Poppet Magic

Poppets 101 - Introduction to Poppet Magic
By Patti Wigington, About.com Guide
http://paganwiccan.about.com/od/poppetmagic/p/Poppet_Intro.htm

To Gain Financial Success
- Material: satin, green or gold or silver
- Herbs: clover, chamomile, ginger, cinnamon
- Gemstones: snowflake obsidian or sodalite
Create a poppet that represents you yourself. As you make it, focus on the positive attributes that you possess which will make you appealing to a potential employer. Another option is to create the poppet in the image of the employer (include business cards or letterhead inside, if you can get them) and tell the employer poppet why you're the best person for the job.

To Heal a Sick Person
- Material: White cotton or unbleached muslin
- Herbs: Lemon balm, feverfew, ivy, and pine.
- Gemstones: Bloodstone, turquoise
When you make this poppet, be sure to indicate what you are trying to heal, whether it's a case of tennis elbow, a chronic infection, or even a broken heart. Focus all of your energy on the ailment in question.

To Bring Love Into Your Life
- Material: Red or pink silk or cotton
- Herbs: Rose petals, parsley, and peppermint
- Gemstones: Barite, jade, rose quartz
Make a poppet to represent the object of your affection -- remember that in some magical traditions it's frowned upon to make a specific person the target of your working. If you are simply trying to attract love to yourself, but you don't have a specific person in mind, focus on all the desirable qualities you want to see in a potential lover.

Silencing a Gossip
- Material: Ground beef or other squishy meat
- Herbs: Horseradish, pepper, rue, yarrow, valerian
Shape the meat and herbs into a person, and create a "meat puppet" in the same way you'd make a fabric one. As you make the doll, tell it that it's time to be silent, and tell no more gossipy stories. Remind it that people who can't say nice things shouldn't say anything at all. Dispose of the doll by either burning it on your grill and burying it someplace far away, feeding it to your dog, or leaving it out in the sun to rot.

Emergency Poppet on the Fly
- Material: Aluminum foil
Perhaps something has come up in a hurry, and you feel it needs immediate magical attention. Use a piece of aluminum foil to whip together a quickie poppet -- shape it into the figure of a person. Fill with any magical components that might be handy -- bits of
How to Make a Poppet

Contributor
By J.M. Willhite, eHow Contributing Writer
Source: http://www.ehow.com/how_2311937_make-poppet.html

Example of poppets made of felt and fashioned from the gingerbread pattern. Poppets have been used for centuries as tools of magical intent and most often for healing purposes. When people hear of poppets they oftentimes associate them with voodoo dolls. In recent years, pagans have helped to refine the poppet’s tarnished reputation. For the purpose of this How To, we will work through the basic poppet construction for a healing purpose.

Difficulty: Moderately Easy

Instructions
Things You’ll Need:
- Green material
- Natural filler (ie: cotton)–nothing synthetic
- Spearmint
- Needle
- Thread (made of natural material)
- Scissors
- Straight pins
- Simple human pattern (the generic "gingerbread man" form works well)
- pen or pencil
- marker(s)

Step 1
Before you begin, sit for a few minutes and relax. Take some deep breaths and focus on the purpose you envision for this poppet. The emotional energy you put forth will resonate from the poppet along with the magical intent. If you wish, ask Spirit (or whichever Power you feel most comfortable working with) to be with you and to guide you as you make this poppet and that your purpose be accomplished as you
intend. Keep healing, positive thoughts as you start this working. Picture the person healthy, happy and energetic with no sign of the illness, or remnants thereof.

Step 2

Basic gingerbread pattern for a poppet.

Cut material to the dimensions needed in order to make the size poppet you wish. Remember to cut the material large enough that you leave some material along the outer edges. Trace the gingerbread form on the material. (Be sure to do this twice, we need two forms to sew together.)

Step 3
Cut the gingerbread forms from the material. Line up the edges of both forms so that they are even. Use the straight pins to hold the forms in place.

Step 4
Stitch the two pieces of material together leaving a large enough opening to insert the filler and spearmint.

Step 5
Fill the poppet with the spearmint and filler (alternating one then the other until the doll is filled). Once you have filled the poppet, you can use the straight pins to hold the area together until you stitch it closed.

