



**Ask Rose Ariadne**  
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## Simple Steps To Make Your Own Spells

Magick is an individual action that needs to be performed in order to enable each person to direct his or her own life. True practitioners of magick are guardians, preservers, and revivers of the world's occult truths and traditions.

Although there are many magickal traditions in the world, all of them share the same grain of truth; the individual is responsible for making her/his life work.

Many of us spend hours worrying about life, being jealous of others, getting depressed over our experiences or feeling angry at others and wanting revenge because of something they may or may not have done. Focusing on others to cure your ills is not very efficient. You can, however, get over the jealousy, the depression or the anger by just focusing on yourself, how you can get what you really, really want from your life.

When you create your own spells, remember that every action returns three-fold results. Think carefully whether you are being honest, just and kind. Remember that any spells cast to hurt another (even unknowingly) can come back to hurt you even more. IT JUST ISN'T WORTH IT.

To create spells, you have to first think of what you need out of it. You may choose love, health, prosperity, fertility, home, education, job, etc. Depending on your goal, choose the items that will help you succeed in your goal by allowing you to focus more intently on your action.

Always assume that the result has already materialized in Nature. All you are doing is to bring it closer, to make it appear in your view, in your realm, in your reality. Use positive sentences when you write your goals.





One of the major advantages of making our own spells rather than have strangers create the spells for us is that the spells we create will be customized to our own thoughts and preferences. These type of spells are the most effective of all. Visualization is one of the most important parts of the spell. It is through visualization that we bring our thoughts into reality.

Here are some ways in which you can create your own spells.

1. Decide on the goal; Remember, it has already taken place in the Universe. All you need is to visualize and bring it into your reality
2. Think of all the tools or items you need to help you visualize this goal. It could be an outdoor or indoor altar, Figurines or candles depicting the Goddess or God, herbs or flowers, holy water, oils and perfumes, paper and pen to write down your intentions, etc.
3. The best timings for the spell. If it is a spell that increases something (love, health, money, etc), it is best to cast the spell on a new moon day when the moon is waxing. On the other hand, if it is a spell in which you want to decrease something (weight, illness, curses, etc) work it on a full moon day so that as the moon wanes, your problem will disappear.
4. Next choose the time or day to do the spell. In many magickal books and good websites, you may find the correspondence between astrological positions and successful spell working.

To start, assemble all the items you need in front of the altar. Take a nice, long bath with herbal oils and essences. Dry off and wear a clean cotton robe to remove all negativity surrounding you.

Cast a sacred circle to surround yourself with positive energy. Sit in front of the altar and arrange the candles, and other items around. Burn incense appropriate to your goal. Incense is usually made of botanicals and most of them are used for specific purposes. Learn more about them if you wish to create your own spells.

Choose the color of candles depending on what you want to accomplish. Green is used for money, blue for healing, white for peace or healing, red and pink for romance, etc. You can look for this information online too.

Write down your intentions on a piece of paper and read it aloud a few times. It can be in your own words. You don't need to write it poetically or in rhymes.

Just speak with your own voice and focus intently on your thoughts. Visualize it as it has happened already. Allow your emotions to come forth now that your wish has come true. Feel the positive energy around you as you "see" your wish clearly in your subconscious mind as well as your conscious mind. Sit in that mode for as long as you can.





Now you can snuff the candle, put the incense out and clean up the altar. Open the sacred circle. Your spell is complete.

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