

The background image is a still life composition. In the upper right, a lit candle in a white ceramic holder casts a warm, orange glow. Below it, a white teacup with a gold rim and a saucer with a gold dragon design are filled with a dark, frothy beverage. To the left of the cup, there are several dark, jagged crystals. The entire scene is set against a teal, marbled background. A semi-transparent purple rectangle is overlaid in the center, containing the title and subtitle in white text.

SPIRITUALITY FOR BEGINNERS

Pertinent Information for
Starting a New Path

By Karen Lowe

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INTRODUCTION

Welcome, Welcome, everyone to my book on Spirituality for Beginners: pertinent information for starting a New Path. I just want to start out by thanking each and every one of you for purchasing my book and supporting me in this way. I hope that you enjoy the book and find everything you are looking for!

I am going to tell you right off the bat that this book is in no way an exhaustive list of the things that you will learn or acquire over your life-long journey on your new path. This is just a list of some things that I feel will be helpful to you if you are starting out on your own path of what is called the New Age Spirituality. Another thing to remember is that this list is my personal list and if you are checking different sources or learning from different people, the opinions will differ.

The best thing to remember is to just go for it. If you spend too much time researching and never do anything then you will not grow spiritually because it takes a lot more than just reading. Also, know that I am not in any way saying that you need to get all of the things on this list either before you can start practicing. When you start your practice it is up to you and

as you will see once we near the end of part 1 the biggest most important thing that you will require to start on your new path is Yourself!!

As you go through the book and read about the things I have chosen to write about you will realize that about half of them are not actually things that you need to buy. It could even be more than half of the list that you may not need to purchase as a couple things can be made, others you may already have in your house, and some still will just be on here for research purposes.

If you are like me and love doing research and learning about new things, I want you to make me a promise right now!! Write this down on a piece of paper and put it somewhere you will be doing most of your learning!

**“I promise that I will
not get tied up in the
research phase and
end up confused as to
where I should begin**

**practicing. I will
make it a priority to
learn and practice as
I go.”**

There are some things that I will mention here that will be great first steps for you to take on this journey and I will clearly state which things these are within my explanations! Remember even though this is a book for beginners it is also a good book to read if you are established in your path, feel like you are stuck, or just need a refresher on the basics (sometimes we tend to forget the basics because, well, they are the basics)!

This book is organized in a list fashion so you can just read it straight through or find a letter you want to know about and skip right to it. I will have more than one thing written out for some letters and they will all be separate as I will be writing out some information about each.

Now, a little about me. I grew up in a Christian home and I did all the Christian things. I went to Sunday School and Church every week, I did their youth group, I learned passages in the Bible, and anything else you can probably think of. I got baptized in 2001 and that was my life. Religions aren't bad, for me Christianity was all I knew and I even felt connected with it at some point. As I grew older, moved away to university and was living on my own, I learned about some new age spiritual stuff and I was intrigued!

I started to learn about Wicca (I have tried to keep this book well rounded for everyone and not focus in on any one thing). I was hanging out with friends who had been practicing for a while and so I asked them where to start and of course they told me research to see if the path was for me. So, I started reading. As I read and learned I loved what I was reading about and decided this was a path for me. The only problem was, I had no clue where to start!

I was constantly asking my friends and store owners they introduced me to where I should begin. They all told me the same thing...READ!!!

Since I had been reading a lot, I asked how to actually start my practice or what should I do first to start my path? They would always just tell me that it was whatever felt right to me.

I found this so frustrating. I wondered “How do I know what feels right to me if I have never done any of this stuff before?” Well they had no information for me about this question.

As years and years have gone by I have broadened my area of research to subjects other than Wicca. Now, I consider myself more of an eclectic spiritualist, where I bring things from all different kinds of spirituality that resonate with me to my practice.

I am writing this book so others may have a better starting point then I did. I have a desire for readers to have an idea of some good things to learn about and practice first before moving forward. The few practices that I discuss in this book are what I would consider pertinent to your practice and important to figure out how you want to perform them. In part one of this book you will find the A-Z list of things to help you get started and in part two I will go a little more in depth into some of the

topics. I will give you a step by step guide to follow with examples and a space to create your own way of doing things!

I hope that you truly enjoy this book and find the information within to be helpful in your practice!

Love & Light
Karen

PART 1

THE LIST

Acceptance:

Acceptance is about other people as much as it is about you! This is super important because you need to accept that other people may not understand right away but you should never feel like you are wrong or need to explain yourself to others. Accept that you are following a path that is right for you and that others are doing their own thing as well. Be accepting of all paths and religions as this is a key ingredient to a spiritual path. We do not push our beliefs onto others. Know that there is a community out there for you and you are not alone, even if at first you don't feel comfortable telling family and friends. The day will come when you fully accept that people may not always (or ever) understand why you practice the way you do but always remember that you don't do this for them, you do it for yourself and what makes you happy and once you have accepted that things can really flow!

Adaptability:

Adaptability is important in the fact that you will be reading and hearing a lot about whatever path you are on and sometimes things

that have worked for others may not work for you. The path of spirituality for me is about finding things that work and adapting the things that don't so that they do. Doing what feels right for you is something you will hear a lot. I used to try and ask people how do I do a ritual, where do I begin, what do I need to study, and everyone always tells me the same thing, "It is whatever feels right to you" I used to hate this answer because I never thought it was helpful. Turns out it was super helpful I just didn't get it at the time, so I had to adapt. I got stuck in the train of thought that things had to be done a specific way and that came from my background of growing up in a Christian home. The big Religions of the world are very organized and do things a specific way so it is easy for their practitioners to know what they need to do to follow their spiritual path. However, the best thing that you can do on your new path is to forget that. There are some things that you need to know how to do like casting a circle (check out the letter C for this one) so that you can protect whatever work you are doing from negative energy. You can find basic ways or complicated ways of doing many things but the best thing to do is look for how a few people do one thing, try them out, see what feels right to you, use that, and adapt the rest.

