



Chapter 2

Everyday Magical Acts

No matter what we do, there are certain things that happen every day for everyone. I don't care if you're a billionaire, a well-kept suburban housewife, a career woman, a factory girl, or a welfare mother, we all open our eyes in the morning and put our pants (skirts) on one leg at a time. And regardless of her circumstances, every woman I know hits the ground running and keeps running from morning till night.

The need to be on the go is a condition that appears to have been induced by the rigors of the fast-paced society we live in. But historically, women, perhaps even more than men, have always had too much to do. The saying "Man must work from sun to sun, but woman's work is never done" has been around for a long time. This condition makes it hard to find a few minutes to put on a little makeup, let alone sit for five hours out in the woods waving your wand and mixing potions.

Most women will tell you that they like the idea of being connected to the magic in their lives but that they never have a moment's peace. This issue has come up for me big time in the last three years, and I have tried really hard to reconcile my conflicting needs. Because magic is just as important to me as "having a life," I have had to figure out a way to get around this business of being too preoccupied to focus.

What I've learned through my involvement in spiritual work is that all of us are connected to Spirit in every moment and with every breath we take. That being the case, I have realized that I can make every thing I do, even the most mundane chores, into a spell if I want to. This has liberated me completely and made my magic much more spontaneous and fun. Now whenever I hear the song, "Every Little Thing She Does Is Magic," I chuckle inside because I know it's true.

What follows is a collection of things that anyone can do in the course of any day, no matter how busy or rushed she feels. I didn't read about this in a book; I made it all up because I had to. It was a matter of survival in a life that no longer provided me with the time I needed to be who I am.

So we're going to start with the moment we open our eyes, then move through the day to the point where we close them, with spells for each point along the way—"spells" that don't require any sort of ritual or rigmarole. These are more like magical acts that offer very powerful ways to make every single day more alive and meaningful. You can do any one, or all of them if you want to. It's totally up to you.

Morning

Every morning we open our eyes, leave our dreams, and enter the real world. I'm not so sure that life as we know it in the physical world is in fact the *real* world, but that's how most people see it. I live alone, and

most of the time when I wake up I'm the only one in the bed. Whether you have company or not, you can still connect with yourself quietly without making a big deal out of it.

Invoking the Guardians

My way of doing this involves stretching out my arms to the right and to the left and stretching out my legs so that my body forms a cross. The way my bed is set up, I sleep with my head to the north. My feet point south, my right arm points west, and my left arm points east. As I do this I mentally honor the Four Directions and invoke the Guardians to come and watch over me during the day.

First I honor the Guardian of the Watchtower of the north by bringing my attention to the north point and mentally conjuring up the “being” who watches over that point in space. Everyone’s perception of what this “being” looks like will be her own. The Guardians can take *any* form.

The spirit who guards me from the north point is a Native American chief with coal-black hair, dressed in his ceremonial clothes. He’s very wise and loves me like a father.

When I bring my attention to my left arm, I am greeted by the Guardian who watches over my east point. This being is a Native American warrior. He’s dressed in a loincloth and wears a wolf’s head mask. He protects me and tells me how and when to stick up for myself.

I go next to my feet and invoke the Guardian of the Watchtower of the south. This being is a kachina, a Hopi ancestral spirit. She gives me spiritual information and support. She’s the one who provides me with the ability to be receptive to miracles.

Then I go to my right arm to honor the western spirit. The being who guards my west point is an old Indian grandmother who sits and grinds corn in a stone bowl. She is full of wisdom, and her words are loaded with the kind of understanding only age can bring.

Before I even get up I bring all of these forces in, and each one will have something to say. Sometimes all they do is give me a look that tells me what I need to know. If there is anything specific that I need to focus on in the upcoming day, I ask the spirits who watch over the Four Directions to give me the strength to meet my responsibilities and approach everything I do with a joyful attitude.

Your Guardians will look different from mine, but anyone can connect with them. All you have to do is bring your attention to each point and wait for them to appear in your inner vision. Whatever, or whoever, shows up, *that's* your Guardian. I have never been deeply involved in Native American ways. My spiritual leanings are Wiccan, Celtic, and more based in the Norse belief systems. So it was quite a surprise to me that all of my Guardians were Native American archetypes, but that's what came in and they've been with me for a long time.

