



A BEGINNER'S GUIDE

Wicca 101

Everything you need
to begin your path

WICCA ACADEMY

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Please read before you begin. This book introduces herbs, resins, crystals, candles and smudging. Some herbs and resins can irritate skin, cause allergic reactions or be harmful if swallowed, especially for children, pets and anyone who is pregnant or taking medication, so never ingest an herb for magickal purposes without checking that it is safe for you. Some crystals can be damaged by water or sunlight, so check before you cleanse them. Never leave a burning candle, resin or smudge stick unattended, and keep open flame away from children, pets and anything that can catch fire. You can find safety notes on many herbs and crystals in [The Witch's Cabinet](#).

This book is offered for spiritual and educational purposes. It is not medical, legal, financial or psychological advice, and magick, crystals and chakra work are never a replacement for professional care. Spells support your intention and focus; they do not guarantee outcomes.

A word on "magick." At Wicca Academy we spell it with a "k" to set the spiritual practice apart from stage magic. The symbols, herbs, crystals and rituals in this book are not about tricks. They are tools for focusing your will, aligning with the natural world and growing your own unique practice.

Contents

Click a chapter to jump straight to it.

CHAPTER 1	Basic Symbols	3
CHAPTER 2	Herbs	9
CHAPTER 3	Crystals and Minerals	13
CHAPTER 4	Chakras	18
CHAPTER 5	Elements	24
CHAPTER 6	Spells and Rituals	28
APPENDIX	Sources	32
CLOSING	Your First Steps on the Path	33

This chapter is a basic introduction to Wicca, focusing on the traditional signs and symbols, including the Pentagram, Pentacle, Triple Goddess, Goddess and Horned God. If you are new to Wicca or just looking for a quick review, this is a great place to start.

✦ What is Wicca?

Wicca emerged in the early 20th century, and its basic tenets involved combining ancient traditions, respect for nature, and psychic energy or intuition in a modern form. In the 1920s, a British Egyptologist named Dr. Margaret Murray claimed that women who were believed to be witches in Europe during the 15th-18th centuries were not, in fact, Satan worshippers. She claimed they were actually followers of an ancient religion that predated Christianity. Following the publication of her thesis, the Wiccan religion gained popularity throughout England.

Wicca combined aspects of folk magic, mythology, romanticism and Druidism in its practices and rituals. After the 1920s the religion continued to grow, gaining an international following.

Today Wiccans believe in a deity inherent in the universe, which is manifested in all living entities. The divine is also present in gods and goddesses, which balance each other in nature. Wicca recognizes a spirit in every living being. These spirits are interconnected to all other spirits, forming a web of the divine in all living entities.

A central tenet of Wicca is:

✦ SPEAK THESE WORDS ✦

"If it harms none, do what you will."

This simple statement forms the basis of the ethics of Wicca, affirming the inherent right to freedom of action while acknowledging the responsibility associated with actions.

Other central tenets include power through knowledge, progressive reincarnation, harmony and serenity. Practitioners use a variety of methods to develop their spiritual lives, including dream interpretation, drawing on the moon, tarot, astrology and palmistry. We will cover some of these in future chapters on witchcraft practices and tools.

Wiccans have faced discrimination based on the inaccurate belief that they worship the devil. Wicca does not worship Satan; in fact, it does not even acknowledge the devil's existence. While most Wiccans do not believe in the Judeo-Christian concept of God, they do believe in an ultimate deity.

✦ **Which signs and symbols are most recognizable?**

We want to start by saying that each individual Wiccan practice is as unique as the practitioners and the covens using the symbols. The individualistic nature of each practitioner's faith and tradition makes this especially so.

Furthermore, each instance of a practice or ritual may be tailored to the specific needs of that time and season. The symbols and signs used within each practice or ritual are rich in symbolic meaning that is often known only to those within the particular coven or practice in question.

There are, however, some basic and easily recognizable symbols associated with Wicca. In this chapter we are going to cover the Pentagram, the Pentacle, the Tri-Goddess, and the Goddess and Horned God. You may already be familiar with some of these, but the meaning and history behind some of them may surprise you.

✦ The Pentagram

The pentagram is one of the most recognizable symbols in Wicca and witchcraft. The pentagram, also called a pentacle or pentalfa, gets its name from the Greek *penta*, meaning "five," and *gramma*, meaning "a letter."

The pentagram is a symbol of a star. It always has five points, and each point has its own meaning. The upward point of the star represents the spirit. The other four points each represent an element: earth, air, fire and water.

