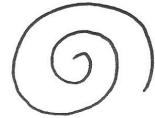


(FOR INDIVIDUAL OR GROUP PRACTICE)

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BRIDGET OWENS
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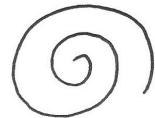
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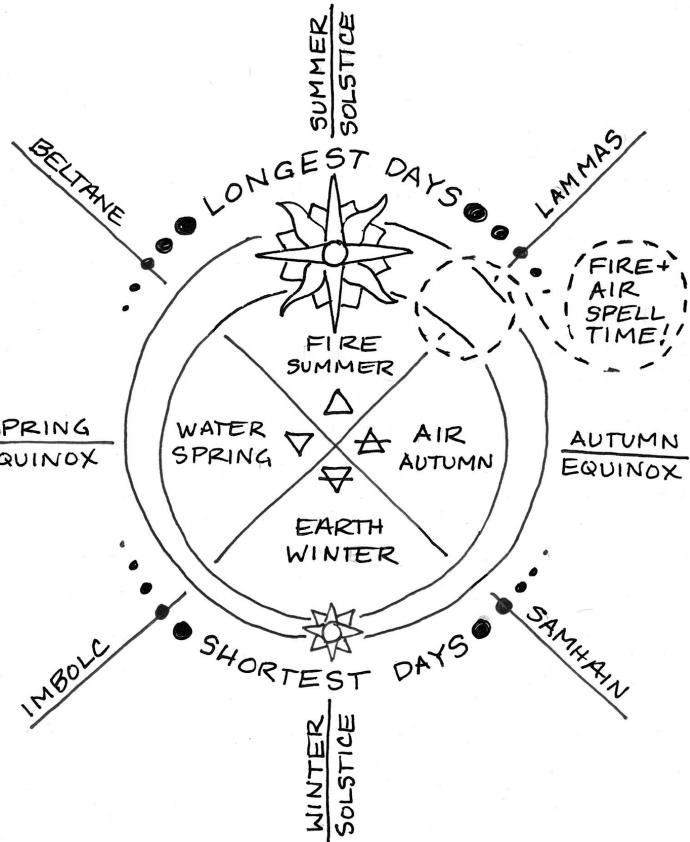


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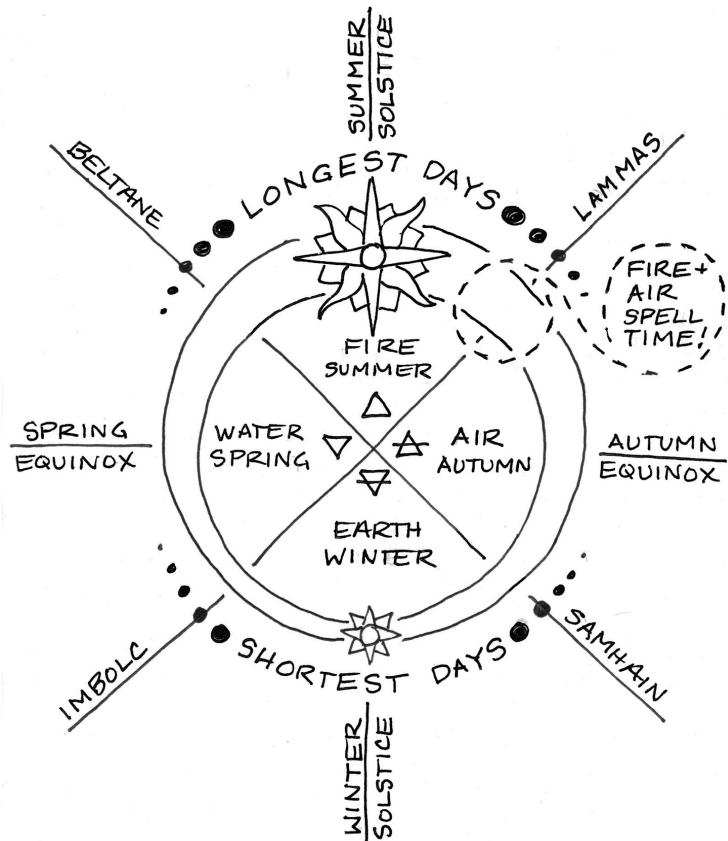
A ZINE BY BRIDGET OWENS

