

# The Nine Secrets of the Faery Witches

## A Path to Personal Growth and Emotional Healing

Includes  
Audio Recordings of  
Three Guided Meditations  
by

Aline deWinter  
Faery Seer

*It seems that, once again, I have been led to the right place...Cara*

*I love this lesson so very much, you are a true muse.--Teresa*

*Of all the writings on the faerie tradition, nothing has touched me  
so deeply as what you have written. --Tammy*

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by Aline deWinter

Including Podcasts by the Author

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Aline deWinter, Seattle, Washington, 2009



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2009

*I had quite an unforgettable experience while undergoing the meditation on Key/lesson #2!  
I'm thankful to have found your site. The technique helped a lot not only in preparing for  
seership, but in resolving inner issues and conflicts. -- Jon*

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**What is the Winterspells School of Faery Witchcraft?**

## Where did you first encounter the Otherworld?

By Otherworld, I mean a magical place far from the mundane reality, a place of mythic beasts, dark forests, eldritch spirits, and other creatures of dream and imagination.

My first encounter was through hearing reading the classic fairy tales of the Brothers Grimm, Charles Perrault, Hans Christian Andersen, and Andrew Lang. These primal stories have been passed down for centuries. Though they stem from times and cultural realities that are very foreign to us now, their power still shines in lavishly illustrated children's books, re-tellings for adults, and the films of Disney Studios. But, at one time, sorcery, enchanted beasts, Witches, Wizards, and Faeries were known to be very real. Kings and Queens, Princesses and Princes, stately homes, and castles still exist in some parts of the world and still give off a kind of mythic glamor.

Fairy tales ignited my imagination, infusing the world around me with creatures and beings that were very unlike my family, places and times completely different from my own. Since I lived beside the woods, they were a perfect *other world* for the images in my mind's eye to be projected into, for the woods held dark mysterious, shadowy clearings and thickets, and many animals and birds that were wild and seldom seen -- unless you were really lucky or perhaps favored in some way. The four seasons worked their shapeshifting magic on the woods, transforming the earth. As the days grew longer, the earth flowered. Soon the trees and the lawns were green, and the woods were bordered with blackberries, raspberries and thorns. When the heavy air of Summer cooled, the trees burned fiery red and gold, gradually drawing in until they were bare ghostly shadows seen through falling snow. Parents and other children had nothing to do with this; they had no power over these transformations. It was magic!

Was it the same for you?

Books are full of alternate realities, as are films, games, theater, and music. Now we have a new generation whose families are practicing Wiccans, Occultists, or Pagans. When I was a child, this situation did not exist. If there were any hereditary witches, they were hidden away and secret, for it was not acceptable at all. The only religions open to us in New England in the 1960's was Christianity, or Judaism. I was brought up in a religious Catholic family. But it wasn't so bad. The Catholic Mass inspired me with its ornate rituals, Latin chanting, colorful priestly robes, medieval sculptures, paintings, organ music -- I think it gave me a taste for grandeur in magic. The Catholic Church was a Strong Door into the Otherworld that set me on the path towards the Holy Grail and eventually into the world of its Keepers, the Tuatha deDanaaan, the royal Faery race of Ireland.



What is it for you? And what lures you away from the day to day life you have been taught to think of as the *only reality*? Do you feel as if you are seeking something? Or are you being sought?



-- John Anster Fitzgerald

## **Faeries Are Not Just for Children.**

Faeries and fairy tales are not just for children. I am not even sure that the ancient tales collected by the Grimm Brothers were originally intended for the benefit of children alone. In fact, quite early on, the Grimm's were advised by their publishers to twist them into instructional tales children along with requisite Christian morals pasted in. It is very wonderful that the Fairy tales were told to children because it is when we are young that we are most able create our own world. Adult problems and responsibilities do not impinge upon our imaginations. We can spend all of our time dreaming, playing our

stories out with other children, exploring the world with wonder because everything is new, every experience an adventure.

For some people, these childhood enchantments will be fleeting, given up, easily discarded, and outgrown. For others, such as artists, writers, and Faery Witches, these tales will have penetrated into our deepest mind. Conscious or subconscious images surface and move our primal emotional waters, forcing us express something of the stories that haunt us, and share them with the rest of the world. They have never lost their power to seize us by surprise. The strange magical creatures of Fairy Tales found a home in us and bound us at a deeper level than mere cautionary tales would go..

## What Are Faeries?

There are many kinds and tribes of Faeries. The flower faeries and nature spirits, popularized by Shakespeare in *A Midsummer Night's Dream*, are the most well known. There are various groups of Brownies, Trolls, and Elves. Traditional Witches worked through Imps, though I think those beings are “created” as *Elementals* to carry out a magical task. There are also our primal Ancestors who are buried under the land, along with the Old Gods who were exiled to the Land of the Dead with the coming of Christianity. There they are said to live on in a weakened state as *Demons*, and *Fallen Angels*.

It is the latter two tribes that I am experienced with, and whose wisdom I have been given clearance to teach. The Faery Court of the Tuathaa de Dannan have been my co-walkers and tutors since 1996. They are the Faeries and the Old Gods of the Celtic peoples, particularly of Ireland.



*Tuatha de Dannan by John Duncan*

## **Imagination is First Key to the Kingdom of Faery**

All of these childhood images influence our deep mind where our dreams wrap around them and make them our own. As we grow, these treasures are often ignored in favor of more worldly pursuits, stored away in the attics and basements of our minds and covered with dust cloths.

What happens when something under the dust cloths stirs, prompted perhaps by a book we read, or a film, or fleeting psychic episode? What effect does this haunting have on us as we follow its call into the tangled webs of our subconscious? As proper adults, we frequently dismiss such fleeting fixations as “imaginary”, and cover them back over, and lock the door upon them. If we are still open to our what our deep mind throws to the surface, as many creative artists are, then we may wish to engage our dark memories and bring them out into the light.

How do we respond when we are moved by these visions to embark upon a spiritual journey such as a quest into Faery? How do we tell the real from the imaginary? What is an actual Faery Visitation versus wishful thinking? Maybe we are just making it up. We were told as children that we made this stuff up.



The first step to knowing the difference between a fantasy and a true vision, is first, to know yourself. Meditation is needed so that you can get acquainted with you own mind. What thoughts rise up that you know come from your familiar image bank? What images are strange, alien, other? Knowing magical principals such as Correspondences will help, because Faery is part of the Archetypal World -- primal. When you know enough to recognize these things, you next task is to decide that *whatever* you encounter in you inner journey to Faery is real.

There is a truth taught over and over by initiates in all magical traditions, that the beings we see in our meditations will appear to us in whatever form we dress them in. If a fairy for you is a tiny flower spirit, the that is how they will first appear to you. If you imagine dragons and elves with long lances and flying hair, then that is how they will appear to you. If you are getting an image from a computer game, be careful. Those images have been built up in the ethers, but they are not Faeries. They are thought forms. Real Faeries are as old as time and live in deep in the fabric of Nature.

How do you know then whether you have entered the real Kingdom of Faery? If you follow the instructions in this book exactly in order, you will find your way there. It will look and feel familiar, and very strange at the same time. The main impression you get is a sense of deep disturbance as you contact something inside yourself that has been neglected, and so old, that it leads you all the way back to your ancestral source. Once you achieve this Initiation, the breakthrough occurs, and the Faeries take on their proper shapes and forms. These will surprise you, for you will not have expected to see what you see. You begin to realize something extraordinary really is happening.



Images like the Faery Glen (above) can be used to find your way into Faery  
In our next lesson, we will learn the beginning stages of stilling the mind and sharpening  
our inner vision.

Luck of the Kings and Queens under the Land to you!

*My favorite instructor in Faery Tradition is R.J.Stewart. I highly recommend his books if you are  
serious about your studies in Faery Witchcraft.*

*The Underworld Initiation*

*Power in the Land*

*Earth Light*

*The Living World of Faery*

## Key #2: The Serpent and the Rose

### How to Commune with the Faery Race



Please read my latest article [What is Winterspells Faery Witchcraft?](#) for an understanding of the role of the heart in Faery Seership. You can click the link, or find at the end of this book.

The heart cannot be considered to be open just because one is sympathetic, or caring. I hate to say this, but sometimes that kind of heart energy rises out of victim patterning where one projects one's own fears onto others.

Think of the heart as a red rose, beautiful, deep, fragrant, but armed with thorns. I often use the symbol of the black rose on this blog to signify the heart open to the darkness and well as to the light.

A soft and sympathetic heart will be reflected back to you from nature, and may even get you into Faery, because of its harmless intent. But it isn't safe. Faery is an amoral territory. They will test you. And some of them will prey upon you. It is better to learn to open the heart energetically, authentically. The heart must be open with no agenda, as a force, with no personal emotional 'values' attached. It takes a lot of strength to do this, strength of will. For anyone practicing magic, a powerful Will, in conjunction with an open heart, is absolutely necessary. It can be achieved through meditation.

The heart must be open to the darkness as well as the light, or the deepest wisdom of the ancient Faery race will remain hidden from you and your knowledge will be shallow and wanting. And even if they appear to you as pretty little things, you can't afford to be fooled as to their real nature.



*Fairy Bower, by John Anster Fitzgerald*

## Opening the Heart to Faery

Now I will share with you a powerful form of meditation. It is a way that focuses on the heart, clears the lower body of 'darkness' and opens the channels for the kundalini, or serpent power, to rise safely up the spine.

I say *safely* because I am aware that there are ways to *force* kundalini to rise up the spine. Often these tricks are used to raise sexual energy to be used in Result Magick. While these techniques may work, there are risks.

### Risks:

The serpent lies coiled in the base of the spine, in the coccyx. If one wakens the sleeping serpent, the first energy center it will strike is the sexual organs, or the sex center.

While this may be fun, the sexual center is now charged with kundalini. The serpent has the power to increase desire to the point of obsession.

If you get stuck there, the serpent power can accumulate to the point where the 'tail is wagging the dog'. You can easily become addicted to sex, and will get stuck at that level. Magick itself can be extremely addictive for some people. You are working with power in and through the body. Just be aware that the body is an innocent creature that is very happy to stay at a instinctual level and accomplish little but basic survival.

Getting stuck in the sexual centers also wastes the potential of the Serpent to bring Enlightenment.





### **Benefits to Raising the Serpent to the Heart Level:**

While the Serpent rises through the sexual centers and then into the solar plexus, it activates, and then clears old karma. In other words, old patterns that have accumulated around sexuality and power issues, the old dominance and submissions patterns of abuse, can be purged from the body and energy fields to be transmuted to another level. Deeply lodged irrational terrors can be wiped away never to recur.

These old energies lodged in the lower body may house entities, demonic forces, toxic emotions, parasitic cords, fears.

When moved up to the heart all of these issues are resolved and cleared, leaving the body free of dis-ease, pollution, draining entities, and emotional wounds.

Once the lower body is cleared, the heart center opens and the head centers blast upwards into the Source. There is a sea of vibration 67 feet above your head that is a matrix of healing light, 'higher' consciousness, and blessing.

Once the heart center is open, access to the Otherworld is possible, and may even be a natural result of this clarity. One may then engage the Faery with understanding and compassion without being snowed over or tricked, for with the opening of the head centers, the second sight is ignited.

With an open heart and Second Sight, you will have nothing from the Faery. They will give you gifts of great value, especially powers of imagination, knowledge of hidden

things, healing abilities, and psychic abilities among others. This is a path of great beauty and inspiration.



**The organ for Faery Seership, the Second Sight, is located in the Third Eye, a space between the eyebrows. This cannot be opened properly without the power of the Risen Serpent. The Serpent must be able to reach the level of the Third Eye in order to open it. This is why you do not want your Serpent stuck in the sexual centers where it will never be able to rise beyond the accumulated muck of other people's energies corded into you through hyper- sexual activity, and energy exchanges.**

## **Opening the Rose**

**Here are the instructions for raising the Serpent power and opening the rose of the heart.**

Plan to spend at least 30 minutes on this.

Find yourself a quiet place. It is important to relax.

### **Relaxation Technique**

Go slowly

Just say to yourself as you focus on each body part in turn: "Heavy"

Feet, "heavy"

Ankles, "heavy"

Calves, "heavy"

Knees, "heavy,

Thighs, "heavy"

and so on all the way to the top of your head and then down your back.

(There is an audio recording of this in the next chapter.)

## **Meditation**

Once you are relaxed, you may find yourself in a light trance. Focus your attention 67 feet above your head and anchor your attention there. This is the level of Divinity as you can know it.

Now focus on your heart. It helps to place your receptive hand over the heart center in the middle of your chest to mark the place.

Now, with your attention at 67 feet above, place your attention on your solar plexus, the stomach area where all the turmoil and tension builds when you are frightened or stressed out. Just between the ribcage.

Use your will to move that turmoil or tension up to the heart center and then send it out through the top of your head to 67 feet where it returns to the Goddess's light to be evaporated or transformed.

Give yourself permission to take the all the time you need to get the hang of this. Solar plexus, heart, 67 feet.

Do it over and over until you feel clearer, sense a shift, or know it is time to stop.

