

SUGAR SPELLS

**Sweeten
your
luck!**

FOREWORD

Few substances command the superstitious awe which belongs to salt. Its origin in sea water - the source of all life - and its incorruptibility have imbued it with magick powers in the minds of the superstitious since time immemorial.

The spilling of salt is still considered as an omen of impending doom or trouble, and the only way to avert it is to take three times a pinch of the spilt salt with your right hand and throw it over the left shoulder. It is thought that malign spirits hover around the left side of the body.

An upset salt-cellar (container) at table between two persons signifies that trouble will soon ensue between them. It is also considered unlucky to receive or borrow salt from another person. This is in contrast to using the salt presented by a host to a guest at table: the ancients regarded this as an act of friendship and trust.

It is still a strongly held belief amongst the superstitious that a newly-born baby should be given a pinch of salt in the mouth; the baby may cry which is thought to be lucky, meaning that the child will have little to cry over during its life. It is also believed that a pinch of salt should be somewhere on its person - in the clothes - for the first few months of life. Doubtless this superstition developed in a society where infant mortality was high and where it was felt evil spirits were always present to take young life.

A garment or object felt to be unlucky could be purified of its bad vibrations by a sprinkling of salt.

Perhaps there is someone you wish to keep away from your home: you can do this by sprinkling salt where this person last sat or stood. Then sprinkle your doorstep, and the path leading to your door, if you have one,

whilst firmly thinking or saying, "Be gone! Be gone! This salt drives you away". I have done this on three separate occasions after being visited by someone I didn't want, and each time I never saw them again.

There are those who swear that sprinkling salt on gambling papers and important documents brings good luck.

Some people will not enter a new home without first sprinkling salt outside and inside (every room) so as to ward off whatever malignant influences may be present. Salt is consistently thought of as the enemy of evil forces.

The 14 new salt magick rites given by Jason Pike can, it is said, produce powers that range from healing disease to materialising a guardian angel. These rites, on the whole, are very easy to perform. Mr. Pike asks the reader to 'purify' the salt bought in a shop or supermarket, a strange request it would seem, considering that salt, by its very essence, is a purifying agent!

But the idea behind this seemingly odd request is the magick personalisation of salt. The salt has already been handled by numerous persons: the magick the reader seeks to work will be deemed more potent if it is first imbued by his own personal formula.

Most of Mr. Pike's rites can be performed comfortably and quickly with salt being your only magickal 'equipment'.

If there is any ritual action which you are unable to follow you should change it to suit your circumstances. The outcome of the ritual will not be adversely affected.

Jim Barry
Alton, 1996

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What I know about sugar spells I picked up from my maternal great grandmother. I wish I had paid more attention to her, but I was only a child. What I wished I had asked her was 'Why do they work?' and 'Why should they work at all?' I have tried to find out more about sugar in magick, but have not found anything anywhere in print.

I suspect the use of sugar is connected with honey, 'food of the gods'. And obviously the idea of sweetening is very appealing to the human psyche. We know that what is sweet is good, and heavens knows most of us would like our lives a little sweetened.

Do not be fooled by the simplicity of these spells. Some folk seem to think that unless magick is complicated it is of no use. Not so. But why indeed should such simple spells work? I believe that magick is a legacy of a forgotten time when people thought that everything was connected. A time when it was believed that nothing ever happened by chance. The dead were thought to be among the living, and the living could commune with the dead. Animals were seen as relatives rather than as objects. Trees and plants were thought to contain spirits we could speak to. Changes in the weather were thought to be the whims of gods, and gods were thought to visit us as people and as animals. So 'magick' was natural in such a climate of belief.

In the modern world everything is not connected, we could more accurately say they are *disconnected*. The dead are gone and forgotten, the events in our lives are believed to be caused by external factors; those who believe in God think he is 'outside', somewhere else; and so on. Magick cannot thrive when we feel like this

So magick in some sense boils down to belief; and to expectation. If it seems 'illogical', well, maybe it is: but if it works, then why worry?