This process takes no effort at all. And aside from being completely receptive, the only thing you have to get straight is which way your body parts are pointing. When I've heard from all my Guardians and feel ready to go into the day, I thank each one, send them back to the four corners of the universe, get out of bed, and go about my business.

Morning Sex

Another way to get your energy flowing is to have sex in the morning. If you happen to have company when you wake up, you might as well take advantage of the opportunity to have every cell in your body light up! You don't necessarily need to make this a duet, though, and it's just as effective if you handle it yourself.

I don't know what's up with people, but they either take sex for granted or they have no clue about how potent it really is. The female orgasm is the ultimate point of creativity. Every time you get off, the waves of energy that come out from inside your body hot-wire the

whole day. Having one or two orgasms every morning is a good way to announce to the world that your inner energy is more than willing to come out and meet it halfway.

Coffee, Tea, or Me?

Even if she has a whole brood of kids to pack off to school, every single woman I know sits and has her morning coffee or tea. It's a ritual. And you can just sit there and sip and let your mind wander, or you can use this morning ritual as an opportunity to bring your thoughts toward what you want to create that day.

Aside from all the things we know we *have* to do, we're all wanting and wishing for *something*. Maybe we're broke and need money. Maybe we wish there were more love in our lives. And sometimes we're in the middle of something that we wish with all our hearts would turn out the way we want it to. Instead of worrying senselessly about what *might* happen, or spending this time mulling over the logistics of the day, you can bring *yourself* into the act and transform this habit into something else altogether.

I keep a jar of cinnamon sticks on the kitchen table. From a magical perspective, cinnamon is one of those substances that covers absolutely every type of wish. And as I sip my coffee I stir it now and then with my little cinnamon wand. In between stirs, I can carry on a conversation or let my mind wander, but every time I pick up the stick to stir my coffee it brings my attention back to whatever I am wanting to focus on. The energy from those thoughts flows into my coffee cup and, on the way, the powers inherent in the cinnamon charge them up. As I drink in the coffee, every wish gets grounded and becomes part of me.

This works just as well with tea, and it adds to the flavor. If you're allergic to cinnamon, use a real wand. A vanilla bean is also good. And if you're one of those women who's in such a hurry that she has to

pick up her morning beverage on the run, you can take advantage of the powdered cinnamon they now provide at every takeout counter or carry cinnamon sticks in the car with you.

Cleansing Ritual

Most of us take a shower in the morning, but you can perform the following magical act whenever you happen to be in the shower. This part of my day used to be as mindless and automatic as everything else I did. You probably all know what I'm talking about. And because our thinking processes never stop, we allow our thoughts to chase their tails without realizing we can do something else with them.

Now I use my shower to consciously focus my mind on clearing and cleansing myself of whatever I wish to be free of. This would include negative thoughts about myself, fears of whether I'll be able to handle everything the day will bring, overwhelming considerations about whatever is going on in my life, and anything else I might be too preoccupied with.

One of the best things about being in the shower is that you're *alone*. If you have kids, it may be the only point in the morning when there's a money-back guarantee that you'll have at least ten minutes all to your self. So instead of letting the "drunken monkey" in your brain run you around, see what happens when you give it something constructive to do.

After I get the water running, I step into the shower and rinse off. Then I raise my arms above my head and picture the water as if it's pouring down from heaven, instead of coming out of the tap. I connect with it energetically by sending a beam out of the top of my head. Then I bring my attention down to my feet and send a cord or an energy beam into the heart of Mother Earth. The image of the shower drain makes this very easy to visualize.

As the water pours over me, I picture it flowing *through* my body, carrying away everything that I don't want to bring with me into the day, carrying it all out through my feet, down the drain, and into the earth. While this cleansing process is going on, all you have to do is release the thoughts, feelings, and fears that might screw up the next twenty-four hours.

