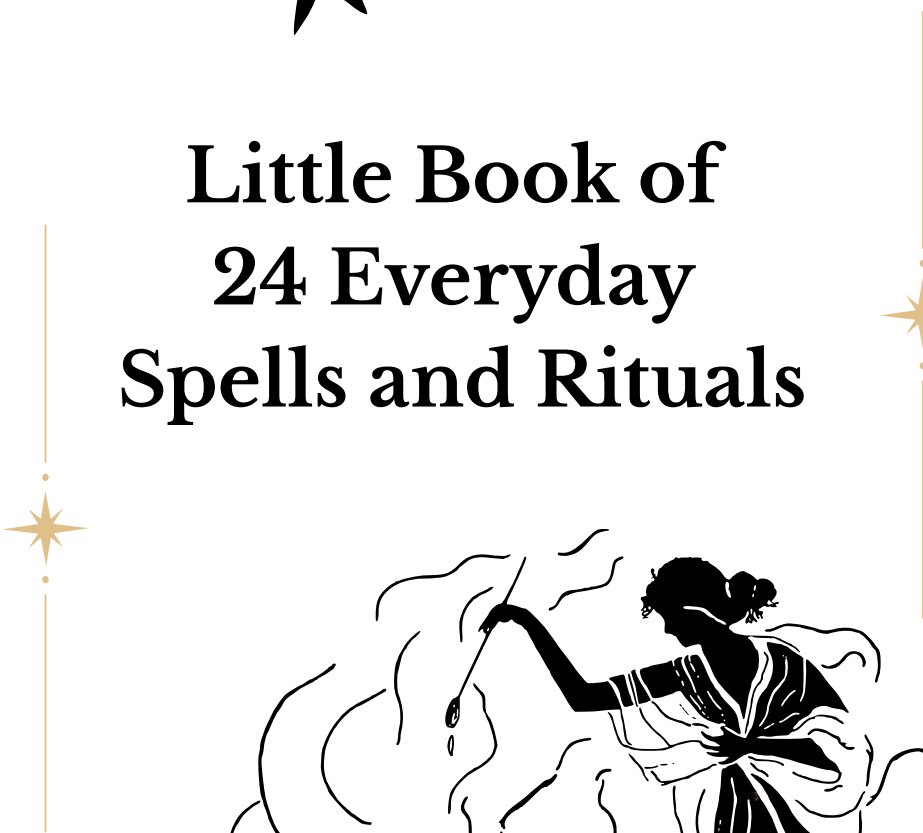




Little Book of 24 Everyday Spells and Rituals





Welcome

Dear Beautiful Soul,

This spell book is designed with a busy person in mind, who has always known that they possess energetic powers. These are powers of intuition, seeing, or manipulating the quantum molecules around them.

It's a manual for everyday spells that you should be able to implement right away. They are rituals that focus your energy to support your hopes and dreams.

Energy is vibration and EVERYTHING vibrates, including your words, thoughts, and emotions. Focusing your energy with the help of botanicals and other ingredients brings more power to your intentions.

Although I use a lot of fancy materials in my practice and my business, I want you to understand that you do not need all those specialized materials in your daily practice. Your intention matters the most and as you practice consistently, you will learn what works best for you.

Adapt all these ideas to your own beliefs. Know that these are not a substitute for practical actions. Do not replace these rituals for other proven methods of medicine and science. All is energy and all is connected.