I LIKE TO MARK THE SEASONAL SHIFTS
IN THE SOLAR CYCLE WITH ELEMENTAL SPELLS

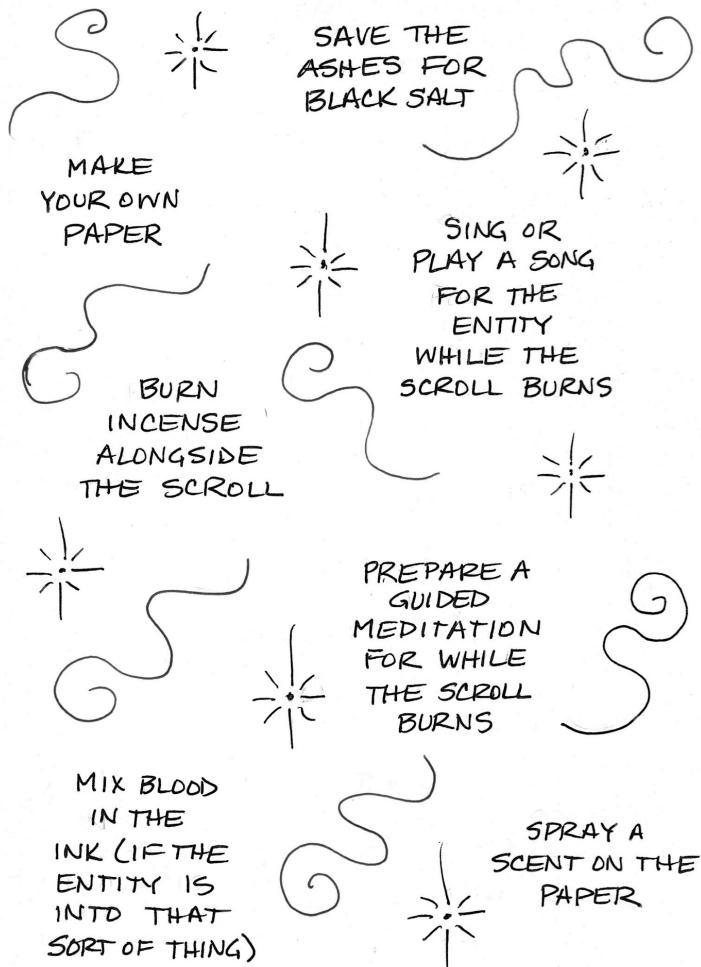


SO LAMMAS/LUGHNASADH SEASON IS THE
TIME FOR SPELLS USING BOTH FIRE AND AIR.

I LIKE TO MARK THE SEASONAL SHIFTS
IN THE SOLAR CYCLE WITH ELEMENTAL SPELLS



SO LAMMAS/LUGHNASADH SEASON IS THE
TIME FOR SPELLS USING BOTH FIRE AND AIR.



CHOOSE HERBS
SPECIFICALLY
FOR THE
ENTITY YOU'RE
INVOKING

USE SPECIALLY
SCENTED OR
COLORED WAX

Make

it
your
own!

CARVE A
SIGIL IN THE
COOLED WAX

DRESS THE
WAXED SCROLL
LIKE A
CANDLE

SCRY WITH
THE
FLAMES

USE
SPECIAL
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SPELL SUMMARY

We use the transmuting power of fire and air together to reach out to our chosen divine or spiritual entities and ask to be sent a message or vision.

Air is represented not only in scented wax and herbal offerings, but also in the act of writing — expressing our thoughts to the forces beyond the material world — as well as in our breath and the wind.