Amethyst:

Amethyst is a wonderful first crystal to get when you are starting on a new path. I love Amethyst as a first stone because a great thing that it does is help with calm and balance. It is great to carry around with you to hold in your hand if you feel yourself starting to get worked up. It is also an amazing stone to hold after a meditation and to keep you grounded. There are a few other crystals mentioned in this book that are also good to have when you are starting out on your new path.

Bell:

Bells are used for the vibrational energy that they bring to spell work and even meditation. Bells can help to bring in the goddess, signify the beginning and the end of a ritual, and can even be rung to ward off evil spells and spirits. The bell will have different, but very powerful, effects depending on the volume, tone, and material of construction. Pretty much all bells can work you just need to find one that you are drawn to with a sound that you like to hear!

Book of Shadows:

The Book of Shadows is a very personal thing

to each solitary practitioner. Originally, I believe they started being called a book of shadows when the witch hunts were happening and people had to hide their information. These books contained all sorts of things like information about the Gods and Goddesses that were worshiped, remedies, spells, information on different herbs and what they do, and even accounts of how things worked out that you have done. You can keep one Book of Shadows or multiple it is totally up to you. The great thing about this is you can just use a binder, a notebook, a computer, or anything else you have around your house to start out and then get your permanent one later. It doesn't have to be anything fancy it is whatever feels right to you. This book is usually something that most practitioners keep to themselves but if you find friends that are on a similar path and you feel comfortable sharing it with them then you can. What you do with it, and what you put in it are up to you. (For more information please turn to part 2 of this book)

Candles:

Candles are a representation of the element of fire and the colours of the candles can represent and be used for different things, Like a green candle for money, a red or pink candle for love,

or a purple candle for loyalty. There are plenty of books out there for candle magick that will help you associate the colours for different things you want to do. White candles are the best to have when starting out as they are pure and can be used for all around purposes. I bet you probably have some in your house as well so this is something you can have when starting out that isn't going to be extra money out of your pocket. Lighting a candle can also be calming (at least they are for me). They can be used for many different things like, spell work, calming, meditating with the fire element, and many other purposes. These are definitely a go to for a first item you want to make sure you have for your new path.

Cauldron:

Cauldrons are not something that you necessarily need right away when you start on your new path and they do not have to be a big one like they show in the movies. This is something that can be used to represent the element of air in your zone of practice (talked about later on) or on your altar. It is something that you can use to safely burn things in for spells or rituals of letting go. Cauldrons are also used to make your potions, remedies, and brew herbs in. If you like making remedies and

herbal mixtures then you might use your kitchen and your normal pots and pans for this. In this case you would just make sure to cleanse your kitchen pots and pans before you use them for any of this spiritual work.

Cleansing:

Cleansing a space, your tools, and yourself before any ritual, rite, or spiritual practice that you perform is super important. Cleansing helps to remove any negative energy from the space or tool you are using. It is important to do this when you purchase a new tool, when you start using a new space, or just simply every now and then to clear out any older workings that have been done so that you have a clear space to start your next work. (For more information please turn to part 2 of this book)

Casting a Circle:

Learning how to cast a circle is super important in spirituality because it is what gives you a protected space to work in. Being protected from negative influences and spirits who may wish to disrupt what you are doing rather than help you out is a key component to doing spiritual workings. A big part of circle casting is the intention you put into it plus calling the

directions, elements, and any spirit guides, Gods, or Goddess that will help you with your work if you don't have specific ones you work with yet. (For more information please turn to part 2 of this book)

Crown Chakra:

The Chakra's are the energetic centers of your body and are therefore important for you to get to know and understand. The Chakra's are a system that all work together to help us get through this messy world. The Crown Chakra is at the top of your head and is associated with the colour white or violet. This Chakra, when open, will help you feel intelligent and open-minded. It will also make learning new things a bit easier for you. This is a Chakra that is connected to your brain and when that is open too much and not in alignment with the rest of the Chakra's then you can become overwhelmed as you are in your head too much. The Chakra's can work separately but if you want to be in a good emotional and mental state it is important that you work on them constantly to make sure they all stay open and healthy.

Dream Journal:

A dream journal (along with other journals talked about later) can be very helpful on a spiritual path. When you begin you never know how your guides will contact you so it is good to keep a dream journal so you can write things down. If you had a dream filled with shapes, symbols, colours, or numbers, whatever it may be write it down and go looking for what it means. If you are up for it you could meditate on the dream and see if any explanation comes to you during your meditation.

Daily Routine:

Having a daily spiritual routine will help you greatly with connecting to your God, Goddess, Spirit Guides, Higher Self, the Universe, or whatever name you put on it. It will even help you dig deeper into yourself and level up. I include this because as with any practice, practice makes perfect, or in this case practice makes connection, learning, and up-leveling.

Eagerness to Learning:

Without an eagerness to learn new things you will not make it far on your new path. The religions of today don't leave much research or

learning to be done as everything is done in Sunday school and church you just go and they teach you but with your new spiritual path it will be up to you to do this learning. It will be up to you when and how you learn. This is why a daily routine as mentioned above is important as well because there is tons to learn and grow from. Your new path will more than likely be a lifetime of learning and growing so be prepared to constantly learn and understand new things.

Essential Oils:

As many people these days know, essential oils are a big part of daily life. They have tons of benefits and help with lots of different things. Please make sure that if you are using oils for your practice that you are getting 100% pure essential oils or making them yourself. When using them you don't want oils with "extras" in them. You want pure essential oils to do your work with. These are good to use also if the smoke from incense bothers you.

