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### Special Thanks to...

...my friend David Robinson for his original and always memorable pathworking in 1998; The Diana Meditation. From this I took inspiration for Journey with the Star Goddess – Queen of the Constellations.

Thank you always to Llewellyn, Juliana and their lovely daughter Holly, for supporting me, both professionally and as their friend.

Teen Witch Workshop is dedicated to my two children; Morgan and Tam Lin and our dear friend Molly Bradley.

\*Note: All the quotations in this booklet are taken from the novel; The Kiss of Two Worlds, Alicen Geddes-Ward, Winged Feet Productions, UK, 2006.

### Recommended Witchy Reading

Here are a few books that I have read and love:

**Teen Witch, Wicca for a New Generation**, Silver Ravenwolf, Llewellyn Publications, USA, 1999.

**Witchin' A Handbook for Teenage Witches**, Fiona Horne, Element, London, 2002.

**The Spiral Dance, A Rebirth of the Ancient Religion of the Great Goddess**, Starhawk, HarperCollins Publishers, New York, 1989.

**Luna Moon Hare, A Magical Journey with the Goddess**, Wendy Andrew, Painting Dreams, UK, 2008.

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HOME WORKSHOPS FOR YOURSELF OR WITH FRIENDS

# TEEN WITCH

## WORKSHOP

ALICEN GEDDES

AN INTRODUCTORY GUIDE TO THE CRAFT

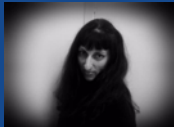
# INTRODUCTION

I found witchcraft in my late teens at 18 years old (1987) after a search of roughly four years in which I had been looking for the right spiritual direction. At the time that I finally discovered the Craft there were very few books for seekers of a magical pathway. In fact I didn't really know exactly what witchcraft was until I accidentally stumbled upon a book that is now known to be a Craft classic; An ABC of Witchcraft Past and Present, by the late Doreen Valiente. As an 18 year old reading about real witchcraft by a real witch for the first time I was amazed to find out that the Craft has nothing to do with the devil, Black Mass, animal sacrifices or worse, or any other undesirable practices. I learnt that witchcraft is a nature religion where the witch has a deep spiritual connection with the Earth; how apt for our times when being eco-conscious is something we all aspire to.

Another misconception is that the Craft is a cult. I can emphatically assure you that it is NOT. No witch will ever put pressure on you to join them in magical practices. If they do, then they are not a real witch and alarm bells should start ringing in your head immediately. Becoming a witch is a personal choice and one that you should make on your own. Another witch is more likely to put you off becoming a witch than encourage you! This is because a magical pathway is not always the easiest one to choose as it requires commitment and dedication. Although, having said that, the rewards for your hard work will always be much more than you ever put in. The Goddess will always give back to you and more, that's just the way magic works.

It's great that nowadays the aspiring teen witch has at his/her disposal a plethora of books and websites about the Craft. If the same resources had been around when I was 18 it would undoubtedly have saved me four years of looking!

## ALICEN GEDDES



Alicen was the High Priestess of The Coven Grimalkin from 1996 until she moved to Scotland in 2004. This coven was among very few in the UK to become a 'family coven' and take on teenagers as

apprentices whose parents belonged to the coven. At the time this was very controversial even among fellow witches. However, times have moved on and it is becoming more acceptable that teen witches exist therefore, they require proper guidance.

Alicen now follows and writes about faeriecraft, the faerie pathway of witchcraft. She runs a magical group; The Daisy Faerie Ring which currently has two teenage apprentices. Read her blog; The Blog That Sparkles, Shimmers and Even Winks at You... about her faeriewitch teenage apprentices on her site at:

[www.enchantedfolk.com/alicengeddesward](http://www.enchantedfolk.com/alicengeddesward)

Alicen is the mother of two children and she lives with them on the remote Orcadian island of Westray.

