

Spell to Know the Witch Within

Materials you will need available:

- Full-length mirror
- 30 minutes of undisturbed time (including the phone, kids, insta-message etc.)
- Be freshly showered or bathed – not towel dried
- Anointing Oil
- Something to put on when you're done

Emotional State

Be able to focus on making a commitment to yourself, not concerned with environment. Privacy.

Best Time

This spell is best performed when you are ready to commit to yourself a course of study into the craft. A spell worked without commitment, will have no staying power. It will fade in your mind like a dream you vaguely remember having and the harder you concentrate on it the farther it goes away.

Things to Note

For this spell, you will stand naked in front of a mirror (preferably so that you can see your whole body) but use what you have. Note your response to saying the spell aloud. How comfortable are you in your skin? Are you receptive to yourself, or do you only see what you want to change? When visualizing the natural elements, can you feel them - see them?