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pentacraft





A seasonal quide to Witchcraft

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# Grimoire



Samnhain By Pentacraft



# Introduction

Whether you're a fledgling witch, experienced in the craft or even have a curiosity about ancient spiritual practices and beliefs, Grimoire is a seasonal guide to help you on your journey to find balance and harmony and rekindle a love for the natural and spiritual world.

My name is Shannon Skye, the creator of Pentacraft. I was born into witchcraft by a family of witches and pagans from Lancashire in the UK, known for the Witchcraft Trials of Pendle Hill. We have a history rich in pagan religions and spiritual faith, with evidence of spiritual thinking going as far back as 13,000 years ago from shamans illustrated in cave paintings. Yet paganism, spirituality and witchcraft are understood very little by most, with many misconceptions leading to misunderstandings of the practice.

In recent years the interest in witchcraft has popularised rapidly. This could be explained by current events; from political discourse, climate change, the new wave of feminism and even the pandemic of 2020, all saw a dramatic increase in spiritual interest. Throughout history, we can find countless evidence of people turning to faith, religion or practises during turbulent times. It's only natural to seek comfort by bringing balance and harmony into our lives when everything feels out of our control. There is a new wave of witches on the horizon, using witchcraft as an extension of their activism. From a branch of Druids in Extinction Rebellion, to feminists witches taking to the streets in Reclaim the Night with placards such as 'Hex the Patriarchy', or the Shadow Sistxrs Fight Club bringing self-defence clubs to female, nonbinary and queer witches - The foundations of witchcraft have always been rooted around politics, so clearly there is something inherently political in calling yourself a witch.







Early Europeans used the term "witchcraft" to refer to the practice of influencing magic and the supernatural. With the spread of Christianity and its condemnation of witchcraft, the name "witches" came to be associated with women who use magic to cause harm to others. Witchcraft is still referred to in the British parliament as a "facility to conjure bad spirits and demons to inflict damage to others." As a result of the Witchcraft Act, which was approved by Parliament in 1542, witchcraft was a capital offence, in which the accused —often elderly and poor women —were subjected to cruel interrogations and executions.

In reality witches were mostly healers and midwives, being powerful pillars of their community.

Having the ability to heal someone had been a very powerful position, which was often a role handed down to women who were specially trained by an elder wise woman: having a healer or wise woman meant that your community would more likely prosper. With the

development of early ancient medical knowledge, the average lifetime of a person increased. Witches or wise women held a lot of power because of their wisdom and were the foundation of communities.

The Germanic Council of Paderborn in 785 explicitly forbade the practise of witchcraft, and Holy Roman Emperor Charlemagne later reaffirmed the prohibition.

A change in Christian attitudes was brought about by the well-known writings of the mystic poet Dante Alighieri and the scholastic philosopher Thomas Aquinas, who both acknowledged astrology while denouncing magic as evil.

Dante denounced the various forms of divination and alchemy that were practised at the time, but Aquinas had a more nuanced and compassionate vision.

Witches had become closely associated with the Devil, which had been reinforced by Dante's writings. This marked the beginning of a period of almost 200 years during which early Protestants conducted witch hunts. According to contemporary researchers, thousands of people were put to death for witchcraft in Europe and the American colonies over a period of several hundred years.

It is important to note that Christianity itself is not to blame. Men who abused their faith to increase their power and control are instead the culprits of witch hunts.

Witchcraft and the number of self-declared witches have dramatically increased since the 1940s, with initial thanks to a man by the name of Gerard Gardner, who resurrected Wicca after his experience with a coven of witches.