Faith:

Faith is important because when you are learning new things you may not get results for things right away. If you are trying something like channeling or past life regression

especially, know that sometimes you may not get things right away. Some things will take time to master so don't get frustrated and lean on the faith you have that things will happen and the Universe will present things to you when you are ready for them. Also, faith in what you are learning is important. If the path you are looking into or the things you are reading don't resonate with you then you should probably practice something else because your level of faith in that particular path will not be strong.

Forgiveness:

I am mentioning forgiveness because it will be a big part of the work you do. You will be working on forgiving yourself as well as others and letting things go. It is a big part of being able to move forward and upward in your faith and on this new path. Do not start a spiritual path in hopes of getting back at someone as that is not a good reason to follow any new age path.

Gods and Goddesses:

Starting out I would honestly suggest just looking into the different cultures from across the ages and start reading. You don't have to

work with a specific God or Goddess if that is not for you. You can work with as many or as few as you want. This is totally your choice. If you want to follow one pantheon then do that. If you like to work with different Divine beings for different things then just make sure that you do your research and know who helps with what. Do what feels right to you and choose Gods and Goddesses that you are drawn to. If you come to a decision to mainly work with one God and one Goddess that is fine as well but that also doesn't mean that you can't ever work with any other one if a different one would be of more help. Figure out what is right for you, commune with and get to know your God and Goddess and you will know which ones clash and which ones play nice!

Guides:

I believe that everyone has Guides whether they are Ancestors, Ascended Masters, Animals, or Archangels. There are many that can help you if you ask for it and listen. The thing to remember with your guides is that they are at a higher level of vibration than we are and you may not always get words like you see here. If we are not vibrating high enough their messages could come through as ringing in your ear or just lights or any other way they are

able to get through. The trick is to find a way that you can interpret the message.

Grounding:

Grounding is super important within spirituality as well as just in general to be honest.

Grounding for me is a five minute experience I do in the morning to center myself and ground myself to the Earth and her Energy. This also helps me throughout the day if I start to get upset, frustrated, or stressed out in any way, I can just remove myself for a minute or two to focus on my breathing and re-center myself. (For more information please turn to part 2 of this book)

Herbs:

If you decide that working with herbs for spells, charms, your own natural products, or things of the like is what you are drawn to then that is a good starting point for you. If you have a green thumb or just want to try growing your own herbs or maybe you already do grow your own herbs then learning more about herbs is a good place for you to start. If you don't grow your own herbs but want to use them in spells or rituals I would suggest going through your own kitchen cupboards first before buying.

Chances are you have herbs already that you can use like cinnamon, basil, dill, garlic, peppermint, rosemary, and thyme.

Heart:

When it comes to spirituality the best place to listen, follow, and open up from is your heart. You need to get out of your head and follow what makes your heart sing. I know that we have become jaded in this world today and try to close our heart off but you will want to keep an open heart and a loving heart for your path. This will require a lot of healing which is what I talk about next.

Healing:

When it comes to your new spiritual path and opening yourself up to higher vibrations and ways of thinking and seeing things, there will be a lot of healing that comes along with that. That's right, no more pushing things down and saying you will deal with it later and then never deal with it. You will have to heal and work through things, let things go, remove blockages, deal with past life issues and trauma as well. This process will happen as you become ready for it and are willing to put in the work to get through. If you are not prepared to

heal and let things go, your path may become stagnant. For me, part of a spiritual path is to learn and grow and if you aren't healing old wounds and letting things go you will not grow very much, as this will be what ties you to old ways, routines, and behaviours.

Heart Chakra:

The Heart Chakra is located in the chest (of course) and is associated with the colour green. This Chakra is about love, trust, forgiveness, hope, and empathy. This is the Chakra that I find can get hurt and closed off the most. This world is a harsh place at times but we do need to keep our Heart Chakra open and keep on loving so that we can continue to be open to our Divine Self as well.

Incense:

Incense is a good thing to have to help you represent the element of air when doing rituals and it also just smells really good. Depending on the incense it could be made for specific times, for specific reasons, or for specific Gods or Goddesses. You will need to look up the ingredients if possible and see what they are associated with to make sure that you are using them for the correct purpose. You can also just

burn them to make your house smell nice and to help you relax in the tub or during a meditation.

Intention:

A lot of the things that will happen within your new spirituality will happen because of your intention. When you clear your house or space it is the intention with which you do it that helps make it so. I would even say that a good 80% of what you do is about your intention that you put into it. You have to have the right intention for your rituals, spells, and other workings in order for them to work. You should not go into this new spiritual path with bad intentions as all things can come back to you.

Jars:

Jars are going to be important for keeping your supplies in. You can get organization jars for herbs, candles, and any other supplies that you use and want to keep together. If you are an organized person having jars or other types of organizers for your spiritual practice will be super important.

Journals:

Journals will be super important in everything you do on your spiritual path. I have already talked about keeping a dream journal, but there is also a journal for your tarot readings and learning as you get to know the cards of the deck you are using if you go this route. These are two specific journals that I recommend you keep if you are using tarot or dreams to figure out information that is trying to be sent through. I would also suggest keeping a normal everyday working through things journal. This would be for journaling like you did when you were a kid writing down anything and everything that stirs up emotions within you. This will help you work through things and move forward from them if you choose. Then keep a spiritual journal for everything else you do spiritually. Keep track of the spells you cast (when, why, did it work, any changes to be made), the things you create (remedies, salves, home made products), and keep track of anything that comes to you during meditations or just inspiration from conversations you have or things you read. Keeping track of these things can help you start to see the synchronicity when it happens.