Step 6
Use a marker to write the person's name, your intent or to even draw the person's features. Get creative! But ALWAYS have positive intent and purpose while making the poppet. This goes for all poppets, not just those for healing.

Step 7
If you asked for the guidance of Spirit at the start, be sure to thank Spirit.

Tips & Warnings
- Keep your intent in mind, and in focus, from the moment you start the poppet till you finish.
- For the purpose of this How To, depending on the size of the poppet you are making, use your discretion as to the amount of filler and spearmint used.
- Other possible herbs for healing: Eucalyptus, Rowan, Cinnamon, Sage, Peppermint, Hops and Sandalwood. (Use alone or in combination.)
- Choose the color of the material and herbs used for future poppets based on your intent.
- You can use one herb alone or in combination with others.
- Feel free to include stones associated with your intent as well.
- NEVER imbue a poppet with anger, spite or any other malignant intent. Remember, that which you send out will return to you in time.
- NEVER conduct any workings that would impose your will onto another person. DO NOT become involved in that person's life without their asking you to and giving their consent. Harm none.
- Such workings as above should NEVER be used in place of seeking the help of a medical doctor. All diagnoses should come from a licensed professional.

An Example: Poppets As Worry Dolls

Twenty years ago, you could buy little bags with tiny poppets in them called Worry Dolls on every street corner. It's been a long time since I've even seen these; they must be out of fashion now. Here is how to make your own extra strength worry dolls using our poppet example.

Make some tiny little poppets as above - 7 would be good! - and find 7 different coloured pieces of string or thin ribbon (tip - you can pull a string from a piece of fabric).

Assign one topic to each colour - let's say:
- Purple: Magic/Spiritual/Religious worries
- Blue: Work/Study worries
- Green: Money problems
- Pink: Love problems
- Red: Physical/health/self esteem body problems
- Orange: Emotional Problems
- Yellow: Thought/Intellect/memory worries

Tie one of these around each moppet's neck, line them all up and one at a time, give them your worries to worry about.

They will not only worry for you, but also in real voodoo doll fashion set to work and go and resolve these worries for you.

There's one thing though. If you start worrying about a worry you have given over to a worry doll, you are taking the worry BACK to YOURSELF and the spell is broken.

Should this happen accidentally, go back to the doll and give it the problem afresh.

When the problem is resolved, you can take the ribbon off the voodoo doll and it returns to a neutral waiting state until you want to use it again for something.

**Poppet Pattern and Techniques**


Both candles and poppets can be used as representations of the person you want to bind. Poppets have a bad rap as they are often associated with Hollywood B-movie depictions of voodoo dolls with pins sticking out of them. In actuality, they are used for positive and negative magic. Poppets have some origins in African American hoodoo and some names for them are doll babies or conjure dolls.

Below is a simple pattern to use for making a poppet.
Simply cut out two pattern pieces and **sew** them together leaving an opening at the head. Turn inside out and stuff with pillow stuffing or quilt batting. Herbs appropriate to the spell can also be added. While making the poppet, visualize that it is the person you want to bind. Candles, incense and ritual can all be added to aid the visualization process. Anointing it with banishing herbal or essential oils will add to its effectiveness. Tie a ribbon around the poppet several times making sure that it can be untied later. Visualize all ties to this person being cut or any other binding purpose of the spell, i.e. stopping harassment at your job or school, etc. Store the doll in a safe place. When you feel the spell has worked, release the binding by untying it and destroy the poppet. Different traditions vary how they dispose of ritual items **including burial, fire and water.**
Poppet magic can be used for positive purposes such as healing. It is a very effective way to visualize your loved one in need of healing. Instead of binding them, anoint with healing oil, sending healing energy and prayers and lay stones and herbs of good health on the doll.

**Poppet Spells**

*Source: http://www.fortunecity.com/roswell/chaney/191/id90.htm*

First you will need to form a bond between the person and the doll. Use this simple naming ritual:

"Little one, I made you and now I give you life
I name you (person's name)
Her body is your body
Her breath is your breath
Her passion is your passion
Her blood is your blood
Though separate you were
Now you are one."