By the modern era, popular television shows and films such as Sabrina the Teenage Witch, Buffy the Vampire Slayer, The Craft, and The Witches of Eastwick contributed to the popularity of witches. Many of the young generation in the 1990s and 2000s were drawn to witchcraft because of its feministic attitude and alternative faith in nature. Tumblr and Pinterest, two websites that gained a large following attracted a lot of the younger generation of witches through the use of aesthetic posts and a strong community of likeminded individuals. A new generation of witches has been drawn to TikTok and YouTube in recent years. TikTok witches has become a popularised hashtag on the platform, and the two platforms have seen a widespread interest in witch lifestyle videos. Today the modern witch is typically someone who uses their practice to enhance their wellbeing. In a patriarchal capitalist society where we are rapidly using up resources in an unsustainable manner, causing our world to become polluted and our climate rapidly declining, as well as our labour being unfairly funnelled into the pockets of the wealthy, it can feel like there is no escape from doom and gloom. But for many, witchcraft offers an alternative way to live and rekindle a relationship with nature and the Spiritual world. In witchcraft, the mind is our most powerful tool and with a strong community by our side, there is hope that we can change the world for the better.

In every Grimoire we will delve into a variety of topics, and with each seasonal zine you will uncover practices for you to learn to develop your understanding of witchcraft, as well as evolve your practice. Every season of Grimoire will explore a variety of Spells & Rituals, Witchcraft History, Deities, goddesses, and gods, Crystals, Seasonal recipes, Herbology and much more. Every season will focus more on certain topics to give you detailed knowledge of practices that you can explore.

This season you will learn the fundamentals of witchcraft and the historical roots of modern witches in order to help you start your journey and research into witchcraft. It's crucial to understand that while witchcraft can be used to enhance your life, you shouldn't rely completely on it to solve any serious medical problems. Even though many witches utilise spells, potions, rituals, and magic of the mind and energy to enhance their wellbeing and treat minor ailments, Magick is merely an aid and not a replacement for significant medical health issues.



'The wheel of the year' is the collective 8 holidays, known as sabbats, and symbolises the passing of the eternal cycle of life: birth, death and rebirth.

These ancient holidays are timed with the earth's natural rhythm. They celebrate the Earth passing the sun, symbolising the everchanging cycles of life.

The law of conservation of energy shows us that energy is eternal; it can never be made nor destroyed and everything that exists is endlessly transforming from one state to another. We live, we die, and we are reborn when our energy returns to the earth.

Nothing is more symbolic of the cycle of life than the turning of an endless wheel, when spring gives life and winter brings death. Pagans and with

and winter brings death. Pagans and witches celebrate this cycle of life, the 8 sabbats being sacred holidays that each represent the stages of life and death.

There are many ways that people have celebrated the Sabbats, and the Sabbats have their own unique traditions of being celebrated. Some of the holidays are seen as more sacred than others.

The wheel of the year can be divided into two sections: the fire festivals and the quarter days.

The four fire festivals of the year include Imbolg, Beltane, Lammas, and Samhain. The fire festivals are named so due to the origins of how they were celebrated by the ancient celts; with giant bonfires. Today big bonfires are often impractical, but you can use smaller flames such as candles to ceremoniously celebrate these holidays. It is why you often see fire-related activities or symbolism in modern festivities, such as jack-lanterns on Halloween. The four fire festivals represent the circle of life the most, as traditionally the beginning of the fire festivals was when the planting of the crops began, and the end of the festival being when the crops were harvested.

The four remaining sabbats, Ostara, Litha, Mabon, and Yule are the quarter days, based on the movement of the sun with strong ties to astronomical origins.

During the equinoxes, night and day are equal, celebrated on Ostara and Mabon.

Meanwhile, Litha and Yule, the summer and winter solstices, are when the days and nights are at their most unbalanced. The light is greater during Litha, the summer solstice, while night prevails during the Winter Solstice during Yule.

Unlike the fire festivals, due to the dates of the quarter dates being aligned to the sun, the days on which the equinoxes and solstices fall, are never truly set. However, the days on which the Sabbats are on often have set days or periods.

The quarter days are often celebrated by worshipping the divine, such as celebrating deities. For example, the triple-headed goddess (maiden, mother and crone) is often worshipped in Ostara, while the Horned God is often worshipped in Litha.

