

*“There is no footprint so small
that it cannot leave an imprint on this earth.”*



For my daughters

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About the Author

I have felt the pull of my heritage since I was small. I would put my hands on anybody who felt ill, could clearly see where people were in pain, and was a very sensitive child. This was encouraged by my mother. She herself was on the Healing path as a Reiki practitioner, and later as a Shiatsu practitioner.



My interests in herbalism came from long walks with the family dog as a teenager, where I would try to gather and dry wild plants from the British countryside. I was obsessed with the movement of our moon and the stars. Their beauty and secrets still amaze me, and I still stand open-mouthed in awe of them.

This Book, which has taken me over two years to edit, is an attempt to organise my own Grimoire notes and scrapbook into something a little more coherent; something I can pass on, in time, to others. I don't claim originality. I've written what I can, and have borrowed heavily in the actual spells from sources I can no longer find to attribute the work to.

But, the spells are only a tool. YOU are the magick. Use them as recipes, which can be adjusted and tinkered with to taste. Add your own flavour. Take the root idea, research and understand the ingredients, then make your own recipe.

Thank you for letting me be a part of your Path.

Audrey McKee
March, 2024

Starting at the Beginning

I have started, quite literally, from the ground up. The reason for this will become more apparent when you read the expansion pack, but I will try to give a simple explanation here.

In nature, everything grows from the ground up. Even the birds learn to fly from the ground in their fledgeling stage. They glide down from the nest specifically to do this.

In energy, it is vitally important to make sure you are properly Earthed or Grounded when you work. Think of magick as electricity – if you are wearing rubber-soled shoes and have correctly “earthed” yourself, then you will not get a shock. But if you do not earth, you can be seriously injured. It’s the same with energy work.

Trying to work with energy in the higher levels before you have mastered the lower levels, is seriously dangerous and can lead to complications. At best, it develops bad habits and hinders growth and power later.

I am, in my own words, “crossing the streams” when I mix cultures (think ‘*Ghostbusters*’ if you want to understand that pop-culture reference), but I do it out of a need to give you the complete overview, not just the parts that “fit” my message.

I also need to apologise to the non-female segment of people who may read this. I’ve written from my point of reference, which is female, as I cannot claim knowledge of what it is like for any other gender. Rather than try to interpret something I am simply not equipped to understand, I have written what I know. I have tried to do this with empathy, and I hope you will read this without offense.



The Importance of Working on Yourself

I have set up this book in a very specific way, and although I know you will jump straight ahead to the spells (because it's exactly what I do), please remember to walk before you run. Take your time. Plan your casting calendar and optimise your surroundings for success.

The key ingredient of creating magick, is you. Your mind, spirit, and body are the most powerful tools you will ever use, and each deserves to be nurtured and respected.

In the following sections, you will find basic ways to start developing your mental power and reach and understanding an acceptance of yourself that is absolutely vital to the practice of magick.

Once you have read through these sections and tried a few of the exercises, the first spell I would like you to try is the crystalline protection shield in the Fire Magick section. It uses candle magick to help you build a protective mental shield around yourself, something that you absolutely will need on your magickal journey.

Always protect yourself. You are the greatest Gift of Magick.

YOU are the Magick in this World.