## **Tips**

- 1.If you have trouble getting out of your Solar Plexus, visualize an electrical cord going from your Solar Plexus into your Root Chakra. Pull it out just as you would pull a cord out of the wall. This dis-connects your power center from your survival center and the fear patterns it holds you in.

2. The more stressed out you are, the more you need to strengthen your will to move that energy out of the solar plexus and into the heart. After a while you will feel lighter, freer, and eventually that issue will leave you, never to return again.

For example:

When I was first going through this process back in 1986, I was consumed with worry about money. It was churning a fear vortex in my solar plexus so I was almost ill. I stood at the bus stop, and while I waited, ( this turmoil was triggered by the bus being late, and it being 10pm, and me feeling sorry for myself) I kept pulling the energy up into my heart and sending it out through the top of my head to 67 feet. I used to see an eagle flying round and round in the sky at that level. I aimed the 'bad' energy at the eagle since it is the eagle who brings our prayers to God in many native American traditions. Use what works for you.

This process was hard, but I am stubborn.

Gradually the tension released. It took a long time, but the pain in my shoulders disappeared, and ever since, my attitude to money problems has been far more relaxed, proactive, and my income grew! The fear had been dissolved into the Source, and was no more.

The added benefit was that my heart felt warm and glowing. This is a sure sign of opening.



For best results, do this meditation every day.

Gradually you will notice your heart opening and your intuition sharpening. This is the first step to Faery Seership.

**In the next lesson, I will give a lesson on how to cultivate the Power of Vision.**

I have had tremendous visionary experiences in my life. I know what goes into it and I will share my process with you. Just stay with this meditation technique for starters.

## Key # Three: Awakening to the Power of Faery Symbols

To listen to an audio that will take you through this meditation, click the link below. It is 20 minutes long and 26 mb.

Download mp3 here:

[Awakening the Power of the Faery Symbols](#)



This is a meditation sequence that I learned a very long time ago. It is a foundation exercise. Daily practice will open your psychic centers safely, and also awaken the necessary Faery symbols in your subconscious mind.

The formula is based on the classic Hindu Yogic Sleep called *Yoganidra*. This technique *will* wake up your psychic centers, *will* assist the Serpent to rise up the spine, which *will* help you to access your own deep connection to, and knowledge of, the Faery Kingdom.

I have taken this formula and adapted it to Faery Witchcraft. The spine and psychic centers are of the human body, so are universal, and suitable, for any tradition.



Yogic Sleep is a wonderful way to increase receptivity, and incubate dreams. It is an alert state where the peace of the body allows the mind and imagination to be fully awake. Visualization can then be directed so that the mind and imagination will have the ability to open out into Otherworld and receive messages and visions. This is very important when you want to enter the dimension of Faery. It is a kind of Spirit Projection. The tradition calls it "Sending forth the Fetch."

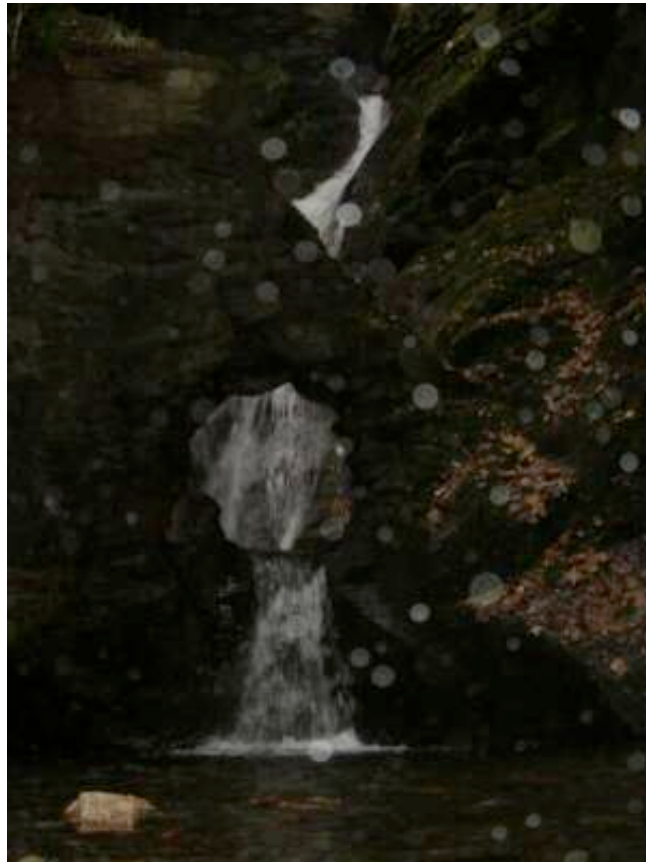
This is one of the most powerful Keys in this series.

(This is the text version. The whole thing takes 20 minutes.)

**The first step is relaxation**

**The second step is waking the psychic centers**

**The third step is a hypnogogic trip through the Faery symbols**



## Relaxation

Lie down in a comfortable place, hands at your sides. Close your eyes. You will be focusing on each part your body willing it to relax. This meditation has the side effect of getting you in touch with your body. This has a lot of value on many levels, as the body is the instrument for magic.

Breath in....breath out.....breath in....breath out....breath in....breath out.....

Right foot...heavy  
Left foot...heavy  
Right ankle...heavy  
Left ankle...heavy  
Right calf...heavy  
Left calf...heavy  
Right knee...heavy  
Left knee...heavy  
Right Thigh...heavy  
Left thigh...heavy  
Right buttock...heavy  
Left buttock...heavy  
Lower back...heavy  
Spine...heavy  
Right ribcage...heavy  
Left ribcage...heavy  
Right shoulder blade...heavy  
Left shoulder blade...heavy  
Back of the neck...heavy  
Back of the head...heavy  
Forehead...heavy  
Right eye...heavy  
Left eye...heavy  
Right cheek...heavy  
Left cheek...heavy  
Right ear...heavy  
Left ear...heavy  
Right jaw...heavy  
Left jaw...heavy  
Nose...heavy  
Lips...heavy  
Chin...heavy

Throat...heavy  
Chest...heavy  
Right upper arm...heavy  
Left upper arm...heavy  
Right elbow...heavy  
Left elbow...heavy  
Right forearm...heavy  
Left forearm...heavy  
Right hand...heavy  
Left hand...heavy  
Right fingers...heavy  
Left fingers...heavy  
Stomach...heavy  
Navel...heavy  
Right hip...heavy  
Left hip...heavy  
Genitals...heavy  
Base of the spine...heavy

Your whole body is heavy  
Your whole body is heavy  
You whole body is heavy



## Waking the Psychic Centers

Now we shall focus on the psychic centers along the spine, igniting them with our attention. We begin at the root chakra at the base of the spine, and move through the body to the top of the head:

Muladarah: Root chakra

Swadhisthana: 2nd chakra

Manipura: Solar Plexus

Anahata: Heart chakra

Vissudha: Throat chakra

Anjna: Third Eye

Bindu: Fontenelle

Sahasrana: Crown chakra

And back down:

Saharana

Bindu

Ajna  
Vissudha  
Ananhata  
Manipura  
Swadhisthana  
Muladara

Now I want you open these centers up even more by visualizing a series of yogic images.

Begin by placing your attention at the base of your spine.

Visualize a red triangle pointing downward  
Inside the triangle is a green snake coiled three times, its head pointing upward

2nd Chakra  
A dark night, and a moonlight surf

Solar plexus  
A golden, glowing yellow sunflower

Heart  
A small flickering lamp

Throat  
A drop of violet nectar

Fontanel  
A white drop

Third Eye  
A gold coin with the Ohm sign embossed upon it

Crown of the head  
A thousand petaled lotus with a golden egg in the center



## The Faery Symbols



### Visualize:

The waxing moon in a starry sky

Trees rustling in the wind at night

A still pool of water, shining as a mirror

An apple orchard

A red rose bud on a thorny stem. As the rose slowly opens, smell the fragrance of the rose. The flower continues to open...open...open... until the petals drop, leaving only the stem and the leaves

Low rolling hills at sunset

A winding path

A stone wall

A well

The roots of a tree growing up out of the soil. Below the roots, the trunk of the tree grows down into the Underworld; its branches hang down from the Underworld sky, its top brushing the green land below..

An ancient door with a mirror hung upon it

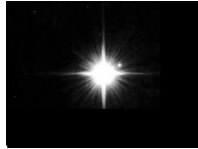
Standing stones on a grassy hill at dawn

A winding stairway descending into the earth

A river of tears, and a river of blood

An apple. Cut the apple in half sideways and see the five pointed star in the center

A shining star



A thousand petaled lotus with a golden egg in the center

A gold coin with the Ohm sign embossed upon it

A white drop

A drop of violet nectar

A small flickering lamp

A golden, golden yellow sunflower

A dark night and a moonlight surf

A red triangle pointing downwards. Inside the triangle is a green snake coiled three times, its head pointing upwards

Now, open your eyes and return to the ordinary reality.



## Earth Light

When you feel ready, sit up and put your feet on the floor.

From the base of your spine and the bottom of your feet, roots are growing deep into the earth. At the center of the earth a golden light is shining like a great sun. This is the heart of Mother Earth. Plunge your roots into that sun and feel the peace of your connection to the heart of the Earth. Thank Her for your life, and for everything that you have.

Now stand up.

We will do an exercise from R.J.Stewart called *Raising the Earth Light*.

Draw energy up your roots from the center of the Earth.

As it enters your legs, they glow with a green light.

As the light enters your abdomen, raise your arms to that level. Your body glows with a radiant blue light.

As the light enters your chest, raise your arms to that level. Your chest glows with a fiery red light.

As the light enters your head, raise your arms straight up over your head. Your head glow with bright yellow light, like the sun.

Reverse the process bringing your arms down, and let the EarthLight sink back under the ground.

Of course, if you download MP3 into a player, don't listen to it while driving. This a very deep hypnotic meditation that will stay with you for life if you make it regular practice. It sets the inner stage for journeys into Faery

## **Key # Four: Magical Tools of the Faery Witches**

### **Dagger, Wand, Mirror, and Bowl**



*Wells and springs are passages to the Underworld of Faery. They are portals between the worlds.*

### **Winterspells Faery Witchcraft is a Creative Path**

Winterspells Faery Witchcraft is meant to inspire creativity, therefore the Magical Tools are a bit unusual. They are also not fixed. Different types of magical workings may suggest different tools. I will share what has been most powerful for me.

It also important to keep in mind that Faery exists in a parallel dimension to this one, and the land upon which you live will provide you with the appropriate regalia, if you simply stay open when you are out in nature and ask. We each have our own internal and external relationships with the Faeries, our own "co-walkers" who guide us. They will show you what they resonate with. If you can't "see" them yet, follow hunches and

impulses, for they will direct you. They can play tricks, like getting you lost, or into a ridiculous mess. Learn to laugh! I think it is their way of getting us to slow down and pay attention.

Always give thanks if you take something. In North America, it is traditional to leave tobacco under a plant, such as sagebrush, as an offering to the spirits to thank them. In Scotland, it's whiskey, perhaps in England it's port wine for the posh ones. and beer for the working class...:) Of course wine is the ancient offering of the Mediterranean countries.

The most harmful thing you can do to yourself, and lose your magical permissions, is to take things for granted -- something we humans do far too much.

## **Faeries Don't Like Iron.**



The Faery fear of iron makes sense when you understand that iron was the weapon of the tribes that invaded the Faery Realm and forced the Tuatha deDanaan underground.

As can be seen throughout history, the guilt of the conquering tribes induces paranoia towards those they destroy, thus a tradition grew up among the Celts to use iron implements, such as horseshoes, to keep the Faeries at bay. This makes sense, as the sight of iron would suggest the presence of stronger weapons than the natural devices used by the Faeries.



The idea that the Faeries don't like silver is a literary convention and should be ignored. I have found no basis for it in folklore, nor in practice. The Faeries love precious metals, as well as precious stones, and silver is the metal of the moon. The moon is the true light of the Faery Realm.

## Unconventional Magical Tools

Winterspells Faery Witchcraft is not faithful to Wicca or Solomonic Ceremonial Magic, though the Grail is in the keeping of the Faery Tradition that works with me, particularly the Underworld Grail of Annwn.

This tradition is rooted in nature and folklore.

I am sure you were wondering about what Faery Tool replaces the sword and athame of the Wicca, for aren't the blades made of iron? Do you need a blade to do magic? I think blades are useful and our deep mind expects our boundaries to be drawn with a dagger or sword, or perhaps a wand. But, your finger works just as well, pointed with intention, and perhaps bedecked with magical rings.



*Beautiful flint and crystal daggers from [www.crystalbuffalo.com](http://www.crystalbuffalo.com)*

## Faery Daggers

The most beautiful daggers are made of flint, obsidian, slate, horn, bone, even glass. The conscious art of fashioning a blade out of stone, shell, glass, or horn, tunes you in to all the meanings and associations of the dagger. You can also explore the different impressions elicited by the material you use.

