

The Everyday Witch A-Z Spellbook
[Table of Contents](#), [Introduction](#)

Introduction

Crafting the Perfect Spell

Magic the Cat's Guide to Working with Familiars

General Instructions for Spellcasting

A to Z Spells:

Abstinence Goal: Use when willingly choosing abstinence or when dealing with enforced abstinence

Acceptance Goal: To encourage acceptance in yourself or others

Addiction Goal: Rid yourself of any unhealthy fixation

Adventure Goal: Bring a spark of adventure into a life that has gotten a little dull

Advertising Goal: Help people find your product/business

Air, Power of Goal: Connecting with the power of Air

Ambiance Goal: To set the mood for a special occasion

Anxiety Goal: Dealing with and lessening anxiety

Assistance Goal: To ask for help for a particular problem

Attitude Goal: To change a negative attitude into a positive one

Baby Blessing Goal: Blessing for a newborn baby

Balance Goal: To bring balance to an off-kilter life or situation

Banishing Goal: To banish negativity or unwanted energy

Beauty Goal: To be seen as beautiful both inside and out

Best Foot Forward Goal: To be at your best in a particular situation

Boundaries Goal: To set reasonable boundaries when needed

Bounty Goal: Bring abundance into your life

Brainstorming Goal: To come up with new ideas

Bravery Goal: To boost courage when needed

Breast Health Goal: A spell to encourage breast health

Calmness Goal: Bring calm when needed

Childbirth Goal: Safe childbirth for yourself or another

Children Protection Goal: To protect your children when sending them out into the world

Closure Goal: Use when there is no other way to get closure

Comfort Goal: To bring comfort when needed

Communication Goal: To improve communication between people

Companionship Goal: To bring companionship into your life

Conception Goal: For those trying to conceive

Coven Blessing Goal: To bless and dedicate a new coven

Creativity Goal: To increase creativity

Danger, To Avert Goal: Use when going into a specific situation

Dawn Greeting Goal: A blessing to greet the new day

Debt Goal: To help reduce debt

Dental Work Goal: A prayer for dental work to go well

Detox Goal: To detoxify mentally, physically or spiritually
Depression Goal: To ease and help cope with depression
Distance Bridge Goal: To help with long distance relationships
Divination Goal: Blessings on readings and divination
Divine in Everyone Goal: Connect with the divine within
Divorce Goal: To help cope with the pain of divorce and move on
Dream Spinner Goal: To bring informative and helpful dreams
Dreams Come True Goal: Help bring dreams to fruition
Dusk Blessing Goal: A blessing to close out the day
Earth, Power of Goal: Connecting with the power of Earth
Ebb and Flow Goal: To relax and go with the flow of life
Elder Blessing Goal: Use at a croning or celebration of a Pagan elder
Emotions Goal: Help to deal with out-of-control emotions
Empowerment Goal: Increase power and use it wisely
Endurance Goal: To give you the strength to keep going
Evil, To Avert Goal: Keep evil away
Faeries Goal: Encourages good relations with the faeries
Faith Goal: To help you find faith when you need it
Familiar Blessing Goal: To welcome or bless a familiar
Familiar Finding Goal: To ask for a familiar
Family Goal: To help you deal with family issues
Female Power Goal: Get in touch with your female side
Fire Goal: Connecting with the power of Fire
Flying Goal: Travel safely by plane
Focus Goal: Help you focus when feeling scattered
Furry Companion Blessing Goal: To welcome a new pet to the home or bless an existing animal
Garden Blessing Goal: Bless a magickal or mundane garden
Ghost Blessing Goal: Use if you feel the presence of benign spirits
Goals Goal: To set and attain reasonable goals
Graceful Aging Goal: To aid in aging gracefully
Gratitude Goal: Giving thanks
Grieving Goal: Ease the grieving process
Grounding Goal: To ground and center
Growth Goal: To help with personal growth
Handicaps Goal: Coping with and overcoming handicaps
Happiness Goal: To invite happiness in
Hatred, to Dispel Goal: Banish hatred from the heart of self or others
Healing Goal: To promote physical, mental or spiritual healing
Heart Health Goal: To keep the heart working well
Heartache Goal: To sooth a sad heart
Home Blessing Goal: Bless and clear a new or existing home
House Hunting Goal: To aid in finding the perfect house
Illness Prevention Goal: Boost the immune system and defenses
Infidelity Goal: Coping with a lover's unfaithfulness
Intimacy Goal: Promote healthy and happy intimacy in relationships

