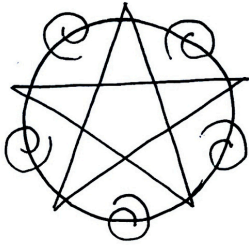


(FOR INDIVIDUAL AND GROUP PRACTICE)

ZINE CONTENT
BY
BRIDGET OWENS
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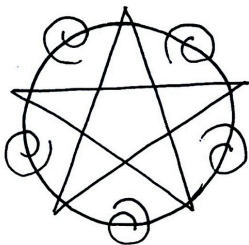
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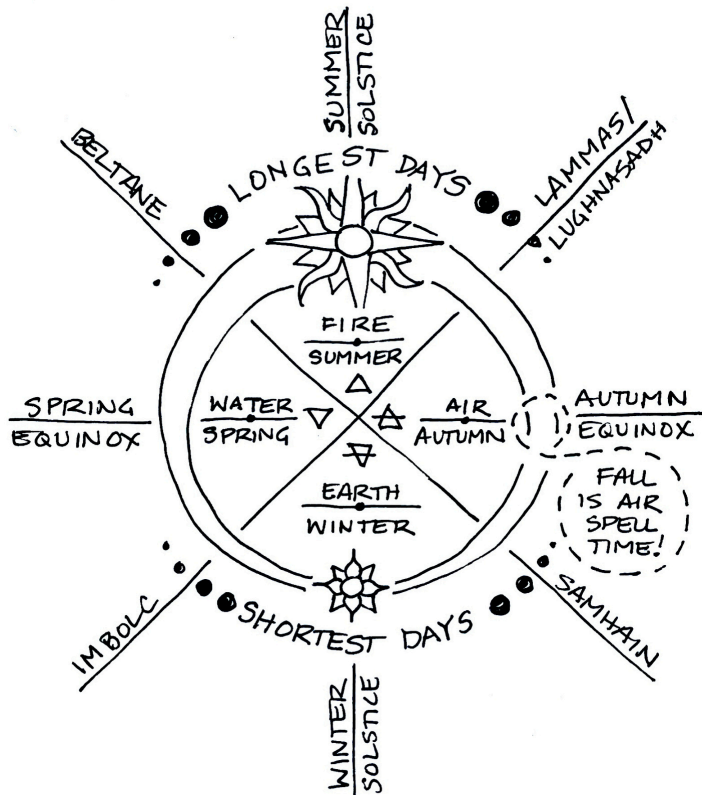


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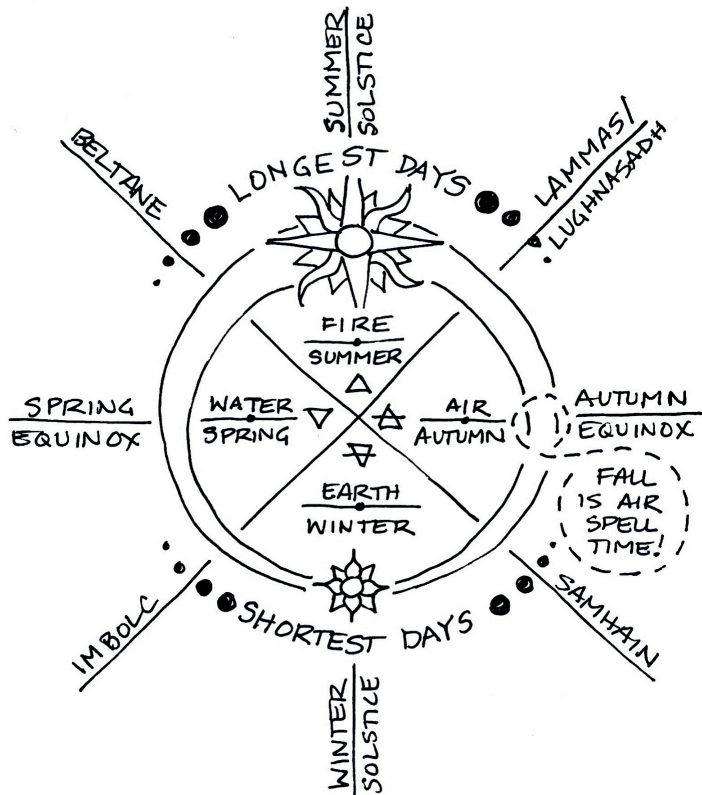
A ZINE BY BRIDGET OWENS

WITCHES MATCH THE SEASONS, SUN CYCLE, AND ELEMENTS IN DIFFERENT WAYS. HERE'S MINE:



THIS SPELL CAN BE DONE ANY TIME, BUT I WROTE IT FOR THE AUTUMN.

