

Spellbound

THE SECRET GRIMOIRE
OF LUCY CAVENDISH

ROCKPOOL
PUBLISHING



For my daughter



A Rockpool book

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CONTENTS

Merry Meet	7
1. Welcome to the Craft of Spellcasting	8
2. A Little History of Spells	15
3. Spellcrafting Cycles and Magickal Timing	22
4. Intent is Not Everything	33
5. The Elements of Spellcasting	40
6. Working Magick Alone	54
7. Patience and Trust are Magickal	61
8. Working with Deities	68
9. Creating a Sacred Spellcasting Space	82
10. Seven Spells in Seven Days	89
11. Love Spells	116
12. Protection Spells	146
13. Spells for Success, Power and Abundance	171
Glossary of Magickal Terms and Tools	192
Magickal Ingredients	197

Merry Meet

Dear Spellcaster

This book you hold is based on many of my own musings, notes, spellworkings, craftings and castings, kept in my own magickal notebooks, spell diaries, books of shadows and light – a collection of witches' works which were once called a Grimoire. I have kept many of my workings very quiet, believing as I do in the adage – to know, to dare, to will, to keep silent.

But I feel now it is time to open those pages and invite you to explore the magick of my own secret grimoire.

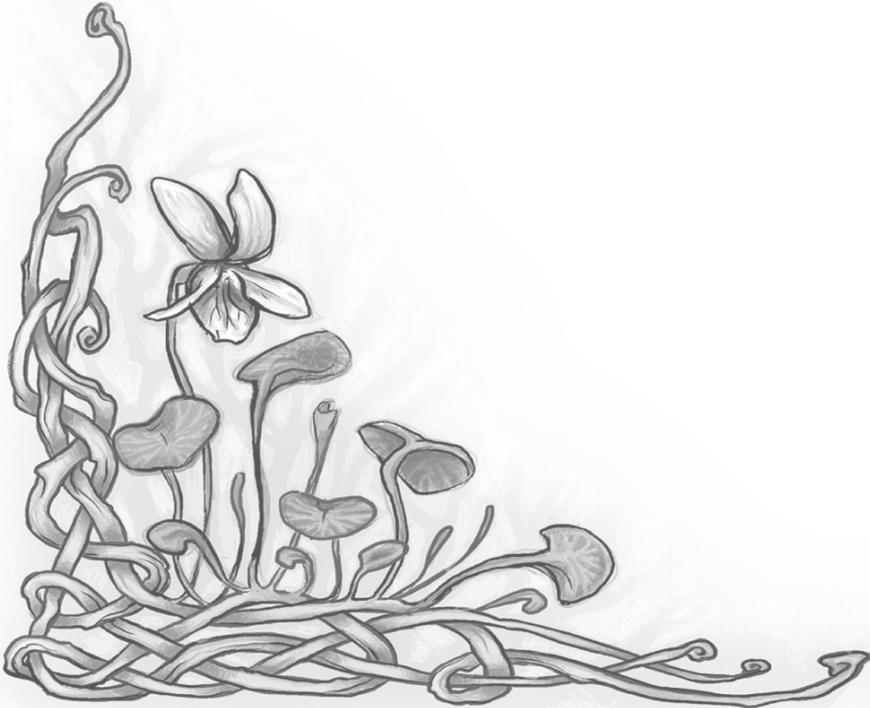
Although I know this book has its own powerful energy, it most truly comes to life once you begin to work with the magick inside. It's beautiful to read about magick – inspiring and delicious and uplifting. But taking the next step and doing it is when lives begin to change. I urge you with all of my heart not just to read, but to do – activate the transformative power of magick for yourself. Cast the spells. Cast and learn your craft. Watch your life become the magickal experience it was always meant to be.

You deserve it.

