

## High Magick Lesson 8: Kitchen Witchery

In Lesson 6 we looked at one form of Witchcraft, namely Wicca. This time I will be discussing another form of Witchcraft, Kitchen Witchery.

As you will see, Kitchen Witchery combines many different elements into a complete whole. I will be talking about how Kitchen Witches (also called a Hearth witch) can be a chaos magickian and just as ceremonial as anything coming out of the Golden Dawn. But I'm hampered by something, Kitchen Witchery is not my forte, nor is it easily described.

See, I can describe how the OTO practitioner approaches his magick and the rites and rituals of the Golden Dawn. I can show you, that you can't take the religion out of the Kaballah without invalidating it. I can help you understand that the Catholic practitioner uses prayers as mantras to focus their will, but there is literally an infinite variety in practicing Kitchen Witchery. There is very little information on them or on how they do their magick, because of ALL the magickal traditions out there; THIS is THE tradition that is passed down orally from parent to daughter, unbroken. As we go along in this lesson you will see what I mean by this statement.

Many people, while acknowledging that this is a valid tradition of Witchcraft, don't really stop and think about what it is that Kitchen Witches do, or how they do it. To put it simply, a Kitchen Witch's sacred space is the kitchen. Her athame is the butcher knife; her elements are the stove and oven for Fire, the food being prepared for Earth, the aroma of the food for Air, and the spring or Tap for the Water. All of these come together in one whole that generally impresses those who enter into her domain, the home.

Kitchen Witchery is truly about taking care of domestic concerns, not just taking care of the kitchen. The Kitchen Witch's tool is just as much the sewing kit as it is the boline, the spinning wheel as much the herb garden. Taking care of the family is the Kitchen Witches' job and her magick.

This kind of practice is reflected in many Pagan traditions and Gods and Goddesses. Goddesses like Athena, the Three Fates, [Pales](#), [Hestia](#), [The Minoan Snake Goddess](#), Men-Shen and Janus are just a few examples, and if one looks hard enough I'm sure that there are multitudes more that can be considered Gods and Goddesses of the Kitchen.

This is a tradition that extends back into the far reaches of history. Want proof? What do you call [Arachne](#) if not a Kitchen Witch?

One disclaimer: don't let this lesson, and the fact that I will continually call the Kitchen Witch (it's too hard to type that all the time, so I will start typing KW) a "she" or "her" put you off, I was a KW at one time myself. My magick ran through me and into my daughter, the home, cleaning, and cooking. I carved beads for others, used my athame to carve roasts and took care of the family. It is just as much the skill of a man as it is the woman. The methods of accomplishing the tasks may be different, but they all accomplish the same end.

It is possible I suppose to be a KW and other styles of Magickian as well. It is perfectly possible, in my experience to be a Hedge Witch and a Kitchen Witch, a Ceremonial Magickian and a KW, and so on and so on. The disciplines are the same; it's just the ritual that is different. For example: while I was being a Domestic God, I did do a LOT of ritual in the kitchen, namely I made candles. Not just any candle, but pure beeswax candles and I sold them to other magickal practitioners. I called myself a Wiccan, and I did celebrate the Sabbats as well. Looking back, I also spent time being a

magickian as well, Shaman style. I projected out of body and took care of spirits that were harassing my friends or just problems in general.

Don't get me wrong; a KW can be frighteningly effective. She can make dinners to die for, turn out a doll that will bring good luck or bad to the holder, she can brew potions that could change the world and teach the children to be wonderful people. Do not make the mistake in thinking that simply because all her efforts are focused on the family that she is ignorant of what is going on in the world, she's not. That is one of her main motivators, in my experience, to teach the next generation of people, so they can improve it through their actions.

Some of the skills of the KW are:

- Cooking
- Sewing or Weaving
- Herbalism
- Crafting (Hobby style crafts)
- Washing and cleansing
- Teaching
- Managing money
- Psychology (just ask any homemaker who had to deal with a stressed out spouse or a child)
- Time management
- Healing and First Aid
- Counseling
- Handyman and troubleshooter
- Veterinarian
- Helper to the Spouse (and their specialty)

My wife is the KW of our family currently. She's a damned good one too, and no one ever says that KW is not a valid path once they have come over and eaten under our roof. The food she prepares is on par with some of the greatest dishes ever served in 5 star restaurant in my opinion\*. And then I look at that person and say, "I told you so..."