Don't be concerned about whether or not you're "doing it right." There's no wrong way to do this. And when you get out of the shower, you will notice that you feel lighter and clearer and freer. If you don't have anything specific to unload on any given day, you can say the following words, out loud or to yourself.

Shower Rhyme

*Water of spirit, water of life
Flow through me now and carry all strife
Out of my mind and out of my heart,
Every new day is a whole new start.*

Playing Dress-Up

Do you remember playing dress-up as a kid? My sisters and I used to do this for hours. We had a trunk full of secondhand prom gowns out in the barn, and sometimes the whole morning would be spent pretending to be queens, or princesses, or fairies. This was more fun for me than anything. I got so into it I actually *became* whatever I was pretending to be.

I am fifty-six years old now. Up until just a few years ago, what I wore every day didn't make much difference to me. In a way I deliberately tried *not* to focus on my appearance too much, because I had

decided back in my twenties that it was vain. Well, I finally figured out that there's a difference between being vain and having a delighted awareness of your own wonderfulness.

I have also realized that outer beauty is a reflection of what's going on inside you. It's a reflection of the God within. And when you go out into the world looking your best, it gives everyone who crosses your path an opportunity to remember that fact, whether they're consciously aware of it or not. The truth about beauty is that it reminds us of God, and that's the *real* reason why we value it so much.

This revelation has freed me up to play dress-up every morning. The whole act of getting dressed has become a ritual that allows me not only to honor my own beauty but also to decide who I want to be that day.

After I get out of the shower and dry off, I feed my skin with moisturizer. I keep tons of essential oils on the shelf in the bathroom and, depending on what influence I want to attract into my life, I'll choose one and add a few drops of it to my body cream. If I want money I'll use cinnamon oil. For love I'll use rose or strawberry. When I just want to feel sexy I'll go for the musk. And I'll also use musk if I need to feel more powerful. If I "want it all" I'll use a drop of each oil.

As I rub this potion into my skin, I focus my mind and feel the energy of each substance infusing me with the influence that I wish to bring in. While I'm at it, I also send love and gratitude to my body for so willingly and graciously *being* there and supporting me in everything I do.

At the present time I happen to be doing private research into the whole concept of mind over matter and age reversal. So part of this anointing process includes mentally bringing my body back to a more youthful state. As I smooth the lotion into my skin, instead of looking at the wrinkles on my knee caps and thinking, "Oh my God! You're so wrinkled and old!", I catch the thought and turn it around. Now I say, "Your skin is so smooth and youthful. You are perfectly beautiful."

What we think has an impact on how we look, and we literally become our thoughts about ourselves. This isn't just New Age claptrap. It's a scientific fact. If you think you're old you will become old, because your mind has a huge investment in being right about whatever it thinks. So as you experiment with this preparatory, post-shower ritual, notice your thoughts and replace the ones that don't serve you with ones that do.

Once you're all "lubed up," you can do your face and hair with as much focus and intention as you put into the rest of your body.

When it finally comes time to put your clothes on, all you have to do is ask yourself, "Who do I want to be today?" Do you want to be Greta Garbo? Sophia Loren? Marilyn Monroe? Tina Turner? A princess? A fairy? A cowgirl? A witch? A queen? Do you want to look sexy or just powerful? Even if you wear jeans and workboots on the job, you can still look like a stick of dynamite.

You haven't forgotten how to pretend, so don't be afraid to do it. And what people see first when they greet you is your appearance, so if you look fantastic it will provide everyone with more incentive to get to know more about you. Besides, it beautifies the planet.

If you're one of those women who saves their nice clothes for special occasions, give it up! Every day is a special occasion. And it takes just as much soap to wash your ordinary clothes as it does to wash the pretty ones, so put them on! Get into this. If it seems shallow and superficial to you, it's not. It's just a simple way to honor and recognize who you are.

If you follow the little rituals I've described in the last few pages, by the time you leave the house every morning you will have called in the Guardians and received their blessings, focused your intentions, cleansed out all your hangups, turned back the clock, and created a more beautiful you. We have to do these things anyway, so why not make them magical? It doesn't take any extra time or effort, and it sparks up the whole day.

