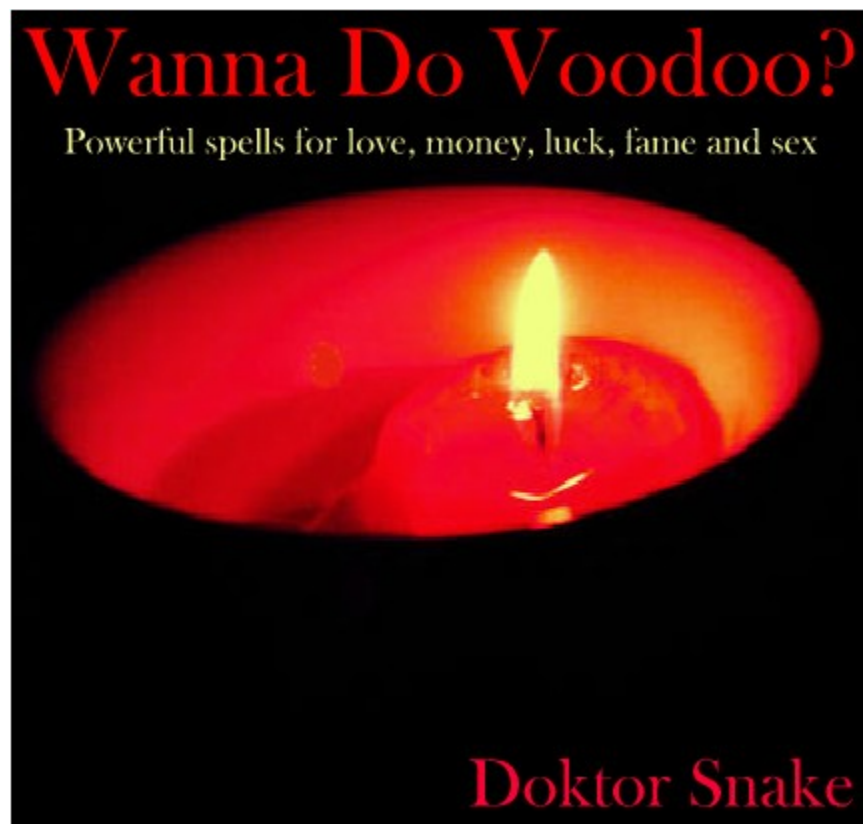


Wanna Do Voodoo?

**Powerful spells for love, money,
luck, fame and sex**

By Doktor Snake



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Introduction

Greetings! And welcome to *Wanna Do Voodoo?* – a hard-hitting electronic book about using Voodoo magic to get what you want in life. Maybe you need to solve a relationship or love problem? Get a fast injection of cash? Or resolve a work issue? All these and more are covered, along with my usual dash of humor and wild (but true) stories.



Also included are hidden wisdom tales; legends from the dark side of the brain. Like all my work, a sub-text underpins the main text (which you have to pull out and decipher). The thing to remember is nothing is as it seems with the Snakeman and the truth lies where you least expect it. But more on that in a moment.

Right now, let's get one thing straight: Voodoo folk magic is not for the fainthearted. Voodoo sorcerers do not mess about. If they need to change something in life – such as attract good luck, draw money, love, or sex – they crank up the action and make a date with fate.

What's more, they never lie back and let things happen to them. If things go wrong or someone tries to cause them harm, they take command and seek to gain the higher ground. That way, they can see the bigger picture and gain the advantage.

This can sometimes be a deadly strategy. In fact, it might turn out to be their last stand on the battlefield of life. But like the Special Forces soldier, or Ranger, they do not waver. They meet destiny head on. All guns blazing and with a fierce, wild light in their eyes – the light of the hunter-warrior.

There's no two ways about it: If you are going to lead a fulfilled life you need to become a hunter-warrior. You need to treat each moment like it could be your last. The Japanese Samurai warriors did that. They knew death stalked them. So rather than fold up and cower, they gave their all to everything they did. They had true focus.

It's the same for the hunter. When stalking his prey, he has to move silently and become one with the woods. He has to just be. There is no other choice: The game is kill or be killed. So the hunter loses his self, his I, and melds with his environment and with life itself. The fierce animal light shining in his eyes.

The Voodoo sorcerer must seek to do the same. The secret of achieving this is in this e-book and in my *Voodoo Spellbook* (St Martin's Press). But the secret is NOT obvious. Why? Because if I spelled it out, put it on a plate, you would not value it. You would say, "Oh, that's easy, I can do that..." And you'd miss the point entirely. So I'll be making you work to discover the secret wisdom hidden within – because that's the only way to learn.

In the meantime, the outer level of *Wanna Do Voodoo?* will help you:

- Get extra money when you need it
- Warn an enemy off (a shot across the bows can make all the difference if someone is crazing you)
- Bring back a lost lover
- Pump up your luck and attract beneficial forces
- Get a hot date every night of the week
- Deal (in)humanely with a troublesome neighbor
- Get a hold on the future and know about events before they happen
- Jinx the penis of a straying man
- And much, much more...

Wanna Do Voodoo? is a wild ride. It's for spiritual outlaws and

rebels who live on the edge and aren't afraid to use sorcery to make changes in themselves and in the world around them.

Doktor Snake
Eastside of Paradise

Chapter One

Collecting the Cash

We all need cash to survive. It's integral to getting our food, water, shelter, and clothing. Assuming we are not trained to live out in the wilds, cash keeps us alive at a basic level. Beyond that, it's icing on the cake. We can use it to get luxury items – CDs, flash cars and houses, decent haircuts, designer clothes, and so on.

So it's no good being bashful about getting money. Apart from health, it is the essential ingredient of staying alive in the modern world.

That said, let's crank up a Voodoo spell to attract all the filthy lucre you need. The best method is to use a doll. You can either make one or buy one.

Making one is easy. But it takes an hour or so (a lot less if you're good at sewing). You just cut out a couple of pieces of cloth in the shape of a person, sew them together, and stuff them with material or cotton wool. But remember not to sew the doll up completely, as you will be stuffing ritual items inside it.

Once you've got a doll, you set up your Voodoo altar (see Appendix

One at the end of this e-book). Then burn some Money Drawing Incense and pass the Voodoo Doll through the smoke to consecrate it.

Anoint a green candle with Money Oil and place it on a white saucer and light it. Using Dragon's Blood or Dove's Blood Ink, write out your request for money on a piece of parchment paper (your request could read along the lines of: "Spirits, bring me money to meet my needs").

Now put some coins inside the doll, along with a whole John the Conqueror root. Then sprinkle the doll with Money Drawing Powder and anoint it with Bayberry Oil.

As you do this, recite the following incantation...

"Money doll, money doll,
Bring me riches, bring me gold,
Money doll, money doll,
Stuff my bank full of cash."

Once the spell is cast, put the doll where you can always see it, and don't let anyone touch it. Every seven days, place one or two coins in front of the doll to feed it and rekindle its taste for money.

I used to do this all the time back in the late 1980s and early 1990s. I was playing in bands. The lifestyle was precarious and money was in short supply. The spell didn't make me a fortune. But money seemed to appear when I most needed it.

Cash Collector Spell

Alternatively, you might like to fire up my Cash Collector Spell. It's a real life-saver if your business is in trouble or cash just seems to be slipping from your grasp. It was taught to me by my Voodoo mentor Earl Marlowe, the Trinidadian conjure man and singer I played in a band with during the 1980s. It can be used to good effect in all

circumstances where money is required.

You will need the following ingredients:

- 1 teaspoon of Frankincense
- 2/3 teaspoon of Clove Powder
- 2/3 teaspoon of Bayberry Root Chips. (These can also be sprinkled on the money in your wallet to attract more money).
- 1/2 teaspoon of Cinnamon Powder
- A pinch of Saltpeter
- A pinch of Money Powder

Once you have got your ingredients, set up your altar (see Appendix One), burn some Money Drawing incense, and light a green candle. Blend all the ingredients thoroughly and place them in a green flannel mojo bag, which traditionally is a small charm bag, with a white drawstring, that can either be made at home or obtained from a spiritual supply store. Sew the top tightly shut and then sprinkle the bag with 9 drops of Money Oil (a green, perfumed oil).

Attach a string or cord to the charm and wear it around your neck, or carry it in a purse or pocket, at all times.

