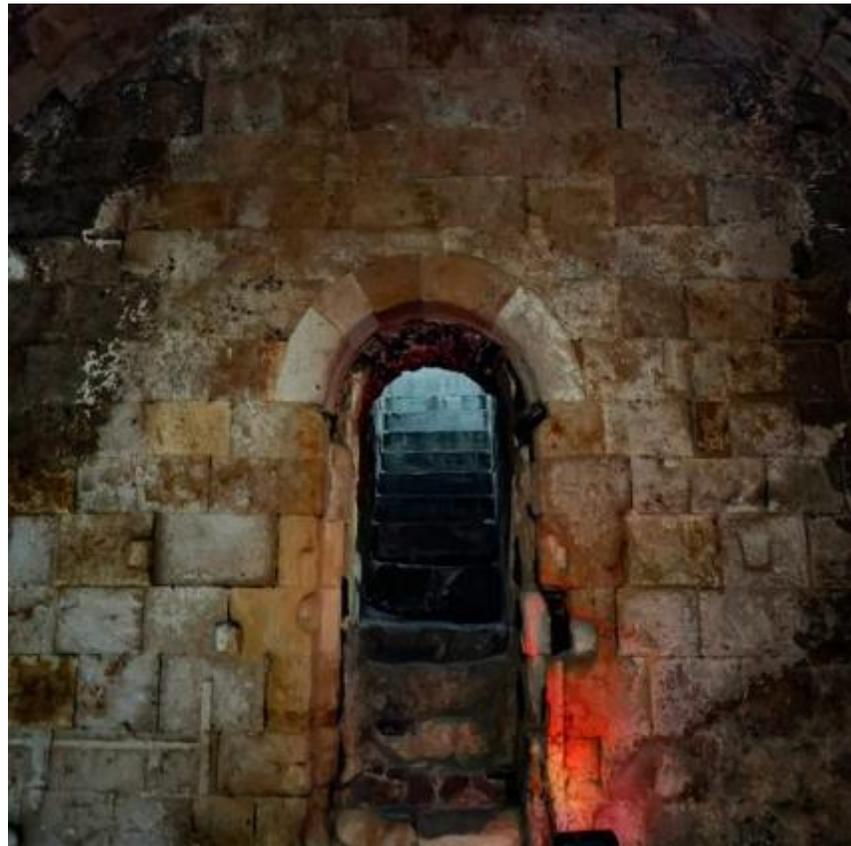




# CONTINUATION OF PART 1 - ANCIENT ROOTS – PREHISTORY TO 400 CE





*Fleurs de Pommier.*

*Flores Mali.*

Apple blossom and apples are linked to many goddesses, including Aphrodite and Freya, and seen as the fruit of love and immortality.



**The Ancient Roman Herbalist**

## HEALING PLANTS

Since prehistoric times, people have believed in the special powers of plants to help and heal, as medicines.

The herbal (book of properties of herbs) was the healer's equivalent of the modern doctor's drug guide.

It has also long been believed that many plants have magical powers beyond their ability to cure—for instance, bringing love, money, or protection from the evil eye.

**Sage** belongs to the genus *Salvia*, which is Latin for healing or rescue.

It was once widely regarded as the best herb for treating fevers.

Some believed it could also bring immortality or wisdom.

*"How can a man die who has sage in his garden?"*



**Basil** is believed to calm the mind and bring happiness.

It is also linked to money, and so it is used in spells to create wealth.

Carrying a basil leaf in your wallet is said to help attract riches.



**Rosemary**, signifying remembrance, has been placed in graves of loved ones since ancient Roman times.

The herb was also thought to ward off evil spirits and witches.



Bamboo is considered to have magical properties for promoting good health and long life.

Bamboo wands were used by Taoists to summon water deities.



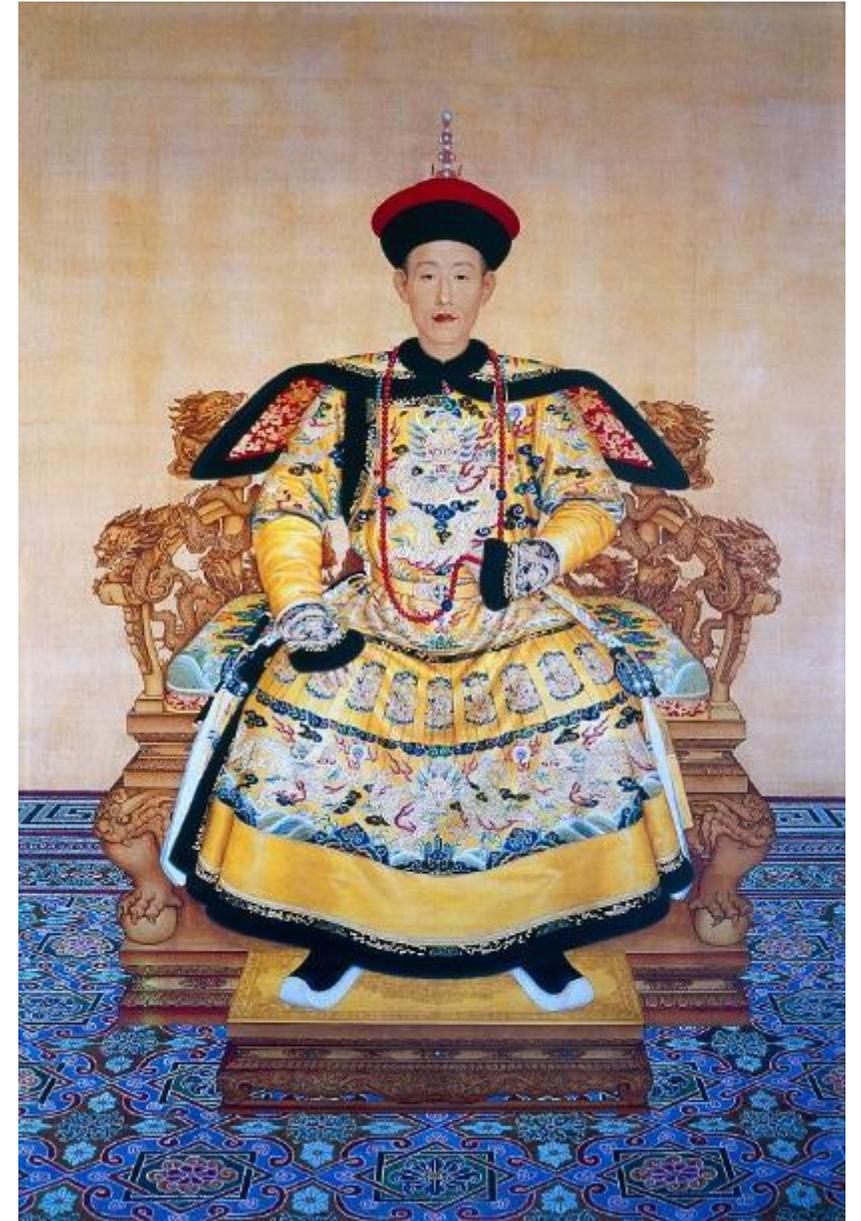
Aloe vera is hung over doors in Africa and the Middle East to bring good luck and drive away evil.

Medically, the plant is used to treat wounds, burns, and skin irritations.



Absinthe is anise seed-flavored alcohol made from wormwood and herbs, including green anise and fennel, all ground to a paste in a pestle and mortar—one of the prime tools of the herbalist.

# ANCIENT CHINESE MAGIC





## **WOODEN SHAMAN FIGURES**

This is a pair of Wu tomb attendants from the Chu kingdom, one of the Warring States, from the 4th century BCE.

The kingdom continued to practice shamanism long after other parts of China stopped, perhaps influenced by the shamans of northeast Asia and Siberia.

From its roots in ancestor worship, Chinese magic developed into a sophisticated philosophical system that acknowledged the need to achieve balance in the cosmos.

Magic was a way for individuals to gain a personal advantage within the universe.

From the Yangshao period (5000–3000 BCE), ceramics depicted human-like creatures thought to represent sorcerers.

The first Chinese magicians were Wu (shamans), able to communicate with ancestors and spirits.

The Wu—who were often female, performed rituals to send themselves into an ecstatic trance in which they aimed to travel to the spirit world.

They also acted as healers and dream interpreters, and were thought to have powers over nature, such as the ability to invoke rain through special dance rituals in times of drought.





## **MAGIC BRONZE MIRROR, TANG DYNASTY**

The front of this mirror has a shiny, reflective surface but the back, shown here, has a design cast on it.

When the sun or a light shines on the front surface, the mirror becomes transparent and, as if by magic, the pattern on the back can be projected onto a wall behind it.

Over time, the use of incantations, spells, and potions (especially love spells) devolved to folk magic, in which charms and amulets were used to invoke gods or summon ancestors.

Magic also came to be used alongside conventional medicine as substances such as amber and peach wood, believed to have magical curative properties, were used.

<https://www.youtube.com/watch?v=44PyXWWy6ZI> 2.5 min

**In pursuit of eternal life From around 300 BCE, Fangshi (recipe masters) developed a reputation as seers and purveyors of elixirs that would guarantee immortality.**

They were of particular interest to the emperors, who could afford to fund the fangshi's experiments, but the results were not always beneficial.

**Qin Shi Huang, the first emperor, became obsessed with the search for eternal life.**

**He sent demands to regional governors to dispatch rare herbs back to the capital and neglected the business of government later in his reign.**

## **PEACHES OF IMMORTALITY**

On a vase, a group of immortals offer peaches grown by the Queen Mother of the West on the sacred Mt. Kunlun.

Reportedly, the peaches ripened only once every 6,000 years and Emperor Wu of Han was one of the few mortals to have tasted them.



Statue of Guanyin (Guanshiyin or Avalokitesvara), Goddess of Mercy, Dalian, Liaoning



Taoist deities bringing happiness; prosperity and long life.

They are shown in order left to right, Fu, Shou and then Lou.

## The Eight Immortals cross the Sea

A relief on a wall in  
Saigon, Vietnam.

Photo © nationsonline.org



The Eight Immortals feature in a famous legend in China. The character 仙 for immortal is made up from the character for man and mountain evoking the age-old link of mountains as the haunt of deities.

They are frequently depicted on vases; embroidery; porcelain and items of folk-art. Mostly they are associated with a magical voyage across the seas to the Isles of the Blessed.

## IMMORTALITY AND ALCHEMY

Many Chinese alchemists sought to transform one substance into another by altering the balance of the Five Elements (considered in China to be Earth, Wood, Metal, Fire, and Water).

The idea of achieving perfection, and so harmony with the cosmos, was of particular appeal to Taoist masters, who developed distinct schools of alchemy.

**The Weidan school** elixirs were sought by emperors seeking eternal life.

**The Neidan school** aimed for spiritual refinement and immortality, through meditation, breathing, exercises, and a good diet, to improve the body's store of qi (vital energy).



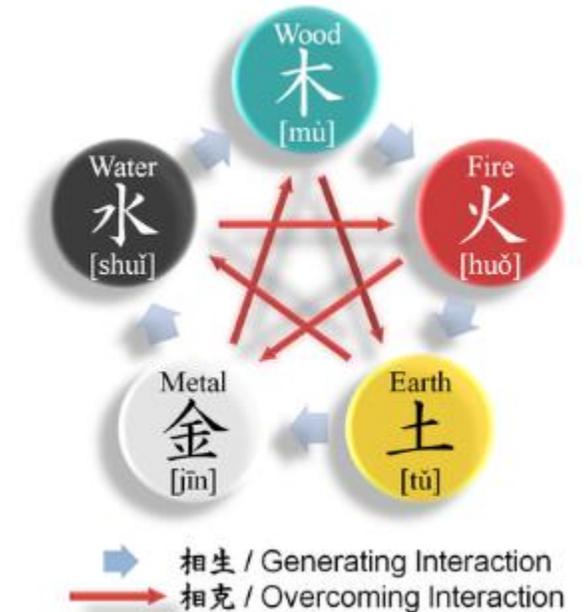
A Taoist master watches as a miraculous elixir of immortality separates out on the tripod in this woodcut from a Qing Dynasty alchemical text published in 1605.

Followers of both Taoism and Confucianism, and to an extent Buddhism, sought order in the world.

They developed a notion of complementary opposites, yin (the dark or passive aspect of things) and yang (the light and active component), which needed to be in perfect harmony.

