

Foreword Review BODY, MIND & SPIRIT

Eclectic Witchcraft: Old Ways for Modern Magick

Charlotte Wilde

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Charlotte Wilde's *Eclectic Witchcraft* is a thorough, enjoyable introduction to witchcraft as a practice.

The book lays out all of the fundamentals of witchcraft, starting with working with energy. It covers protection work, the festival days (or the wheel of the year), and the tools that are most often used. There are chapters on working with the four elements (earth, air, fire, and water), as well as chapters on crystals and herbs. There is useful information on how to cast a spell or craft a magical object, and there are lists of materials (and their generally accepted magical qualities) throughout. And at the end of each chapter come brief, thoughtful notes for those who are interested in exploring witchcraft, but who are not yet ready or willing to share their explorations with others. They include tips on incorporating the book's information into everyday life without drawing unwanted attention.

Much of this information can be found in other resources too, but even those who have been studying for years are likely to learn something new. Wilde touches on subjects like ceromancy, or the art of divination by reading melted wax after conducting candle magic. Her book is full of creative ideas, like enchanting makeup brushes with glamour magic or using exercise to raise one's energy. Its greatest strength is in its explanations of the importance of individuality: no two people are the same, Wilde reminds her audience, and thus no two spiritual and magical paths should be the same, either.

Eclectic Witchcraft is a helpful guide to creating an individual spiritual path.

CATHERINE THURESON (May / June 2023)

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