



# The Moonlight Post

## Merry Meet!

This Issue has been long on the way and no matter if you are brand new to the Wiccan lifestyle or has been practicing for several years, I am sure you will find it interesting.

In this issue we'll talk about the Book of Shadows. One of THE most used tools for Wiccans all over the world.

The Book of Shadows isn't just a collection of spells and rituals. No, it's your own personal journal, that will help you keep track of everything you do, what works and what doesn't.

On the "Should You Keep Your Book of Shadows Public or Private?" article on page 1 you will discover that there is a big difference in the way you use your BOS. This will also affect your writing.

On page 4, you will find a great article on how to create and structure your book of shadows. You obviously don't

have to follow this structure 100%, but it can be very helpful if you find yourself a bit overwhelmed or just want to try something new.

You will also find clear instructions on how to cleanse your new BOS. This is especially important if you buy one, rather than making it yourself. You will find this on page 6.

If you are interested in the history behind the BOS, we have included a short and nice article on page 9 about just that.

To round everything off, in the end of this issue, you will find throughout step-by-step instructions on how to make your own parchment paper and magickal ink (you should definitely try this).

## Thanks and Blessed Be!

James Raven

# Should You Keep Your Book of Shadows Public or Private?

Whether you choose to keep your Book of Shadows private or public is up to you.

What many witches do is keep multiple Books of Shadows: a private and a public one, or multiple versions containing different sections.

The wisdom in keeping multiple Books of Shadows is that it would be easier to find the information you need, when you need them.

And of course, if you are a part of a coven, you share one public Book of Shadows, where the laws, ethics, herbal and healing lore, spells, divination methods, chants, and so on are kept.

## ***PUBLIC BOS***

In a coven, a Book of Shadows is made public and is passed from initiator to initiate. It was customary to have the new witch hand-copy the copy of the High Priest or High Priestess, but nowadays, securing a digital copy is not unheard of.

This is the system in covens that's

proved to be necessary to pass down the tradition of Wicca to the newcomers and serve as a point of learning and understanding.

There are also Books of Shadows that have been acquired and passed on from one generation to the next, like *High Magic's Aid* (1949) by Gerald B. Gardner and Ardia, *Gospel of the Witches* (1899) by Charles Godfrey Leland.

## ***PRIVATE BOS***

For those who practice solitary, the Book of Shadows is highly personal and private. A solitary's Book of Shadows is kind of like a diary or a journal. So sharing

it is out of the question, or you may share it but it's akin to undressing before someone.

Still similar in most functions to the public Book of Shadows, it serves as a point of learning and understanding.

Traditionally, a person's Book of Shadows is burned upon his or her death, but some are kept as remembrances or for historical significance.



# Creating Your Own Book of Shadows

Your Book of Shadows can either be physical or digital. Opting for the digital type can make you miss out on the strong connection you can make to an actual and handwritten Book of Shadows.

If you are interested in the physical type and don't know how to start, I will teach you the basic things that you should include in your Book of Shadows:

**1. Begin with a blank notebook.** You can opt for the binder type and even buy sheet protectors to prevent candle drippings from damaging the pages.

**2. First and foremost, write down your name** in your title page. Fancy lettering or block lettering, it depends on you.

**3. Lay down a statement of your beliefs:** what do you believe in? Who are your gods and goddesses? What laws to do follow? Do you believe in casting spells or just practice ritualistic worship?

**4. If you do cast spells, write down those** you have created and make sure to put the date when you created them.

**5. Write down the rituals** you perform. If you do them under specific moon phases, then state that too.

**6. Write down all Sabbats** that you celebrate and the rituals you use.

**7. Next, write down your incantations,** chants, stories, and reflections that you can make use of and look back on.

**8. You should also put in your correspondences** like gemstones, colors, herbs etc. This will serve as your reference until that time comes when you have learned them by heart.

**9. Finally, make a table of contents** to help you reach pages quickly. It is very important This book will be your companion and should make things easier for you. Do everything you can to fulfil that need.