Let's do our first sugar spell. For money; and why not? – most of us need it. Needless to say you need privacy, but don't worry, it's only for a few minutes. No-one should see what you are doing and you should not tell anyone. The spell should be cast during the period of the waxing moon: this is the time between New Moon and Full. It lasts for fourteen days, and it is easy to tell, for each night the moon waxes a little larger. A 'Full Moon' is when the lunar disc appears at its roundest and brightest. In folklore the waxing moon is the time of increase; so if in magick you want something to increase – such as money – then this is the time for it. Say, you need £1000 (or, say, \$2000 in American money) then write this amount on a sheet of white paper with blue or black pen, or a pencil will do. Write '£1000', or whatever amount you have decided upon, and beneath it your name. Next draw a circle around what you have written. The circle doesn't have to be perfectly formed. Now sprinkle a teaspoonful of sugar on the paper. Then fold, and refold the paper as many times as you can, being careful not to let the sugar slip out. Seal the paper in an envelope and place it under your pillow for the night. Take note of any dreams you may have. I will return to this in a moment. The following day remove the folded paper from the envelope and bury it in your garden, thinking as you do so that Mother Earth is sweetening your luck. All riches come from Mother Earth. It only needs to be buried an inch or two. Alternatively you may take the envelope outdoors, and when nobody is looking, remove the folded paper and cast it to the four winds, thinking that as you do so your spell is going out to the ether. Don't look to see where the paper lands, just keep walking. Dispose of the envelope in a bin. Now, think no more of your spell or the money you need. If you cannot stop thinking about the money, because you need it so badly, then try not to think about the spell.

I mentioned £1000 as an example. It could be £2000 or more; but should not be excessive. Only ask for a million pounds if you already have a lot of money, but I suppose if you have you wouldn't even be reading this in the first place! If you have entered some kind of competition, be it a lottery, pools, whatever, then sprinkle a little sugar on the entry coupon, betting slip, etc. *Make sure the sugar stays on it.* If you play cards for money, sprinkle them with a little sugar.

I mentioned dreams. With your spell lying under the pillow you might have a dream which may give you a clue as to how you may receive the money. Of course dreams are notorious for their confusion, but occasionally they can be clear and unambivalent. A dream might reveal five objects or five persons; or the number five might just flash before you. This suggests you should do something involving this number, perhaps place a bet on a horse or dog. Whatever, you have to follow your intuition on this.

Having cast your first sugar spell, you may feel foolish having done such a thing. Well, at least you are the only one who knows you've done it. I'd rather say that you would have been foolish *not* to have tried the spell.

In my experience these spells work most of the time. A result is usually seen within a week or two. If a spell doesn't work for me I usually repeat it during the next appropriate lunar phase. Normally it works first time, but I have known myself to repeat the same spell six or seven times, eventually securing a result.

Let us suppose you want a certain job or position. Take a sheet of plain white paper and write down the title of the job or position. Use black or blue ink; avoid other colours. Underneath write your name (first and second names this time; for this spell just your first name will not do). Draw a circle around what you have written. Don't worry how the circle looks, just as long as it looks like one. Sprinkle a teaspoonful of sugar on the paper, and fold it as many times as you can. Make sure no sugar spills out. Put in an envelope and place under your pillow. This spell should, incidentally, be done during the time of the waxing moon, for you are looking to increase your fortunes. You may awake in the morning with an idea of how to increase your chances of getting the job. Remove the folded paper from the envelope and bury it in the garden: it need be only an inch or two beneath the surface. Otherwise cast the paper to the wind, disposing of the envelope in a bin.

Sugar spells can also be cast for health problems, as long as they are not life threatening. Write the name of your health problem on a sheet of white paper, using black or blue ink. Now put a cross right over what you have written. Sprinkle a teaspoonful of sugar on the paper, thinking as you do so, 'Sourness be gone; sweetness come in.' It is enough to think this just once. Fold the paper as many times as you can, taking care that no sugar falls out. Put in an envelope and place under your pillow. Any dream you may have may give you a coded clue as to how your problem could be treated or cured.

