



Mrs. B's Guide to
HOUSEHOLD WITCHERY
Everyday Magic, Spells, and Recipes

KRIS BRADLEY, creator of *Confessions of a Pagan Soccer Mom*

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Introduction

When I started on my path as a Pagan, I read book after book after book. With no Internet and no idea where to even think of finding another Pagan or group to learn with, putting information together for myself was the only thing I had back then. I was strongly drawn to anything based on the domestic part of magic and deity: gods and goddesses of the hearth, kitchen witchery, recipes of all sorts. Over the years, I worked out a system that allowed me to include magic in my everyday life as a wife and stay-at-home mom. With three kids, a houseful of pets, and not a lot of money, these methods had to include things that were already in my home and that could be done in a short amount of time. I came to consider this collection of methods “domestic witchery,” and I eventually started a blog called *Confessions of a Pagan Soccer Mom*, where I shared my ideas and thoughts on the subject.

This book contains the basics of it all, though I do not consider it a “101” book. While I hope it will help point the way to beginners who are interested in taking a domestic path, it’s based on the idea that readers have a general knowledge of magical practice and Pagan religious traditions already. This book won’t teach you how to be a Pagan, but it will hopefully lead you to some ideas on creating a house filled with magic and give you a broader view of what it means to be domestic. And though it mentions the holidays that I personally take part in, I believe that many of the ideas in this book can be incorporated into any spiritual practice. I hope you enjoy!

WHAT IS A DOMESTIC WITCH?

Domestic witchery is a magical practice based on bringing magic and deity into the mundane of everyday domestic life. It’s the realization that even the

simplest household chores can be transformed to influence the energies in our home and lives; every chore can honor our families, deity, and ourselves.

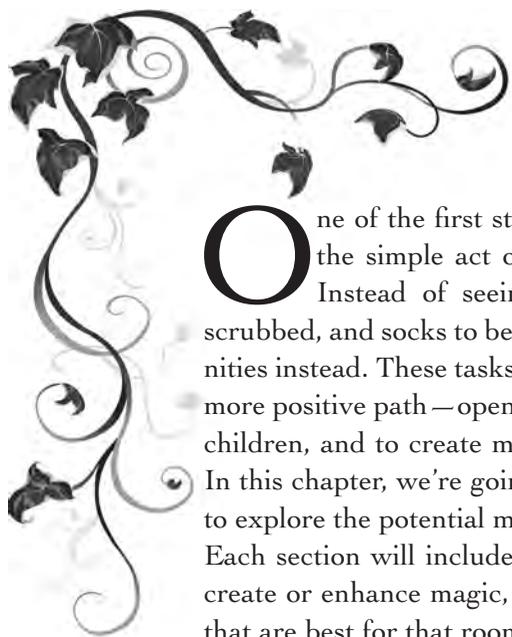
Does that mean working like a slave to carry out the every whim of our families? Or turning into the stereotypical 1950s housewife with a pristine house, dishpan hands, and a smile plastered on her face (not to mention a flask tucked into her apron)? Not at all. Many domestic witches *do* set their sights on being similar to that fifties mom in the sense of being available to their children, taking pride in their home, and cooking family meals. They are attempting to restore things that have started to get put on the back burner in this busy, often chaotic world. However, being a domestic witch is still about being a modern witch who works as an equal to their partner and with their chosen deity to make a warm, welcoming environment in their home. For those who choose to be parents, it's also about bringing up healthy, happy children who are self-sufficient, self-assured, and who have a well-rounded spiritual upbringing.

Can a man be a domestic witch? Sure! Any man who wants to create a home that is a haven can work with magic to create the place he craves. Whether single or in a partnership, there is no reason why today's modern male can't take on the role of creating a magical household. Male domestic witches take pride in their homes, their land, their families. Domestic witchery is all about a love of caring for their hearth, home, family, and the deities who oversee them — not about gender!

In this book we'll explore deities that traditionally watch over the home, find out ways to use your ceiling fan as a tool of the element of Air, learn to mix up a prosperity oil straight from your kitchen cabinet, and much more!

one

Making the Mundane Magical Room by Room



One of the first steps on the path of domestic witchery is the simple act of looking at your home in a new way. Instead of seeing heaps of dirty clothes, pots to be scrubbed, and socks to be sorted as chores, view them as opportunities instead. These tasks and others are opportunities to follow a more positive path—openings to interact with deity, to teach your children, and to create magic with almost everything you touch. In this chapter, we’re going on a room-by-room tour of the home to explore the potential magic that can spring up in every corner! Each section will include a bit on how to use everyday items to create or enhance magic, as well as a list of those areas of magic that are best for that room and a spell or two. There are also suggestions for creating a family book of shadows (or book of magical information) specifically for some rooms.

Let’s start right at your stoop.



DOORWAYS AND THRESHOLDS

A threshold is something sacred.

—PORPHYRY, ANCIENT GREEK PHILOSOPHER

Doorways and thresholds are not just a way for people to enter and leave a house; they are also an opening for energy and spirits, both positive and negative. By creating and maintaining magical thresholds, the domestic witch can construct barriers against those things that you'd rather keep away from your family. The first thing to do to get your thresholds ready is a good herbal cleansing. A magical wash like the Protection Wash in chapter 4 will do the trick. Wipe down the inside and outside of every passage from the outside into your home, including windowsills, doors, and door frames, your dryer vent, attic and crawl space entrances, and garage doors. To clean the actual glass in windows and doors, use a mix of four cups water, one cup vinegar, and one teaspoon of Castile soap or liquid dish detergent in a clean spray bottle. If you have a porch, walkway, or a tile entry to your home, use a clean bucket of cleansing mix to scrub this down as well. An easy way to clean your porch is to



pour a bit of the wash out, use your broom to scrub it in, and sweep the mix away from your door. If you live in an apartment that has carpeting outside your door, consider using a floor sweep on the area right out in front, and then vacuum well.

Once everything is cleansed, it's time to lay down some protective magic outside of your doorway. Find a sturdy broom that you can leave by your door. A broom not only offers its own protective magic, but it can also be used to sweep off your entryway on a regular basis. There are forms of magical practice that include leaving or pouring baneful ingredients on the doorway of a perceived enemy's home, so being in the practice of sweeping off your porch isn't a bad habit to get into!