When combined with the Five Elements and the movements of the planets - for instance, Wood for Jupiter and Fire for Mars), the forces of yin and yang produced a complex system of balance.

Astrologers interpreted this system to foretell the future, while magicians sought to control and manipulate it.



## JADE

Jade was prized in China from Neolithic times onward for its durability and its lustrous green sheen.

Jade objects first appeared around 3000 BCE

Over time, jade became strongly associated with imperial power.

**It was sharpened into blades or crafted into ceremonial suits made up of pieces of jade joined with wire or silk.**

**The suits encased members of the royal family in death, when they were buried**

**Gold wires were used to connect each of the Jade pieces together !!**



## CHINESE DIVINATION

Rulers in ancient China believed their futures were preordained by a divine will.

To determine how best to align their actions with what fate had decreed, they used various kinds of divination.

### FIRE AND BONES

The earliest form of Chinese divination, dating back to before the start of the Shang Dynasty in 1600 BCE, made use of fire and bones.

A heated rod was used to pierce the bone or shell, which was then placed in a fire.

A seer interpreted the resulting pattern of cracks.

At first the shoulder bones of oxen, sheep, or horses were used, but later tortoise shells became more common, perhaps because their shape helped diviners envisage the dome of heaven.



### SHANG DYNASTY ORACLE BONE

This tortoise shell, used as an oracle bone, shows characteristic cracking patterns and the archaic Chinese characters that reveal both the question and the diviner's interpretation.

There are more than 100,000 surviving oracle bones.

## CLEROMANCY

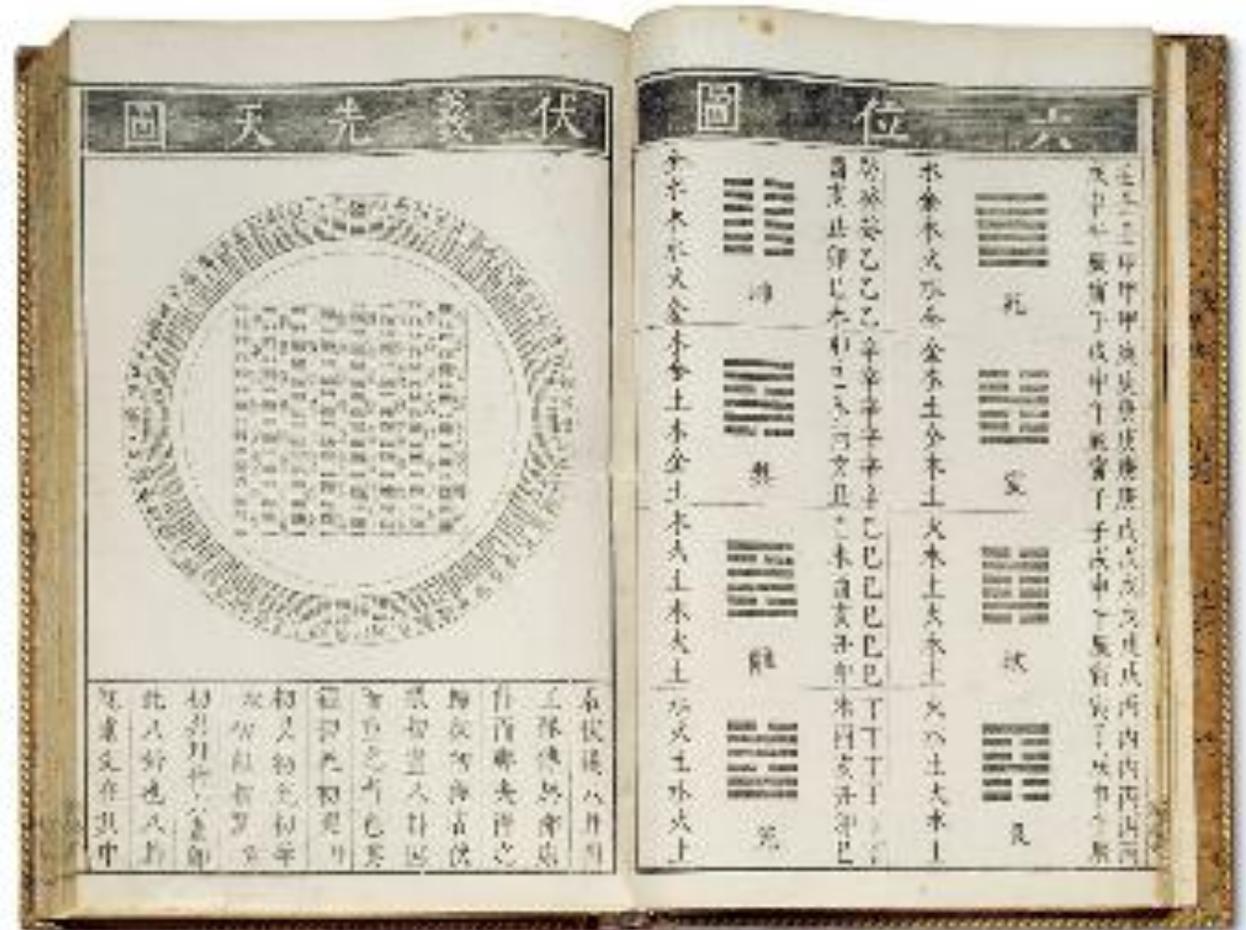
A new form of divination now known as cleromancy began around 1000 BCE.

This involved casting yarrow stalks to form either a solid or broken line, then repeating this action to form six rows.

The resulting 64 possible hexagrams, (each with names such as "cauldron" or "little harvest") were interpreted in relation to a petitioner's question.

This method of divination, linked to astrology, was preserved in the classic text Zhou Yi around 800 BCE.

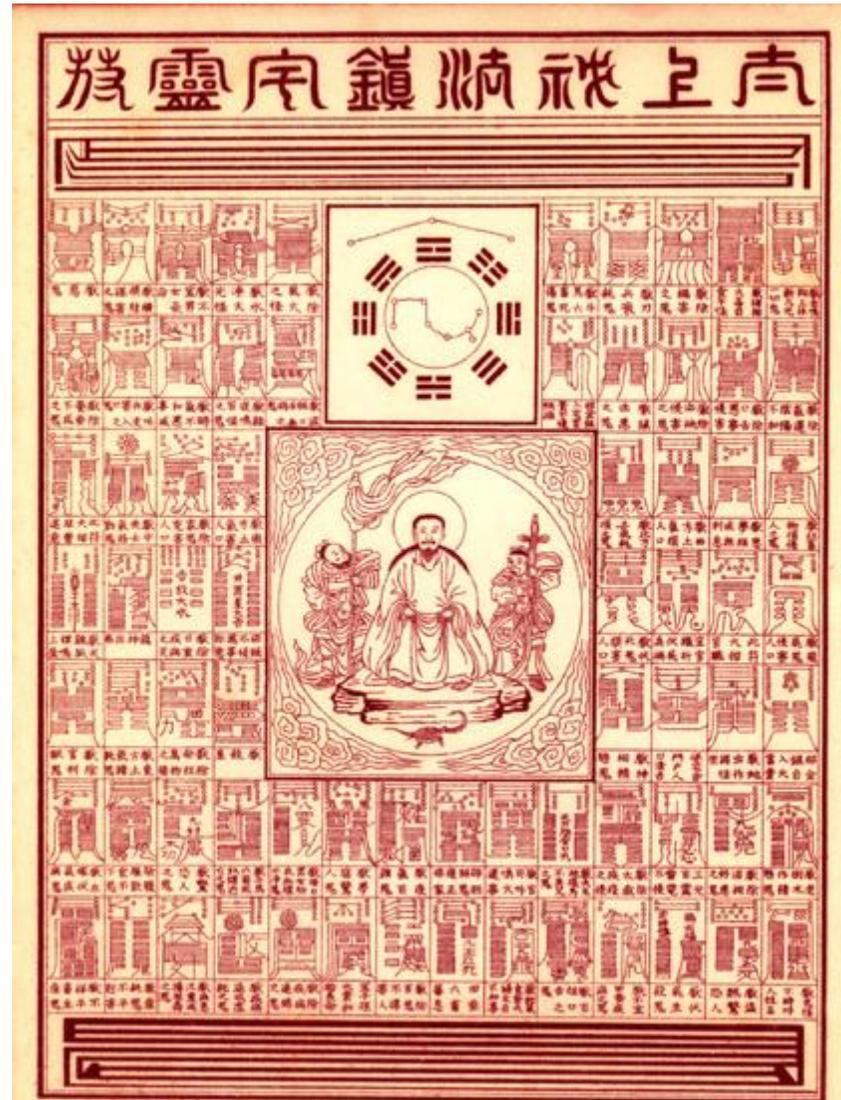
A more definitive compilation, the I Ching, made in the 2nd century BCE, had a huge influence as a divinatory text and as a work of philosophy.



## CLEROMANCY IN THE I CHING

This Ming Dynasty edition of the I Ching, published in 1615, shows the complete set of 64 hexagrams on the left-hand page, and the name and interpretations of specific hexagrams on the right-hand page.

# ANCIENT JAPANESE MAGIC



## ANCIENT JAPANESE MAGIC

In Japan's traditional Shinto religion, almost everything—trees, rivers, mountains, and even buildings—was host to kami, resident spirits whose powers could be harnessed, or anger appeased by specialists.

The kitsune-tsukai (witches possessed by fox spirits) were a particularly powerful form of kami.

They could change shape, become invisible, or even possess others.

**In the 5th and 6th centuries BCE, Buddhism, Taoism, and the Chinese systems of the Five Elements and yin-yang were introduced to Japan and merged with Shinto.**





## STAR AND PLANET RITUALS

This drawing from a Japanese astrological text is of Doyō, the deity linked with Saturn and the last day of the week.

It was associated with illness and arguments and believed to be a bad day to get married.



## BUDDHIST MOUNTAIN DEITY

This bronze statue shows Zaō Gongen, a god associated with remote mountains, where he was worshipped by hermits who practiced jugondo to acquire his physical power.



This Mughal miniature shows Indra, a sky god and the most popular deity in Vedic times, fighting Vritra, a demonic personification of drought.

At the end of their battle, Indra cut open Vritra's stomach with the vajra, his magic thunderbolt, releasing the waters back down to the earth.

## **ANCIENT HINDU MAGIC**

Over the long history of Hinduism, a complex pantheon and set of philosophical beliefs arose.

Followers developed a number of incantations and rituals that they believed provided a way to influence and appease the devas (gods) and access their divine world.

## GODS AND DEMONS

Hinduism is thought to have begun among the Aryan peoples who established themselves in northern India after the Indus Valley civilization faded away in around 1500 BCE.

A warrior people with a love of music and drink, the Aryans worshipped a sky god called **Varuna**, and drank **soma**, a ritual drink made by extracting the juice from a plant of the same name.

They believed that the drink granted immortality, stimulated courage, and cured diseases.

Later, from about 1500–500 BCE, Hindus developed a set of scriptures called the **Vedas** which include accounts of the birth of the universe, battles between heroes and demons, and invocations to devas.