Knife:

Knives can be used to help direct energy like a wand would but it can also be used as a cutting tool. I would suggest having two separate knives with different coloured handles so that you can tell them apart. People use two so that they can dedicate one for use in cutting herbs, making markings in candles, carving and things of the light whereas the other would strictly be used to represent the air element and use in directing energy!

Love:

Love is abundant in the Universe and we tend to forget that because the world seems to run so fast and on fear of not making it, fear of being disliked and all of the other needless worries now. When you start out on your new spiritual path it is important to always doing anything involving your spirituality with a heart full of love. Do not let any negativity cross into your spirituality. I am not saying that you have to be positive and be in that space of love consistently, but that would be the goal right? We are living a human existence after all and we will fall from time to time and the best way I know of to deal with the crappy things in life is to re-examine them from a space of love and

continue to grow!

Meditation:

Meditation is a great part of any spiritual practice. It will help you ground, be still and listen within, and even figure out some past lives if you want to! A lot of revelations, insights, and inspiration can come from meditating if you practice daily. Meditation does not have to be long. I know sometimes people say they don't meditate because they can't sit for hours and they keep thoughts out of their mind that long. Meditation can be five minutes if that is what you can do. Also, meditation is not meant to stop all the thoughts from coming into your head it is to help you quiet your mind which may mean that some thoughts do come through. The important thing is to acknowledge the thought as you never know why it popped into your head. There could be a reason that it popped in but the important thing is to acknowledge it and let it go by slowly bringing your focus back to your breath. This is why it is important to have a journal so that you can write things out afterward and see what lessons may have come through or what you may need to take a closer look at for letting go and moving forward!

No Previous Assumptions or Expectations:

So, you all read a bit of my story in the introduction of this book and why I am creating it so this one is SUPER IMPORTANT!! I know that growing up in one of the bigger religions of the world today it was hard for me to get started on my new path. If you are starting on a new age path it is imperative that you forget everything you were taught and do your research about what the new path is REALLY all about. Do not go into a new path thinking that it is “devil’s work” or “evil” or anything of the like. You need to have the mind of a child when it comes to learning your new path.

Open Mind:

Along with the previous one it is important to have an open mind about your new path. Your new spirituality will push your boundaries, teach you tons of lessons, and help you grow to amazing new heights if you let it and work on it. Forget what you think you know about whatever path you are embarking on and go into it with the naivety of a child. This is something new you are learning about and you need to put out of your mind what others may have told you or may continue to tell you.

Oracle Cards:

If you are intrigued by divination and you start looking into Tarot, if you come from a church back ground, I would actually suggest going with an oracle deck first. I feel like going with an Angel Oracle deck would be the easiest transition to something like this after being brought up in one of the major religions. The Angel Oracle decks are the best as it still gives you that connection to church if you are having any issues reconciling the old and the new. This will be a great way to help you transition to your new path as you work through all of the things that may come up for you on this new spiritual awakening!

Palo Santo:

Palo Santo is a wood that helps with clearing space. You light it and let it burn for a minute then let it go out or blow it out and let the smoke cleanse the space. If you have a feather fan you can use that would be good so you can make sure to get the smoke to all corners of the space. Palo Santo does not like to smoke for long so keep your lighter with you. This is a good alternative to sage smudging if you do not like the smell!

Privacy:

Privacy is important if you are not ready to let a bunch of people know that you are on a new path and what it is. Privacy is also important when it comes doing rituals if you are doing them alone. It is important to have a quiet, private, area where you will not be disturbed for your rituals.

Quartz:

Quartz is another important crystal to get if you are going to be buying any. Quartz is an amplifier. It helps to amplify the energy and magick of it all when you are performing rituals, rites, or just doing some simple spell work. It is also a good balancing crystal and has many other uses. Too many to list here in this book, but that is what a correspondence book is for!

Ritual:

Rituals are important as they can help you celebrate the important times of the year. In most cases this would be a celebration of the natural changing seasons, moon phases, and some other key parts of what we would call the Wheel of the Year. It would be best to look up

books about the Wheel of the Year for a full explanation but there are 4 celebrations that coincide with the season changes and four that correspond to other times of the year including Christmas and Halloween!

Root Chakra:

The Root Chakra is found at the base of the spine and is associated with the colour red. This Chakra helps you to stay balanced and grounded. This Chakra is the “foundation” of all the other Chakra’s. This Chakra is important in keeping your spirit grounded and in this human experience so that your Divine Spirit can learn whatever it made a contract to come here to learn. When we get away from having an aligned Root Chakra we tend to get too much “in the clouds” as they would say. It is important that you always remember to stay grounded as you reach for higher meaning and connection to your Divine Self as you are here having this human experience for a reason.

Research:

Making sure you do your research on all the topics you learn is super important but it is also important not to get stuck in this research phase and not take any action to actually start

practicing your path. Research is great but with so much general information out there and most people you ask telling you to do what feels right for you it is hard to know where to start. This is why I have created this book as a guide to things you should definitely have, or read about to start. When it comes to research the best advice I can give you is to find one subject that really interests you and to start learning about that. Follow into part two of this book for explanations of some basic things to do to start physically practicing in your new path. Remember, ALWAYS practice along side your learning, you should never be just doing one or the other. (Extra: One of my favorite books that I have is Llewellyn's Complete Book of Correspondences by Sandra Kynes. It is one of the best reference books I own and I would suggest it as one for your library as you grow)

Selenite:

Selenite is a wonderful crystal with many uses but I like to use it as a "wand" to direct the energy when opening my circle, for cutting away any entities that may have attached themselves to my aura, and for protection of my space. I suggest getting a book specific to crystals and what they are used for to look up more of the uses for any of the crystals I have

mentioned in this book.