If you don't have a mat at your front door, now is the time to put one out. Get in the habit of wiping your shoes off before you enter the house; this keeps you from dragging in dirt as well as any maleficent energies that might be clinging to you. On the underside of the mat, use permanent markers or paint pens to draw protective runes, sigils, or even just the word "protection" itself.

There are many ways to add protection to the inside of your doorway as well. A simple and traditional option is to hang a horseshoe over the door, with the opening pointed upward to catch luck and hold it. Iron wards off all manner of unfriendly entities; that's one of the reasons horseshoes are considered lucky. If you don't have a horseshoe on hand, hammering a small iron nail into your door frame can do the trick just as well. Hanging a pair of scissors over or by your door (positioned so that they remain open) is supposed to cut off negativity before it can come inside. In feng shui, adding a mirror to your doorway, facing outside, can help deflect strong negative energies.

You might want to bury a witch bottle right outside your doorway. Witch bottles became popular for repelling evil attacks and magic spells in the sixteenth and seventeenth centuries. Modern witches create them to divert negative energy away from their homes. Recipes for witch bottles vary greatly, but the majority seem to include something sharp (pins, nails, shards of glass) to "impale" the evil that enters the bottle, a liquid (urine, vinegar, wine) to "drown" the evil, and rosemary for protection. Witch bottle recipes might also include such things as hair or nail clippings, feathers, coins, or salt. While some instructions call for the bottle to be buried in the farthest reaches of your property, most say it should be placed right outside your doorway. If you don't have a convenient place to bury your bottle, keep it in the attic, the basement, or in an out-of-the-way spot in the center of your home.

Creating a spell bag to hang near the door can also protect your home and family and bring luck to your door. You can craft a spell bag with a scrap of cloth tied with a ribbon or a store-bought drawstring bag, filled with protective herbs and charms. Unlike a witch bottle, which should remain sealed and left alone, a spell bag can be taken down and added to whenever you wish.

Domestic Witch Bottle



While there are literally dozens and dozens of instructions out there on making a witch bottle, I've planned this one specifically for those who not only want to protect their home, but also want to connect to it in a magical way. If at some point you find you need to replace the broom from which you've taken the tines for this bottle, retire it to the attic or basement, but don't throw it away. Doing so could damage the connection between the bottle and your home.

Items Needed:

- A small jar with a lid or a bottle with a tight-fitting cork
- 1/3 cup salt
- 3 sewing needles or straight pins
- 6 iron nails, the largest that will fit in your jar
- 9 tines from your household broom
- 3 tablespoons of a protection herb (or 1 tablespoon of 3 different herbs), preferably from your own garden (Possible options include star anise, basil, bay leaf, and black pepper.)
- A pinch of dirt from your yard
- Red wine, vinegar, or your own urine to fill the bottle

1. Pour the salt into the jar and say,

Salt for purification.

2. Add the sewing needles, saying,

As I myself sew the threads of my family life, may these needles sew safety around me and mine.

3. Place the nails into the jar and say,

As the nails in our home pierce the wood to hold our home strong, may these nails pierce all negativity and hold it safely away from us.

4. Place the broom straw into the jar and repeat,

As the broom in my home sweeps away dirt, so may these straws sweep negativity away from this home and its inhabitants.

5. Add the herb(s) and say,

(Name of herb) strengthens this protection charm.

6. With the addition of the dirt from your yard say:

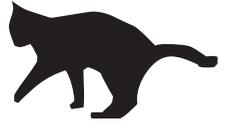
This soil binds this jar to my home and property.

5. Pour in the liquid until the jar is almost completely filled, and it's covered all of your ingredients. Hold the jar, concentrating on your feelings of protection toward your family, pets, and property, and say,

Let this wine (vinegar/urine) drown all evil that would seek to touch me and mine.

7. Cap the lid tightly. At this point you can seal the bottle with candle wax if you choose. Add symbols of protection, your family seal, or anything you feel compelled to draw on the lid or the jar itself. When you're finished, take another few minutes to sit quietly and add your intentions to the jar, then bury it as close as you can to your front door.

Front Door Luck and Protection Bag



A luck and protection bag can be created to hang on the inside of your door. You can make one just for the front door, or you can craft one for each door that leads to the outside. Don't forget the garage door! This spell works best at the time of the waxing or full moon.

Items Needed:

- A heatproof dish and a lit self-lighting charcoal disk
 - Protection Mix to burn as incense (see chapter 4)
 - A white candle
 - A lighter or matches
 - A silver coin for luck
 - A small dish of salt
 - A small dish of water
 - A small drawstring bag in the color that represents protection or luck to you (red is a good choice for this)
 - A sprig of rosemary for protection
 - A strip of dried orange rind for happiness
 - A tag lock (snippet of hair or nail clippings) from each member of the family, including pets
1. Gather all your spell ingredients. If your magical tradition includes casting a circle, do so now. Add some of the Protection incense to the charcoal to burn, and light the candle.
 2. Take the coin in hand and pass it through the smoke of the incense and say,

May this tool of luck be blessed by Air.

3. Pass it over the flame of the candle, saying,

May this tool of luck be blessed by Fire.

4. Sprinkle a bit of salt onto the coin and say,

May this tool of luck be blessed by Earth.

5. Finish with a sprinkle of water while saying,

May this tool of luck be blessed by Water.

6. Place the coin into your drawstring bag.

7. Repeat each action for the rosemary as a tool of protection and the orange rind as a tool of happiness.

8. When your items have all been blessed by the elements, take the tag locks for your family, and add them to the bag one at a time. With each addition repeat,

For (insert family member or pet's name here), luck, protection, and happiness.

9. Close the bag up tightly with three knots. Hold it in your hands for a few minutes, concentrating on your intentions for luck and protection for your family, and then hang the bag up over or near your door, preferably with a small iron nail.



As for windows in your home, a good sprinkling of salt or black salt across the sill works wonders. Pressing two straight pins, slanted toward each other to form an “X” in each corner will give a boost to the window’s protective energies. When it’s time to wipe down the windows with your vinegar mix, make sure to clean in a clockwise circular motion. When the window is clean, use the cloth or paper towel you cleaned it with to trace a protection symbol over the entire length of the window.