*Sincerely,
A Quantum Witch*

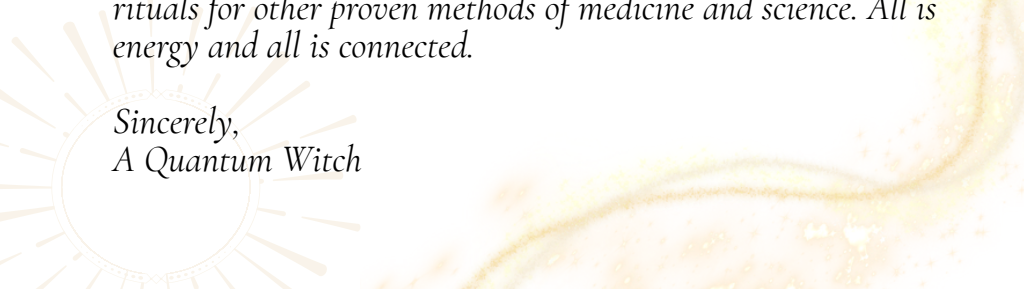




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Connect With Your Team

You can dive right into these easy spells. They are made for a practical, everyday witch.

But, if you would like to make sure that the ritual that you are about to perform is the best for your situation, take time to ask your spirit team.

If you are not sure how to do this, use this meditation to help you connect with a guide to help you.

[Spirit Guide Meditation](#)





Spells for Protection

Black Stone Spell

Materials:

A black stone that you connect with like black onyx and black tourmaline. It can be a stone you carry, but I prefer some sort of jewelry like a bracelet or necklace.

Instructions: Speak to the black stone while visualizing it listening to you on a cellular level. Say, "Negative energy surrounds me and I activate your protection properties. Please notify protect and notify me of any penetration of this negative energy." If the stone gets very hot at any point in the day, notice what's going on around you and where the energy is coming from.

When to use it: When you have to enter spaces that feel toxic.

Salt at the Front Door

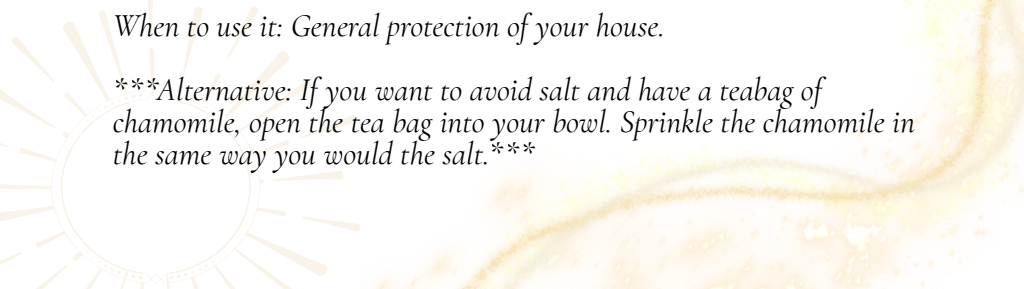
Materials:

Any kind of salt and a small bowl

Instructions: Pour your salt into the small bowl. Tell the salt, "Absorb and repel any negative energy trying to walk through my door." Take the bowl out your front door and pour the salt in a line. If you are in an apartment with multiple entryways, pour the salt as close to each entry as possible (you will accidentally protect everyone on your hall).

When to use it: General protection of your house.

****Alternative: If you want to avoid salt and have a teabag of chamomile, open the tea bag into your bowl. Sprinkle the chamomile in the same way you would the salt.****





Lavender Lotion Spell

Materials:

Any variety of lotion with a lavender scent

Instructions: Use the lotion on your body from head to toe. While you lotion ask the lavender to activate its protection properties. Say, "Lavender, please activate protection for me as I walk through this day. Keep jealousy and hostility at bay and support my energetic shields."

When to use it: This skin ritual can be used everyday. The lavender not only protects your energy, but also has a calming and relaxing effect on your nervous system. This also helps you stay focused even when under pressure.



Archangel Michael Invocation

Materials:

Your voice

Instructions: Repeat the words, "Michael to the right of me, Michael to the left of me, Michael above me, Michael below me, Michael within me, Michael all around me, Michael with your sword, please protect me." This does not have to be a perfect repeat.

When to use it: Whenever you need it.