An upright pentagram has one point aligned upward, and an inverted pentagram has two points up. Both versions are used in spell casting, and both are very holy symbols in Wicca and witchcraft.

Pentagram and pentacle

The pentacle, on the other hand, simply means a pentagram enclosed in a circle. That is as far as the difference between the two goes. The pentagram and the pentacle are two of the most powerful symbols in the world of Wicca and witchcraft.

The pentagram is usually associated with femininity and knowledge. Some Wiccans have adopted the pentacle as the symbol of the goddess Morrigan. It represents magickal and talismanic properties. The pentagram is commonly seen as a symbol for good and for protection against evil.

An ancient symbol

The pentagram is a very old symbol. It was used as far back as Babylon, as evidenced in early Mesopotamian and Pythagorean records and writings. Many religions have used it, including Christianity. The symbol is also associated with Freemasonry.

The pentagram, as an intersection of five line segments, divides itself automatically in accordance with the Golden Ratio. The Golden Ratio, often represented by ϕ , denotes the non-repeating, non-terminating number 1.618033988...

Historically, tarot cards had a suit of coins or discs. These were changed to pentacles in the 19th century, when the tarot became linked with the Kabbalah. The suit of coins ultimately became the suit of diamonds in today's playing cards.

The saying "An apple a day keeps the doctor away" is said to come from the belief that the apple is a symbol of health, because an apple cut crosswise reveals a pentagram.

The pentagram, as a symbol of fortune, has been found on Egyptian statues and Gaulish coins.

✦ The Tri-Goddess

The Tri-Goddess symbol is shown as three moons and is commonly seen on the headpieces of high priestesses. This symbol typically represents the maid (or maiden), mother and crone as the waxing, full and waning moon. It is associated with feminine energy, mystery and psychic abilities.

MAID (MAIDEN)

Childhood, adolescence, beginnings, purity, virginity, independence, courage.

MOTHER

Motherhood, protection, fertility, growth, sexuality.

CRONE

Old age, wisdom, change, transformation, death, rebirth, banishing.

These aspects may also represent the cycle of birth, life, death and rebirth. Neopagans believe that this goddess is the personification of all women everywhere.

✦ The Goddess and the Horned God

Traditionally, in Wicca, the Goddess is seen as the Triple Goddess. The mother aspect, the Mother Goddess, is perhaps the most important of these. Traditional Wiccans claim she was the ancient Goddess of the witches.

Generally speaking, Wiccan views are theistic and revolve around a Goddess and a Horned God (a dualistic nature). In traditional Wicca, the emphasis is on the theme of divine gender polarity, and the God and Goddess are regarded as equal and opposite divine cosmic forces.

Types and titles, not names

One point of confusion for some people is that these terms are types of deities or titles of respect. Horned God is a type of godhead, not one specific god. Triple Goddess is a type of goddess head, not one specific goddess or a specific trio of goddesses. These terms are merely descriptions, not deities in themselves.

Likewise, Lord and Lady are titles of respect by which we call any god or goddess, respectively. Lord and Lady are not names. Each practitioner chooses their own deities to represent the Goddess and Horned God. Zeus is one Wiccan's Lord, Thor is another Wiccan's Lord, Lugh is another's, just as a Christian's Lord is YHWH (Jehovah), though they call him "Lord" and "God."

"The God" and "The Goddess" are not specific deities that all Wiccans worship; they are simply the generic terms for male deities and female deities, respectively. So the God that I worship may not be the same God another Wiccan worships, but I still refer to him as God, "the" God, or Lord.

Some Wiccans see divinity as having a real, external existence; others see the goddesses and gods as archetypes within the collective consciousness.

✦ In closing

We hope you enjoyed learning about these basic Wiccan signs and symbols! In closing, just keep in mind the subjective nature of interpreting signs and symbols.

Keep it light and fun. This is a playful spiritual practice rooted in tradition, but with enough freedom and flexibility to support spontaneity and improvisation. Listen to your heart, and your intuition will guide you towards the signs and symbols that will best serve you on your path.

We have tried to present these symbols universally; however, some Wiccans may disagree with some of our definitions here. This is to be expected, as each Wiccan's practice is as unique as their individuality.

This chapter is a basic introduction to herbs as they relate to Wiccan practice and magick. If you are new to herbs or herbal potions, or just looking for a quick review, this is a great place to start.

✦ Why herbs?

The practice of Wicca often includes herbs, plants, spices and other natural specimens. The Wiccan practice is both a religion and a craft. Practitioners often collect various tools and equipment in order to craft magickal herbal items, spells and amulets, and for all other magickal spells and rituals. In this chapter, we are going to go through some basics that you would want to have on hand in order to develop your own craft!