*\*Mary's disclaimer - I do NOT offer Haute Cuisine meals, just plain and simple fair, but it is usually eatable in the worst of cases.*

But KW is a dying art.

Think about this for a while. How many of you in the Western World are required by the standard of living to have two incomes? How many people who would rather be home taking care of the children and cooking the meals are required to go out into the workforce? I know I would rather be at home with my wife and daughter, but I'm fulfilling my role as the hunter of the elusive "greenback" and then gatherer of the food at the grocery store, where I trade in my kill of the greenback for the crops of others. How they grow that squeazy cheese I will never know, having never seen a "Cheese whiz plant".

But my wife, bless her soul, does everything else for our family.

I am continually in awe as she takes her athame (a Chinese cleaver) and uses it to dice the shrimp I got into a paste, mixes that with the onions and the water chestnuts and then puts them in the skin of the Wonton, and fries them into a wonderful food for all of us. How she uses that same knife to



pound meat into a tender cut out of a big old honkin' chunk o' beef, and slices it into paper thin slices, which she serves with some sort of gravy for dinner.

But a family being able to survive on one income is a rare situation today.

So, it is incumbent on any companion of the KW to help. In a two-income family, one person will probably take it upon themselves to do most of the domestic chores, to be the homemaker and the KW. (I know it sucks, it's not fair, and it is usually the woman who gets the "blessing" of this job.) It is the responsibility of all the rest of the family to do as much as they can to facilitate this. I would point out that this is the same situation that any two-income family faces in dividing the chores. It may even be that the children of the KW can help

#### A Chinese Cleaver, my wife's Athame

out as part of learning how to be a KW, which would take some of the strain off those who have both adults working outside the home.

Now, enough of my soapbox, I'm going to run down some of the more common skill sets that KWs use.

Herbalism. I don't know of one KW who does not have SOME knowledge of herbs, and not magickally either, but culinary. If you don't think that this is a form of herbalism, I would refer you to thousands of chefs who would disagree. It may not be the same as brewing potions of bat's claw and eye of newt, but the curative properties of Garlic are just being discovered by medical science, although KW's have known about this property for literally centuries. My wife's grandmother used to feed garlic to her when she was sick, and didn't need any doctor to tell her that she was right or wrong.

You know the properties of Willow bark for lowering the temperature of a fevered body, or the mustard packs of childhood diseases? Well, medical science is about 400 years behind the cutting edge of herbalism, and most of that came from knowing when to feed these substances to their family when they were sick. I know I feel better when my wife gives me garlic, and it's wonderful when she puts it in the spaghetti, just so I will eat it.

General Craft Skills: Most times many homemakers (and I'm counting men here as well) need some things to pass some of the time. Generally this is when there is a lot of time on the hands as when the children are at school or have left to have families of their own. That is when the KW has enough time to do projects like making decorations for the Yule time and making corn dollies for the Lughsnadah celebration. Which, incidentally, works for use as poppets for spells later.

So knowing your way around a toolbox and understanding the difference between a pipe wrench and a crescent wrench can be helpful. Never mind that sometimes you will have to affect your own repairs in an emergency until the repairman can get there.

Remember when I was talking about how anything that is made carries a trace of the creator's energy in it forever? Here's the fulfillment of that. With the KW, creation is a daily task, rather than a one-time event. She creates the culinary dishes, she creates the environment, and she creates the projects, from wall hangings to the clothing.

Psychology: It's always useful to know just what words will quell the raging temper tantrum, what saying will facilitate the venting of emotions so that there is not a mental breakdown. It is also

helpful to know what kind of person is correct for the children to be associating with, and it's good to know what battles are worth fighting. Skill in psychology is crucial; you have to know when enough is enough and to take some time for yourself before YOU crack.

First Aid: Okay, this is going to sound stupid, but knowing the difference between a trip to the hospital and when to "kiss it and make it better" is a skill that is really important. You might agree that giving a sugar bread sandwich, (bread with a spoonful of sugar dumped on it) to a cheer the child up is a spell, yet, it's a spell that would not work on a broken limb.