Sage Smudge:

Sage is the most common way of smudging a space or yourself. It is done the same way you do the Palo Santo smudge but it stays lit longer. There are people who do not like the way that sage smells and this is why they would choose to use the Palo Santo wood. If you are unsure if you will like the smell, I would suggest finding a store or some friends close to where you live that do have smudge already and seeing if they can light it for you so you can see if you like it. Another way is to buy some white sage leaves and just burn those in a bowl and let them smoke to see if you like the smell.

Sacral Chakra:

This Chakra is located in the pelvic area and is associated with the colour orange. This Chakra is related to the sexual drive, passion, and drive. If this Chakra has any blocks then you may feel uninspired, or a lack of passion. This is a very sensual energy here and is very important to keep in alignment for your relationship with yourself and with others.

Solar Plexus Chakra:

This Chakra is located between the belly button and sternum and is associated with the colour yellow. This Chakra is where that gut feeling and intuition come from. It is important to keep this Chakra clear as this is another place for you to feel the information out that you are getting and you will be able to feel the good, the bad, and the ugly (lol).

Tea:

I myself find tea very calming which is why I use it in my practice, but if tea is not your thing that is okay too. There are teas out there though that can help with psychic abilities, astral travel, lucid dreaming, and other things due to the herbs that they were made with. I would just make sure that you know what you are looking for before you go searching for teas.

Time:

Time is a major key to your new spiritual path because if you are not willing to set aside time for your spirituality and practice of it then what are you doing? If you are not making your new path a priority and making time for it then you are not ready to take this journey and maybe

need to wait, keep looking, or start making it a priority in your life because that is the only way you will learn and grow!!

Tarot:

Tarot is one of the biggest forms of divination and it is a very old tradition. As far as I know when the crusades were going on to burn witches those that practiced the art of divination via the Tarot cards found a way to hide what they were doing by using a normal deck of playing cards as their new tool. If you are interested in learning this ancient form of divination I do suggest that you start with an original Rider-Waite deck as this is what most of the books that you are going to read base their information off of. Once you get used to the traditional meanings then you can start looking for other decks. Pick a deck out based on what speaks to you, what feels right when you hold the box [as most places won't let you play with the cards ! Sad face because books don't have emoji's lol].

Throat Chakra:

This Chakra is located at the throat of course and is associated with the colour blue. This is your Chakra that helps with your

communication and truthfulness. If this Chakra has any blockages then you may have trouble communicating your feelings to others and standing up for yourself. This is one you really want to work on and keep clear and aligned because it is how you will be able to spread your amazing message .

Third Eye Chakra:

The Third Eye Chakra is at the center of your forehead and is associated with the colour indigo. This is where wisdom, self-control, self-awareness, and spiritual awareness come into play. This is a possible spot for information from your higher self to enter. This is the spot where information from guides and your higher self may first enter and where you could also get visuals of the information being relayed.

Understanding:

Understanding is important in more than one way! Now you may be thinking, what is this lady talking about, I either understand something or I don't right? While this may be true you have different types of understanding. You have self-understanding which is super important because once you understand yourself and what is important to you then you

can really start to grow and step into your own thing. It is also important in your spirituality to understand the things you are doing and what you want out of it. The final way of understanding that will become important to your growth is an understanding of others! Once we start our shift into our higher levels we need to be understanding of those who don't get it, those who wish to still bring us down, and of those who want to move forward with us but just may not be ready yet. This last one for me also goes with having your heart full of love and sharing that abundant love with others through understanding.

Visualization:

Visualization is a technique used by many successful people as they use it to visualize themselves successful, then they feel successful and keep doing what they need to do to be successful. WOW, that was a lot of successful in one sentence. Anyway, visualization can be used in the same way for you. If you want to become confident, less negative, gather your energies, or even just practice new skills. It has actually been proven by some studies that visualization can be as effective to improve these things as real practice is. So, imagine if you were to practice visualization and actually

practice your new skills how effective that would be. Visualization can help decrease your anxiety when it comes to the point of actually doing something.

Wand:

I use a wand to help direct my energy and focus it to where I want it to go. If you want to kill two birds with one stone you can get a selenite wand then you will have both of these items mentioned as you begin your practice. If you do not want to purchase a wand because you are unsure of the intentions put into when the person made it, then you can make your own. You can go find a stick that has fallen off of a tree and carve that into your own wand. If you do this thank the trees for their gift and sacrifice for the stick. If you can't find a good stick on the ground and find one on a tree you like, please ask the tree for permission to take it and thank it for its sacrifice and contribution to your practice. It is important to respect nature and the things that she provides for us!

Xenagogy:

A Xenagogy is a Guidebook. I am not talking about needing to write and publish a guidebook here. I am talking about having a journal or

something on the side about your journey so that if you have children or someone you are close to that decide to follow a new spiritual path you could give them this guidebook to help them see where you started, the things that you did, what worked, what didn't work, and all kinds of other information. This would be personal to you and your path but can still be helpful to the next generation at the start of their journey. This guidebook can be like this with things that you found helpful in the beginning as a starting point for them so they don't get caught up reading and not doing.

Years:

If you think that you can do research and learn all there is to learn and then just practice and that is it...you are sadly mistaken. This new spiritual path will have you learning and growing for the rest of your life. There are constantly new things to learn when you start a new part of your path. You will be constantly growing, evolving, and changing the way you do things as what you know and learn changes your level of knowing. These Spiritual paths have unlimited potential for growth.

Yourself:

This has to be the MOST IMPORTANT piece of the spiritual path. If you are walking this new path and you put yourself into what you are doing then that is the biggest thing you need. You don't absolutely need to purchase anything to use as intention, heart, love, understanding, working with what nature provides, and all these other types of things mentioned above are really what you need. The other stuff is just extras. So don't think that because you don't have a smudge, a wand, some crystals or anything else that is purchasable that you cannot start your practice. You absolutely can start your practice with just yourself and some knowledge and then get other things as you move along your path and feel like you can use them now.