Photo by Morgan Geddes-Ward

Now take your blue cord. You are going to tie nine knots, beginning at each end of the cord and working towards the middle.

\* \* \* \* \* \* \* \* \* \*

Above is roughly how it should look, the stars are where the knots should appear in your cord. Each time you tie a knot think of your home being happy and peaceful. As you tie the knots chant this verse;

'BY THE KNOT OF ONE, THE SPELL'S BEGUN. BY THE KNOT OF TWO, IT COMETH TRUE.  
BY THE KNOT OF THREE, THUS SHALL IT BE. BY THE KNOT OF FOUR, 'TIS STRENGTHENED MORE.  
BY THE KNOT OF FIVE, SO MAY IT THRIVE. BY THE KNOT OF SIX, THE SPELL WE FIX.  
BY THE KNOT OF SEVEN, THE STARS OF HEAVEN. BY THE KNOT OF EIGHT, THE HAND OF FATE.  
BY THE KNOT OF NINE, THE THING IS MINE. SO MOTE IT BE!'

Now wrap the knotted cord around the honey-glued paper. Either bury it in your garden or stow it safely under a floorboard in your house where no one is likely to find it.

## HOW TO ANOINT A CANDLE

Anointing your candle prior to your spellwork prepares you and your candle for its intention. There are many oils with which you can do this job and it is a subject just as complicated as herbal lore. However, for this workshop we will keep things simple. You will need some olive oil in a small container (a rough guide would be the size of an egg cup) and the candle with which you are using for your spell.

Firstly you need to cleanse your oil. Place one of your hands over the container and imagine positive vibrations emanating from your hand into the oil. Also visualize the spell outcome which you are seeking. Once this is done to your satisfaction it is time to anoint the candle with the oil. Dip one of your fingers into the oil and from the top of the candle clockwise stroke the candle downwards towards the middle of the candle until it is covered all the way around. Now dip your finger in the oil once more and from the bottom of the candle, stroking towards the middle do the same. While you are doing this action, all the while think about your intended spell and the positive outcome you wish. Then you need to state your intent. For example, if your spell was for love you could say something like this;

'DEAR GOD AND GODDESS,  
I ASK THAT THIS MAGICAL CANDLE,  
BE ANOINTED FOR THE PURPOSE,  
OF BRINGING ME MY LIFE'S LOVE,  
WITH HARM TO NONE.  
SO MOTE IT BE.'

Your candle is now ready for you to use in a spell and engrave with a pin or needle any words in the wax that will aid your spell. For more information on candle magic you can read; Spells and Rituals Using Candle Magic, Sally Love, Caxton Editions, London, 2001.

## SPELL FIVE - HOME SWEET HOME

Use this spell when there is discord at home. Perhaps you are arguing with siblings and or your parents are grouchy and stressed. It is fine to cast a spell in this situation but be prepared to play your part in the magic and take responsibility too. Any spell is not a wave of a magic wand and the Universe has a way of giving us magical results that make us realize an aspect of the situation we had not seen before. Your role in any magical spell will always bring consequences. Also expect things to come to a head before they get better if the atmosphere is particularly negative. Your home may require a 'clearing of the air' before everyone can be harmonious. If you can't face the music then don't cast the spell.

This spell is not on your recording, so here it is in full for you;

You will need;

A blue cord  
A spoonful of honey  
A piece of blue paper  
A pen or pencil

Moon phase - waxing to full moon

Take the piece of paper and write down everyone who lives in your house. Smear the honey onto one side of the paper and then fold it in half, sticking the paper together with honey. Visualize your home being peaceful, harmonious and everyone getting on well. Once you have done this say this charm;

**I CALL UPON THE GODDESS, ARTEMIS,  
TO BRING LOVE, PEACE AND HEALING  
TO MY HOME.  
LET ALL THOSE WHO DWELL IN IT,  
LIVE IN A PLACE THEY CAN CALL,  
HOME SWEET HOME.  
SO MOTE IT BE!**

## TIPS ON HOW TO USE THIS BOOKLET...

This recording and booklet will give you an introduction in what being a witch is all about. The two go hand-in-hand and it's really important to read the booklet along with the recording as used together they give you the whole Teen Witch Workshop experience. This booklet also has additional tips and information on all manner of witchy stuff which I just didn't have space to fit on the recording.