Once your front doorway is cleansed and set up, you may want to mix up a blend of protection herbs in a jar to keep by your door. A combination of dill, flaxseed, garlic, salt, and sage will help protect family members from negativity of all sorts. Each time you give the porch a good sweeping, or when you feel

your home could use a little extra protection, sprinkle a handful of the herbs across the threshold to reinforce your boundaries.

Deities Associated with Doorways and Thresholds

Cardea, Hecate, Hermes, Janus, Lima, Mercury, Trivia

THE LIVING ROOM

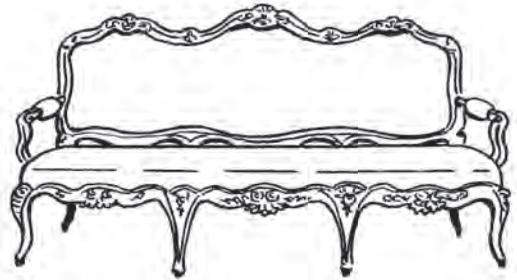
*The happiest moments of my life
have been the few which I have passed
at home in the bosom of my family.*

—THOMAS JEFFERSON

The living room should be an area where the whole family can come together. Whether everyone is engaged as a group over a board game, challenging each other for the top score at virtual bowling, or sitting quietly each with a good book, this room should be a place where everyone knows they can come and feel the love of the family.

One of the easiest ways to bring magic and clarity into your life is to make and maintain a living space that is physically and metaphysically uncluttered. Take the time to at least organize or to even clear out what's lying around the room. Get into the habit of doing a major cleaning and cleansing each season. Between these times do what you can to keep things from piling up. A clutter-free home allows more positive energy to flow and increases the success of magical works.

A handy addition to any living room or family room altar is a hearthstone. Not many homes these days require a functioning fireplace, once considered the heart of the home as a source of heat and the main cooking area. You can recreate that magical nexus by finding a flat stone or using a natural stone tile.



Clear off a space on a shelf or set up a small table, and add your stone. Place a large pillar candle on it to be your “hearth fire.” A red candle is very appropriate for this; however, a white candle can always fill in. Whenever the family is all together, whether for a simple evening of playing games or for a sabbat celebration, light the hearth candle to add magical vibrations to the gathering. Always light this candle first and use it to light all other candles in your home. When it’s burned down and needs replaced, make sure to light the new candle from the old one. Lighting your candles in this way helps establish a tradition of keeping a sacred flame of your home, similar to how hearth fires were once ritually lit for the goddess Hestia.



Hearthstone and Candle Blessing

A fireplace is not something most homes have these days. However, creating your own area to represent the hearth in your home isn't difficult, nor does it need to take up much space. Designating an area to be the hearth of the home creates an instant space for magic, ritual, and honoring the sacred.

Items Needed:

- A large unscented candle
 - A carving tool, such as a wooden cooking skewer
 - A large flat stone or natural stone tile to represent your hearth
 - A lighter or matches
1. Allow everyone in the family to carve into the candle their name, initials, or a symbol that represents them. If you like, add words or symbols to identify things you'd like to encourage in your home, such as peace, joy, protection, or good health.
 2. Take the stone and place it in its new, permanent position in your living room. Make sure that it's in a place that can safely hold a lit candle and removed from the reach of pets and small children. Have everyone place the fingers of one hand on the stone and say,

We ask for the blessings of the Lord and Lady on this, the stone that is the heart of our home. This room is where we gather in love, in joy, in sadness, and in celebration.

3. Place the candle on the stone, saying,

We ask for the blessings of the Lord and Lady on this candle and ask that it burn brightly, always leading us back to the safety and comfort of our home and hearth. So mote it be.

4. Light the candle and allow it to burn as long as you can.



A Family Altar

Once you have your hearth set up, you can use it as the base for a family altar. Just add to the area a family photo or an item or picture to represent each member of the household—including pets. Take a few minutes every morning before the family leaves the house to light your hearth candle and say a few quick words to your chosen deity, asking for him or her to watch over your family as they go about their day. (For more information on choosing and working with deities to protect your home, see chapter 3.) When everyone is back in the house, safe and sound for the day, light the candle again and say a word or two of thanks for leading everyone home safely. This daily ritual builds your relationship with deity and keeps a level of protective intent in the room.

You might add a thick binder full of blank pages to your family altar for creating a family book of shadows. Use this to keep track of your sabbat activities, spiritual milestones, and spell work. However, keep in mind that this book can document not only the magical or spiritual practices of the family, but also the activities that bring the family together. Allow each member to add writings, drawings, and photos that they feel are important to remember as well.

Once the family altar is complete, consider this room not only as a place for the family to gather, but also a sacred space that should be treated as such. Keep the clutter down as much as possible, and clean the altar area on a regular basis. Make sure that everyone understands that it is not just a table or a place to leave a soda.

Making the Mundane Magical

Every room in your home is going to have items in it that can be used as magical tools. Some might be obvious, some not so much. Here are a few things you might find in your living room that can enhance your spells and workings.

The Game Closet

Dice: When you need to change your luck, wrap two dice in a scrap of green cloth and carry them in your pocket.

Game pieces: Use game pieces as poppets to represent family members when doing protection magic.

Play money: Hold fake bills in the amount that you need in your hands and say, “Draw to me prosperity, as I will, so mote it be!” Place the fake bills in your wallet until you can replace them with the real thing.

Scrabble tile divination: Lay the tiles facedown on a table while concentrating on your question. Turn over nine tiles and see if they reveal any words, names, or initials that clarify an answer.

Your Desk

The Mail: When you need a quick response to your magical workings, especially if it’s something concerning communication, put your magical spell in the mail to help get a swift response from the universe. Address an envelope to yourself and add a stamp.



On a piece of paper, write out what you need, the mundane steps you’ve already taken to acquire your goal, and exactly when you need to accomplish it by. Be as detailed as you can. Fold the letter up and place it in the envelope. A pinch of any appropriately corresponding herbs can be added before you seal the envelope up and send it. When the letter comes back to you, don’t open it. Instead, place it on your hearthstone and leave it until the magic manifests. When it

does, burn the envelope, still unopened, in a heat-safe dish or your cauldron.

Telephone: When you need to get in contact with someone but have been playing phone tag with them or they’ve been out of touch, write the person’s name on a square of paper and place it under your phone.