## THE VEDAS

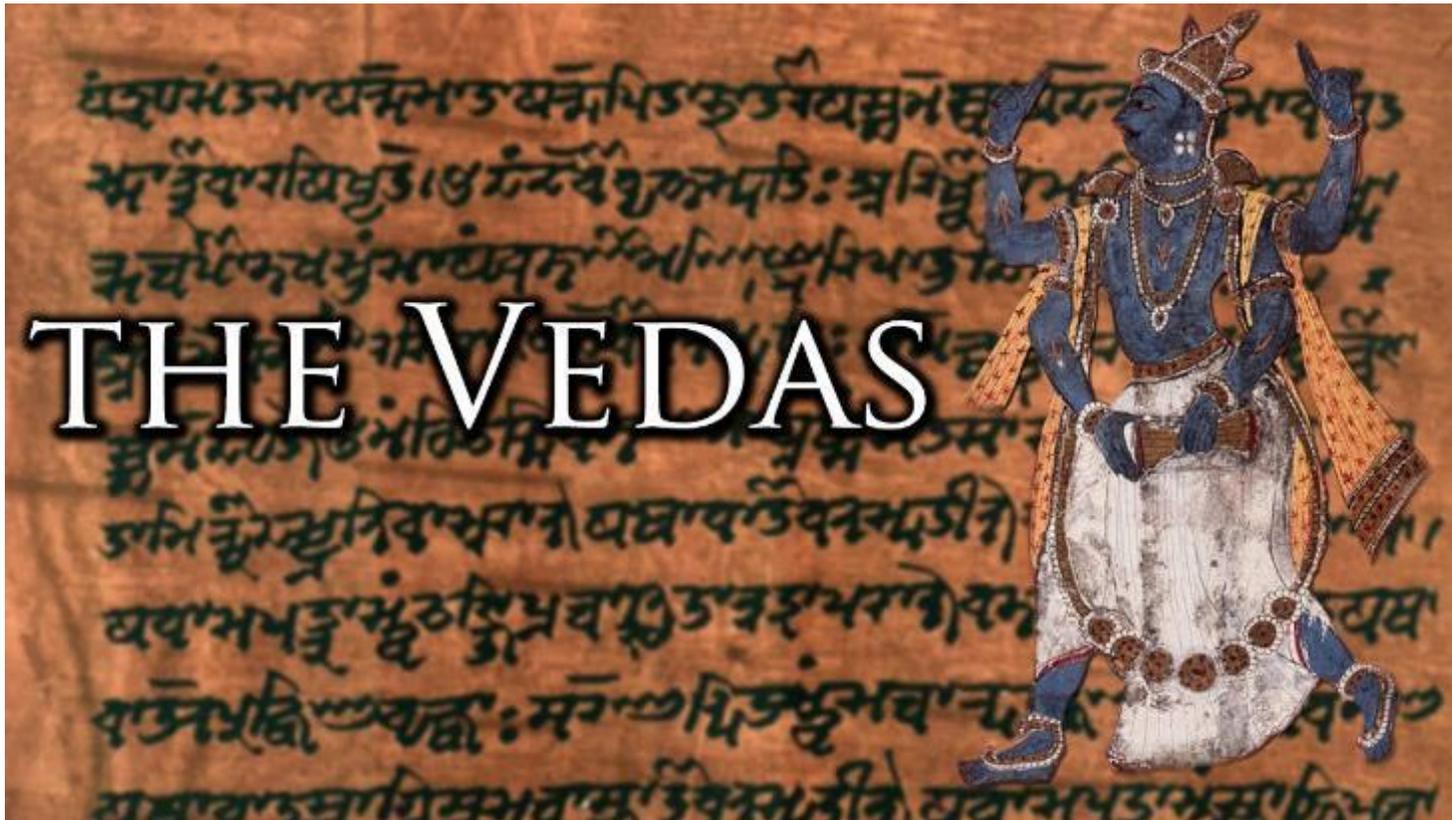
They are among the oldest and most mysterious texts known to people, with no human author and no timeline of origin.

**They have been absolutely fundamental in shaping the religious, societal, political, and even economic philosophies of ancient Hinduism.**

**The Vedas are a “language of the Gods” in comprehensible, human form.**

For this, there is no human author — rather, the information was channeled by the **Risis (the seers, the sages)** from **Paramatman: the “Absolute Atman.”**

For this, the risis claim that they saw the Vedas — they did not compose them.



# WHAT ARE THE 4 TYPES OF VEDAS?

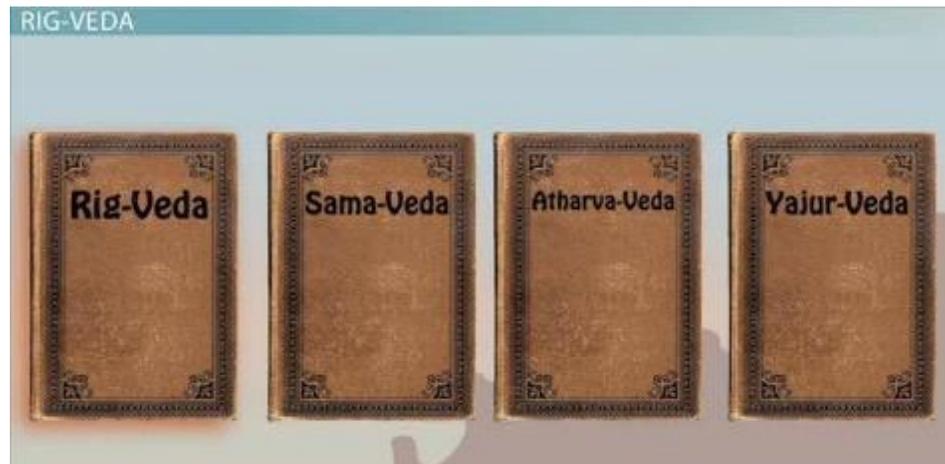
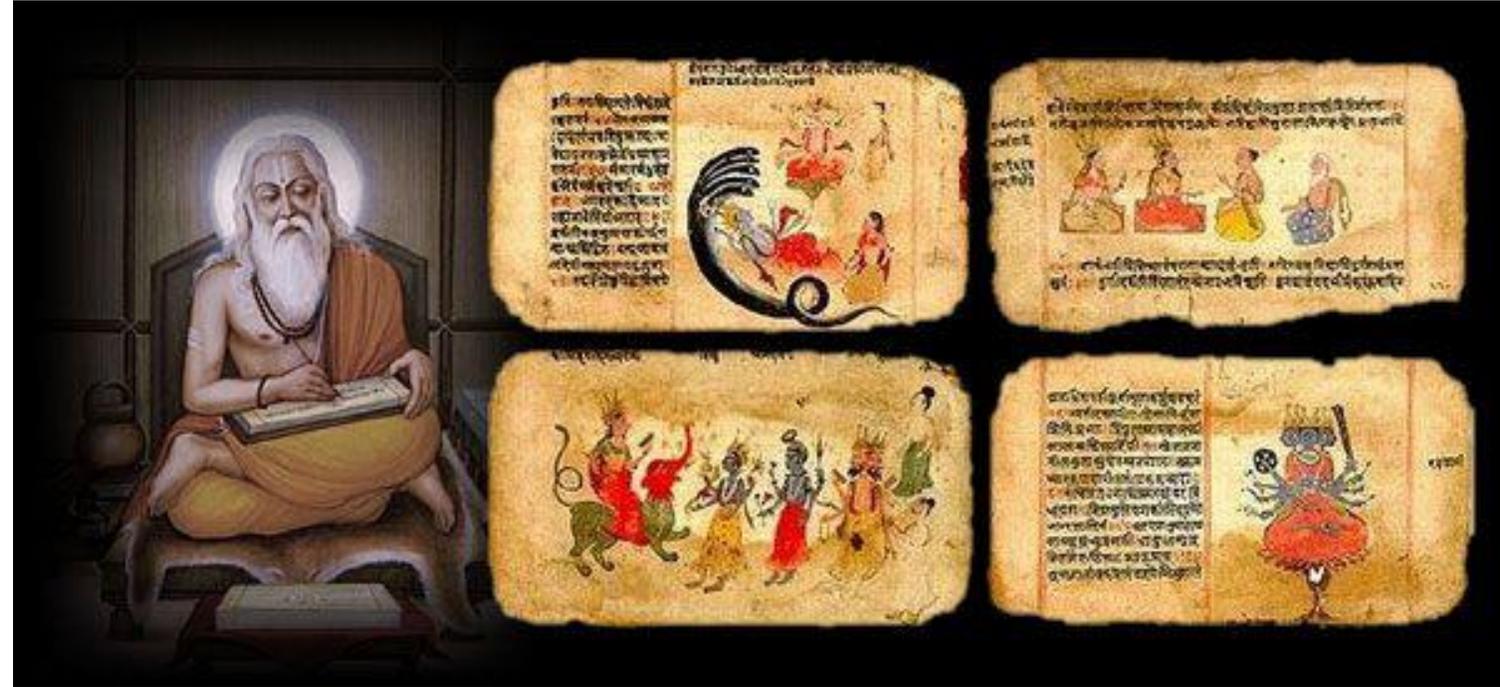
The Vedas are often compiled into a single book, the Chaturveda Samhitha, which contains 4 separate sacred texts:

The Rig Veda: The Book of Mantra

The Sama Veda: The Book of Song

The Yajur Veda: The Book of Ritual

The Atharva Veda: The Book of Spell





## MAGICAL TEXTS

Just like their counterparts in other belief systems, many Hindus sought direct means to achieve divine intervention.

The **Atharvaveda**, composed around 1200–1000 BCE, contains 730 hymns and 6,000 mantras attributed to the **sages Atharvan, Angiras, and Bhrigu**.

It contained hymns to secure a long life, heal wounds, or procure a marriage partner, and it refers to amulets that were widely used.



There were other more spectacular examples of magic—in the texts, if not in real life—with accounts of spiritually evolved **tantriks** (occultists), who used practices such as hypnosis to create illusions.



The Atharvaveda gives reminders of older, possibly shamanic traditions, and the worship of **Agni**, the god of fire, who was believed to purify the souls of the dead.

# A COLORFUL HINDU TOWER IN BANKOK, THAILAND





TEMPLE GOPURAM  
(ENTRANCE) OF SRI  
MAHAMARIAMMAN  
TEMPLE IN BANGKOK,  
THAILAND



TEMPLE GOPURAM (ENTRANCE) IN  
THARAMANGALAM, TAMIL NADU, INDIA

Top of a gopuram,  
(entrance)  
Meenakshi temple,  
Madurai, India





DETAIL OF  
A HINDU  
TEMPLE IN  
BANGKOK,  
THAILAND



## **PUBLICIZED HINDU MAGIC TRICKS**

Many Hindu magic tricks originated thousands of years ago, practiced by Hindu ascetics who used them to show the public that they were connected to the gods and could do the impossible.

### **HINDU BASKET TRICK**

This was another gasp inducing stunt, which stupefied viewers.

The performer's young assistant was covered with a cane basket, after which the performer trampled on it most thoroughly, before stabbing it repeatedly from various angles.

The assistant would then either climb out of the basket, completely unharmed.

## THE INDIAN ROPE TRICK

This trick was called 'the world's greatest illusion'.

It involved a performer going outdoors, uncoiling a rope and throwing it in the air.

The rope magically became stiff and straight and seemed to vanish into the sky, upon which a young boy would climb up and also disappear from view!



## FIRE-EATING

Fire-eating was first performed by Hindu sadhus in ancient times, who gulped and blew out fire with equal ease

The sight of people inserting flaming torches into their mouths and emerging unscathed was something people never forgot!



## **SWORD-SWALLOWING**

This heart-stopping feat is thousands of years old, where performers swallow a sword down to their stomachs, and out again.

The more talented could take in multiple swords at the same time

Sword swallowing spread from India to ancient Greece and Rome, then to China in the 8th century and to Europe in the early Middle Ages, becoming a staple magic stunt around the world.

# THE HISTORY AND TYPES OF POSITIVE MAGIC

## PART 2 - CURSE OR CURE – 400 TO 1500 CE



COMPILED BY HOWIE BAUM

- INTRODUCTION
- THE WAND-CARRIERS
- THE RUNES
- DRUMMING AND TRANCE
- PROTECTIVE OBJECTS
- I CREATE AS I SPEAK
- ANGELIC ALPHABETS
- EUROPEAN FOLK MAGIC
- SYMPATHY, SAINTS, HERBS, AND HUMORS
- THE MANDRAKE LEGEND
- DIVINE POWER AND EVIL SPIRITS
- CRYSTALS AND GEMS
- TALES OF THE DRUIDS
- CHRISTIANITY AND THE OCCULT
- THE DIVINE AND THE WONDROUS
- POWER OF THE PLANETS
- WORDS OF POWER
- WIZARDS, KINGS, AND DRAGONS
- THE FALL OF THE TEMPLARS

## INTRODUCTION

The medieval period was a time of religious change across Europe and western Asia.

**When the Germanic leader Odoacer conquered Rome in 476 CE, the Roman Empire that had dominated the region for a thousand years finally disintegrated.**

**In its wake, 2 mighty, new religions - Christianity and Islam, arose and in time dominated all others—Christianity in the West and Islam in the East.**

**Judaism also developed during the 3rd to 6th centuries CE.**

**The Masoretic Text of the Hebrew Bible and the Talmud were compiled in this period.**



An image depicting a Christian and a Muslim playing chess – about 1251-1283.

Image credit: Wikimedia Commons

## CHANGES IN MAGIC, DURING THE TIME OF ISLAM, JUDAISM, AND CHRISTIANITY



### It was a time of mixed events:

- A history of warfare, piracy, and raiding, typically along religious lines.
- Also, a history of commerce, intellectual exchanges, and personal relationships that transcended religious differences.
- For the 3 religions, their ancient magical traditions seemed to challenge their authority and beliefs.
- Magic practitioners of all levels, from high priests and priestesses to monks and village healers or herdsman, had often been the most revered figures in society.