.A Horn Dagger invokes the Horned God by resonance. Remember, deer shed their antlers, so it is possible to find horn without killing deer. Horn sanded to translucence makes a very beautiful dagger. The tines of the stag's antlers can be used as pointing instrument, fulfilling the dagger's role of marking boundaries.

Flint daggers are available from artists who make ceremonial tools. Flint is primal, evoking the first tools of our ancient ancestors. I have seen some very beautiful flint knives of many colors and shapes. A leaf-shaped blade is very primal to the Faery.

Obsidian takes a very sharp edge, so be careful. It can double as a scrying tool due to its reflective surface.

In England, slate is very powerful. I have had intense Faery encounters on the slaty, gorse covered hills in Cornwall and England. The stone holds radiation and seems to come alive at night. I found some nice ones online at Witchcraft Ltd. in Glastonbury. Because of this, a slate dagger with a bit of gorse around the handle is a very powerful communication tool for Faery Witches.

Glass daggers are, perhaps, more urban. Elizabethan Faery Witches may like these, though they are truly terrible weapons. I believe they were invented in Italy, and if you chose to make a glass dagger, you can create ornate handles out of wood, or precious metals and be very Renaissance. You will evoke the dark side of the Siddhe, for glass daggers have a history involving sneak assassinations and terrible deaths. But they also have a quality of transparency and catching the light in a beautiful way. In that sense they are most suitable for Faery Witches.

Whatever you choose to make your dagger from, it must have two sharp edges, for Faery is a two edged place, both light and dark and the trick is to walk the fine line between.



## Wands

Wands are most fun. They contain all the elements: fire and air, water and earth.

### Thistles

The ancient Scottish wizards made wands of giant Scots thistles. The symbolism of the thistle is wonderful. It looks like a scepter, attracts bees when fresh (a fertility aspect), is prickly and strong, and its stately violet color gives an evocative twilight effect that suits the liminal nature of Faery. It is very male, and is useful when you want to command or summon. It is the national flower of Scotland and so would be a natural choice for one who wishes to invoke the Scottish Faery Court, like Isobel Gowdie did, for instance.

### Roses

Roses make very special wands, especially red ones on long stems. They must have thorns and fragrance.

The rose seems to be, on the one hand, a delicate choice, but its symbolic echoes are powerful within the deep mind for the rose is the flower of Faery. I believe the Faeries created the rose to make humans conscious of the inevitability of sacrifice.

Red and White roses grow around the sacred wells of Faery. Its feminine vibration draws your desire to you by power of attraction.

We fall in love with the rose as we fall in love with love, yet, if we desire to pluck the rose, we must put our hands upon the thorns. The thorns may draw blood, blood that falls to the earth to nourish it. If you want to use a rose wand, it is best to take it in the morning in early summer and keep it in water as it blooms. You should use it for workings at both of these stages and sense the difference in how the magic feels. As it dries, hang it upside down so the stem will be straight. It is a revelation to work with rose at each season and tune in to how the cycle of the year is contained within the rose.

There is Triple Goddess aspect to the rose, Maiden, Mother, and Crone, sacred to the Moon.



## **Branches**

Rowan branches are excellent wands for Faery Witches, for the red berries of the rowan end in five-pointed stars. It has protective powers, very important in journeys to the Dark Underworld Realms.

The Willow makes an excellent wand for water and moon workings. There is a traditional Thirteen Willow Withy Wand that is made by binding thirteen willow branches together. This is very strong for passing between the worlds under the full moon. Use it near water, at streams, lakes, wellsprings, or the seashore. You will be amazed!

The branches of any tree can be used as a wand. I suggest keeping close to the meanings of the trees in Irish Ogham to be able to find the most effective wands.



*Acajou mirrors at [www.acajou.com](http://www.acajou.com)*

## Mirrors and Stones

The Faery Realm is the reverse of the mortal realm, as images in mirrors are reversed. Reversed and congruent at the same time, for as we walk away from the mirror, our reflection walks away *into* the mirror. When we look into a mirror, our face is reflected backwards. ( I find it interesting that we never really know what we look like to other people who see us the other way round.)

Long ago, Mirrors were so new and rare as to be considered sorcerous. They were called ‘speculums’ and were believed to be capable of stealing souls. Perhaps this is because there was thought to be another world behind the glass, in reverse order., as when Alice goes into the looking glass. The Land of the Dead is perceived in many primal cultures to be the same as the Land of the Living, but upside down, or skewed backwards.

not only mirrors became more available, but printed Bibles as well and the literacy that they made possible for the masses.,If the Bible was held to the mirror, -- perhaps to command the dead, as in Necromancy, the writing would be seen in reverse in the “Devil’s Kingdom” behind the glass. If pronounced, a link was made between the person, and the reverse world, invoking God’s opposite and thus allowing the transposition of the soul to the Devil’s Realm.

The Goddess was often shown with a mirror, even in times far earlier than the creation of the fine silver looking glasses we know today. Misogynist propaganda spun this iconography to declare the “vanity of women”. But in ancient times, mirrors made of polished silver or tin were fairly poor reproducers of reflected images. It was not about vanity at all. The Goddess holds up the mirror to invite us into that Otherworld Realm. The mirror was a portal to the Dreamland, and it still is.



I suggest finding a beautiful antique silver hand mirror for your working. Oval or round is best as the mirror is also a symbol of the moon, the Treasure House of Images and the fertility, and creative power of the Goddess.

### **Black Mirror**

Smooth, polished obsidian is used to make a Black Mirror used for scrying, or vision work. John Dee’s Shew Stone was a piece of polished obsidian. You can see it in the British Museum. It is palm sized, very smooth, and was kept in a pouch.



## Cauldrons and Cups



*A container is needed, for water, wine, light, energy.*

### Crystal Bowl

I frequently use a crystal bowl at the center of the Circle filled with charged spring water and floating candles. Fire, or lights dancing on water are a powerful Faery images, evoking the will-o-the-wisp hovering over swamps and lakes in folk tales, or more powerfully, the ship burials of the ancient Saxons in which the deceased was placed in a ship that was set on fire and sent over the sea to the Otherworld.

The bowl of spring water stands for the sacred well or spring, an entrance to the Otherworld. The crystal is of the earth and stands for the stone container, or the well.

### Silver Bowl

For moon workings, I have a silver bowl that has been left out under the Full Moon to charge.

I also use a silver goblet, because silver is sacred to the moon. The moon rules the waters which are contained therein. The element of water is traditionally about the conductivity of emotions between people and the goblet is a symbol of sharing. Thus the symbolism permeates all manifestations of containers of water, including our own bodies.

### Stone

A hollowed stone can be very effective and brings to mind the holy stones of England, sometimes called *Fairy Stones*.

## **Cauldron**

A traditional cauldron is a good choice for the center, if you can find one that is not made out of iron. But it isn't necessary when a bowl is just as good.

I like to think of the Faery Circle as a house, Hall, or the inside of a Rath, or Faery mound. In all primal cultures, fire is at the center of the house. Human beings congregate around the fire to cook food, stay warm, and keep wild animals at bay. If you want the fire at the center and don't want to scare the Faeries away with iron, a grouping of candles in the center of an indoor circle is beautiful and evocative. Beeswax is best as bees are sacred to Faeries.



*From: Into the Mound*

## **The Stang**

A long ash branch ending in a two forked prong, the Stang is the standard pole of the Horned God, especially in his aspect as Lord of the Wild Hunt, Herne the Hunter..

Place it in the North, direction of Earth and Air, cosmos and rebirth. For Magical souls come from the North Pole on the winds of the Wild Hunt. The Stang guards the portal to the Underworld Realm of Faery, and opens the ghost road to the Other Side when entrance is permitted.

## **The Broom**

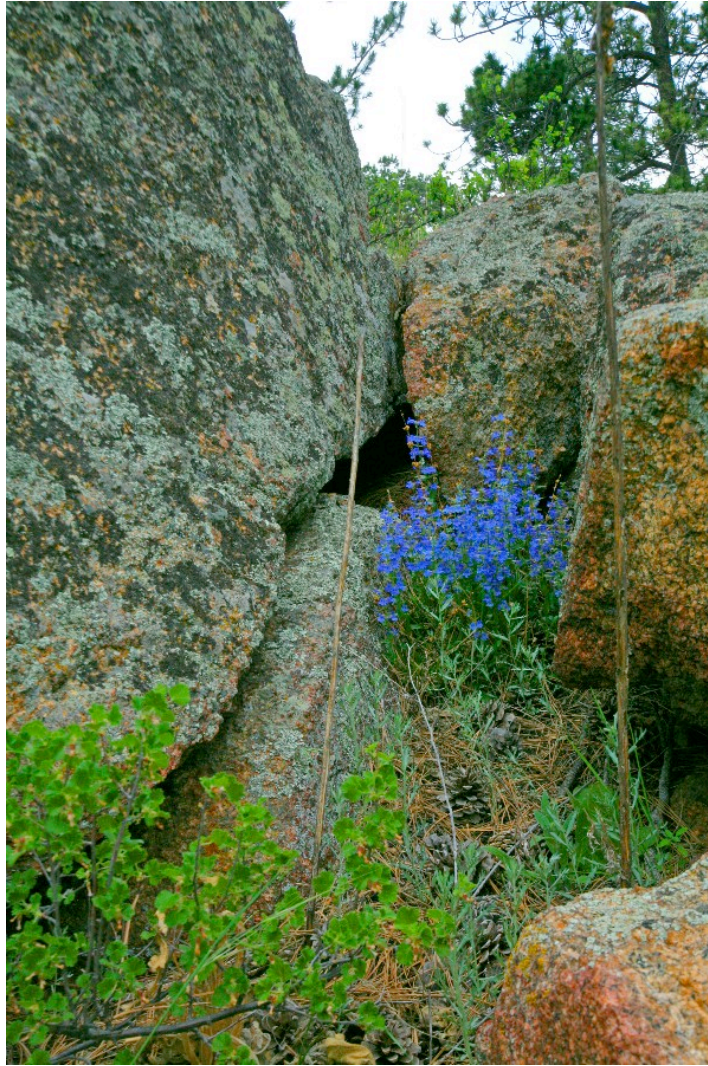
The besom/ broom has a very basic purpose -- to sweep the bad, stagnant energy out of the Sacred Space so that the Faery Rath can be built in purity and protection from discordant influences. It is traditionally made with a handle of ash, birch twigs for the broom, all bound up with willow withys. Heather is often include for luck.

This was a long lesson, and I hope it sparks your own intuition. Most of these tools can be found and require little to no craft. It is up to you how elaborate you want to them to be. It is a guideline. I did not have all my tools at once, I gathered them over time. I wanted the right things, and took my time. Some of these are quite fragile as well and will have to be replaced at some point. I will give you a charging technique in another lesson.



## Key #5 How to Enter the Five Cities of the Tuatha De Danaan

### Five Faery Cities and Their Qualities



*Typical Entrance to Faery*

Download the mp3 here:

[The Five Cities of the Tuatha deDanaan](#)

This audio meditation is 30 minutes long and very hypnotic. Please, don't listen to it in the car. You will zone out.



This audio is for the purpose of allowing the images and qualities of the Cities to permeate your subconscious mind. Once they are inside of you, you will find your own imagination taking over and creating your own invocations to the Faery.

You are not meant to memorize this meditation word for word, but to internalize the underlying images and patterns.

## **Now we learn of the doors into the Five Cities of the Tuatha deDanaan.**

The First City, at the place where the sun rises, is **Gorias**

The Second City, at the place where the sun shines directly overhead, is **Finias**

The Third City, at the place where the sun goes down and the moon rises, is **Murias**

The Fourth City, at the place on blackest night where the moon shows her dark face and the sky is sparkling with stars, is **Falias**

At the Center is **Eire**, the ancient misty land of Ireland where the Tuatha deDanaan came down from the Heavens and built the Faery Halls.

*Or* at the Center is **Avalon, the Isle of Apples**. There is the Mound with the spiral path leading to the Tower, the Tree in the orchard, and the Well.



**The City at the Center is where you stand. For the sake of this exercise, choose Eire or Avalon as your center.**

**Eire is strong for inspiration and gifts of creativity and imagination.**  
**Avalon is strong for divination, prophecy, and healing**

**Gorias** is the city hallowed by the **Sword of Nuada**

**Finias** is hallowed by the **Spear of Lugh**

**Murias** is hallowed by the **Cauldron of Dagda**

**Falias** is hallowed by the **Lia Fal, Stone of Kings.**

**Eire** is the Tree, and the Well, and the Spiral Stair.

In the midst of **Avalon** are the Underworld Sleepers, Arthur, Guinevere, Morgan LeFay

**You will need:**

Your Faery Dagger, or use your index finger if you don't yet have this weapon.

You can charge your finger with a special ring that you only wear for magical purposes.

Incense: a mixture of Benzoin and Amber draws the Faery

Holy Water. This made by charging spring water with salt and setting it under the full moon for a night. You can place a crystal inside to make it strong. It represents the waters of the Sacred Well.

Fire: Candles flaring in a bowl of water is a powerful Faery symbol. Candles shining around the space create a warm, timeless, atmosphere for this work.

A bowl of salt charged with crystal will ground you.