Shelves

Books: Concentrate on a question you have, and then select a book from your shelves. Set it spine down on a flat surface and allow it to fall open naturally to a random page. With your eyes closed, point to any spot on the page; then read the selection and see how it might apply. This form of divination is called bibliomancy.

Photographs: Use photos for sympathetic magic as you would a poppet for healing, love, or protection magic.

Areas of Magic to Focus On in the Living Room

- Prosperity magic for the good of the household
- Protection magic aimed at the whole home, property, and everyone who lives there
- Ancestral workings
- Healing magic for people or pets

Deities Associated with Living Rooms

Any hearth deities, ancestors, or guardian spirits, including Bes, Brighid, brownies, Hestia, your ancestors by birth or choosing, Saulé, and Zao Jun

THE KITCHEN

Life is a combination of magic and pasta.

—FEDERICO FELLINI

Often considered the heart of the home, the kitchen is perhaps one of the easiest rooms to incorporate into your magical practices. Preparing food is something you probably do every day, whether it's throwing bread in the toaster or spending all day simmering a pot of homemade pasta sauce. No matter your

level of cooking experience or love for food, the time you spend creating a meal can also be spent creating magic.

Each addition to a meal will have its own magical vibrations, so take advantage of them! If you're still learning the correspondences of herbs, think about printing out a few of the ones you use most and hanging them inside the door to your spice cabinet. As you add one to what you are cooking, a simple "I add this (name of herb) for (your intention)" will not only enhance its impact on your desired outcome, but will also keep you more focused on the magical aspect of the cooking process. Once you've learned about the correspondences of foods, herbs, and spices, you can

begin to generate entire menus to reinforce whatever enchanted task you are working on. (See chapters 4 and 5 for more information on the magical properties of the items in your kitchen.)



Creating a Kitchen Altar

An altar in your kitchen can be as simple as an image of your chosen deity over your stove, on a shelf, windowsill, or on the inside of a kitchen cabinet. Add a small offering bowl and a candle, and you have all the basics. In my own practice, working with Hestia as my kitchen deity, I have an image of her attached to the inside of a cabinet I can easily leave open when I'm working. This placement protects her from splattering sauces, steam, and the general messiness of

a busy kitchen. I keep a candle and a small offering bowl on my cupboard. I light the candle in Hestia's honor whenever I'm working in the kitchen, and the first bit of each meal goes into the offering bowl. If you haven't chosen a particular deity to work with specifically in your kitchen, you can still use a candle as an informal ritual to get you into a more relaxed and focused state of mind before beginning any kitchen work.

Alternatively, you may dedicate your kitchen altar to the spirit of family members passed with whom you might have shared a love of cooking. If your grandmother was the person who first taught you how to make cookies or knead dough, and you can feel her near you when you cook, honor her as an ancestor in your kitchen. A small framed photo, a copy of one of her recipes (laminated to protect it), and a candle in her favorite color or scent make a perfect kitchen altar.

Before you begin creating a meal, take a moment before your altar to center yourself, clear your head, and focus on the meal you are about to prepare. Light the candle, and relax while you cook. Give yourself the time to enjoy what you are doing, appreciate your ingredients, and give thanks that you have the ability to feed your family a great meal. Don't forget to get the whole family involved in the food preparation! This is a great time to talk about your day. When the food is ready to put on the table, snuff out the candle with a few simple words of thanks.

Protecting Sinks and Other Drains

When we think about protecting our homes, we always remember to check our doors and windows. The one thing that's often overlooked is the water drains. These openings lead completely off of our protected property, providing the opportunity for all sorts of energy to wander in. A simple sink cleansing followed by a protection brew can fix this situation right up! Start off by putting a large pot of water on to boil, then turn it down to just a simmer. To the pot add a cup of salt and a handful each of dried sage, rosemary, dill, and thyme. Throw in several pinches of mustard seed and two or three bay leaves. Turn the heat off, and allow the pot to steep for fifteen minutes.

As the herbs steep, pour a cup of baking soda into each of your sinks. Follow this up with a cup of white vinegar, and allow them to foam. When the foaming stops, run hot water down the drain for a few seconds. Not only will this clean your drains and pipes, but it will also help clear away any small clogs!

Now that the drains are cleansed, strain your pot of herbs into a clean pot. Discard the spent herbs; then add the juice of two lemons to the herbal infusion and mix. Pour a cup of this brew down each of your drains. Don't forget to flush a bit down each toilet and pour some into the bottom of your dishwasher.

Ritual Hand Washing

Many Pagans use ritual bathing as a preparation for solitary or group activities. In your everyday practice, I doubt you'll find time to do this before every bit of magic you partake in! A simple alternative is to keep a spray bottle in your kitchen full of your favorite herbal infusion, flower water, or Florida water (see chapter 4 for how to make your own). Taking a moment to ritually cleanse your hands and draw a few deep breaths can help not only center you throughout the day, but also remind you that even the most unglamorous tasks honor deity and your family. If you are feeling stressed out or put upon, add a small prayer to your hand cleansing, such as, "Lord and Lady, help me remember that it is an honor to be a parent. My actions honor you as well as my family." One of my favorites—that I use more often than I'd like to admit—is "Lord and Lady, please help me keep my temper and remind me why I love this houseful of crazies."

You can use this ritual wash to spray the air as a quick fix to get rid of negative energies after an argument or when you've had someone unpleasant in your home for a visit. Experiment with different scents and combinations until you've created a signature blend that's just right for you and your household.

Kitchen Book of Shadows

In starting a book of shadows for your kitchen, you will not only have a record of the magical works done in that space, but you can also create a treasured record of memories spent with friends and family over meals shared in good times. To this book add culinary herb correspondences, information about your kitchen deities, family secret recipes, recipe clippings from magazines, and notes about social gatherings held in your home. The first page of the book might be filled in with a blessing, borrowed or created, such as "In this book, my recipes reside, traditions and memories locked inside. I ask that this book be blessed from above, and all created with it be filled with love."

Kitchen Tool Cleansing

When purchasing new pots, pans, or utensils to add to a kitchen, we normally give the item a good wash and a rinse and set to using it. If we stop and think, however, about all the places that tool has traveled, all the hands it has passed through, and all the energy it has potentially picked up, we realize it might need a little more than just a soap and water scrub. Considering that we might be using these tools every single day to create the food our family eats, a bit more of a magical cleansing might be beneficial!