Remember that your Book of Shadows is a sacred tool, along with the other tools on your altar. This means it should be cleansed and consecrated as well.

In making your Book of Shadows, choose the method which best suits you. This is yours to keep and to share as you please.



# How To Structure Your Book of Shadows

Your Book of Shadows is an invaluable resource you will be returning to during those times when your memory fails you. Writing down your insights, realizations, and experience and being able to go back to them from time to time is good breeding ground for deep insight into your spiritual revolution.

Keeping a very organized Book of Shadows will go a long way in helping you out in your Wicca learning.

One tip is to make a Table of Contents or using colored tabs to mark sections in your book.

Here are some of the information that you should include in your Book of Shadows:

The first page of your Book of Shadows should be kept blank.

**Rules to live by:** This can mean The Wiccan Rede, The Seven Hermetic Principles, and The Delphic Maxims.

**Holy Days and Rites of Passage:** This can mean the Sabbats, monthly passages, and moon phases that you celebrate. This is where you write down their significance to you and the



rituals you perform to celebrate them.

**Correspondences:** Keeping a table of correspondence for colors, gems, or herbs will provide a quick reference point which will be very helpful to you in your spell casting or other magickal workings.

**Spells:** This is where you write down the spells before you perform them, and where you go back when you need to perform them again. It is going to be very challenging to remember all spells perfectly, so writing them down is a very wise decision.

**Recipes:** This is where you write down the food recipes and herbal concoctions used in celebrating special occasions. For example, ritual wines, pumpkin soup and cakes.

**Crafts:** Many witches like to make their own candles, soaps, scents, parchment paper, and other magickal tools. If you're one of them, then writing down their instructions will help you a great deal.

**Chants:** It is nearly impossible to memorize all chants in all spells we perform. So you should have your very own section for chants, and it should state where and when you should use them.

**Reading Material:** Here you will chart all the reading materials you used in your learning. Write down special lessons each has taught you for when you want to go back to them in the future.

Or maybe something about what the author said struck a chord with you and the time has not yet come for you to fully understand the meaning of it. You can research and do further reading about it. This is how deep learning happens.

**Dreams:** Though not everyone needs to have this in their Book of Shadows. Many keep a separate dream journal. Keeping record of recurring dreams and even disturbing ones will be really helpful when you try to string together what they're trying to tell you. Sometimes the answers just come to you at some point in the future.

When your Book of Shadows are in its last few blank pages, don't be afraid to start with a new one. Now that you have the basics down pat, you can move seamlessly from one Book of

Shadows to another, building a collection of your learning, experiences, insight, and ultimately your magickal evolution.

Here are two samples of the flow in other witches' Book of Shadows:

## ***BOS SAMPLE 1***

1. Dedication
2. Protection Spell
3. Blessing
4. Table of Contents
5. Glossary of Terms
6. Honored Traditions
7. Rules and Ethics to Live By
8. Belief System
9. Herbalism
10. Correspondence Chart
11. Crafts
12. List of Books and Sacred Texts
13. Divination Studies
14. Sabbats
15. Rituals
16. Spells
17. Invocations, Prayers, Blessings
18. Healing Studies

## ***BOS SAMPLE 2***

1. Book Title and Date
2. Blessing
3. General Index
4. Sections:
5. Rules and Principles
6. Goals and Aspirations
7. Dreams
8. Divination
9. Research
10. Experiences
11. Spells and Prayers
12. Rituals and Ceremonies
13. Herbal Remedies and Potions
14. Closing

# How To Cleanse and Consecrate your Book of Shadows

Before using your Book of Shadows, it is very important to cleanse it first.

You need to get rid of the past mundane and negative energies it has gathered from the places it had been in, and people who've held it before.

The best time to cleanse your Book of Shadows is on the night of the New Moon. There are two ways to go about cleansing your Book of Shadows:

## *Using A Smudge Stick*



Place a purple cloth on your altar and a representation of each of the four elements at each of the four directions. A pentacle should sit in the middle of it all.

You may use incense to represent the element of Air, a candle to represent the element of Fire, a bowl to represent the element of Water, and sea salt to represent the element of Earth. You are also going to make use of a smudge stick in this ritual.