One last word of advice: don't get compulsive about this or you'll ruin it for yourself. You can give yourself permission to just be a slob if you want to. We're all perfect in our imperfection too, and just as lovable.

By the time you're ready to enter the day, the next thing you will confront is the trip to work. I have written a separate chapter for work and commuting spells, so you can refer to that for any on-the-go magic you might be doing on the job.

Sending the Kids off to School

For those of you who have children, the whole process of putting them on the school bus is a regular event that happens five days a week. As you send them out the door, you can use this part of your routine in a magical way too.

Our children are the physical embodiment of all of our creative energy. Every time they leave for school, it's very easy to visualize all your creativity blending with the forces that are active in the Unified Field on any given day, and to mentally honor that fact. Even if you drive your kids to school, or home-school them, the following rhyme can be used to help you turn this aspect of your life into yet another magical act.

Time for School Rhyme

*As you take your books and walk out the door
I see my life and so much more.
Let your heart fly
And your spirit be free.
All you are is everything to me.*

Evening

I don't know about you, but I love coming home. After a long day out in the world, it feels so good to re-enter the safety of my own space. And because at a certain level you're coming back to *yourself*, you can honor that very simply in a number of different ways.

Coming Home

I kiss the door before I open it. For me this is a way to say, "Honey, I'm home!" And I am making this statement to *myself* and no one else, because it's *me* I'm coming back to. Once I get inside, I strip off my clothes and hop in the shower to wash away all of the negative energy that may have followed me home.

Then I slip into something more comfortable and run my dogs down the path in back of my house. The dogs remind me that, regardless of what happened during the day, I am surrounded by unconditional love and total acceptance. If you don't have a dog, you might consider adopting one. They are like living furnaces that burn nothing but pure love for fuel. And the feelings they generate rub off on you somehow.

If cats do it for you, I totally understand. I love my cat too, but she provides a different form of energy than the dogs do. She is my "familiar" and is really tuned in to the spirit world. She-Ra is more like a live-in psychic than a pet. She's also my own private healer. I get treatments from the cat on a daily basis and have found that She-Ra's purring keeps me happy and healthy.

My kids are all grown and I am single, so I don't have the pressure of anyone needing anything from me when I walk in the door. For those of you who have people in your life, coming home is a different story. But you can still make it meaningful. Even if all you do is kiss the door before you enter, it's a magical act. Don't worry about the shower or

having time to do anything else. It's unrealistic to think that anyone with a family would have any personal time at all in the evening.

What's for Dinner?

Cooking dinner can be magical too, if you know about herbs and prepare everything with intent. We cook up spaghetti all the time, but most of us don't realize that spaghetti sauce is a love potion. So is pesto. Anything made with Italian herbs and spices is a love potion. And the same goes for Mexican food. Hot peppers, cumin, and coriander all inspire lust. This *may* have a lot to do with why Latin lovers get such high ratings. There's an expression that says, "Food is love," and it's interesting that most foods, especially fruit and edible herbs, attract love.

If you want to keep your partner faithful, serve him or her rhubarb. When divorce is on the menu, work with turnips. A healthy serving of mashed turnips will ease whoever you're giving the boot to right out the door!

If you want to attract abundance, use cinnamon and cloves and all the traditional Christmas spices in your food. This will mean you'll have to start baking and serving dessert, or else get more into Indian cooking. Pesto doubles as an abundance dish, by the way, so if you want love *and* money, pesto would work as a main dish.

Tons of good books have already been written on the subject of "kitchen witchery," so I won't get into that here. It's a good idea for anyone who's into witchcraft to educate herself about herbs and spices and what their properties are. I'll leave that up to you.

When you get fully versed in this subject, your culinary activities will shoot up to a whole new level. The magical properties inherent in the food, along with the thoughts you hold while you prepare it, get grounded within you as you eat it.

As for the people who share meals with you, they don't have to be in on what you're doing. And as long as you're not feeding them evil intentions or trying to do them in with arsenic, it's perfectly legal to lace any meal with whatever suits your purposes. God knows, we could all use more love and abundance in our lives, and there's nothing wrong with filling your family with food that will inspire these things in their world too.