In every Grimoire, there will be an entire section dedicated to giving you detailed information on the Sabbats. While I will give brief explanations of each holiday, the Sabbats are so rich in history and have such unique ways of being celebrated that entire books are written to explain the Sabbats. Grimoire is also a seasonal guide around the Sabbats, and so each Grimoire will have a detailed explanation of the season and holiday that they are released in.

However, while the sabbats are celebrated in unique ways, if there's one thing that unites the way the holidays are celebrated - it's a hearty amount of food and divine liquors.



# SAMHAIN

31st October - 1st November

Browning leaves falling in the glow of a sunset, the feel of a cold breeze in the approaching twilight, and the smell of pumpkin spice and warm delights sweetening the fresh crisp air.

With the chill of the coming winter, when the barrier between life and death dwindles, the season of the witch begins.

#### The Origins of Halloween

You may know autumn as the season of Halloween, the festival celebrating the coming of winter with a night filled with fun and horror; people dress in extravagant costumes, young children trick or treat and parties are thrown with spooky decorations. But you might be interested to know that Halloween was born from an ancient Celtic religious festival, when the circle of the year reaches the final spoke in the wheel, when the goddess of spring and life descends into the underworld to meet with her lover of death and the afterlife.

In Gaelic, Samhain is pronounced SOW-win, which translates to 'summer's end'. Some scholars argue it came from the word Samhthiene, meaning 'fire of peace'.

In the season of spiritual hallows, spirits walk among us, we say goodbye to old habits, and welcome in the season that strengthens magick and divination.

Samhain is the most significant and cherished festival for the modern witch, much like the feeling of Christmas; celebrating with your loved ones with a copious feast, the overconsumption of sweet treats, indulging in wine and having a merry time.

The origins of Halloween date back to an ancient Celtic pagan tradition, the religious festival that celebrates the welcoming of the harvest known as Samhain. With hard work and good fortune, the reaping of their labour was finally rewarded with an abundance of nourishment from the earth. But the fastly approaching night sweeping the season in darkness also meant that dark times were coming ahead. If bad fortune plagued the fields or winter reserves had been ransacked, death quickly ravaged towns and villages as people either starved or violently turned against each other from hunger.

With the swing of fortune during this time held by a delicate thread, it's easy to understand why people believe that this time of year is when the veil between life and death is at its thinnest; when the souls of the dead and otherworldly beings seep into the cracks of our plane of existence from the unknown.

It's not all doom and gloom though - many people believe that the connection to the spiritual world becomes at its strongest around Samhain, so rituals, seances and spells are often performed to reap the benefits of this strengthened divine connection.

The fight against dark times also became a reason for unity among the ancient Celtics, to face the night head-on, be stronger together, and embrace the wave of darkness with a merry spirit.

#### Pre Middle Ages

Ancient Celts recognised Samhain as the most significant of the four fire festivals, at the midpoint between the fall equinox and the winter solstice.

After hard work of labour and reaping the benefits of the harvest, people would gather with druid priests to light a fire as a community by using a wheel and spindle to spark flames into a bonfire, an emblem of the sun. In this warming communion of unity, celebrations took place with an abundance of food, alcohol, prayers and the sacrifice of cattle. Offerings from the harvest were set aside for wandering spirits of the dead and faerie folk, in hopes of dissuading mischief. The celts would dress in animal skins and make themselves appear like monsters, to scare away any fairies and bad spirits looking to cause chaos, and later on to also scare away witches - the modern tradition of dressing up in Halloween costumes comes from this ancient practice.

As the celebration came to an end, upon the full moon, the celts would take a spark of flame from the bonfire to light the heaths of their home.

Ancient texts suggest to us that many Celts would celebrate Samhain with six days of drinking in excess, as well as eating in abundance. For some celts, Samhain was such an important festival that failure to present themselves was believed to end in illness or even death as punishment by the gods.