## **Creating Sacred Space:**

Holding your dagger, or pointing your be-ringed power finger, trace a circle in the place around you. Make it as large as you need. As you spin in the direction of the sun, see your circle flare up with blue flames.

Now re-trace your circle with an offering of incense.

Now sprinkle it round with Holy Water.

Now follow the rim with fire from a candle lit for this purpose.

Sit at your altar in the center in Eire or Avalon, your Faery Grove. Let the elements play around you: the fire fills you with light, the water glows in the fire and soothes you, the fragrance of the incense makes you slip out of time and space, and the salt grounds you.

## **Tree of Life Meditation**

Now:

Imagine that your spine is the trunk of a tree with roots growing deep into the earth.

The roots grown down, down, down through all the layers of the soil, rocks, waters, caves, and finally reach the heart of the Mother Earth that glows like a great sun in the core of the planet.

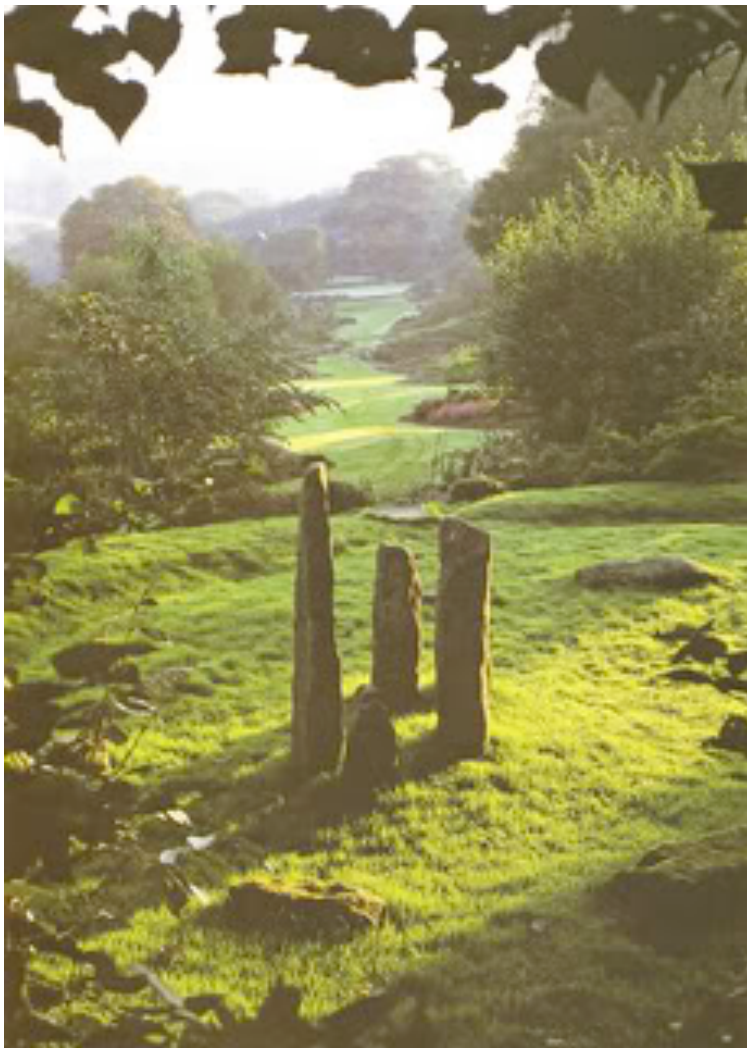
Plunge your roots into that light and give thanks for your life and all that you have, for everything about you and around you, your very flesh and blood, is a gift of life from the Mother Earth.

At the heart of the earth is great peace.

Now draw the golden light up the roots and feel it move up your legs and up your spine, until it bursts out of your head and continues to rise like branches into the heavens.

Your branches pass the moon, sun, and stars and connect you to all the cosmos and the universe.

Dwell in the peace of unity and love that fills you when you are suspended thus between the worlds.



*Photo: Grymalkyn*

## **Gorias: City of Dawn**

Turn towards the place where the sun rises: Gorias!  
Call out:

*Hail to the city of Gorias and all her Faery citizens! I call you to ask permission to enter your fair city and bring back the gift of inspiration. Please accept my offering of incense. I enter with the openness of a child, with the purity of innocence, and the joy of discovery.*

*Open the gates so that I may enter, and please accept my invitation to join my Circle tonight.*

(Please use impeccable manners with the Royal Ones, for the vibration stays very high and they respond to politeness. All creatures do if you think about, even the animals and plants.)

Now see the gate of yellow light opening between two stones.. As the light fades, you see a low hill covered in wildflowers. The gray light of dawn still clings to the land as the rays of the sun just pierce the sky, lifting the veil of night.

A path winds up the hill toward a circle of standing stones. As you get closer, you see carvings on the stones. You also find they are set in a spiral that you must follow inwards. The stones seem to sing to you in high pitched vibrations, the scratches and carvings on them signify things known only to you.

When you reach the center, there is space. It is much wider than you imagined it to be. In the ground there is sword stuck into the earth. Its hilt is magnificent, its blade is incised with Runes. Do you see the Runic message of the sword? Take time to decipher it and remember what it says.

Birds fly over head. A brisk breeze tosses your hair.

Suddenly they come -- the tribe of Faery Warriors: tall, fair, gray-eyed, their, garments flapping in the wind, their swords raised in salutation. They are like shining falcons, hawks, fresh from the heights of the trees and mountains. They sing a song for your ears only....

For do not be mistaken: the Faery desire your attention, and your recognition, for they have been forgotten for a long time...

Thank them for allowing you into their world. Walk back down the hill. It has grown much brighter as the sun has crowned the circle of stones. You are startled to see a little boy ride past on the back of a white horse. He is the Divine Child of Springtime and new beginnings. full of grace and wonder.



## **Finias: City of Light**

Now you face the place where the sun is highest in the sky. It is very bright here: Finias! Call out:

*Hail to the city of Finias and all her Faery citizens! I call you to ask for permission to enter your fair city and bring back the gift of illumination. Please accept my offering of fire. I enter with the passion and the hot blood of youth, desiring connection, fertility, creativity and wise destruction. I am here to test the limits of possibility.*

*Open the gates so that I may enter, and please accept my invitation to join my Circle tonight.*

You step through the red-gold door and see two trees on the near side of a stream. One of the trees is green as Summer and the other is flames. As you gaze at the trees, they switch, and the green tree becomes flames and the flaming tree turns green with leaves. They switch again. You notice a rhythm to their switching. Just before they change again, you leap between them to the other side of the stream.

You are standing in a rose garden. The roses are in full bloom. Some are as tall as trees. They are sensuous, fragrant, and armed with thorns. They bend their heads toward you as if offering their scent.



Around the rose garden is a tall green hedge, of juniper, or hawthorne. You see an opening in the hedge and go through it. There are more gardens. You are walking inside of a maze. At the center of the maze is a stone with paths of colored stones going out in four directions. One is white, the next is red, the next is blue, the last is black. You choose the red path. It leads you out of the maze to a plain at the foot of low hill crowned with blossoming trees that shine in the sunlight.

You climb the hill along a path that spirals around it on its way to the top. Along the way, you pass gardens filled with visions known only to you. When you reach the top of the hill, you find yourself in a grove of apple trees all in flower. It is so bright that there are no shadows, not even of the leaves overhead, for they are a canopy of blazing white light. A red spear hangs suspended in the center, wrapped in a fine silk sling. The spear is hung with jewels and painted with runes. The runes have a message for you alone...

The Guardian of the Spear walks silently over the grass to greet you, and as he comes you notice other eyes watching you from the trees.

What does the Guardian look like? Speak with him and welcome him into your Circle.

When you are finished, thank the Guardian, and go back down the hill and into the maze. When you reach the stone in the center, follow the black path. Cross the stream over stepping stones and leap through the green and burning trees back into your Circle.







## Murias: City of the Twilight Sea

Now face the place where the sun goes down. You stand on a hill above the sea, watching the waves splashing on the shore. The sun is setting. The waning moon has risen just above the distant hills, pale and ghostly in the twilight. You have arrived at the City of Murias!

Call out:

*Hail to the city of Murias and all her Faery citizens! I call you to ask for permission to enter your fair city and bring back the gifts of love and healing. Please accept my offering of sacred water. I enter with gentle reflection on the fleetingness of life. I desire healing, love, and compassion to pass through my heart and out into the world. I am here to learn the art of binding wounds, of walking in a sacred manner as I carry the vessel of rebirth for all beings.*

*Open the gates so that I may enter, and please accept my invitation to join my Circle tonight.*

You step through the twilight blue door and find yourself standing on a rocky path that leads down to the sea. To your astonishment, you see a river flowing from the sea *up* the side of the hill and *ascending* the mountain behind you.

Below you on the shore, are two Faery harpers facing each other like a gate. But then, no, it is only two shrubs. You hear the music of the harps and then you see the Faeries again. This time, you pass between them. They speak to you in low voices. They say something only you can understand. You notice tattoos of their bodies. What images do they display?



A boat is coming towards you on the sea. A black boat with a purple sail. When it reaches the shore, you step on board. It is very quiet. A tent of patterned silk is pitched on the deck. You go inside and see a fine bed with floating curtains. A lady sleeps there. There is a scroll in her hands. Open the scroll. Written in an antique hand is a message for you.

As the sun goes down, the moon grows brighter, and you find the boat begins to sink slowly under that waves. Once underwater, you find you can breathe. The boat takes you through tall spires and sea palaces. You pass through a magnificent gate of coral and the boat docks at the edge of vast hall with a floor of obsidian, shiny as glass.

You cross the floor and arrive under a dome where a huge cauldron is suspended from chains over an abyss. Priestesses walk around the vessel, breathing on it at intervals, lost in their meditations so that they do not see you.

But someone has become aware of your presence and you see her face in you mind's eye before you find her. She is sitting on a High Throne in an alcove behind the cauldron. Royal robes envelope her, and a majestic crown is on her regal head. On her lap is the Divine Child.

She smiles at you. She is the Great Mother of all the Living Things on Earth.

Do you have gift for Her? A request? Perhaps you need healing in some area of your life. Does she give you something to take back to your world with you? An object, a lesson, advice, energy?

Commune with the Divine Mother, the Grail Vessel of Eternal Life who tends the Cauldron of Death and Rebirth. Welcome Her into your Circle.

When you are finished, thank the Divine Mother and go back to where you moored the boat. It will take you back to the shore and between the Faery harpers. You follow the path up the hill until you arrive again in the center of your circle.



## Falias: City of Night

Now you face the place of night. A black vortex clears, and you see before you a hedge of thorns growing around a large, cloven rock. You are drawn to go into the crevice in the rock, but the thorns that grow over it are sharp as claws, and you fear you cannot pass through unharmed. Stars fill the sky above you in blackest night. You are on the threshold of the City of Falias!

Call out:

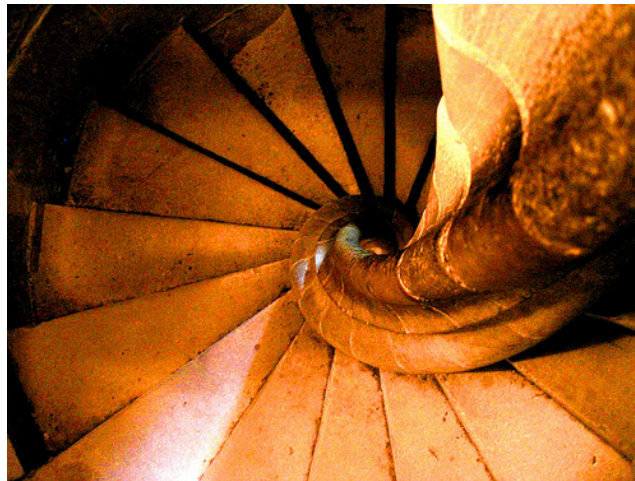
*Hail to the city of Falias and all her Faery citizens! I call you for ask permission to enter your fair city and bring back the gifts of magical power, wisdom, and the knowledge of life after death. Please accept my offering of salt. I enter with courage to face the darkness, the willingness to plumb the Mysteries of Death and Rebirth. I am here to empty myself of all but my True Will, so that my life purpose may be fulfilled.*

*Open the gates so that I may enter, and please accept my invitation to join my Circle tonight.*

A lady dressed in dark robes arrives carrying a lantern. Her face is pale and beautiful, but, when she drops her hood, you shudder to see that one side of her face is rotted with decay. She waits for you to speak to her. What do you say?

She holds up a mirror for you to look into. There you see a vision meant only for you.

Do you desire to enter the space between the rocks? You notice it is dark inside and filled with stars. If you have the courage to enter, nod to the lady. She will pull the thorns away with her hand.



Inside you find a spiral stair going down into the earth. There are signs painted or carved on the walls, What are they? You continue down until you arrive at the bottom. A door is there. You push it open and go inside.

A Guardian greets you at the door. You must give him a tithe. What do you give him? Once he has his tithe, he lets you inside.

You are in the foyer of the Underworld Palace of the Faery King and Queen.

What is it like? Do you feel you are under the roots of a great tree? Or inside an ancient mound? Or under a well?