To further aid you in finding money, blend the same amount of the above mixture and place it on a plain white saucer. Burn half of it each morning on rising, and half each night before going to bed. This creates favorable money vibrations throughout your place of residence.

High John Money Charm

Another good money spell is even easier to perform. It's called the High John Money Charm. All you'll need is:

- High John the Conqueror Root
- High John the Conqueror Candle

First, wrap a dollar bill (or currency of your choice) around one piece of High John the Conqueror Root. Fasten it with a rubber band or string so it won't come off. Put it in your purse or in a pocket and carry it around with you all the time. Never leave the house without it.

Second, burn a High John the Conqueror Candle each day to boost the power of this spell. It will help align the universal forces to smile on your monetary needs. Stare at the flickering flame for five or ten minutes a day (remembering to put it out when you're done). While you do so visualize yourself rich, with money coming in from many avenues. Imagine yourself collecting the mail in the morning and sifting through thirty or more payment checks made out to you. While you do this, roll a small piece of High John the Conqueror Root around in your hands.

Cultivate the hunter gatherer instinct

We all need cash to survive. Long ago, when we were hunter gatherers we had to hunt for meat and gather fruit and nuts to live. It's no different now. It's just that most of us "hunt" for money in order to survive. Thinking of it in these terms is very helpful. It reframes the whole idea of making money. Deep down, many people have some degree of guilt about making money and they often don't achieve success in their chosen line of business.

Comparing it to hunting makes all the difference. It takes away the guilt and allows your subconscious mind to work for you – on a survival level. You no longer harbor any guilt. Each day is seen as a fight for survival. And you give it all you've got.

Chapter Two

Warning an Enemy Off

If someone is causing you a serious degree of grief and you want to warn them off, then the following Voodoo doll spell should do the trick.

Set up your altar (see Appendix One) and light a couple of black candles, dressed with Go Away oil. Get Away incense could also be burned. Now place a Voodoo doll on your altar and slowly push three pins into its head. As you do so say something like:

"Pins of pain bring (name)
an ache in the head,
make him/her regret all
they've said and done."

Now put the doll in a sealed container and bury it in the ground for three days. Then unearth it and take the doll to your enemy. Show it to them and explain that they've got a choice:

They either stop causing you grief and you will remove the curse (by ritually removing the pins from the doll). Or else they opt to continue causing you grief, in which case you will leave the curse intact, and their pains will get worse and worse.

When confronted in this way, most troublesome people are reduced to gibbering skunk dogs, begging for mercy.

One thing, though: I see cursing as the easy way. In many ways it's far better to confront people directly with the strength of your character. Cursing is often the coward's way. And I really don't

recommend it. But it is part of Voodoo and Hoodoo lore and the above spell is based on old remedies.

By far the best policy is to avoid people who have the potential to cause you problems. The secret in life is to look at people and situations objectively. And assess whether they are beneficial to the enjoyment of your life. If they aren't, drop them. Do that, and you don't ever have to worry about cursing people.

Chapter Three

Voodoo Zen

You need to go into a self-hypnotic trance to do spells. If you don't, they're very unlikely to work. Going into trance is also a great way to relax and leave the "everyday" world behind for a while.

Those of you who have read my *Voodoo Spellbook* (see Appendix Two for details) will know that my Voodoo mentor was the late Earl Marlowe, a Trinidadian conjure man and musician. He taught me everything he knew about Voodoo sorcery. In many ways, he was a kind of Zen master. Yes, he knew all about practical magic – i.e. using sorcery to attain material things. But I often used to think that this was really a ruse. That he had a deeper wisdom. Looking back, I realize this was true. He was toying with me on many occasions. Teaching me with allegory and metaphor. Many of the things he did were not what they seemed – especially the practical magic.

One time he told me he knew the Russian philosopher and mystic G.I. Gurdjieff, who allegedly had been schooled by mystics in a Sufi monastery during the early 20th century. The more I look into it, the more I see that Earl Marlowe must have been a pupil of Gurdjieff. So many things point to that. One thing is for sure, Earl brought a very unusual slant to the Gurdjieff "Fourth Way" school of enlightenment.

Gurdjieff was a master of trance and hypnosis. It is said he used a non-verbal form of hypnosis, based on music. This apparently had its origins in the East. But had long been forgotten. Gurdjieff may have picked it up during his time in the Sufi Monastery.

Earl disclosed a hypnotic technique, which was also based on music. He once used it to put me into trance. I've never been so terrified in my life. I was quickly thrown into a waking dream, as real as any you fall into while asleep. More so, in many ways. He hinted that he had been taught this technique by a "great master." This could have been Gurdjieff.

Crystal Dreaming

When Earl and I had had enough of the frantic nature of the music business, we would jump on a London underground train and ride out to a large park on the outskirts of London – our quiet haven.

On one of the occasions we did this, he told me that trance was essential to the art of conjure. He believed you need to leave western rationalism behind and enter a world view that accepts the validity of spirits and other supernatural phenomena. And that the best way to do this is to enter trance.

"Trance is part of everyday life," explained Earl. "People fall into it all the time. Look at people on the underground or subway. Their eyes are glazed. They've gone into trance to avoid the embarrassment of looking at the people sitting opposite them. They're in their own private fantasy world. And let me tell you, it's as deep a trance as any hypnotist can put you into."

But why do you need to go into trance to do sorcery? I asked.

"Well, magic is an art, not a science," he replied. "It's not logical. So you need to gear down your conscious, everyday awareness – your ego-self – and let your unconscious mind come to the fore."

Earl said that the unconscious aspect of ourselves knows no limitations. It believes in magic. Whereas everyday awareness has

doubts. Trance brings you into contact with your unconscious. And, in turn, your unconscious can bring you into contact with the spirits.

"And that is when you really get things done," said Earl, with a wink.

Earl always carried a doctor's medical bag, stuffed full of herbs and powders and other paraphernalia associated with Hoodoo and Voodoo. Out of it he took a large uncut quartz crystal and held it in front of my eyes. It twinkled in the late summer sunlight.

"Look into the crystal," whispered Earl. "See it glisten, see the clouds reflected in it, and see your own eyes reflected in it..."

He then instructed me to keep my gaze fixed on the crystal, but to focus my attention on the sounds around me. I could hear the bird song, the gentle hum of the millions of insects which surrounded us, and I heard the occasional dog bark in the distance.

He then told me to focus my attention on my body – on what I could feel. My kinesthetic experience. I felt the warmth of my hands as they rested on my thighs and I could feel gentle breeze on my cheek. I also had a peculiar feeling of anticipation that seemed to course up and down my spine.

As I bathed in the sensations of my senses I began to feel more and more drowsy. And soon I was totally entranced. The only thing I was aware of was that the world around me had taken on a golden glow. All the trees and shrubs seemed more alive, more animated, and were emitting a majestic light. The clouds above shone golden and all around me were tiny specs of light that danced like fireflies. Nature was alive.

In a moment, I'll give you a very powerful technique for entering trance. But first, you might like to try sitting somewhere quiet and placing your attention on your primary senses – sight, hearing, and

touch.

Simply let yourself ... drift ... slowly and gently ... into a deep trance ... letting all the cares and worries of the day drift away ... feeling a warm glow all over your body ... and see in your mind's eye a golden light that bathes you in relaxation and sheer physical pleasure ... as you drift ... ever deeper ... into trance ...

To come out of this mild trance, just count: 3, 2, 1 – Awake! You can count out loud or inwardly. The count really just tells your unconscious mind that it is time to spring back into action.

Chapter Four

Power Trance

Now let's look at one of the most powerful methods of entering trance. It was taught to me by one of the world's leading hypnotherapists, who I came across by chance during my travels some years ago.

In truth, hypnosis is one of the keys to understanding magic and mysticism. Hypnosis is clearly a fluid science. But study of the subject will bring ample reward if you are interested in the occult, magic, and religions like Voodoo. You get a very good appreciation of what the human mind is capable of. You also get stark examples of how it can deceive itself.

The following method is one of the cleanest and most straightforward ways of entering deep trance. You communicate with your unconscious mind using a set of involuntary signals. The unconscious mind is the powerhouse that lies within. Get in contact with it and many things can be achieved.