Zone of Practice:

This is a place for you to practice. I have a full room that is my sacred space because I have an amazingly understanding husband who loves the path I am on and the things I am doing. If you are not out of the spiritual closet yet then you could just have some things set aside to pull out when you need it. The good thing about spirituality is it uses a lot of things that

you can have out around your house that most people wouldn't even think twice about so it is easy to keep things in plain sight without having to tell people if you aren't ready!

PART 2

The first things you need to start getting down pat in your practice are:

1. Cleansing yourself and your space
2. Cleansing and dedicating anything you pick up specific to your path
3. Learn how to ground
4. Start writing information out in a Book of Shadows; and
5. Casting a circle to create that protective container for the work you do.

In this section of the book I am going to go through these things one at a time and break them down for you. I will be giving you some steps to follow. If there are different ways of doing things I will give you examples. If none of these ring true to you, feel free to use them as an outline for writing your own. It is super important at this stage to understand that you do not have to do everything the way others do it. It is great to use them as a basis and if their way resonates with you then use it but if not then do your own. The way to make sure you get the best results for what you are doing is to make sure that you do things your way and that it resonates through your heart.

If anything I say in this book does not vibe with you, please feel free to skip that part and go find other sources on that topic. The

biggest thing that I can instill in you as a beginner on a new spiritual path is; don't do anything that does not speak to your heart and soul! If the things that speak to your heart and soul are from different paths that is okay as well because you are doing what is right for you and for your spiritual journey. That is what counts.

Now that I have given you the down low on what is going on in this section of the book let's just jump right in, shall we? (This is a great spot to put the book down and take a break if you need to...just saying)

Cleansing

Cleansing Yourself to get any negative energies or spirits that may have tried to attach themselves to you is a great place to start actually practicing. This is a super important step in any practice as any time that you are doing any work or anything spiritual really you DO NOT want any negativity creeping in. You need to try and be as clear headed and energetically in a positive space as possible. There are different ways to cleanse yourself but the biggest thing with cleansing is the intention that you put behind it. If you go into anything within your spirituality and your intention is

anything but the fact that it will work 100% I can almost guarantee you that it will not work. If you go to cleanse yourself but you are feeling like this is a bunch of hooey and that you will still have all those thoughts and feelings afterwards, then you will. If you are not ready to work on things and let go of what happened throughout the day, then cleansing and getting yourself into the right head-space will do nothing for you. But, I am guessing you wouldn't be reading this book if you weren't ready for a change. So, here are 2 ways that you can cleanse yourself.

1. You can use a smudge. This is done with a sage bundle lit and then once it is out and smoking you can use a feather fan or just your hands to make the smoke pass over your body. You can also just hold the smudge in your hands and move it around your body. Some people do not like the smell of sage and so they use Palo Santo wood instead. After years of practicing some have even created their own cleansing sprays.
2. The second way to cleanse (which is by far my favorite and costs you nothing) is to take a bath or shower. This is my favorite way to cleanse away

frustrations and negativity. Have you ever noticed that when you are having a rough day – you are frustrated, stressed out, maybe your back hurts, – and you go shower or have a soak in the tub, that you somehow always feels better when you get out? Well, that is because water is healing and cleansing you after those long hard days. Washing away all that negativity you may be holding on to. Once the negativity is gone it comes as a relief to your body, mind, and spirit. Afterwards you feel lighter and better about the rest of your day or evening to come.

You do not have to say anything when you do a cleansing if you do not want to. Cleansing is more about the intention behind it. Being willing to let things go and fade away! Intention is the biggest part of cleansing, I don't think I can say that enough!!!!

Cleansing your space is another important part of your spiritual path. It is important because, just like your body, a space and the things in that space can pick up negative vibes and energies that need to be cleared out before doing any work. When cleansing your space there are also 2 ways of

doing it but one is not with water (lol). You don't want to have water all over the floor or anything.

1. The first way to cleanse your space is with a smudge. Just like with your body it can be Sage, Palo Santo, or even a spray (if you find a good one). The only thing I suggest when using the smudge is to have a fan as it makes it easier to waft the smoke into all corners of the room. You want to walk around the room and make sure that the smoke clears all of the space. For me, I like to do this with the windows open as it gives the negative energy (and anything else hanging around) a way out, plus it allows the smoke to clear so you don't end up in a coughing fit.
2. The second way to cleanse your space is actually simple and something you may do around your whole house fairly often and that is sweeping! The act of sweeping will clear out any actual dust from the space as well as any negative energies if you do it with intention! I usually start from one side of the room and go towards the other. I always like to sweep towards the door so that I can sweep everything out of my space.

You absolutely do not need any tools to start out in your practice. If you do get something, here are some ways that you can cleanse them for use. If you want to dedicate them that would fall under the intention you put into them. How you cleanse your tools will depend on the tool you are trying to cleanse, as you don't want to be cleansing tarot cards in water! So, please be aware of what you are cleansing when choosing the method to use.

1. **Cleansing with water.** If I do this, I suggest doing it with moon water. Making moon water is done by putting water into a mason jar and leaving it out over night under the full moon or new moon to absorb the energy of the moon. This is a really good way to cleanse crystals. You don't absolutely have to have moon water, as mentioned earlier in this part of the book water itself is a cleansing element! For me, cleansing with water is about washing away the old so that you may dedicate it for new.
2. **Cleansing with Earth.** There are two ways that you can cleanse your tools with Earth. One, is in a bowl buried in salt (if it is winter out or you just don't

trust the neighbors lol). The second way is to actually bury it outside in the dirt. It doesn't have to be buried too deep but it should be 100% covered and left buried for 24 hours. For me cleansing with Earth is about renewal. Like the winter time when the Earth sleeps and the spring when the Earth comes back to life, I feel like this is what the Earth does for your tools. It takes 24 hours because that allows it to go through a full day cycle under the Earth.