Maybe you're simply trying on witchcraft for size or maybe you're dead certain you are a witch? Whatever your reason for choosing this workshop just follow my voice to experience the magical, fun and empowering world of the witch...let's begin!

**'WE GIGGLED BETWEEN GASPING BREATHS  
OF SOLSTICE AIR AND RIDING UPON  
THE EFFERVESCENT ENERGY THAT  
WE HAD RAISED!'**

## KNOW THE WARNING LABEL ON MAGIC: USE MAGIC SAFELY AND RESPONSIBLY

Here's a reminder of how to safely practice your Craft:

\*Magic is a powerful natural force. Treat it as you would any natural force; such as the sea for instance – WITH RESPECT.

\*Remember The Witches' Rede when spell casting and also in your everyday life;

## DO WHAT THOU WILT; AN HARM IT NONE

The same also applies for The Threefold Law. Remember that magic always acts like a boomerang and will come back to you three times as powerful as you sent it out.

\*ALWAYS ask for protection from the God and Goddess, your Guardian Angel, Lord and Lady of the Woods or any other benevolent deities that you feel most comfortable working with.

\*ALWAYS perform a grounding exercise after working magic and eat and drink something too. Ritual/spellcraft time and your everyday life must be kept separate.

## PREPARE TO BE MAGICAL WITH POTIONS AND HERBOLOGY!

'I HAD TAKEN A BATH IN PREPARATION ADDING HERBS  
IN A MUSLIN BAG TO CONCENTRATE MY MIND  
FOR THE NIGHT AHEAD.'

Firstly, I must confess to being just a little over dramatic here! Potions and Herbology are both subjects at Hogwarts School in the Harry Potter books by J.K Rowling. In truth, real witches would not usually refer to herbal lore as Herbology but you must admit it did get you interested didn't it! Although, J.K Rowling was totally right in saying that witches do use potions and herbs in casting their spells. In the recording I talk about how to come 'properly prepared' to any ritual or spellwork. It's a good idea to have a cleansing bath before your magic making. Here's how potions and Herbology come in useful;

### MAKE ME MAGICAL

You will need:

- A handkerchief sized square of muslin
- Embroidery thread in a significant colour to your spell (see my list of magical colour correspondences further on in the booklet)
- A handful of sea salt
- Flower petals, herbs and/or essential oil (see my list of herbs and flowers for bath potions)

Keeping what you are performing your magic for in your mind, add the sea salt, petals, herbs and/or essential oils to the middle of the square of muslin. Bring all four corners of the muslin together to create a bundle. Tie together at the top with your thread. Make sure the thread is long enough to hang around the bath tap and reach the bath water at the same time.

While the water is running, string your muslin square to the tap and it will beautifully infuse your bathwater, very like a large teabag! Once you are in your bath infusion visualize your intended magical goal. Let the flowers and herbs help you to enter a relaxed state.

When you have finished throw the wet herbs/flowers etc onto the compost heap (give your magic back to the Earth!) Keep the muslin-square to wash and use again for another time.

## SPELL FOUR – THE TELEPHONE SPELL

I love this spell as it is so instant. If you need to let someone know you would like a call from them then this is your spell. Although, if they choose not to call you, they won't and it doesn't interfere with their free will as you are only letting them know and not making them.