Here's what you do:

1. Sit down comfortably. Relax.
2. Either out loud or inwardly ask your unconscious mind to give you a signal that you are in contact with it. Make it clear that the signal should be something your conscious mind cannot easily do. For example, it's no good asking your unconscious to raise your right arm because your conscious mind is in equal control of that function. It needs to be something like a muscular movement or spasm in

your back. Once you actually notice a signal, you say to your unconscious that you're going to verify it by seeing if your conscious mind can replicate the signal. So if you felt a spasm in your back, you would try and induce that feeling using conscious effort. If you can't, you can be reasonably sure that you made genuine contact with your unconscious. If you can replicate the signal with your conscious mind, then you will have to go through the whole process again, until the signal can't be replicated. You need to be patient. This method works. But it can take a long time for any signal to appear. For some people, it is a matter of days, for others weeks or even longer. But it is a far faster and more effective method of learning how to enter trance than the traditional methods of self-hypnosis.

3. Once you've got the signal system in place, you can ask your unconscious if it can put you into a very deep trance and wake you up in 20 minutes time. This is quite incredible – and a true adventure of the psyche.

When you've mastered this method of going into trance, what you ask your unconscious to do is up to you. You could ask it to take you into another land, or dimension, and it would be like a vivid dream.

On a more practical level, you can use your ability to break bad habits like smoking, improve your memory, get over phobias, and much more. You can also use it in acts of sorcery.

One last note: Even if you feel you are not able to enter deep trance, this method is still very valuable. Not everyone can reach deep levels of trance. Mild is good enough. The key thing here is actually talking to your unconscious mind – whether out loud or inwardly. Simply acknowledging its presence is a very powerful act. Some people might call the unconscious mind a holy guardian angel, spirit or familiar, higher self, or deity.

One thing is certain, the lines between what we in the west call hypnosis, and what indigenous people call Shamanism, are blurred. They are two aspects of the same thing.

Chapter Five

Spell Tapes

One of my favorite methods of performing sorcery in a light trance involves creating spell tapes, which I write and record myself. This method has brought me some amazing results.

You might like to try it too. This is how it works:

1. First off, set your intention. Do you need money? If so, decide whether it would come in the form of a pay rise, a successful business venture, or a lotto win*.
2. Now write up a detailed script or story describing getting the money and the events leading up to it. Write it in the PAST TENSE – as though it has already happened, as though you've already got the money, or whatever it is you need. This is important. Why? Because it sends out a very powerful message both to your unconscious mind (the powerhouse within) and to the universe itself.
3. Once you've got a workable script, with lots of description and atmosphere, read it on to a tape. But be careful not to read it too fast. Remember you'll be listening to it in a meditative trance. So let the narrative unfold slowly.
4. When you're happy with the tape, simply lie down, go into a light trance, and play the tape back. For best results, choose a convenient

* Using sorcery for a big lottery win is unrealistic. But going for a small win to rid yourself of nagging debts can be worthwhile. Saying that, let's not rule out big lottery wins. After all, if we're truly honest, who the hell wants to work for a living?

time of day or night, and listen to your spell tape at that time everyday for three, seven, or nine days.

This is a very easy and effective method of performing sorcery. Even better, it cuts out the need for ritual and paraphernalia. Which means you can do it anywhere. I used it a lot when I was traveling from hotel to hotel during my days playing in bands.

Come to think of it, if you're a musician you can add an atmospheric soundtrack to your tape. If you're not, you might be able to add some drumming. Most people can tap out a reasonable rhythm with a little practice.

Chapter Six

Bad Neighbor Napalm

Every so often I get people asking me for advice on dealing with bad neighbors. Just about all of them are being subjected to loud music played at all hours of the night and to people returning home late shouting and fighting.

When the victims complain, they receive verbal abuse from their bad neighbors. Some are even threatened with violence.

Situations like this are terrible. Especially for the vulnerable, such as older people or disabled. But even a fit and confident young man or woman can be vulnerable if their bad neighbors have lots of big drunken or drug-addled friends.

There's no doubt about it. Anti-social neighbors need dealing with and deserve all they get. So here's a spell that can be used to good effect to get rid of bad neighbors. Back in the mid 1990s I was plagued by an inconsiderate neighbor and hit them with this colorful hexing formula.

Bad Neighbor Blaster

Take a small piece of parchment paper and write your neighbor's name on it nine times using Dove's Blood Ink. Light a black Double Action Reverse Candle, and mix the following ingredients:

- 1 teaspoon of Snake Root Powder.

- 9 pieces of hair or some fingernail clippings from your bad neighbor, or any other personal item you can get without them knowing.
- 2 teaspoons of Graveyard Dirt (also called "Goofer Dust").
- 1 teaspoon of Poke Root Powder.

Blow the candle out after it has burned for one hour. Then place it in a saucepan and melt the wax down. Add the above ingredients to the hot wax and then put in the parchment paper.

Allow to cool slightly. Then thoroughly knead the black wax and other items into the shape of a ball.

Set this aside in a cool dark place to harden. When it is hard, go to a river or creek and throw the ball in over your left shoulder. Walk slowly away without glancing back.

This charm will make your neighbor depressed and miserable and they'll move far away from you. It worked for me back in the 1990s.

One word of warning

Only use this spell if your neighbor is truly anti-social. Use mediation first. Think of the current problems between Israel and Palestine. They need to talk. And so does anyone who has a bad neighbor problem. But if talking doesn't work, kick ass and take names!

Chapter Seven

Bad Neighbor Nuker

Spells are one thing. But there are more direct ways to deal with bad neighbors – violence being one. Which, incidentally, I don't recommend unless you have great physical fitness and know how to look after yourself in physical combat. And, even then, you have to take care you don't land yourself in hot water with the law.

Voodoo is probably the best way to deal with bad neighbors. You're less likely to get comeback.

But being an inveterate storyteller, I can't resist telling you about my friend from the special forces, who I'll call Jack (like all special forces people, he keeps his real name secret to protect himself and his family).

Jack lives in the heart of the UK countryside. A few years back some truly terrible neighbors moved in. They played loud music at all hours and spent much of their time shouting and screaming at each other and revving up junker cars. There was a man and wife and four big bruiser sons in their mid-twenties. Plus various members of their family visited daily, adding to the noise and disruption.

They were all very arrogant and basically would menace Jack when he complained. To them, he didn't look to be any kind of a threat. In his forties. Fit-looking, yes. But not exactly Mr Bodybuilder (though the truth is, he is easily capable of taking down a seasoned weight lifter in seconds).

In short, they were bullies.

What they hadn't bargained for was the fact that Jack is an ex SAS operative. He's very fit, strong, and intelligent. He also has the five second fight philosophy – i.e. If confronted with an enemy, don't say a word, just attack with extreme prejudice. Finish it in five seconds.

Anyway, Jack decided to be reasonable and gave his bad neighbors three chances to clean up their act. When they didn't, he took action against them.

Through the Roof

One night at 3:00 am (when his neighbors had gone quiet and presumably gone to bed) he got up and put on dark military-style clothing: Balaclava, black sweatshirt, and blacked up his face. He then climbed up on to his neighbor's roof. Loosened some tiles and carefully removed them. Then climbed into the loft of their house.

He'd previously worked out where the parents' bedroom would be. So he took a deep breath, then leapt between the beams and crashed straight through their ceiling and landed on their bed – interrupting a moment of passion.

So there was Jack standing on the bed, blacked up and terrifying, while the couple were frozen in the act of love.

Jack growled, "Sorry to interrupt, but you and your family are going to move out by tomorrow!"

He then pulled the man off his wife, jammed his fist into his throat to disable him, then grasped his (by now very flaccid) penis and twisted it violently.

It was said the howls of pain and terror could be heard in the next village.

Fast and Furious Assault

Within seconds, the four burly sons burst in to see what was happening. Their mouths dropped open; they were dumbfounded at the sight of their father having his penis twisted. But that was their downfall. Jack took the few moments of confusion to mount a fast and furious assault on them – a five second fight. One precisely targeted punch on each son put them all out of action, and left them groaning on the floor.

Jack then said "toodle-oo" and let himself out by the front door.

What he did so terrified the bad neighbors that within hours they abandoned their home and moved in with relatives a few hundred miles away. Their home was later sold and some considerate people moved in.

It wasn't Voodoo or magic (Jack's got no interest in either). But it did involve highly unconventional (and extreme) physical and psychological threat.

The psychological side can play a part when you use Voodoo to sort such people out. Presenting enemies with grotesque dolls in a coffin, for example, can cause them to turn white in terror.