**TO BIND AN ENEMY**

A poppet to represent the person you wish to bind; Patchouli leaves; Frankincense; Charcoal block; Black candle; Red ribbon; White cloth

Make a poppet to represent the person you wish to bind. Burn patchouli leaves and frankincense on a charcoal block. Light a black candle and pass the poppet through the incense smoke saying:

Hecate, great Goddess of life and death,
I ask you to acknowledge that this Creation of cloth be known as Flesh and blood of (name).

Wrap the poppet tightly in red ribbon, paying close attention to the area you wish to bind, i.e.: the genitals of a rapist, the mouth of a slanderer. As you wrap, say:

Between the worlds in Hecate's eyes you (name) are bound powerless.
In the eyes of this world, you are harmless.
Imagine a heavy net made from a white light. Imagine the net clinging to the poppet. Wrap it in a piece of white cloth and bury it close to the person's house (or by the ocean and bid the sea to bless it).

**POPPET**

Grave dirt or earth Rosemary Sage Piece of smoky quartz
Piece of amethyst Some item from the person

A poppet can be sewn to represent the malicious person. Fill it with earth (grave dirt if you can find it), rosemary, sage, a piece of smoky quartz and a piece of amethyst. Also enclose a piece of the person's fingernails, a lock of hair, or another personal item. Handwriting can be enclosed if you have nothing else. Photos can be used also.
POPPET HEALING SPELL
Take a poppet and sprinkle it liberally with blessing oil.
Rub a perfume oil all over your hands and hold them over the doll's head, palms open and say:
You are very ill-be healed
You will recover-be healed
Heal! Heal! Heal!
Now blend equal amounts of Rosemary perfume oil, Violet perfume oil, Voodoo oil and Damnation powder. Mix thoroughly until you have a paste.
Completely coat the doll from top to bottom with this mixture and repeat the words given above.
After several times, carefully wrap the coated doll in a piece of red cloth and hide it away,
it must not be seen for several days. Then take the doll and burn it and scatter the ashes to the wind.

GOSSIP STOPPING POPPET
Using black felt, a needle and thread, and stuffing, make a simple poppet to represent the offender.
Cut a slit into the fabric for a mouth and stuff it well with slippery elm.
Sew the mouth shut with a six-stranded piece of purple embroidery floss. As you sew, say:
"Your mouth is closed. You cannot speak
To gossip, slander, or havoc wreak.
Your mouth stay shut, but only 'til
It speaks of friendship and good will."
Place the poppet in a box. Stuff the box with paper to force the poppet's face into a corner.
Leaving the poppet as such removes the offender's urge to gossip.

POPPETS
A poppet is a doll. It is the shape of a human that is used for magical purposes.
They are used in spells to help either you or someone else.
These dolls can be made from wood, cloth, clay, paper, or fabric.
To make a fabric poppet cut a human outline from two pieces of fabric with their right sides together.
It does not need to be detailed. You can keep the hands and feet rounded.
If the poppet is to represent you, use a piece of fabric from some of your old clothes.
Sew most of the figure with right sides together. Leave a small area unsewn.
Turn it right side out and stuff. You may stuff the figure with batting, tissue, straw, paper, or whatever is handy. You may add herbs, a lock of hair or other personal effect. Sew the hole.
You may add button eyes and decorate to personalize.
Do not make poppets of other people unless you have permission. Do not destroy the poppet.
If it represents another person, give it to that person to keep it safe.
If it was made for binding, bury it.

HEALING WITH POPPETS
The Poppet can be used for healing purposes--in fact that is probably its primary use. The Poppet can also be used for love magic. The same construction method is used: two outlines cut from cloth, sewn together and marked with identifying symbols and characteristics (all whilst concentrating your thoughts on the person it represents). You should stuff the Poppet with the herb appropriate for the person's ailment. If ever in doubt as to what to use, stuff the Poppet with Calendula (also called Marigold, Marybud, Holibud--Calendula officinalis), which is a cure-all. You should name the Poppet (as in love-magic, to symbolically represent the person who is to benefit from the healing spell), sprinkling and censing it, then lay it on the altar. Should you be working for someone who has had surgery, then make an incision in the Poppet in the appropriate place. Then, taking it up from the altar, concentrate on the healing and direct your power into the patient as you sew up the incision. You can do Auric and/or Pranic healing using the Poppet in lieu of the actual person. Once you have named and consecrated the Poppet, then anything you do to it, of course, you do to that person.