I was once in a situation where I needed to get hold of a friend in the coven about an emergency. His phone was switched off and I had no way of contacting him. In desperation I made up The Telephone Spell. He was utterly amazed as he had been at work which was not normally a place he would phone me from at that time of day. He said he had just had an overwhelming feeling that he should phone me, but he could not think of why as he had no reason to ring me. This spell is not on the recording, so here it is below in full for you;

### You will need;

- A yellow piece of paper
  - A pen or pencil
  - A duster
  - Your telephone!
- This spell can be done at any moon phase.

Get either your mobile phone or your landline, which ever you wish to be contacted on. Now clean your phone with the duster and really polish it, all the while imagining the phone ringing and your chosen caller saying 'Hello'. Once you have polished your phone until it looks like new, take your piece of yellow paper and write the name of the person on it who you wish to call you. Place the piece of paper underneath the phone. Now say;

**'ELEMENTAL KING, EURIUS,  
RULER OF AIR AND COMMUNICATION,  
(NAME OF PERSON) CALL ME TODAY,  
LET US SPEAK IN THIS WAY.  
CONNECT WITH ME.  
SO MOTE IT BE!**

When your friend telephones don't forget to leave a small gift out for the Elemental King, Eurius, such as a thimble full of wine or a piece of cake at the bottom of your garden.

## SPELL THREE - KEEP ME SAFE

(A SPELL TO STOP MALICIOUS GOSSIP AND PROTECT YOU FROM SOMEONE WHO WISHES YOU ILL).

Moon phase - waning moon

You will need:

A handful of stinging nettles  
(make sure you pick them with rubber gloves on!)  
OR a nettle teabag.  
A handful of salt  
A clove of garlic  
An anointed white candle  
An anointed black candle

This spell is in full in your recording, here's a reminder of the charm used;

**'LET (NAME OF PERSON) NEVER  
ENTER MY PRIVATE SPACE.  
PROTECT ME IN THE NAME  
OF THE MOON GODDESS,  
ARTEMIS.  
SO MOTE IT BE!**

## HERBS AND FLOWERS FOR BATH POTIONS

Lavender: Love, protection, peace

Rosemary: Love, protection, to aid concentration, healing

Chamomile: Money, sleep, love, purification

Rose: Love, prophetic dreams

Bay: Clairvoyance, purification, protection, strength

Clover: Protection, money, success

Daisy: Lust, love

Dandelion: Divination, wishes

Heather: Protection, luck

Mint: Money, travel, healing

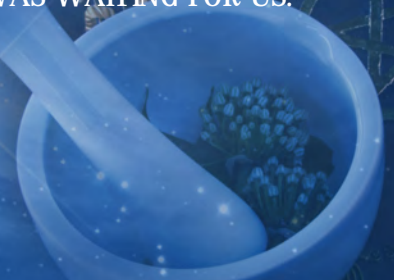
Sage: Wisdom, longevity, wishes

Slippery Elm: Stops gossip

Black Tea: Riches, courage, strength

This list is just a taster to start you off! Herbal lore can get addictive; it is so fascinating and an almost never-ending subject. To learn more and delve deeper into the magic of plants consult classic books such as; Cunningham's Encyclopedia of Magical Herbs, Scott Cunningham, Llewellyn Publications, USA, 2002 and The Real Witches' Kitchen, Kate West, Element, London, 2002.

**'I FELT THE ENERGY SHIFT WITH EACH DELIBERATE  
SWEEP OF THE BROOM; THE PLACE BETWEEN  
THE WORLDS WAS WAITING FOR US.'**



# THE EIGHT SABATS

The Eight Witches' Sabbats (holy/magical days) also known as The Wheel of the Year are the key to a witches' year as they mark the ebb and flow of the seasons and also the tides of magical energy throughout the year. I recommend Eight Sabbats for Witches', Janet and Stewart Farrar, Hale, London, 1989 to find out more. Here are the eight sabbats listed for you and ideas for flowers and foliage to wear in your hair as a circlet. Usually flowers for the girls and foliage for the guys!