Herbs are just one of the many tools that Wiccans have in their "magick toolbox." Their toolbox may also include essential oils, crystals, amulets, wands, and many more tools and equipment than could be described here briefly.

One essential tool. If you have been wanting to explore herbs more, make sure you have one important piece of equipment: the mortar and pestle. This is a great tool to help crush and mix your herbs.

So, let's go ahead and dive into the magick herbs themselves!

✦ Which herbs are used most in witchcraft?

Remember from the first chapter that each individual Wiccan practice is as unique as the practitioners. Traditions, spells and potions using herbs, and related herbal traditions, may vary greatly from practitioner to practitioner.

Just keep in mind that the individualistic nature of each practitioner's faith and tradition makes this especially so. It's also fun and exciting to experiment. Many practitioners choose herbs that they feel drawn to energetically or intuitively.

Furthermore, each herbal tincture, spell, practice or ritual may be tailored to the specific needs of that time and season. As it is with signs and symbols, the herbs used within each practice or ritual are rich in symbolic meaning and personal preferences that are often known only to those within the particular coven or practice in question.

There are, however, some basic and common herbs that are often used in Wiccan magick. In this chapter we are going to cover Frankincense, Myrrh, Red Sandalwood, Cinnamon, Cedar, Rose, Patchouli, White Willow, Nutmeg and Poppy Seeds. You may already be familiar with some of these herbs, but the planetary meanings and associations of some of them may surprise you.

✦ Ten herbs and their planets

FRANKINCENSE

Frankincense is one of the most recognizable herbs in Wicca and witchcraft. A resin of Frankincense can represent the Sun. This herb is often used to bring forth success or power. It can help increase one's personal power and is a powerful tool for spells and magick.

MYRRH

Myrrh is often used to represent the Moon. Myrrh resin can be used in spells to enhance psychic abilities and intuitive guidance. It can help the practitioner tap into the subconscious and can enhance dreams.

RED SANDALWOOD

Traditionally in Wicca, Red Sandalwood is seen as a symbol for Mars. It is often incorporated into spells and rituals where the practitioner desires more energy and courage. Sandalwood is often seen as a protective herb as well.

CINNAMON

Cinnamon is a common ingredient in baking, but it's also commonly found in herbal remedies and tinctures. This herb represents Mercury and is often associated with the desire to bring forth memory and mental sharpness.

CEDAR

Another common herb in Wiccan rituals and magick is Cedar. This herb is used when magick calls for bringing forth the power of Jupiter. It is associated with abundance and growth.

ROSE

Rose, as whole flowers, petals or rose water, is a common ingredient in Wiccan spells and rituals. Rose symbolizes the planet Venus. Of course, Venus (and hence, rose) brings forth blessings for love, beauty and art.

PATCHOULI

Probably the most common herb known to the Wiccan world, Patchouli is a potent herb that packs quite a punch. Symbolic of the planet Saturn, this herb is extremely grounding and protective in its magickal qualities.

WHITE WILLOW

Another common herb in Wiccan magick practices is White Willow. White Willow is symbolic of the planet Neptune. This herb is primarily used for spells and rituals where inspiration and creativity are desired.

NUTMEG

Nutmeg is a very common herb in baking and cooking, but also in Wiccan magick and alchemy. Nutmeg represents the planet Uranus. It is often used in spells or rituals where the desired outcomes have to do with major change, transition or health. It can also be used to enhance visions and propel visionary insights.

POPPY SEEDS

Poppy seeds are not only a common ingredient in cooking, they are also an important herb for magick spells and rituals. Wiccans may use poppy seeds where the desired result is increased inner knowledge and guidance, working through karmic blocks, or bringing forth good karma. Poppy seeds are symbolic of the planet Pluto.

✦ In closing

We hope you enjoyed learning about these traditional Wiccan herbs! In closing, just keep in mind there are many more herbs that may be incorporated. There is also an almost unlimited number of ways in which these herbs could be combined for an infinite number of craft practices and rituals.

Just keep it light and fun. Ultimately, herbs and rituals are meant to be a bit playful and to drive a spiritual practice rooted in tradition, but with plenty of freedom and flexibility.

As you develop your own craft, allow your practice to also support your spontaneity and improvisation. Listen to your intuition and it will guide you towards the herbs that will best serve you on your path.

We have tried to present these herbs universally; however, some Wiccans may disagree with some of our interpretations here. This is to be expected, as each Wiccan's practice is as unique as their individuality.