Blessings, Love and Magick to you,
Lucy

CHAPTER 1

Welcome to the Craft of Spelleasting



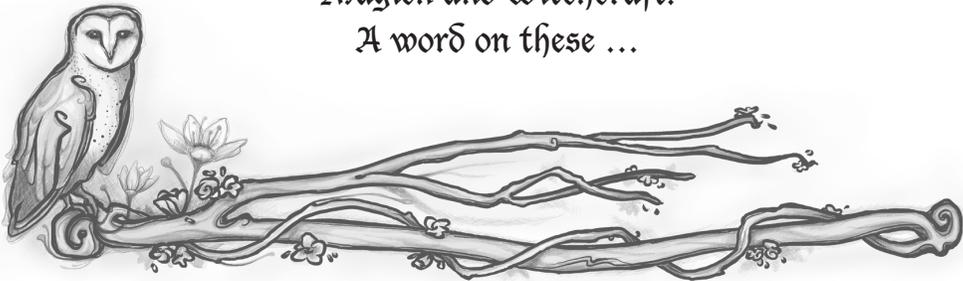
* WHAT IS A SPELL? *

There is an immense natural power in the Universe which you are a part of. You were born with this natural power. What our modern world has done is harness these natural powers in many ways – electricity, solar power, digital technology – but there is a deep, deep force that has not been harnessed, which cannot be controlled, which flows through all of us. Why don't you feel this force? Because most modern humans are completely disconnected from their own power. And the secrets to working with this power have almost been lost.

Spells are a way of re-introducing you to that natural power that flows around and through everything, including you. Crafting and casting spells will help reintroduce you to that power source, reconnect you, and that powerful connection with natural energy will help you create a meaningful, Magickal life.



Spells are most often associated with
Magick and Witchcraft.
A word on these ...



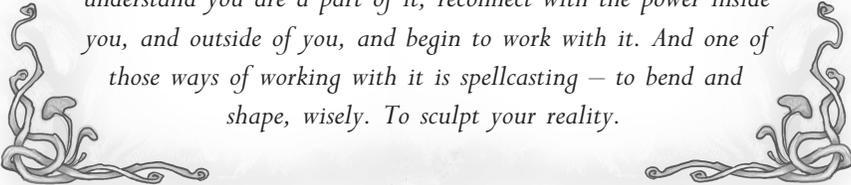


Spells and witchcraft

Spell*s* are generally associated with magick and witchcraft. Both of these terms can be a bit confusing. So here goes an explanation that will help you understand the background of spells.

Witchcraft is a misunderstood word. 'Witch' is a variant on another old Anglo-Saxon word *wicce* and has a couple of meanings: first, *wicce* means wise; secondly, it means to bend and to shape. If you put these meanings together – to bend and to shape with wisdom. So what is it that is being bent and shaped with wisdom? The answer is raw, primal source energy. The Universe is full of this magickal, powerful material. It flows and gathers around us in cycles, with every season, moon phase, eclipse, solstice, equinox and solar year.

Witchcraft asks you to shift your focus to this primal energy, understand you are a part of it, reconnect with the power inside you, and outside of you, and begin to work with it. And one of those ways of working with it is spellcasting – to bend and shape, wisely. To sculpt your reality.



* WHAT IS MAGICK? *

Magick is the art and the craft and the philosophy of understanding nature's powers and then working with those powers to create the results you want and deserve in your life. That means bending and shaping natural forces. It does not mean trapping them, or distorting them, or exploiting them. Magick has many laws and many rules (see opposite for more information). But the most important truth about magick is that you are a living example of magick. Yes, you!

Without a whole series of natural amazing forces, right timing, fate, destiny and cosmic alignments, you would not exist. And there will never be anyone just like you. Not any time now or ever again. You're a natural miracle. You're magick.