But I can only condone that sort of thing if you're dealing with terrible people. If someone has slighted you in some way, don't dwell on it. My advice is, don't be quick to take offense. Everyone has to live their own lives. The key thing is that they don't interfere with you living your life. And you shouldn't interfere with others either. I'm not preaching here. That's just my philosophy.

Chapter Eight

Good Luck Spell

I used this spell regularly at one time – to good effect. Things hadn't been going right for some time. One thing after another seemed to go wrong. I didn't feel sorry for myself in any way. I accepted that this was the way fate was going. But in the end, I took matters into my own hands to try and tip the balance back my way.

To fire out this kicker of a good luck spell, simply mix the following ingredients:

- 4 teaspoons of Wood Betony
- 1/2 cup of Frankincense
- 2 teaspoons of Orris Root Powder
- 1/2 teaspoon of Saltpeter
- 4 teaspoons of Vanilla Powder
- 1 cup of Sandalwood Powder

Blend the above in a bowl (make sure it has a lid so you can cover the mixture when not in use). Then burn a small amount of the mixture (about 1 teaspoon) in a heat-proof dish every morning at sun-up and every evening at sundown.

This will attract good luck to your home. Do it every day for nine days. Longer if you feel you need to.

But if you are experiencing a serious run of bad luck, you might

want to crank up the action. If so, gather together the following items:

- 1 bottle of Bend Over Oil
- 1 Seven Power Candle
- 1 bottle of Luv Luv Oil
- 1 bottle of Zodiac Oil (your sign)

Take seven drops of Bend Over Oil and use it to anoint the Seven Power Candle. Light the candle and leave it to burn itself out. Then, before leaving your house, sprinkle some Luv Luv Oil on your clothes. And rub some Zodiac Oil on your ear lobes, behind your knees, and between each finger.

When things aren't going right, it's always wise to try and change things – break the pattern in some way. Besides spells, you can try taking different routes to work or to the shops. Or try wearing different clothes and going out to new places. Even apparently simple things like this can turn your luck around.

Chapter Nine

Quick Tip to Improve your Life

Here's a little tip. It's not Voodoo or Hoodoo. But it's a very powerful thing to do if you want to improve your life. I use it all the time. We're all human. And sometimes life gets on top of us. What we need to accomplish can seem overwhelming. Maybe you have deadlines to meet? Or you need to prepare for a new job? Or perhaps you're studying for an exam and it all seems too much? Or maybe, like me, you're into fitness, and that extra weight or running that extra mile seems beyond you?

Well, there is an answer. It's just a little trick of the mind. But remember the old saying: From small acorns do big oak trees grow.

So what is this small, but monumental secret? It's this:

Never tell yourself that what you're doing is difficult or hard.
Instead, tell yourself it is easy.

Whenever we tell ourselves that something is difficult or hard, we tend to shy away from it. The answer is to say to yourself: "I can do that. That doesn't sound too hard. That should be easy." Say those kind of things over and over in your mind or out loud, as an affirmation.

Even if you give something your best and find out it's hard, just keep telling yourself you can do it. That you can master the situation. Persist each day and keep the "this is easy" attitude. Give it a try today. You'll be glad you did.

Chapter Ten

Jinx Snuffer

At one time I did a lot of research into the "Evil Eye." The belief that the eye has the power to cause harm is widespread all over the world. I have to say I was very skeptical about it. But one event led me to change my mind. The incident occurred after I had bought a new car – a jet black Jaguar, with smoked glass windows.

My father was quite clearly envious of this purchase, mainly because he was well into his 90s and wasn't really up to driving himself (though he was fit and active). He refused to come to terms with this fact.

When he visited me at Serpentine Lodge, my country home in Eastern England, he studiously avoided looking at the vehicle and made no reference to it whatsoever.

But as he was leaving, he gave the vehicle one truly withering glance.

The very next day, the car wouldn't start. The engine ticked over slightly and then ground to a halt. I did some basic checks on the engine and battery, but could find no obvious reason why the car wouldn't start.

In the end I called my mechanic, who goes by the endearing nickname of Crowbar. He's a reformed car thief who is now a recognized genius with all internal combustion engines.

Being a Hell's Angel, he tends to specialize in the repair and

restoration of Harley Davidson motorcycles. But he has a magic touch with any type of engine.

As usual, Crowbar roared up on his Harley. After parking it in my drive, he pulled open the bonnet of my Jaguar to inspect the engine.

"Turn the engine over," he said, "let's see what happens."

I did as requested. But the engine spluttered then ground to a halt.

"Okay, that's enough," said Crowbar. He then got his tool kit out, along with various meters to test the electrics. I sat on a garden chair and read the newspaper, while Crowbar got down to finding the fault.

Five hours later, after endless cups of tea, Crowbar declared: "There's nothing wrong with this car. I've checked every last atom in this vehicle and it should start. I'm baffled."

Crowbar paced up and down, muttering and drawing heavily on a cigarette. I'd never seen Crowbar quite so agitated. But then no vehicle had ever defeated him before. I suppose his magic touch was in question.

At that point, I threw my skepticism to the wind. My instincts told me that the Evil Eye was to blame and had affected the battery in some way. The only cure would be an act of conjure.

So I told Crowbar I was going to take the battery out.

"What?!" he yelled. "I'll rip your fucking head off, if you take that battery out! There's nothing wrong with it. I've triple tested everything on that vehicle."

"Crowbar," I said, "Calm down, bear with me on this one, okay?"

After further mutterings, Crowbar calmed down and let me take the battery out.

I took it to my Voodoo altar in the spare room of my house and set about doing some conjure over the battery. This involved doing a blessing ritual and sprinkling the battery with copious amounts of holy water. When I was finished, I put the battery back in the car.

While Crowbar swore under his breath, I switched on the ignition, turned the engine over, and it sprang to life! I revved it a few times, then left the engine ticking over.

"Well, fuck a monkey!!!" exclaimed Crowbar. "I can't believe it. I went through that engine with a fine-tooth comb."

And so he did. But, as every Hoodooist knows, ordinary reality is never what it seems. Below the surface, under the facade of logic and reason, lies the elusive and shadowy world of sorcery.

Chapter Eleven

Hot Date Hoodoo

It's a natural instinct to look for love. We all want companionship. And we all seek to satisfy the pleasures of the flesh – partly because it's our animal instinct to procreate and propagate the race.

But what if you can't seem to get that elusive hot date? Simple. You use Voodoo to enhance your attractiveness and make your personality more magnetic. So here are a few Voodoo tips to bring a new man or woman into your life.

Break the ice with rice

Many women Voodoo practitioners use rice powder to make themselves more alluring. They enter a light trance. Do a cleansing ritual. Then do a complete body rubdown with the powder. It's believed to boost their sexual attractiveness and heighten passion during lovemaking.

Sweat it for Sex

Other Voodooists believe a handkerchief wiped under the armpits and then wiped across the face of someone of the opposite sex will guarantee a new lover. This is a very old Voodoo tactic which was once very popular in New Orleans. I haven't tried it personally. But anyone who has success with it should be congratulated.

Pump up the Passion?

Voodooists can be gluttons for punishment. First it's sweat, now it's garlic. Be that as it may, the following charm is said to awaken the passions of the one you love. Puncture two garlic bulbs with a steel nail – so they're held together. The top bulb represents you and the bottom bulb represents the lover you desire. Hide the charm in the corner of a dark closet until the one you care for begins to respond. A Voodoo priestess in New Orleans insisted this will make the person you desire "overflow with passion." I remain skeptical as garlic is a notorious passion killer (then again, I said that about the Evil Eye, and look what happened).

Hot Date Hyper-Drive

Okay, let's get serious. Here's an ancient spell that will pull the action if you're in dire need of a hot date. You'll require:

- 9 used nails
- Pint of vinegar
- Pint of rain water
- 3 teaspoons of Graveyard Dirt

Place all the ingredients in a pan and boil until half the liquid remains. Take off the heat and allow to stand for nine days. Then refill with an equal amount of vinegar and rain water. Mix well and let stand for 9 more days. It is then placed in a bottle which is capped or corked. Remember to include the nine nails.

Then sprinkle some of the liquid around the house of the man or woman you desire. Do this for nine nights.

On the tenth night visit your prospective lover directly and make

your feelings known. It's a powerful charm. Well worth a try if love isn't coming your way.