Sewing would be a good skill to have, since a KW who makes a quilt or pillowcase; could make it with good dreams sewn in. Most dream pillows are made this way. If we were to really promote a domestic goddess, one could add in weaving, spinning, needlepoint, cross stitch, embroidery, knitting and crocheting, and so on. Not just the skill to make an outfit with the sewing machine, but the skills necessary to take it from the raw materials to the finished product. All those skills would be a bonus, but not necessary. I mean, lets, face it, who has room for a spinning wheel and a floor loom in their living room? Never mind the time to use it. What was once necessity is now luxury, ironic, no?

I could go on with skills necessary, but to get a good indication, just look inside your own family. Any examination of the grandmothers or mothers in one's family will probably reveal a KW, only without the knowledge of spell crafting. She would have been doing it unconsciously, but I know that my grandmother cast some mighty spells, never knowing exactly what she was doing, or at least I don't think she would have labeled what she did as spell crafting.

Unfortunately I can't teach someone how to be a KW, I can only tell you about what a KW is, and what is normally done. I can talk about how to cast spells in a skillet with little more than knowledge of what a spell is. I can talk about skills I think are necessary, but ultimately each KW is a unique person in and of themselves.

The thing that makes a KW a KW is that they use their spells and knowledge to make the Home a place that everyone wants to come to, even people that are not members of their immediate family. That lady down the street who bakes for all the children in the neighborhood is as much a KW as any Wiccan who ever stepped into Kitchen to make a meal no matter the God(s), or Goddess(es) she prays to.

Here is a typical Kitchen Witches' spell:

### **Recipe For Happiness**

*2 Cups Patience  
1 Heart Full of Love  
2 Hands Full of Generosity  
Dash of Laughter  
1 Head Full of Understanding*

*Sprinkle generously with kindness. Add plenty of faith and mix well Spread over a period of a lifetime, and serve generously to everyone you meet*

Now, I know that just about everyone has seen something similar in the kitchen or homes of their grandparents or parents, but this holds more truth than not. This is the recipe for a typical KW. I know it looks sappy and syrupy when you see it from the outside, but how many KW's do you know in your life that acted just this way?

Up till now, we have been discussing the skills that anyone can acquire with some patience and work, effort and some common sense. Not too magickal or ritualistic, right? But stop for a little while and think about the ritual you probably saw and just never knew about.

Think back to your childhood for a moment. To that one person in your life you loved to go to their house on a daily basis. They always had cookies or a hug for you, they didn't mind you staying for several hours simply because you were there, and you didn't mind that they didn't have cartoons or that they didn't play with you, but sitting and talking was the greatest thing.

Okay, see them cooking in your mind's eye. Did they measure something, did they consult a book of recipes for how to make this dish, or did it look like they simply did it? Was it magic? Certainly, it was, but a very formalized and ritualized form of magick that you didn't recognize.

They had measured in the past, when you were not watching. At the time when they were learning this method of creation (which is what cooking is), they had their cup measurers and their tea and tablespoons; they had their spellbook of recipes. Their tutor (usually a mother or grandmother) would walk them through the process of making this dish and serving it to all and sundry.

Most often they would complain that their dish didn't come out like their tutor's dish did. There was whining and tears that it didn't taste right.

My wife described her attempts to emulate her grandmother's cooking and I nearly cried because she told me that her grandmother hugged her and said, "Of course it doesn't taste like mine. You are not me, and your love went into it, not mine. When you grow up, your dishes will taste like YOUR dishes, not mine because of that."

She sounds like a Kitchen Witch to me.

But it also shows that a ritual can be baking or cooking, just as much as Calling the Quarters and Summoning the Lord of the Elements to do your bidding. Getting the flour out, the milk, the eggs and the other ingredients is a ritual too.

Recently I have become addicted to the show "Iron Chef" on the Food Network. In this show, there are two Chefs competing against one another in a one-hour race to create totally unique dishes from the theme ingredient like Tuna, Giant Mushroom or whatever.