* BENDING AND SHAPING * YOUR ENERGY WISELY

These are laws and rules that apply to magick and spellcasting. But don't ever let the fact that there are rules and laws stop you from casting! People can be fearful of spellwork as they fear a natural kind of punishment or that they are playing with an energy they cannot control. This notion comes from those age-old religions who tell you that fire and brimstone will rain down on you if you are not 'good', all backed up by the myths put out by so very many films and the media. You have this natural power within you, and it is your birthright to learn how to work with it.

* RULES AND LAWS OF MAGICK * AND WITCHCRAFT

The Law of the Threefold Return

This law states that what you send out will return to you multiplied times three. This is generally called the law of the threefold return. Therefore you don't want to be doing any spellwork with unhealthy energy because that is how you are going to feel, three times as much as the person or situation you're sending it to.

Be balanced when you cast

The most important energetic law when preparing to spellcast is to be clean and clear in your energy. No matter how angry or upset you are, you always need to be in a state of balance and calm when you cast. What this also means is no drugs, alcohol or getting totally wired on coffee before casting – you want your connection to be clean. If your energy is not clear, your spell won't be either.

The Law of Harm None

Doctors have this oath, and as spellcrafting is a kind of healing, and definitely a working with natural energy to create change in accordance with the will, it is not surprising that as we know how to use these powers, we also make a promise that when we use them, we will do no harm. What this law means is no casting to harm or hurt, no matter what. Before you cast always say to yourself, 'harm none'. There is a famous magickal saying: an it harm none, do what ye will.

Cast for the Highest Good of all concerned

These words are often placed into a spell, in order to ask the Universe to help the casting be of the greatest possible good to all who are going to be affected by the spell.

Love is the Law

If we are not going to do any harm, and if we truly wish for the Highest Good of all concerned, that means Love is the law. Love of life, of ourselves, of the planet, of the Deities, of the sheer visceral thrill of being alive. So, where does this leave the infamous cursing and hexing? Many Witches do hex – it can be an effective way to stop something that is worth this risky magick. Hexing can work with 'inanimate' objects –

hexing a disease is one practice some Witches feel very comfortable with. For the purpose of this Grimoire, we will first work with ways to banish, block, protect and change energy – without hexing. You will first learn of the many magickal practices which deactivate the impact of negative people and improve difficult situations. You do not have to suffer bullies, nasty people, toxic gossip campaigns and all the petty little evils that come into play throughout our lives. The practices within this Grimoire won't hurt the person. You'll be taught to deflect your attention away from the person and turn the magick so it affects behaviour – including your own, which will be making a significant energetic contribution to the situation. You'll learn some strong, fast-working psychic self-defense moves too. These are fun, empowering and, most importantly, they work.

The Law of free Will

When we cast, we never cast to interfere with another person's free will. So, for example, we do not cast to persuade someone to do something against their will. This is magickal malpractice, and yet it is frequently sought after. Never cast without another person's consent. Do not cast to get people back together against the will of one of the people involved. Another ground rule is to never cast a spell or send energies to another person without their consent. Even if you mean well and are sending good energy or light – it is an invasion of a person's spiritual space. Obey this law, and you will cast safely and effectively for many years to come.

Like attracts Like

What we think, we become. What we believe, we manifest. What we work with in our spells, we develop an affinity and a relationship with. If we wish to work magick, we must work with tools and ingredients that are like that which we wish to create or attract. This law has been

renamed in recent years, and is often referred to as the law of attraction. We attract what we are. Our energy dictates our experience. This is not new. It is ancient, and it is powerful.

Never cast for negative outcomes

If you begin casting for others for vengeful, malicious, petty and especially spiteful, egoistic reasons, the impact is rarely pretty – for anyone. If you make this your practice you will take the brunt of the effect of the spell. Your energy will become drained and your faith in your magickal practice and in yourself will be severely shaken.