This chapter is a basic introduction to crystals and minerals as they relate to Wicca. If you are new to working with crystals, or just need a quick review of the basics, you need to give it a read!

✦ Why crystals?

People love crystals and have for what seems like forever. Crystal amulets have been found in a 25,000-year-old archeological dig of the oldest known goddess statue, the Venus of Willendorf. Almost all major religions and global cultures share a history rooted in a love for stones. These include Hinduism, Christianity, ancient Rome and ancient Burma.

The lore of the spiritual qualities and powers of crystals, gems and minerals is a powerful and time-tested tradition that transcends Wicca, religion and even modern spirituality. Like alchemists, Wiccans look at stones not just as physical objects with an outward appearance; we look for the crystal's energetic qualities. We tap into their quintessential powers and open ourselves up to their influence.

In fact, many spiritual practices, not just Wiccan rituals, often include crystals, stones and other mineral specimens. Many Wiccan practitioners and covens have been known to collect minerals and stones and incorporate them into their practices, spells and rituals.

In this chapter, we are going to go through some crystal basics, including their names and their powers. In an upcoming chapter, we will integrate these crystals and explain the elements and chakras they correspond with. We will also discuss how to clear and charge your stones to bring forth their most potent magick!

Crystals are just one of the many tools that Wiccans have in their "magick toolbox." Their toolbox may also include herbs, candles, essential oils, and many more tools we will cover in the upcoming chapters.

So, let's go ahead and dive into the beautiful crystals themselves!

✦ Which crystals are used most in magick?

As with herbs and with signs and symbols, practices using crystals and related traditions may vary greatly from practitioner to practitioner.

The best way to learn which crystals work for you is to see what you are drawn to. We are often drawn to the stones and crystals that we most need and can benefit from the most at this time in our life. Trust your intuition and let the stones speak to you. Listen with your heart and an open mind. You might be surprised what you discover!

There are, however, some common crystals that are often used in ritual and magick. In this chapter we are going to cover amethyst, citrine, hematite, jade, jasper, obsidian and quartz. You may already be familiar with some of these crystals, but the power and qualities of some of them may surprise you. This list is not complete, but it will help you get started on your crystal journey!

AMETHYST

Amethyst is one of my favorite crystals. Its purple color is not only gorgeous; its healing qualities include a calming and soothing effect. Amethyst can assist in controlling harmful behaviors such as excess drinking or smoking. It's also a great crystal to work with for enhancing psychic awareness.

CITRINE

Citrine is a stone to keep in your workspace. It can help with clearing negative energy. It provides focus and concentration and helps with mental stimulation. It's a great stone for bringing forth greater communication, and it promotes honesty as well.

HEMATITE

Another staple for any crystal ritual or practice, Hematite is good for protection and grounding, and is extremely balancing. It helps to balance the mind, body and soul.

JADE

A very well-known stone, Jade brings forth the qualities needed to enhance dream interpretation. It also enhances confidence and self-esteem.

JASPER

Jasper comes in many different varieties, but ocean jasper is one of my favorites. Polychrome jasper is also a very popular variety. This is a great stone for anyone who travels often. The most common varieties are red for protection, yellow for clearing the mental space, and brown for grounding and focus.

OBSIDIAN

Obsidian comes in many varieties, but mahogany obsidian is my favorite. Obsidian works with its healing properties, providing protection and mental clarity. It's a great stone for grounding.

Quartz

Quartz comes in many different varieties, and it is an amazing stone to have. It can help enhance the power of other stones and crystals as well. Some of my favorites include clear quartz, rose quartz and smoky quartz.

- **Clear quartz** is used for clearing the mind and energy. It's also a good stone for amplifying the powers of the crystals surrounding it. It helps with healing, logic, and creating a safe space for spells, rituals and meditation.
- **Rose quartz** promotes love and happiness and is often called the "mother stone" due to its protective properties.
- **Smoky quartz** is also protective, but it works by transmuting negative energy into positive energy. I wear a smoky quartz pendant when I know I'm going to be in large crowds and battling a potential barrage of energy vampires.

✦ Working with crystals

The first thing you will want to do after acquiring any gems or crystals is to thoroughly cleanse them, clearing them of any residual energy they may be holding. There are many ways to do this. You can place crystals under running water, literally washing them clean. You can smudge your crystals using sage. This is personally my favorite method.

Cleansing methods are a personal choice and are as unique as each practitioner and their craft. Just make sure that you don't damage your crystals. Choose methods that are safe for your particular mineral specimens. Some people like to cleanse and charge their crystals at the same time by letting them sit in the light of the full moon. This is a very fun opportunity to work with the lunar cycles as well.