POPPET MAGICK HEALING
There are various forms and types of this magick, and listed below is a basic guide and some tips on how to enhance your poppet spell. Poppet magic is extremely powerful and should be used with care. Most people associate poppet magic with Voodoo and perceive it as harmful. In most cases the poppets used in Wicca are used for positive effects such as healings, love, happiness and they can also be used for bindings (only if necessary). For an effective spell, you will need a poppet (made of natural material and it can be colored to enhance the spell), a photo - or if possible, something of the person's (i.e.: a lock of hair, fingernail etc) and any herbs, and gemstones needed as well. Sometimes ribbons are incorporated into the working too. When you are done casting, the poppet should not be destroyed. Instead give it to the person you are healing or if it was for yourself, keep it. If a binding was performed, then bury it off your property.

POPPET SPELL
Moon in Gemini or Capricorn. Month of August. Waning moons. On bright, sunlit days. Gather a piece or paper, one gray crayon, one bright crayon (orange-yellow is good), matches, and a small item to represent yourself (perhaps a pebble). On the left side of the paper write in
gray the word "doubt", and draw a cloud over the word. On the right side, use the bright crayon
to draw a sun with the word "assurance" underneath it. Then lay the paper before you, placing
the symbol of self on the left side. Slowly, while repeating the phrase,
"From doubt to certainty, light to mark my way.
Misgivings be gone, I'm seizing the day."
Move the stone across the page until it sets firmly on the word "assurance".
Next, take a deep breath and tear away the left side of the paper, releasing your breath as you
finish tearing. Burn that side to literally destroy you doubt. Wrap the remaining paper around the
stone or object and carry it to encourage confidence every day.

TO BIND AN ENEMY
Make a poppet to represent the person you wish to bind.
Burn patchouli leaves and frankincense on a charcoal block.
Light a black candle and pass the poppet through the incense smoke saying:
"Hecate, great Goddess of life and death,
I ask you to acknowledge that this Creation of cloth be known as Flesh and blood of (name)."
Wrap the poppet tightly in red ribbon, paying close attention to the area you wish to
bind i.e.: the genitals of a rapist, the mouth of a slanderer. As you wrap, say:
"Between the worlds in Hecate’s eyes you (name)
Are bound powerless. In the eyes of this world You are harmless."
Imagine a heavy net made from a white light. Imagine the net clinging to the poppet.
Wrap it in a piece of white cloth and bury it close to the person's house.

TO MAKE A POPPET
To make a poppet, take two pieces of cloth with right sides facing each other. A bit of fabric
from an old shirt or other garment is best. From them, cut an image of a person (yourself).
Sew them together, leaving an opening for stuffing.
Next, take a dried rose and pull the petals off in a counter-clockwise manner, repeating,
"Doubt torn away, confidence today."
Place the petals inside the poppet and sew up the hole.
On the outside, paint or embroider a word or emblem which symbolizes uncertainty to you.
Then place the poppet in the light of a waning moon to reduce your reservations.
After 10 days bury the poppet along with your hesitations.