They, and their Court, will show themselves to you in shape of your desires... or your fears...What do they look like? Mark it well for this is how you know them. Now it is time to leave. Do they give you something to bring back with you? Do they have a parting message?

Ask them to take you to the Lia Fal, the King Stone. When the True King sits upon it, it screams! Follow them down a long and winding corridor. You come out in a secret chamber where the stone is protected for future generations. How do you feel in the

presence of the Stone? Someone hands you a scroll. There is a message on it written in blood for you and you alone.

Come back through the door and go up the spiral stair. When you arrive at the thorn hedge, it is open for you under the stars. The dark lady is gone. You bow your head in thanks and come back into your Circle.

Sit for a while at your altar and write down your journey so you will remember it, ground it in the everyday reality.

The next Lesson will focus on the vertical axis of Eire or Avalon.



## Key # Six: The Center

### Ascending and Descending the Tree of Life



*The Sun, Moon, and Stars are Above and Below the Earth*

**The podcast buttons and links are at the middle of this article. If you read the lesson first you will internalize the audio better.**

In this lesson, We shall discuss:  
Rising on the Planes, Falling into the Underworld

These lessons are cumulative. To get the best sense of this lesson please read the Winterspells .com blog post:

[Who Are the Faeries? How Did They Come To Be?](#)

And you may want to refer back to previous lessons:

[Awakening the Power of Faery Symbols](#)

[How to Enter the Sacred Cities of the Tuatha deDanaan](#)

The choice of where Center is are suggestions only. If you have a place in mind that represents that to you, by all means use it. What works for you works best.

I have also been known to use a golden ladder suspended from the sky to the top of a high tower as a means to raise my frequency even higher. This working is under the aegis of Arianrhod, Queen of the Silver Wheel.

## **The Faery and Tree of Life**

In the last lesson, you practiced the Tree of Life meditation. This is a very old technique that has been used for ascending and grounding probably since magic began. In the Alchemical practices of the Western Mystery Tradition, the central axis of the Tree of Life is equated with the spine, while the Sephiroth are visualized over particular areas of the body and energized to create the Merkaba vehicle, or Chariot, that carries the Magician into other dimensions.



In Faery Tradition, the Tree of Life has the function of chariot, or vehicle to the Gods, but it is built up, and used, to travel in dimensions very close to the Earth, on the other side of the Veil of Perception. For our purposes, the Tree is projected outward, into the center of Magical Circle. From there, its branches reach up to the Celestial heavens, and its roots grow down into the Underworld of Faery.

The best way to understand this dynamic, is to work with it. That is what this lesson teaches you to do.

## The Underworld Tree

Before we begin, I must add that, traditional Qabbalists warn against working with the Underworld, or Inverse, Tree saying it is where demons reside. This is because in dualistic thinking, if Above is where Heaven, and therefore *God is*, then Below must be the direction of Hell where the *Devil* is. I like to think of it as Kingdom of Shadows, the Unseen realm where the traveler can experience a level of depth of understanding, and profound awareness, that cannot be gained in the ordinary world.

In Faery Tradition, the Underworld is the realm of Lucifer who holds the keys to knowledge of good and evil, in other words, the formulas by which the Seeker may be able to gain power over his or her own destiny. This idea is of course the classical religious heresy of those who seek equality with God . This is the “sin” for which Lucifer was exiled from Heaven, and for which a few brave men were burned at the stake.

For Faery Seers, the Underworld is not a fearful place of punishment, but of astonishing beauty, eternal youth, and magic. The way to get there is by climbing down the branches of the Underworld Tree.



To download mp3 [Click Here](#): [The Underworld Tree](#)

This file is 20 minutes long and 11.8 MB

## Climbing Down the Underworld Tree

Lie back and listen to the audio if you want to relax while you learn this

You have set up your Magic Circle: north, east, south, and west. You have entered the Five Cities and called forth their Chiefs to work with you and teach you the deepest secrets of the Faery Way that is for you to know at this time.



*Now you focus on the Center of your Circle.*

If your Center is Eire, it is the green mound of Tara rising over the plains, mysterious and remote.

If your Center is Avalon, it is Glastonbury Tor surrounded with the flood waters that came in over the land from the Bristol Channel before high walls blocked it out.

Tara and the Mound of Glastonbury are known as the Hollow Hills. Inside, the Sleepers wait for the call to return to the world at the time when their Magic is most needed and desired.

At the Center of your Circle, you see a tree growing up into the sky.  
With your Inner Eyes, you see the same tree growing down into the Underworld.

Find an opening in the roots of the Tree and let yourself fall into it, into the dark space under the roots, under the ground....



Under the earth, it is twilight. You find you are standing on a strong branch and looking down the trunk of the tree, The rest of the branches spread out below you, tapering toward the topmost twigs, that brush the grasses of the green land below.

As you climb down, feel the texture of the bark. Can you tell what type of tree it is? Do any creatures live in the tree?

Notice the light, the colors, the smells. Is there music, or wind, or is it still and silent down there? When you reach the top of the tree, let go of the branches and fall onto the ground. You are now in the Underworld of Faery.

Everything can be heightened in Faery. Brighter or more dim, but luminous and charged with strange energies...

Stand up and look into the distance. What do you see?

If there is a green mound, or any other structure, move towards it. Is this easy or difficult? Does anything oppose you? Or push you along?

When you reach the mound, walk around it until you find an entrance. There will be a gatekeeper there, waiting for you. Ask if you may enter and give him what he asks, or what have to offer. He or she will let you into the Hall. What do you notice first? What is your first impression?



Go into the Hall. Before you are the Faery King and Queen seated on strange thrones raised upon a dais. What do they look like? What are their thrones made of? What qualities do they contain? Who is closest to them?

Bow and greet the Faery King and Queen in awareness, not of subservience but of respect for the beings who maintain the fertility of the Earth for all of us. Do you have a gift for them? How do they respond? Do you resonate more with one or the other, or both?

A Faery from the Court is called forward to meet you. This being is offering to be your guide in Faery, to be your Co-Walker between the worlds, to form a deep friendship with you. It is your choice whether to accept, refuse kindly, to wait until another time. Take a moment to commune with this Faery. See if there is a sympathetic bond.



## **Deeper and Darker**

If you choose, you will be escorted to the center of the Hall where a stair spirals down into the Earth. Go down the stairs. You will find yourself in a large cavern with a lake that vanishes in the darkness. A small boat is tied to a rock nearby. If you have accepted the companionship of your Co-Walker, get into the boat with them and set out on the Underworld Sea.

On a distant shore, you will see a castle. It is the abode of the Dark Goddess. Mark it well and decide if you want to return here. You can always come back another time. For now, we must go back to the Faery Hall.



You may spend as much time dancing and cavorting with the Faeries as you wish, but if invited to a feast, realize that if you eat the food of the Underworld, you may never return to human life again.

Now say goodbye to the King and Queen and thank them for their hospitality. If you have chosen to work with the Faery Co-Walker, they may accompany you back up the tree and into your Circle again.

## **The Celestial Tree**

Now see the branches of the Tree as it spreads across the Heavens, connecting to the Moon, the Sun and the Stars. Now you will merge with the trunk of the tree. Feel yourself going up, as if you were riding an elevator, until you sense your head expanding. growing branches that reach out across the heavens. Feel your whole body expanding...expanding...expanding... until you burst into the Light.

Now you are on the Rainbow Bridge moving towards the Moon. There is a door in the Moon. Open it. Sit inside the Moon. What is it like? Do you have any feelings, sensations, visions? The Moon is the Treasure House of Images. Do any images come to you? If so mark them well, for the Moon is rich with the Seeds of Imagination.

Stay in the Moon for as long as you wish. Know that you can, with practice, ascend to the Sun and then to the Stars at will, and even into other galaxies.

Come out of the Moon and back onto the Rainbow Bridge. Climb back into the branches of the Tree and come slowly along the trunk until to reach the roots. See the roots woven over the door above you. Return to your normal size and come fully back into your Circle.

Take some time to record your journey in your Book. If you are working with others, share your experiences -- it is a good way to anchor them in the ordinary reality and teach each other about Faery as well. Share cakes and wine.

Open the Circle.

*The Circle is open*

*But not unbroken*

*Merry meet and merry part*

*And merry meet again*

*So mote it be!*

## **Key #7: Witches Familiars and Faery Co-Walkers**

### **Meeting the Animal Powers and Your Faery Co-Walker**



--Dante Gabriel Rossetti

### **The Effect of the Otherworld on the Faery Witch**

There is a Shamanic aspect to Faery Witchcraft. Both Witch and Shaman walk between the worlds as a natural condition of life. Both travel consciously into the Otherworld to meet with spiritual beings in order to learn, commune, heal, and bring some magic back to the Ordinary Reality. Both practice the creative arts, such as the making of tools, robes, shields, poetry, songs, and dances. This is because the Otherworld, though definitely not a figment of our imaginations, is a place that is reached through the imagination. What we encounter in the Otherworld are images, sounds, states of being, and sensations that are as old as time, that reverberate deep in our DNA, connecting us to the Soul of the World.

Because of this, our creativity surpasses the contrived inventions of the slick, modern commercialism to tap into deep truths that, by being made concrete through some form of artistic expression, can actually have an inspiring, deepening, and healing effect. It is the kind of creative inspiration out which great art is made, the only difference being the technical skill of the artist.



*Kim Novak and Pywacket in Bell, Book, and Candle*

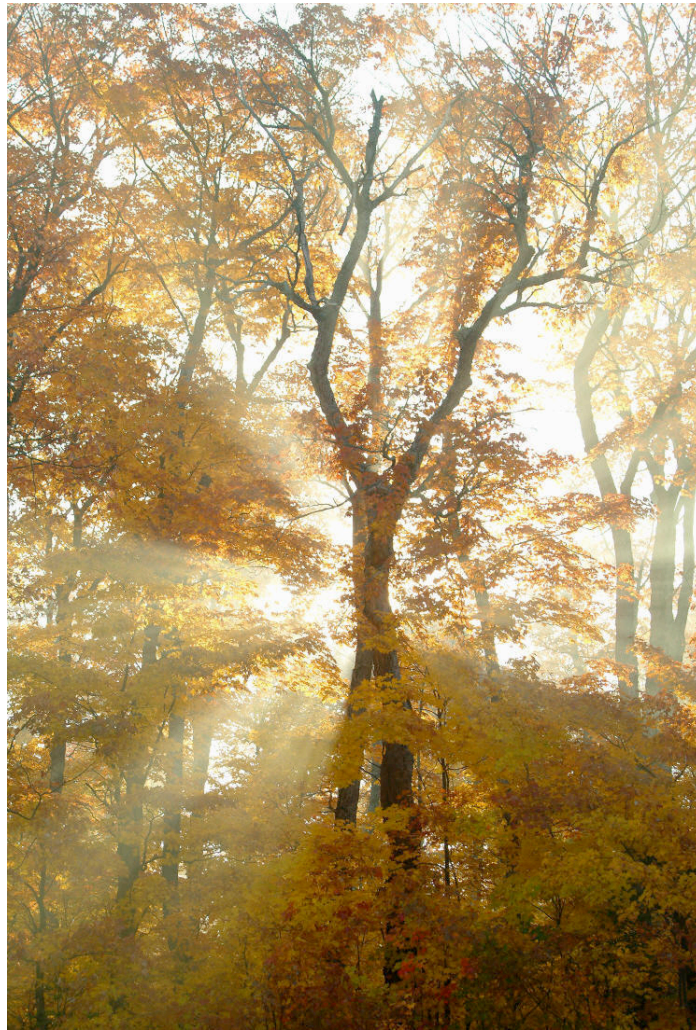
## **How to Contact the Animal Powers**

As in Shamanism, especially that of the First Nations of North America, we get the idea of Power Animals. Witches have traditionally had Power Animals too, called Witches Familiars. Either way, there is an alliance with the group soul of a particular animal, bird, fish, even trees, stones -- anything in Nature that resonates with us and with which we can form a creative bond. Here we shall focus on living creatures for a start.

R.J.Stewart is a Master Faery Seer who teaches that we are, actually, three-fold beings. We have our human self, our animal self, and our Faery self. You are already acquainted with your human self, now it is time to connect with your animal self and your Faery self. When all three are in conscious working harmony, magical power is the natural result as the Soul of the World wakes up in you.

**Caveat: If you wake up the Soul of the World, be aware that you will sometimes feel the pain of the Earth. You will be at one with all living things -- and since everything is alive, even inanimate objects to a degree -- you will feel what is happening on a large scale to them. Thus, the work of the Faery Seer, or Faery Witch is one of great service. We are witnesses, mediums of consciousness for beings that have no voice but through us.**

The following use of the Tree to find the Animal Powers is extremely ancient, used by the Tribes in North America for ages. I learned this first from a Lakota Medicine Man in the 1980's.





## **When you make the Magical Circle, you have created your Sacred Place.**

It is traditional to beat a drum to the rhythm of the heart, but if you don't have one, or noise is a worry, a rattle works just as well. As long as rhythm is established that leads you into a light trance. In Shamanism, the drum is called the *Horse*. The Shaman rides the Drum/Horse into the Otherworld. I have also used a boat to go into the Western Islands where the Siddhe dwell.