It's simple enough to give them a more substantial wash. While filling the sink with very warm water, add your regular dish detergent, a handful of salt, the juice of half a lemon, and a sprig of rosemary. Allow your new kitchen tools to soak for 15 minutes, give them a good scrubbing and a rinse in hot water. For new appliances, wipe them down inside and out with a vinegar- or lemon-based cleaning spray made for kitchen appliances.

Making a Kitchen Cabinet Abundance Jar



It is said that maintaining a supply of both salt and alfalfa in your kitchen will keep your cupboards from ever being bare. Follow these steps to create an abundance jar with these two key ingredients.

Items Needed:

- A small jar
 - Kosher salt
 - A few coins
 - Alfalfa
1. Take a small jar and fill half full with kosher salt.
 2. Add a few coins (pennies are fine) to the jar, then fill the remainder of the jar with alfalfa. (You can usually find alfalfa in grocery stores or pet stores near the small creature sections.)

3. Screw the lid on tightly. Holding the jar in your hands, visualize your cupboards, pantry, and refrigerator full of healthy foods and say,

Bless this home with abundance. May it always be filled with enough to share. So mote it be!

4. Place the jar to the back of a shelf and let it be. Once a year, refill the jar and restate the prayer.
5. To strengthen the blessing on your home, make sure to take an item or two from your own shelves each month to donate to a local food pantry or soup kitchen.



Making the Mundane Magical

The kitchen holds a treasure trove of items just waiting to be used as magical tools. With such a wide variety of objects, from cleaning supplies to cooking utensils, almost everything you need for your magical practice is right at your fingertips!

Kitchen Supplies and Tools

Broom: Brooms are used in various magical practices around the world. The easiest way to incorporate a cleaning broom into your daily measures is to purchase one with a handle made of wood and carve a spell right into it. If you can't find a wood-handled broom, it's easy enough to write on another type with a permanent marker. My own broom contains the carved words "I sweep in love, luck, and prosperity. I sweep out all negativity." Whenever I grab my broom, I say the words aloud before I start sweeping.

French press: If tea is not your thing, brew up a batch of coffee in a French press and practice casseomancy, or coffee ground reading. A French press is also perfect for easy brewing and straining of herbs to add to washes.

Kitchen shears: Keep a pair of kitchen shears separate from your other cooking shears to use as you would a boline (a magical knife), for cutting herbs, strings, or other materials that you'll be using specifically for magic.

Kitchen twine: Kitchen twine is handy for more than just trussing up a chicken. Cut a length to tie off mojo bags or to do a quick bit of knot magic.

Plastic sandwich bags: Need a break from someone who's become an energy leech? Place their image or a piece of paper with their name written on it into a baggies and seal. Put it in the freezer and leave undisturbed until you're ready to deal with them again.

Pots and pans: A small cast-iron pot from the cooking section of your local department store is often much less expensive than a cauldron and, for those without a metaphysical shop nearby, much easier to find.

Sponge: Sponges are fairly inexpensive and make a great tool for so many things. Use your imagination to find ways to make good use of them. Finances drying up? Cut a circle out of a sponge and draw a dollar sign on it with a permanent marker. Keep this "coin" in the kitchen, near your sink, and make sure to keep it wet until the money starts flowing in again. Know someone you need to cut out of your life? Write their name on one side of a sponge, yours on the other. Cut the sponge in half between the two names. Toss their side out in the garbage. If you aren't comfortable throwing it out, drop it off on the edge of their property instead.

Teapot and teacups: Brew up a big pot of loose tea leaves and practice the art of tea leaf reading (tasseomancy).



Tinfoil: Wrap herbs in tinfoil and then mold it into an appropriate shape. This is perfect for a quick protection spell: Add garlic, basil, and salt to a square of foil and fold into a small envelope.

Use a pencil to write the name of the person you're protecting onto the packet. To speed the spell along, place it in a heated oven until the herbs become fragrant. Remove carefully and set aside in a safe place.

Wooden spoons: Use them as you would a wand or athame to focus energy.

Junk Drawer Divination

Everyone has that one drawer for everything in the world that has no other place to be. Go through it to find odds and ends to create your own personal divination set. In a small bag or box, collect items that represent different concepts for you. As you add each to the box, tell it what it represents. For example, if you're adding a cork to represent celebrations, say something like, "I name you celebration. You represent a future party or get-together with family and friends." Write each meaning down in a notebook. When you start

practicing reading with your set, write down the results in the same notebook to refer back to later. To do a reading, add something to the bag to represent yourself or the person you are reading for, such as a button or a small character figure from an old game. Ask a question, then tilt the bag over and spill the contents out onto a flat surface. The closer an item falls to the item signifying the person, the more important that item is. Alternately, just draw one item from the bag to answer the question. Here are a few things found in my divination bag and what they represent to me.

- **Cork:** Cheerfulness or a festive get-together.
- **Ring:** Represents a commitment to something or someone.
- **Coin:** Coming prosperity or good luck when heads up, a loss when heads down.
- **Matchstick:** A good omen. If any unlucky objects are near it, it voids them.
- **Key:** A new beginning or the opening or unlocking of something.
- **Toy car (or small toy train):** When close to the item that represents the person you are reading for, it represents an accident. When farther away, it represents travel or a long journey.

Objects can represent whatever you want them to; just assign each one a meaning and be consistent in using that meaning for it.

Areas of Magic to Focus On in the Kitchen

- Love
- Prosperity
- Harmony
- Any cooking, food or herb magic

Deities Associated with the Kitchen

Deities of cooking, fire, hearths, food, or herbs such as Agni, Airmid, Brigid, Hestia, Kaya nu Hima, or Zao Jun

THE LAUNDRY ROOM

*I wish we could wash from our hearts and our souls
The strains of the week away,
And let water and air by their magic make
Ourselves as pure as they.
Then on the earth there would be indeed,
A glorious washing day!*

—LOUISA MAY ALCOTT

Laundry has always been one of my most dreaded chores. It's a never-ending battle, load after load. It isn't even the actual washing that will get you, it's all that folding and putting away. This is where the clever domestic witch gets her family involved very early on; even the youngest of kids can fold washcloths and pull out socks to be paired. Invest in plenty of baskets and hampers, and get everyone used to putting their dirty clothes in and putting them away immediately after they've been washed.

