

Beltaine Meditation n Talisman!

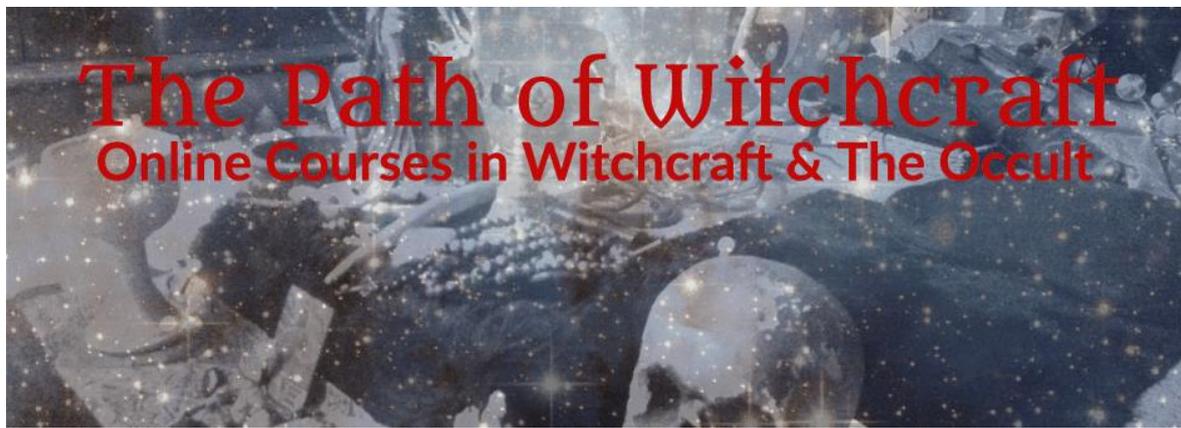
This Friday we are recording a very special Beltaine guided Meditation! It'll have all the proper Radio 4 treatment, so you'll be transported to another world as you listen!! It will be available via Soundcloud for a few days, then will magick off to the VIP Lounge on our wiTcHeS BaZAaR website! To get the non-bells-n-whistles version it's [here](#)

When it comes to Talismans for Beltaine (much like Samhain & MidSummer), you can focus on connecting with your Ancestors :)

There are a couple of ways that we have made Talismans for this purpose :) The first is to take 2 pieces of wool or thick thread, the same length, one black, one red. Then, if you have long enough hair, pull one strand of hair from your head :) Yes I'm serious! Your hair carries DNA (maternal) which connects ALL the way back, however far you wish to go :) Take all three pieces of 'thread', tie them in a knot at one end, then plait the three threads (can be fiddly, but it's worth it! If you want a Mantra as you do this "I honour my Ancestors near and far" is a good one, but you can come up with your own words too :) When you get to the end, tie another knot. You can then use this as a 'key' to open the door to connect (and if you add your own spit or blood, it will make it even more potent (but this is OPTIONAL!!)

Another way to make a Talisman is to make a Mojo Bag. I made one for Ancestor Work, even before I knew I would be doing it!!





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How To Make a Mojo Bag

Firstly, you might be wondering what a Mojo Bag even is! It's simply a small cloth bag (either bought or made yourself) with 'erbs, crystals, charms...whatever you want to include in it, which fits your intention for the bag.

So for Ancestor Work, this may include bit of Yew leaf, maybe a small piece of jewelery from an Ancestor, 'erbs/oils such as Patchouli, Vetivert, Pine, AllSpice, etc and any Earth crystals. Don't forget to activate any 'erbs (this is in the 'Curious Novice' Course - Module Four ;))

You can decorate the Mojo Bag however you wish to and use whichever colour of fabric that corresponds to your intention. When we made ours we used felt for the bags as it's pretty durable :) The following links will go into details about the how to's.....ENJOY!! Oh, ps...a Mojo Bag can be made for ANY intention!!



[How To Make and Use a Mojo Bag](#)

[After-Care for Your Mojo Bag](#)

This website generally is a good resource, but I like the way she talks about Mojo Bags. What I would say is, in my other research it does suggest to wear/carry the Bag for a week or two, then put it somewhere safe (mine is on our Ancestor Altar, as this is it's purpose!) I would also re-make it once a year and charge it up once a week :)

Enjoy!!! xxxAngiexxx