We send the petitions off by burning them, just as the fire of Summer gives way to the winds of Autumn.

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SUPPLIES

© PAPER

I suggest 5"x8" or smaller. Should be somewhat absorbent, easy to roll up, and good for burning★

© PEN(S)

© THREAD

© WAX

I save what's left from burning jar candles.

© VESSEL FOR MELTING WAX★

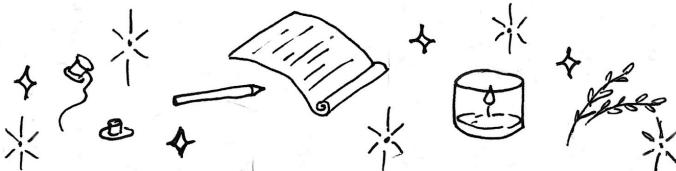
© DRIED CHAMOMILE & SAGE or your preferred herbal offering

© DISPOSABLE SPOON(S)

© CHIME CANDLE HOLDER(S)

© ALUMINUM FOIL

© LIGHTER/MATCHES



★-See Tips pages for info/suggestions

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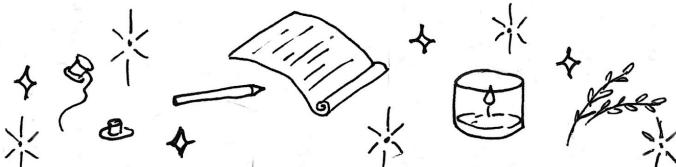
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★-See Tips pages for info/suggestions

- © Dispose of the ashes and debris from the burning of the scrolls. Make ABSOLUTELY CERTAIN there are no sparks or embers and it is all cool to the touch before disposal.
- © Clean up or salvage the leftover melted wax from the prep area. The best way to salvage wax that I know is to pour boiling water into the container to fill it up. As it all cools, the wax will float to the top and solidify in a disk. Refrigerate if necessary to help the wax shrink away from the container so you can just pull it out and dry it off to save.
- © Wait for your message/vision/sign/answer. Consider keeping a journal of such communications or recording them in your grimoire or Book of Shadows.
- © Consider planning an offering of gratitude for when the response comes.
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- © Wait for your message/vision/sign/answer. Consider keeping a journal of such communications or recording them in your grimoire or Book of Shadows.
- © Consider planning an offering of gratitude for when the response comes.

© Continue the incantation:

**BY THE POWER OF FIRE
AND THE WINDS TO CARRY IT
BETWEEN WORLDS,
I SEND THIS PETITION,**

© Relight any scroll which didn't catch the first time, if necessary

© While the scrolls burn (when I do this with a 5"x8" parchment, it burns for approx 20 minutes), use the time for quiet focus or meditation. Do NOT leave them to burn unattended.

© When they have finished burning, finish the incantation:

**I WAIT WITH OPEN MIND AND
OPEN HEART,
AS A VESSEL FOR YOUR GUIDANCE,
SO MOTE IT BE.**

© Do any post-working rituals, such as taking down the circle, etc.

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SET UP

This spell requires two separate setups, no matter how many participants you have:

© THE PREP AREA

The first phase of the spell is when you'll prepare the petitions to be burned. Everyone will need some space to write and access to all the supplies. The wax needs to be melted in advance and in a communal vessel.

© THE BURN AREA

These petitions will burn far more dramatically than a candle.

If you don't have a wood-burning fireplace (open the flue!) DO ALL THE BURNING OUTDOORS, away from any buildings or flammable things.

★ See Tips pages for more details...

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★ See Tips pages for more details...

THE SPELL

(PART ONE)

② Write your petition(s) to whatever entity you are invoking. No one needs to disclose anything about their petition to any other participants, unless they want to. The important elements to include in your petition (IMO) are:

- Address the entity by name and title. Include whatever epithets or expressions of respect you would use in verbally addressing them.
- Request the specific answer, message, vision, etc you want to receive, and specify what form it should come in (dream, sign, etc)
- (optional) State any signals or keywords to ensure you recognize the response and verify authenticity.