#### The Middle Ages

During the Middle Ages, the Christian crusade had swept over Europe and to effectively convert folk, they changed their holidays and festivals to fit their belief, even by simply changing the name to a more saintly name. It is why you find many pagan traditions, even in modern-day Christian holidays. In the fifth century, a pope named Boniface attempted to convert the 'sinful' tradition by rebranding the holiday as a saint day. From honouring the dead to instead honouring heavenly martyrs and attempting to move the holiday to May 13. This attempt was largely unsuccessful as people continued to participate in the pagan festival, and continued lighting bonfires and celebrating the dead. In another attempt to convert the holiday to a Christian approach, Pope Gregory during the 9th century moved the All Saints and Martyr's Day back to the same day as the pagan festival. The church declared November the 1st as All Saints Day and later changed it to November 2nd as it again had been an unsuccessful attempt.

Eventually, All Saints Day and All Souls Day were celebrated as a way to honour the souls of the dead believed to have ascended to heaven, or who had been stranded in purgatory.

While the pagan holiday had changed, many of the beliefs and practices still carried over. Samhain had such a strong place in people's belief, that the church decided to try and integrate the holiday as their own, rather than completely changing it.

Over time, Samhain Went through various titles, from All Hallows' Eve, Hallowmas to the now familiar Hallowe'en. Because of its strong hold on people's beliefs since ancient times, it became a repository for many pagan practices.

While Samhain had significantly changed, many ideas and beliefs remained or adapted with the times. Celebrating the fire festival with a bonfire was still a tradition that remained popular among people, especially farmers and common folk. The bonfires were known as Samghnagans and were placed near homes and farms in the hopes of deterring fairies and witches from causing havoc and bringing bad fortune. Young children would also light torches from the bonfire and stick the torches into the ground around their properties for protection.

Jack o'lanterns sprang into existence, originally being a carved turnip on a string with glowing coal inside. The tradition came from a Christian legend about a blacksmith so evil that neither heaven nor hell would accept him, Old Jack, who wandered the roads trapped in purgatory and causing mischief with his turnip lamp.

During this time, the tradition of 'dumb supper' also came around, where people would invite the spirits of their ancestors and living family members for a grand feast. People would commune with their dead relatives and loved ones and inform them of events over the year.

At night, doors and windows would be left open and sweet treats would be left as offerings to spirits.

#### Victorian Era

Since the 1600's the fearmongering of witches still carried over. People believed less in the fae, but feared witches and created rituals to protect the lands from witchcraft. Villagers would throw effigies of witches into a bonfire, called the 'burning of the witch' to ward off evil. By the Victorian era witch hunts had died out and people were less afraid of witches, especially in rural areas. That's not to say there was no witch hysteria, but prosecutions for witchcraft were much rarer, but farmers and village folk were still superstitious.

Fire was still a big part of many Samhain rituals, and many of the ancient practices had been adapted but similar in concept. Irish women would make candles for their community, which people would place on pathways to pave a way for the spirits of their loved ones to invite them home. Jack O lanterns would also be left outside homes and walkways to ward off bad spirits and 'kept witches away'.

It was also seen as a bad omen to let a hearth fire go out during the night on Hallowe'en, and meant that bad fortune was to come.

#### Today

Today Samhain is mostly known as Halloween. The European tradition of Samhain spread through colonisation in America, and the end of harvest traditions from both Europe and native Americans merged.

Colonial Halloween began as public events, where home cooked food was shared among neighbours, stories of the dead, fortunes would be told would be told and dancing would take place, but mostly in the south of America.

The mid 19th century saw a huge influx of Irish refugees in America, fleeing from the Irish potato famine. This resulted in Halloween adopting many Irish tradition from Samhain and popularising the holiday across the whole of America.

In an attempt to sanitise the holiday, there was a move to make Halloween more family focused and take away the 'grotesque' and 'frightening' aspects of Halloween. While the Christian movement in America attempted to turn the holiday into a more holy holiday, there was a lot of push back, especially from the youth of the early 19th century, as Halloween had become a beloved festival.

Vandalism became a problem as young people would 'prank' their neighbours to such extents that in order to prevent their homes from being vandalised, neighbours would give treats to children instead. And so the tradition of trick or treating began.

