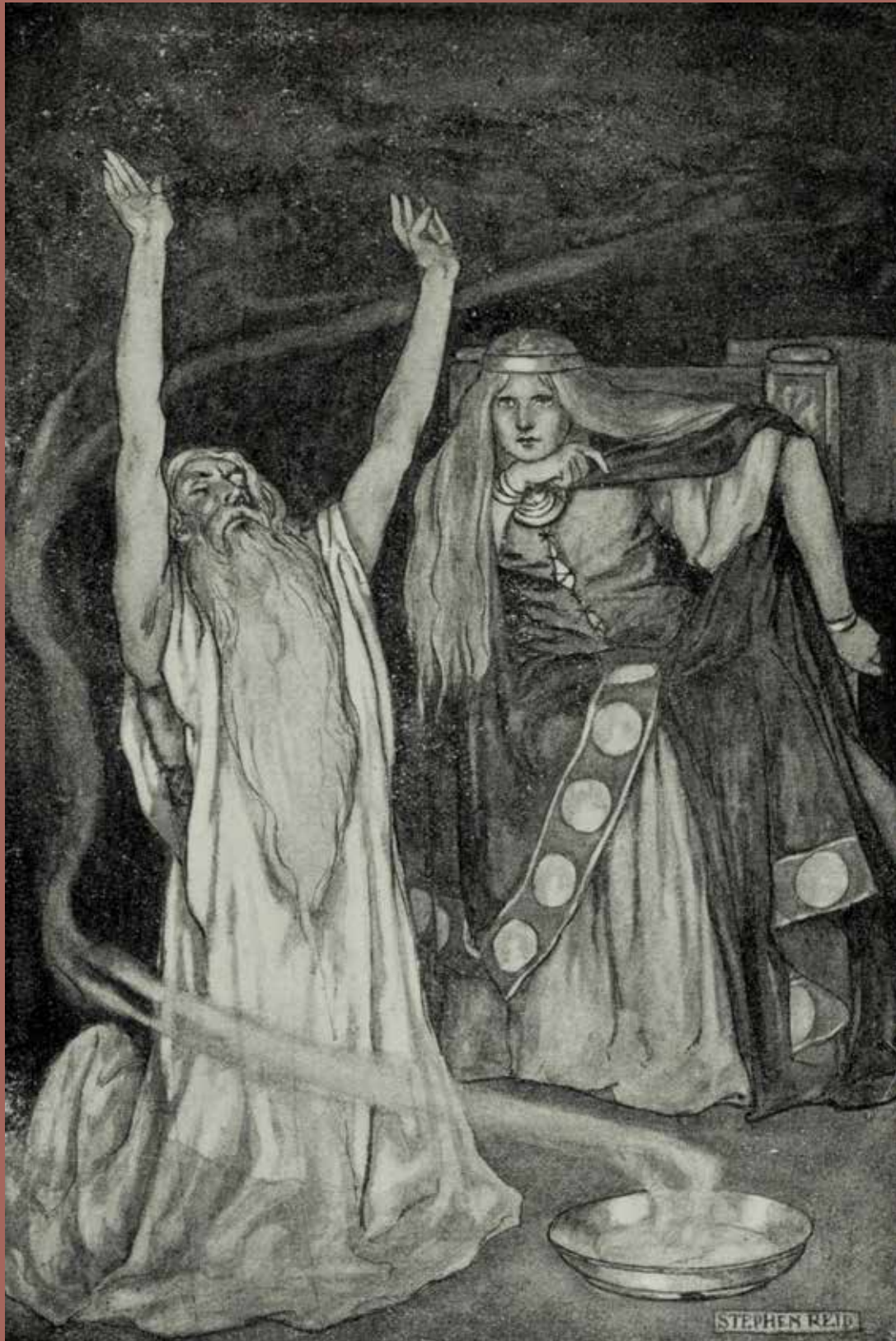






THIS BOOK OF
SHADOWS & LIGHT
BELONGS TO

MY MAGICKAL NAME IS





DEDICATION

This *Book of Shadows and Light* is dedicated to the reclaiming of magick. Every mark you make within it is a mark of dedication to your soul. When you make your mark within these pages, you will generate the courage to realise your potentials, the ability to create what your soul desires and the power to see how free and strong you truly are. I know you are capable of true, magickal things every day—the kind of things, that over time, weave together into an enchanted life that will not only allow your happiness to shine, but will change the world around you.

