

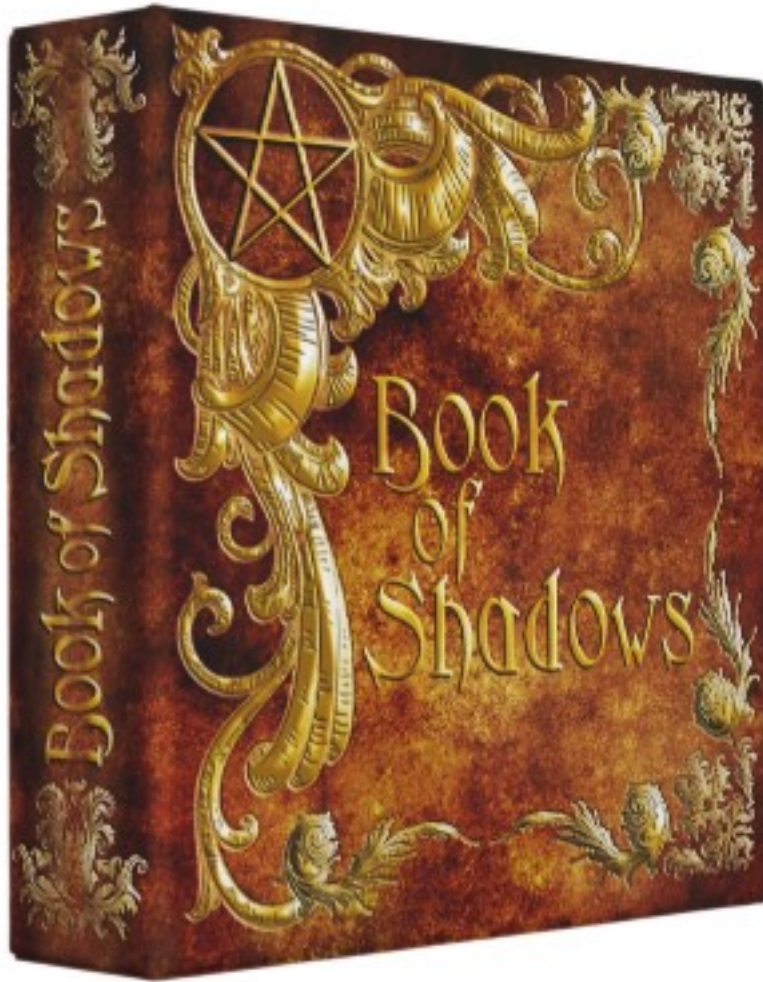
Creating Your Book Of Shadows

From Our High Priestess

If you would keep a Book (whether it is called a Black Book, Book of Shadows, Book of Light, or whatever), write it in your own hand. Let your brothers and sisters in the Craft copy as they will from your book in their hand, but never let your Book out of your hands and never keep the writing of another. Every Witch should keep and guard their own writings, that none may be discovered through their Book being found in another's possession.