SABBAT		SUITABLE FLOWERS/FOLIAGE
<b>Samhain</b> (You will know this as Hallow'een)	31st October	Seasonal foliage, apples and nuts
<b>Midwinter Solstice</b>	21st December	Holly, ivy, mistletoe
<b>Imbolc</b>	2nd February	Holly, ivy, snowdrops
<b>Spring Equinox</b>	21st March	Any Spring flowers such as daffodils, primroses, gorse and forsythia
<b>Beltaine</b>	30th April	Hawthorn/blackthorn blossom, oak leaves
<b>Summer Solstice</b>	21st June	Any summer flowers and foliage
<b>Lughnasadh</b>	31st July	Red poppies, corn and blackberries
<b>Autumn Equinox</b>	21st September	Autumnal flowers, pine cones, acorns, red poppies

The charm to unbind the spell is as follows;

'NYX, MISTRESS OF OUR MAGIC NIGHT,  
DISPEL THE MIST FROM OUR SIGHT.  
ONCE AGAIN IN THE WORLD  
WE DWELL.  
LET THIS END OUR MAGIC SPELL.  
SO MOTE IT BE!

## SPELL TWO - FIND ME LOVE

Moon Phase – Waxing to full

You will need:

A pink candle (anointed)  
A pin or needle  
A candle holder  
Matches or a lighter

This spell is in full on your recording, here's a reminder of the charm;

'I CALL UPON THE GODDESS VENUS  
TO ASSIST ME IN THIS LOVE SPELL.  
TRUE LOVE IS MY HEART'S DESIRE  
BRING TO ME BY THIS FLAME OF FIRE.  
SO MOTE IT BE!

'VENUS BRING TO ME  
LOVE THAT IS MEANT TO BE.  
MY PERFECT LOVE  
WILL FIND ME SOON,  
WITHIN A MONTH OF  
THIS PHASE OF MOON.  
BLESSED BE!

## FIVE SIMPLE SPELLS TO EMPOWER YOUR LIFE

Here's a reminder of the Binding Charm used at the end of each spellworking;

**'BY ALL THE POWER  
OF THREE TIMES THREE  
THIS SPELL BOUND AROUND  
SHALL BE.  
TO CAUSE NO HARM  
NOR RETURN ON ME.  
AS I DO WILL  
SO MOTE IT BE!**

### SPELL ONE – THE INVISIBILITY CLOAK

This spell is in full in your recording, so here's just a reminder of the charm used;

**'NYX, MISTRESS OF OUR MAGIC NIGHT,  
KEEP OURSELVES FROM OTHERS SIGHT.  
LET US MELD WITH THE TREES AROUND,  
LET NO ONE BUT US  
HEAR A SOUND.  
SHROUD OF MIST  
ENVELOP OUR SPACE.  
INVISIBLE TO ALL IS OUR MAGIC PLACE.  
SO MOTE IT BE!**

## CREATING YOUR WITCHES' ALTAR.

Your altar is the focus of your magic, so it's really important. Always try as much as possible to place your altar in the North of your sacred space. You can use a small table, wooden chest or a tree stump if you are outside for example.

**'THE TREE STUMP AT THE CENTRE OF OUR CIRCLE  
WAS COVERED IN MOSS AND DECORATED  
IN CHAINS OF FROTHY HAWTHORN FLOWERS.  
THIS WAS THE NIGHT OF BELTAINE...'**

If your altar is to be indoors you need the room you are holding your rite in to be clean. This is because you only want to attract good energy into your magical work. Dirt and dust will bring the energy of your ritual down. If you are holding your rite outdoors, either in your garden or a secluded natural place such as woodland or on the beach, make sure you are not overlooked or are likely to be disturbed.

It is traditional for an indoor altar to be covered in a cloth in a witches' colour such as; red, black, green, silver or purple.

On your altar you should have representations of the God and Goddess. These could be as pictures or photographs in frames, miniature statues of God and Goddess figures or your own drawings. I have been known to have Barbie and Action Man as my altar figures. Until recently I thought I was alone in this, but have discovered that it's a fairly common practice in those who will admit to it anyway!