BANISHING SPELL TO STOP HARM
This will protect without causing the person bound any harm.
It is not a dark spell but a very potent protective one.
You may use a different oil if you wish to use as a banishing oil.
Rosemary may be substituted for Rue.
Materials: 1 black taper or image candle (gender depends on who you are trying to bind) 
nail black cloth a large piece of black cloth red ribbon cotton needle and thread 
Banishing oil loose tobacco A small mirror that can stand by itself 
If you can obtain hair or nail clippings from the person or a picture, you can use it in this spell. 
Fold the felt in half and cut out a rough shape of the person you want to bind. 
Make the figure large enough so that you will be able to stuff it after you have sewn it together. 
Sew the pieces of the poppet together, leaving a hole through which you can stuff the poppet. 
Fill it with cotton and tobacco, and if you have the hair or nail clippings of the person, add those to it. 
Once it is filled, sew the opening closed. If you have a picture of the person, staple or sew it to the front of the poppet. 
Next, care the name of the person onto the black candle with the nail and add these runes: 
Thuraz, Isa, Eihwas, a dark filled in circle to represent the dark moon, 
bars like you will see in a jail, and a widdershins (anticlockwise) spiral. 
Anoint the candle and the poppet with the oil. 
Cast a circle, invoke the elements, God or Goddess you are working with. 
Light the altar candles. 
Light the black candle and adjust the mirror so that flame is reflected in the glass. 
Hold the poppet out in front of you and say: 
"Creature of cloth thou art, 
Creature of flesh and blood you be. 
I name you (name of the person you are binding). 
No more shall you do me harm. 
No more shall you repeat false tales. 
No more shall you interfere in my life, nor in the lives of my loved ones. 
By the power of the Gods and by my will, So mote it be!" 
Draw an invoking pentagram over the poppet. 
Now take the ribbon and begin to wrap the poppet like a mummy, leaving no space unwrapped. Say: 
"I bind your feet from bringing harm to me. 
I bind your hands from reaching out to harm me. 
I bind your mouth from spreading false tales to harm me. 
I bind your mind from sending energy to harm me. 
If you do so continue, let all negative energy be cast and reflected directly at you!" 
Tie off the ribbon and hold the poppet in front of the mirror while you visualize all negative 
energy this person has sent to you being reflected back at them. 
Wrap the poppet in the black cloth and tie with another length of ribbon. Say: 
"Great Mother, I have bound this person 
from harming me and my loved ones. 
By the powers of three times three 
By Earth and Fire, Air and Sea
I fix this spell, then set it free
Twill give no harm to return to me
As I will, So mote it be!"
Let the candle burn out while the poppet sits at its base, then take the poppet
and the remains of the candle far from your home and bury it deep in the ground
or toss it in the ocean and walk away without looking back.

BANISHING SPELL
1/2 ounce olive oil 15 drops pine oil 12 drops rue oil 7 drops pepper oil 10 drops
peppermint oil
flower: crushed black peppercorns
gem: obsidian or black onyx
As with most recipes, you'll probably have to substitute, this is a good thing, it makes it
your own.
Be careful though as most of the oils called for are skin irritants.
Make a poppet out of black cloth, stuff it with cotton balls or batting and tobacco.
Add hair and/or nail clippings if you have them.
Sew it closed and staple a picture of the person to the front of the poppet (if you have
one).
Carve the person's name into a black candle and add the runes Thurisaz, Isa, Eihwaz,
Dark Moon,
Widdershins and Bars. (Dark Moon is a filled-in circle; Bars is a tic-tac-toe with 4 lines
up and
4 lines across; Widdershins is a counter-clockwise spiral with a an arrowhead at the
end.)
Anoint the Poppet and Candle with Banishing Oil (if you can't make the oil, a single oil
with
banishing properties can be used). Cast a circle, invoke the elements and the God or
Goddess
you are working with (I'd use The Morrigan, but she can be rather volatile).Light the
altar candles.
Light the black candle and adjust the mirror so that the flame is reflected in the glass.
Hold the poppet out in front of you and say:
Creature of cloth thou art,
Now creature of flesh and blood you be.
I name you (name of the person you are binding).
No more shall you do me harm,
No more shall you spread false tales,
No more shall you interfere in my life, nor in the lives of my loved ones.
By the power of the Gods and by my will,
So mote it be!
Draw an invoking pentagram over the poppet.
Take a red ribbon and begin to wrap the poppet like a mummy, leaving so space
unwrapped. Say:
I bind your feet from bringing you to harm me.
I bind your hands from reaching out to harm me.
I bind your mouth from spreading tales to harm me.
I bind your mind from sending energy to harm me.
If you do so continue, let all negative energy be cast and reflected directly back at you!
Tie off the ribbon and hold the poppet in front of the mirror while you visualize all negative energy this person has sent to you being reflected back to them.
Wrap the poppet in black cloth and tie with another length of ribbon. Say:
Great Mother, I have bound this person from harming me and my loved ones.
By the powers of three times three
By Earth and Fire, Aire and Sea
I fix this spell, then set it free
'Twill give no harm to return on me
As I will, so mote it be!
Let the candle burn out while the poppet sits at its base, then take the poppet and the remains of the candle far from your home and bury it deep in the ground or toss it in the ocean and walk away without looking back.
Author's note: This spell is very powerful and works quite well. I've never had the need for a different binding spell. Sometimes binding spells work in unexpected ways. The person you are binding may suddenly decide to move away, they may have a change of heart and turn into a decent person after all, they may go through a horrible streak of bad luck and learn their lessons the hard way. There is an outside chance that if they are projecting enough negative energy, the might end up hurt. Be assured, they were only caught in the backwash of their own negativity.