## RELIGIOUS PRESSURES ON MAGICIANS

The magic practitioners found themselves increasingly marginalized.

**As Christianity and Islam spread, high ceremonial magic, at least, was increasingly driven underground.**

Supernatural powers such as control of the elements and the weather—so important in rural farming communities—were appropriated by the Church for saints.

Powerful practitioners of magic were literally demonized: they were portrayed as owing their abilities to the Devil and punishments became severe, even death, in some cases.





## **JINNS OR DJINNS**

In the Islamic world, and even in Christian Byzantium, magic had a more ambiguous place.

**Just as in the Western Christian world, folk magic thrived.**



**Muslims believed in fallen angels who had become demons and devilish spirits called Jinns.**

The use of talismans to protect against them was a part of everyday life—despite their condemnation in the Quran.

## TALISMANS

A talisman is any object ascribed with religious or magical powers intended to protect, heal, or harm individuals for whom they are made.

They are often portable objects carried on someone in a variety of ways but can also be installed permanently in architecture.

Talismans are closely linked with amulets, fulfilling many of the same roles, but a key difference is in their form and materiality, with talismans often taking the form of objects like clothing, weaponry, or parchment inscribed with magic texts.



The Talisman of Charlemagne, also a reliquary (a container for relics), said to have been found on his body when his tomb was opened.

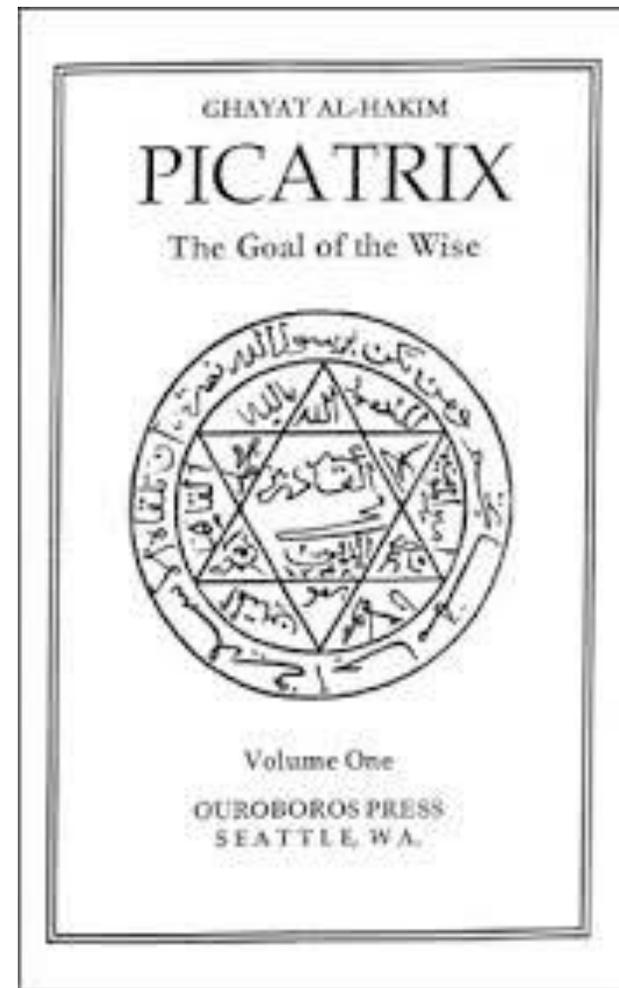
The study of magic flourished, too—

Following the Quran's instruction to seek knowledge, scholars translated ritual magical texts.

The study of math and natural sciences went hand in hand with advances in alchemy, astrology, and other occult arts.

Many key magical works originated in the Islamic world.

**Latin translations, such as the book known as the Picatrix, circulated in Europe and inspired a new interest in magical beliefs and practices among scholars.**



“Fashion two images with the first face of cancer rising, and Venus therein, and the moon in the first face of taurus”

From the Picatrix - the beginning of a love spell, 10th or 11th century

# MANDRAKE



The Mandrake plant has a long history and many superstitions attached to it.

There are references to it in the Bible as well as in ancient books of magical practices.

It is a member of the nightshade family. The roots and leaves are poisonous, containing alkaloids that cause hallucinations, vomiting and diarrhea.

Surprisingly, it also has narcotic effects. In small quantities, it will induce unconsciousness. **In ancient times, it was used as an anesthetic for surgery.** In larger doses, death will occur.

The main superstition about it is the belief that the roots can look like people and they scream as the plant is pulled from the ground, but this isn't true.

**This idea was used in one of the Harry Potter movies ! 😊**



## MYTH OF THE MANDRAKE'S SCREAM

a mandrake will emit an ear-piercing scream if uprooted, killing the person who digs it up.

According to the stories, the only way to uproot the mandrake safely is to plug one's ears with wax, and tie a rope between a mandrake root and a dog's tail.

Back away from the root and throw the dog a treat, and the dog will lunge for it.

The mandrake root will be uprooted by the dog's sudden leap, and its shrieks will kill the hungry dog.







# How to Summon Angels

Instructions and Workbook

Rev. Fr. David Phelps

## **SUMMONING MAGIC**

The act of summoning something implies into calling forth an energy, a deity or a being, to us.

The ideas described in the books, are supposedly, that we can control the energy or an Angel and make them fulfil a task which would be too hard or humanly impossible to handle ourselves.

For this, the practitioner contacts the energy which they want to work with and perform a Summoning Ritual.

# The Book of Summoning



Invocation, Conjuración & Alliance  
With Gods, the Dead & the Landspirits.

© Ian Corrigan ©

## PROGNOSTICATOR FROM ABOUT 1500 CE

In the 16th century, the line between magic and medicine was thin, and this gorgeous device was used to determine the best times to treat patients with purges, bleedings, and baths.

It factored in the stage of the moon's cycle, the signs of the zodiac, the months of the year, and the man in the moon to figure out how to balance a patient's four humors and restore health.

### 4 HUMORS:

**They are the metabolic agents of the Four Elements in the bloodstream:**

**BLOOD – AIR**

**PHLEGM – WATER**

**YELLOW BILE – FIRE**

**BLACK BILE - EARTH**

They thought that the right balance and purity of them, is essential to maintaining health.





## **GRIMOIRE** **(Pronounced gruhm·waar)**

**A grimoire is a medieval book of spells and incantations, as well as information on charms, talismans, and amulets, or how to summon spiritual entities like angels.**

**It was like a recipe book of our earliest magical traditions, that helped heal the sick and commune with helpful spirits for guidance.**

## THE NORNS

In Norse mythology, the **Norns** are 3 female beings who create and control fate.

This makes them the most terribly powerful entities in the cosmos – more so than even the gods, since the gods are subject to fate just like any other beings.

Their names are **Urd** - “The Past,” the second is **Verdandi** - “What Is Presently Coming into Being” and the third is **Skuld** - “What Shall Be”.

They live in a hall by the “Well of Fate”) which is beneath **Yggdrasil, the mighty tree at the center of the Norse otherworld, which holds the Nine Worlds in its branches and roots.**



“The Norns Urd, Verdandi, and Skuld under the World-tree Yggdrasil”  
Drawn by Ludwig Burger (1882)



## THE WAND-CARRIERS NORSE MAGIC

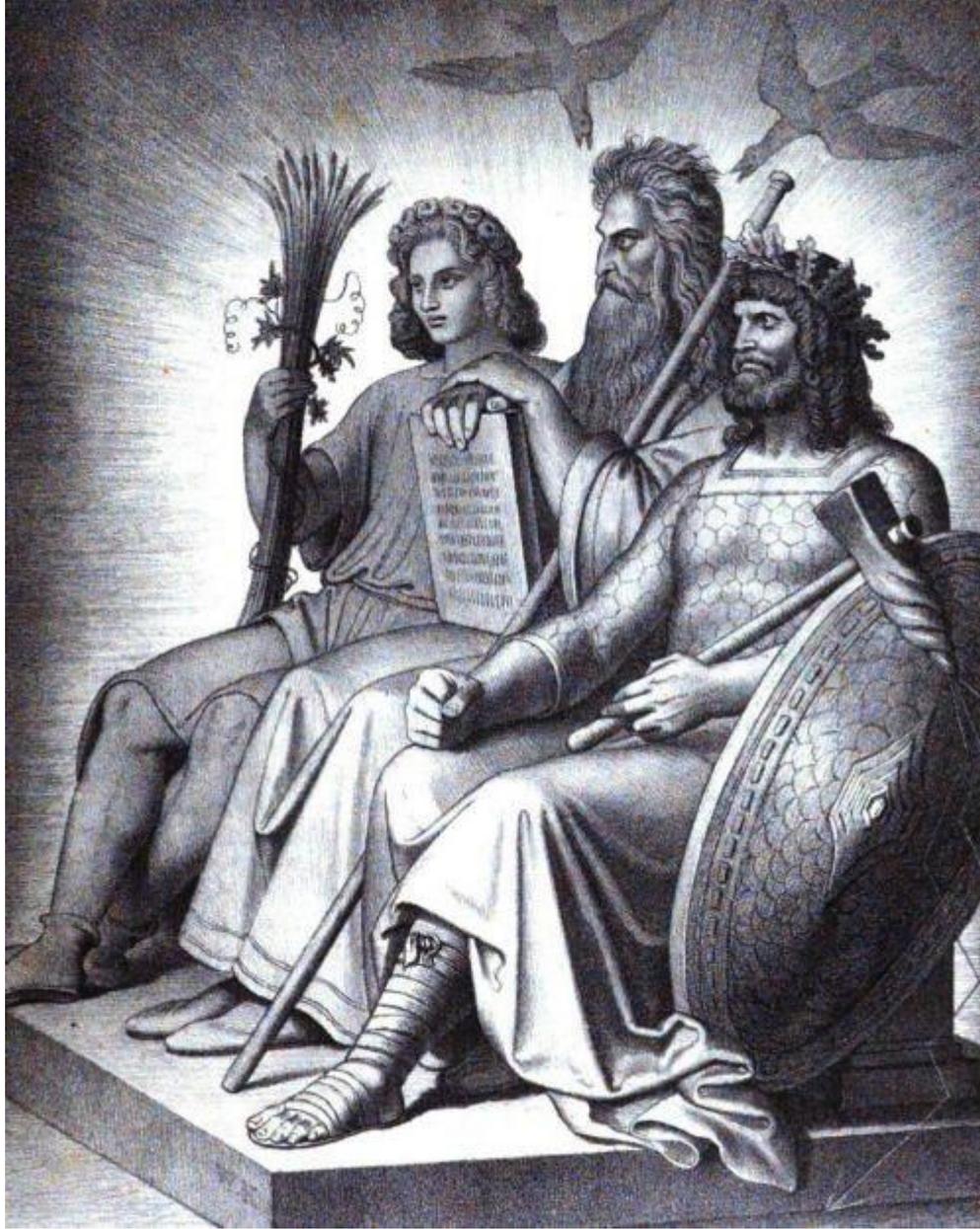
In the centuries before Scandinavia's conversion to Christianity, which began in the 8th century, its Nordic people developed a rich body of myths and pagan beliefs.

In their eyes, the world was ruled by the **Norns**, supernatural female beings who controlled fate.

**It was also ruled by two sets of warring deities, the Aesir, dominated by the gods Odin and Thor, and the Vanir, who included Freyr and Freyja.**



Top part of a rune stone found at Sanda, Gotland, Sweden, dating to the Viking Age, thought to depict **Odin, Thor and Freyr.**



Frey, Odin and Thor



Detail from Skogchurch tapestry depicting Norse gods Odin, Thor and Freyr, Sweden, 12th century



The Norse people believed that the world was full of mythical creatures such as giants, elves, and dwarves, and that trees, rocks, rivers, and even homes were alive with **Vaettir**—spirits and demons.

In response to all these beings, they developed an elaborate belief system with magical elements.

Norse magic lore was almost never written down at the time.

It survives mainly in later sagas, which might be clouded by a Christian perspective, and from a few archaeological relics, such as **runes** (to be discussed, later).





## **ODIN OR A SORCERESS**

The tiny silver figurine above is from Denmark. It is Odin with his 2 ravens and 2 wolves.

However, some believe that the seated figure is a woman—either the goddess Freyja, credited with teaching Odin sorcery, or a **volva (wand-carrier)**.



