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*Now in an original paperback from CosmoGirl's Astrology Advisor...*

# *The Encyclopedia of Magickal Ingredients*

## *A Wiccan Guide to Spellcasting*

*The only book that helps you personalize your spells with  
Herbs ◦ Spices ◦ Flowers ◦ Vegetables ◦ Fruits ◦ Metals ◦ and more!*

*By Lexa Roséan*

**Praise for Lexa Roséan:**

“psychic of the moment!”

—*New York Post*

The ultimate guide to ingredients used in spellcraft from “spellbinding” (*USA Today*) Wiccan high priestess Lexa Roséan—“a modern witch with old magic for the new millennium” (*The Advocate*), *THE ENCYCLOPEDIA OF MAGICKAL INGREDIENTS* (Paraview Pocket Books; October 18, 2005; \$14.00) features more than 500 entries from A-Z, offering spellbinding facts about every herb, spice, flower, vegetable, fruit, metal, and color that plays a role in the magical universe. Readers will learn why asparagus is eaten for power, protection, prosperity, and sexual stamina; that potatoes, sacred to the moon, were the original substance from which voodoo dolls were carved; that salt, one of the most precious substances of the earth, is used in Wicca to purify and create the sacred circle (and was once used to pay wages in ancient Rome); and much, much more. An example of some listings A-Z are:

## *Apple*

RULER: Venus

TYPE: fruit

MAGICKAL FORM: whole, seed, stem, oil

The forbidden fruit yields much power. Cut it in half horizontal to the stem to reveal the sacred witches' pentagram. Apples are a food of love. Offer a bite to a prospective lover. If he or she accepts, you will begin a love affair. Twist the stem of an apple while calling out the letters of the alphabet. The letter you call out as the stem breaks will be the first letter of the name of your true love. Rub apple oil or fragrance on red apples to bring true love. Leave an offering of an apple under a tree for Venus and make a request for love. *Red apples* are for love, *golden apples* for fame and popularity, and *green apples* for prosperity.

## *Bamboo*

RULER: Buddha

TYPE: plant

MAGICKAL FORM: fresh shoots, dried wood

Live shoots growing in the home or garden bring luck and protection to the residents. Grow bamboo or keep some in water for prosperity and luck; be sure to place it in the western corner of a room. Reed pipes made of bamboo wood are played in magick circles to summon success and wealth. Place your fingers on the knots of a dried bamboo wand and make a wish. Boats are also made of bamboo wood, and floating a stick on a lake while making a wish is also believed to bring good luck and protection of an enterprise.

## *Capers*

RULER: Hermes

TYPE: flower bud

MAGICKAL FORM: pickled

Wit and charm are the properties of the clever caper. Eat them to improve your social skills and popularity. The caper is also known to be a favorite of liars, cheaters, and thieves. By creating an aura of believability, seduction, and sleuth, the caper helps them to pull the wool over unsuspecting eyes.

Included are Magickal Tables to help locate ingredients for specific spells:

- |  |                    |
|--|--------------------|
| ▶ Beauty                                 | ▶ Luck             |
| ▶ Communications                         | ▶ Power            |
| ▶ Creativity                             | ▶ Psychic Power    |
| ▶ Employment                             | ▶ Relationship     |
| ▶ Fertility                              | ▶ Spiritual        |
| ▶ Friendship / Social                    | ▶ Stress-Reduction |
| ▶ Happiness                              | ▶ Success          |
| ▶ Health                                 | ▶ Travel           |
| ▶ House-Blessing                         | ▶ Wealth           |
| ▶ Love (For Soul Mates, For Self-Esteem) | ▶ Wisdom           |

Bringing the art and magick of casting spells to the masses, Lexa Roséan is the new face of Wicca. In *THE ENCYCLOPEDIA OF MAGICKAL INGREDIENTS* she provides beginner and experienced practitioners of spellcasting with a quick, easy, and accurate guide to the magickal powers and properties of herbs, spices, flowers, vegetables, fruits, metals, and colors—more than 500 ingredients in all.

With this info at one's fingertips, crafting spells for specific desires or needs—whether it's love, luck, fertility, or even next month's rent—is possible! Written with passion for the craft and a deep understanding of the needs of modern-day Wiccans, *THE ENCYCLOPEDIA OF MAGICKAL INGREDIENTS* is an indispensable addition to every occult library and an essential reference for all with the gift of magick.

**ABOUT THE AUTHOR:**

Lexa Roséan is the author of *The Supermarket Sorceress*, *The Supermarket Sorceress's Sexy Hexes*, *The Supermarket Sorceress's Enchanted Evenings*, *Easy Enchantments*, *PowerSpells*, *Zodiac Spells*, and *TarotPower*. A high priestess of Wicca, she is currently astrology advisor for *CosmoGirl* and *Seventeen* magazines, and will be featured in two upcoming documentaries about Wicca—*Out of the Broom Closet* and *Potion*. A professional psychic and astrologer, she lives in New York City. Visit Lexa on the Web at [www.LexaRosean.com](http://www.LexaRosean.com).

***THE ENCYCLOPEDIA OF MAGICKAL INGREDIENTS***

By Lexa Roséan

Publisher: Paraview Pocket Books

Price: \$14.00

Publication Date: October 18, 2005

ISBN: 1-4165-0158-4

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