



How to craft and create a *simple* yet meaningful & effective spell & ritual.

This sample is based on working with the 'Earth Element' Spell kit & was designed to help me clear my Root Chakra after a recent experience left me feeling ungrounded and challenged my sense of security and safety. Your spell should reflect your needs or a general intention if it is designed for others to use. Spells can be more complex and involved, but I like to keep things simple to increase my chances of success.

1. Define your intention or desired outcome / goal.

Example:

I am working towards increasing my sense of security through connecting to the earth and her strength through my Root Chakra, knowing that the Earth provides consistency and gives me security even when I am unable to recognize it.

2. What actionable thing will you do to create this outcome? I have chosen to repeat my ritual each day for one week. However this might be a one time ritual or for a moon cycle, it depends on how long feels right. Be sure to make your action attainable and realistic.

Example:

I will meditate each day for 7 days while focusing on my root chakra. During this period I will also surround myself with colour, food, music, healing stones and candles that will increase my root chakra energy and help me focus and increase the vibrations needed to heal. I will practice earthing each day as well. During this time I will carry my earth element spell bottle with me as a reminder to stay focused on my goal.

3. Choose offerings or materials that associate with your intention. These can be kept in a pouch, bottle or container and carried with you or left on a window sill or outside to charge. You can also simply use a healing stone or special object.

Example:

Because I am working on healing my Root Chakra, I have selected items that connect with the earth and that chakra. I have collected these and assembled them into a Spell Bottle which I will carry with me throughout my week long ritual. At the end I will offer it back to the earth by pouring it out and giving thanks.

My Earth Element Spell bottle contains some earth from my property, red jasper, a tiny note with a letter of gratitude for all that I do have, some dried moss and leaves from the forest where I walk each day etc... Your spell bottle should contain items that are meaningful for you:)