These laws can daunt potential spellcasters fearful of making a mistake, and inadvertently creating mayhem. Gently place those fears and anxieties aside. Together we can travel right inside the magick of the Universe, and learn to understand natural energies so you have the best possible spellcasting experiences. But you need to make a promise to devote some time to work out why you want what you think you want. You need to understand the energy around you and how you can bend and shape it with wisdom. Spellcasting is not a matter of dipping in, casting a spell, life is perfect. It's more a matter of understanding the energy and tapping into its powerful force to help you create your own special magick. A big key to tapping into this energy is being open and learning to see your world differently. Magickally you will learn to open your heart and your eyes to the wider world.

CHAPTER 2

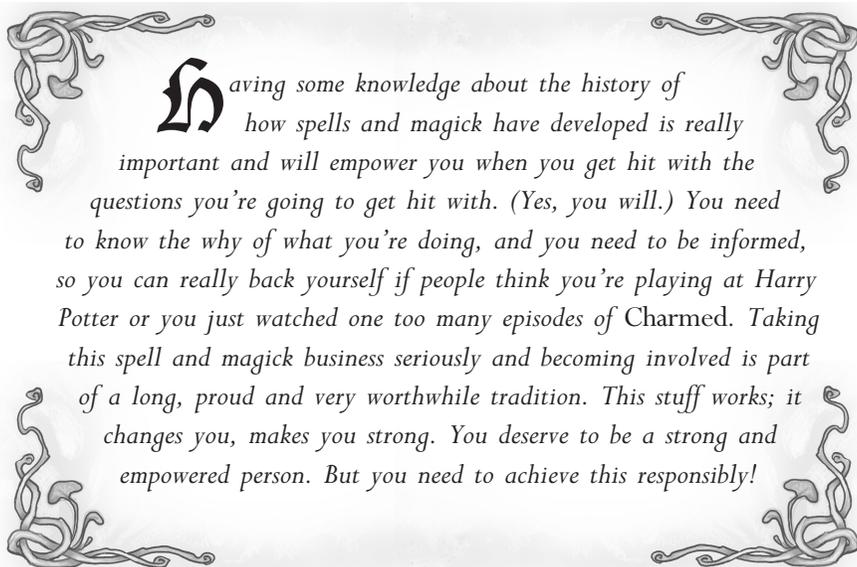
A Little History of Spells



So, let's look back, before we move forward with changing your life. The history of spells. Sounds a bit boring to some of you, right? You're probably itching to cast a love spell, get the after-school job you want or blitz your exams.

Let's do a little warm-up first. At the risk of sounding like an old-fashioned teacher – it is an important thing to understand the past if you are going to get into your own spellcasting. The past is really important – if we don't understand it completely this is the point where our present can go wrong and it inadvertently messes with the future.

Spells take place in every moment. Never forget your every thought and word work on the principles of magic. To get started, you need to start at the very beginning on the fundamentals of spellcasting. If you do this warm-up first, you won't get hurt, strained or put off by the energy kickback you're going to experience a couple of times and will need to get used to. If you keep going, though, you'll notice you get stronger and more versatile – and your life will become more and more amazing.

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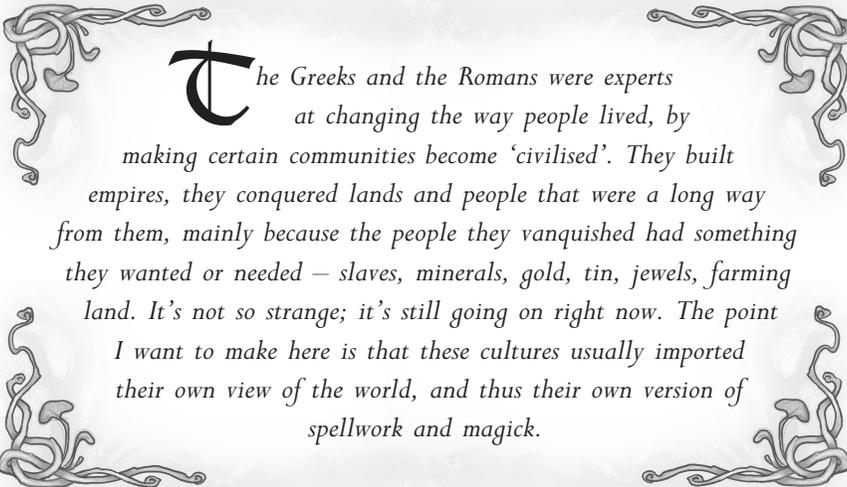
Having some knowledge about the history of how spells and magick have developed is really important and will empower you when you get hit with the questions you're going to get hit with. (Yes, you will.) You need to know the why of what you're doing, and you need to be informed, so you can really back yourself if people think you're playing at Harry Potter or you just watched one too many episodes of Charmed. Taking this spell and magick business seriously and becoming involved is part of a long, proud and very worthwhile tradition. This stuff works; it changes you, makes you strong. You deserve to be a strong and empowered person. But you need to achieve this responsibly!