Stand before your altar. Relax your mind and body by taking deep breaths. Focus on the purpose of your ritual. Then, cast a circle of protection around you. Light the smudge stick and place it in the center of your altar and hold the Book of Shadows over it.

Let the book pass through the smoke wafting from the smudge stick. Visualize the book being cleansed of past energies by every passing of the smoke.

Once you start feeling the book become lighter, place the book right in the pentacle. **Repeat the process for every day of the week.**

## *Using Sea Salt*

Spread out a cloth in front of you. Light a candle to represent the Divine. Take some chunky sea salt and sprinkle it on your Book of Shadows, front and back. Let the cloth catch the excess.



**Say the following:**

*"By the power of the Earth and the living waters of the Goddess, let this book be cleansed*

*By the blood of the Mother Creatrix, let this book be sanctified*

*Blessed Be!"*

You can even use your own words as long as you retain the meaning of the words. When the purification is complete, say thanks to the Divine after performing this cleansing ritual.

**Consecration**

Consecrating your Book of Shadows means charging it with your own personal energy, as well as the energy of the four elements and the deities you worship.

This way, your Book of Shadows can only be accessed by you and those who are of your bloodline and make use of the rituals, spells, potions, and magickal knowledge.

On the night of the Full Moon is the right time to consecrate your Book of Shadows. You are going to need sea salt, rainwater, your choice of incense and essential oil, a red candle, and white candles. Cast a circle of protection around you.

Create a hollow circle of salt around your Book of Shadows.

**Say the following:**

*"Element of Earth, I call upon you now, Bless this book with your sacred power.*

*May this Book of Shadows be blessed in your name, and charged with the gift of the body."*

Light the red candle of Fire and place it close enough to your Book of Shadows that it illuminates it.

**Say:**

*"Element of Air, I call upon you now, Bless this book with your sacred*



*power.  
May this Book of Shadows be blessed  
in your name,  
and be charged with the gift of the  
mind.”*

Sprinkle rainwater around the Book of Shadows and put three drops on the cover.

**Say the following:**

*“Element of Water, I call upon you  
now,  
Bless this book with your sacred  
power.  
May this Book of Shadows be blessed*

*in your name,  
and charged with the gift of emotions.”*

Light the white candles on your altar. This will illuminate the book some more, to make way for the next action, which is writing the title page of your Book of Shadows.

Once you are done writing the title page, light the incense and let the smoke touch every part of the book, from the cover to the pages inside. Then, anoint the cover using the essential oil. Trace with it the image of a pentacle.

Finally, open your Book of Shadows and affix your magickal name.

Press the book against your chest and let yourself be overcome with your thoughts and feelings.

Kiss the cover of your Book of Shadows and know that





# History Of The Book Of Shadows

The Book Of Shadows, also referred to as the “Book Of Magick” is a very sacred object to a witch. Just hearing it conjures up images of Wicca and witchcraft.

This is where she or he writes down and records all personal notes, spells, potions, incantations, rituals, thoughts, dreams, aspirations, interpretations, and reflections. It is like a diary of sorts.

There is really no hard rule as to what to place in your Book of Shadows.

Just as in Wicca, there is no right or wrong. It is very personal in that way that no one can dictate what you put in it. You can use it as your daily diary, or you can store just specific information in it.



## History

There is a constant debate as to when witches began using books of shadows. Some say they had been around since the Middle Ages, in the form of runic alphabets; while some say their use started in the 14th or 15th century.

Two of the most well known mythical Books of Shadows are the Golden Grimoire, owned by Merlin the Magician; and the Golden Grimoire, owned by the world’s very first witch.

In the 1800s, the term “Book of Light and Shadows” became a popular term, pertaining to the spiritual information contained within.

Today, the most commonly used term is “Book of Shadows.”

## Your Own Book of Shadows

Just as personal as what you write in it, is what can become your Book of Shadows. It can be a spiral notebook, a non-spiral notebook, a journal, a binder, or a beautifully handcrafted piece of leather bound notebook.