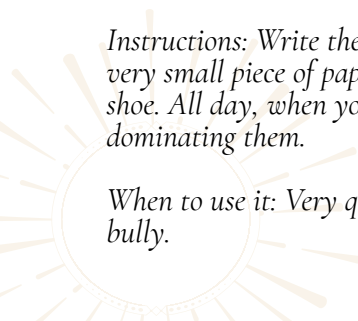
Domination in Your Shoe

Materials:

A small piece of paper and writing utensil

Instructions: Write the name of the person causing you problems on a very small piece of paper. Fold the paper away from you. Put it in your shoe. All day, when you walk, imagine them under your foot and you dominating them.

When to use it: Very quickly when you need a fast acting spell against a bully.





Cloves Stop Gossip Spell

Materials:

Cloves, small piece of paper, tweezers, tea light or candle

Instructions: Grind three to four cloves. Place the clove powder on a small piece of paper. Fold or crumple the paper with the clove powder inside. Like the candle and hold the paper over the flame (always be safe with fire). While the paper burns use your other hand to fan the smoke around you. Ask the clove smoke to banish all gossip or negative words against you.



When to use it: If you have evidence that there might be others gossiping about you. Remember to trust the spell and do not associate with the people who were sending you those toxic vibrations with their words.



Return to Sender

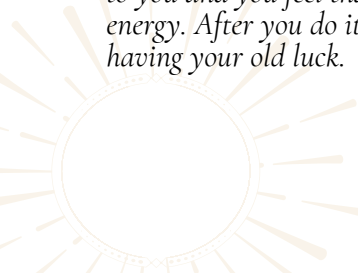
Materials:

Small slip of paper, black pen or marker (I like marker), matches or lighter, a fire-proof ritual bowl or plate

Instructions: Draw an arrow on the slip of paper away from you sending that negative energy back to the person sending it to you. Draw and X at the bottom of the arrow to stop any energy from coming back your way. Fold the paper away from you saying "This negative energy no longer reaches me, it bounces back and returns right back to you." Then, burn it to ashes in your ritual bowl or plate (always monitor fire). When the ashes are cool blow them out your front door.



When to use it: When you feel that there is unusual bad luck happening to you and you feel that it might be coming from someone's negative energy. After you do it, notice if anyone in your orbit begins to start having your old luck.





Freezer Spell

Materials:

Small jar or container (has to fit in the back of your freezer), Vinegar, Small slip of paper, Chili powder or chili flakes, Pepper (seasoning)

Instructions: Write the name of the person on the slip of paper. Add the chili powder for speed and add the pepper to stop them in their tracks. Vinegar for banishing. Ask the spell to please remove this person from your field. You can say, "Spirit team and magical items, please remove this person from my life, so I can have peace to grow."

When to use it: For someone you really just need out of your life or to cool off because they are harassing you. If you do this spell, you need to do your part and stay away from this person. Interact as little as possible.



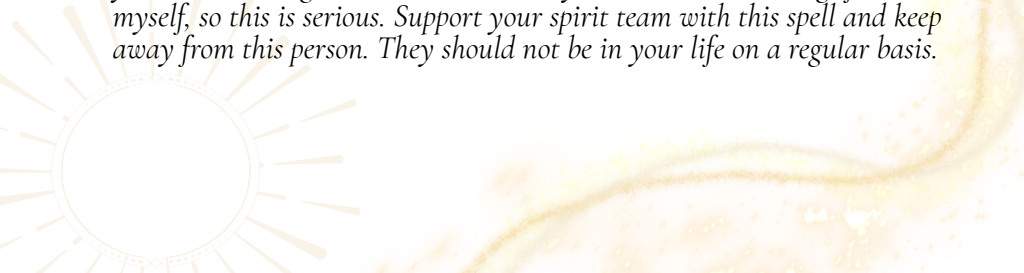
Cord Cutting Spell

Materials:

Two thin candles (even birthday candles if that's all you have), a string (I like twine), lighter, a marker to write on the candles, fire proof ritual bowl or plate

Instructions: Write your name on one candle and the name of the other person on the other candle. You can also choose a color that represents you or them if you have them available. Tie the string around one candle and wrap the string a few times around the other candle. Then, tie off the string. Melt the bottom of the candles and prop them in the ritual bowl or plate so they stand up. Light the candles and watch the cord cut.

