

## Protection Spell

*A spell to protect your home from my heart to you*

*What I used( you can use what you feel connected to that corresponds to your intension)*

*A Sigil of your intension*

*Creating a sigil is a fascinating and powerful way to manifest your intentions and desires. When embarking on the journey of crafting a sigil, the first step is to clearly define the intention behind your spell. For instance, my intention was: 'My home is safe from all harm.' It's a mantra of protection, security, and peace, designed to envelop my living space in a shield of safety.*

*In the process of creating a sigil, attention to detail is crucial. During my initial attempt, I overlooked the letter 's', which could potentially alter the meaning and effectiveness of the sigil. Thankfully, I caught the mistake and corrected it quickly. This serves as a reminder of the importance of meticulous planning and careful examination at every stage. Mistakes, although common, can be rectified with vigilance and patience.*

*The art of sigil creation involves not just the formulation of a sentence, but also the transformation of this intention into a symbolic representation. This transformation often requires creativity and intuition, inviting you to explore different designs and symbols that resonate with your intention. The process can be deeply meditative and personal, allowing you to connect with your inner desires and the energies surrounding you.*



Once the sigil is formed, it can be charged with energy and set in place using a variety of methods, such as meditation, ritual, or simply placing it in a significant location within your home. Each step imbues the sigil with power and aligns it with your personal energy, making it a potent tool for protection and manifestation. Through careful crafting and thoughtful intention, your sigil becomes a unique symbol of your desire for safety and harmony within your home.

*A pillar candle - this is worked with a candle which can be lit several times and burnt for 10 mins every day until burnt out.*


#### *Herbs*

*Fennel seeds - Renowned for its protective qualities, it was traditionally hung over front doors to safeguard the inhabitants within.*

*Rosemary- is celebrated for its spiritual and symbolic meanings, particularly its association with memory and remembrance. It is believed to enhance cognitive performance and mental clarity, while also offering protection against evil spirits and negative energies.*

*Sage Smudge Stick; A bundle of dried sage leaves tied together. Light the end of the stick and let it smoulder, producing fragrant smoke. Move the stick around your space, allowing the smoke to waft around and cleanse the area. Sage is traditionally used for purification and to dispel negative energy.*



A decorative border with symmetrical scrollwork and floral motifs frames the text on a light beige, textured background.

*Cleansing your space and tools is an integral practice for many people who wish to maintain a positive and balanced environment. There are a variety of methods to achieve this, each with its own unique properties and benefits. Here are a few other options.*

*Incense - Comes in various forms such as sticks, cones, and coils and loose, made from aromatic plant materials. Light according to type. Allow the smoke to fill the room and move it around to cleanse specific objects or areas. Different types of incense can promote different energies, such as relaxation, focus, or spiritual connection as well as to cleanse.*

*Essential Oils - Concentrated liquids containing aroma compounds from plants. Diffuse oils using a diffuser or add a few drops to water in a spray bottle and mist your space. Essential oils can have calming, uplifting, or cleansing properties depending on the oil used.*

*Sound - Using instruments like a singing bowl, chimes, or even clapping hands allowing the sound waves to clear energy in a space. Sound can raise the vibrational frequency of a space, dispelling stagnant energy.*

*Salt - Himalayan or sea salt are commonly used, sprinkle salt around the perimeter of your space or place salt bowls in corners to absorb negative energy. Salt is known for its ability to absorb and neutralise negative energy.*

*Choose the method that resonates with you and aligns with your intentions. It's important to approach this practice with mindfulness and respect for the materials and traditions involved.*



### *Crystals*

*Clear quartz - A remarkable crystal known for its healing properties and its ability to bring clarity and focus to one's mind. Often referred to as the "Master Healer," clear quartz is thought to enhance personal awareness and amplify energy. This crystal is particularly valued for its ability to clear mental fog and increase concentration, making it an excellent choice for those seeking clarity in their intentions and actions. By meditating with clear quartz, individuals can experience heightened spiritual awareness and a stronger connection to their inner wisdom.*

*Smoky Quartz - a variety of quartz known for its striking, smoky brown to black colour, which is caused by natural irradiation. It is highly valued in the realm of spiritual and holistic practices, widely recognised for its protective properties. In metaphysical terms, Smoky Quartz is believed to act as a powerful grounding stone. It is often used to absorb negative energies from the environment and transform them into positive energy, thereby acting as a shield against emotional and psychic disturbances.*

*Black tourmaline - a powerful gemstone renowned for its protective properties. This semi-precious stone is believed to create a protective shield around a person, serving as a barrier against negative energies, psychic attacks, and environmental pollutants. It is particularly valued for its ability to dispel and transmute negative energies into positive ones.*



*Tiger's Eye - a striking, chatoyant gemstone that is particularly admired for its rich, golden-brown colour and silky lustre. It is a variety of quartz that exhibits an optical reflectance effect known as 'chatoyancy', which resembles the fluid movement of a cat's eye. Historically, Tiger's Eye has been revered for its protective qualities and is often associated with strength, courage, and personal empowerment. It is said to ward off evil spirits and protect its wearer from ill wishes and curses. The stone is thought to bring balance to one's life, offering clarity and improving focus by harmonising the energies of the solar plexus chakra.*

#### *Other components*

*Black salt - often used in various spiritual and magical traditions for protection. It is typically made by combining sea salt with other protective elements such as charcoal, black pepper, or ash. For maximum efficacy, practitioners combine the use of black salt with intention, focusing on the protective aspect they wish to invoke. The specific formulation of black salt can vary depending on the tradition or personal preference, and it is often customised with herbs or essential oils that enhance its protective qualities.*

*Oil to anoint the candle, I used Fiery Wall of Protection oil from Mama's Magic & Mojo shop*



### *The Ritual*

*Every step of the spell, focus on your intension for as long as you feel necessary.*

*Cleanse your space and tools and bring together any corresponding herbs crystal and other elements you feel correspond to your intension. I like to light several candles and burn an incense stick. Inscribe your candle with your Sigil. Anoint your candle pushing the negativity energy away from you.*

*Stand your candle where you intend to light it and start adding your herbs and crystals. Some I place around the candle and some I place in the small well provided by previously lighting the candle before this spells use. Add all the elements you wish to before lighting the candle. Once everything has been added light your candle, place your hand around it and meditate on your intension. Then before you extinguish candle recite a charm of your choosing for example something like this:*

*No ill will, accident or evil deed  
Can hurt me, my pets or family  
My home is safe and protected  
from all known and unknown harm  
Any Malfeasance sent my way  
Shall return to sender the same day*