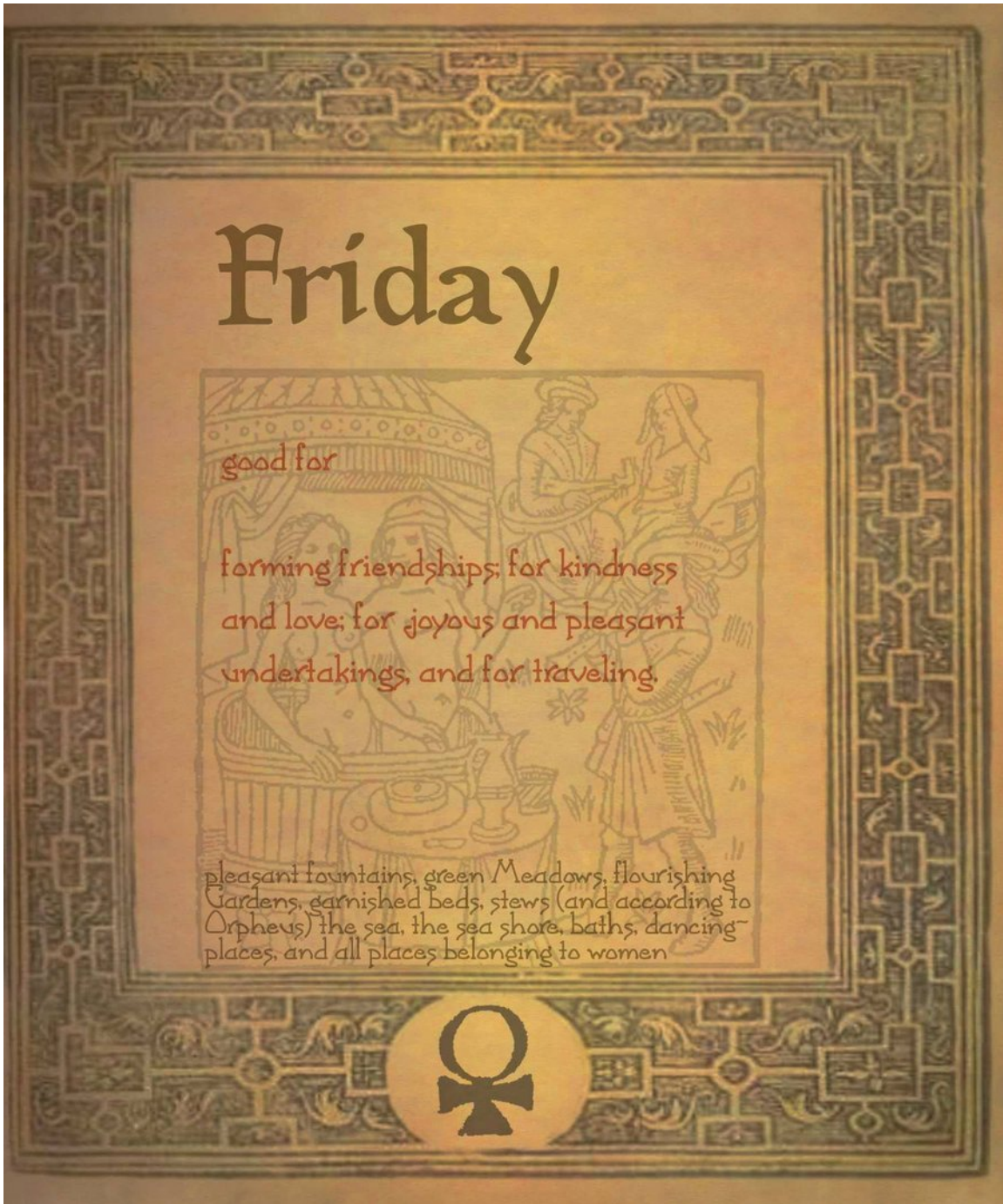
Destroy your Book whenever danger threatens, and commit as many as possible of these Laws to memory. Destroy the writings of a deceased Witch if they did not have time to do so themselves. If any of their writings are found, it is clear proof against both the writer and the holder, for our enemies firmly believe that "one may not be a Witch alone": their family and all who are known to be friends may be suspected as Witches. Be responsible with your writings and you will protect all who love you.

Peace & Light



What You'll Need – If you want to make it

- Notebook or binder
- Pens and Paper
- Sheet protectors (optional)
- Leather twine
- You may like to burn the pages around the edges too



The [Book of Shadows BOS](#) is used to store information you'll need in your magical tradition. Many Pagans and Wiccans feel a BOS should be handwritten, but some use a computer to store information as well. Bear

in mind that a BOS is considered [a sacred tool](#), which means it is an item of power that should [be consecrated](#) with all of your other [magical tools](#).

Copy spells and [rituals](#) into your BOS by hand – this will not only transfer energy to the writer, but it also helps you to memorize the contents. Make sure you write legibly enough that you'll be able to read your notes during a ritual!

Here's How:

1. To make your Book of Shadows, begin with a blank notebook. A popular method is to use a three-ring binder so items can be added and rearranged as needed. If you use this style of BOS, you can use sheet protectors as well, which is great for preventing [candle wax](#) and other ritual drippings from getting on the pages! Whatever you select, your title page should include your name. Make it fancy or simple, depending on your preference, but remember that the BOS is a magical object and should be treated accordingly. Many witches simply write, "*The Book of Shadows of [your name]*" on the front page.
2. What format should you use? Some witches are known to create elaborate Books of Shadows in secret, [magical alphabets](#). Unless you're fluent enough in one of these systems that you can read it without having to check notes or a chart, stick with your native language. While a spell looks beautiful written out in flowing Elvish script or Klingon lettering, the fact is that it's just hard to read unless you're an Elf or a Klingon.

When it comes to the contents of your personal BOS, there are a few sections that are nearly universally included.

3. **Laws of your coven or tradition:** Believe it or not, [magic has rules](#).

