - Calendula Officinalis / Pot Marigold / Mary's Gold / Merry Gold / Summer Bride / Bride of The Sun / Holigolde / Goldie / Ruddles / Bull's Eye / Solis Sponsa

### USES -

**Practical** - Calendula make wonderful cut flowers in a flower arrangement and flowers can be cut to make pretty garlands to bring a little sunshine into the home. Used to make dyes.

**Culinary** - The petals make a fantastic addition to salads or as a decoration or garnish to other foods. I like to use petals as a garnish on rice dishes. The taste is peppery with a hint of citrus.

**Medicinal** - Antiseptic, Antibacterial, Anti-inflammatory, Antifungal. Proven to help with dry skin, scars, burns, dandruff and other minor skin ailments, also known to aid in lymphatic drainage and can help to heal a sore throat or mouth ulcers. It is often said to help with digestive issues. Salves, Teas, Steeps and Oils are all known for their benefits.

**Magical** - A garland of calendula picked on a midsummer and then hung around the door helps to fight negative energies.

Used in binding spells it strips will and crushes unhealthy desires.

Used in uncrossing spells, it brings the sun where dark has been and stops the curse/hex.

Used in luck bringing spells, it brings joy and happiness.

Used in healing, it brings in brightness and energy.

Dried petals burned as an incense over a charcoal disk help in divination or spirit contact.

Calendula represents the fire element.

### **A Useful Calendula Tea Recipe -**

Collect the petals from as many calendula as you can and store them to dry (you can use fresh petals, but the taste can be a little bitter).

Once dried, take 3-4 teaspoons of dried calendula and pour over water that has been boiled 5 minutes before. Cover with a saucer to steep, stirring once before serving. I'd advise a spoon full of honey because it can taste very medicinal.

Calendula tea can be gargled for mouth ulcers or sore throats, or it can be drunk for gut health.

### **Calendula Salve -**

Collect petals from as many calendula as you need. Use fresh or dry them first...

Find an ovenproof glass or ceramic dish or bowl and fill quarter of the way with either solid coconut oil (pure) or solid vegetable oil (I sometimes use Crisp'n'Dry), add your calendula petals then cover with more of your solid oil.

Put into an oven dish, pouring water around the base to create a bain marie. Set the oven to the lowest heat and, keeping an eye on the water level, slowly infuse the oil with the calendula. I often leave mine for 3-4 hours, topping up the water as needed.

When brought out of the oven, cover with a cloth and allow to cool. Once cooled, it will solidify again. Warm gently in a water bath until melted, then add 2 drops of lavender essential oil, 2ml of castor oil and stir. Strain the oils to remove the petals and pour into small jars for use.



## Dark Moon Esbat

When the moon is dark at New Moon it represents the darker aspects of all of us or the hidden and unseen.

Witches have always used the New Moon to work magics for the aid of protection as, during the darkness, it was easier to remain hidden when working as a coven... always a good thing during the 'burning times'.

The dark moon helps those in transition too... after all, we'll soon see a brightening of the moon as it waxes.

Tonight we'll set our intentions and create a space for all Sapere Aude witches. If we have a little time, we'll create a charm for our coven members.

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 blessings 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 blessings 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 blessings 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 Dark Moon 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 be seated apart from the helpers - the water(followed by the raised athame) will be taken back to the north, then sprinkled to the east before being returned to the altar.

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

**New Moon blessings 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** -

**New Moon Blessings 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** -

**New Moon Blessings 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**.

**New Moon Blessings 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**:

**New Moon Blessings 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.

Once the coven activities are done and our meeting is over, we'll begin the banishing and closing ritual... but we'll not write that for now.