You want to talk about rituals; I am impressed every time I look at this show. These chefs never seem to measure anything, yet it is all apportioned exactly. They know exactly how long to cook each dish, how to cut it, how to mince it or whatever to make the flavors come out with the food they are doing, and they never seem to be under any strain. Their ASSISTANTS on the other hand are flying around like pigeons scattered by beaters, but these chefs stand in the middle of this whirlwind of activity, calmly dicing and cutting, sautéing and mixing, pouring and dressing, and these creations come out an hour later that are masterpieces, never before tasted by anyone.

If I were into food I would be drooling, and my wife often does (she used to be married to a Head Chef for 15 years, so she knows just what goes on in a professional chef's kitchen).\*

*\*Mary's comment - yes I was and as such I am aware that one of the reasons The Chef is The Chef is all of his tension is internal the quote "Never let them see you sweat" should have been invented by a chef.*

Suddenly, out of a pile of flour and an egg in the middle, pasta is born. Out of nowhere, the fried cutlets are torn from the oil and suddenly we have appetizers and finger foods. The water has been

boiling for a while is poured over some rice and raw kelp, and a soup is created. It's incredible I tell you.

You don't think these guys are pouring their love and energy into these dishes? I'm surprised that they don't faint from exhaustion at the end of the show.

But also because they are doing things they have not made before, they are improvising as well. I saw one chef make a burger out of mushrooms. The buns were the mushroom caps (these things were huge I tell you!) and the filling was just lettuce, cheese and some other vegetables one would put on a burger, but no meat. I have never seen anything like it in my life, a veggie burger made from mushrooms. He had the knowledge to know how and when to improvise.

In so many ways, the KW is the ultimate improvisational spell slinger and a Ritual witch as well.

What's sad is that this style of spell casting is dying. I did a web search on Google looking for "Kitchen Witch" and found a LOT of sites, but very few of them about actually being a Kitchen Witch. Most of them either sold "Kitchen Witches" (essentially corn husk dolls on "brooms") for the kitchen, to bless your kitchen with their magick, or they were only cooking sites that only had recipes for different foods and called themselves "kitchen witches". I managed to find a few (very few) sites that actually deal with KW as a pagan religion and spell casting tradition. Those few sites are listed below.

I can't go on much more about this, because it is such a specialized, individualized, personalized form of witchcraft. So, I will talk instead at this point about improvising spells.

Remember when I was talking about the Magickal Attitude? This is where you will actually use those skills I listed. But first I need to tell you that EVERY action is a magickal one.

Many will tell you that to cast magick, you must do chants and have a smoldering cauldron and so many other things, but the essence of improvisational magick is that it believes that each and every action taken is a magickal one. For instance, a spell, in the classic definition is imposing your will on the universe. But each style of magick uses different means to achieve the same results. That's because a few core elements are the same, no matter the school of magick.

In Wiccan Magick, one casts a circle, states their intentions, calls the Gods and other sprits to help give them energy, calls upon the elements and channels that energy into their desire. In Christian Magick, one kneels down and prays to God for what is desired. In Ceremonial magick, one goes to a great deal of trouble to sanctify their space, pull out their ritual tools and summon up spirits to manifest the magickians desire.

Each of these has two things in common, your desire and the manifestation of that desire. In other words, you simply wanting something is the essence of every spell, the process and entities called upon to manifest that desire are ultimately immaterial.

Ultimately, if I desire a pencil that is near me, I can get up and get it myself, I can make a string lasso to snare it and bring it to me, I can use a stick to pull it close to me so I can pick it up, or I can ask you to pick it up and hand it to me. In EACH of these cases, I have a desire and through actions of others, or myself my desire gets manifested.

This is the core of improvisational magick. It is how Chaos Magick works. One uses any and all "legal" means at hand to manifest one's desires, without regard for the tradition or the school of magick used to grant the desired outcome. In many ways, this is magick at it's most pure. But even improvisational magickians fall into ruts and into patterns of behavior.

This is where I pull out another Martial Arts analogy. In the 1960's Karate took off in a lot of ways. Previous to this, the martial arts were the purview of Asians, and it was almost impossible to find people to teach one the Martial Arts without going to Asia and studying there. Then a young man called Bruce Lee came along.