Once cleansed, you can incorporate your crystals into your spell work in many ways. Here are a few ideas:

- ☾ **Sleep with a crystal** under your pillow or on your nightstand. Crystals can help promote rest and relaxation. Some stones can even help you remember your dreams more vividly.
- ☾ **Carry crystals with you** on your body. Slip a stone in your bra or your pocket for extra guidance and insight throughout your day. Wearing crystal jewelry, or stones that you feel intuitively guided to, is a great approach to using crystals.
- ☾ **Write out a spell or list of intentions** and place the crystal on top of it. The crystal will help to supercharge those intentions. Keep this on your altar (if you have one!) and revisit the list as needed.

We will cover spells and rituals in more detail later.

✦ In closing

We hope you enjoyed learning about these beautiful and magickal crystals! Have fun incorporating them into your practice and rituals.

In closing, keep in mind that we have offered a number of impressions of stones and their spiritual qualities. This work is by nature intuitive and speculative and has not been scientifically validated. Any reference to healing refers to spiritual healing, and the use of crystals is not a substitute for conventional medicine or psychological care. We do not recommend substituting any crystal for scientifically valid medical care and treatment.

This chapter is a basic introduction to the chakras. We will also briefly cover some crystals that can be used to align, re-energize and balance your chakras, which is useful for learning how to bring the chakras into your Wiccan practice.

Whether you are brand new to working with chakras, or just need a quick review of the basics, this is for you!

✦ What are the chakras?

Literally speaking, the Sanskrit word "chakra" translates to "wheel" or "disk," but it refers to a spiritual energy center within the human body. The chakras were first written about over a thousand years ago. There are seven along the spine, starting from the base of the body and moving up through the neck to the crown of your head. They are invisible and connect our physical and spiritual selves.

Using chakras in your Wiccan practice can help you when your body or emotions are out of balance.

In this chapter we are going to go through the seven chakras, including some basic associations and functions of each one. The chakras can also be integrated into some spells and rituals. Integrating chakra knowledge into spells and Wiccan practices usually allows the practitioner to bring their body into a greater state of harmony, balancing the emotions and energizing the body.

Are you ready to learn about the seven chakras? Let's do it!

✦ **Are the chakras really part of Wicca?**

Aren't they from a different religion? As with herbs, crystals, and signs and symbols, practices using the chakras and related teachings may vary greatly from practitioner to practitioner.

The chakras originated in Indian religions such as Hinduism and Buddhism. While some Wiccans reject these teachings as not purely Wiccan, they are widely accepted and taught. They are some of the most recognizable forms of modern "witchcraft."

You may already be familiar with the seven chakras, but the functions, symbols and tendencies of some of them may astonish you. We will now briefly review each of the seven basic chakras. Please note that there are additional chakras, but those relate to the ethereal realm, whereas these seven reflect our existence on the earthly plane.

✦ **First Chakra (Root): Muladhara**

Location	Base of the spine, at the coccyx and first three vertebrae
Symbol	Four-petal lotus with a downward-facing triangle in the middle
Color	Red
Element	Earth
Functions	Safety, grounding

The root chakra is grounding and linked to your sense of security and safety. Imbalances in the root chakra may be indicated by anxiety, fears, eating and digestive problems, or lower body pain.

Muladhara is represented by a seven-trunked elephant, which represents the seven treasures of the earth.

✦ **Second Chakra (Sacral): Svadhisthana**

Location	Between the pubic bone and the navel
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Symbol	A six-petal lotus with a crescent moon
Color	Orange, to represent activity and purity
Element	Water
Functions	Sexuality, emotions, creativity

The sacral chakra is known as the sexual and creative chakra. This chakra is linked to emotional instability, sexual dysfunction and depression. If you have feelings of anger and hatred, this chakra may be out of balance.

✦ **Third Chakra (Solar Plexus): Manipura**

Location	Navel region up to the breastbone
Symbol	Lotus with ten petals and a downward-pointing triangle
Color	Yellow
Element	Fire
Functions	Self-esteem, personal power

This chakra is related to metabolism, digestion and confidence. It may be out of balance if you feel angry or have low self-esteem or control issues. The ten petals represent the ten pranas, or life forces, which nourish and control the human body.