**THE OLD NORSE WORD  
VÖLVA MEANS "WAND  
CARRIER" OR "CARRIER OF  
A MAGIC STAFF"**

A Völva was a woman in the Viking age who practiced magic, known as Seidr, the word literally means "to bind".

A Völva often had a very special role within the society and would often have close ties with the leaders of her clan.

You could call her a spiritual leader or healer in the Nordic society.



## SEERS AND SORCERY

At the heart of Norse magic lay **Seidhr**—sorcery practiced mainly by women, one of the origins of the idea of witches in Europe.

**Seidhr** was shamanistic, involving visionary journeys and contact with the spirit world.

Although the **Norns** were said to control fate, it was Seidhr that gave the power to foresee and maybe reshape it.

Seidhr practitioners were invited to gatherings to give people predictions about their future.



The 3 Norns on the rock of Brunhilde

## OMENS

As well as looking to sorceresses to foretell the future, the Norse people also searched for omens.

Divination by lots was common

For example, if a fruit-tree branch was cut into tiny twigs and thrown randomly on a white cloth, it was said that the future could be read from the way the twigs fell.



**Xylomancy** - divination by means of pieces of wood

The pieces of wood may be twigs, branches, or logs, and they may have fallen or be arranged.

The word xyl- means "wood," and is also a root of the word xylophone.



A confident rider, surrounded by birds of good omen is approached by a Nike bearing victor's wreaths on this Laconian black-figured kylix.

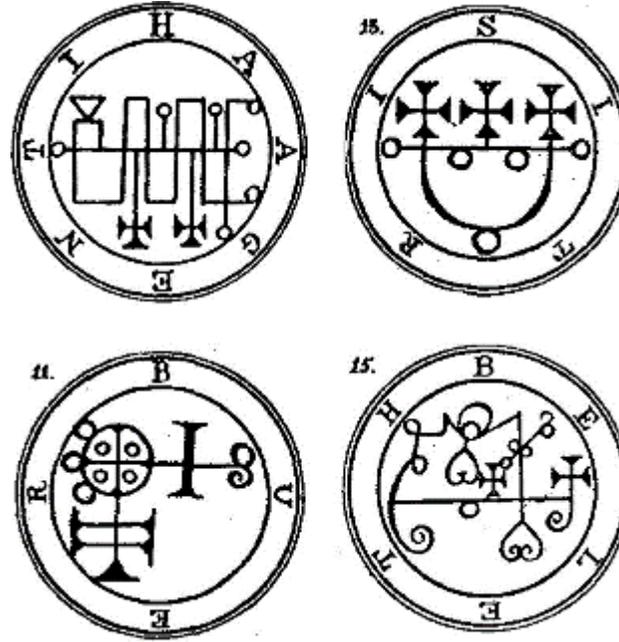
## THE MAGIC OF NATURE

The Norse also used **augury—the search for signs from birds, in nature.**

The flight of birds such as crows, ravens, or eagles could also be taken as signs, and seeing a raven before a battle was a good omen.

They thought that extreme natural events, such as storms and eclipses, could be messages from the gods, and that animals might carry messages, too.

# THE POWER OF SIGNS (SIGILS)



Sigil symbols had the same magic as spoken spells.

They could be engraved on amulets or carved into particular woods and metals believed to have magical properties.

**Some sigils might have been representations of magical objects given to the gods such as Thor's hammer and Odin's spear.**

Thor's hammer, called Mjöllnir, was his main weapon, which would magically return to his hand after he hurled it at an enemy.

## GOETIC SEALS FROM THE LESSER KEY OF SOLOMON



A silver-gilted Thor's hammer found in Scania, Sweden



## THE HELM OF AWE

Perhaps the most mysterious and powerful sign was the Helm of Awe, with its eight radiating arms like barbed tridents.

It was supposed to ensure victory for the wearer and strike fear into enemies, as these lines from the Norse saga *Fáfnismál* describe:

“The Helm of Awe, I wore before the sons of men, In defense of my treasure; Among all, I alone was strong, I thought to myself, for I found no power a match for my own.”



## RUNES

The first forms of writing used by Norse and other Germanic people were angular carved marks called runes.

Appearing around the 3rd century CE, runes stayed in use until the 16th or 17th century.

**They functioned like an alphabet, with 24 runes in the oldest form, the **Elder Futhark**, and 16, in the more recent **Younger Futhark**.**



# FUTHARK

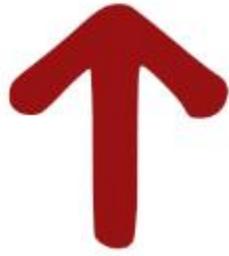
## Runes - The Elder Futhark

					
<b>F</b> Fehu cattle, wealth	<b>U</b> Uruz aurochs, strength	<b>Th</b> Thurisaz giant, thor	<b>A</b> Ansuz god, odin	<b>R</b> Raido journey, wheel	<b>K</b> Kaunan ulcer, fire

					
<b>G</b> Gebō gift	<b>W</b> Wunjō joy	<b>H</b> Hagalaz hail, air	<b>N</b> Naudiz need, necessity	<b>I</b> Īsaz ice	<b>J</b> Jēra year, harvest
					
<b>E</b> Eiwaz yew tree, tree of life	<b>P</b> Perth unclear meaning	<b>Z</b> Algiz elk protection	<b>S</b> Sōwilō sun	<b>T</b> Tiwaz the god Tiwaz, victory	<b>B</b> Berkanan birch, birth

					
<b>E</b> Ehwaz horse	<b>M</b> Mannaz man	<b>L</b> Laguz water, lake	<b>Ng</b> Ingwaz the god Ingwaz, fertility	<b>O</b> Othila heritage, property	<b>D</b> Dagaz day, dawn

							
Fehu	Uruz	Thurisaz	Ansuz	Raido	Kauna	Gebu	Wunju
							
Hagalaz	Naudiz	Isaz	Jara	Iwaz	Perfu	Algiz	Sowilu
							
Tiwaz	Berkana	Ehwaz	Mannaz	Laguz	Ingwaz	Opila	Dagaz



TIWAZ

“THE GOD, TYR”

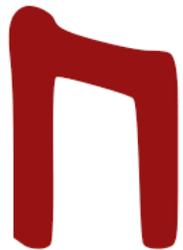
JUSTICE, SACRIFICE, SOVEREIGN ORDER  
LAWS, PRINCIPLES, SPIRITUAL WARRIOR

Runes were much more than just a letter; they were a symbol or pictogram, representing mystery.

A secret language of power and magic.

**The letter that correlates to T was Tiwaz, the sky god,** and looked like an arrow pointing up to the sky.

Tiwaz was a war god, too, and the rune was carved to ensure victory in battle.



URUZ

“AUROCHS”

SURVIVAL, ENDURANCE, PHYSICAL POWER  
INDEPENDENCE, PERSISTENCE, LIFE FORCE

**The letter that corresponds to U was Uruz, which stands for auroch,** the name of the now-extinct giant cattle that roamed Europe, and it represented “strength of will.”



Detail of the runic stone at Rök, Östergötland, Sweden.

Its inscription is partially encrypted, possibly as part of a magic ritual.



## NORDIC AMULETS AND PENDANTS



Nordic Necklace with quartz and glass beads, from Denmark.

The different beads are considered amulets to protect the person from evil.



Nordic Pendant





## DRUMMING AND TRANCE FINNISH SHAMANISM

Modern Finland has been populated for 11,000 years by the Finn and Saami people, who migrated there in pursuit of deer as the ice sheets from the last Ice Age finally receded.

Both peoples were hunter-gatherers and strong believers in **hatija (animal spirits)**, and both are known to have practiced shamanism since at least 10,000 years ago.



**Finland was said to be a land of wizards, witches, giants, and trolls.**



# TUONELA

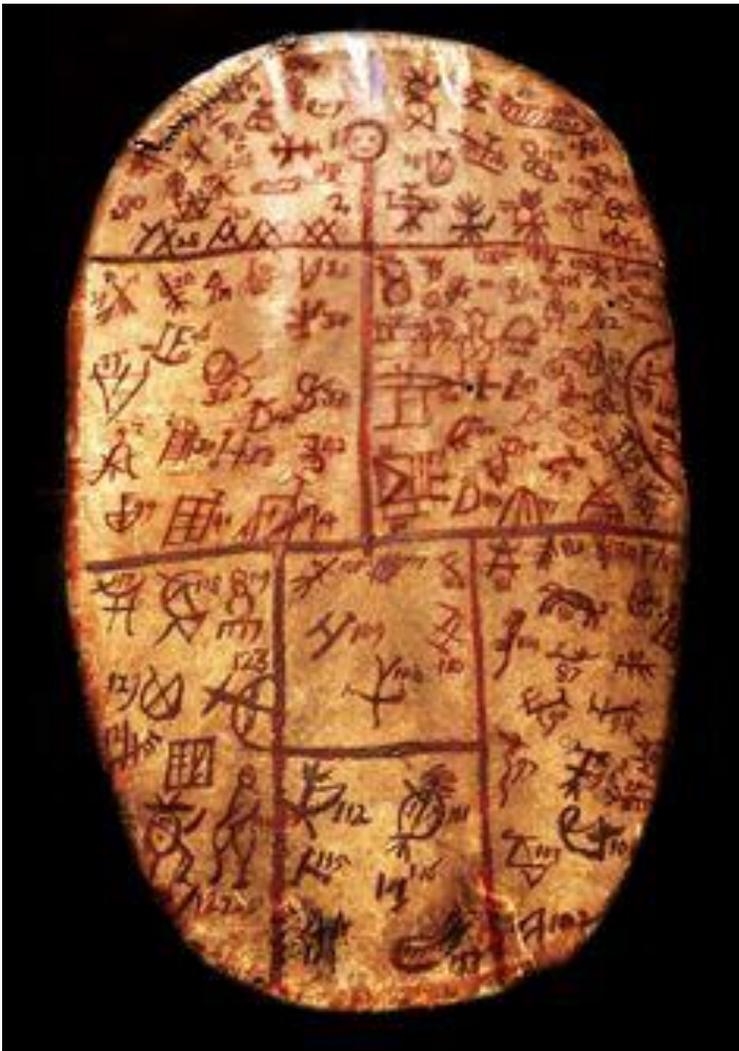
**The Finns believed in Tuonela, a netherworld located either underground or somewhere to the north, where the spirits of the dead went.**

A shaman was thought to be able to travel to Tuonela in a trance to meet spirits and gain wisdom from them.

Shamans were sent on their spirit journey with joiking (haunting songs) and beating drums.

But they had to trick the ferryman into taking them across the Tuonela River—and take care not to get trapped there in the body of a giant pike.





Deerskin cover for a Sammi drum which was beaten with a T-shaped reindeer bone.