3. **Cleansing with Fire.** When cleansing with Fire you need to be super careful so that you don't burn yourself. If you are young and reading this please stick with the less dangerous versions of cleansing or ask your parent or guardian to help you. Just like heating things up clears away bacteria and sterilizes things, it also burns away those negative energies. All you have to do is pass the tool through the flame. Be careful not to do it so slowly that you burn yourself. I do not use this often but I wanted to include it so that you could have your choice in your own practice.

4. **Cleansing with Smudge Smoke.** This is the same as the other things we have smudged and is done by either passing the tool through the smoke or wafting the smoke over it with a fan. This one is the best way to do it at first because if you get the smudge for yourself and your space then you already have it for your tools.

Grounding

The next thing we're covering is Grounding. Grounding for me is about staying in balance, being able to stay calm throughout the day, and allows me to connect with Earth energy. The way that I do my grounding is with my feet firmly planted on the ground (if I am able to get outside, if not I plant my feet on the floor) and then close my eyes and focus on my breathing. Once I breath in and out a few times I start to visualize roots growing from my feet down into the ground. I know that may sound weird but it really does help. After the roots are in the ground you can start envisioning all the negative energy collecting in the middle of your body. Then push it down through your feet and through the roots into the Earth. The Earth will take the negative energy and give you back positive light energy. Envision the positive light

energy coming back up through the roots and filling up your body and encasing you in that positive energy. Once you do this it makes it easier to re-focus and re-center as the day goes on and things start to get stressful.

Book of Shadows

A Book of Shadows is a place for you to write information that you are learning as well as any rituals or spells you may do. It is really up to you what you put in there and whether you use one or multiple books. Some people put their spells and rituals in one book and use another book for their information and learning. You can use a really nice journal, a leather bound book, a binder, or even do it on the computer. It is really about what makes you most comfortable. Some people like to use the binders or type it up on the computer as this makes it easier to keep everything organized (especially when you are adding new things to a specific section without having to put it somewhere else because that section has run out of space). Some people even keep journals other than their Book of Shadows specifically to keep track of their magickal workings. Here are some things you can include in your Book of Shadows:

1. Ethical and Moral information about your spiritual path
2. Rules if you have any
3. A declaration of your dedication to your new path
4. Information about the God(s) and Goddess(es) that you work with
5. Times of year that you celebrate and how
6. Rituals
7. Spells
8. Remedies
9. Herbs and their uses
10. Elements and things they correspond with
11. Crystals and their meanings
12. Candle colours and their correspondences
13. Invocations
14. Runes/Tarot/Oracle meanings
15. Lore
16. Dream Meanings
17. Languages
18. Any other information you come across that you would like to preserve for the next generation

These are some examples of things to go in your book. This list is not an exhaustive list nor is it a list of must haves. You can put

these things all together in one book or organize them into many books. Whatever works for you. The important thing to remember is to make sure that it is what works for you and that you don't just do things a certain way because that is how someone else did it or said you had to. The best thing about being on your own spiritual path is just that...it is YOURS!!!

Casting a Circle

The final thing that I will discuss in this book and probably one of the most important first steps on any new spiritual path is Casting a Circle. This is basically a container of protection in which you will do most of your work. How do you know when to cast a circle you may ask. Well, that is a good question. I like to follow this rule: If you are worried that negative energies may try and influence your work or cause something to happen in a way you did not intend it to, then you should cast a circle. For me I do not cast a circle when I am changing up my altar but if I am doing a ritual for a holiday, full moon, or doing up a remedy for someone I usually cast a circle. Just starting out, you can practice casting it every time you do something. Then feel out when it feels right/good for you to cast a circle and stop doing it

the rest of the time.

Generally, there are some main steps to take when casting a circle. What you say during these steps can vary from person to person. The way I cast my circle may not be the way that someone else does and may not even be the way that you eventually end up doing it. In this last piece of part 2, I will give you an outline of these steps and some examples of things to say during each step. It will be up to you whether or not you use what I have written here or create something of your own. Remember the most important thing is that you practice and figure out what works best for you!

Here are the general steps that I follow when opening my circle. This is my way of doing it. If you try these steps and feel like switching them around to flow better for you, please do so. This path is yours and you need to do what feels right for you. These are just the steps. Right after I will give examples of what to say during some steps. So if you want a starting point before creating your own way of saying things, it will be here. Some people will also say that you should make sure that you have all of your materials gathered before casting your circle as once the barrier is set you should not break it by stepping outside of it

until you are done and the circle is released (releasing circle is as easy as doing some opening steps but backwards).

1. Smudge the space and yourself (some people will also sweep the floor here before smudging)
2. With your wand/finger/selenite/a stick/knife or whatever object you are using to direct energy with you will now begin the opening of your circle by calling in the corners/elements/spirit guides/Gods and Goddesses if you are working with any.
3. Start your spell/ritual/magick.
4. Closing the Circle (Releasing your circle is just as important as casting it)

Step one and how to do that was covered above when I talked about how to cleanse yourself and space. The third step doesn't need much explanation as you should have something prepared or one to use from somewhere else. Going in to a discussion on creating your own spells or rituals is too much for this book.

Step two is one of the most important parts as this is what creates your circle around you to protect you from anything wishing you

or your work ill harm. During part 2 you will call the corners; North, East, South, and West; as well as things associated with each corner, any Gods or Goddesses you may be working with, ascended masters, spirit guides, animal spirits, and mention the things allowed in the circle. There is a general step by step outline to follow when casting your circle, but the way you invoke and call in your circle will change as you get more used to it and find your own rhythm.