Whether you are lucky enough to have a designated room to sort and wash in, whether your washer and dryer are tucked into a corner of another room, or even if you have to haul your clothes to a communal laundry, there are plenty of things you can do to take this chore from mundane to magical. The laundry area is actually a pretty balanced area to do magical works, as it encompasses all of the elements: the washer is a tool of Water, the dryer contains both Fire and Air, and that basket of dirty clothes? Definitely some Earth in that.

Start your laundry room magic with the basic tools: the washer and dryer. Treat these as you would any of your other magical tools by keeping them and the area around them clean and in good repair. If you have a specific room or area for laundry, give it a good cleansing with soap and water or a cleansing wash from chapter 4. If the room has a window, open it up and give the room a good airing while you clean. Rid the area of any garbage sitting around and get organized. Gather your laundry baskets and give them a good wipe down as well.

While you tidy and straighten, give a bit of thought to how important clothing and laundry are in our lives. Doesn't it feel great to slip into clean pajamas after



a bath, a comfy blanket when we are ill, or a warm sweater when the weather turns chilly? We don't give much thought or thanks day to day for something as simple as having clean clothes, but today, consider how blessed you are to have them and to have the ability to easily maintain them.

Once you've gathered all of these tools into your work space, perform a consecration to dedicate your laundry space. What follows is a simple ritual that can be performed in a short amount of time and with very simple tools.



Laundry Room Consecration

Change your ideas about the dreaded laundry room! Consecrate it as a sacred place and dedicate it to your favorite deity. From here on out, work on seeing the room as a place where you honor your patron—not only by participating in your family's chores, but also as a place to teach your children to be independent and self-sufficient!

Items Needed:

- A white candle in a holder and something to light it with
 - A small dish of salt
 - A small dish of water
 - A bit of incense (optional)
1. When you have a few moments to yourself, sit quietly in your laundry room space. Take a few cleansing breaths while thinking about how you are creating a sacred space in which you and your family can clean your clothing. When you feel centered, calm, and ready, begin.
 2. Light the candle and say,
On this day and by Fire, I consecrate this room as a sacred space.
 3. Hold the dish of salt and either sprinkle a bit of it in the corners of the room or sprinkle a bit at each corner of your washer and dryer. While you do this, say,
On this day and by Earth, I consecrate this room as a sacred space.
 4. Take the dish of water, dip your fingers into it and either sprinkle a few drops around the room traveling clockwise, or use your wetted fingers

to trace your favorite runes or symbols around the room. While you're working, repeat,

On this day and by Water, I consecrate this room as a sacred space.

5. For the element of Air, the only tool you need is your body and its ability to blow air into each corner of the room. If you prefer, light up a bit of incense and blow or wave the smoke around your space while you say,

On this day and by Air, I consecrate this room as a sacred space.

6. Finish your ritual by standing in the center of the room and saying aloud,

This room is now consecrated. I ask for it to be blessed by the Lord and Lady (or your chosen deity) as a sacred space where I will work for the good of myself, my family, and deity.

7. A god or goddess can be chosen to look over the room if one appeals to you, or you feel so called. Deities or guardian spirits that are associated with the elements of Fire or Air are appropriate in this space, as could any deity associated with the home or domestic arts.

8. Consider Saulé (Sow-Lay), a Baltic hearth goddess connected to both sun and sky who watches over domestic work. The goddess Mokosz (Moh-Kosh) from Poland has been known to help out with laundry chores when pleased with offerings left by her followers.



Creating an Altar

Depending on the size of your space, you could create a simple altar on a shelf or you could hang a photo of a chosen deity over your work space.

Constructing an altar collage is also an option; gather photos or drawings of a chosen deity, small representations of their symbols, and anything you feel is appropriate. Paste them on card stock or in a shadow box and hang on the wall. Add a small offering bowl and offer a few small fruits (grapes are great for this) or veggies. When they start to look past their prime, toss them outside for the neighborhood critters. Let the shrine be a reminder that laundry doesn't have to be drudgery, but it can be a sacred or magical experience.

Magic in the Laundry Room

When you've gotten your new sacred space all set up, it's time for a bit of magic! When you're looking to change the energy in your home or around those in it, the laundry is a great place to start.

Incorporating essential oils into your laundry magic is an easy way to do this. Find an essential oil that fits your intentions and simply dab a few drops onto an old washcloth or sock before adding it to the wash. The oil will disperse through the load, sharing its vibrations with everything it touches. Unfortunately, essential oils can be a bit expensive. If you don't have the right one in stock, it's time to hit the spice rack.

Adding a bundle of herbs to the wash can provide just the vibrations you need. Place the herbs in the toe of an old, clean sock and tie it shut, put the herbs in an organza bag and tie it closed, or sew herbs into a square of material recycled from an old cotton shirt. Throw the bundle in with your wash and transfer it to the dryer with the clothes. With a few words to enforce your intention, you can create a great batch of magical laundry.

Peaceful sleep load: Want to bring calm and a better night's sleep to the family? Tie a couple of chamomile tea bags into an old sock and throw it in with the sheets. As the water starts to fill the washer, repeat the following:

Chamomile work as a balm; bring to my family peace and calm!

Prosperity load: Sew a bit of basil into a square of green cloth and add it to a load of your work clothes. While the washer fills with water, say:

Basil, basil, draw to me business success and prosperity!

Say this again as you transfer the clothes to the dryer.

Here are a few more chants to get you started. You can either say them alone, or add an herb bundle to go with them for a little extra oomph.

*As I wash this load of clothes
I wash away our troubles and woes.*



*Goddess, these troubles
To you I have told;
Wash them away
With this water so cold.*



*Goddess this bad luck
I scrub with these jeans,
Away dirt and troubles
As this water it cleans!*

Don't forget to offer a few simple words of thanks to deity or the universe when you remove the clothes from the dryer for folding. If you are using an herb bundle, it will last for one more load before you untie and empty it. If you're using a recycled scrap of cloth for your bundle, after that it can just be thrown away.

Another way to honor deity is to make your laundry more energy efficient to minimize your impact on the earth. Simple ways to do this include:

- Running your washer and dryer only when you have a full load
- Running several loads in a row to take advantage of the fact that your dryer is already warmed up
- Hanging your clothes outside on a clothesline when the weather permits
- Cleaning out your lint trap after every dryer load
- Turning down your water heater to 120°F. This will save energy (and money) on every load and keep your family safe from accidental scalding.