For over 2,000 years Samhain has been celebrated, yet today most people don't know what Samhain is, or how Halloween came to be.

Today Halloween is the second largest holiday in the west, with an estimated £6 billion spent annually for Halloween.

While the traditions of Samhain have been forgotten by most, Samhain still holds as a sacred celebration for many witches, wiccans and pagans.

Modern witches are bringing back the traditions of Samhain and embracing both old and modern traditions by celebrating with loved ones, having a grand feast, dressing up and doing rituals. Things to do on Samhain



CARVE A PUMPKIN



HOLD A SMALL BONFIRE AND LIGHT CANDLES TO GUIDE THE SPIRITS



HOST A DUMB SUPPER



MAKE A SMALL BESSOM



MAKE AN ALTAR FOR PASSED LOVED ONES







## The Wicca Man

"A man of extraordinary charm and mischief, generous and with warmth of heart, but something of a trickster.

"Most of those who knew him found him fun but slightly unreliable when it came to witchcraft." - Prof Ronald

Hutton

Gerald Gardner is regarded as the 'father of modern witchcraft'. Born in 1884, Gardner came from a wealthy family in the colonial era. In his early years, he spent a lot of his youth in warmer climates due to his asthma, until he returned to England in 1936. Gardner became quite ill upon arriving back in England, and through his doctor's recommendations, he took to more holistic approaches, such as turning to the practice of living as a nudist. Through the nudist scene, he met a member of the Order of Woodcraft Chivalry, a contemporary pagan movement known as Dionysianism.

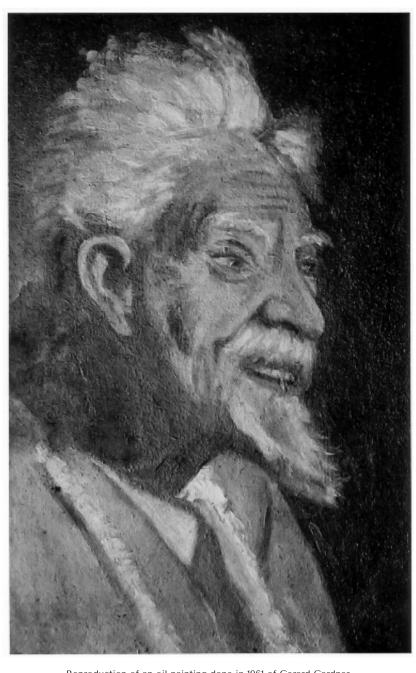
Gerald Gardner claimed a life-changing event took place when one night in 1939, he was made blindfolded and naked by a group of women chanting the words 'Wicca', an old word for 'witch'. There he was initiated into the New Forest Coven.

#### The New Forest Coven

Gardner travelled with his new coven in 1940 to a field to perform a ritual to ward off Nazis. He described a giant circle erected into a cone of power, while the coven chanted 'you cannot cross the sea, you cannot cross the sea, you cannot come, you cannot come.". It was this ritual that supposedly sparked interest from many people in esoteric groups and gained Wicca a lot of traction.

Gardner was so inspired by The New Forest Coven that he began to experiment with magick, rituals, seances and researched various esoteric practices.

It became Gardner's mission then to revive the traditions of Wicca, as well as revitalise the pagan religion as a way to attract interest. In 1939 he wrote the book "High Magics Aid" which caught the attention of many freemasons and esoteric groups and spread the popularity of Wicca.



Reproduction of an oil painting done in 1961 of Gerard Gardner by Arnold Crowther, High Priest of the Sheffield Coven.



## THE GODDESS

If you've ever researched anything about pagan religions, Wiccan religions or witches, you will often hear about a goddess. But who exactly is this goddess and why is she so important to many witches?

When witches refer to the goddess, they are most typically talking about a divine feminine deity. This deity can vary from witch to witch. The goddess is worshipped and celebrated in a variety of ways, depending on how the individual or coven wishes.

Many witches are polytheistic and don't always mean a singular goddess, 'goddess' can encompass an array of goddesses. She is the divine feminine and is often depicted as having a feminine figure, curves with voluptuous breasts and a vulva (and sometimes a penis).