## **Establish a rhythm.**

Let the rhythm anchor you in the energy of your working. This is especially important for Solitaire's.

Now, focus your inner eyes on the Tree in the Center of your Circle. In this Tree, live all the creatures of the world. Look up into the branches. Are there any birds up there? Do any of them look at you? Thank them for being there, and if one flies down and alights upon your shoulder, you have no more work to do. Remember, we do not choose them, they choose us.

If you have not been chosen, it is time to slip into the roots of the Tree. This time it is the roots themselves that you follow down under the Earth. If it is the Inverse Tree, then that is fine too. Many Creatures live in the Underworld Tree. Their eyes shine in the shadows, you hear them scurrying about. Like Alice in the rabbit hole, just let yourself float down until an animal catches you attention. If it leaps at you, or grasps you in any way. Come back to the surface carrying the animal close to your heart. Bring them back to Center and breathe the animal into your heart. When you feel them go in, you will be aligned to all of the spirits of that animal.

If your animal friend makes an aggressive display, such as mauling you, do not be afraid. They are only showing you their power. You may need to learn to learn to protect yourself better, so this animal comes to you to teach that. Sometimes, in dreams, they may draw blood from you. Again, no worries. This is a positive sign that your familiar has bonded with you and its spirit will be felt more strongly.

The etheric blood-drawing of the Witches Familiar is a very old tradition that the 16th Century Witch Hunters too much too literally.



Traditionally, the quest for a Power Animal is done in pairs, in order to interfere with our tendency to play favorites. If we like wolves, instance, we might miss the mouse that has the greatest teaching for us.

Working with a partner is done like this:

You lay down beside each other, head to feet. If someone else can rattle or drum, all the better. Close your eyes and each of you travel up the Tree, and if no creatures claim you, go down into the roots. Person A is getting the Power Animal for person B and vice versa.

Your partner's Animal Familiar will make itself known to you. Hold the animal close and come back to the Center. Place the animal on your partner's chest and then blow its spirit into your partner's heart center. Then lay back down to receive yours.

Once you have your Faery Witch's Familiar, learn as much as you can about them by reading books or observing them. If they are an animal you can live with, like a cat, you might find yourself drawn to get a cat because its spirit will call you through the power of resonance. This is great way to work and very traditional for Witches who, as we know, had all kinds of pets, from goats to toads, to chickens. I had a black cat who was the most Shamanic creature I ever knew, and a shape shifter as well.

## **Contacting Your Faery Co-Walker**

Edain McCoy in his book: *Advanced Witchcraft: Go Deeper, Reach Further, Fly Higher*, has this to say about the Faery co-walker.



*When witches think of the co-walker, the fetch, and the shadow self, they often tend to lump the three together as if it were one being instead of three distinct beings linked to your physical self.*

*The term “co-walker” was coined over three hundred years ago by Scottish minister Robert Kirk who saw his co-walker as a faery, or Otherworld ally or helper. In an age that still believed in Witchcraft as a Satanic cult, and all Spirits as Satan’s minions, Rev. Kirk took a huge chance in making his belief in the co-walker known to his congregation.*

*The co-walker can be found in the astral world just beyond the sight of your physical world. It usually appears as your etheric double and, like your conscience, helps direct your path and keeps you from harm. Many people who claim to have a Guardian Angel near them are sensing their co-walker self.*

In Key #5 we touched on one way to contact your Faery co-walker by going into the Cities and meeting him or her in the Faery Rath, or Hall. But I prefer another way.

Go out into nature and find a place that has all the elements, for instance a rocky stream bed overshadowed by trees on a sunny day. The place should “speak” to you, draw you, sooth you and close off the rest of the world. (no headphones, CD players or any of that stuff please. Nothing of the mundane world should intrude on your deep communion with nature.)

Call to your co-walker.

The signs of their arrival may be as subtle as bee buzzing around, a sudden shadow, or a wind, to a thunderstorm, or a bird landing beside you.

If you are quite enough inside and receptive to the signs, your intuition should prompt you.

If you feel the presence of a spirit around you, ask the co-walker to show their self in human form. This image will come into your mind’s eye.

When you see a face, or hear a voice, invite your co-walker to come home with you.

They will be your Magical Ally from now on.

Relations with the co-walker can be just as important as any human relationships you have in your life. They can even piss you off! So, please be aware. But, if you want to grow in Faery Seership, they are tremendous teachers.

You can even set a place for them at the table. This is a very old tradition....

I hope you enjoy these techniques! You now have all the tools you need to begin a practice of moving in and out of Faery at will. After that, things will evolve how they are meant to for you.



*The White Stag in the distance signals the Call to Adventure*

The next Key, # 8 will help you make a deeper connection to the Faery King and Queen

Here are my articles about Witches Familiars in case you find them helpful:

[Witch's Familiars: Animal Spirits and Their Charms](#)

[Witchery of the Frog and Toad](#)

[Witchery of the Hare](#)

[Witches Familiars: Witchery of the White Sow](#)

[Witches Familiars: Magic of the Horse](#)

[Witches Familiars: The Witchery of Birds](#)

## Key #8: Meeting With the Faery King and Queen



*Arthur Rackham*

**To download the MP3 of Underworld Journey, click the link below:**

Podcast is 7.28 minutes

### [Meeting the Faery King and Queen](#)

In previous lessons, you have met the King and Queen of the Faeries, but only in passing. Threes being as important as they are in Faery, the third meeting is the charm.

Now you will introduce yourself to them, and find out what kind of exchanges can take place between you.

The Faeries often want to socialize with us, they want to communicate and move between the worlds as much as we do. So it is not difficult to persuade them to be friends.

The interesting thing about the Underworld is that there are places there that mirror our world. For instance there are the Underworld Sun, Moon, and Stars. As you have seen in your exploration of the Five Cities, there are gardens, seas, castles, forests. But they all have the peculiar quality of being enclosed, as indeed they are, inside your imagination.

The light is therefore is dim as dusk, and if it is bright, its radiance is of diamond-like intensity.

We will start a few easy exercises that will enhance your awareness in the Underworld. They are most effective if done right after your relaxation process.

## **Pore Breathing**

The more open all of our senses are when we explore the Otherworld realities, the more we receive from our experiences. Here are Three great techniques to help with that:

1. Looking through the eyes using your whole eyes, that is including your peripheral vision. This is a subtle way to shift into an open state.
2.
  2. Stilling the mind so it is blank. This state of emptiness allows you to be able to perceive information coming onto the screen of your mind's eye from sources outside of yourself.

### **3. Pore Breathing opens out your bodily senses.**

All you have to do is sit quietly and focus on your breathing.

Inhale, exhale, inhale, exhale..

Expand your attention to include your whole body

Envision your breathe entering in through the pores of your skin and the exiting through the pores of your skin.

It is as if your entire body is one great breathing instrument.

Keep doing this until your consciousness shifts and you feel stable and balanced with a clear, empty mind.



## Passing Down To The Underworld

Create your Magic Circle -- or your Faery Ring.

Call in the Five Cities

In the center of the circle, see a round wooden door set flat into the ground.

Open the door.

Now you will see a stone stairway spiraling down into the earth.

Go down the stairs. There may be signs along the walls that may be significant for you. Pay attention. Open all your senses.

When you arrive at the bottom of the stairs, you will see another door. There is a mirror on the door. Look into it. What do you see?

Now, open the door. You will come into a space; either a corridor, vestibule or hall. Ahead of you is another doorway where a cloaked figure waits to allow you to pass into the Royal Hall where the Faery King and Queen are enthroned.

**You must give a gift to the Guardian at the Threshold for him to let you in. What do you give him? How does he receive it?**

Pass into the Royal Hall. You stand on a long aisle flanked on either side by the Faery Court. You may call for your power animals and your Faery Co-Walker to accompany you as you approach the King and Queen. Wait for them to come out of the crowd to stand by you.





Henry Meynell Rheam. *Once Upon a Time*

Pay special attention to the appearance of the Hall. Is it entirely natural? Does it evoke an historical time and place? Is it familiar, or is it strange? What are the dominant colors? What smells, sounds, feelings are aroused in you?

**Most importantly, as you walk towards the Faery King and Queen, how do they appear to you?**

You have arrived at the feet of the King and Queen. Bow in recognition of the respect you hold for them. They may bow to you as well, for not many mortals visit as you have done.

Take time to commune first with one, and then the other, paying attention to impressions, images, and feelings. Exchange gifts, or signs, if you feel to do so.

Do you feel a stronger connection to one or the other? If so, acknowledge it.

One or both the Faery King or Queen will stand and ask you to follow them someplace. Do as they ask. Movement behind them can seem very fast and slow at the same time. They will often take you down a passageway to another place that opens out before you.

Spend time in this space, discover why you are here and what the Faery King and Queen have to share with you.

**This is an experience for you and you alone.**

Before you return to the Hall, you may ask for something to bring back with you to the Mortal World that the Faery would like to share. Wait for this gift. It is your talisman of contact with the Faeries, and holds the keys to your role as far as they are concerned. It is a very important exchange of energy.

Come back to the Faery Hall and stand among the Courtiers and the King and Queen resume their thrones. What ever happens after this is your own experience, suited to who you are and your relationship with the Siddhe.



When you come back, make some representation of the gifts exchanged, especially the one you received in the place they led you to. Write everything down as you sit inside your Faery Ring. You may want to anchor this experience with a dance around the circle as you acknowledge the Five Cities. Draw pictures, write a poem. you will not want to forget this first meeting.

### **Open the Circle and come back to ordinary reality.**

In future lessons, we will bridge the worlds by creating your special sanctuary or meeting place in Faery where you can invite certain teachers, deities, or helpers in.

In the meantime, now that you have established a bond with the Faery King and Queen, visit frequently and your connection deepen each time you do.

After this point, what happens between you and Faery is totally up to you and them. Remember good manners and all should be well.



### **Keep Me Posted**

And don't be afraid to email me if you run into snags. I have dealt with some pretty strange things and will be able to help you understand.

Here is a helpful excerpt from a nice blog that has a wonderful article about Faery Kings and Queens in the Celtic world.



## **The People of the Mounds: The Sidhe**

Here is a little Irish history of the Faeries. I focus on Ireland because the Tuatha De Danaan are my contacts, though they also have a 12th century French style for me.

These are very powerful Faery beings and can teach you a lot. They may resonate, or perhaps not. The Faeries show up in the way that is most striking to us as individuals.

### **FAIRY QUEENS OF IRELAND**

There are many great Faery Queens remembered in Irish folk tales. They are known as ‘bean righean na brugh’, the Faery Queen of the Palace, and are quite clearly the tutelary goddesses of local tribes. Their Faery Halls are referred to as “sidhe dwellings” in Ireland, and are associated with ancient burial mounds like the Hill of Tara.

One of the most important Faery Queens of Ireland is Aine. On the shores of the lake is palace of her sister Queen Fennel.

Many of the Faeries have relationships with mortals. The Earl of Desmond once saw Aine combing her hair on the bank of a river. He fell in love with her and seizing her cloak made her his wife. The offspring of this union was Aine’s enchanted son Geroid

Iarla, who lives under the lake awaiting his return to the world of men. Once every seven years he emerges from the water as a phantom riding on a white horse.



Aine is revered throughout Ireland. She may originally have been a mortal woman who was 'taken' by the Faeries. The O'Corra family are said to be descended from Aine. Every year, the first Friday, Saturday and Sunday after Lammass are dedicated to her. It was said that she would claim a life on those days.

Every year on St. John's Eve (24 June) local people would form a procession around the hill, then carry flaming torches through the fields of ripening crops. Aine herself was seen on many occasions leading the procession.



There are many other Faery Queens in Ireland. The Faery Queen north of Munster is Aoibheal. She predicted the outcome of the terrible Battle of Clontarf, and tried to warn her people. Aoibheal is revered in many of the 'Aislings', or vision poems, of the eighteenth century concerning the future freedom of Ireland.

Cliona is loved by the people of Co. Cork, and is said to be the first daughter of the last Druid of Ireland. In one old story, Curling Locks took Cliona out of the undersea lands of Manannan MacLir and brought her to the shores of Ireland in his boat. He left Cliona alone on the shore while he went off to hunt deer. While he was gone Manannan sent a huge wave over the strand and Cliona was drowned.

The land north east of Leinster is the kingdom of Grian of the Bright Cheeks. When the sidhe mound of her father was attacked once by the five sons of Conall, Grian pursued them, and transformed them into badgers.

In one of the most moving Irish sagas, Grania eloped with Diarmaid, A kind of Irish Tammuz. All over Ireland there are cairns and cromlechs known locally as 'the bed of Diarmaid and Grania'.

In Co. Tipperary, the fairy hill of Una rises above the plain.. Una is the wife of the fairy king Finnbheara of Cnoc Meadha. She is an elusive figure, but her sidhe dwelling was very important place in former times, and she is still remembered by local people.