There are notebooks specifically designed for the purpose of being a Book of Shadows. There are just so many options out there. Plus, there is the option of making your own Book of Shadows.



## The Wiccan Wolf

It is common knowledge that whenever the moon is out, there will almost always be howling, none other than that of the wolves. Wolves are notorious for their howling. It is the music of the wild.

Our ancestors from way back in the Neolithic Age would always pair the wolves and the moon in their drawings and stories.

Norse Mythology had a pair of wolves chasing the moon and sun, to call upon night and day. Native Americans believe that the wolves sang the existence.

Fast forward thousands of years later, everyone can make the same connection. But just what is the connection that the wolves have with the moon? What is the meaning behind the unshakeable image in our heads of a wolf raising their muzzles towards the sky and howling?

You can find wolves pretty much all over the world, except South America and Antarctica. They are nocturnal creatures so naturally, we would associate them with darkness and the moon.

Wolves bark, whimper, and howl to communicate. The reason they point their snouts up is to make a better sound. Pretty cool eh?

When they howl it is usually as a rally cry, a mating cry, a signal for location or a warning for others.

### ***Wolves in Wicca***

In the world of Wicca, wolves are well-known animals.

They have a pure heart, a high sense of loyalty and are very strong.

They are extremely sociable creatures, hence, they come in packs. They are great communicators. By using touch, body movements, and eye contact, they make their point understood.

To the Celts, the wolf is the source of lunar power. The Celtic goddess Morrighan is sometimes depicted as a wolf. She is also linked to sovereignty and fertility.



In Norse mythology, Fenrir was a great wolf who was so powerful and strong that no one could hold him down.

The gods feared and struggled to restrain him. They used magic silk ribbons made by the dwarves to tie him down.

Fenrir tried with all his might but could not break away from the ribbon. Tyr's hand got bitten off in the struggle and became known as the "Leavings of the Wolf" and the one-handed warrior god.

## ***Wolves as Totem Animals***



Those who have wolves as totem animals hold the same qualities as the wolves.

They are highly intelligent and are great communicators - being very expressive both verbally and non-verbally.

Think about the witches who are naturally very good at speaking and

writing. They are the free spirits who will unite with a shared cause.

If you have a strong sense of self and purpose and if you are a good communicator and often find solutions to problems (especially in the family), there's probably a strong wolf presence in your life.

## ***The Wolves in Your Life***

If the wolves appear in your life, you should examine yourself and ask yourself some questions:

*"Do I want further education?"*

*"Am I being my most truthful self?"*

*"Am I communicating well with others?"*

*"Am I carrying myself well with others?"*

*"Am I being loyal to myself and my principles?"*

*"Am I working towards achieving my goals?"*

*"Am I spending quality time with the people who matter to me?"*

If the wolf has called on you, you will find yourself having a strong sense of loyalty, an increase in intelligence and awareness, and a certain playfulness.

Let the values of the free-spirited and family-oriented wolf inspire you. The more you work with the wolf, the more you will find yourself taking on their traits.

So if you have been working with the spirit of the wolf, don't be surprised if you start seeing better versions of yourself! Wolves have that effect on people!



# How To Make Parchment Paper

Writing in parchment paper has a very elegant, important, and olden-days appeal to it.

This is mainly due to the fact that parchment paper duplicates the appearance of the ancient, historical documents of the old days.

Did you know that you could make your own parchment paper at home?

## You will need:

- Half a cup of coffee or tea
- A cookie sheet
- A piece of white paper
- A string or ribbon
- Blow dryer

Take the paper and rip off the edges. Don't be scared to do it! Have fun while you're at it! You need it to look real old.

Crumple the paper and roll it into a ball.

Un-roll it and lay it out on the cookie sheet.

Pour coffee or tea on the paper. Make sure to cover every square inch of it.

Let it sit for about 5 minutes.

Pour the coffee out into the sink.

Let the paper lie flat on the cookie sheet, then blow dry on high for about



5 minutes.

