

## Witchy Part 4 – Wicca for Beginners

Please see listed below a quick reference guide as to what is covered in Witchy Part 3.

Finding your magickal name

How to prepare for Guided Meditation

Guided Meditation to find your magickal name.

The Colours of Magick - White Magick vs. Black Magick

Magickal Dreaming

Lucid Dreaming

Sleep herbs and dream pillows

Guided Meditation - White Light Healing

Guided Meditation - Creating and exploring a Sacred or Safe Space

Meanings & Definitions of curses, hexes and baneful magick

Examples of Baneful Magick

Removing and reversing curses

Removing a curse using candle magick

Removing vs. Reversing a curse

The layers of the human energy field

Chakras

Root Chakra

Sacral Chakra

Solar Plexus Chakra

Heart Chakra

Throat Chakra

Third Eye Chakra

Crown Chakra

Chakra Meditation

Mudra hand movements

Corn Dollies

Poppets

How to Create Empowering Dream, Vision & Spell Boards

Exploring different types of Boards

Spell Boards

Intrusive energy and personal protection

Techniques to remove intrusive energies

What does your protection consist of?

Guided Meditation - Exploring different forms of protection

Create a protective trinket or charm

Protecting your Home

Intruder excluders