Jealousy Goal: Reduce feelings of jealousy
Jerk Avoidance Goal: Protection from annoying people
Job Hunting Goal: Find the perfect job for your circumstances
Job Improving Goal: Make the job you have more satisfying
Justice Goal: Ask for justice to be done
Kindness Goal: Giving and receiving kindness
Kinky Goal: Attract others with kinks that match your own
Kiss It Goodbye Goal: Letting go of baggage
Kitchen Blessing Goal: Consecrating a kitchen for positive use
Knight in Shining Armor Goal: Attract a romantic man
Knowledge Goal: Increase knowledge for a particular purpose
Leaving Goal: Making it easier to leave a place or person
Liberation Goal: Freeing yourself from things that bind you
Life Lessons Goal: Ensuring you learn the lessons the universe is sending you
Lightness of Spirit Goal: To bring lightness into your life
Listening Goal: To become a better listener
Locating Lost Objects Goal: Find something that is lost
Love, Opening to Goal: To open yourself to love in all its forms
Love, To Attract Goal: To attract the person who is right for you but might not find you without help (not specific)
Luck Goal: To draw in good luck
Maliciousness Goal: Defend against malicious intent
Marriage, Good Goal: To promote a healthy, happy marriage
Marriage, Healing Goal: For use when a marriage is in trouble
Masculine Power Goal: Connecting with your male self
Mending Friendships Goal: To mend a damaged friendship
Menopause Goal: For aid in dealing with the symptoms of menopause
Mental Clarity Goal: To clear the mind and aid in focus
Mental Illness Goal: Aid in healing mental illness
Mercury in Retrograde Goal: Protection during Mercury in Retrograde
Messages Goal: For when you feel like there is a message you should be getting, but aren't receiving clearly
Money Goal: Bring in prosperity
Nature Goal: Connecting with the natural world
Neighbors, Good Goal: Establishing good relationships with neighbors
Nest, Empty Goal: Dealing with "Empty Nest Syndrome"
New Beginnings Goal: Starting a new endeavor
Nightmares Goal: Getting rid of nightmares
No Goal: Learning to say "no" when needed
Nourish the Soul Goal: To draw in those things that will feed the soul
Obligations Goal: Acknowledging and fulfilling obligations
Obsession Goal: Letting go of unhealthy obsessions
Opening to Possibilities Goal: Being open to unseen opportunities
Orientation Goal: Seeking clarification about sexual orientation
Overeating Goal: Curbing overeating

Overreacting Goal: Reducing a tendency to overreact to situations
Over-sensitivity Goal: To become less over-sensitive
Pain Goal: To lessen or be rid of pain
Panic Attacks Goal: To Lessen and prevent panic attacks
Patience Goal: Increase patience
Peace and Quiet Goal: To bring peace and quiet to a hectic life
Pests, To Get Rid Of Goal: To get rid of pests (insects or otherwise)
PMS Goal: Help ease PMS issues
Potency Goal: Aid for men with potency issues
Potty Training Goal: Helping potty training go smoothly
Poverty Goal: Give a boost out of poverty
Protection Goal: To protect the self or others
Punctuality Goal: Change lateness into punctuality
Quality of Life Goal: Improve the quality of life
Quarrel, to Mend Goal: To smooth over a fight
Questions Goal: Seeking answers to particular questions
Quiet Mind Goal: To quiet an overactive mind
Quit Smoking Goal: Aid in quitting
Rape Goal: Aid in recovering after a rape
Rebirth Goal: Ceremony for the rebirth of self
Recovery Goal: To recover after an accident, illness or trauma
Regret, Letting go of Goal: Letting regret go and moving on with your life
Reincarnation Goal: Help see who you were in a previous life
Relaxation Goal: Learning to relax more
Release Goal: Releasing negative thoughts or emotions
Return Goal: Ask for the return of a treasured person or thing
Romance Goal: Bring romance into your life or relationship
Scary Spell Goal: Help children be less afraid
Second Sight Goal: Increase psychic abilities
Self-Confidence Goal: Increase confidence
Self-Discipline Goal: Help to stay disciplined and focused
Sex Goal: To make sex better with a willing partner
Shit Happens Goal: Coping with life's everyday crap
Solitude Goal: Encourage comfort with solitude
Solitary Goal: Blessing for a solitary Witch
Spirit Guide Goal: Connecting with your spirit guide
Tantrums Goal: Help a child stop having tantrums
Teaching Goal: To be the best teacher possible
Technology Goal: For smooth working of computers and technology
Tension Goal: To let go of tension
Tests Goal: Help a test go well
Totem Goal: Connecting with your totem or power animal
Transition Goal: Ease difficult transitions
Troubled Times Goal: For help in dealing with a crisis
Trust Issues Goal: Overcoming trust issues
Ugliness, To Dispel Goal: Getting rid of ugliness or the perception of ugliness

