

# LaPulia Book of Shadows

## Original Wiccan Book of Shadows Content

<https://LaPuliaBookofShadows.com/>

### TABLE OF CONTENT:

1. Intro (28 pages)	How to Direct Energy	6. Elements (12 pages)
Book title	Meditation	Earth
To gain Powers chant	Altered State of	Air
Book Blessing dedication	Consciousness	Fire
Book Blessing ritual	Meditation Techniques to	Water
The Pentagram	Reach Different States of	Elemental cauldrons
Witches Alphabet	Consciousness	Elemental association table
Witch's Creed	Self Dedication Ritual	
To be a Witch	Levels of Reality	7. Moon Magick (14 pages)
13 goals of the Witch	4. Altar and Circle (18 pages)	Phases of Moon
Witch's Rune	Altar	Lunar eclipse
Witch's Pyramid	Sacred Space	Void of course
Triquetra	Circle Poem	Moon Wobbles,
Words of the Magus	Personal Preparation	Full moon oil
Guidelines for Magical life	Take a ritual Bath	Moon water tonic
	Circle size	Names and qualities of the
	Placing quarters	Full Moon for each month
2. Gods and Charges (14	Bless the Altar	Drawing down the Moon
pages) Divinity - The	Cleanse the Circle area	Moon in Astrological Signs
Goddess and God of the	Casting the Circle	Table of Planetary Hours
Witches	Calling the Quarters	Moon Muse Spell
The Charge of the Goddess	God and Goddess	Nocturnal Moon Garden
(poetic version)	Cut a gate (if needed)	
The Charge of the Goddess	Cakes and Wine blessings	8. Magical days (12 pages)
The Charge of the God	and libation	Daytime Magick
The Charge of the Dark	Thanking and releasing God	Days of the week poem
Goddess	and Goddess	Day correspondence
The Charge of the Dark God	Thanking and releasing the	Planetary Rulers
	Quarters	
3. Basics of Magick (48	Releasing the Circle	9. Sabbats - Wheel of the
pages)	Libation to the God and	Year (94 pages)
Science of Magick	Goddess	Samhain
Ritual Theory and		Yule
Techniques	5. Magickal Tools (10 pages)	Imbolg
Grounding and Centering	Wand	Ostara
Energy	Chalice	Litha
Chakra – Personal Energy	Athame	Lammas
Vortex	Cauldron	Mabon
Cone of Power and Energy	Pentacle	
Ball	Broom	10. Candle magick title (8
		pages)

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Intro  
Preparation  
Choosing a candle  
Dressing a candle for ritual or a spell  
Lighting, extinguishing and disposing  
Astral candle colors  
Candle Chant  
All-purpose Candle Magick Spell

11. Colors (4 pages)  
Colors correspondence  
Red Magick

12. Crystals and Gems (50 pages)  
Intro  
Crystal Cleansing  
Crystal Programming  
Projective/Receptive energies  
Crystals and Gems in alphabetical order with magical association  
Stones - properties  
Crystal Talisman or Amulet (how to create one)  
Healing crystals for Children

13. Kitchen Witch title (26 pages)  
Kitchen Witch intro  
Bewitching Kitchen Tips  
Tools of the trade  
Kitchen Witch's Creed  
Kitchen Witch's prayers  
Kitchen Witch's cleansing/blessing  
Kitchen Witch's tools and theirs magical association

Foods and their magical associations  
All purpose culinary spell

14. Animal totem title (18 pages)  
Animal totem  
Animals symbolism  
Monkey totem  
Cats of magick  
Owl Wisdom  
Familiars  
Dragonfly  
Raven  
Spider

15. Fairy Magick (10 pages)  
Fairy Magick  
Lore  
Herbs  
Types  
Fairy spell and potion  
Fairy Skin Glamoury

16. Love Magick (8 pages)  
Intro to Love Magick  
To obtain a man's love  
To gain a love of an indifferent man  
To cool a love relationship  
Love Potion #9  
Love Powder  
Lovers Tea  
Lust Dust  
Bed Blessing