But take care to be as charming and as personable as possible. Sorcery is an aid to achieving things in life. It isn't all powerful. Fate and destiny, and the forces of nature, can completely wipe out the best laid plans of the conjurer.

That's why you must always keep a watchful eye on subtleties in life. When you go to visit your prospective lover, you should watch for signs – are there any unusual or portentous birds in evidence? Did you encounter a strange character on your way there?

If you did. You should carefully consider the meaning of these events. And whether that meaning has any relevance to what you are about to do. Seeing a crow cawing in a tree near to where you are walking could mean something portentous is about to happen. Some say it signifies bad luck. In my experience it doesn't. It just means you are about to walk into a moment of power. Your fate could be about to change. It could be for the better or worse. Which means you need to keep your eyes open. The same goes if you see a strange character. They might not be human. They might be a spirit, with something to tell you. DO NOT ignore the omens.

Here are some incenses to help you with securing a hot date:

Amber Incense: Attracts new lovers.

Attraction Incense: Used to draw good omens and attracts love.

India Bouquet Incense: Draws the opposite sex.

Myrtlewood Incense: Burn to increase sexual attractiveness and magnetism.

Venus Incense: Holds the love of anyone. But burn with extreme

caution as it makes anyone nearby very amorous, which could be awkward if you happen to be standing in a field of sheep.

Chapter Twelve

Divining the Future

Spells are one thing. But sometimes you need to get a hold on the future. So here's an interesting method of divination that will help you catch a glimpse of what lies ahead. Voodoo people use it. So did Celtic and Anglo-Saxon diviners. And hunter-gatherer magicians from distant antiquity.

First off, you enter trance. Use the "sensory systems" method used in martial arts and cutting edge hypnosis. Simply sit or stand and focus on the input of your senses. Do it in any order, but use the following to start off with:

Sight: peripheral vision – what you can see out of the corners of our eyes.

Sound: what you can hear – bird song, the wind in the trees, the distant hum of traffic.

Touch: feel the cool breeze on your cheek or warmth of the sun on your arms.

Scent: notice the aroma of the flowers in your garden or window box; or simply become aware of the scents drifting on the air.

Taste: this is closely related to the sense of smell – become aware of the sensations in your mouth. There may be an after-taste of a meal or drink. If not, just become aware of how your tongue and mouth feels.

This method stills the chatter of the mind and induces a state of deep relaxation. You may need to channel through the senses a few times to get the desired effect. But eventually you will find you can enter trance within a few seconds.

Placing your attention on sensory experience will enhance your appreciation of the natural world. What's more, when the chatter of the mind is stilled your imagination is free to seep into your everyday consciousness. Thus when you look up at the clouds, or look at the branches of a tree swaying in the breeze, you will see all sorts of shapes and images. In fact, even when looking at something as ordinary as the weave of a carpet while in trance can produce a powerful visionary state.

When I stare at the carpet in my study, I often see faces, animals, mythical beasts, and other images. What is happening is this: When in trance, the imagination comes to the forefront of consciousness and enters into dynamic interaction with the environment.

This form of visionary experience can be used to good effect in divining. It's similar to using a crystal ball.

First you formulate a question. Then go into a trance and stare at whatever appeals to you – the weave of a carpet, clouds in the sky, or the leaves and branches on a tree.

When you begin seeing visions and images, you simply interpret their meaning according to the nature of the question you asked.

If you wanted to know if a friend is deceiving you and you see a fox or coyote, odds are they are deceiving you. But, remember: There are no set rules on this. It all depends on how you perceive given images. If you see the coyote or fox as cunning tricksters, then that is how you should interpret your vision.

Don't read books that tell you how to interpret symbols. Make your

own rules – that is the route to true magic power.

Soothsaying with dominoes

If you have difficulty with the above divining method (it isn't necessarily for everyone), try using dominoes instead. They're a great way of getting an indication of what is coming up in the near future. You'll be able to get a clear view of the prevailing influences and energies that could effect you and those around you.

Here's what you do:

Place all dominoes face down and then shuffle them. Three dominoes will be used for the reading, and they may be selected in either of two ways. You may pick all three at once, or you may choose them one at a time, reading the chosen domino and divining its message and then returning it to the pile to be shuffled again. The second method offers the possibility that the same tile could be drawn twice. If this happens, an immediate fulfillment of the message is indicated. However the dominoes are drawn, only three may be used at a sitting.

These are the meanings:

DOUBLE SIX: The luckiest domino of them all, forecasting happiness, success, and prosperity in all aspects of life.

SIX/FIVE: Enhanced status, the presence of a close friend or patron, a sign that any kindness will bring you esteem, a caution toward patience and tenacity.

SIX/FOUR: A quarrel, perhaps even an unsuccessful lawsuit.

SIX/THREE: Travel, enjoyment, a happy holiday; a gift.

SIX/TWO: Good luck and improved circumstances, but only for

those who are honest.

SIX/ONE: A wedding; an end to problems, possibly as a result of the intervention of a good friend.

SIX/BLANK: Beware of false friends, for their malicious gossip could cause suffering for you.

DOUBLE FIVE: Change bringing success, a beneficial move, money that results from a new idea.

FIVE/FOUR: Financial luck, possibly unexpected, but avoid making investments at this time.

FIVE/THREE: Calm, serenity; a guest; good news or helpful advice given to you by your boss or a visitor.

FIVE/TWO: Birth, influence from a true patient friend, sociability and enjoyment.

FIVE/ONE: A love affair or new friend, possible unhappy endings for those who are in love.

FIVE/BLANK: Sadness, the necessity of comforting a friend in trouble but with tact and caution.

FOUR/FOUR: Happiness, celebration, relaxation, fun.

FOUR/THREE: Happiness and success instead of expected disappointments but possible domestic problems.

FOUR/TWO: An unhappy change, setbacks, loss, possibly a theft. Beware of a deceitful acquaintance.

FOUR/ONE: Financial problems ahead, pay outstanding debts.

FOUR/BLANK: Bad news; disappointment in love, temporarily thwarted goals. Reconcile disagreements.

DOUBLE THREE: Emotional obstacles, jealousy, but beneficial financial indications; a wedding.

THREE/TWO: Pleasant changes, but be cautious – particularly where monetary matters are concerned.

THREE/ONE: The answer to your question is no, unexpected useful news, outsiders could cause problems.

THREE/BLANK: Unexpected problems at home and work.

DOUBLE TWO: Success and happiness, in spite of the efforts your enemies may be making against you.

TWO/ONE: Loss of money or property, but old friends and a happy social life.

TWO/BLANK: Travel and new friends, but also anxiety. Someone could cause serious difficulties.

DOUBLE ONE: Pleasure, harmony, and affection; a stranger; avoid delaying an important decision.

ONE/BLANK: Be careful; do not let yourself be overly trusting, even though a stranger could bring you news that seems to promise financial gain.

DOUBLE BLANK: Direst omens, negative indications in all areas of life.

Chapter Thirteen

Lover Back Spells

I get a lot of e-mails from women whose boyfriends have left them for someone else. If this has happened to you, the way to bring them back is to use two Voodoo dolls: One to represent you, the other to represent your ex. Set up your altar with black and white candles, flowers, holy water and incense burner. (See Appendix One for details on setting up a Voodoo altar).

Appropriate incenses to burn would be Lovers incense or Love Me (Patchouli incense). Once you've done this, anoint two red candles with Love Oil and Attraction Oil (remembering that in works of attraction, you rub the oil from the wick to the base of the candles).

Then, using a new nail, write your name on one candle and the name of your intended lover on the other. Put them in brass candle holders and place them side by side on the altar. Then put the doll that represents you in front of the candle with your name on it and the doll representing your ex in front of the candle with his name on it.

Light the two candles and say:

"May the spirits of love bring us back together again."

Now pick up the dolls, one in each hand, and get them talking to each other. Do this out loud. Depending on the situation, the doll which represents you could say:

"Hi, it's wonderful you have decided you can't live without me and want to be with me for the rest of your life. The girl you left me

for proved shallow and fickle after all. Although I was hurt by your dalliance, at least you have learnt that you and I are soul mates and that you want to be with me forever."

The idea is to create the reality you want by the dialogue you use. It is well worth making the dialogue passionate. And have the dolls making love too. See it as a magical puppet show that is manipulating fate.

One word of warning, though: Fate is a mighty force. You cannot control it. Nor can the gods. If the weave of fate is set, there is little you can do. But it is always worth doing rituals because you can certainly draw and harmonize universal forces in your favor.