Making the Mundane Magical

We may spend more time in the laundry room than we'd like, but opening your eyes to the magical uses of what the room holds could make your time there a bit more magical.

Fabric sheets: When you have the need to keep someone or something from latching on to you, or want some help shedding a bad habit, write down exactly what you want to release and wrap it up in a fabric sheet. Hold it closed with a clothespin or a piece of string, and say, "Don't cling to me, let me be. Release, release this negativity."

Stain stick: If you are looking to make something disappear from your life, write it out with a stain removing stick or pen on a scrap piece of cloth and throw it in with a load of wash using hot water.

Areas of Magic to Focus On in the Laundry Room

- Cleansings or banishment
- Adding intent to clothes or linens

Deities Associated with the Laundry Room

Deities of water, of washing or cleansing, or of the domestic arts, such as Asherah, Mokosz, or Saulé

BATHROOM

*There must be quite a few things that a hot bath won't cure,
but I don't know many of them.*

—SYLVIA PLATH

The bathroom is the ideal spot for all sorts of cleansing and purification baths. The simplest option of all is just taking a quick shower while visualizing the water washing away all negativity from your body. Almost any culinary herb can safely be made into a tea, strained and added to your bath to infuse the water with whatever intent you're looking for. There are also plenty of other items in the bathroom besides the tub and shower that can be applied in a variety of ways.



Making the Mundane Magical

Besides cleansing baths and showers, there are some great finds for your magical practice in the bathroom. Here are a few ideas to get you started.

Bandages: Plain bandages can always be used in a simple healing ritual. Just write the person's name on the bandage and place it under a blue candle. Light the candle and allow it to burn as long as you can. There are a wide variety of character bandages on

the market these days, so look for any that you might be able to use in a more creative way. Superhero bandages are great for a little protection magic; faeries can be used in wish magic; and bandages with hearts on them are great for a little heartbreak management.

Brushes or combs: These can “detangle” you from a situation or person.



Cotton balls: Cotton is said to bring good luck. If you are feeling in need of a change in your luck, carry a cotton ball in your pocket. Keep one in your wallet to change your luck with money. Burning cotton is said to bring rain.

Cotton swabs: Cotton swabs are good for more than cleaning out ears physically. You can also use them in a simple communication spell to help clean out someone’s ears so that they will be more willing to hear what you need to say to them. Take a fine-pointed pen and write the name of the person you need to listen to you on the swab. Hold it in your hands and say, “Hear me speak, mind my word. Clean your ears so I’ll be heard!” Place the swab somewhere it won’t be disturbed until after you have your talk.

Soap: Need to wash a bad habit out of your life? Carve its name deeply into a bar of soap. Use the soap every day when you shower until the word is unrecognizable, and then throw it away.

Toilet paper: Nothing is better for a quick banishment spell than a roll of toilet paper and your toilet. Write down anything you would like to banish from your life—such as negativity, a bad habit, debt, or illness—onto the paper, wad it up, and flush it away.

Areas of Magic to Focus On in the Bathroom

- Banishing
- Cleansing

Deities Associated with Bathrooms

Deities of water, cleansing, or beauty such as Aglaia, Aphrodite, Sulis, Temazcalteci, Venus

CHILDREN'S BEDROOMS

While we try to teach our children about life, our children teach us what life is all about.

—ANGELA SCHWINDT

A child's room should be a haven for them. It should be a private place where they can relax, store their most treasured items, and get away from it all. Help



your children understand from a young age that keeping their own room clean is not only their responsibility, but it also ensures their privacy, since mom or dad won't have to come in hunting for dishes or dirty clothes.

When your children are small, you can set up an altar in their rooms on an out of reach shelf. It might contain representations of a deity that watches over children, protective talismans, or items to help ensure good health. As each child grows old enough to take a real interest in such things, work with them to create a sacred space at their own

level. There are shops easily found online that produce child-safe representations of various gods and goddesses, or you can make your own versions with scraps of cloth or felt.

The older a child gets, the more likely he or she will want to take over the practices at this altar. Help them by providing age-appropriate tools and books and setting a good example with how you care for your own spiritual and magical items.

A Children's Book of Shadows

You can start a child's book of shadows for them as soon as you know a baby is on the way. Include any rituals or spells conducted for the child during pregnancy, information on their birth, and good wishes or blessings from family members and friends. Until the child is old enough to care for the book properly, keep it put up and add to it yourself as spiritual or magical events happen through their younger years. When they reach an age at which they can take over the book for themselves, encourage them to write down their dreams,

experiences with nature, and goals as well as journaling their troubles and what steps (magical and mundane) that they have taken to fix them.

Quick Magical Protection of Children

Keeping our children safe has to be one of the top worries of any family. While we teach them all the mundane ways to watch out for danger, there are many magical ways to help ensure their safety as well.

- Hang or draw symbols of protection over the doorway and around the windows of the child's room. A simple and subtle way to do this is with a white crayon.
- Purchase a set of glow in the dark stick-on stars for the ceiling. Before hanging them up, use a permanent marker to draw runes or protective sigils on them.
- Create a protection poppet. Trace the shape of a gingerbread man cookie cutter onto a folded scrap of cloth. Turn the "good" sides toward each other, and sew them up along the edges, leaving a small opening. Turn the figure right side out, then stuff it with a combination of protective herbs and pillow stuffing, before sewing it shut. The poppet can sit in the child's own room or on the family altar.
- Use a marker to draw runes or other protective symbols onto the tags of their clothing or on the bottom of their shoes.

Nightmare Prevention

I'm asked how to help a child who's going through a period of nightmares at least once a month. Many children and even adults have nightmares for a variety of reasons, such as changes in home life, a traumatic event, illness, and sometimes for no obvious reason at all. Whatever the cause, there are few things that can disrupt a household more than scary, sleepless nights and watching your child suffer.

So what do you do about them? Assuming you've taken all the mundane steps to make sure there are no physical or emotional reasons for the nightmares, there are several folk magic remedies to try. Sew up a small sleep pillow from scraps of cloth and include inside a handful of herbs for protection

and restful sleep. Before retiring for the night, smudge your child and his or her room with a dried thyme bundle. Native American tradition holds that a dream catcher hung over or near the bed will help stop bad dreams, while Islamic folklore puts its money on eating seven dates every morning to keep nightmares at bay. A bundle of fresh rosemary sprigs in a glass of water adds protection to a room at the same time that it wards off bad dreams.