17. Dream Magick (14 pages)  
Dream Pillows  
Pillow stuffing directions and formulary for: Love and

Happiness, Prophetic Dreams 1, Protection and Peace, Healing Blend, Headache blend, Nightmare prevention, Hops sleep blend, Sweet lavender blend, Restful Sleep, Sleep inducing, Peaceful slumber, Relaxing dreams, Convalescent rest, Pleasant Dreams, Sweet Dreams, Romantic evening dreams, Sensual dreams, Amorous dreams, Romantic novel dreams, Traveler's comfort, Vacation bless, Headache Pillow (warm or cold), Prophetic Dreams 2  
Dream of Luck  
Keeping a dream journal  
Lucid dreaming  
Dreams and Magick

18. Herbs and Trees (54 pages)  
Magickal herbs  
Methods of using herbs in magick (burning, carrying, growing, powdering, infusion, seeding)  
Charging Herbs  
Herbs in alphabetical order (properties and magickal use)  
Herbs for certain magickal purpose (beauty, love, money, business, wishes, etc.)  
Herbs Redes  
Herbs for Love  
Protective Herbs  
Garden Butterfly and Bee

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*Trees: meaning, lore and magickal properties*  
*Celtic Trees*  
*Tree of Life*  
*Mandrake information and lore*  
*Mandrake potion for protection/purification*  
*Mandrake Exorcism potion*  
*Mandrake Conjure bag for passion*  
*Mandrake Conjure bag to bring love into your life*

*19. Potions (38 pages)*  
*Everything you need to know about potions and how to brew them*  
*Empowering a potion*  
*Nine easy steps for making a Powerful Magick Potion*  
*Love potion*  
*Stay away potion*  
*Aphrodisiacal potion to awaken passion*  
*Potion to gain power of clairvoyance*  
*Potion to have prophetic dreams*  
*Purification formula*  
*Formula to protect a house*  
*Love Philter*  
*Formula against insomnia and nightmares*  
*Formula for Witch's Honey*  
*Moon water*  
*Sun water)*  
*War water*  
*Four Thieves Vinegar*  
*Knowledge Tea*  
*Fortune Potion*

*Truth potion*  
*Aphrodisiac after-bath potion*  
*Red Witch Love Potion*  
*To empower herbal tea*  
*Healing potion formulas for teas, salves, poultices and other various mixtures:*  
*Formula for common headaches*  
*Formula for migraine and tension relief*  
*Formula for common flu, cold and bronchial alignment*  
*Formula for flu and bronchial remedies*  
*Formula for chest congestion and bronchial problems*  
*Formula for bronchial cough remedy*  
*Basic healing spell to use with healing potions*  
*Health benefits of ingredients in the herbal potions*  
*Witches' holy water*  
*Formula to make Condenser fluid*  
*Teas for Clairvoyance*

*20. Magickal Bath (26 pages)*  
*Magickal Bath information and how to prepare one*  
*For love (aphrodisiacal)*  
*To attract love,*  
*For money*  
*For purification ritual*  
*To develop psychic powers*  
*Money bath*  
*A Witch's bath*

*Dieter's magical bath*  
*Bewitching Bath*  
*Money bath 2*  
*Beauty bath*  
*Negative energy removal bath*  
*Nefertiti's Queen of Egypt Milk Bath*  
*Cleopatra's Hair Conditioner*  
*Energy cleansing shower*  
*To heal pain bath*  
*Magickal Bath Salt - how to make a basic bath salt*  
*Magickal Salt Formulary for: Healing, Protection, Love, Divine-spiritual, High Priestess, Air, Celibacy, Circle, Earth, Exorcism, Fire, Flowery, Healing 2, High awareness, Love 2, Lust, Protection 2, Psychic, Purification, Sea Witch, Spiritual, Water, Water2*  
*Magickal Soap – how to make a magickal soap*  
*Ritual Soap Spheres*  
*Liquid Ritual Soap 1*  
*Liquid Ritual Soap 2*  
*Magickal Soap Formulary for: Isis soap, Love soap, Luck soap, Money Soap, Moon soap, Protection soap, Psychic soap, Sabbat soap, Witch's soap*