What's more, rituals will often lead you where you need to go. Not necessarily where you think you should go. But where you need to go. Remember that difference.

Once you feel the love rite has come to a natural conclusion, give your thanks to the spirits and sprinkle some holy water around your working area.

Lover back spell

Here's another spell for bringing a lover back. This one works for both men and women. It's a traditional New Orleans working. Get some Couch Grass and sprinkle it under your bed, on the mattress, and under your pillows. Then, when you get up in the morning, rub some Luv Luv Oil around your intimate body parts. After that, sprinkle a little Love Powder over your pubic region.

Next, get some Love Oil and rub it down a Red Seven Day Candle. Write your lover's name on a piece of parchment paper using Dove's Blood Ink. Put the parchment on a dish and set the candle on it. Light

the candle and let it burn as you get dressed. Put the candle out when you are ready to leave the room. Do this for seven days – or longer if necessary.

When you do all this you should imagine yourself exuding magnetism, charisma, and sexuality. Picture these character attributes as an all-enveloping red mist, which is invisible to others, but has a profound effect on them. This is a powerful working for keeping a lover.

Penis Jinxer Spell

Another one for women. If your man is straying the nest, zap him with my Penis Jinxer Spell. It is a sure method of stopping a man from straying because it renders him unable to get an erection with anyone else but you.

Ingredients you will need:

- Blue penis candle
- African Ju Ju oil
- Citronella pure essential oil
- Voodoo doll
- Pubic hairs (taken surreptitiously from your man)
- Glue stick (the sort used for sticking paper and card)

After setting up your altar, take the pubic hairs and rub them across the glue stick, then stick them to the crotch region of the Voodoo doll.

Using a new nail, write your man's name on the blue penis candle. Then place the base of the penis candle between the legs of the doll, so it looks as if it is the doll's penis.

Now mix a little African Ju Ju oil and Citronella oil on the palms of your hands and rub them on the penis candle, stroking downwards. Then repeat the following charm seven times:

"Penis candle, oh penis candle,
as I stroke you with these oils,
Keep (name) nature from rising
for anyone but me."

Light the candle and let it burn down by half-an-inch each day. Once it has burned out, your partner will be physically unable to stray again.

Chapter Fourteen

Hex Zapper Spell

If you've been hexed, you need to take some serious action. Try my Hex Zapper spell, which will vaporize bad work in a flash. My Voodoo mentor Earl Marlowe taught it to me and I've adapted it. It's simple, but effective.

First, cut out a silhouette of a human figure from parchment or even from a newspaper. Anything will do. Then write the name of the person who has been hexing you on the paper doll.

Each day, over seven days, cut a piece of paper off the doll and burn it over a black candle. As you do so, recite the following chant:

"Curse placer, you are stopped in your tracks! Your evil is deflected by the power of the guardian spirit that watches over me each and every day.

Curse placer, your hands are tied and your resolve is weak! No longer do you want to hex me, no longer does your mind dwell on me, and your attention is now on new things and new people.

Curse placer, I wish you no ill, but it is time for you to go! Time for you to move on and away from this place. Curse placer, I banish you and your hexes for ever more!"

Once you've completed this spell, you should start to see results in a couple of weeks. You can add power to it by burning John the Conqueror incense daily for seven consecutive nights.

Chapter Fifteen

Shot Across the Bows

A while back a nasty character sent death threats to Justin Hawkins, the lead singer of the flamboyant British rock band The Darkness. I've had professional dealings with him. So I offered to use Voodoo to put a stop to it.

In a statement to the press, I said:

"It's a very cowardly act to send somebody anonymous death threats by the mail. Normally, I wouldn't hex anyone, but in this case it is justified. I believe the person who sent the threats is jealous of Justin Hawkins' success. They need to channel their energies into becoming successful themselves, instead of allowing themselves to be eaten up with envy."

Anyone who has read my *Voodoo Spellbook* will know it has a full chapter on hexing. And that I advise against the practice except in exceptional circumstances, such as when your family is under threat. In which case I recommend the perpetrator of evil be dealt with in kind.

I went on to tell the press:

"If the death threats against Hawkins continue, I will use a highly potent 19th century New Orleans Voodoo curse against the perpetrator. It's called Dr Alexander's death curse. Ideally, you'd have the name of the perpetrator of the death threats. But I figure that once they hear they've been hexed by a real life Voodoo doctor, they'll turn tail and run for the hills. It's a serious

shot across the bows."*

That's the way to look at hexing. If you've got enough personal power and charisma, you don't even have to actually perform the dark spell. The shot across the bows will have the evil doer on their knees begging for mercy in seconds.

Here's Dr Alexander's Death curse. Only use it in exceptional circumstances.

The Black Curse of Death is best performed at midnight when the moon is full. First take a piece of parchment paper and using Dove's Blood Ink write the name of your enemy on it. Then place it in an incense burner. Carefully blend the following ingredients:

- 1 teaspoon of Rosemary (crushed)
- 4 teaspoons of Frankincense
- 6 teaspoons of Lavender incense
- 2 teaspoons of Myrrh incense
- 4 teaspoons of Orris Powder
- 1 teaspoon of Patchouli leaves
- 1/2 teaspoon of Saltpeter
- 6 teaspoons of Sandalwood incense
- 1 teaspoon of Cinnamon (crushed)

Once this is done, take some Dragon's Blood Incense and use it to draw a circle around your incense burner. And then lay a piece of magnetic Lodestone in front of it. Pour a little of the above mixture, along with some Dragon's Blood incense, into the burner and light. As

* You can read more about my involvement with UK glam-rockers The Darkness at: www.doktorsnake.com/darkness

the mixture and parchment paper burn, spend some time visualizing the many ways your enemy could meet their demise. Then go to bed leaving the mixture to smolder.

"Do this for seven nights," advised Doctor Alexander, "and your enemy will be destroyed."

To further empower the hex, the good Doctor suggested placing a little of the mixture in a red flannel (mojo) bag, and throwing it on to the property of your enemy.

Chapter Sixteen

Wealth & Fame Spell

Let's hit a more positive note. A lot of people write to me asking for a spell to help them get rich and famous. I usually recommend they use my Voodoo MegaBlaster Wealth & Fame spell. If you too want to hit the big time, collect the following:

- 2 x green candles in holders (green symbolizes money)
- Incense sticks, fame & fortune mixture
- Incense stick holder
- John the Conqueror Root (classic money, fame, and good luck root, sung about in many famous blues songs)
- Tiger's Eye stone (auspicious for cash and fame)
- Lodestone (magnetic stone to draw the forces that lie behind money to you)
- Money Oil
- Fools Gold
- Mojo Hand (green draw string bag)

Once you're set up, you'll need to perform a psychic cleansing ritual, which involves calling to the spirits of the four directions and above and below. It helps set the scene mentally. Keep it simple. Do the following:

Clap twice and state the purpose of the rite. Then shout:

"Voodoo blaster! Bring me fame, fortune, and a heap of gold!"

Call upon the spirits of the directions:

"I call to the spirits high in the sky,
I call to the spirits deep down underground.
I call to the east, I call to the west,
I call to the north, and I call to the south.
I walk to the crossroads in my spirit mind."

Now light the green candles and Fame & Fortune incense. Then fill the Mojo Hand (draw string bag) with: John the Conqueror root, Tiger's Eye, Money Magnet, Four Leaf Clover, and Fools Gold. After that pour the Money Oil over everything in the bag, while intoning the following chant (you could do it a bit like a rap):

"Money charm, money charm,
Bring me riches, bring me fame.
Money charm, money charm,
Bring me cash, bring me gold.
Money charm, money charm,
Make my name, make my fame,
Right across the globe."

Do it three times – as rhythmically as possible. Once you've done that, seal up the Mojo Hand by tying up the white cotton cord.

You then carry the charm/mojo bag in a pocket or on a string around your neck for nine days. Alternatively, you could put it in your house somewhere to bring you ever increasing fame and fortune. You'll be richer than Bill Gates in no time.

Chapter Seventeen

Do You Believe in Time?

Lastly, it's time for one of those hidden kernels of wisdom, I mentioned in the Introduction. It's about a friend of mine – Howard Lee. He's a private eye. Lives just outside London. He's been in the private investigation business for years. He used to be a special forces soldier, way back.