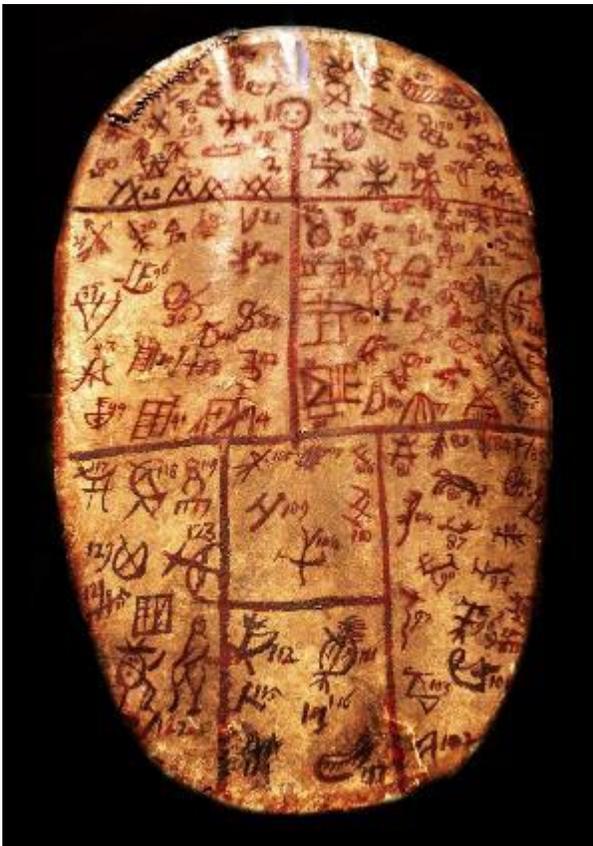
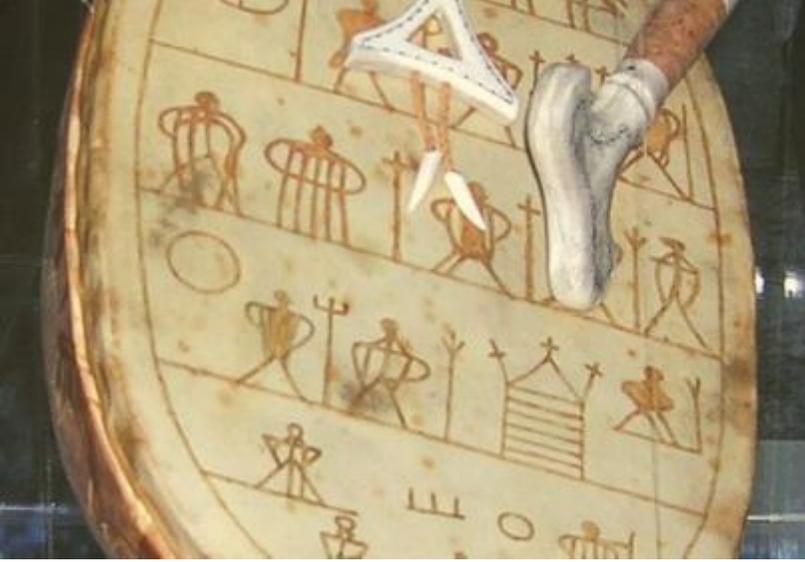
Pagan Finns believed that a person had three souls:

- 1) Heinki (life force)
- 2) Luonto (a guardian spirit)
- 3) Itse (personality).

Both Luonto and Itse could be separated from the body and could get lost or become stranded in the netherworld.

This was thought to cause misfortune and illness.

Shamans chanted spells and performed rituals that were believed to heal people or reverse bad luck by strengthening weak spirits or finding lost ones.



Around 5,000 years ago, the Finnish and Saami cultures diverged as the Finns exchanged deer hunting for farming.

Shamanism persisted in both, even after Scandinavia became Christian.

Saami noaidi survived into the 1800s, when churches confiscated the last of their sacred drums.

## THE SACREDNESS OF THE BEAR

The pagan Finns revered the animals they hunted, such as elk and bear. Indeed, they held the bear so sacred that its name could not be said. The modern Finnish word for bear, *karhu*, meaning “rough fur,” is one of the euphemisms they used instead. The Finns believed that the bear came from the sky and could be reincarnated. Whenever a bear was killed and eaten, they would hold the *Karhunpeijaiset* celebration to encourage the bear’s soul to return. After the Finns ate bear meat, they buried the bones and set the skull under a sacred pine.



**An amulet** from the sacred claw of a bear was supposed to bring good luck and help the owner’s spirit find its way home.

## CELTIC MYTH AND MAGIC

The Gundestrup cauldron is a richly decorated silver vessel, thought to date from between 150 BCE and 1 BCE.

It is the largest known example of European Iron Age silver work with a diameter of 27 inches a 17 inches high.

It was found in Denmark, but its decoration is rich in Celtic symbolism.

It shows the God Cernunnos, who was worshiped by the Celts in Gaul, with antlers and his legs crossed.



## THE CELTIC PEOPLE

Originally spread across Europe, the Celtic people were living in Ireland, Scotland, Wales, Cornwall, and Brittany, by the Medieval period.

The ancient Celts developed a rich collection of Myth and Magic, but as a mostly oral society.

It is only indirectly, through ancient Greek and Roman writings and in tales recorded by Christian scribes, that their traditions and culture have survived.



## THE DRUIDS

That is what the Celts called their magicians.

They held the ritual gathering of the Mistletoe plant with white berries, as very sacred.

Clad in a robe, the Priest ascends the tree and cuts the mistletoe with a golden sickle which is then received by others in white cloaks.



## AGE

It was suggested by Roman observers that Druids required up to 20 years of study in order to become a part of the order (which was attractive as it meant avoiding military service and taxation), which is why you would be unlikely to meet a young Druid in this time.

## SICKLE

A very common tool for a Druid would have been a small hand sickle used for cutting branches (and perhaps other flora). Most importantly, they would be used to cut branches of mistletoe, which was a sacred plant to the Druids and used in many of their ceremonies and rites.

## ROBES

While later and more romantic depictions of Druids would have them dressed in green, connecting them with nature, actually it seems they would most often wear white, with some colour variations in accessories that helped to identify their rank or speciality. Our white-clad Druid depicted here would likely look after religious ceremonies, for instance.



## WREATH

The exact headwear of a druid is somewhat unclear. Certainly they were described and later depicted as wearing a wreath on their heads, not unlike Roman senators might have been from similar periods. However some have suggested a copper circlet, similar to that of the 'Deal Warrior' skull, might have been used.

## BIRDS

According to legend the wren is the king of birds. The Welsh word dryw means both Druid and wren, which has been taken to indicate a close relationship between the two. Roman observers of Druids noted the possible reading of omens based on the behaviour of birds.

## SCEPTRE

Like many other figures of authority of this era the more senior Druids would likely have had a sceptre of some kind, perhaps not even that ornate in design, to signify their seniority. A walking stick would also have been a common tool for Druids, who might serve multiple communities and need to travel between them.

## MISTLETOE

Druids considered mistletoe sacred. In fact, they would take care to not allow it to touch the ground like it has here. Pliny the Elder explained that Druids believed it could be used to help cure infertility and as an antidote to some poisons, although we know now that mistletoe is itself toxic.



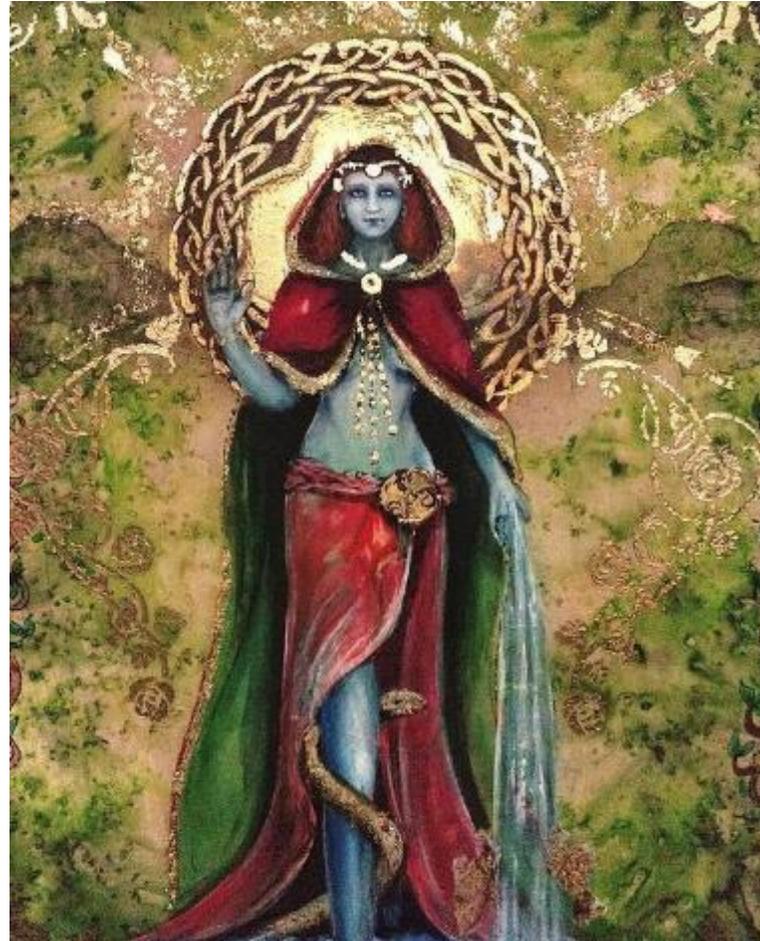
## **THE BANSHEE**

Among the most terrifying creatures in Celtic myth was the banshee, found in Irish, Scottish, and Norman mythology. The Irish banshee, thought to haunt the burial mounds dotted across Ireland, was described as a wild woman with streaming hair, her eyes red from weeping. She was believed to announce death with her terrible wailing.

Ossian, a bard of Irish myth, conjuring up the Spirits on the Banks of the River Lora with the Sound of his Harp –

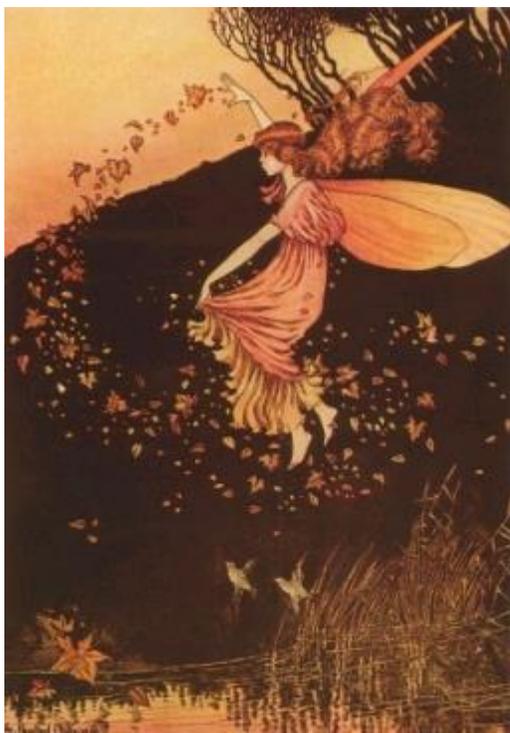
Painted by Baron





## Irish myths

Particularly rich in Celtic lore, Irish myths featured fantastical tales of bards, beautiful maidens, and warriors such as Cuchulainn, who had supernatural powers. They also told of the Tuatha Dé Danann, a race of magical beings said to be both ancient Irish gods and early inhabitants of Ireland. The tales were filled with magical deeds and weapons, such as the magic spear of the craftsman god Lugh, which threw itself and never missed



## Fairy land

In Ireland, Celtic myths fed into a strong belief in other worlds, including Tir na n'Og—the Land of Eternal Youth. Accessed through magic mounds called *sí*, this land was peopled by the *aos sí*, who were thought to be Tuatha Dé Danann, condemned to the underworld after their defeat by the Celts. The *aos sí* were said to be fiercely protective of their special land. People took care not to anger them, often referring to them as The Fair Folk or Fairies.

# CHRISTIANITY AND THE OCCULT

medieval Byzantine magic

After the conversion of the ruling Roman Emperor Constantine early in the 4th century, Byzantium (modern Istanbul)—the largest and richest city in Europe—became officially Christian. Most people had strong religious faith, and fervently believed in the power of Christian icons, relics, and saints to perform miracles. People are known to have chained themselves to churches in the hope of a cure for their illnesses.

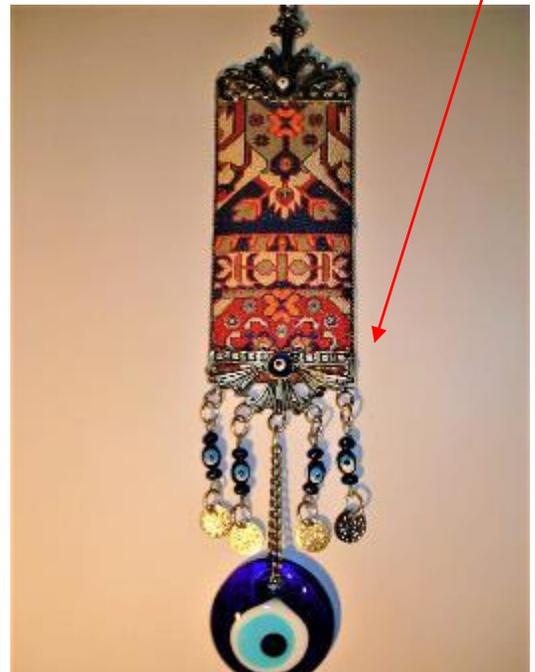




A 9<sup>th</sup> century amulet made of the mineral Hematite, which was a favorite material for amulets related to female reproductive health.



The Byzantines were also firm believers in apotropaic magic—magic to ward off evil influences. They wore amulets and performed rituals to deflect the curse of the evil eye. Some people engraved stones, or wove or painted a protective image on the hems of their clothes. Certain stones were valued for their medicinal effect, too—sardonyx (a form of onyx) was said to help



## ▲ Divining through water

This 10th-century glass Byzantine bowl was made for lecanomancy (the interpretation of water patterns). It is tiny—just 6½ in (17 cm) tall—perfect for concentrating the diviner's mind.