This spell should only be cast during the time of the waning moon, that is during the fourteen days which follow the Full Moon. When you want anything to go away you cast your spell at this time. The next day bury the spell or cast it to the wind. You discard the envelope in the usual way.

Strange as it may seem, I have seen effective results from this spell many times.

What about casting a sugar spell for someone else with a health problem? This is easy. At the time of the waning moon write on a sheet of white paper the person's name, or the term by which you know him/her, e.g. 'Mum', 'Auntie', 'Uncle'. Underneath write the name of his/her illness or condition – then cross this out with one stroke (taking care not to cross person's name). Now draw a circle around the person's name. Sprinkle a teaspoonful of sugar thinking 'Sweeten (name)'s life'. It's enough to think this just once. Fold the paper as many times as possible with sugar inside and place in an envelope. Place under your pillow and note any dreams you have. You may awake with an idea of how the illness or condition can be treated. If not, don't worry; simply bury the paper after removing it from the envelope, or cast to the wind.

The same procedure applies to treating an animal. Write its name, and underneath the name of the condition. Then cross out with one stroke the name of the condition. Draw a circle around the animal's name, and then sprinkle sugar,

thinking as you do so, '(Name)'s life is sweetened'. Fold the paper over and over again until it cannot be folded again, taking care not to spill the sugar. Put in an envelope and place under your pillow. Observe any dreams you may have that night. Next day bury the paper or cast it to the wind. Keep in mind the spell should be cast during the waning moon.

You must also observe the lunar phase when seeking to influence the thoughts and actions of another person. When you want to increase a person's interest in you, you cast a spell when the moon is 'increasing', that is waxing, from New to Full. To attract a lover, or someone you wish to make up with, do the following. Write his or her name on a sheet of white paper. Write your name first, and beneath this his/her name. Draw a circle around both names, and sprinkle it with sugar, thinking the solitary word, 'One', as you do so. Fold the paper as many times as you can, place it in an envelope, and put under your pillow. A dream might give you a clue as to how your wish may come true; or you may suddenly wake up with an idea. Bury the paper or cast it to the wind. This spell should work first time; if not, wait for when the moon waxes again and repeat.

When you want to *decrease* a relationship you cast the spell when the moon is 'decreasing', that is waning, going from full to nothing. Presumably you want the relationship to dissolve into nothing. On a sheet of white paper write on the left side his or her name, and on the right your name. Draw a circle around both names. Next, with a pair of scissors cut the paper in half, cutting the circle and separating the names. The piece with his/her name you fold as many times as possible *without sprinkling sugar*. Put in an envelope. You will need a second envelope for the piece of paper with your name. On this piece sprinkle sugar before folding as many times as you can. Place both envelopes under your pillow. Next day remove papers from envelopes and bury them as far apart as possible in your garden, or anywhere where you can do this unobserved. Alternatively cast both pieces to the wind, being careful not to cast them at the same time. This spell might not work first time, because trying to get rid of someone is much harder than trying to attract them, though you may be pleasantly surprised.

What about someone you would like to keep away; for example a nuisance neighbour who keeps calling at the most awkward times, and who is a bit of a pain in the neck? Write his or her name on a sheet of white paper. Draw a circle around the name and then slowly cross out the name. *Don't* sprinkle sugar, folding the paper as many times as possible. Don't put under your pillow or bury it. Instead, put it immediately outside your front door, concealed somewhere by the threshold. Where exactly you place it is unimportant so long as it is close to the door. It is imperative that no-one sees it. Another option is to place it under the doormat inside the front door; but outside is preferable. When you have done this sprinkle some sugar outside your front door, taking care that you are not noticed. This is another spell that is appropriate to the waning moon.

This spell applies to anyone you wish to stop calling at your home.

