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The Idea behind Protection Spells

Ancient cultures believed that the most powerful organ in our body was the Eye. They held the Eye in high esteem. They also believed that just by looking at people, we can impart negative energies into them and make them sick. They devised many ways to ward off evil energies they called the Evil Eye.

By putting symbols that were specifically designated for "protection", they believed that the evil effects would be averted. Some of the cultures used iron or other metal amulets for protection. Others used parts of dead animals such as a leopard's foot or an elephant's tusks to thwart evil. Some people used animal skins assuming that the properties of the animals would be passed on to them.

The sacred Pentagram offered protection to everyone no matter how it was fashioned. Sometimes, it was worn in pendants, stitched on clothes, etc. Many of the magical symbols are still used for protection.

Travel was another time that people felt vulnerable. So they fashioned items, stones, rocks, twigs, etc to take with them that would provide them protection from roving unfriendly energies. Animal energies and spirits of the dead were the greatest threat to humans traveling through forests or unknown territories.

People started protecting their houses, animals, property and even nature by creating amulets or charms that reflected or deflected uncooperative energies. Mirrors were also used to reflect evil energy. Rocks, gemstones, certain shrubs, leaves, wood from certain trees, garlic, certain spices, etc were used in charms that were carried for protection or to decorate houses for protection.





Before people performed magickal incantations, they would clear the air of all negative energies. Casting the circle accomplishes just that. It surrounds the practitioner with positive vibrations that will enhance the effectiveness of the spells and rituals. A circle of protection is also envisioned as two or three spheres of throbbing, pulsating purple energy around the magick circle. This is usually done before any spell is performed.

Also, the elements are called to use their powers to banish evil intentions from the Earth at the time of the spells. Incense is used to clear the air, Candles or other lamps are believed to banish evil using Fire energy, sacred water is sprinkled on the area and fresh earth is dug up and scattered to create a space of positive energy

We still use sacred water, incense, fire, etc to remove all negativity prior to casting a spell. The first spell a new practitioner works is supposed to be a protection spell.

Sprinkling consecrated salt and water was one of the ancient ways by which a house was protected in the ancient days. This practice is followed to this day in many cultures.

Herbs such as Anise, Asafoetida, Carnations, Camphor, Coriander, Snake Root etc are a few of the many herbs that were used for protection

Garlic was also known to keep all evil spirits away from any space. Let us try to cleanse our house of evil or negative energies using a similar spell.

To work this spell, we will need:

5 pods of garlic to banish evil energies from the area

1 long piece of natural yarn, about 20 inches long

1 needle, through which the cord can pass

1 black candle, to banish all negativity from the area

A few sprigs of fresh rosemary – to bless and protect the area

1. Gather all of your items in front of the altar.
2. Cast your circle calling the Elements and the four quarters.
3. Light your Goddess and God candles. Light the black candle.
4. In the glow of the candle, separate the rosemary into several twigs.
5. Thread the needle and set aside for later.
6. Split the garlic pod into separate garlic cloves. Do not peel them.
7. Thread the garlic clove and rosemary intermittently through the yarn while chanting:





Garlic that protects, Protect my house and everyone in it!

Rosemary that protects, Protect my house and everyone in it!

8. When all the items are attached by the thread, tie the ends in a knot.

9. Hold the garland in your hands, close your eyes and say:

Garlic and Rosemary

Use your Powers and Energies

To protect our house and everyone in it

This is my will so mote it Be!

10. Now tie the garland to an entranceway in the house. Make some more garlands to guard each entranceway.

11. Thank the Goddess and God, the Elements and the four quarters. Allow the black candle to burn out all the negative energies in the house.

12. Open the circle.

13. It is done!

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