When to use it: For someone you want completely out of your life and you want nothing to do with. I have only done two cord cuttings for myself, so this is serious. Support your spirit team with this spell and keep away from this person. They should not be in your life on a regular basis.





Spells for Cleansing

Spiritual Bath

Materials:

Epsom salt, lavender (dried or essential oil), rosemary

Instructions: Add around a cup of epsom salt, and the lavender and rosemary to the water. While adding the ingredients, speak into the water, "Salt, please absorb any negative energy or energetic attachments from me. Botanicals, please activate your cleansing properties and support my energetic field. You can also put all the ingredients in a bowl of water, let it sit, then dip your washcloth or loofa in it to use this in a shower."

When to use it: Cleansing often (weekly) keeps you in alignment with your spirit guides. It supports you in ensuring that others do not have an influence over your energy. There are many ways for your energy to be influenced. This clears it out so all your decisions are yours.

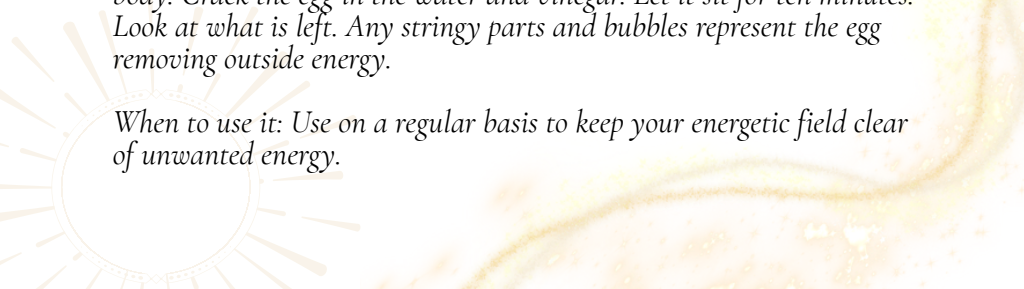
Egg Cleanse

Materials:

Egg (washed), water, tall clear glass, vinegar

Instructions: Put water in your clear glass. Add a splash of vinegar (around a tablespoon) leaving enough room for the egg. Take the egg and speak into it, "Egg, please absorb any energy that is holding me back, including cords that have attached to me. Leave me free from the weight of outside energy." Waved the egg all over your body from head to toe like you are washing with a bar of soap. You do not need to touch the egg to your skin, you are clearing your field, not actually washing your body. Crack the egg in the water and vinegar. Let it sit for ten minutes. Look at what is left. Any stringy parts and bubbles represent the egg removing outside energy.

When to use it: Use on a regular basis to keep your energetic field clear of unwanted energy.





Apple Broken Heart Spell

Materials:

Apple, honey, cayenne pepper

Instructions: Cut the apple into small pieces. While cutting, send your heartbreak into the apple to help clear it from you. Send the energy from the old attachment and the drain of the past. Add honey to sweeten your life and seal away the pain. And add the cayenne pepper to speed it up. Let it all sit until the apple is dried out and ready to be thrown out. When you see it, remember to send that energy away and notice how long it has been since you thought of your past love..

When to use it: When you have ended a toxic relationship and you are ready to clear out the old energy.

Broom Cleansing Spell

Materials:

For this spell, you can use your household broom or make a witchy broom. We usually make them out of local grasses, flowers, twine, dried oranges, and other items that call to you.

Instructions: Sweep your house from west to east while envisioning any negative energy moving like the dust and dirt. Even if you have carpets, sweep the energy off the carpets. Open the door in your house that is closest to facing east and sweep the dirt and energy out the door.

When to use it: On a regular basis and even weekly, if needed.

Sage Home Cleansing

Materials:

Stick of sage

Instructions: Burn the sage throughout your house, opening windows and doors to let the negative energies and smoke out. Ask the sage to clear out anything that doesn't belong.