Understanding Goal: Promoting understanding for self or others
Union Goal: Celebration of a union
Unity Goal: A prayer for unity
Vacation Goal: Ask for the best vacation possible
Vehicle Blessing Goal: A blessing for a new or existing vehicle
Vexation Goal: To ease a source of aggravation by finding a positive solution and/or making peace with the issue
Virginity Goal: A blessing for the loss of virginity
Voice Goal: To help find one's own voice
Ward Off Danger Goal: Use as protection in a particular situation
Warrior Self Goal: Finding your inner warrior self
Water, Power of Goal: Connecting with the power of Water
Weight Loss Goal: Losing weight by encouraging a healthy appetite
Witchcraft Goal: A blessing on all magickal work
Wisdom Goal: Asking for wisdom
Work Success Goal: To get ahead at work by emphasizing talents & getting credit for hard work
Worry Goal: Reduce needless worry
Writing Success Goal: Succeeding as an author
The X Goal: Maintain good relations with an Ex
Xenophobia Goal: Get over distrust of those who are different
Yearning Goal: To get what you've been yearning for
Yesterday Goal: Letting go of the past
Young at Heart Goal: Staying young at heart no matter your age
Zest Goal: To have zest for life
Zing Goal: Bring fun back into your life
Zzzz's Goal: Promote restful sleep
Spell Cross Reference
Suggested Supplies

Introduction

Why write another spellbook? After all, aren't there already enough books out there with spells for love, prosperity and protection? Well, yes, there probably are. And some of them are even quite good—if you look, you'll find quite a few on my own bookshelves.

But the modern Witch is concerned with a lot more than love and prosperity. Today's Witch deals with everything from family drama to weight issues to concerns with fertility. You're not going to find spells for those in your average spellbook. But you will find them here.

This is a spellbook for the Everyday Witch: the one who lives his or her Pagan beliefs all day, every day, twenty-four/seven. And as we integrate our spiritual lives as Pagans with our mundane lives as human beings, we find that we need spells that can't be found in the standard books on Witchcraft. That's what this book is all about.

Although it may be used as a companion for my second book, *Everyday Witch A to Z: An Amusing, Inspiring & Informative Guide to the Wonderful World of Witchcraft*, as well as the one that followed it, *The Goddess is in the Details: Wisdom for the Everyday Witch*, this book can also stand on its own. It is intended as a kind of toolkit for the *Everyday Witch*. Within its pages you will find a wide variety of spells that can't be found in other books, as well as new approaches to the old standards. Like a regular toolbox, you are unlikely to need all these magickal tools all the time. But I hope that as you walk your daily path you will be able to find just the right spells to fit your own special needs.

In addition, there is a section at the beginning of the book that talks about what a spell is, why and how we do them and even gives some suggestions for how you can start to write your own. After all, a spell is a very powerful tool indeed, and should be approached with care, knowledge and respect.

So I strongly suggest that you read the section on crafting spells before going on to the rest of the book. After that, though, you can skip around as much as you like, choosing the spells that work best for your own particular situation and needs. Each spell has associated "optional extras" such as candle colors, herbs, gemstones or oils. Whether or not you use these items is up to you, and will depend in part on how you practice your own individual style of magick. The spells will certainly work without them, although many Witches find that the use of these additional items helps them to focus their will more effectively.

Each spell also has a specific goal associated with it. By looking at the goals, you can choose the spell that most closely matches your own desires and objectives. At the end of some spells, there are also practical suggestions for actions you can follow up with in the mundane world. After all, as Witches, we know that it is not enough to simply work magick; we have to support our magickal endeavors with concrete actions as well.

In addition, there is a section at the back of the book with cross-references that may help you find the spells you need, as well as blank space at the end of many spells where you can write in your own variations or notes on how the spell worked for you.

Spells come in a number of variations, the definitions for which can vary from Witch to Witch. Blessing, charms and spells are all different types of magickal workings; sometimes there are just words to say, and sometimes the words are accompanied by actions and props. But we use all these assorted kinds of magick for the same purpose: to create positive change in our lives.

I hope that the spells contained within these pages will help you in bringing positive change to your life.

Blessed be,
Deborah