Spells and magic have been a part of everything on the planet, since we humans came to life. Animals have their powers and their magics – and we'll learn how to work with those later – you have to be patient!

When we look at indigenous cultures around the world (the people who stayed living close to the earth and the cycles of the planet way) they all have spells. And spells are really just a way of 'praying' or asking for something we want to happen. Most people in ancient times weren't so different from us but they had more practical stuff to care about. They needed rain to help crops grow, they needed the animals they hunted to be available because they were hungry. They had spells for fertility, because having babies kept the tribe going, kept them strong to carry on their traditions. They prayed to overcome enemies who wanted their hunting lands or their pastoral lands – all really big stuff and very important. There are spells and magickal workings to do when young men come of age – around about puberty – so that they could pass the test and become men, without being disruptive and hurtful to their tribal leaders and their people. Same with young women – puberty arrived, and a whole new level of teachings took place, rituals and spells so that they could take their place with the women and know the ways of the land, how to birth a child, how to raise crops, herb lore and reading the stars. People close to the land learned the ways of the animals, the plants, the seasons and the cycles of nature.

Within these cultures and communities there are special people devoted to spells and magick and ritual and they were often called wizards or priestesses or shamans or medicine men or women. There were a whole lot of special activities that took place around what we call 'the teenage years' to prepare young people for the life that lay ahead of them. The

focus of all these spells and magick was the good of the tribe and the health of the individuals within this tribe. This magickal connection to life and earth and cycles began breaking down when the ‘civilisation’ of societies began to happen.

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The Greeks and the Romans were experts at changing the way people lived, by making certain communities become ‘civilised’. They built empires, they conquered lands and people that were a long way from them, mainly because the people they vanquished had something they wanted or needed – slaves, minerals, gold, tin, jewels, farming land. It’s not so strange; it’s still going on right now. The point I want to make here is that these cultures usually imported their own view of the world, and thus their own version of spellwork and magick.

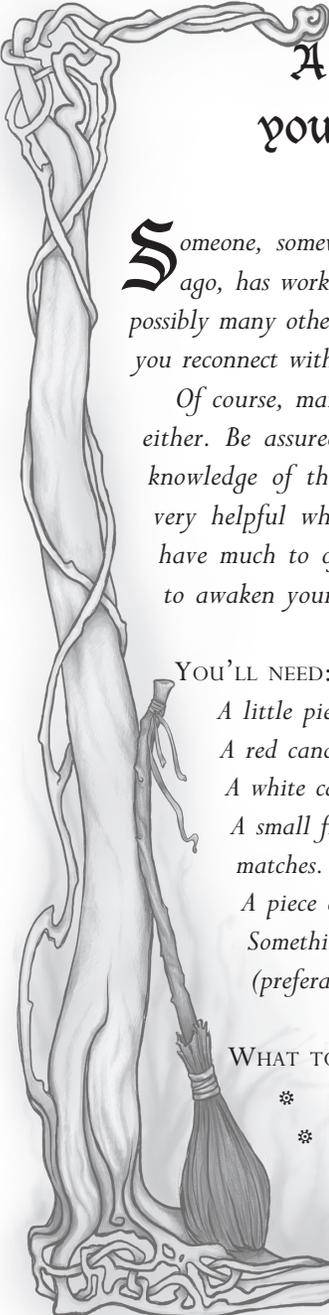
The focus moved from natural forces – the ways of the animals and the plants and the birds and the sky and the weather and the land – to the personification of these forces in the form of what we began to call God and Gods. Tribes worked with these divine forces but instead of seeing them as entwined with nature, some of these cultures saw them as above nature – like the Greeks and the Romans did. Their gods and goddesses were so cosmic in their scope that they lived elsewhere, in heaven like places called Olympus. And humans had to start really working with these gods by making them offerings. For more information on working these different deities, please see chapter 8.