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WRITE YOUR ROADBLOCK ON THE LEAF (OR ASIGIL)

SING OR CHANT THE INCANTATIONS

INCORPORATE OTHER FORMS OF ELEMENTAL AIR SUCH AS INCENSE OR A FEATHER FAN

PRESS THE LEAF IN A BOOK RELATED TO YOUR INTENT BEFORE DOING THE SPELL

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DO THE SPELL
IN A
HIGH SPACE SO
THE LEAVES ARE
CARRIED
FARTHER

DO THE
SPELL WHEN
IT'S EXTRA
WINDY

Make
it
your
own!

USE LEAVES
FROM A
SPECIAL OR
SACRED
TREE

AGREE ON A
COMMON INTENT,
CRUMBLE THE
LEAVES TOGETHER
ONTO A FLAT
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SPELL SUMMARY

We use the power of air to break through roadblocks which stand in the way of us reaching goals or moving forward.

We summon all our feelings of frustration, anxiety, fear, uncertainty, and powerlessness, and channel them into a crisp fallen dry leaf to be crushed and released.

Our breath is the embodiment of the power of air, scattering our obstacles to the wind.

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- Ø Recite the following incantation three times while crumbling the leaf in your hands (without dropping the crushed leaf pieces - keep them in your hands for the next steps.)

**MY PATH IS CLEARED,
THE ROAD IS OPEN**
(Repeat x3)

- Ø If in a group, turn so you are not going to blow leaf debris at each other.

- Ø Take three deep breaths to fill yourself with the spirit of Air, exhaling any remaining energy of resistance as you blow the bits of crushed leaf from your hands. After the last exhale recite:

**THE WAY IS MINE TO TRAVEL.
I WILL FORGE AHEAD.
SO MOTE IT BE.**

- Ø Do your post-spell rituals, if any.



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THE SPELL

- Do whatever pre-spell rituals you'd like, such as meditation or casting a circle.
- Take a few minutes to focus on what you are trying to accomplish or reach and the complications, obstacles, and roadblocks which lie in your way. Really conjure the feelings of frustration and disappointment and let them fill you up and build in intensity.
- When you feel ready to impart that energy into your leaf, hold it securely in your hands, take a deep breath, and blow all the breath you can onto the leaf. Repeat until you feel the energy has transferred.

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SUPPLIES

LEAF/LEAVES

Autumn is the perfect time for this spell because leaves naturally fall from trees and get dry and crispy. If not able to find a dry, crisp leaf, find fresh ones in advance and set them out to dry completely.



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LEAF/LEAVES

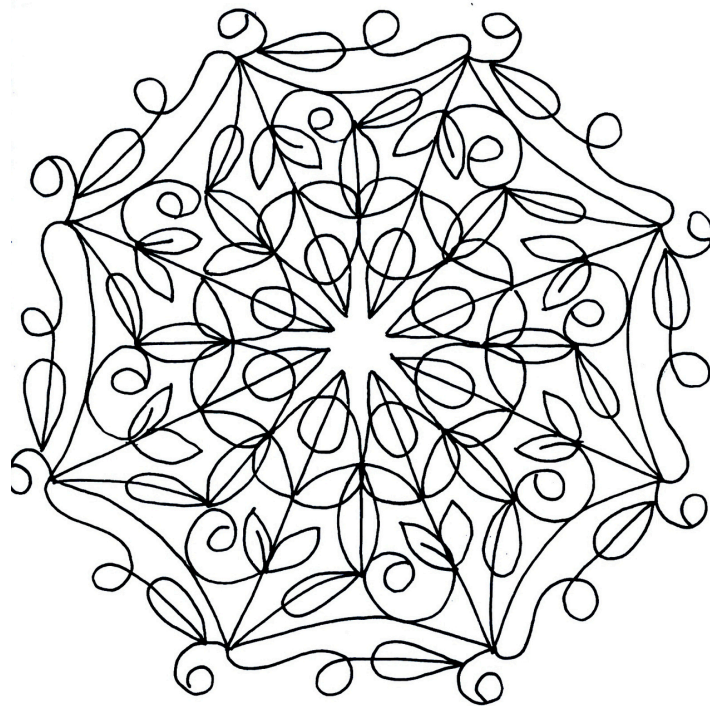
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SETUP

Ø This spell needs to be done outdoors because the bits of crushed leaf will be blown into the air. Not only would this be a mess indoors, you also want to do this where the wind can carry the pieces away. So choose an outdoor location where you are comfortable doing spells and saying incantations aloud.

Ø Each participant needs one leaf and the incantation script. Alternatively, one person can lead the group in the incantations call-and-repeat style.



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