



These spells are offered to aid the labor and outlandish magic of writers.  
They were created in writing workshops offered by Sibyl O'Malley in 2021.

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Pocketbook design by Gina Marie Napolitan.

### **A Very Hot Bath for Confidence (the next day)**

Time: On a waxing moon, (when the curve is to the right,) or better yet, a new moon, in the evening, when everyone else in the house is watching TV or asleep.

Physical needs: A glass of wine or iced herbal tea, a candle, a tub of very hot water, things that smell nice like epsom salts or bath "tea," three favorite objects from your house.

Instructions: Light the candle and fill the tub with water that is quite hot. Add the bath salts or other nice-smelling things to the water. Place your favorite objects along the edge of the tub. If applicable, lock out the cat(s). Ease yourself slowly into the tub. Soak in the tub for a good long time. If your brain tries to lead you down the primrose path, call your attention to one of the 3 objects, or the candle, to contemplate.

Words to say out loud (when it feels right):  
Tomorrow, when I wake, I will have everything I need.

*Moir MacDonald*

## **Ego Death Spell**

Ego Death Spell...to be freed from the expectations of past accomplishments.

Collect three long stalks of lettuce plants that have bolted. Arrange them in a triangular formation around a trophy, certificate, medal, or ribbon that was awarded to you. Then dust off a bottle of fragrance you have fallen out of love with. Spray it on each lettuce stalk twice while singing your favorite song from the year you graduated from high school. This ritual is effective 94% of the time. However, if nostalgic thoughts persist after 2 weeks, repeat the process but end it by lighting the entire assembly on fire. Then use the ashes to paint an X across your face, and wear it until it naturally wears off. Do not, under any circumstances, wash your face until all traces of ash have disappeared naturally.

*Dan Evans*



## **Spell for the Gift of Presence**

Essence of Presence

Take 5 deep breaths

You'll need a dose of eye contact

The message from your favorite pet that :

*"You are loved no matter what you say or do or write*

*If you sneeze, cough, burp or fart.*

*We've all done all that. We'll do it again.*

*You are loved."*

Now you feel the connection of all of us

Right here

Right now

Anytime you like

Repeat

*Isabel Christodoulou*



## **A Recipe for Play in Truthseeking**

Time: Night, preferably 2:37am. Do not caffeinate yourself. There is no need.

Attire: PJs. Preferably shorts. Undergarments while optimal are optional.

You will also need the following things centered in your mind:

- A slice of day old cheese or cheese and mushroom pizza, cold from the fridge.
- An old TV set, completely unworkable and weighing roughly 100 pounds.
- A rabbit key fob. Any color BUT white.
- A brass chain, 14 inches in length.
- A newspaper from Tuscaloosa in the year of our Lord 1946.

Take all of these completely unattainable things at this unattainable time of day and throw them out of your mind! You don't need them.

*Tara Wallace*

## **Be Quick And Real Spell**

- Listen to yourself and what comes through the space around you.
- Be in your body and write from your body.
- Be bold.
- Embrace fear if it comes up and write it out to discover what it is trying to tell you.
- Trust the universe in and around you.
- You will tell your own story
- Seal this spell by eating something that you love.

*Judith, New Orleans, Louisiana*



### **"Will You Call My Name" Recipe**

Place and time are irrelevant

Courage is required, as well as the willingness to be vulnerable

Sometimes a cup of strong tea can help (or let's be honest, a glass of wine)

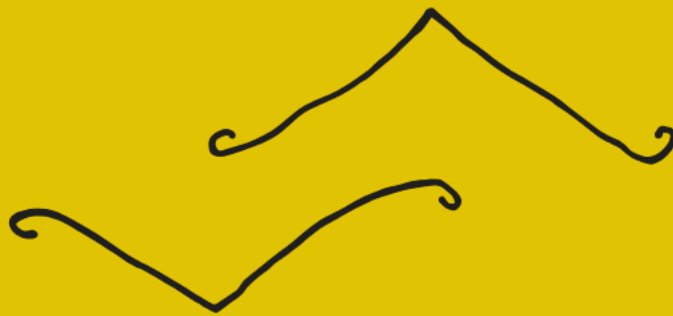
You need a cell phone or a computer unless you're lucky enough to use your feet

The key ingredients are the words, "Hi, can we connect?"

Regardless of the outcome, these are magical words

Because you valued yourself enough to say them.

*Bianca Le Mouëll*





## **Spell for Heightening the Senses**

Materials: Pruning shears, sunflowers, sage or other aromatic plant, a bottle of fizzy water

Instructions: Go outside during sunset and trim a single sunflower from its stalk. Hold it up in front of your face, positioned between yourself and the sun like a tiny eclipse. Witness how the sunlight transforms the shape and color of the petals. Pluck the petals and strew them around you. Face the sun with your eyes closed and imagine you are now the sunflower. Pluck a leaf of sage from your garden. Rub the leaf between your thumb and forefinger until it begins to crumble, smelling it all the while. Watch the way the leaf falls apart, see the weak spots where it tears. Scatter the debris around yourself. Smell your fingers and imagine you are now the sage plant. Sit down on a chair, a step, the ground. Crack open your fizzy water. Sip it very slowly and let the bubbles tickle your nose and throat and tongue. Imagine you are a deep sea creature.

*Gina Marie Napolitan*



**Potent contents. Handle with care.**