When to use it: On a regular basis and even weekly, if needed.



Garlic Cleansing Spell

Materials:

Save garlic peels every time you cook with garlic (about 4-6 cloves) and brown sugar

Instructions: Grind the garlic peel and brown sugar together. Heat the mixture up in a cast iron pan. Wave the fumes and smoke around the area where you would like to cleanse.

When to use it: Weekly or monthly after you have saved up garlic peels.



Peppermint Cleanse

Materials:

Fresh peppermint or mint (found at the grocery store)

Instructions: Rub the peppermint all over yourself or areas in your space that you want to cleanse. wrap the peppermint in paper and throw it away from your house as you can.

When to use it: When you are feeling negative energy attached to you or in a space.

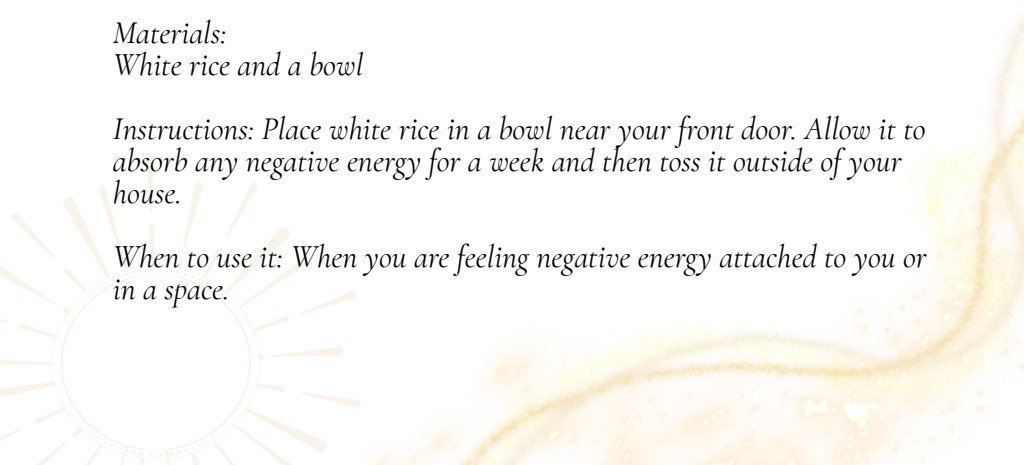
Rice Cleanse

Materials:

White rice and a bowl

Instructions: Place white rice in a bowl near your front door. Allow it to absorb any negative energy for a week and then toss it outside of your house.

When to use it: When you are feeling negative energy attached to you or in a space.





Manifestation Spells

Bay Leaf Spell

Materials:

Bay leaf, writing utensil, lighter or matches, fire proof ritual bowl or plate

Instructions: Write what you would like to manifest on a bay leaf. burn the leaf in the ritual bowl or on the plate. Blow the ashes out the front door.

When to use it: The bay leaf brings your wishes straight to the quantum field so your spirit team can get to work fast.

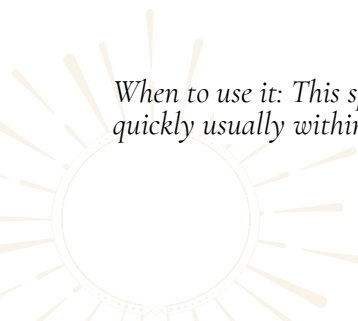


Shot of Luck Sigil

Materials:

Small paper, pen, fire proof ritual bowl or plate, lighter or matches

Instructions: Draw the sigil on the piece of paper, fold the paper toward you to bring in the luck, burn the paper in your bowl or plate. Draw the sigil on a discrete place on your body like your wrist.



When to use it: This spell is for a bit of temporary luck. It wears off quickly usually within 24 hours.