## FAIRY KINGS OF IRELAND



Brian Boru, King of Ireland, d. 1014

The great fairy king of Co. Galway in the west of Ireland is Finnbheara (Finnvarr), chief of the Tuatha deDanaan. His abode is a prominent hill on top of which is a burial mound.

To the north west is Magh Tuireadh. This place is important to us because it is where the legendary battle between the Fir Bolgs and the Tuatha De Danaans took place.

There are many stories about Finnbheara's liking for mortal women. He had a habit of drawing young girls away to dance all night with him in his palace, but the next morning they were always found safely asleep in beds.

One particular nobleman had the misfortune to have his bride spirited away by the Faery King. The bride's nurse told the noble that, to find her, he must dig down into the sidhe mound, starting at the top. So he dug, but when he rested during the night, the Faeries of the mound filled the tunnel back up with earth. This happened again and again. In despair the nobleman turned to the old nurse. She told him to sprinkle the earth with salt and place a line of burning turf around the trench, as the sidhe could not resist that. After the nobleman did this, the bride was found safe in her bed the next morning.

Finnbheara loves horses. He is usually seen riding a black horse with flaring red nostrils. Some-times he would invite young men to ride with his Faery Host on the Wild Ride.

In Co. Limerick the Faery King is Donn of Knockfierna. There is a large ring fort on his hill with a number of dolmens called the 'Giants Graves'. These are the entrances to his Faery Palace.

Donn is the ancient Celtic god of the Dead who rules the rocky islands to the south west of the Atlantic ocean..When he is seen riding on a white horse on stormy nights, the people cry out: "Donn is galloping in the clouds tonight".

Donn closely resembles a medieval Irish landlord rather than a god. He rules quite strictly but will aid his people when needed. He is also believed to fight against rival hosts in other counties, the winner carrying off the best potato crop for that year.

The Faery Queens and Kings are the old pagan gods and goddesses who have long been revered by the Irish. Most people believes that the Celtic gods of Ireland were wiped out long ago, and buried by the rule of Catholicism. But anyone who has been to the Emerald Isle, and listened to her many songs and folk tales, knows this is just not true. Faery is so close in Ireland, that you have to be very out of tune to miss it. This is especially true in the West of Ireland where the long arm of conquest did not extend, and the Old Ways are still preserved to some degree.





*Arthur Rackham*

## **Key # 9: Bridging the Faery and the Mundane Worlds**

### **Your Secret Garden in Faery**

Now we come to the Ninth Key.

Nine is the Number of the Moon, symbol of death and rebirth, cyclical change, fertility. Fertility is rooted in the processes of birth, decay, death, and then miraculous re-birth.

This the Primal Mystery of Faery, and why Faery, or Elphame, is called the Land of Eternal Youth, for all that dies sinks down into Faery where the Cauldron of Rebirth is held.

This Mystery is for you to think about and meditate upon...



## Meeting With the Faery King and Queen

How do we charge our work-a-day life with the magic of Faery?  
There are a few simple things you can do, and some deeper things.



**Your Faery Co-Walker and your Animal Power, or Familiar, are intimately bound to you.**

Know that they are with you at all times, and can be called upon for any reason. I have received help from my animal powers when I was faced with tough conflicts that I did not want to deal with out in the open.

For example, when I was working in England, in Camden Market, I had a problem with another trader who was disrespecting my Tarot clients and my space. I knew it would be useless to confront him because he was doing it deliberately, so I called my Faery Helpers around me, and worked with them on the Inner Planes to create boundaries, and give him a show of strength that he would pick up on intuitively. The way my Faery Allies chose to do this came as a complete surprise to me! I learned a lot about power animals through that, how protective they were of me, and how frightening they can be in defense mode. Remember these are spirits of the WILD and their energies are instinctual and unruly.

After three days of doing this work, the conflict diminished and this guy stopped trying to cause me problems. Shortly after that he moved to another part of the market. I didn't have to say a word...



### **Wrap your Faery Sanctuary Around You.**

To do this Create your Magical Circle around you in your mind. With enough practice you will be able to visualize it in a flash!

Go down the Inverse Tree and into Faery, or take the winding stair into the Underworld. You may have noticed the different qualities of the two routes -- they take you to very different parts of Faery. However you go into Faery, journey towards the low hills and enter the Faery Mound, or Sidhe Dwelling as it is called in the old language. Meet your Co-Walker there.

Your Co-Walker will take you down a corridor or path that moves to the right. At some point, you will enter a landscape. For me it is garden with golden tree at the start of a path that winds between banks of flowers and trees up to a castle on a green hill. Yours may be different. The point is to be open to what your inner Sanctuary looks like and feels like in Faery. It is different for everyone.

Spend some time getting to know this place. It is your very special place. It may be underwater, in a forest, it may be a temple, a castle, a hut in the woods, a grove, a meadow, a catacomb. Remember this place.

Now, when you feel the need for a re-charge of energy, peace, healing or solitude in the midst of chaos, go to this place in your mind. It is your Secret Garden.

Over time you may have several of these places. I go to mine when I want to write or do anything creative. I go into these places when I do Faery Healing. The point is to recognize that Faery is a real place. When you find it inside your self, you can enter it at will. Then when you walk in the woods, or anywhere in nature, you will be parallel to Faery. It is the fusion of tangible, real places with your fertile, and awakened, imagination that allows Faery to open out before you. This is not to say it is an “imaginary” place. It is just that it is entered through the curiosity and attentiveness of your creative imagination and your open heart.



### **3. Open Your Heart**

Our hearts are more than physical muscles that pump blood through out bodies. They are centers of feeling that radiate vortexes of love. The heart center has the power to reach through Veil and let us be seen in Faery. When the Faeries see us, they allow us to see them -- they show themselves. They know it is safe and proper to show themselves by the loving vibration that your open heart communicates to them.

### **4. Animals are our Faery Teachers.**

How do animals respond to you?

If you are in touch with Faery , you will find many creatures drawn to you like a magnet. People's pets, and even wild animals will have an affinity with you. Even if you have always attracted them, it will increase to a great degree. This s because animals are the beings who live at the edge, right on the threshold, where our world turns into Faery. They may even see your Faery CO-Walker. With that, the animals will know that you are in harmony with the creation as a whole rather than a mere self aggrandizing human who thinks he or she is all there is.



### **5. See Nature as the Veil Over the Face of the Goddess**

The Earth is our mother. Out of her we are born and to her we shall return at the end of our mortal days. Nature is her face and body. When you know this at the deepest levels, you know why it is in nature that we meet the Faeries.

Do you remember when, as a child, nature was a place of wonder? You could find all kinds of treasures in the woods like strange flowers, toads, birds, nests, streams, or, at the seaside, shells and stones.

As children, before consumerism gets to us, these simple things carry the power to enchant us. The animals are magical, the trees speak to us in the wind, the moon on the hills is mysterious and fills us with longing, the sun shining through the trees moves us to a into a dream. This is nature seen with the pure vision of the child.

Most people, when they get older, think that they were wrong as children -- just ignorant, immature, and gullible. In the *I-know-better* adult mind, nature is full of dead objects to be used and exploited. But the vision of the child is closer to the truth. It isn't that nature, and its magic, is a product of childish imaginings. It is rather that the adult has turned off

the power to see it. Nature is as she has always been -- the Goddess, the Creatrix, the Life Force and Ground of our very existence.

You may begin to notice certain features in the landscape that speak to you of Faery: Green mounds, and low hill, caves, little rushing streams, certain flowers, twilight, and dawn, etc. The quality of Faery is entrancing, and a bit disturbing. When you sense this energy out in nature, go very quietly, for it possible a vision may unfold, or you may hear fleeting music as the Otherworld opens out to greet you.

## **How to Open Your Heart**

Sit in meditation and still your mind

Put your left hand over your heart center

Focus all your attention on the heart center

Drawn energy from your solar plexus, or stomach, up to your heart like snake rising from its coil at the base of your spine.

Pull the energy into your heart center where it burns until a brilliant white light radiates out from your heart.

Then send the energy out of the top your head to 67 feet into the sky. This is the level of your Higher Self.

*Will* that all negativity to be cleared in Divine Light.

Gradually you will feel the heart center heat up and a sense of stability will come over you at the heart center.

Your heart is then open at a deep, metaphysical level. You will see the world around you change with this shift.

Please let me know your experiences with this. I can help you more if I know how it is going for you. This is a core exercise that was begun in Key #1 with Yoganidra.

With the heart properly open, you can then prepare to learn Faery Healing, and Shamanic journeying for healing purposes, as well as ensure safe travel in the darkest parts of the Otherworld.

So this is it for now. To get the best results it is wise to practice these meditations many, many times. They never get old and you are never finished working with them as long as you practice magic. The more you do them, the more contact you will have with the Faeries. Utter miracles can happen his work if you persist and stay open to new and strange experiences.



## **Bonus Key: How I Met Merlin in Faery and What Happened After That!**

### **HOW I MET MERLIN IN FAERY**

Here is the little Bonus I promised you.

It will show you how far you can take this work, and surprising spiritual developments that can happen.

Every full moon and new moon, for 9 years, through the 1990's, I held Moon Circles at my house in Seattle.

A few of us gathered regularly and occasionally others would come. For a long time it was a women's circle, a kind of Moon Lodge. I began having men come in towards the end when I felt a need for balance.

I suppose I was running my own coven though I never put that definition on it.

### **I Meet Merlin**

This is an entry in my Moon Circle Journal from 1995. This particular Circle involved an unexpected meeting with Merlin during which some amazing things happened.

In my way of working, I accept that it is actually Merlin that I am meeting in Faery. I am also aware that this is not an autonomous figure, but the Merlin in my mind. But I have found that when I frame a being like Merlin, or anyone I meet in Faery, as autonomous, as real, extraordinarily deep things happen because exploring with a Master at my side, makes my spirit more open and receptive to being shown things. It is important to grasp this.

When we do Faery magic long enough, and have enough contact with them, they, and our ancestors, “wake up” in our blood. With enough meditation and movement into high vibrational altered states, the chemistry of your blood changes. With it, racial memory comes back, hereditary knowledge held in the DNA and cells of your body can pring to life and consciousness. For me this ancestral information clothed itself as the Tuatha De Danaan and the figures of Arthurian Legend and the Grail Mythos of my childhood. That may have been because these stories were my first literary exposure to Faery as a real place existing between the worlds mixed with my French heritage.



## **Moon Journal Entry**

This journey will also show you that getting beyond stereotypes of these beings will increase your experience of spiritual realities that you would never have thought possible.

**June, 1995**

**New Moon**

### **Powerful Circle**

We did the Tree of Life meditation in a new way.

We went up the planes and then down into the Earth, then back up again to end at the heart center. Then the circuit became a very strong current going from person to person around the circle, and there, because of this heart connection, there was a lot of synchronicity in the journeys.



### **Journey:**

I am in the boat, but can't go west over the sea. A great Light Being is in the boat with me. The boat begins to spin. I realize this is because my attention must be directed towards the center where all night long, I had felt drawn to the image of a doorway and the intense face of Merlin on the other side. I go through the door and come into an enclosed garden with very high walls. There are doors in the walls at each of the four directions.

Merlin is seated on a bench under an apple tree , obviously waiting for me. he is so powerful that I grow anxious and feel very small. I sit beside him and there is telepathic communication between us that I experience as waves of intense energy.

We are seated at the edge of a high cliff. I see an eagle, and it takes a while to realize we are shape shifting into eagles. We fly up and come to a hilly clearing in the woods. In the middle of the clearing is a wellspring attended by three priestesses. I climb the hill to the well and look back. Merlin is waiting for me down below, silhouetted in an aura of radiant golden light. He is powerful, mysterious, beautiful. He instructs me to dive into the well.

I am afraid, but still I dive deep under the water. Guided to go deeper, I come to the floor of the well where I find a sword with a large emerald in its hilt. I am guided to pick it up. I grasp it and swim up to the surface and come out of the water at the side of a lake. Merlin is there and I lay the sword at his feet.

He picks up the sword, points it up into the air, and begins rising into the sky. I grab his feet and ascend with him. We come to a kind of temple. It is eight-sided with an obsidian cubical in the center with an ornate brass lamp hanging over it. The floor is made of black and white squares. It is airy and spacious here but very still. I take the sword and am guided to place it upon the altar. As I do this, I feel anxious and confused. Merlin conveys to me that I have just done something very important.

We leave down a long stairway. Outside, everything is fresh and green. Another temple is visible at the end of a long avenue of trees. We go down this avenue, and come back to the well. We become eagles again and fly to the apple trees and the courtyard at the center of which is another well. Merlin hands me a gold coin which I throw into the well. He faces me and communes with me intensely. I realize we are far from finished with each other. All this while, my body was in pain also.