Should you be in dispute with a neighbour, and what you ideally want is that

he/she should move away, then here is what you do. Write his/her name on a sheet of white paper and draw a circle around it. Should you not know the neighbour's name write 'Neighbour at number so-and-so'. Now cross out both name and circle. No sugar is required at this point. Fold the paper several times until it is as small as you can make it and put it in an envelope and under your pillow for the night. The next day bury the paper, after discarding the envelope, at the further point in your garden – it need only be buried one or two inches deep – or cast to the wind. Then contrive to pass the neighbour's dwelling with a little sugar in your left hand. Drop the sugar gradually as you slowly walk by and think this: 'Go! So that my life may be sweeter.' Obviously you must be careful that you are not observed. It doesn't have to be straight after burying the paper, but should be done within a day or two.

To keep undesirables away (burglars, etc.), simply sprinkle a little sugar inside and outside all doors and windows of your home.

If there is any discord within your home, during the waning moon write on a sheet of white paper the name(s) of the person(s) concerned. Draw a circle around what you've just written and sprinkle a teaspoonful of sugar on the paper, thinking this thought: 'Sweeten this'. Fold the paper over and over again until it is at its smallest, being careful not to spill any sugar, and then put it in an envelope and place it under your pillow. Observe your dreams for any clue to solving the problem. Next day bury the paper or cast it to the wind. This spell can also be cast to heal a failing relationship of any kind.

Finally, here is a spell for obtaining a pay rise, or obtaining anything owed you such as the loan of money or some object. Write on a sheet of white paper the name of the person: their full name, if you know it. In the case of a firm from which you seek a pay rise, write the firm's name. Obviously this is a spell for the waxing moon. Underneath the name write the amount of money you want, or whatever you are owed. Draw a circle around what you have written. Sprinkle a teaspoonful of sugar on the paper and think just once as you do so: 'Sweeten me'. Fold the paper again and again until it is as small as you can make it and put it in an envelope. Place it under your pillow and observe any dreams you may have that night, and be alert to any idea that might pop into your head when you wake up. On the morrow bury the paper in a hole only an inch or two deep. Alternatively cast the paper to the four winds when you are out and about, taking care that you are not noticed – and don't look where the paper lands.

If you are only half as lucky as I have been from these spells you will be lucky indeed!

THE DIVINER WITHIN

I have often heard people ask 'how do the tarot cards work?', or 'how can the runes be so accurate?' For those of you who are open minded enough to see the potential of divination processes, the efficacy of what is revealed in a simple process is obvious. However, some of you after reading this will still be sceptical. Others will see the facts and change their minds.

I believe that the basic outline of life, our parents, school, jobs, relationships, place and time of death are all pre-ordained. We cannot side-step or change them. On the other hand the finer details of life, e.g. our attitudes, effort and mental outlook, even friends, are open to our choice. These choices may be hard to make and even harder to follow through. It is the outcome of these choices that determine our speed to our objectives and ultimately our path through life.

A divination system that is tailored to the individual would foresee each step on his path of life drop into place. Life's circumstances, in time, could be charted like any other journey. The choices we make, in some case, can be tailored to our needs.

Around the world there are many forms of divination. In some seaside countries, Brittany for one, the wives of sailors would listen to the waves on the pebbles. They could make out words that foretold events and the destiny of their loved ones. The Red Indians would see pictures in the clouds and hear voices in the wind. In the South Sea Islands many islanders use small shells. They throw them to the ground and read a prediction from the pattern they make. The ramifications are endless.

The universe is a vast place with seemingly separate objects floating around at random. In fact everything is touched by something else. Every molecule has another molecule acting upon it. There is no one thing that is separate from anything else. This is proven in quantum physics. Chains of events ricochet around the universe like a pinball or a break on a snooker table. Unlike these games, due to natural laws, nothing is allowed to stay static for long. Each event, each molecule has its own potential energy.

If a weight is dropped on to a seesaw, whatever is on the other end will be catapulted.