② Tightly roll the paper, then unroll.

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② Tightly roll the paper, then unroll.

② Continue the incantation:

**BY THE POWER OF AIR,
WITH MY WORDS AND WITH
MY BREATH,
I ASK FOR YOUR WISDOM,**

② Blow on the scroll again, focusing on the petition you have made.

② Stand the scrolls in the burn area. If needed, put foil under each scroll to catch the ash for easier cleanup.

② Continue the incantation:

**BY THE POWER OF FIRE
AND THE WINDS TO CARRY IT
BETWEEN WORLDS,
I SEND THIS OFFERING,**

② Light the scroll(s) at the top. It may take a moment or two for the wax to melt enough for the paper to ignite, but it will burn big once it does!

② Continue the incantation:

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THE SPELL

(PART TWO)

- © Take the finished scrolls in their holders to the burn location, with a lighter/matches (and possibly foil for making cleanup easier).
- © Do whatever pre-working ritual is appropriate in your practice, such as casting a circle, grounding and centering, etc.
- © Hold your scroll(s) and say the following incantation (in unison if doing a group ritual), inserting the name(s) of whatever entity you're invoking in the blank:

**BY THE POWER OF AIR,
WITH MY WORDS AND WITH
MY BREATH,
I ASK FOR AN AUDIENCE,**

- © Blow on the scroll with the intent to infuse it with your energy.

THE SPELL

(PART TWO)

- © Take the finished scrolls in their holders to the burn location, with a lighter/matches (and possibly foil for making cleanup easier).
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**BY THE POWER OF AIR,
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MY BREATH,
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- © Blow on the scroll with the intent to infuse it with your energy.

- © Lay the paper writing side up on some aluminum foil to protect the surface from wax that might seep through or be dripped.
- © Drizzle some wax on the paper with a spoon and sprinkle some of the herbs on the wax. Spread the wax out in a thin layer with the back of the spoon. (It doesn't have to cover every bit of the paper, just get it mostly waxed.)
- © Re-roll the paper as tightly as possible without squeezing out the wax.
- © Secure the scroll by wrapping thread around it and tying it shut.
- © Dip the scroll or spoon wax over it to coat the outside with a thin layer. Add more herbs if desired.
- © Let the wax cool, then stand the scroll up in the candle holder.

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TIPS

② CHOOSING PAPER:

Essentially, the paper acts as a wick in this configuration, so you want it to be able to absorb the melted wax to some degree, but also roll up easily. My favorite "fancy" parchment for this has (I think) some cotton or linen content which makes it feel soft, but most regular papers will work. Just use less wax if the paper isn't very soft or thick.

② WAX MELTING:

If you're working solo, you don't need to overcomplicate this part. Pouring melted wax from a lit candle (with care) is probably the simplest solution.

In a group setting, you'll want to pre-melt a quantity of wax and find a way to keep it liquid until prep is done. Each scroll will need no more than a tea-light candle's worth of wax (at the very most), but depending on the

container you melt in, you may need to melt more so it's easy for everyone to dip/scoop enough wax.

The safest method of melting wax is with a double boiler (putting the wax in a container, then putting that container in/over a pot of boiling water so the wax doesn't get too hot). A crock pot on the work surface is ideal - just put the wax melt container in the water in the crock pot.

② CONTAINER FOR WAX:

Use a dedicated container for wax melting. Once it's had wax in it, it's not food safe anymore. Metal is best, as glass can break with heat.

② FIRE SAFETY:

Do NOT do this indoors except in a well-maintained wood-burning fireplace with the flue open. Even outdoors, stay away from flammable materials. If you need to put out the lit scrolls, DO NOT USE WATER! Water + burning wax = VERY BAD!

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