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Elements of Witchcraft Natural Magick for Teens

Ellen Dugan
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As the sun begins to caress the horizon, a young woman sits on dew-moistened grass. Eyes closed, her hands feel the stability of the earth and the cool cleansing of the dew. She asks the earth and water to help her to release any negativity or illness that she might have. Opening her eyes, she watches the sun rise and feels its warmth. She quietly asks the Goddess and God to help her purge her hurt and negativity. She sits back, feels the promise of the new day, offers thanks, stands, and goes inside. This is a spell using natural magick.

Modern teens are searching out alternative belief systems to help them cope with an ever-changing world. Witchcraft gets them “back to the basics,” and natural magick is an earth-based form of witchcraft. A witch practicing it uses what she finds in Nature and within herself-no expensive wands, special clothes, or candles. Natural magick can be as simple as conducting a spell like the one above or picking up a rock that catches the eye and keeping it as a talisman. Such a rock can be a symbol of comfort and protection, or may simply feel good when held, like a worry stone.

The author explains the basics of natural magick and how it can be used, building layers of information and gradually offering spells for the reader to try once deeper understanding is achieved. She writes that magick is a tool, emphasizing that “the most powerful tool in magick” is the self. A witch must use the energies and talents that are within, like imagination-picturing something happening, and believing that it will happen.

Magick cannot be used to manipulate others. Witches operate under the Threefold Law: whatever a person does comes back threefold. “Remember,” states Dugan, “positive intentions are an absolute must when you work natural magick. There is no place here for anger, jealousy, or hatred.”

Dugan, a practicing Witch for seventeen years, has three teens of her own. A master gardener, she teaches college classes on gardening and flower folklore; her previous book, Garden Witchery, is about Green Witchcraft (using magick in the garden to help plants grow and to imbue them with stronger magickal qualities).

Dugan’s writing style is clear, fun, and friendly. She explains Earth magick-and how to use it responsibly-without lecturing. The anecdotes in her lessons come from her own life. For example, the book opens with her daughter Kat casting a spell to help bring her lost kitten home on a stormy night.

With Dugan’s guidance and understanding, teens can learn witchcraft and see its benefits in their daily lives. So the next time a shaft of sunlight peeks through some clouds, remember, it may be an answer to a witch’s early morning prayer.

JENNIFER GRIFFIN (October 16, 2003)

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