If you want to look up the biography of him, I highly encourage it, it makes for fascinating reading and studying (I found a page with a lot of links to different sites at [Bruce Lee](#) ). But the key point here is that he made one HUGE contribution to Martial Arts, that of Jeet Kune Do, the "Way of the Intercepting Fist". This style uses anything that works as it's "style". It promotes no particular response to a specific action, like many styles of martial arts. Their style of fighting is centered on "you do THIS, I respond with THAT." Most times, Jeet Kun Do has you acting before you even know what is coming at you. Watch "Enter the Dragon" sometime. To accomplish this, the "masters" of this style are encouraged to learn from any and all sources and to add to the knowledge and ability.

**"Having no Way as Way. Having no Limitation as Limitation" --Bruce Lee**

That is exactly what Chaos and improvisational magick do, draw on any and all sources to enable the spell to succeed. You may find improvisational mages and chaos magickians pulling a paradigm from Ceremonial magick, mixing this with the thoughtforms of the Dorsai and Dune, adding to that the Gods of the Mabinogion, putting that with the worldview of the Norse and actually using the ritual structure of the Wiccans. Their incense may be a bell, the Fire may be a burning cigarette, the water may be the water fountain five rooms away and the rice that a co-worker is eating could be Earth. Or they may discount all that and write their spell directly on a piece of paper, sigilize it and eat the paper.

The form does not matter to improvisational magickians and Chaos magickians, only the outcome. Only the manifestation of Will matters.

Ultimately this is the core of all magick, manifesting your will. That is why I am teaching this class, to show you the tools you can use, it does not matter which you choose, the only difference between them is what you decide there is. What feels right? That's up to you and your comfort level. It's for you to decide which path feels comfortable, but all of you will have the key components to the core of magick, no matter the path.

Sorry for the tangent there, but this is an important thing to realize. All magick is the same, the manifestation of your will on the universe, and to that end any technique for bringing that desire to your world is magick. So, ALL acts are magickal. If I go to a temple, and pay to watch the dancers in a ceremony, then the temple owners who set out to make money accomplished their magickal will by advertising and attracting me to their temple.

If I send out my resume' to 500 employers, eventually one of them will hire me, so my magickal spell of a new job gets fulfilled. My desire for the job is fulfilled. Now, the spell and the energy may have tipped the odds in my favor for finding the job I wanted, but so could have sending my resume to the employers I was interested in. I have nothing but my knowledge of the energy I was sending out actually tipping the odds, but ultimately, it doesn't matter, because my Will of a new job was manifested in a new job.

So, given what I just said, it makes one wonder, what's the use of spells after all? Does magick really work?

Well, to answer the second question first, yes, magick really works.

The first question is a lot more problematical. It depends on how you see the universe. If you see the Universe as a huge unknown place made up of stars, planets, Air, Earth, Fire, Water, different gasses, atoms and so on, then as far as those who believe in a physical universe are concerned, then Magick and spells are of no use at all, because their effect cannot be quantified and measured at all.

However, if one believes in a universe made up of souls, energy patterns, Gods, divinities, the Astral Plane, and imagination, then magick is one of the most powerful forces there are. In that universal matrix, will is the only tool any of us have to bring what we want to us. On the Astral Plane, the main playground for this view of the universe, Will brings to us what we want, and the one with the stronger Will wins. Anyone who has gone to the Astral Plane on a regular basis can verify this statement. If you believe it, so it will be.

If you believe that Magick does not work, then it will not work, period. Those who have come back from the Astral plane, Near Death Experiences, or shamanistic journeys all report some of the same things, that which they wanted to see, they saw. The environment they wished to be in they were in, the angels they wished to interact with they saw, along with their non-embodied relatives. But these things are expected to a point, subconsciously or not. We have all heard of the "Tunnel of light" and so those beings who meet us when our body ceases to work try to comfort us by showing us things that we will be comfortable with. Along with our will projecting a backdrop of our expectations on our environment.

So, keeping this in mind, the techniques don't matter. Using the athame as an energy director, or using the finger, the pewter wand, the basket or the plastic jewel-encrusted cigarette holder does not matter, nor does it being sanctified or not.