Offerings and what they mean

Offerings are really interesting. Offerings are really interesting. Offerings are also very important and they tie right back in to spells. If you have an opportunity to visit Bath in England, the Roman baths museum has a collection of syncretic spells, cursing tablets and offering prayers, written on pieces of lead to the Goddess Sulis (the Goddess of the hot mineral waters that flow there to this day). They are over 1500 years old and they are really great to read – people were casting spells back then, asking the Goddess for help with stolen goods, with love, with defending themselves against an enemy, or to get better after a sickness.

In the 800s in England there were lots of what we can call syncretic spells – spells that combine influences and ask for help from Nordic Gods, like Odin, Archangels, like Michael, and Elves as well as the spirit of the land.





A spell to connect with your magickal bloodline

Someone, somewhere in your family, maybe even thousands of years ago, has worked as a spellcaster, magician or healer. And they, and possibly many others, have a lot of help to offer you. This spell can help you reconnect with your magickally supportive and caring forebears.

Of course, many of us have ancestors who have not been very nice, either. Be assured this spell is cast to draw to you the wisdom and knowledge of those who worked in balance. This spell can also be very helpful when we are finding our own family doesn't seem to have much to offer us in the way of magickal support. Here's how to awaken your own ancestral powers.

YOU'LL NEED:

- A little piece of your hair*
- A red candle (for the bloodline of your ancestors)*
- A white candle (for the relatives and ancestry of your past lives)*
- A small fireproof dish or bowl to place burning candles or matches.*
- A piece of jewellery (something that you wear a lot)*
- Something belonging to someone else in your family (preferably someone you like) or a photo of them.*

WHAT TO DO:

- * Cast your circle.
- * Light the red candle.
- * Burn the little piece of your hair. The smoke going up from it means the ancestors will recognise

you. Make sure you have a fireproof dish and water ready just in case of flames. As you light the piece of hair say:

*I light a candle to my ancestors
Blood of my blood, bone of my bone
Keepers of the magick of the line.*

- * Blow out the red candle and place the red candle and piece of hair into the flameproof dish or bowl.

- * Then light the white candle as you say:

*I light a candle to my ancestors of my spirit
Ancestors of spirit, Ancestors of blood
Those who cast. Crafted. Healed and chanted
I ask that you stand by me, and ensure that my every wish granted
Be for the highest good of my ancestors past and future
Let me learn your lessons within
Share with me your wisdom and your gifts
Let me dream dreams of magick, knowledge and power
Bring this to me, in every hour
I thank you all, future, present and past
For sharing with me your experience vast
Aid me now, and when I cast
Show me visions, to help me see
A future bright and purposeful for me*

- * Blow out the white candle and place in the dish.
- * Visualise a line of ancestors travelling out beyond you, standing behind you. There are so many, all shadowed. One will step forward, and their features and their energy will become more apparent to you. Ask them their name. Ask if they are your ancestral guide. Ask if they have good intentions. If the answers satisfy you, go on and ask them a question.
- * Thank them and close circle.