



The Witchcraft Course by Ginny Metheral

INTRODUCTION Stepping onto the Path

Hello People! Welcome to my online course that will help you become the witch that you have always dreamt about.

Each lesson has some text on the subject matter, followed by a series of questions for you to answer and then practical exercises. As I am not with you when you are doing your exercises I have tried to give as much information as possible, however, if you are not 'feeling' anything and struggling at all, I am here to help you and please message me. Never feel lost, alone or confused –I am ready to help.

Homework for each lesson should be posted on your messages board



What is a witch?

We have all seen the stereotypical witch, long black cloak, pointy hat and green tinged skin, although I might have been known to adopt a hat and cloak in my time and even had a green tinge to the skin when feeling a little under the weather, this is not the witch type that I aspire to. I see witchcraft as a much more individual way of life; everyone has their own abilities and talents as a witch. Witches are therefore this amazing group of people who can manipulate and change the

physical and psychic world around them for their benefit and the benefit of others. They certainly do not worship the Devil (which is a wholly Christian concept) and each individual witch has their own moral codes and outlook.

I consider witches to be people who look outside the everyday world that we live in. They have one foot in the spiritual and one foot in the physical and this is really what a Witch is - somebody who can assess and understand the greater spiritual aspects of this world and bring their desires and intents to bear on it. People can call themselves Wizards, Witches or Warlocks: - all of this is a personal choice but a witch is simply a person who understands the power of magick.

What is witchcraft?

In the simplest of terms witchcraft is the manipulation and movement of energy. Everything in this world is made up of energy - from a rock, to a cloud to a human, and witches can control and move this energy to their wants and needs.

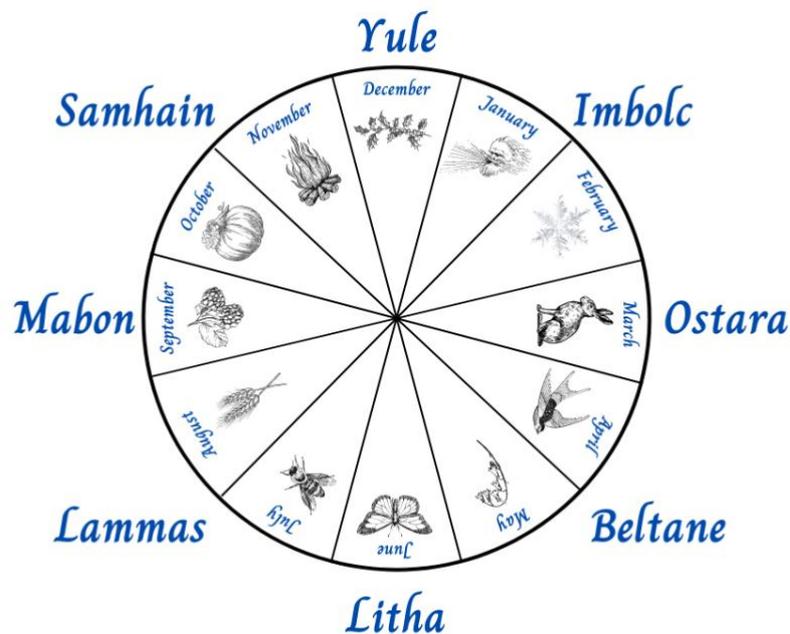
It is important to see that different people have different abilities within witchcraft. It is a bit like music, some excel at singing and some excel at the trumpet but everyone can hum a song.



Many witches practice witchcraft as a religion and follow the Wiccan path and deities in their practice. Some will worship other Gods (for example The Egyptian God, Osiris) and some witches do not worship at all. I am a witch who does not work with the Gods or worship them, simply because I find deities can be very unpredictable in their practice and once we get further into this course, you will learn how deities are created and can make your own minds up as to which path you wish to follow:

I am an Earth Witch, meaning that I follow the natural cycles of the earth. It does not mean that I am bound by these natural cycles; but I like the rhythm that the earth's seasons bring me, as I understand that my witchcraft can be strongest in the summer when I'm performing summer based magic.