So why do the tools and the ritual make a spell or rite more powerful? The main vehicle of our Will is the Subconscious. That child portion of yourself that comes out in your dreams and which assimilates your experiences together with the rest of your mind, speaks in the language of symbols. Consider for a moment:

Every tradition, from Christianity to Judaism to Wicca to Witchcraft spend inordinate amounts of time teaching adherents what THIS symbol means in the context of the rituals that are being performed. This has a goal whether or not the teachers realize it or not, and that is to train the subconscious to the symbols of that tradition.

In Christian Magick (and I'm going to use the subset of the Mormons for this example, it's the one I know the best), there are multiple symbols. The Laying on of Hands by one of the Priesthood holders (with their magickal authority granted to them directly from God through the medium of Angels) tells my subconscious that these gentlemen are authorized by the power of God to do this healing ritual or blessing on me, and God will make it work. They pour oil, sanctified in a Temple rite, and specially blessed for this very purpose on my head. They place their hands on my head, on the crown Chakra, and I start feeling the holy energy going from their hands into my body.

Now, to anyone else who was not raised Mormon, or who had not been trained in this form of religion, what happens is that these three guys have you sit down in a chair, one of them asks your name, they part your hair with their fingers and drizzle some oil there, and then they put their hands on your head and pray over you, calling on God and Jesus and the Holy Ghost, calling you by your full name. Meanwhile, they are moving in a very small circle, and your head is moving that way too, making you slightly dizzy. Their hands are also get heavier and heavier (there are 6 hands after all) and you start getting a headache. You sit there until the middle one finishes droning on, and then you are allowed to get up. You are expected to shake hands with each of them.



The symbols haven't changed from one "spell" to another, but the meaning of those symbols has for the recipient of the spell. There is a huge difference between the results because the person it is cast on participates to a point with the caster.

Let me say that again: A person that a spell is cast upon participates to a point with the magickian casting it.

In some types of magick, the victim of the spell HAS to be shown the fetish or the representation of himself or herself in order for the spell to take effect. If they are not shown that fetish, the spell won't work. If you are of THIS culture, and I am of the same culture, I cast a spell on a doll I made of you, show it to you and you know what that fetish represents, then your defenses are lowered a trifle and YOUR belief in the effects of the spell goes to work, and thus makes MY spell stronger.

However, if you are of another culture, one that has not been told that my symbols represent you and you do not believe it, then my showing you the bundle and telling you what I did to it will mean nothing. Your attitude will be "yeah, and...." wondering why I am telling you this. Thus you will not be subconsciously cooperating with my spell, your defenses won't be lowered and you won't be participating in a spell designed to hurt you. That example I feel is becoming less true as the popular media spreads the notion of Voodoo dolls by the way. No matter how "funny" you found the movie you first encountered the idea in, the seed was planted in you subconscious.

It's for this same reason that many magickal traditions tell you not to tell anyone that you cast the spell. If the above is accurate and YOUR will must work with mine for a spell I'm casting, then if I tell you I cast a spell, even if it is one that does not affect you at all, and you don't believe in magick, then your will is in direct opposition to mine, and my spell may be weaker because of that.

But, ultimately, if I don't tell you about my spell, it is stronger because of my will being manifested and your will opposing that manifestation is missing.

See the difference? That's not to say that the magickian who cast the spell in the culture that has to show the victim the object of the spell is wrong, but in that tradition, only those people who are raised in the same tradition will be having spells cast on them. I'm thinking about Voodoo and Haiti right now, as should be obvious.

What does this prove? Several things. First it proves that magick actually exists and works, so long as you believe in the supernatural, it proves that the collective will is stronger than the individual will, and it proves that magick is a real force that anyone can tap into with enough focused willpower.

What does this mean? You need to control your thinking. Remember the lessons on knowing yourself? There was a reason you got that as the second lesson, so you could start training your mind to do, as you want it to. In that way the self-defeating thoughts of "I can't" or "it doesn't" and so on don't get into your way as you continue on this path. It means that you will automatically censor out those thoughts that are trying to set you up to fail. So that you KNOW, not BELIEVE.

Faith is a four-letter word. Faith is not what you need to have, knowledge is what you need to have, a knowing that this is happening.