While they may vary from group to group, it's a really good idea to keep them at the front of your BOS as a reminder of what constitutes acceptable behavior and what doesn't. If you're part of an eclectic tradition that doesn't have written rules, or if you're a solitary witch, this is a good place to write down what YOU think are acceptable rules of magic. After all, if you don't set yourself some guidelines, how will you know when you've crossed over them? This may include a variation on the [Wiccan Rede](#), or some similar concept.

4. **A [dedication](#):** If you've been initiated into a coven, you may want to include a copy of your [initiation](#) ceremony here. However, many Wiccans [dedicate themselves](#) to a God or Goddess long before they [become part of a coven](#). This is a good place to write out who you are dedicating yourself to, and why. This can be a lengthy essay, or it can be as simple as saying, *"I, Willow, dedicate myself to the Goddess today, -----*

5. **Gods and Goddesses:** Depending on what pantheon or tradition you follow, you may have a single [God and Goddess](#), or a number of them. Your BOS is a good place to keep legends and myths and even artwork concerning your Deity. If your practice is an eclectic blend of different spiritual paths, it's a good idea to include that here.

6. **[Correspondence tables](#):** When it comes to spellcasting, correspondence tables are some of your most important tools. [Phases of the moon](#), [herbs](#), [stones and crystals](#), colors – all have different meanings and purposes. Keeping a chart of some sort in your BOS

guarantees that this information will be at the ready when you really need it. If you have access to a good almanac, it's not a bad idea to record a years' worth of [moon phases](#) by date in your BOS.

7. **Sabbat rituals:** The [Wheel of the Year](#) includes eight holidays for most Wiccans and Pagans, although some traditions do not celebrate all of them. Your BOS can include rituals for each of the Sabbats. For example, for [Samhain](#) you may wish to create a rite that honors your ancestors and celebrates the end of the harvest, while for [Yule](#) you may want to write down a celebration of the winter Solstice. A Sabbat celebration can be as simple or complex as you wish.
8. **Other rituals:** If you'll be celebrating each full moon, you'll want to include an [Esbat rite](#) in your BOS. You can use the same one each month, or create several different ones tailored to the time of year. You may also wish to include sections on how to [cast a circle](#) and [Drawing Down the Moon](#), a rite that celebrates the invoking of the Goddess at the time of the full moon. If you'll be doing any rites for healing, prosperity, protection, or other purposes, be sure to include them here.
9. **Herbs:** Ask any experienced Pagan or Wiccan about a specific herb, and chances are good that they'll expound on not only the [magical uses of the plant](#) but also the healing properties and history of use. [Herbalism](#) is often considered the core of spellcasting, because plants are an ingredient that people have used for literally thousands of years. Put together a section in your BOS for [herbs and their uses](#). Remember, many herbs should not be ingested, so it's important to research thoroughly before you take anything internally.

10. **Divination:** If you're learning about [Tarot](#), scrying, [astrology](#), or any other form of divination, keep information in here. When you experiment with new methods of divination, keep a record of what you do and results you see in your Book of Shadows.
11. **Sacred texts:** While it's fun to have a bunch of new shiny books on Wicca and Paganism to read, sometimes it's just as nice to have information that's a little more established. If there is a certain text that appeals to you, such as [The Charge of the Goddess](#), an [old prayer](#) in an archaic language, or a particular chant that moves you, include it in your Book of Shadows.
12. **Magical recipes:** There's a lot to be said for "[kitchen witchery](#)," because for many people, the kitchen is the center of hearth and home. As you collect recipes for [oils](#), [incense](#), or herb blends, keep them in your BOS. You may even want to include a section of [food recipes](#) for Sabbat celebrations.
13. **Spell workings:** Some people prefer to keep their spells in a separate book called a grimoire, but you can also keep them in your Book of Shadows. It's easier to keep spells organized if you divide them up by purpose: prosperity, protection, healing, etc. With each spell you include, make sure you also leave room to include information on when the working was performed and what the outcome was.
14. The biggest dilemma with any Book of Shadows is how to keep it organized. You can use tabbed dividers, create an index at the back, or if you're really super-organized, a table of contents in the front. As you study and learn more, you'll have more information to include – this is

why the three-ring binder is such a practical idea. Some people choose instead to use a simple bound notebook, and just add to the back of it as they discover new items.

15. You may want to use one notebook for information copied from books or downloaded off the Internet, and another for original creations. Regardless, find the method that works best for you, and take good care of your Book of Shadows. After all, it's a sacred object and should be treated accordingly!

HOMEWORK

So get started. You have a month to get this ready so we can get you started with spells for next month!