PROTECTION POPPET
--dogwood twigs and shavings, black thread, an acorn, black cotton thread & stuffing
--eucalyptus, sage, thyme, oak leaves & an acorn, parsley fern, birch bark, nail clippings.
--hair blood cedarwood or another protective oil Dragon's Blood ink
Perform actual ritual on the Full Moon. Construct the "skeleton" out of dogwood twigs, lashing the twigs together with black thread, using an acorn for the head. I'm used nine herbs, cotton thread & stuffing, eucalyptus, sage, thyme, oak leaves & an acorn, parsley, some dogwood shavings, fern and birch bark. I began consecrating and grinding these items, meditating on the purpose all the while three nights before the full moon. Mix in nail clippings, hair and some blood(not necessary, I just like to use it on my personal spells). On a piece of birch bark draw the rune of "Ohl" with Dragon's Blood ink roll it up and tie it to the "torso' of the poppet with black thread. Fashion clothes out of your own clothing and apply some of
your own hair to the poppet. On the night of the full moon cast your circle and sew the
clothes
onto the little guy and stuff him. After your done stuffing it, anoint it with cedarwood or
another
protective oil and placing your poppet on the pentacle on the altar. Meditate in the
purpose
and then dedicate it to the south. incantation :
Magic doll, my little friend.
Away from me all harm you send.
Protect me now through day and night,
as I bless you with this rite.
All empowered these herbs within.
See me safe through thick and thin.
Protect me now oh little one.
Keep me safe and harm to none.
Blessed by the powers of three.
As I will, So Mote it Be!
Take the poppet and pass it through
the flame to the south, the water to the west, the
salt to the North, and the smoke (sandalwood) to the East. After that put it into a white
muslin pouch with a black and white agate, some rose petals and a rosemary sprig.
On the pouch again draw the rune of Ohl with Dragon's Blood ink.
Carry this pouch with you and recharge or change the herbs every so often.

MAKING A POPPET
Clay or cloth Personal items of the person
Red candle Holy water White linen
In the doll, add anything you find that is personal to the person (nail clippings,
written paper, blood on a Band-Aid, hair left on a brush, etc.)
Bless all of the items you are using to make our doll, be it clay or cloth
and proceed to make the doll. Get a clear mental image in your mind as you
concentrate on the persona while you are making the doll.
To reinforce you concentration keep repeating the following affirmation:
(name), as you I see
(name) you represent to me.
Continue this chanting and visualization until the doll is completed.
Lay the doll on the altar with a red candle. Place both hands over the doll and
will your energy to flow as you chant 3, 5 or 9 times:
Though separate you are, you are linked as one. As (name) your life has begun.
Pass both sides of the finished doll through the flame of the red candle saying:
With fire do I consecrate this doll as (name).
Sprinkle both sides of doll with holy water and say:
With water do I consecrate this doll as (name)
Pass both sides of the doll through the incense smoke as you say:
With air do I consecrate this doll as (name)
Keep the doll wrapped in clean white linen until it is ready to be used in the ritual.