Okay, went into pounding on your heads mode again, but if you get nothing else from this class, learn that you must KNOW, not believe and not that you have faith, or not that you think.... That you KNOW.

I'm going to be honest, this will take a LOT of time, in fact it will probably be a lifelong journey. I myself am still working on aspects of this, but I do know - I don't believe. I know the gods are there, I know that magick is a force I use and control. All else is window dressing and blue smoke and mirrors ultimately.

But just as every shaman is also a showman (because some people will just not get it until it's presented with a flash of powder, gourds rattling, and eerie music playing) every showman is also a shaman, for they need to know what the genuine looks like to be able to counterfeit it correctly. So, some very valuable lessons can come from the weirdest of places. Look for those lessons.

Below you will find a set of links I have on different topics, both printed works and Internet sites. Look over them and take what you want from them to add to your personal practice.

### **Kitchen Witchery:**

- [Momma Rose's Kitchen](#)
- [The Kitchen Witch Magickal Shop](#)
- [Thymewise: Tales of a Kitchen Witch](#)
- [Cyn's Moon](#)
- [The Kitchen Witch Collective](#) (under construction)
- [Candleberry Cottage](#)

One book I want to recommend to you is [The Pagan Family: Handing the Old Ways Down](#)" by Ceisiwr Serith and published by Llewellyn books ISBN: 0875422101. In there, you find magickal rituals for every room of the home, as well as rituals for the House Spirits. It's not Wiccan specific, but it should give you enough ideas to be able to take those ideas and make your own KW tradition from it. It's out of print, but well worth trying to run down in used bookstores to find a copy.

Another book is "[Song of Sorcery](#)" by Elizabeth Ann Scarborough in which a Hearthwitch goes on an adventure. If you can find it, it's a good fantasy book on this topic.

### **Chaos Magick**

- [Chaos Magick](#)
- Several different articles on [Chaos Magick](#)
- Good site on [Chaos magick and talking about sigils.](#)
- [Firewraith's Chaos Magick](#)
- Chaos Matrix, [the home of Phil Hine](#), one of the creators of Chaos Magick as a tradition.
- [Phil Hine's site](#), including all his books.

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## **Assignment**

Okay, hold on to your hats, we are back to full speed. I hope you all have been keeping up with your exercises.

I was rereading some of the previous classes, and I made a mental note to do this exercise once you understood about energy and how to draw and dump it, so now is the time.

I'm sure you all have been to a flea market or a garage sale or some kind of swap meet and found an object you wish to use as a tool in your rituals. Well and good. If you have not done that, go out

and find a tool at a garage sale and so on and buy it. It does NOT have to be expensive, and for the purposes of this exercise, you don't even have to use it for a tool, the point is to get an item that someone else had. You are going to cleanse this item.

I mentioned this activity several times, and I know that you all went "what does he mean by that?" Even the experienced witches who have read this thought they knew what I was talking about, but I can almost guarantee you that they didn't do as thorough a job as could have been done (no offense intended).

So, you get an object that someone else owned for a long time, and have it with you for this exercise.

Sit in your meditation with it near you. Drop into the state where you can feel the energy around you, the energy of the elements you have been working with, the energy of the battery you have, and your energy. Ground and center yourself, and reach out with a mental hand and feel the energy of the object you got for this exercise.

I want you to identify that energy, savor it, feel it and acknowledge it. Remember any impressions you have on this energy and start drawing it into you. You will have to filter it through your shields to strip the "scum" of negativity off it. Let those negative energies drip into the ground. Keep doing this, and simultaneously, I want you to have energy flowing into it from another direction. It can be from you, with another mental hand, or it can be from one of the energy sources you feel comfortable with.

What you need to be visualizing is the energy of the object flowing into you and another source of energy feeding the object to replace that energy.

If it were me, I would be visualizing this way:

I would see the energy of the object (let's say it's a beautiful porcelain cup for my libations) as a murky green mess of energy. I would reach out to that cup, and start drawing the energy to myself. I would have another "hand" of my energy on the other side of the cup. As I draw energy away from the cup, I could immediately replace it with my energy.