Calling in the directions and the things associated with them is what part two is all about. Some people start calling in the directions in the East because that is the direction of the rising sun. I personally start in the North because that is what feels right to me. Wherever you start is up to you. Below I will write what I say when I call in the directions and then one other way it is done so you have two options to choose from or two reference points to come up with your own way. As you go around to each direction and say your opening you should also be lighting a candle for each direction. The candle colour is usually associated with the element for that direction.

Calling in the directions:

Hail and Welcome to the Watchtower of the North. The Element of Earth, Spirit Animals of the Land, Guardians of the Planet, and Protectors of the Realm. I ask that you join me today in my ritual and keep me grounded to the Earthly plane as I do my work! (As you say this you should be lighting your green candle for Earth)

Hail and Welcome to the Watchtower of the East. The Element of Air, Spirit Animals of the Sky, Guardians of the Universe, and Protectors of the Worlds Beauty. I ask that you join me today in my ritual and keep me connected to my Divine self and purpose as I do my work! (As you say this you should be lighting your yellow candle for Air)

Hail and Welcome to the Watchtower of the South. The Element of Fire, Spirit Animal of the Phoenix, Guardians of Passion, and Protectors of the Light inside of us all. I ask that you join me today in my ritual and keep me connected to my purpose and passion as I do my work! (As you say this you should be

lighting your red candle for Fire)

Hail and Welcome to the Watchtower of the West. The Element of Water, Spirit Animals of the Sea, Guardians of the way things flow, and Protectors of Harmony. I ask that you join me today in my ritual and keep me balanced as I do my work today! (As you say this you should be lighting your blue candle for Water)

Hail and Welcome to the Watchtower of Spirit. Welcome to the soul and energy centers that are of this Human body and experience. I ask that you join me in my ritual today to support the directions and bring them closer to me as they support me in my work today! (As you say this you should be lighting whichever candle colour feels right to you for Spirit. I use White)

After this you can call in your own spirit guides, spirit animals, any archangels, ascended masters, or any God(s) or Goddess(es) that you are working with or want to work with. Just remember to release them as well once you are done doing your work.

There are some people who will sit in the room and they will visualize a ring of sparkling light descending around them and that is what creates their circle of protection. If

you are looking for a quicker way to do the circle casting then that is one way to do it. The circle of light can be whatever colour you choose it to be. You can use white light or a colour you associate with your God or Goddess, or just one you associate with your connection to the Divine. It doesn't matter as this is whatever feels right to you. You could even imagine a different colour depending on what type of work you are doing (for example: red for love, purple for loyalty, pink for self love...)!

If you don't like the long drawn out versions that I use you can always shorten them so that you are just saying; "Hail and welcome to all in the north. I ask that you join and protect me as I do my work today." You can do this for each direction and you do not need to have spirit at the end. That is something that I specifically do in my own workings.

When you get to step four, the closing of the circle and releasing of those you called in, you start from the last thing you said when opening the circle and work backwards. I will only do the final one I did for you here as an example instead of putting them all in again.

Hail and Farewell to the Watchtower of Spirit. I release the soul and energy centers that are of this Human body and experience. I thank you for your support and aid in my ritual today and wish you well.

Then extinguish each candle as you go around releasing the directions as well. It is super important to release the circle so that all the spirit guides, Gods, Goddesses, and others you asked for help know that what you were doing is finished and they are free to get to work on making things in the background happen as well as go off and help other people who wish to work with them. No matter what anyone says we do not have a monopoly on those who work with us.

Please take some time and use the few blank pages provided to write out your own way of opening circle and other things if the ways I have suggested do not feel right for you.

These are the main things that you should work on at the beginning of your path. Along with meditation, and finding a way that suits you to connect with your Divine Self daily. If you want to know where to go from here then start learning to trust your intuition and learn about something you are drawn to.

Understanding why you are drawn to read about certain things doesn't matter, it will become clear eventually. Find a subject you are drawn to whether that be path specific, God and Goddess Mythology, crystals, tarot and oracle, essential oils, herbs, or what it may be, just go with it!

Also, check out the resources section of the book for places I found some information I provided here, as well as, some other books that are good places to look next.

Resources I used for information!

The Crystal Bible by Judy Hall

The Complete Book of Correspondences by Sandra Kynes

The Power of Chakras by Susan Shumsky

Chakras by Kristine Corr

Resources for you to continue learning!

Buckland's Complete Book of Witchcraft by Raymond Buckland

Spiritual Growth by Sanaya Roman

The Modern Witchcraft Wheel of the Year by Judy Ann Nock

The Healing Craft by Janet & Stewart Farrar and Gavin Bone

Cunningham's Encyclopedia of Magical Herbs by Scott Cunningham

Spell Crafts by Scott Cunningham and David Harrington

The Awakened Aura by Kala Ambrose

Ascension Magick by Christopher Penczak

Earth Power by Scott Cunningham

The Spellcaster's Reference by Eileen Holland

Simple Candle Magick by C. Larsen

Ayurveda Lifestyle Wisdom by Acharya
Shunya

The Element Encyclopedia of Secret Signs and
Symbols by Adele Nozedar

The Path of Druidry by Penny Billington

Crystal Grids by Henry M. Mason

The Pleiadian Workbook by Amora Quan Yin

Moon Magick by D. J. Conway

Casting Sacred Space by Ivo Dominguez

Fairycraft by Morgan Daimler

Wicca by Scott Cunningham

Earth, Air, Fire, & Water by Scott Cunningham

In this book you will find an A-Z list of things you will need or should start researching at the beginning of your new path (over half of which you won't need to buy). After this list section I give you the details on how to perform some of the basics that you should know how to do before you get into anything major in your practice. I wrote this book so that people starting out would have the resources and information that I wish I could have found when I was starting out.

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