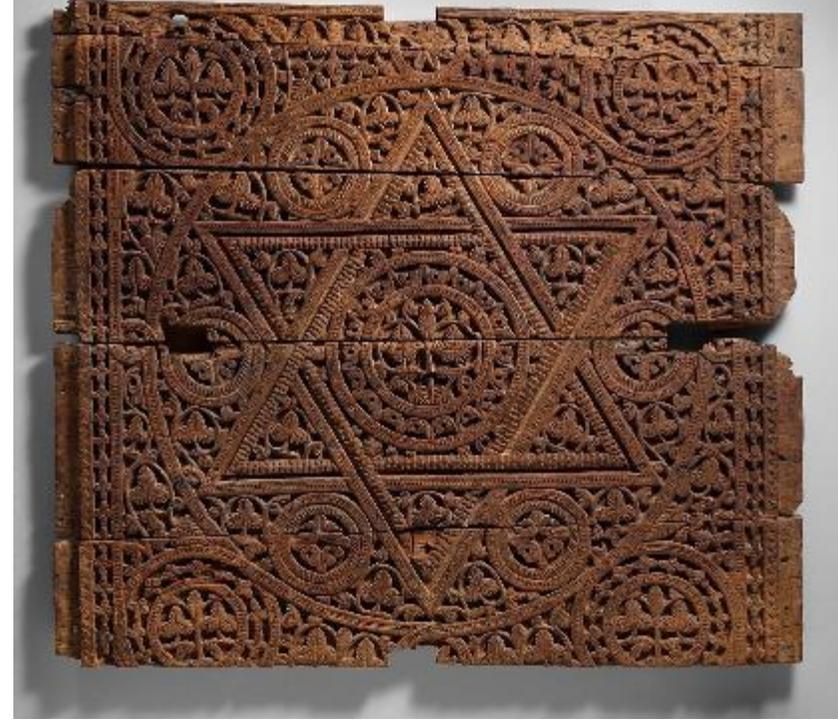
## ▲ Astronomical table

This circle, showing the signs of the zodiac with the sun's chariot at the center, is based on 2nd-century Greek scholar Ptolemy's *Almagest*, the definitive work on astronomy for 1,300 years. His book on astrology, *Tetrabiblos*, was equally influential in Byzantium.

# THE DIVINE AND THE WONDROUS

magic and early Islam

After Prophet Muhammad's death in 632, Islam spread out far from its beginnings among the Arab peoples. Wherever it spread, most people adopted Muslim beliefs, and followed the Quran. However, old customs did not instantly vanish, and while administration and scholarship became principally Islamic, ancient pre-Islamic magical practices continued across the empire.



## ▲ Magical spirits

*Jinns* (genies) were shape-shifting spirits that pre-date Islam, but the Quran accepted them as part of God's creation. Most *jinns* were neither good nor evil, but a few were *shayatin*, dangerous demons, like the blue elephant below in this copy of Zakariyaal-Qazwini's 13th-century manuscript.



## Protection against demons

Muslims considered God all-powerful, but still believed that they needed his intervention to protect them from *shayatin* (dangerous ancient spirits). The *shayatin* were a group of evil demons, including fallen angels and malicious *jinns* (genies). In the Quran they are identified as tempters of the mind, but for many people the *shayatin* were real and dangerous. The same was true of another belief that continued from early times—the evil eye: the curses and spells that made bad things happen.

### ▲ Protection from demons and the evil eye

This 12th-century talisman was a scroll of sacred writing from the Quran, carried in an amulet box and worn as a pendant. The text offers protection for “the heart of the one who wears it.”



### ▲ Solomonic earring

This decorative star probably alludes to the Seal of Solomon. God was said to have given Solomon the seal so he could control *jinn*s.



# Magic squares

One aspect of Islamic magic that has attracted continual attention is *wafq*, the magic number square. The square may have come from China, but it was adopted in the Arab world, especially after the 12th century, and appeared in many Islamic magical manuals.



### ▲ Charmed numbers

At the heart of this oval metal seal lies *buduh*, the magic square, with its nine numbers arranged to add up to 15 in any direction. Around the outside are the names of the four archangels.

# ARABIC ALCHEMY

The aim of alchemy, *al-kimiya* in Arabic, was to turn one substance into another. For 9th-century scholar al-Razi, no one was a true philosopher until they had done this—it compared with the creative power of God. The ultimate quest was to turn base metal into gold, giving eternal life.



Geber – a famous Arabic Alchemist



Ibn Umail describes a statue of a sage holding the tablet of ancient alchemical knowledge, probably from Baghdad.

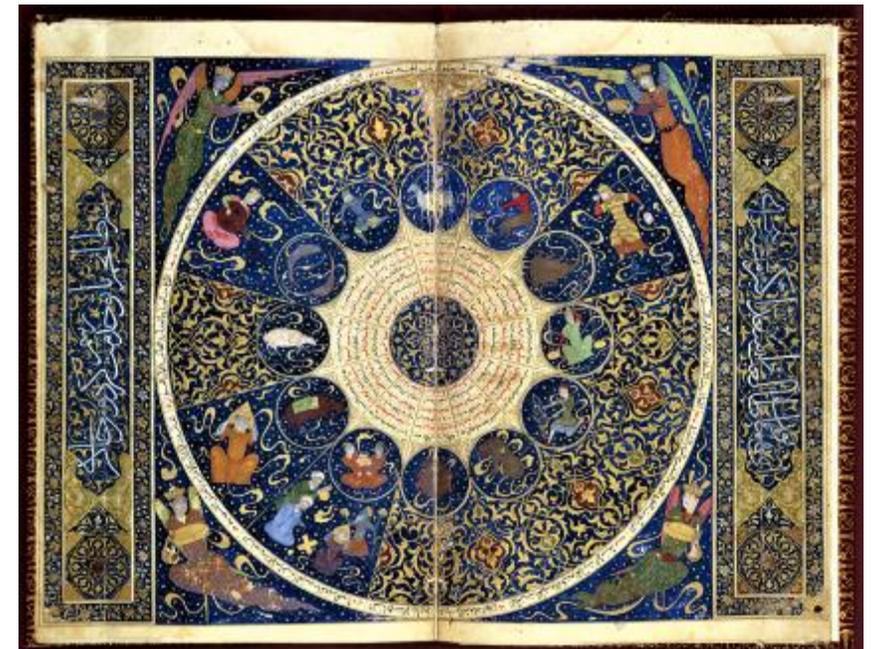
## POWER OF THE PLANETS

### ARABIC ASTROLOGY AND ASTRAL MAGIC

Astral magic (magic connected to the stars and planets) has an ancient tradition but gained its greatest foothold among the Arabic and Persian scholars of the early Islamic world. Common to all its roots was the belief that a celestial or astral plane existed in between the divine and the human planes.



Developed by Islamic astrologers and astronomers, astrolabes were used for timekeeping; for surveying and determining the distance and height of objects; for measuring latitude; and for reading horoscopes. This one, made for Sultan Abu-l-Fatih Musa, dates from about 1240.



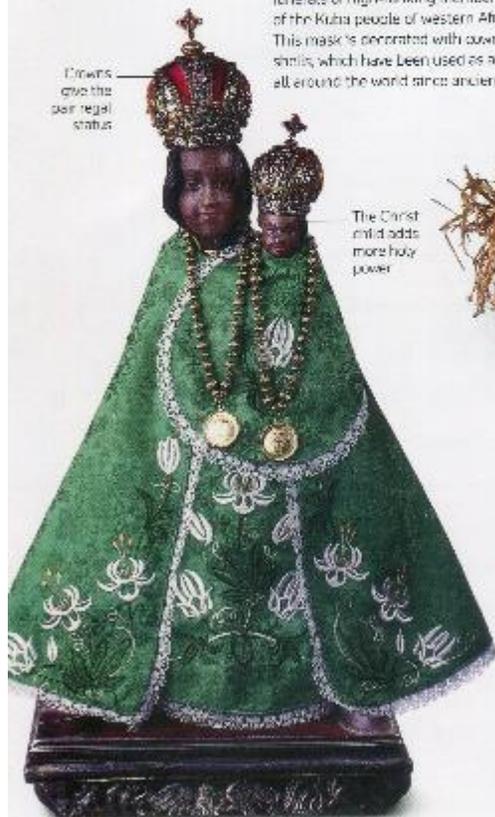
# Protective objects

The use of protective objects, often called amulets, dates back to the very earliest years of humanity. Whether worn, carried, or placed in the home or a holy place, amulets are believed to possess the power to ward off the evil eye, negative energy, malign spirits, or even illness. Some amulets are thought to have magical power of their own, whereas others with strong religious connotations gain their perceived power through holy blessing and the wearer's faith.

► **Mukenga masks** are worn at funerals of high-ranking members of the Kuba people of western Africa. This mask is decorated with cowrie shells, which have been used as amulets all around the world since ancient times.

► Crowns give the pair regal status.

► The Christ child adds more holy power.



► **Statues of the Madonna** (mother of Christ) are thought by many Christians to have miraculous powers of protection, and believers often carry such statues with them they travel. This one is from the Czech Republic.



► Cowrie shells are linked with fertility and predicting the future.



► **Stone Venus figurines** are among the earliest portable sculptures. Made by hunter-gatherers in Europe, possibly to aid fertility, they depict women with large breasts and hips.



► **Crucifix pendants** are for many Christians more than a badge of their religion—they are believed to keep evil away. Crucifixes are also said to be the religious symbol most feared by vampires.



► **A rabbit's foot** is a found object thought to be charmed, held in its ability to transfer luck, soars time and place—from Ohio, Europe to African American Hoodoo followers in the US.



► **The frog** was a symbol of fertility because of its many offspring. Frog ornaments like this ancient Egyptian one were kept by women hoping for an easy childbirth and rebirth in the afterlife.



► **Scorpion papers** were a medieval Jewish magical charm. A rough sketch of a scorpion, together with a few words, could be rolled up and hung around the neck as a protective amulet.



► **Zuni carvings** were animal-shaped fetishes of the ancient Zuni people of New Mexico. They carried such objects for luck and to protect them from danger when they went out hunting.



► **Scarab beetle** amulets were laid on the heart (the only organ preserved) of a mummified dead person in ancient Egypt. The scarab was believed to ease the journey to the afterlife.



► **Ganesh** is the elephant-headed Hindu god of good fortune, still popular on amulets as he is believed to grant success to the wearer by removing material and spiritual obstacles.



► **The hagaday** (sanctuary knocker) on the door of a church guaranteed the right of asylum to anyone who knocked. Hagadays always had monstrous heads attached to heavy rings.

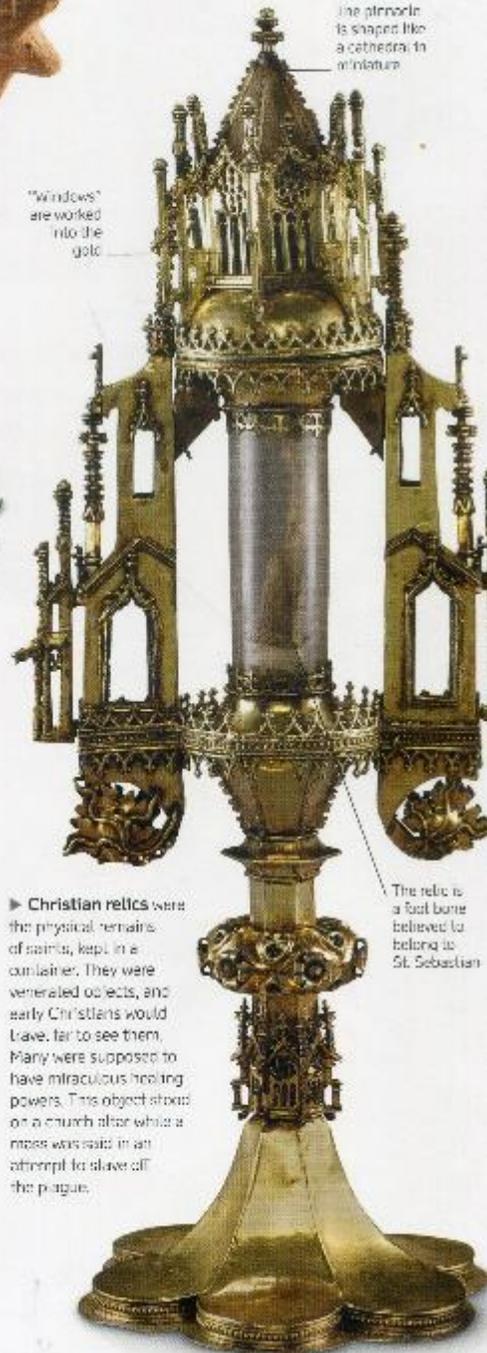


► **The eye of Horus**, also known as a *wedjat* pendant, was buried with ancient Egyptian pharaohs to protect them in the afterlife. Now such types are often known as *nezzars*, from the Arabic word for sight or surveillance.