✦ **Fourth Chakra (Heart): Anahata**

Location	Next to the heart
Symbol	Twelve-petal lotus
Color	Green
Element	Air
Functions	Love, friendship, compassion

The heart chakra is a bridge between the lower and upper chakras. Poor circulation, blood pressure problems, or heart and lung issues could be an indicator that this chakra is misaligned. When the heart chakra is aligned you will feel happy, joyful and loved. Concentration on this chakra can help develop one's creative talent.

✦ **Fifth Chakra (Throat): Vishuddha**

Location	Base of the throat
Symbol	Lotus with sixteen petals
Color	Blue
Element	Ether
Functions	Enjoyment, personal truth

The throat chakra is associated with your voice. When it is aligned you will feel that you can speak your truth and express ideas clearly. A blocked throat chakra may be indicated by throat and neck problems or difficulty communicating. The sixteen petals of this chakra represent the sixteen vowels of the Sanskrit alphabet.

✦ **Sixth Chakra (Third Eye): Ajna**

Location	Just above and between the eyes
Symbol	Lotus with two petals
Color	Indigo, white
Element	Light, mind
Functions	Perception, intuition, inspiration

The third eye is associated with light and with higher knowledge. Problems with the third eye may be indicated by migraines, dizziness and head problems. The qualities of this chakra are emptiness, truth and unity.

✦ **Seventh Chakra (Crown): Sahasrara**

Location	Crown of the head
Symbol	Thousand-petalled lotus flower
Color	Violet
Element	No element
Functions	Wisdom, universality

The crown chakra is associated with thought, universality, enlightenment and connection to spirit. Problems with this chakra may be indicated by loss of balance, confusion and inability to function.

✦ **Integrating with crystals**

Chakra or purpose	Crystals
Root	Obsidian, smoky quartz
Sacral	Carnelian, fire opal
Solar Plexus	Pyrite, zincite
Heart	Rose quartz, kunzite
Throat	Jasper, aqua aura quartz
Third Eye	Lapis lazuli, sodalite
Crown	Kyanite, topaz
Balancing or clearing the chakras	Quartz
Re-energizing the chakras	Hematite
Activating the chakras	Moldavite

✦ In closing

We hope you enjoyed learning about these powerful energy centers! Have fun incorporating them into your practice and rituals.

In this chapter we will discuss the Wiccan Elements: Air, Fire, Water and Earth, plus the fifth Element, Spirit. You will get a basic introduction to each one, focusing on its classical attributes and symbolism.

If you are new to working with the Elements in your magick practice, this is an excellent beginner's guide.

✦ **Why are the Elements important?**

The Wiccan Elements are an archetypal philosophy used to explain patterns in the natural world. These four Elements are very important in Wicca. Spells and rituals for protection in Wicca frequently use symbols of the Elements.

Traditionally, the Wiccan Elements are associated with every process in nature. They symbolically represent physical, spiritual and emotional attributes. Each practitioner is different, but they must all learn and feel the Elements in their contemplation and understanding of the world around them.

Remember, each practitioner is unique, and so are their practical applications of the Elements. We will dive into this later in more detail. Right now, just keep in mind that when developing your own practice, you should learn as much as you can about the Elements, read tables, and try to notice the Elements at work all around you in your day-to-day life.

Wiccans frequently meditate on and draw on the powers of the Elements. Such knowledge of the Elements is particularly important in herbal lore and other magick practices.

✦ Air

Air represents the mind and intelligence, communication, telepathy, psychic powers, inspiration, imagination, ideas, knowledge, dreams and wishes. In rituals, Air is represented by tossing objects into the wind, aromatherapy, songs, and hiding things in high places. It rules spells involving travel, instruction, freedom, knowledge and discovering lost items, and it can also be used to develop psychic faculties. Air also rules visualization.

Symbols associated	Sky, wind, breezes, clouds, feathers, breath, vibrations, smoke, plants, herbs, trees, flowers
Direction	East
Season	Spring
Cycle of life	Infancy
Colors	Yellow, white, crimson
Stones and crystals	Topaz, pumice, rainbow stones, amethyst, alexandrite

✦ Fire

Fire represents energy, inspiration, love, passion and leadership. In rituals, Fire is represented by burning objects, love spells, baking, and lighting candles and fires. Fire is also the element of change. In fact, it represents magick itself. Fire is the most physical and spiritual of the Elements.

Symbols associated	Flame, lightning, heated objects (stones in particular), volcanoes, rainbows, the sun, stars, lava, heat
Direction	South
Season	Summer
Cycle of life	Youth
Colors	Red, gold, crimson, orange, white

**Stones and
crystals**

Ruby, fire opal, volcanic lava, agate

✦ Water

Water represents emotions, absorption, the subconscious, purification, eternal movement, wisdom, the soul, the emotional aspects of love, and femininity. In rituals, it is represented by pouring water over objects, brew making, healing spells, ritual bathing, and tossing objects into water.