THE WHEEL OF THE YEAR SABBATS:



The most common dogma that many witches follow is known as the **Wheel of the Year** – which has eight Sabbats or feast days. A Sabbat is simply a celebration where certain rituals can be performed to great effect if wanted. The wheel of the year as detailed above has sabbats that correspond to the seasons of the Northern Hemisphere – if you are in the Southern Hemisphere, you simply flip the wheel (so June will be the Sabbat of Yule and December hold the Sabbat of Litha)

As we proceed through the course we will discuss how you can celebrate these seasons and learn their traditions, rites and rituals.

ESBATS – MOON SABBATS:



Other witches follow **Esbats** or moon sabbats – the new and full moon being the two major phases that these Esbats will fall on. An Esbat is simply a ritual practice celebrating the moon. They often involve invocation of a deity, giving thanks, and asking for help, gaining insights or guidance and even manifesting material items.

Some witches are members of a coven, in which there may be a Coven Leader or High Priestess/Priest. Other covens follow a sisterhood with a loose set of regulations as guidance. (my coven for example, follows a sisterhood style, and does not use magick against another person or magick that can change a person without their full understanding and consent)

There are numerous traditions within the witchcraft umbrella – Wiccans, Earth, Dianic, Kitchen witchery, Eclectic Witchery, Green Witchery, Hedge Witchery, Alexandrian, Faery, Gardnerian being some of the main ones. But as with people. There really are as many witch ‘types’ as there are people. I believe that each of these traditions all have something to offer and should not be shunned, but studied and learnt from.

THE TOOLS OF THE WITCH:

Everyone has their favourite tools, mine are a quartz pendulum, my Book of Shadows (a witch’s journal) and my wand which is a stick from an Ash Tree. The Ash Tree was very special to me, as it had a dryad spirit attached to it, whom I spent many hours with until the tree was blown over in a gale several years ago.



For this course, it is my opinion that most important of your tools is your Book of Shadows, as words have a huge power and energy to them and create spells simply by being written in. So, take care to choose a book worthy of your needs.

HOMEWORK:

As this is the introduction to the course itself, I would like to ensure that you have all the equipment that we are going to need for the future. So please could you find yourself the following:

1. A Book of Shadows Journal (BOS)
2. Some Incense (If you are unable to use smoke a small bell can be substituted instead)
3. A wand (mine is a stick from the Ash Tree on the hill behind my house so it does not have to be purchased, -it can be found)



Ginny's Previous 'Book of Shadows' collection.

Once you have chosen your Book of Shadows, you need to dedicate it to your path. To do this please write in it your name, date and a spell of dedication. We will cover these spells in more detail later in the course, but I recommend writing the following.

‘May all that is written within this book, work towards my greatest and highest good’
Ginny Metheral 24 August 2014
So mote it be”

Once you have written this dedication, I want you to speak the words **out loud** whilst holding the book in your hands. This will set the spell.

Your Book of Shadows will be used for this course but also for you to write in it any thoughts, dreams, desires and happenings that you think are relevant to witchcraft. It is your personal journal of discovery and one of the most important items in your witchy tool box.

The second thing I want you to write in your BOS is your hopes and dreams for what kind of Witch you see yourself becoming.

Once you have completed this, do message me on the website letting me know the details of how you felt when casting this first spell on your BOS and the details of it and your wand. I also need to know what type of witch you aspire to be. Once that is done, you can complete this lesson and start the next.



FURTHER READING:

A lot of books that have been produced nowadays are all about the aesthetics of being a witch rather than practical magick, so I have struggled to recommend books that will help you on your journey. The ones below are great starting points, and I would simply ask you to take the parts that resonate with you best and ignore the rest!

[The Witch's Way by Shawn Robbine and Leanna Greenaway](#)

Great for getting to understand the various paths and basic spellcraft

[A Druid's Herbal by Ellen Evert Hopman](#)

Looking at the Druid sabbats and herbal correspondences – has an excellent understanding of the energies of the plants involved and gives lots of celebrations and rituals for the wheel of the year.

[The Great Pendulum Book by Petra and Sonenberg](#)

This will help you get your energies in line with your divination skills, it is a fun start to learning about your third eye.

[Clairvoyance and Occult Powers by William Walker Atkinson](#)

One of the first books written about using energy in the modern era. A little dry in places but excellent for development of psychic powers.

FURTHER RESOURCES:

The chat page [CLICK HERE](#) is an excellent way to connect with other like-minded witches. I hope that you will feel able to find other people who you resonate with and do seek guidance and thoughts on anything that you may need. Many of my followers are truly brilliant witches who have wonderful knowledge and wisdom to give.,