Basic Protection

There are many ways to approach basic witch protection, and the best method for you will depend on your individual beliefs and practices. Here are a few general tips to get you started:

- **Cleanse your space:** This can be done with herbs like sage or mugwort, with incense, or with sound, like bells or singing bowls. The goal is to remove any negative energy that may be present.
- **Create a protective barrier:** You can do this by visualizing a white light around yourself or your home, or by using physical objects like stones, crystals, or amulets.
- **Ground yourself:** This means connecting with the earth's energy. You can do this by standing barefoot on the ground, or by meditating on the feeling of roots growing from your feet.
- **Set boundaries:** It's important to let people know that you won't tolerate negativity or disrespect. Be assertive and say no when you need to.
- **Practice self-care:** When you're feeling stressed or vulnerable, it's important to take care of yourself. This might include taking a bath, getting some sleep, or spending time in nature.

Here are a few specific examples of basic witch protection spells that you can try:

- **Salt circle:** Draw a circle of salt around yourself or your home to create a barrier against negativity.
- **Protective herb pouch:** Carry a pouch filled with protective herbs like garlic, basil, or rosemary.
- **Mirror spell:** Hang a mirror facing outwards to reflect any negative energy back at its source.

It's important to remember that there is no one-size-fits-all approach to witch protection. What works for one person may not work for another.

Practical exercise

One of the staple ingredients in any witches herb shelf is salt. Where that be rock salt, Himalayan salt or black salt. And today we will be making our own witches black salt which is traditionally associated with protection, purification, and banishing negativity.

List of items required…	Sea/Rock salt Blackening agent (charcoal disc, incense ashes etc) Mortar & pestle
Optional ingredients…	Clean and dry egg shells Herbs with protective properties.

Method

- Place your sea/rock salt into your mortar and pestle along with the blackening agent you have chosen to use.
- Begin to grind the ingredients together gradually adding any other optional ingredients as you go.
- As you grind your mixture together until a smooth powder is formed. Focus your mind on the intention of protection.
- Once you have everything combined store in a clean and dry air-tight jar.

Your black salt is now ready to be used for your protective practices.

Happy crafting.