As I drew the cup's energy into me, my shields would be stripping the green sickness off the cup's energy and changing it to white energy to flow into me, while the "bleh" energy stayed outside my shields and ran down to the Earth. I would keep doing this for as long as it takes.

Go ahead and resign yourself to not getting all the energy out of this object. There will still be some energy left in it that is not yours. If it is really messed up energy wise, you may want to pass your hand over it a few times, and allow your shields to force the "bleh" energy from it, like a juicer. Let that energy slide off you and into the ground.

What you should be left with, if you did everything correctly, is an object that still looks the same, but energetically and magickally, it feels completely different. It should feel like the energy you were putting into the object to your senses.

At this point, if you choose to use it in your rituals, you should dedicate and consecrate it. Many Wiccan and Witchcraft traditions assume you know how to do the above steps to cleanse an object, but very few ever tell you how to do this. You may want to remember this process and pass it along at some time. I know the books I read implied all I had to do was to wave it over a stick of incense and sprinkle it with saltwater and it was all holy now. While that helps, it does not do it all.

So, this is what I would like you to turn in, this process, your notes on it and what you felt/saw/heard/sensed and what it feels like the outcome was after this process. Those of you who are taking this course along with having a teacher in real life, show this exercise to your teacher as well as the object you used and cleansed so they can judge how you did.

Please understand, I'm not asking you to go out and purchase a sword from someone or a really expensive athame or anything. Just picking up a necklace for \$1.00 or a tray for 50 cents will do the same thing and that's perfectly useful for your tradition. Don't pauperize yourself.

That's the FIRST exercise.... Oh, stop groaning; you know I don't give just ONE assignment each lesson. Why did you think this one would be different? LOL

I want you to write a spell. Yep, write a spell. HOWEVER, it should be in the style of a Kitchen Witch.

This lesson has given you enough information to allow you to do this, and the resources I have listed should give you additional information. But what I am looking for is how you would add energy and from what sources to make it a real spell for YOUR KW tradition. It can be literally anything, from sewing an embroidery sampler to cutting negativity out of your life, to brewing a potion for good luck, to cooking a meal. But you must describe it in detail, explaining anything you don't think we will understand.

I also want you to think about a shrine in your house. You don't have to go out and actually set one up, but if you were making a shrine in your home for yourself, what would be on it, what would be in it, what symbols would represent what, and where would it be located? Write this down in your notebook and share it with us if you feel like it.

Let me add some definitions here:

### **Shrine**

*A place that is dedicated to one deity or group of deities, that gets interacted with quite a lot, where items are added, taken away, offered, and so on. Usually for quick rituals or prayers.*

### **Altar**

*A static worship area, usually dedicated to a group of gods where the contents don't change very often, where major celebratory or magickal rituals take place.*

### **Stang**

*A forked stick usually used as a quick, portable altar. More at [http://www.important.ca/wicca\\_rituals\\_spells\\_magic.html](http://www.important.ca/wicca_rituals_spells_magic.html)*

Thus, the niche for a saint in the Catholic Church is a shrine, but the big marble slab at the front of the Church is an Altar. The Stang is a shrine, the table and decorations for Mabon is an altar. Your working space is a shrine (temporary), the full ritual with all the props is an Altar (temporary).

So, figure out what the shrine to the spirits in your home is going to be like. Is it going to be on a small shelf near the door (the threshold) or will the hinges of your door be dedicated to Janus? Think about this and come up with something. Set it up if you feel so inclined. Write these down in your notebook so you have it for later reference. Once again, don't pauperize yourself setting this up. A shrine should be simple and direct. You don't have to have to make it really elaborate, just something that when you see it will take your mind to thinking of the idea the shrine represents.

For instance, our house shrine is a Kitchen Witch (an orange and black corn dolly on a broom) who hangs in the middle of the Kitchen, reminding me that the Kitchen is a magickal place. Along with her we have a set of wind chimes that are attached to the hanging basket we store produce in, so when we grab a potato or a bulb of garlic, we invoke the air sprites with their ringing. We also have our house shrine on top of the cabinets where we store the representations of the Gods until we have a ritual, along with the Goblet, chalice, lamp oil and a lot of our other ritual tools.

Okay, that will do it for now. Off you all go....