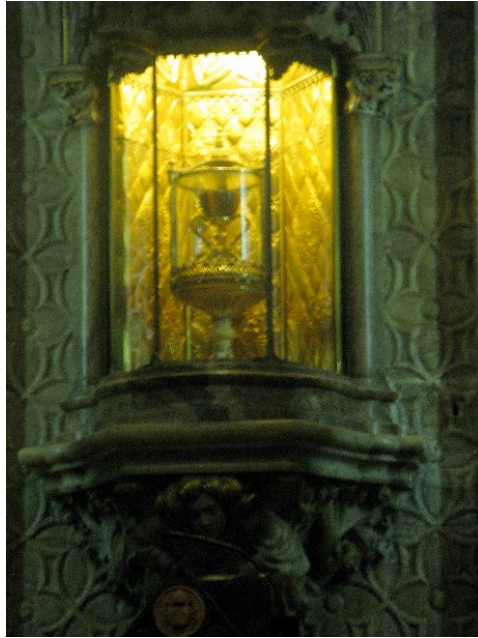
## Circle of Wizards

A fortnight later, I had a profound meditation.

A door opens and a very distinguished Englishman says, "Oh, it's our new member." I think it is Gareth Knight because of his longish silvery hair.

I am in a cozy, classic English drawing room, or library. I know I am in England. Chairs are arranged in a circle on a Persian carpet. I notice a young Scotsman sitting across from me. He seems new too. Then I notice shadowy figures in the chairs. It is a large group. I see Bob Stewart glimmer in, then Merlin. The distinguished looking Englishman presides.

He teaches us how the Holy Grail and the Tree of Life revolve 3 dimensionally from the Celestial Worlds to the Underworld. That the symbol of the descending dove is really an energy glyph of the Tree going down into the Grail. Or a glyph of the ethereal Grail going down into a larger Grail vessel. There are trees inside of trees, Grails within Grails. All of this information comes in visions, moving and showing us how it works.



**Tree of Life and Holy Grail are ONE.**

## **What is the Winterspells School of Faery Witchcraft?**

I have received inquiries about this course recently that lead me to believe I must clarify where I am coming from as far as this magical training is concerned. To start I will explain how and why I started the blog and then go to tell how it evolved into the Winterspells School of Faery Witchcraft.

In the global environment of the web, there are many different versions of magic and witchcraft, couched in many cultural contexts and traditions. Because of all of this information, I have been made aware that my Euro-American, Native American perspective, grown out of the 1960's and 1970's era of social change, is not as obvious to others as it is to me.

### **What is the purpose of Winterspells?**

I began this blog as a potential platform for my magically inspired fiction: dark fantasy, ghost stories, occult thrillers, weird history, and paranormal tales. As many of my fictional ideas and images are harvested from my life experience, it seemed logical to tell



some true stories on a blog and, since I want to get my fiction published, I chose to keep that off-line.

In writing content to the initial version of this blog, I began peeling back layers of memories and found that the important events in my life share an underlying theme of occult study and magic, and sometimes ordinary events perceived in non-ordinary ways. I am a symbolist and tend to mythologize events in order to make them meaningful, or to cope with the difficult stuff. In trying to understand why this is so, I came to the conclusion, quite a while ago now, that my unusual abilities (I have been seeing spirits since early childhood, raised kundalini the first time I sat meditation, left my body easily to go 'out and about' in the night, and entered and exited Faery at will) fired my imagination, driving me, by an overwhelming need, to ground my visions and insights into the various mediums of art.

**It is the Shaman's, or Faery Seer's, duty to enter the Otherworld and bring back treasure...**

As the years passed, I naturally developed my own Magical Path. I look forward to completing my Life Story/ Magical Timeline, on this blog so I can see the overall pattern. This may or may not be instructive to readers, but I hope it is at least interesting.



*Richard Dadd*



## What the Winterspells Magical Path Is:

### \* Earth Based Magic

combined with

### \*Artistic Expression

My first love is nature, my second love, the arts.

Configurations of the landscape, an arrangement of trees or rocks, open and closed spaces in the woods, seaside at dusk and dawn, mountain passes, places with histories of ritual, healing, or horror, act as doorways into the Unseen.

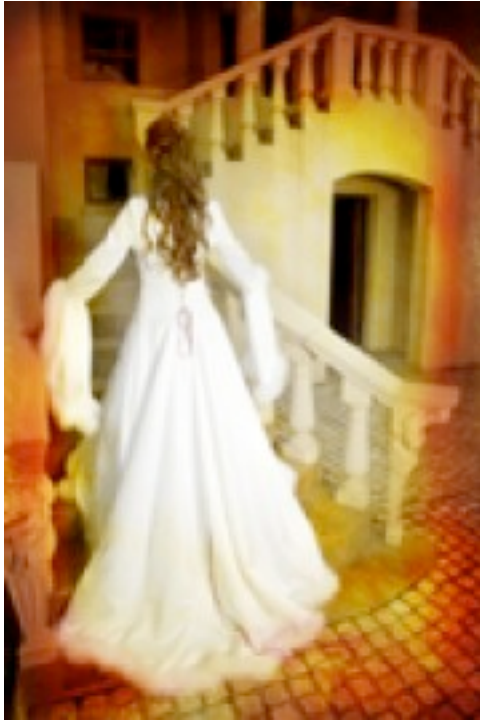
The beauty, mystery, and transformational power of the natural world comes first.

The occult idea the natural world is a '*veil over the face of the Goddess*' woven with mountains, seas and forests, fueled an intense desire to see behind that veil into the pristine, Edenic, dream of the Creator.

In attempting to do this, I have learned and developed techniques along the way that enable me to enter and explore parallel dimensions very close to mundane reality.

I especially hold keys into the Realm of Faery.

Why Faery? Because the Faeryland is, where the greatest beauty, poetry, art, inspiration, music, dance, sensuality, stories, forgotten worlds, mysteries, and power begin. It is creative womb of the Goddess.



### **Winterspells Faery Witchcraft is in the Romantic Tradition.**

You can see that my path is Romantic by the images I consistently choose, such as the mysterious *la Chateau Reine Blanche*, or *Castle of the White Queen* shown on the cover of this book.

In medieval times, widows wore white, thus the White Queen was in mourning. Ghostlike, yet not a ghost, the White Queen walks alone with one foot in the outer world and one in Faery.

In the photograph of the Castle of the White Queen, there is a mist over the lake that obscures the view, as if we are looking through a veil. In the old folk tales, one must always cross water to enter the Otherworld. The land of the dead is inferred in this equation, but not in a chaotic, nihilistic way, rather as the twilight place between the living and the dead that vibrates with a very special kind of light.

I am steeped in the literary Romances of King Arthur and the Grail Quest. The Celtic Twilight of Yeats, Fiona Macleod, Bards, Ovates and Druids, Irish music, Scots border ballads, Elizabethan folk music, all inform my imagination. Especially resonant are Shakespeare's plays, the life of Queen Elizabeth I, John Dee and Edward Kelly, whatever number King James and his *Demonologia*. The witches of 17th century Scotland shown in crude woodcuts of the period, so like the brooding atmosphere of my native Massachusetts, deeply inspire me. And of course fairy tale images haunt me still...



This magical life is Romantic in the *old* sense of the word -- full of drama, dark and light, a search for the soul in all its shades and colors, a quest for adventure, opulence, even extravagance, courage, strong emotions, and sacrifices for the sake of love and art.

### **What Lies Behind the Veil of Nature**

Winterspells Faery Witchcraft, is a way of life that focuses on beauty and the seeking of spiritual treasures. It follows a path between the worlds.

**This way is heart centered, for the heart center in our bodies is the energetic link between us and the whole of nature, the Faery, and the stars from which we come. We are all stars; everything on earth is composed of congealed light. The light vibrates, sings, moves in waves, and flows through everything that lives through the heart center. When we are in alignment with this energy, magic happens.**

I avoid dark paths that deny love and seek to use power as a weapon. This is not out of self righteous judgment, or some hypocritical pretense to be 'good'. I love dark symbols, dark literature, dark gods, the Dark Ages. Rather, it is because the light shines in the dark. And because in the dark is mystery, discovery, moonlight, starlight, quietness; darkness is the atmosphere that leads to inner reflections and dreams. In order to be mature, we must see into our dark places and release forces into consciousness that may have been exiled there out of ignorance and social pressure, but are still very important parts of our psyches.

I think it was Dion Fortune who said something along the lines of, "Be careful exorcizing your demons or may cut off the best part of you."



## **What Winterseplls Faery Magic is Not:**

**\* Manipulative**

**\* Destructive**

**\* Ugly**

I have had many experiences of the dark side. Many of these were painful. I don't seek pain; I hate it! If it seeks me then there is because of an imbalance I need to know about, or some part of me needs to grow -- or even to be removed. By the same token to use

magic to inflict pain on another because they wound our vanity has no purpose except to return the wound. Since many relationships are fraught with projections and misunderstandings, a magical attack may be against the wrong person, or retaliation for our problems against those we perceive as being better off than we are. We may want to impose ourselves on others, to pass our pain around, or buttress our need for control. This kind of attack thus uses uncreative, destructive, dead energy. In my opinion, since magic involves wonder at the beauty of creation, it is not magic at all.

## **Misuse of power literally slams the doors on the dimensions where real magic is worked.**

Dark Magic, magic for manipulation, for power over others, will always fail. Why? because the organ of connection to the ground of being where magic can be worked can only be approached through love. Negative, ego-minded, ugly motives may open doors into the Unseen, but the places they access are dead ends that will ultimately turn on the magician. 'Power- Over Magic' always backfires. Our myths, and even our popular fiction, are full of stories about malign magicians getting something worse than they bargained for.

Here is an example: Animals are highly in tune with Faery, very much in *twilight mind*. Being so open and heart centered, animals will always respond in a trusting, friendly way to people who are the same. If you are hostile, mean, potentially violent, even if your energy field is merely darkened by spiritual pollution, animals will give you a wide berth -- especially cats. When your energy field radiates love, kindness, and clarity even wild animals will approach you.

I have always gotten along with animals, especially cats who are particularly psychic. When I lived in London, I was subjected to constant, vicious psychic attack spurred by the vanity and envy of another Tarot reader in Camden Market. My aura was constantly being torn at by spirits that, in the process of trying get into my soul, inflicted literal physical pain on me. Sometimes the negative vibrations that evil witch sent my way would get into my energy fields, and turn my aura very dark indeed. I was often stressed out and emotionally unbalanced by the draining toxic vibrations of her vindictive sorcery.

During that time, animals ran away when they saw me coming. This was very upsetting, not only because I missed my contact with the animals, but it was also a strong sign that I was in worse shape than I ever dreamed. The evil coursing through my aura on those dark tides was noticed by the neighborhood cats! Of course, once I saw this, and got some help, ( another wild story) I regained my good reputation among my furry friends.



I am sure the woman who cast those horrid spells got a nice blow back --simply because energy must return to its own level! The clean dimensions cannot accept it. There is no resonance. Negative energy is polluting and must find its way back to its source. Not only that, but the negative magic she sent out was carried on the strength of *her* emotions -- her spells were such an intimate part of who she is that they must snap back like a rubber band.

**Sooner or later, everything goes back to its creator. It is not a matter of tit for tat. It is the Law of Nature.**

It is the heart that speaks to trees, to stones, to hills, and wild creatures; it is the heart that calls forth the Other, and the heart that opens the twilight vision, the second sight, the third eye. The heart responds to beauty, Silence is the medium through which the ancient voices of Earth will speak to us. Silence, and listening to the soundlessness as we gaze into the Unseen. The shift in awareness that happens in the silent core of the heart, erases all ego striving, quiets the mind, ends discussion. One walks into the Otherworld as one walks into the sea, sensing the change in temperature, the currents moving against the the body, the play of light on the mirror-like surface of the waves. If your heart is open, and respectfulness is your frame of mind, deeper doors may open to you. You are allowed in because you cause no harm, you are allowed because you bring love and beauty. The Faery are always curious about the vibration of love, drawn to beauty, and anxious to participate with us on that level.

**Winterspells Faery Witchcraft is Life Affirming.**

Body and Spirit are One, God/Goddess are One, it is all One energy. We don't have to go anywhere -- to another planet, or a star system, or space ship, or leave our bodies, or strive toward any other condition that denies life.

**We are already in the star system! We are made of starlight, and the Earth floats in a universe of stars.**

Below is a small lesson in magical perception. Even if you already know this one, it is fun to be reminded.



## **Apple of the Goddess**

Take an apple.

Cut it crosswise in half

Pull it apart

inside, see the star

A five pointed star

made with seeds.

A pentagram inside an apple made by the Goddess and opened by Eve who desired knowledge of Earth.

The stars are in the Earth

The Earth is a star

All creatures, stones, trees, oceans, mountains, clouds are stars.

Reach into the starry matrix with your mind

Touch the currents of energy

Hear the ethereal music of the spheres

You do not have to strive, deny yourself, attain, or ascend

You are already there.



Would you like to discuss your experiences with me and others who took the course?

Click the link below for details on a FREE TELESEMINAR

To share and ask questions!

<http://www.winterspells.com/school/free-teleseminar/>

Visit the home of the Winterspells School Faery Witchcraft

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## Winterspells: A magical life in Faery Witchcraft

Come here for blogs about Magic, Faery Witchcraft, interviews with famous occultists and sympathizers, and my strange paranormal life experiences. Packed with insights into the symbols that permeate the magical worlds and their expression in the arts, and in our lives.

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