If you want to put more of the power to stop nightmares in your child's hands, teach them about the Asian guardian Baku. Though more modern depictions of Baku look like a tapir, older versions show him as a hybrid animal—mixing dog, bear, horse, lion, ox, and elephant. This strange looking guardian creature literally lives off of bad dreams. He is invoked upon waking up by calling out to him to eat the bad dreams. Shouting out “Devour my dream, Baku!” is said to bring Baku to a child's side to take away his or her bad dreams. Not only does Baku take the dreams away, but he also leaves good fortune in their place.

Encourage your child to seek out Baku by adding a stuffed Baku to their room or putting up an image of him somewhere in the room. You can also embroider his name onto pillowcases.

Making the Mundane Magical

A child's room is usually already filled with magic and imagination. It doesn't require much to find an item or two that can be taken to the next level and used as a magical tool.

Doctor kits: Use in health and healing spells.

Fashion dolls or action figures: Use as poppets for doing healing or protection magic for people.

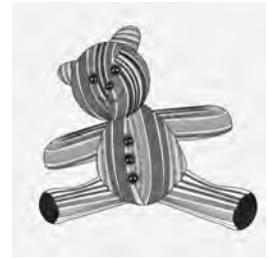
Favorite blanket or piece of clothing: Use to create a selection of drawstring bags that your child can use when doing work for him- or herself through the years. The fact that it was worn or well loved will help create a strong connection for the magic to work with.

- Lost teeth or hair clippings: Save hair from a first haircut and lost baby teeth. These can be used in all manner of protection and healing charms as the child grows.
- Old baby clothes: Save a baby sock or two for future fertility spells.

- Stuffed animals: Use as poppets when doing healing or protection magic for pets.

Areas of Magic to Focus On in Children's Bedrooms

- Protection
- Healing



Deities Associated with Children's Bedrooms

Deities associated with the protection of children or families, such as Berchta, Bes, Kishimo-Jin, or Mama Quilla.

ADULT BEDROOMS

There is no remedy for love but to love more.

—HENRY DAVID THOREAU

Whether a family is led by a couple in a committed relationship or a single parent, an adult bedroom should be a place of privacy. Teach kids early on to knock on the door before entering—and show them the same respect when visiting them in their rooms. A bedroom should be a place to relax, be comfortable, and hopefully a spot for a little romance. Keep the space clear of clutter, keep laundry in the hamper and off the floor, and add little touches to make it an inviting place to spend a bit of time. We never seem to have enough time in our bedrooms alone or with our partner, so make sure the time you do spend there is comfy.

A Couple's Book of Shadows

A couple's book of shadows should be a private book, kept away from curious eyes. Start it off by adding all those little important dates such as first dates, the day of a proposal, and the anniversary of your wedding or handfasting. Add

any rituals or spells you've worked as a couple to move forward as a more committed partnership or a family. Most important, let the book be a place to leave each other small messages of love, encouragement, and support on a regular basis. The book should be a record of your love, passion, and friendship.



Keeping Things Sexy Spell

As the years go by, as children join the family, and as schedules get more and more complicated, passion can sometimes start to take a backseat to all the other things going on in your life. If you find that you want to try to heat things up a bit, use this simple spell.

1. Grab a pair of your sexiest underwear and a pair of your partner's.
2. Lay out one pair and sprinkle them with dried red rose petals.
3. Lay the next pair on top, then fold them into a small bundle. Wrap them tight with a red ribbon or cord, tying three knots while saying,

Knot of one, bring on the fun. Second knot to get things hot. Knot of three, passionate sex for me and thee.

4. Place the bundle under the bed. Then make the effort to hit the hay before you're too exhausted to do anything about it!



Attracting a New Partner

For those single heads of the household who find themselves ready to settle down with a partner but not spotting any prospects yet, try this simple candle spell — then keep your eyes open!

Items Needed:

- A pen or pencil
- A piece of paper
- A red taper or pillar candle in a safe holder

- Grapeseed oil
 - Equal parts dried red, pink, and yellow rose petals, ground fine (for passion, romantic love, and friendship)
 - A sheet of tinfoil or waxed foil to spread the ground flowers on
 - A lighter or matches
1. Sit in a quiet spot and think about all the qualities you'd like to find in a partner. Concentrate on personality traits, mutual interests that you consider a necessity, and things that really matter in a long-term relationship. Write all of these things down in as much detail as you can. Add a list of places where you think you might meet someone with those traits. Fold the paper in half and set it aside.
 2. Take the candle in hand and hold it for a few minutes, concentrating on the traits that you wrote on your paper. Then think about traits of your own that will make you a good partner and what you might need to work on a bit (be honest!).
 3. Wet your fingers with a bit of the grapeseed oil, and dress the candle, rubbing the oil on from the bottom up, all around the candle. Be careful to avoid getting oil on the wick. When the candle has been dressed all the way around, roll it in the ground flower petals to cover. Set the candle in the holder and place your folded list underneath. Light the candle while saying,

Candle of love, candle of fire, help to bring my heart's desire.
 4. Light the candle for a few minutes each day, watching carefully, as dressed candles can sometimes flare.
 5. Get yourself out and about so that you have more opportunities to meet that special someone!



Areas of Magic to Focus On in Adult Bedrooms

- Love
- Lust

- Commitment
- Fidelity

Deities Associated with Adult Bedrooms

Deities of love, lust, beauty, or marriage. The Chinese spirits (Lord) Ch'uang-Kung and (Lady) Ch'uang-Mu are said to decide what goes on in bed.

Creating magical space in each room of your home can take some time and effort, but it's well worth it. Home is where we spend much of the quality time of our lives away from work and school, nestled away from the rest of the world. It's our sanctuary and should be a joy for us to walk into. Creating sacred space in each room and tending to it on a daily basis open up the channels in our home, giving positive energy a path to flow freely. I've found that since I've created these spaces throughout my house, it has produced a more calming atmosphere that allows me to breathe more deeply. It's definitely allowed me to enjoy my home and the things associated with it so much more!