PROSPERITY SPELL AND THE RITUAL
Do this spell when the Moon is out and shining brightly.
--poppet made out of green cloth, leave the head open chamomile for money
--rosemary for luck basil for success needle and thread
Directional elementals (earth, incense for air, fire, water)
Altar Devotion, Casting the Circle
As you walk around the circle three times, imagine a green, soothing mist trailing from your fingers, enveloping you and enclosing your magic circle.
"I conjure the magic circle
I am safe within the Goddess' womb
A sacred place, a world apart
Where enchantment births and magic starts
With Air and Fire, Water and Earth
I circle round the Mother's girth This circle is sealed"
Drawing Down the Moon
Stand holding your athame, legs slightly apart, arms at your side. Breathe deeply. Raise the athame to your lips, holding it with both hands, and then point it toward the moon. Feel the energy of the moon move through the athame, down your arms and into your whole being.
Invocation to the Goddess
"Wondrous Lady of the Moon Mistress of all magic and protectress of all Wicca Life-giving mother I greet you at the waxing of the moon’s power I invite you to attend my Full Moon rite"
Invocation to the God
"Radiant King of the Heavens Master of beasts wild and free Horned stag I greet you at the waxing of the moon's power I invite you to attend my Full Moon rite"
Meditation and Chant to the Goddess
Sit with your spine straight, legs crossed, hands in your lap. Close your eyes and visualize the Goddess, however she appears to you. Feel her arms around you in a protective embrace. When you have the vision firmly planted, begin chanting softly:
"Starry Goddess, Full of Light I honor you this Full Moon Night"
Repeat, feeling your energy grow. This energy will be used during the following spellworking.
Spellworking
Cleanse and consecrate poppet for workings of magic. Stuff it with the herbs. Sew the opening closed.
"Goddess of Opportunity Bring good things in life to me I'll be alert to all you send Goddess be my helpful friend"
Repeat 3 times, envisioning the opportunities you wish to come to you.
Reverse Lunar Draw
Raise the athame to the moon, then bring it to your lips and back down to your side, releasing the energy you built during the Drawing.
Thank the Goddess and God. Release the Circle.
Walk back around the circle, pulling the mist back into your hands.
Place the poppet in your closet, your car, your handbag or somewhere else close to you. You can re-work this spell at the next full moon if you feel it's necessary.
Good things will soon come.
LOVE POPPETS SPELL TO RETURN AND KEEP YOUR LOST LOVE
These poppets are to represent you and him/her.
With any sympathetic Magick what is done to the poppets is done to the lovers.
A poppet is a specially constructed cloth doll. It is a simple rough figure from 2 pieces of cloth.
While cutting the cloth, concentrate on who it will represent.
It may then be worked on further with embroidering it with facial features, special characteristics such as a beard, moustache, long hair, etc. Even astrological signs and the person's name can be embroidered onto the doll to help symbolize who it represents.
Sew the figure leaving the top open.
The figure should then be stuffed with the appropriate herbs again concentrating on the person.
You must use any 3 or more of these love herbs: Verbena, Vervain, Rosemary, Rose petals, Cinnamon, Patchouli, Yarrow, Valerian, Catnip, Lavender, Rosebuds, Strawberry leaves, Jasmine or Ginger may be used.
(These herbs are ruled by Venus) Along with the love herbs; add to your lover's poppet, some of your moon-blood (a powerful option), some of your pubic hair and some of your underarm hair (don't shave your armpits for a few days if this spell is to work well!)
The top may then be sewn closed.
The two figures must be prepared this way. One representing each of the lovers.
Now name the figures as you hold them focusing on the intent of the spell - him/her returning to you.
Say: "Your name is ----- you are now his/her/my---- true essence"
Bind the figures face to face with red ribbon or thread.
Now "put them to bed" in small box and keep safe.
Each day at the same time exactly, dress a red candle with rose or jasmine oil or even olive oil massaging it in from the ends to the middle to imbue it as a tool of Magick with your personal Magick and energy - also you may have both your names inscribed on it inside a heart shape (with a sharp pin) and burn it for 15 minutes holding the poppets, focusing on your ex-lover and willing him to return thinking of all the loving times you have spent together and picturing in your mind you both together. Holding the bound poppets high up over the candle so the poppets get warm a little but do not get too hot.
Now Say:
"I melt your heart as I melt this wax
Name ----even as this wax flows,
So your love glows stronger for me
I melt your heart as I melt this wax
Even as this wax flows,
So your love flows back stronger to me
I melt your heart as I melt this wax
Even as this wax flows,
So you are reminded of all your love for me
I melt your heart as I melt this wax
And by fire of love and it's molten flow
Return Name ----- and your love for me show..
I call name-----back to (your) name---- so mote it be!
Say last line 3x3 times