To name a few goddesses that are popular among modern witches; Gaia (Mother Nature/Earth Mother), Venus Aphrodite, Hecate and the Triple goddess. These are only a few examples of the large variety of goddesses that are worshipped by witches.

The most worshipped and honoured goddess tends to be the goddesses that reflect the spirit of Earth, life and creation itself. Throughout all of human civilisation in countless cultures, the goddess has always existed in many forms.

Worshipping of a goddess dates back thousands of years ago, with the very first depictions of a goddess found in a 6000 year old carving (potentially even older) of a feminine figure with a phallus-shaped head, large belly, breasts and vulva. These small neolithic figures have been found in various places across the world.





#### CRYSTALS INTRODUCTION

The word "crystal" comes from the Greek word krystallos, which means "coldness gathered together." According to ancient Greek theory, crystals were created when water froze at such extreme cold pressures that it solidified.

The Greek philosopher Plato (427-347 BCE) describes the Atlanteans' use of crystals as a sophisticated mode of communication, describing how they could read minds and transmit thoughts through them.

Crystals are said to be affected by the sun, moon, stars, and planets beyond our solar system.

All over the world, crystals used as talismans have been found. Talismans were used as early as 60,000 years ago, during the Upper Palaeolithic era, and were made from organic materials like teeth, bones, shells, and fossils. The oldest known amulet was created 30,000 years ago from Baltic amber. According to the earliest records of crystals, around 4,500 BCE, the Sumerians used crystals for ceremonial magic and healing.

medicine for at least 5,000 years and are still used today.

Additionally, crystals have been used in traditional Chinese

Crystals have always been prized for their aesthetic value. The ancient Egyptians valued them for both their decorative and spiritual properties. The Egyptians made jewellery, talismans and even crushed to be used cosmetically. They were not the only ones who valued their physical and metaphysical qualities; many other cultures have done so throughout history.

Crystals are becoming more and more popular today as holistic, spiritual, and witchcraft practices become more and more popular.

#### TEA MAGIC

If you've ever gone to a witches house, the first thing they may offer you is tea. It is customary in the UK to offer a 'cup of tea' when you visit someone, most commonly black breakfast tea with sweetener and milk. But witches differ in that they don't just have one type of tea, they quite often have a large collection of teas that can make a person feel overwhelmed for choice. Some even home grow their own herbs to make their own blend of magical teas.

You can create your own magical blend of tea with these seasonal teas to prepare you for the coming winter. You can use dry herbs for most teas, but some ingredients are better fresh such as lemons and ginger to be the most effective.

#### GINGER, HONEY & LEMON

- Using fresh ginger, cut a small piece of ginger the size of a thumb into small pieces and add them into a tea strainer.
- Boil water to 90°C and pour into a mug and add the tea strainer with ginger.
- Add a teaspoon of honey and quarter of a freshly sliced lemon and brew for around 5 minutes.

This tea is a great source of vitamin C, anti-inflammatory, antiviral and antibacterial, making it a great flu season tonic for when you are ill with colds and flu and eases symptoms of nausea, upset stomach and sore throat.

#### LAVENDER, CHAMOMILE AND LEMONBALM TEA

- Boil water to 70°C and pour a cup of hot water into a cup
- Use dried lavender, lemon balm and Chamomile and place in a tea strainer and brew for around 5 minutes.
  - Option to use honey or any sweetener of choice

This soothing tea is great for the coming SAD season, improving your mood during a time when many people can experience seasonal depression. This caffeine free tea is also a great sleepy time tea to help you unwind and relax. This tea is also great for aiding digestion, reducing anxiety and improving sleep.



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# This is a sample of Grimoire, Samhain

This is a sample preview of Grimoire Samhain.

A few pages from Samhain to give you an insight into our Grimoire series.

The pages are not in order of the full copy of

Samhain.

If you would like to see more, visit www.pentacrafts.co.uk

Thank you!