He hardly speaks – so he's not the ideal friend if you are uncomfortable with long silences. Some of his silences are so long you begin to wonder whether he's really in the room or not.

But he's a man of action and honor. No, he doesn't do magic. He doesn't need it. He has total focus. And can look after himself very well. Better than anyone, in fact.

One thing he is very good at is waiting. This is why he excelled in the special forces. He's very good at surveillance (which is very helpful for a private investigator). He can wait for days without moving and without being bored because he doesn't believe in time. Time is what fills your moments, he says (on the rare occasions he talks). So if your moments are empty, time has no meaning. Emptiness does not flow or pass on by; it simply is.

When Lee let's himself be empty in this way, it is like putting himself in neutral: Lee simply is.

Learn to wait like Lee. And you will be way ahead in the game of life.

Chapter Eighteen

Meet Your Guru Within

In schools when a teacher spots a child daydreaming, they usually break the reverie by snapping, "Wake up, child! You're miles away!" If the daydreaming persists, the child's end-of-year report will likely state: "Could do better; head in the clouds."

Contrary to what we are taught in school, the reflective pleasure of daydreaming can be very productive. Not only is it therapeutic, it can also bring creative insights that prove helpful in everyday life; in other words, daydreaming can have a useful function in the practical world. Plus it is relaxing, revitalizing, and inspiring. Giving ourselves a license to daydream is very worthwhile.

The problem is, because of school, most of us feel guilty if we sit around "doing nothing," staring into space, lost in a vivid daydream. Clearly it is not good to live our whole lives in daydreams. We must live in the real world too. But there is a lot to be said for developing a healthy balance between imagination and practicality.

One activity that will help achieve this balance is to...

Daydream into twilight

One of the finest pleasures in life is to daydream into the twilight. This involves sitting in an armchair during the late afternoon. Ideally you will be sitting near a window that overlooks a garden or gives a good view of the sky or the sunset – or any other view you find

inspiring. You then simply let yourself drift off into daydreaming – relishing the evocative atmosphere of the twilight as it slowly envelops you and the landscape outside.

Even though the room will gradually darken, don't be tempted to turn on the light, due to habit or out of social convention. And make sure no one else in the house is likely to march in and switch on the light!

Doing this exercise regularly can have a profound impact on you. It certainly reduces stress. And is a very good way of winding down after a hard days work.

More importantly, though, it gets you into the habit of actively using your imagination. And this is the secret of getting a healthy balance between daydreaming and practicality; the more you use your imagination, the more you are able to control it and put it to practical use. This was never understood by the teachers in the schools I attended, and it still isn't from what I can see.

One of the best ways to learn to put your imagination to practical use is to use guided visualization Or "mental movies"

Guided visualization is a form of self-hypnosis. But you can also look at it as a type of meditation that relies for its effect on picturing scenes and scenarios in your mind's eye – mental movies. As opposed to most forms of meditation, which involve repeating a mantra or emptying your mind, the aim of guided visualization is to flood the mind with images. With guided visualization you get all the benefits of meditation – such as improved concentration – with the minimum of mental strain. In other words, you don't have to furrow your brow while you struggle to repeat a mantra over and over again!

Guided visualization is also a key method for accessing the unconscious mind, our powerhouse within. It is a way of dusting off the

cobwebs from that underused part of the brain. Once you get good rapport with your unconscious mind, you will find that many tasks in life are more easily dealt with.

Guided visualization generally consists of a dramatized story, which can be based on myth and legend, on archetypes, or a scenario you've created yourself. You then picture yourself participating in the drama. You might be an observer or you might get directly involved and speak with the characters in the drama – even ask their advice on important issues. Many practitioners of guided visualization find this method of inner counseling very effective. It's a way of using fantasy to help with matters in the real world.

Let's look at how you practice guided visualization

Before you begin guided visualization it's important to ensure you won't be disturbed or interrupted for the half-an-hour or so it takes to practice it. Taking the phone off the hook and the battery out of the doorbell is a good idea. After you've read through the following visualization script you may like to make a tape recording of it to play during your first attempts at visualization. This will save you having to stop to read the text and will allow you to close your eyes and fully participate in the exercise.

Once you've done a few guided visualizations and have become familiar with the imaginative scenes, you can stop using tape recordings. This will give you the freedom to let the visualizations become more spontaneous. It will also allow your unconscious mind to use its innate creativity. When you are adept at visualization, ideally, you will go on to create your own scripts to suit your needs.

Visualization Exercise: The City Of Knowledge

1) Sit upright on a high-backed chair or lay down on the floor or on a bed. Choose whichever option is most comfortable, bearing in mind that, if possible, you want to stay awake.

2) Spend a minute or so breathing slowly and evenly, then relax your body from head to toe.

3) When you feel fully relaxed and ready, imagine in your mind's eye the following...

...the walls and ceiling of the room around you are slowly dissolving. Eventually the familiar room you are sitting in fades away completely and you now find yourself standing in a lush, green meadow, covered in long grass that sways gently in the breeze. It is early morning and there is a feeling of freshness and vitality all around you on this bright, spring morning.

Beneath your bare feet you can feel the earth and the grass on which you stand. It feels soft and textured. You become aware of the real physical contact you are making with the earth, the planet on which you live – a feeling normally lost to us because of the need to wear shoes or boots.

As you gaze at the tranquil scene you hear the sound of insects buzzing in the air around you and birds singing the dawn chorus in a copse of trees to your right. Over to the left, in the distance, you notice a herd of cows quietly grazing in a field.

When the scene has become vivid, begin walking forwards through the meadow.

NOTE: Try to feel with all your senses as much of what is happening around you as your can. Hear the birds, see the lush, green meadow, feel the crisp morning air on your cheek.

Eventually you come to a stream, which wends its way along the route you are following. It is fairly wide, but not too deep. So you start to wade across to the other side. Feel the cool water flow against your legs and feet. Notice the difference between the dry, solid earth of the meadow and the wet, slippery bed of the stream. As you pass the middle-point of this stream, become aware of the keenness of your senses, and of your spirits rising. you are exploring a new place and are struck with a strong sense of anticipation and inspiration.

When you reach the far side of the stream, you step once more onto grassy meadowland. As you walk along you notice that the grass and soil beneath your feet feels finer, almost of better quality than in the original meadow. The air too feels clearer and more refreshing. All this makes you feel more and more exhilarated.

After walking a little further, up ahead, you begin to make out the shape of a vast and ancient city. It is made up of huge solid stone buildings, all of which are surrounded by a great wall. An air of learning, similar to that of an old university city, comes from the place as you approach the great gates set into the massive stone wall.

When you enter the walled city you find that the streets are busy with people of all races and nationalities, all strolling around deep in conversation with each other. They talk on all topics of science, literature, and the arts, and on every aspect of learning you can imagine.

No-one pays any particular attention to you. You can go where you please and explore as many streets and buildings as you wish. It soon becomes clear that there is much to be learned from this city and that many visits will be needed if you are to become

familiar with its layout and what it has to offer.

After a while, a stranger comes towards you through the crowd. He (or she) walks right up to you, calling your name, and greets you like an old friend. This stranger will appear differently to everyone. It may be a man or a woman, but it is not for me to describe him or her. This is your own personal inner friend and guide, who you can trust implicitly. Ask him his name and get to know him (I'll refer to the guide as male for convenience from now on).

Your guide takes you into the heart of the city to a great solid building with a huge wooden doorway. He motions for you to enter, but when you try the door it won't open. Your guide tells you that you must tell the door why you have come before it will open.

Think about this carefully. Maybe you are there to learn more about self-change and personal transformation? Or perhaps you are there to gain strength to cope with a relationship or money problem or with some other difficulty in life? Either way, if your reasons are clear then the door will swing open and you can enter freely into the great hall of knowledge.

Inside the great hall is a vast library filled not just with books, but with paintings depicting scenes from life, both past, present, and future.

In the middle of this vast center of limitless knowledge stands the Great Teacher, who has been around for countless eons. He has many names and if you ask him he will tell you one of them.

See the Great Teacher in any way you want. He has no actual form and will appear as seems best for each individual who encounters him. Talk to him, listen to him, because he can

answer all your questions. He may not answer them in words. But the information you need will come to you at some point soon. It might come as a flash of inspiration while you are washing the dishes or walking down the street. Or it might come while you are mending the car.