*21. Magickal Incense (24 pages)*  
*Magickal Incense intro - everything you need to know about magickal incense*  
*Two forms of incense*

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*Simple recipe to make your own incense*  
*Empowering Ritual*  
*Using incense*  
*Simple incense*  
*All purpose incense*  
*Magickal Incense Formulary for: Altar incense, Aphrodite incense, Astral Travel Incense, Binding incense, Business incense, Circle incense, Clearing incense, Consecration incense, Courage incense, Crystal purification incense, Curse-breaker incense, Divination Incense, Dream incense, Eightfold hearth incense, "For emergencies" incense, Game of chance incense, Healing incense, House purification incense, Incubus incense, Kyphi incense, Kyphi incense simplified, "Lock" incense, Love incense, Mediation incense, Prophecy incense, Prophetic dream incense, Prosperity incense, Protection incense, Psychic incense, Purification incense, Rain incense, Riches and favors incense, Study incense, Success incense, Talisman consecration incense, True love incense, Vision incense, Wealth incense, Lunar blend incense, Scrying incense*

*22. Magickal Oil (44 pages)*  
*Magickal oil intro -*

*everything you need to know about magickal oil*  
*Mixing Oils*  
*Empowering magickal oil*  
*Magickal Oil Formulary for: Air oil, Altar oil, Anointing oil for rituals, Aphrodite oil, Aquarius oil, Aries oil, Astral travel oil, Beltane oil, Business success oil, Cancer oil, Capricorn oil, Come to me oil, Come and see me oil, Courage oil, Demeter oil, Earth oil, Earth Mother oil, Energy oil, Fire oil, Gemini oil, Goddess oil, Good luck oil, Healing oil, Hecate oil, Initiation oil, Interview oil, Isis oil, Jupiter oil, Leo oil, Libra oil, Love oil, Litha/Midsummer oil, Lughnassadh/Lammas oil, Lunar oil, Mabon oil, Mars oil, Mercury oil, Money fast oil, Moon oil, Ostara oil, Peace oil, Pisces oil, Power oil, Protection oil, Psychic oil, Psychic awareness oil, Psychic protection oil, Purification oil, Reveal truth oil, Rites of Isis oil, Sabbat oil, Sacred oil, Sagittarius oil, Samhain oil, Saturn oil, Scorpio oil, Sexual energy oil, Sleep oil, Spirit oil, Spirit oil (elemental), Sun oil, Sun God oil, Taurus oil, Temple oil, Venus oil, Virgo oil, Vision oil, Water oil (elemental), Wealth oil, Yule oil, Blessing oil, Oils of the Zodiac*  
*Ointments - how to make a*

*basic ointment*  
*Shortening method*  
*Beeswax method*  
*Historical flying ointments information*  
*Poisonous Herbs*  
*Non-poisonous herbs*  
*Flying Witches' ointment formulas – total of 13 formulas (Do not mix and use them! This formulas contain poisonous herbs and given for historical information purposes only!)*  
*Modern Witches' ointment formulas (safe to use): Flying ointment, Healing ointment, Psychic powers ointment, Lust ointment, Moon Goddess ointment, Protection ointment, Hex-breaker ointment, Riches ointment, Sun God ointment, Youth ointment, Exorcism ointment, "Cure Anything" ointment*

*23. Divinations (44 pages)*  
*Request for clairvoyant powers*  
*Hecate's recipe for clairvoyance brew*  
*Divination intro*  
*Pendulum and how to use it*  
*Quija Board and how to use it*  
*Vision Quest*  
*Vision Quest potion powder*  
*Tarot cards*  
*Celtic cross spread*  
*Tarot cards Major Arcana*

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*Tarot cards Manor Arcana  
Scrying spell*