A *Book of Shadows and Light* is your own sacred, magickal journal. For hundreds of years, wise ones, magicians, witches and lightworkers of all kinds have kept personal journals in which they have recorded their soul-questing. Be it through meditation, inner exploration, mystic adventure, spiritual travels, magickal manifestation or blessed spellcrafting and casting, the uncovering of each individual enchanted path is full of unique wisdom. With this *Book of Shadows and Light*, you join these magickal practitioners in the quest to realise your soul's energy as it is meant to manifest within the world.

Within your *Book of Shadows and Light* you can write of the everyday moments of magick that you experience in your life. I've included images, chosen to fire your enchanted imagination, and words from my own *Book of Shadows and Light* to inspire you as you explore the mysteries of your own soul. Within these pages you can write up your spells and express your feelings about the process, the results and the craft of magick. (For example, you may wish to work with my Magickal Spellcards and keep a record of your results.) You can explore your dreams and the relationships you have in your life. You may wish to record your responses to the moon as she cycles through her changes and see how her shifts intertwine with your own. There are eight festivals of great magick within the Wheel of the Year. You can celebrate this cycle of natural magick of the earth and the stars here within these pages as you come to know the Wheel's energies and the festivals' impact upon you as well as your growing connection to your divine wisdom, self-knowledge and natural gifts of intuition.

Every *Book of Shadows and Light* is a place where you can explore your own experience of magick. This can be as private or as public as you wish it to be. There is a magickal law which is, "to know, to dare, to will, to keep silent." Within these pages, I hope you do all those things. Whether you keep silent—as in, keep your book for your eyes alone—is

entirely up to you. But there is power in knowing yourself, and this can take time. So, my suggestion would be to keep your book for your own eyes, your own exploration, for a good while, while you begin the magickal rite of knowing thyself.

It is most important that your *Book of Shadows and Light* feels safe and your very own. In a very real way, a *Book of Shadows and Light* is a safe space, a world between the worlds, much like the magickal circle cast so often before spellcrafting, casting, rites, rituals and sacred ceremony. It is blessed, beloved and full of personal power.

The circle is a world between the worlds, a safe space within which you are protected and shielded as you share and as you seek. It is a sanctuary and an energetic temple dedicated to your own magickal practice. So too, this *Book of Shadows and Light*, is a holy space within which you are safe to discover your magickal possibilities, to know, to dare, to will—to become your own true self.

I wish you to know that you are a sacred being, full of natural magick. It is a magickal truth that the use of your *Book of Shadows and Light* will bring you closer and closer to the beauty, magick and wonder of your soul and to this beautiful, blue and green planet.

Blessed be, magickal one,

LUCY



[illegible]

New moon! Time to make wishes and dream of all that could be. Bring in love, bring in peace, bring in sweetness, bring in wellbeing, abundance, creativity and freedom for all!

[illegible]

There are times to drink from the chalice or hold it to another's lips. There are times to touch the stone, to ground, to go to earth. There are times to fire up the wand, to direct its energy, to draw it down and sing it through. And there are times to draw the sword. This is one of those times!





I keep hearing and reading “intent is everything.” It is not everything. Intent is intent. Wed intent to action, commitment, knowledge and speaking up... then you are on your way to a transformative process, be it spell casting or changing your work, your home, yourself. Intent is not everything. It is an honourable part of a holistic process. For your reality to change, that process, most of all, requires your action.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

You have a beautiful mind, a cauldron of wisdom... it is more free, agile, powerful, nuanced and creative than you have even begun to experience.
Yours is an amazing, beautiful mind – please dance with it this day.