Symbols associated	Oceans, rivers, lakes, the Moon, rain, ice, trees, fish, mollusks
Direction	West
Season	Fall
Cycle of life	Maturity
Colors	Blue, turquoise, green, grey, indigo, black
Stones and crystals	Aquamarine, amethyst, blue tourmaline, pearl, coral, blue topaz, fluorite

✦ Earth

Earth represents strength, abundance, stability, prosperity, wealth and femininity. In rituals, Earth is represented by burying objects in the earth, herbalism, and making images out of wood or stone.

Symbols associated	Soil, stone, metal, wood, grain, root vegetables, hoofed animals, mountains, wingless insects
Direction	North
Season	Winter
Cycle of life	Old age
Colors	Black, green, yellow, brown

**Stones and
crystals**

Rock crystal, emerald, onyx, jasper, salt, azurite, amethyst, quartz

✦ Spirit

Aether (also called Spirit) is the prime element present in all things, providing space, connection and balance for all the Elements to exist. Unlike Air, Fire, Water and Earth, Aether is immaterial. Aether is essential to our sense of connectedness with spirit and well-being. Aether represents the sense of joy and union.

Symbols associated	Cord, rope, light, spirals
Direction	Universal
Season	The whole Wheel of the Year
Cycle of life	Eternity
Colors	White

✦ In closing

We hope you enjoyed learning about the very important and influential Wiccan Elements and their corresponding symbols and other attributes. We have tried to present these Elements universally; however, some Wiccans may disagree with some of our definitions here.

In an upcoming chapter we will cover more practical applications of the Elements, to help you develop your own personal relationship with each of them as you come to know them in your Wiccan practice.

Remember, what's most important is to define your own practice and magick based on what works for you. Keep it light, have fun and get creative! Your heart and your intuition will always guide you towards the Elements and corresponding symbols that will best serve you on your Wiccan path.

This chapter is a basic introduction to spells, including how to create an altar space for your rituals and how to cast a basic circle for protection during rituals.

If you are new to working with spells and rituals, this is a perfect place to start. After reading this chapter, you will be ready to cast your first spell if you haven't already!

✦ The foundations of a Wiccan practice

Besides the Elements, which we covered in the last chapter, there are some basic fundamentals of most Wiccan spells and rituals.

When developing your own practice, remember to learn as much as you need to get started with spells and rituals. As you start to experiment and take action by practicing your own magick, you will be guided towards a practice that works best for you. As you use different tools, symbols and other aspects of spell casting, you will take what speaks to you and forget the rest. Let your intuition guide you towards your unique, developing practice. This is one of the most creative aspects of Wiccan religious practice.

In this chapter, we will specifically cover setting up your altar space and casting a circle.

✦ Altar space

The first foundation for a Wiccan practitioner is to establish a sacred altar space. This is a space dedicated to conducting one's magick, meditating, casting spells, lighting candles, smudging, cleansing crystals, and drawing on the power

of the natural Elements to bring forth that which will do the most good and the least harm. Remember, each practitioner is unique, and so are their practical applications.

Essentially, a Wiccan altar is a "raised structure or place used for worship or prayer," upon which a Wiccan practitioner places several symbolic and functional items for the purpose of worshipping the God and Goddess, casting spells, and/or saying chants and prayers.

Despite the uniqueness of each practitioner, there are some basic guidelines for setting up a Wiccan altar space. Before you look at examples of actual Wiccan altar setups, imagine for a moment what your own unique altar might look like. Take a minute to meditate on this. Get a clear image, if you are visual, or get a feel for what the space "feels like." Breathe in this feeling, color or picture for a moment.

Remember, each altar will be as unique as the individual practitioner. Bring in the elements that are most important to your practice or to the specific spell or ritual you are working with. Be sure to bring in additional items as needed and to remove those that have served their purpose for the time being, making room for new items.

Your altar can be just a single item. You don't need lots of tools to get started.

✦ Performing rituals

It is sometimes helpful to have a template of sorts to work with. Here you will find an essential ritual that you can adapt to your own needs.

This is an example of a basic circle casting which can be performed quickly and easily without the use of any tools, just in case you haven't set up your altar space and tools just yet.

A simple circle casting

- 1 Stand in the middle of your circle. Relax and breathe deeply.