From these examples, I hope to be able to show you that events in one place can have repercussions in other areas. These other areas may be tarot cards, runes or tea leaves. Like waves in a confined space the repercussions bounce back and forth.

Life's course, in many ways, is very much like the waves on the sea. There are peaks and troughs and much that is hidden beneath the surface. Imagine, if you will, one wave as it voyages across the sea. This wave arrives at the bow of a ship. As it swells and washes along the bow, the ship is raised in the water. This

movement is not confined to the bow. If the scene could be frozen, we would see that the stern sinks to the same ratio that the bow rises. Although it has not yet been touched by the wave, it is, nonetheless, being affected by it. The same effect happens with a weather-vane. In fact, the same result happens with everything.

Let us take the tarot cards as an example: Events take place around the universe that have far reaching consequences. These effects work on our minds to determine the thoughts that we harbour. Subtle thoughts affect the amount of shuffling the cards receive, due to the pressure exerted by the hands performing the shuffling and the amount of rearranging applied to them. The cards are then laid out as the subconscious ordains.

Everything around us is a result of thought and thought is a result of everything around us. Thoughts are universal and not an individual's possession. These thoughts are a part of the waves that affect everything. It is partly the result of these subconscious thoughts that determines how many times the cards are shuffled and how many cards are turned or pulled away each time, etc. It is not that the cards 'know' how to fall. The knowing lies in the realms of the subconscious and beyond.

A few years ago, on a walking holiday in Wales, I collected many interesting stones and pieces of wood. I also found various sun bleached bones. I saw that each article I found had a particular quality and a comparison to certain situations and could be used to represent something, like events or circumstances. Even items like money, time, and friendships were represented. I would throw the pieces and with a little practice, it was easy to predict trends and possibilities. To test the predictions, I would also read the tarot cards and the runes to find similarities. With practice, my collection would give fairly accurate readings. It was not always easy to see what the patterns of objects meant, but in time it came to light what these patterns symbolised.

It does not matter what you use as your own set. It could be a collection of buttons, semi-precious stones, various twigs or a collection of many things ranging from jewellery to beans. If you feel in an artistic mood, you could even draw or write symbols on pieces of paper. Maybe, you could carve your own set of symbols in wood.

For simplicity, it would be best to have no more than fifteen pieces, but not less than seven pieces. Any less does not give a clear overall picture of life and any more would be too complicated to read in one sitting.

Arrange your collection by giving each piece a definite label. Choose labels like nourishment or growth, love, wealth, destiny, old, new, gain, the unknown, direction, etc. Each piece can have two or more ways of falling, so you can incorporate old and new, or loss and gain on one piece. Next to a rough sketch of the item, write down what each piece means to you. In computer terms this would be equivalent to the software completed, now for the hardware.

Draw a circle the size of a dinner plate on a cloth or a thick piece of paper. Around the circumference of this circle, draw five other circles the size of cups.

Ensure that each of these smaller circles touches the main circle in one spot. Give each circle a label, one for each of the five areas of life.

Money, love, health, past and future are possible choices. You may feel you want to colour the circles. You can do this any way you wish. Each area could have sub-areas. For instance 'money' could be divided into **career** and **wins**, and could be coloured green. 'Health' could have **mental** and **physical** sub-divisions and could be coloured yellow. Perhaps, 'past' and 'future' could be **near** or **far** with black and white as possible colours. If you think one label is more important than another, then feel free to add it.

You can arrange your pieces by what they look like, size, colour, shape, etc. If you get a certain understanding or a feeling about the pieces, then grade them by that method. Give them labels that are important to you and write them down. You can keep them in a bag, a tie up purse, or in a wooden box; anything that will give them a certain amount of protection from the sun will do.

To get the 'feel' of the pieces randomly, pull out four or five at a time and drop them on to the circles. Keep a note of where they fall. Always write down what you feel, what they mean and how the combinations relate to each other. (You can build on this as time goes by adding one more at each reading, until all the pieces are used.)