Be as relaxed and spontaneous about your magical meals as you are about the rest of your on-the-go magic. There's no need to get all uptight or serious, and you don't have to be in an altered state or cast circles for this to work. What you add to your food will create the effects that you're after, just because *that's your wish*. And as I said earlier, you have to cook supper every day anyway, so you might as well get as much as you can out of the routine. The whole point here is that there is magic in everything you do, and when you understand that, you get to a place where magic is *part* of your life, not separate from it.

Falling Asleep

Most of us are dead tired by the time we hit the sack, and I don't know about you but I look forward to getting into my bed at night. If you have a partner, there are a million different options to consider once you turn down the sheets. All of them are magical, and if you're in the mood you can approach them that way.

As far as going to bed goes, sometimes it's fun *not* to have to be too concerned with how conscious you are about it. But whatever space I am in, I always silently acknowledge that I am about to enter another realm. Closing my eyes on the day is always a prayer of sorts, because I am grateful for everything that has happened, and I look forward to being able to process it all in the dream state.

Reversing

Sometimes I do a process called “reversing” before I fall asleep. It isn’t what you’d call “textbook magic,” but its effects are magical as far as I am concerned. When you get really good at reversing, it can change your life. Here’s how I do it.

After I get into bed and close my eyes, I mentally begin to *rewind* the events of the day, reviewing each one in a reverse sequence. Most of the time I drift off to sleep during this process. It’s OK if that happens, so don’t worry about it.

Reversing gives me an opportunity to stop at any interaction that didn’t go well during the day, or any experience that didn’t come out the way I would have liked it to, and change it. Once I untie the difficult sequences and rearrange the outcome in my mind, I see myself going through the revised version of the interchange three months in the future, making sure that I run through it as I *wish* to see it. When that visualization is complete, I continue going backwards from where I left off, stopping to rearrange things wherever I need to.

This process allows me to mend my life at the energetic level before I fall asleep. Reversing takes discipline, but if you get good at it you will see that it has wonderful effects that truly change your life for the better.

Unanswered Questions

I wasn’t sure where to put this next part, because what I am about to tell you *actually* happens right before you wake up. The thing is, you have to prepare for it before you fall asleep, so I decided to put it here.

All of us have questions that we wish we had answers to. They range from, “Should I quit my job?” to “Should I leave my husband?” to “Should I go blonde?” to “Should I move?” to “Does So and So really love me?” There are millions of questions that fill up our minds, and we spend a

great deal of energy wondering about these things.

Some of us even go to psychics and astrologers, hoping that they will tell us what we want to know. Paying people for this kind of information gets expensive after a while, and most of the time what we're told is inaccurate. The truth is that we have every answer we need right inside ourselves.

The following exercise isn't necessarily textbook magic any more than reversing is, but who cares? It *is* magic in a sense because it tunes you in to the part of your psyche that *knows* what the answers are. It's just like having your own crystal ball.

To do this you will need an alarm clock with a snooze button, a notebook, and something to write with. Set the alarm to ring half an hour before your regular wake-up time. Right before you fall asleep, pose any question you may have to yourself. (If you want to reverse, you can do that after you decide which question you want to focus on.)

When the alarm rings in the morning, grab the notebook and write down whatever you remember from your dreams. Then as you reach over to press the snooze alarm, repeat the question you posed the night before, out loud or to yourself, and fall back to sleep.

The alarm will go off again in ten minutes. When it does, jot down whatever you were dreaming about, repeat the question as you press down the snooze button, and drift back to sleep. You will do all of this one more time before you wake up for good.

By the time you get out of bed, the answer to the question you asked yourself the night before will be clear to you. Either you will "feel it in your bones" or the information you recorded from your dreams will hold the answer.

By now it's pretty obvious that there's no such thing as "not having time" to do witchcraft. Without casting a circle or raising a wand, you can turn everything you do into a magical act. You can even fix

your life and tap into your psychic abilities while you sleep!

When you get it all down and really begin to incorporate what you know about magic into the routines that happen on a daily basis, being a witch takes on a whole new meaning. The truth is, it's *all* magic. You just have to give yourself the freedom to see it that way.