► **The hamsa** (also called the Hand of Fatima) ward off the evil eye and may have originated in ancient Egypt or in Carthage, where it was associated with the chief goddess, Tanit.

► "Windows" are worked into the gold.



► The pharaoh is shaped like a cathedral in miniature.

► The relic is a foot bone believed to belong to St. Sebastian.

► **Christian relics** were the physical remains of saints, kept in a container. They were venerated objects, and early Christians would travel far to see them. Many were supposed to have miraculous healing powers. This object stood on a church altar while a mouse was said in an attempt to slay off the plague.

# I CREATE AS I SPEAK

## Jewish magic and mysticism

While much magic was condemned in the Tanakh (Hebrew Bible), it was practiced during the medieval period by people at all levels of Jewish society, including rabbis. Even certain stories in the Tanakh depict leaders performing acts of magic: for instance, in the story of Moses, Aaron casts down his rod before the Pharaoh and it magically transforms into a [snake](#). The Babylonian Talmud, a sacred Jewish text, also contains references to magic in the form of spells, incantations, and the use of amulets.





# THE KABBALAH

## THE LANGUAGE OF ENCHANTMENT

Words were a key part of medieval Jewish magic.

According to Jewish tradition, the Hebrew language has a divine origin, and its letters have a creative power.

The strong relationship between magical and religious words persisted for centuries, particularly in the Jewish mystical tradition of Kabbalah.

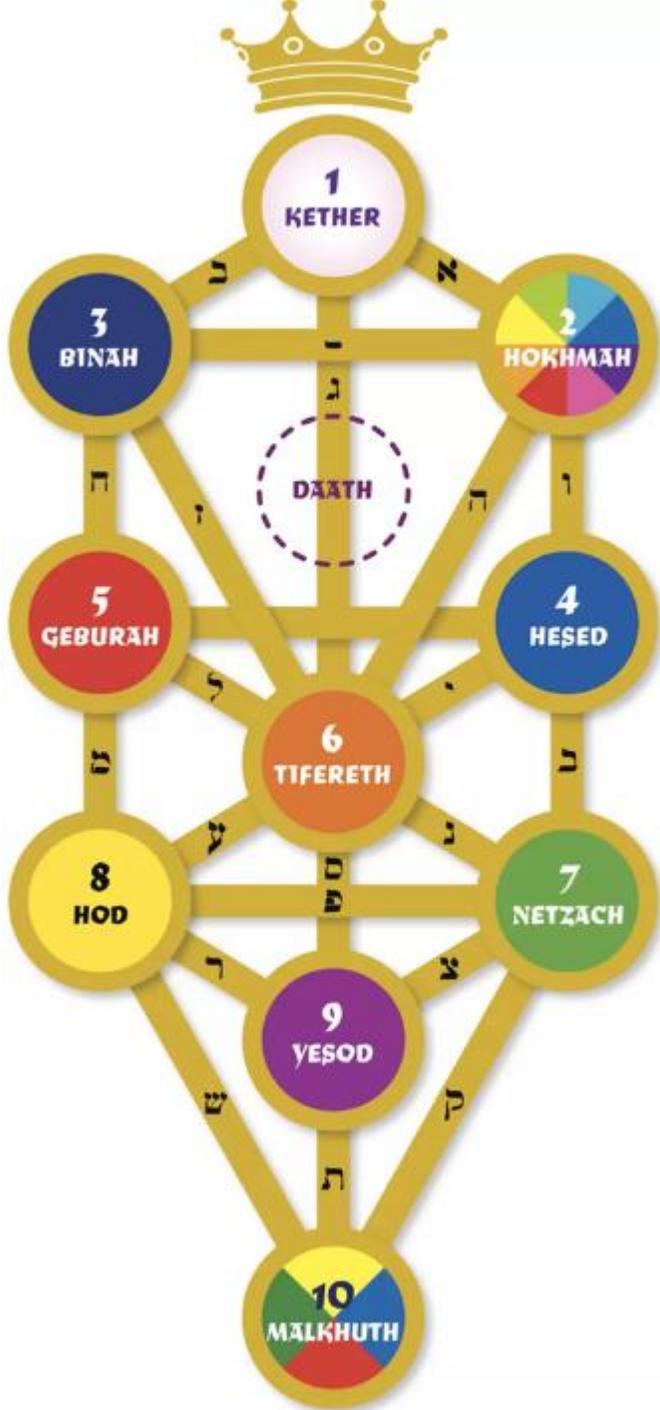
**One of the most well known “magical” words from it is Abracadabra which comes from the words in the Aramaic language (the one leading to Hebrew), avra k’davra - “I create as I speak”**

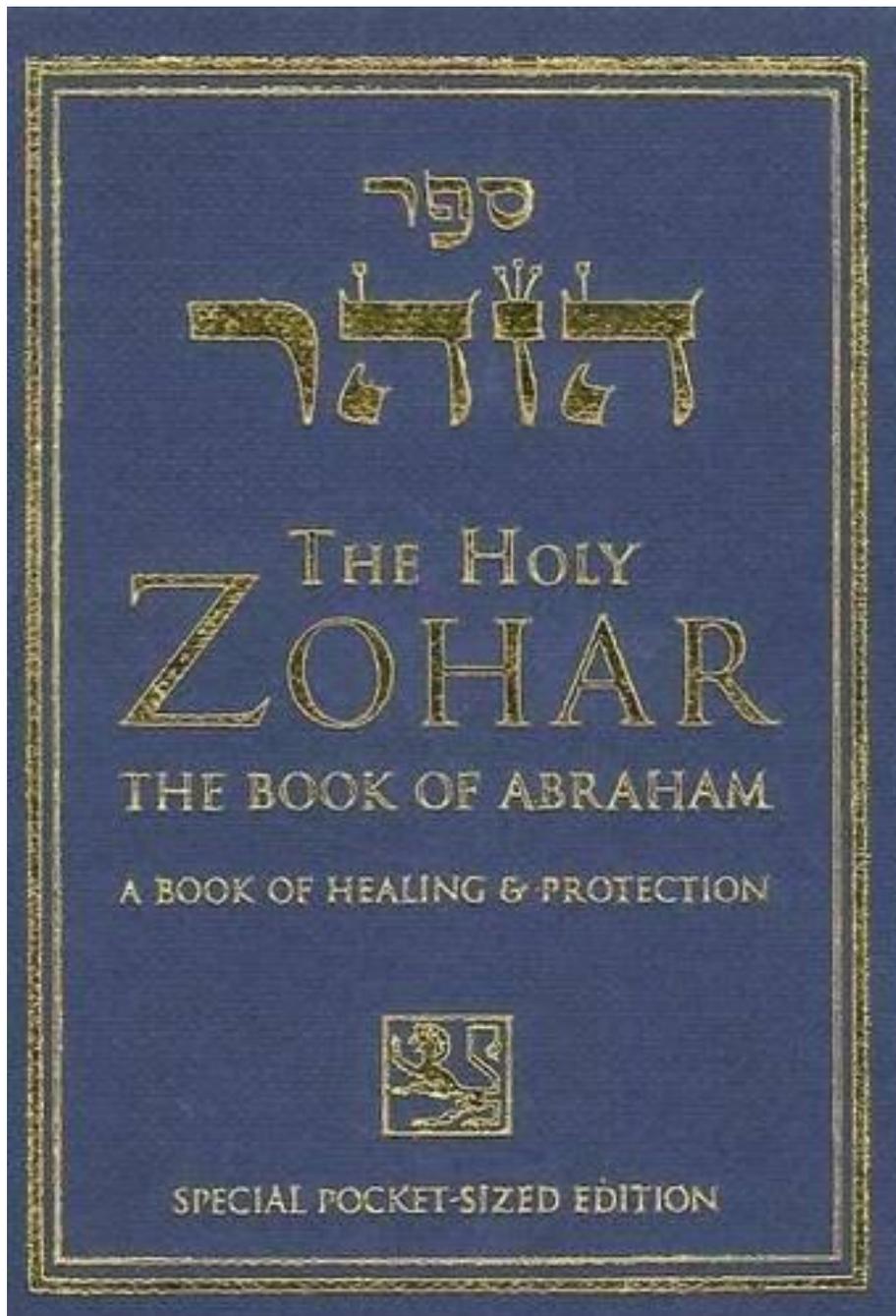


The Tree of Life illustrates the ways God has designed energy to flow within creation, and how angels express that energy throughout the universe.

Each of the tree's branches (called "sephirot") corresponds to a divine name that the angels declare as they express the creative energy.

1. Kether (the Crown)
2. Chokmah (wisdom)
3. Binah (understanding)
4. Chesed (mercy)
5. Geburah (strength)
6. Tiphareth (beauty)
7. Netzach (eternity)
8. Hod (glory)
9. Yesod (the foundation)
10. Malkuth (the kingdom)





## THE ZOHAR

It is a collection of written, mystical commentaries on the Torah and is considered to be the underpinning of Kabbalah.

Written in medieval Aramaic and Hebrew, it is intended to guide Kabbalists in their spiritual journey, helping them attain the greater levels of connectedness with God that they desire.

Kabbalistic thought often is considered Jewish mysticism.

# Crystals and gems

People have been attracted by the beauty of gemstones and crystals since the very earliest times and imbued them with the powers of magic and healing. The first written reference to the use of crystals for magic dates back to ancient Sumer before 3000 BCE, while the ancient Egyptians used lapis lazuli, turquoise, carnelian, emeralds, and clear quartz for rituals to promote protection and health—as do New Age crystal healers today.



▲ **Agate** is widely used for healing and magic and is associated with health, intelligence, and longevity. It is made of microscopic crystals of silica and quartz, and is easily carved into shapes.



▲ **Ruby** is associated with energy, action, hope, and increasing motivation and passion. It is also said to strengthen the heart both physically and emotionally.



▲ **Sapphire** is linked with the third eye (a sign of enlightenment in non-Western traditions and New Age). Early popes wore sapphires in signet rings to signify that they guarded holy secrets.



▲ **Citrine** is a form of quartz. Its color connects it to the power of the sun, and it is believed to confer positive energy, new beginnings, and willpower.



▲ **Obsidian**, molded here into a mask by the Olmec people of ancient Mexico, is a glassy stone formed from lava. It is said to reveal the truth and block out negative influences.



▲ **Emerald** was linked to Aphrodite, the goddess of love (called Venus in ancient Rome) by the ancient Greeks, and the stone is still said to bring love into people's life.



▲ **Tourmaline** is said to foster compassion and peace. It also gives off an electric charge when heated or rubbed, a quality highly valued by alchemists.



▲ **Carnelian** is linked with boldness, leadership, and power; in ancient Egypt, it was the badge of a master builder. Ring stones like this, engraved with human and animal heads, were worn by ancient Romans to protect them from the evil eye.



▲ **Amber** is fossilized resin from prehistoric trees. The ancient Greeks linked it to the sun because it becomes electrically charged when rubbed. Spiritually, it is believed to absorb negative energy.



▲ **Jasper** is said to represent security, strength, and stability; it was often worn by ancient Egyptian spiritual healers, high priests, and kings for protection. This amulet has a jasper heart and may originally have been fastened to a mummy.



▲ **Amethyst** means “sober” in ancient Greek, and it has long been said to protect against drunkenness and to instill a serious state of mind. It is also believed to be a natural tranquilizer that alleviates stress and grief.

A glowing golden sun with a bright, circular center. The sun's rays are visible, creating a warm, golden glow. In the center of the sun, the words "THE END" are written in a bold, stylized, golden font. The text is arranged in two lines: "THE" on the top line and "END" on the bottom line. The background is a dark, almost black, gradient that makes the golden sun stand out prominently.

**THE  
END**