As an example, you may achieve similar to this: 'Danger' falls into a circle that relates to love, but can be interpreted as the **family**. This could mean direct danger for your loved ones, or if the **distant past** is also indicated then it could mean a loved one is spending too much time in their memories. This can be quite unhealthy mentally. Maybe 'destiny' and 'old' fall into the **money** circle and 'wealth' falls into the **past** circle. This could mean you will never be richer than you have been, or maybe, it means you have to look to the past to find ways of making money in the future. It could be that you have to revitalise an old skill and start again on a forgotten project. Only you will know what it means, as you will know your own life's circumstances.

The combinations and possibilities are endless. Having set boundaries to work in helps a little, but hoping for familiar sequences to turn up is a little unlikely. To make the reading more clear, look at what other pieces fall nearby. A great deal will be down to your own intuition. You will benefit by practising this, as your intuitive faculty will gain and grow from this exercise. Eventually, you will awaken the 'Diviner Within'.

Although there are some similarities, this system is not like the runes or tarot cards. The reader of the very first tarot pack probably took a long time to formulate a system that could be used by everyone. This system, at first, will seem very difficult to read. There is no book to refer to, about your particular choice of pieces. As time goes on, you will get a 'feel' for each of the pieces. Your interpretations will become intuitive and a greater understanding of what is being said to you will flow through practice. I must stress that practice is the key to success in any endeavour. To become proficient at a reasonable rate, perform a reading every day,

even if you find it difficult to understand what is being conveyed by your pieces. One day it will click and all fall into place. Maybe, it will just grow on you and your understanding and reading ability will become more pronounced as time goes by.

In a sense I see this system not too dissimilar to reading the tea leaves. Reading the tea leaves seems very complicated to me. There are so many potentials. For a start, no two leaves are the same size or shape. To get two similar patterns forming must be a million to one chance.

At this point, you may be thinking it is impossible to formulate a definite reading from what you have in the way of pieces. After all you probably don't really know what each of your pieces fully means. As for understanding the formation of patterns and alignments, this may seem a long way off.

What I am about to suggest may help or hinder you. It is often better to know nothing than to think you know something about a subject. If your intuition guides you away from this, then read no further until you have a deeper understanding of this craft.

Here are some suggestions for pieces. This may be helpful or it may erase any original thoughts that you may have had before. Let us say, for example, that you have chosen for your set a few trinkets that you may have collected over the years. They are personal to you, so you already have a link with them. Keep them to yourself and do not let anyone touch them. (When you pick up any object your aura is implanted in it. The object then becomes, to a degree, an extension of yourself. In this instance, your intuition can then work easier with that object.)

A **key** on one side could mean something **hidden, sacred** or **esoteric**.
The other side could mean **found, obvious** or **familiar**.

A **horse chestnut** or **acorn** may signify **great potential** or **growth**.

A **coin** has the obvious meaning of **money**, but it would also represent **infinity** (the circle).

A **bell** could represent **religion** or **the divine**. It may depict **spirituality** or simply **music**.

A **twig** may mean **family** (family tree?).

All of these are fairly obvious. There are also opportunities for deeper, hidden meanings. I have a four-sided stone that has two dull sides and two sides that are peppered with a glittery substance. It may be mica or silica. The glitter sides I take to mean **social height**, even **stardom** or **fame**. The dull sides mean just the opposite. Looking at the stone, it would be very difficult to guess its symbolism.

You can see almost anything in an object, if you can train your imagination. It is your interpretation that counts. It is this interpretation and the act of interpreting that stretches your intuitive and imaginative muscles. Eventually, a

whole new way of looking at the world can arise, as you find everything has a symbol. Intuitive guidance will come from this.

Of course, the real aim of using a set of symbols, whether they are your own or any other divination system, is that you will eventually become so intuitive and aware you will no longer need the tools as a catalyst. At this point, you will have become at one with the system, the system will be yourself. A state of relative enlightenment has been reached. You will be a diviner.