Chamomile Love Spell

Materials:

Chamomile tea and your regular shampoo

Instructions: Brew the chamomile tea. While it is brewing, ask the chamomile to help you attract love into your life. When it cools off, mix the tea into your shampoo. When you wash your hair, feel the chamomile bring that love energy your way.

When to use it: Use this when you are ready to attract love into your life.

Grow a Lover Basil Spell

Materials:

Basil seeds, small pot(s), and dirt

Instructions: Plant the basil in the pot with the dirt. Ask the basil to attract love to you as it grows. Care for the plant as you would for the love you will attract into your life. Thank the basil daily for bringing love into your life.

When to use it: When you are ready for new love. This spell reflects the slow burn of a true love.

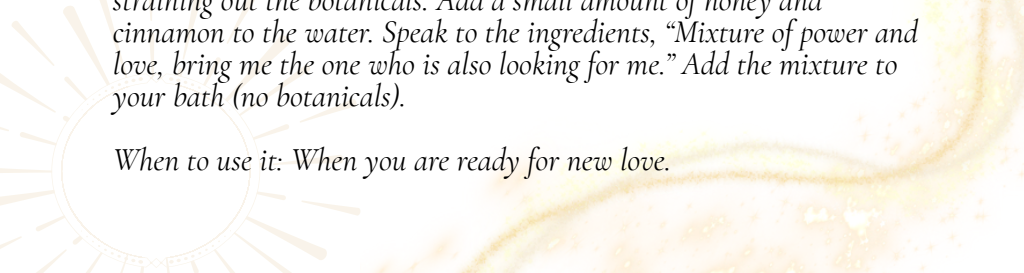
Love attraction Bath

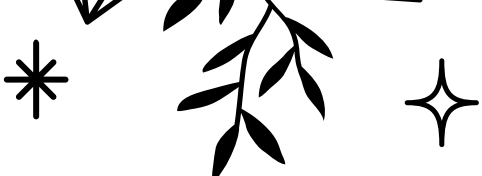
Materials:

Basil, dill, lavender, cinnamon, and a little honey

Instructions: Boil together basil, dill, and lavender. Drain the water straining out the botanicals. Add a small amount of honey and cinnamon to the water. Speak to the ingredients, "Mixture of power and love, bring me the one who is also looking for me." Add the mixture to your bath (no botanicals).

When to use it: When you are ready for new love.





Road Opener Spell



Materials:

Dirt from a 4-way crossroads, honey, a very small bottle (I find little bottles with corks at the dollar store), a tiny paper, something to write with, a candle (a birthday candle will work)

Instructions: Write the opportunity that you would like opened to you on the small slip of paper. Roll it so it will fit in the small bottle. Add some crossroads dirt to symbolize all the ways the opportunity can come to you. Add the honey. Seal the jar with the wax from the candle and infuse this spell with your wish. Ask your spirit team to please open up the road to your next amazing opportunity.

When to use it: When you are feeling a little stagnant and stuck, but know that there is more in store for you and you want it rushed.

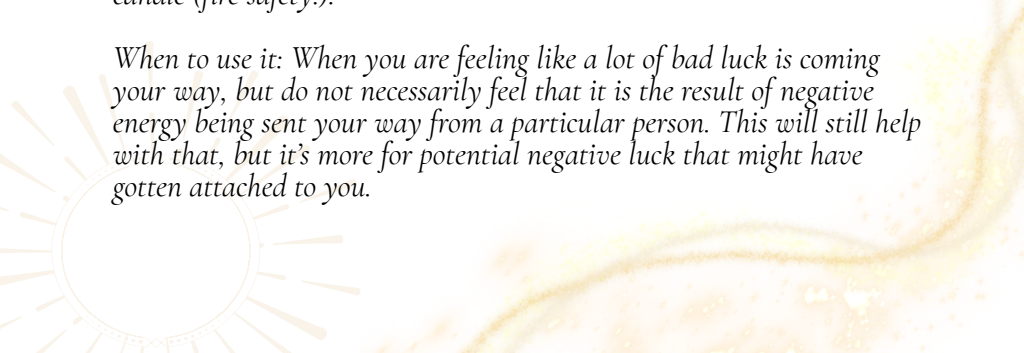
Break Bad Luck

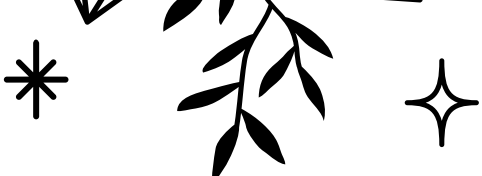
Materials:

White candle, honey, carving tool (needle or pen will do), ground pepper, matches or lighter.

Instructions: Write an affirmation in the present tense on the candle. For example, "My luck has shifted from not great to amazing," or "I feel so empowered and lucky." Roll the candle in honey and pepper. Light the candle and send all your bad luck into the spell while you monitor the candle (fire safety!).

When to use it: When you are feeling like a lot of bad luck is coming your way, but do not necessarily feel that it is the result of negative energy being sent your way from a particular person. This will still help with that, but it's more for potential negative luck that might have gotten attached to you.





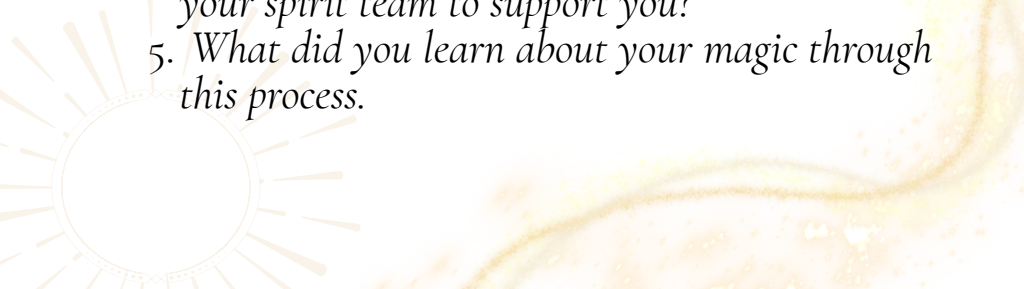
Reflections for the Everyday Witch

How are you feeling about your ritual work?

All of these spells are another way for you to connect with the divine and your spirit team. The spells are a way for you to focus your manifesting energy and bring in what you want.



As you explore your connection with this physical world, you can adjust any of the spells and see if you can increase their potency. Take time to reflect on how well the spells you have tried worked for you. Answer the following questions:

- 1. Which spell worked the best for you?*
 - 2. What would you add or change next time?*
 - 3. How long did it take for your spell to take effect?*
 - 4. What communications did you receive from your spirit team to support you?*
 - 5. What did you learn about your magic through this process.*
- 



Your Journey Is Just Beginning

If you've made it this far, you've already taken the first step: choosing to make space for magic in your everyday life.

Witchcraft isn't about being perfect or collecting every crystal, herb, or tool. It's about creating meaningful rituals that help you feel grounded, intentional, and connected to yourself.

The more you practice, the more you'll begin to notice the small shifts—moments of clarity, confidence, gratitude, and purpose that grow from showing up consistently.

I'd love to continue walking this path with you.

Here's How We Can Stay Connected



[Our Witchy Newsletter](#)



[Metaphysical Services and Spell Work](#)



[Fun and Witchy Tools](#)



[Free YouTube Tutorials](#)

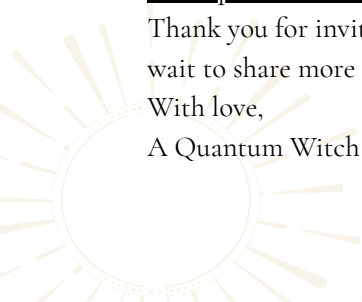
Stay Connected

www.quantum-witchcraft.com

Thank you for inviting me to be a small part of your journey. I can't wait to share more magic with you.

With love,

A Quantum Witch





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