As this is a taster workshop you don't need to go out and buy all the magical paraphernalia just yet such as wands etc. What is important is to make the altar feel as magical as possible. You may like to collect four objects from nature, each one representing one of the Elements. For example; a large smooth stone collected from the beach or a crystal perhaps to represent Earth, a seashell to represent Water, a feather to symbolize Air, and a piece of charcoal or a bowl of ashes for Fire. You also need on your altar a plate of cakes, preferably homemade for your Midnight Feast and a goblet of apple juice. Add anything else to your altar that connects you to magic and makes you feel witchy! You can sprinkle your altar cloth with finely ground glitter, use ornaments and cut out pictures from magazines.

The test is; if your altar doesn't make you grin every time you look at it, it's not quite magical enough yet!

## RAISING THE POWER

'THEN WE HELD HANDS ONCE MORE AND RAISED  
THE POWER IN A WHIRLING DANCE...THE WORDS  
SPUN AROUND US ALL, BECOMING MORE THAN  
THE WORDS THEMSELVES, OUR VOICES SPINNING  
THE WORDS AS IF IT WERE SOME KIND OF SPELL.'

Here's a reminder of the chant I have used in the recording. Repeat it over and over beginning with a whisper, slowly gathering pace and volume until a climax is reached;

'EARTH SITE WITCHES' RITE MERRY MEET IN JOY TONIGHT!

## CREATE YOUR OWN BOOK OF SHADOWS - A WITCHES' MAGICAL JOURNAL

A Book of Shadows is an essential part of your teen witchery and every witch has one. Quite simply a Book of Shadows is a book created by you and dedicated to keeping a record of your magical life.

You can buy a plain un-lined notebook from stationers to fill and cover it in something witchy; buy a custom made Book of Shadows from a pagan supplier or simply use a good wad of handmade paper and bind then in ribbon.

Every time you work a ritual write the results up and describe what you did. Also put in spells, recipes, phases of the moon, candle colour correspondences and record your dreams. It is really important to make it magical, beautiful and a thing to be treasured.

Keeping it up-to-date and special is a labour of love. You can cut out photos and illustrations from magazines and draw decorative borders around your spells and recipes. Keep mementoes from rituals such as a piece of ribbon from your flower circlet, a pumpkin seed from your Samhain ritual! The list is endless and your book should be totally personal to you and also – private to you. Don't go showing it to all your friends, as it is meant to be a personal diary of your living Craft. A Book of Shadows is only meant to be shown to another witch and also is meant to be passed down your family and shown to any apprentices you may have in the future for them to copy from - imagine that!

## MAGICAL COLOUR CORRESPONDENCES COLOURS TO USE FOR CANDLE AND CORD MAGIC

- Black:** Completion, release, banishing
- Brown:** Security, the home, healing, the Earth, animals
- Gold:** The God, good fortune, attraction
- Blue:** Healing, peace, tranquillity
- Orange:** Motivation, legal matters, success, positive energy
- Pink:** Love, friendship, romance
- Purple:** Spirituality, inner strength, divination
- Red:** Love, passion, sex, courage
- Silver:** The moon, the Goddess,
- White:** Purity, innocence, cleansing, truth, all-purpose magic
- Yellow:** Communication, success in exams, happiness
- Green:** Luck, faeries, beauty

'THE CLOAK OF INVISIBILITY,  
ALTHOUGH NOT ACTUALLY RENDERING  
THE PRIESTESS INVISIBLE,  
KEEPS HER FROM BEING NOTICED.  
WALKERS HAPPEN TO TAKE AN ALTERNATIVE ROUTE,  
DOGS DIG UP STICKS ELSEWHERE AND CHILDREN  
FIND THAT PLAYING SOMEWHERE DIFFERENT  
TODAY IS MORE FASCINATING.'