*Tassology - the art of tea -  
leaf reading*

*Scrying Using the Black  
Mirror*

*Runes*

*Meaning of Runes*

*Binding Runes*

*To empower a Bind Rune*

*Fire Scrying*

*Scrying information on  
different methods of scrying*

*How scrying works*

*What happens when we  
scrying?*

*The moon in scrying*

*Eight powerful exercises for  
scrying*

*24. Miscellaneous Magickal  
information (31 pages)*

*Handfasting*

*Love pills*

*Talisman for Luck*

*Amulet of power*

*Amulet to Achieve Success in  
Business*

*Finding your magickal name*

*Sachets - everything you  
need to know about  
magickal sachet*

*Sachet formulas for Love,  
Money, To win at games of  
chance, For protection when  
traveling, To acquire riches,*

*To attract love of a man*

*Poppet - everything you  
need to know about*

*magickal poppet and how to  
create one*

*Glamour Mirror Magick  
Ritual of the Mirror and the  
Brush*

*Shell Correspondences*

*Mind Link*

*Sigils*

*25. Spells (136 pages)*

*How to write a powerful  
spell*

*Prosperity spells:*

*Job spell*

*Prosperity spell*

*Prosperity Potion*

*Lottery Chant*

*Lucky Stone*

*Luck Charm*

*To Bring prosperity*

*To Banish debts*

*To bring fortune*

*Wish spell*

*"Wish Come True" spell*

*Employment spell*

*Love spells:*

*Love spell*

*Witches' Love Bottle*

*Charm for Fertility*

*Love spell 2*

*Woman's (or Girl's) spell for  
confidence (to get rid of  
shyness)*

*Love charm*

*Love spell 3*

*To cause a person to call you*

*Friendship spell*

*Friendship blessing*

*Beauty spell*

*Vervain spell for Everlasting*

*Youth*

*Seven-penny spell  
Marriage proposal spell*

*Protection spells:*

*Broken Mirror spell*

*Negativity removal spell*

*Blue Flame spell*

*To break a spell cast upon  
you*

*Spell to Stop Bullies*

*Banishing spell*

*Mirror Protection spell for  
home*

*Protect an object*

*Witches Bottle for Protection*

*Witches Protection Bottle*

*(another method)*

*Protection spell*

*To protect home*

*Ritual to break psychic  
bonds*

*Spell to stop gossip or  
slander*

*Shield spell*

*To banish negativity*

*Return negative energy*

*To stop harassment*

*To protect your home from  
oncoming storm*

*To protect an object*

*Balance Chant*

*Protection Charm*

*To remove a troublesome  
person from your life*

*To bind a troublemaker*

*Breaking another witch's  
spell*

*To repel sorceries and curses*

*Freezer binding*

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*Creativity spells:*

*Muses - nine muses of inspiration*

*Inspiration ritual*

*Nine Muses of Inspiration spell*

*Inspiration spell*

*Student's fluorite for knowledge retention*

*Brigit Writers Block spell*

*Healing spells:*

*Healing spell 1*

*Depression relief spell*

*Headache relief spell*

*Heal all spell*

*Healing Charm*

*Healing Flames*

*Healing spell 2*

*Healing spell 3*

*Bath water healing spell*

*Break bad habits spell*

*To aid in Depression*

*Nightmare prevention*

*Popper healing*

*To heal old wounds*

*Spell to Banish shyness*

*Spell to heal*

*Anti-Depressant drink*

*To banish illness*

*Witches' healing spell bottle*

*To heal physical pain*

*To remove pain*

*Sachet for healing*

*To banish illness*

*Spell with eucalyptus*

*Hematite healing spell*

*Quartz crystal healing*

*Healing candle*

*Vanilla stress release spell*

*Moon water tonic*

*Sea-shell spell*

*Miscellaneous spells:*

*Lost and found spell*

*Spell for the earth*

*Snow spell 1*

*Snow spell 2*

*Blessing for fish*

*Blessing for dogs*

*Water spell*

*Witches ladder for comfort and blessing*

*For improved memory*

*A chant for the garden*

*Quick spell chart table*

*Notes on Magickal Working*

*Blank Pages (58 pages)*