

Magical Self Defense with Patti Wigington
Mystic South 2019

In many magical traditions, workings can be done to ensure protection of home, property, and people. In fact, protection magic is one of the oldest and most popular purposes for magical spellwork! The use of protection spells has been documented back to the times of the ancient Greeks, Romans, and Egyptians, and is found in magical belief systems from all over the world. There are a number of simple ways you can do protection workings using items you probably already have around your house.

Magical Herbs & Plants

Acacia	Protects against psychic attack
Agrimony	Useful for returning harmful energy to its original source
Basil	Warns off negative magic
Blackthorn	Reverses a spell
Caraway seeds	Protects against theft
Cayenne	Returns negative energy to its source
Coffee	Neutralizes harmful magic
Dragon's blood resin	Basic protection
Mugwort	Protects against astral attack or psychic attack in dream state
Patchouli	Returns harmful magic
Solomon's seal	Protects against negative energy
St John's Wort	Purification, protection against psychic attack
Vetivert	Use to break a hex or curse
Wormwood	Use in uncrossing rituals to remove a hex
Yarrow	Psychic protection
Yucca	Prevents attack via sympathetic magic

Magical Crystals & Gemstones

Amber	Protects against psychic attack
Amethyst	Protects against negative energy
Black onyx	Use to repel harmful magic
Fire agate	For protection of the aura
Hematite	Protects home and property
Malachite	Repels hostile magic attack
Obsidian	Protective energies for property & people
Quartz	Protection from hexes & curses
Ruby	Defends against magical attacks related to emotions
Selenite	Shields against negative outside influences

Other Protective Items

Iron: nails, spikes, scissors, horseshoes	Salt: sea salt, black salt, etc.	Brick dust and/or ashes
Magical powders and dusts: hotfoot powder, goofer dust, graveyard dirt	Amulets and protective charms: hamsa hands, rabbits foot, good luck coins	Floor and door washes: cinnamon, four thieves oil/vinegar, pepper
Peace water, vinegar, urine, or a sweetening jar	Stabby, poky things: nails, razor blades, broken glass	Mirror spells: place mirrors inside a box to bounce a hex
Dolls and poppets to serve as decoy targets, or a decoy egg	Sigils and seals to protect against evil spirits or negative energy	Mundane actions: break contact, get rid of their stuff, and get your things back
Protection oil: blend into a base oil 4 pts patchouli, 3 pts lavender, 1 pt mugwort, 1 pt hyssop	Make an onion, garlic, or pepper braid and hang it in your home	Make a cross of rowan twigs bound together with red string and hang it in the window
Banishing rituals to get toxic people out of your life	Try things that go away naturally - rivers, bodies of water	When banishing someone or something, DO NOT keep the working around your home!

More Totally Basic and Easy Methods of Magical Protection

Learn how to shield - keep people's negative juju out of your life, and don't let them harsh your vibe	Learn how to ground - when you're agitated and afraid, grounding will help you get your act back together
Learn how to smudge - burn herbs and incense that not only banishes icky stuff, but keeps the good stuff in	Learn to live positively - if you choose to do things that make you happy, it's a lot easier to keep negative people out of your life
Learn to trust your instincts - if something or someone seems wrong or off, you're probably right	Learn to protect those around you - if you can keep your loved ones safe from the bad stuff, they're less likely to bring it back home

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