You'll know it's starting to dry when it starts to lift a bit. When this happens, switch your blow dry setting to low, and keep at it for 2 minutes.

Start writing on your parchment. One idea is writing down the Wiccan creed.

Once you're done, roll it up and use the string or ribbon to secure it.

# How to make your own magick ink

## (and save hundreds of dollars)

Use magickal ink for writing, sealing, inscribing talismans, or for blessing your magickal tools.

Blood inks are so powerful, so powerful that they have the ability to transform something that's simple to something very magnificent. They have the power to work with whatever your heart desires. Using the right magick ink for the right purpose will give strength to your spells and magickal workings.

Try writing with magick ink in a piece of parchment paper and watch as your writing takes on an ancient and otherworldly air.

Most witches make their own magickal ink. They start with the resin as a base and work their way from there. Depending on the witch, he or she can add more ingredients that can make the ink more powerful.

### ***Dragon's Blood***

Dragon's blood nowadays is not the same thing as in the ancient times. Dragon's blood now is made from a red-pigmented resin harvested from many different plants. It is used in spells for power and is used to make potions more powerful and rituals stronger.

Mix it with any other incense or herbal concoction to increase the potion's potency. And use it for healing, banishing, and protection.

#### **Here's a simple recipe for dragon's blood:**

*1 part Dragon's blood resin*  
*15 parts alcohol*  
*1 part gum arabic*

### ***Dove's Blood***

Dove's blood is best used for writing out spells, especially love spells, and also for sealing a pact or a promise. It is also commonly used for putting inscriptions on talismans and drawing amulets. Use it for rituals on fertility and prosperity.



**Here's a simple Dove's blood recipe:**

*1 part dragon's blood*  
*1 part gum Arabic*  
*2 drops cinnamon*  
*2 drops rose oil*  
*10 parts alcohol*

***Bat's Blood***

You should proceed with caution when dealing with bat's blood, since bat's blood is commonly used for wreaking havoc, cursing, and putting hexes.

**Here's a simple recipe for bat's blood:**

*2 parts dragon blood resin*  
*2 drops cinnamon oil*  
*12 parts alcohol*  
*½ part gum Arabic*  
*½ part myrrh resin*  
*2 drops indigo color*

Make sure to the resin is fully

dissolved by the alcohol before you put in the other ingredients.

***Butterfly's Blood***

Butterfly's blood is best used for making charms, writing out spells, prayers, and invocations. Use it for air magick spells and to summon those from the Faerie Realm.

The main ingredient in butterfly's blood is saffron, the sacred herb of Hermes.

**Here's a simple recipe for butterfly's blood:**

*1 part Saffron threads/strands*  
*3 parts gum Arabic*  
*12 parts alcohol*





# Shopping Lists

## ***Parchment Paper:***

- Paper
- Tea
- Cookie Sheet
- A Yard of ribbon or string
- Blow dryer

## ***Cleansing and Consecrating:***

- A BOS
- Smudge Stick
- Incense
- Purple Cloth
- Pentacle
- Candle
- Bowl
- Sea Salt
- Rainwater
- Essential Oils
- 1 Red Candle
- White Candles
- Pen

## ***Magickal Ink:***

- Dragon Blood Resin
- Alcohol
- Gum Arabic
- Cinnamon Oil
- Rose Oil
- Myrrh Resin
- Indigo Color
- Saffron Threads



## The Pentacle Book of Shadows

Get your own personal Book of Shadows from The Moonlight Shop.

<http://themoonlightshop.com/collections/books-journals>

Use code "**bos-44**" at checkout and get 20% OFF!

## Magickal Sealing Wax

Enchant your letters with this beautiful and magickal Wicca Wax Sealing Kit.

<http://themoonlightshop.com/products/magick-sealing-kit>

Use code "**bos-44**" at checkout and get 20% OFF!



## Coming up in future issues...

- What's the deal with the Pentacle?
- What do you ALWAYS need on your altar?
- The Secrets of the Rune Stones!
- All about the Wiccan Rede!

...and much, much more!

Until next issue, take care, take it easy and keep learning!

**Blessed Be!**