- 2 Imagine that your crown (the top of your head) opens up like a funnel to receive divine, white light. Your crown is always connected to the divine and to your Higher Self, and you can open up and amplify this channel at will.
- 3 Open your arms, palms facing out. With each in-breath, visualize yourself pulling pure, divine light down through your crown, and as you breathe out, channel this light out through your palms to create a protective shield around you. As you fill the space around you with this high-vibration energy, you may feel a tingle or buzz, you may get goose bumps, or you may feel light and uplifted.
- 4 Now hold one arm outstretched (the one you write with) and point to the edge of the circle. Spin around clockwise three times, mentally marking out your circle with the divine light.
- 5 Then raise your arms above your head and say:

✦ SPEAK THESE WORDS ✦

*"I ask that the God and Goddess bless this circle
so that I may be free and protected within this space.
So mote it be."*

You are now ready to cast your spell or perform your ritual.

Closing the circle

To close your circle, hold out your arm, spin around counterclockwise three times and feel the protective light dispersing. Thank the Spirits for their presence and declare the circle closed.

✦ Why do we cast circles?

There are many reasons that a Wiccan might cast a circle in their ritual practice. The circle acts:

- ☾ as a portal to the realm of the spirits and deities,

- ☾ as protection from evil forces,
- ☾ and, more simply, as a psychological tool to put you in the right state of mind.

✦ In closing

We hope you enjoyed learning the basics of rituals and casting circles. Successfully performing a spell is an art that comes with practice. The better you are at working with magickal energy, the better your results will be. Keep experimenting and practicing, and soon you will develop a unique practice that is both a creative process and a spiritual manifestation of the Elements and Spirit.

Later, we will cover more details and templates for some specific rituals and spells. Your heart will always guide you towards the ritual practices and magick that will best serve you on your unique path.

APPENDIX

Sources

These books, websites and teachers were drawn on in preparing the lessons in this book.

- *Wicca: A Guide for the Solitary Practitioner* by Scott Cunningham
- *Your Magickal Cabinet*, Isis Books and Gifts (Karen Charboneau-Harrison)
- *The Book of Stones*
- *A Beginner's Guide to Wiccan Magic*
- The White Witch Parlour
- The White Goddess (thewhitegoddess.co.uk)
- Samantha Valens
- Coven of the Open Mind
- Book of Threes: <https://bookofthrees.com/the-triple-goddess/>
- Quora: <https://www.quora.com/Witchcraft-historical-What-does-the-pentagram-originally-symbolize>
- Exemplore: <https://exemplore.com/wicca-witchcraft/Wicca-for-Beginners-Who-Is-the-Horned-God-and-the-Triple-Goddess>
- The Circle: <https://www.thecircle.com/us/magazin/TheCircle/Wicca.do>
- WiccanSpells.info
- Chopra.com

CLOSING

Your First Steps on the Path

Congratulations! You've taken the first step on your Wiccan journey, or you've jumped back in with a nice review.

You now know the basic symbols of Wicca, a handful of herbs and their planets, the crystals most often used in magick, the seven chakras, the five Elements, and how to set up an altar and cast a simple circle. Don't wait! Keep going while all of this information is fresh in your mind.

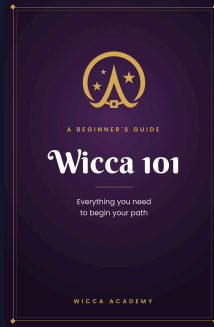
When you are ready for more, a Wicca Academy membership lets you complete the rest of the courses and earn your degrees.

Continue your path at Wicca Academy

A free Wicca Academy account opens all of this for you. [Sign up here](#).

- ☾ [Wicca 101 Video Course](#): watch these lessons come to life and take the quiz for each one.
- ☾ [Moon and Magick Calendar](#): full moons, new moons and every sabbat of the year.
- ☾ [The Witch's Cabinet](#): herbs, crystals and candle colors, with safety notes and pairings.
- ☾ [Your own Book of Shadows](#): record your symbols, spells, rituals and insights as your practice grows.

Blessed be.



A WICCA ACADEMY GUIDE

Wicca 101

Begin your journey into Wicca with a friendly introduction to its core beliefs and best-known symbols, from the pentagram to the Triple Goddess and the Horned God. Then explore the herbs, crystals, chakras and Elements at the heart of the craft, and learn to set up an altar and cast your first circle.

- ✦ What Wicca is and its central tenets
- ✦ The pentagram, pentacle and Triple Goddess
- ✦ Ten magickal herbs and their planets
- ✦ Crystals, the seven chakras and Elements
- ✦ Your altar and a simple circle casting



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