Once you feel you have accomplished all you set out to accomplish on this guided visualization, say your goodbyes to your guide and to the Great Teacher. Then let the scene gently fade from your mind's eye.

The scene before you gets dimmer and dimmer until ... finally ... there is nothing but darkness. Replace this darkness with the image of the room you are sitting in. And then slowly bring your consciousness back to the everyday world. Feel the chair beneath you, open your eyes and see the room around you. Gently stretch your arms and legs.

When you are back to normal consciousness, you might find it useful to write up your visualization experiences as useful insights are often gained.

The guru within

Variations on the exercise above have been used in self-hypnosis and magic for many years. You are, in effect, creating a "guru" within. The "guru" is your right brain or unconscious mind. You are simply giving it form and expression by running an imaginative scenario. It's one of the easier ways of getting into dialogue with the deeper aspects of yourself.

It also serves as a powerful form of self-analysis (hence the usefulness of keeping a written record). It helps you isolate your fears and anxieties. And once the "enemy" has been pinpointed, it is a lot

easier to do something about it. If you can recognize which trains of thinking spark negative traits like anxiety or depression, you can observe yourself and stop them in their tracks. Either by immediately thinking about something else, or by running positive and pleasant pictures in your mind.

If I want to change what I'm thinking, I often run images of Glastonbury Tor in Somerset, England, through my mind. It's an ancient and mysterious Celtic landmark, with stunning scenery all around it. Very inspiring. Doing that tends to completely annihilate negative thinking.

In the end, it's just a question of replacing a negative with a positive. What I'm advocating is an attitude of mind. It's not so much the techniques that count, but getting in the habit of monitoring thinking and zapping negativity in its tracks. Why not? After all, life is short, and you might as well do what you can to enjoy it. Thinking negatively is the number one reason why people are unhappy (barring living in war-torn countries, and so on). Cure that and you are well on the road to happiness and living the kind of life you would like to live.

--The End--

Appendix One

How to Build a Voodoo Altar

Any flat surface can be used for a Voodoo altar – a wooden box, tea chest, coffee table, a piece of board propped up on bricks. Most convenient is a dressing table, partly because it is the ideal size, and also because your ritual supplies can be stored in the drawers. Feel free to cover your altar with a cloth – use whatever color or design most inspires you.

Here is a list of items you will need for a basic Hoodoo altar set-up:

WHITE CANDLE: This signifies the positive forces inherent within the multiverse.

BLACK CANDLE: This signifies the negative forces inherent within the multiverse.

GLASS TUMBLER: Fill this with spring water and "Witch's Salt" and place it between the white and black candles. It signifies the "gray" area, or equilibrium point, between the positive and negative forces of creation that are represented by the black and white candles. For me, Witch's Salt symbolizes the magic worker, or "seer," who can perceive these invisible polarities, as they flow throughout the multiverse, continually combining and separating as they do so.

KNIFE: To trim candles, wood and roots.

SAUCERS/PLATES: Two or three saucers or plates will come in handy as makeshift candle holders.

CANDLE SNUFFER: Always use a candle snuffer to put out candles – never blow them out.

INCENSE BURNER: You can buy incense burners from spiritual supply stores, or hippie shops. But any heat-resistant dish or bowl, the size of a cup, will do fine (if not better). This should be half-filled with sand or earth. The sand or earth will absorb the heat generated from the burning incense and will prevent scorching your altar. Once you've got your incense burner set up, break up a tablet of charcoal (available from Church supply stores), and place it in the burner. Use a taper to light the charcoal, and then sprinkle the incense or herbs of your choice on top of the smoldering embers. As a convenient alternative to using charcoal, which tends to blacken your hands, some spiritual supply retailers now sell self-lighting incense.

DIP PEN: Used for writing out your magical intention or request during spell workings. Appropriate inks to use are "Dragon's Blood Ink" or "Dove's Blood Ink." Some conjure workers use their own blood.

PARCHMENT PAPER: You write your requests on parchment paper and then place them under a candle during rituals. I use top quality writing paper, but sheepskin parchment is more traditional.

HOLY WATER: Use this to bless and purify magical tools and the area you are working in. Holy water can be purchased from religious or spiritual supply stores. Alternatively, you can make it yourself (see my *Voodoo Spellbook* for instructions).

NEW NAILS: Use 4" or 5" nails to write on candles – but be sure to use a different nail for each spell.

SCALES: These are handy to have around for weighing out

quantities of herbs, roots and powders.

PESTLE & MORTAR: For grinding up herbs and powders.

The above list is a guide, not the written law. Feel free to use your intuition, combined with solid research, to come up with your own individual methods of working. There is only one rule in Voodoo and Hoodoo: Use whatever works for you.

Purification

Before going any further, you must purify or bless your magical equipment. This both removes all unwanted influences from them and charges them with numinous power. You can either pass the items through incense smoke or sprinkle them with holy water. You only need purify your magical tools once, but do ensure that all new items are purified before you use them in workings.

If you decide to pass your magical tools through incense smoke, then burn Blessing or Purification incense, or alternatively burn dried Thyme (a good cleansing herb), and say something like:

"Spirits, as I offer up this incense for your blessings, please cleanse these tools and remove all unwanted influences from them. Spirits, please also charge these items with magical power."

If you decide to sprinkle your magical tools with holy water then, as you do so, say:

"Spirits, as I sprinkle this holy water, please banish all negativity from these magical tools and fill them with spiritual power."

Once the altar tools have been purified, you can set them out in an aesthetically pleasing manner on the altar.

As a guideline, I suggest putting the black candle on the right hand

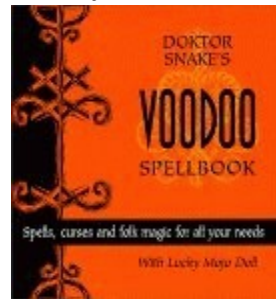
side at the back of the altar. The white candle on the left hand side at the back of the altar. And place the tumbler, filled with spring water and "Witch's Salt," centrally between the two.

Appendix Two

Doktor Snake's Voodoo Spellbook

Afro-American magic is one of the world's largest spiritual systems. Yet it remains shrouded in secrecy and sometimes fear. In his *Voodoo Spellbook*, Doktor Snake guides you through this shadowy world, where illusion walks the deadly tightrope with enlightenment.

Voodoo is not a path for the fainthearted. It does not shy away from human passions. But treats them honestly and with respect. Voodoo teaches us how to fulfill our desires, mete out revenge and gain personal power.



With Doktor Snake's simple spells and rituals, you will be able to gain love and sex, money and power, and health and well-being. And you can use the Lucky Mojo Doll attached to the book's cover in these spells – either as a Voodoo doll or as a mojo charm.

In Doktor Snake's gripping personal account, he recalls many anecdotes from his own odyssey through voodoo. From deals made with the Devil to illnesses miraculously cured. Some tales will send a chill through you, while many others are simply outrageous.

Order your copy of *Doktor Snake's Voodoo Spellbook* now.

Visit: www.doktorsnake.com

Reader Testimonials

"Picking this book up out of plain curiosity was one of the best instinctive moves I have ever made. To go along with past experience, the more compact books hold a great deal of information. The *Voodoo Spellbook* is a prime example. In one easy to understand book Doktor Snake has included folk remedies, spells, potions, a complete list of materials with sources, and to top it off a great story line with anecdotes. Of course I also made sure to get a copy with a lucky Mojo Doll. Fascinating and fun but beware! Your views of reality may widen!"

Reader from Buffalo, New York, USA.

"I read this book in one sitting, and could not put it down. This small coffee-table style book is packed with short spells and stories that explain the subject in a very concise and entertaining manner. At-first, it seems like the book & voodoo doll is a quaint gift set, but the feel of the book and the writings within are inspiring and conducive to comprehending a general overview of Southern Voodoo/Hoodoo."

Reader from Corydon, IN, USA.

"Everyone should read this book and open up their mind."

A 12-year old reader from Indiana, USA

Appendix Four

About Doktor Snake

Doktor Snake is author of *Doktor Snake's Voodoo Spellbook*. Richly illustrated, the book chronicles the mystic adventures Snake had with the late Earl Marlowe, a Trinidadian voodoo man and singer, whom Snake played in a band with during the 1980s. It is published by St. Martin's Press in the USA and Elan in Canada, and by Connections in Europe.

Discover more at:

www.doktorsnake.com



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Doktor Snake's Wanna Do Voodoo?

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