

## TOOLS OF THE CRAFT

### SCRYING

Scrying pool, mirror, and crystal gazing ... reflect on these ideas ... Scrying is a form of divination, but is also much more than that. By gazing into a crystal, pool, mirror or other reflective medium, a Witch is able to enter altered mind states and gain access beyond the veil. Because every person you meet will have a different way of accessing their mind states, you will hear many different scrying techniques. Some of the techniques I've come across border on the realms of superstition (which I define as fear through lack of knowledge and/or acceptance).

You might read that unless a crystal sphere is true quartz crystal, it will not work. You might hear that a perfect sphere without any visible flaws is necessary. You may hear that your scrying mirror or crystal must never be touched by sunlight. These are simply not true. There are legitimate reasons for each of these 'rules' but it doesn't mean that you have to follow them in order to scry effectively. Let's break down scrying into the basics so you can understand why these rules exist. In this way, you can determine for yourself if you wish to adhere to them, or toss them aside as rubbish. If you wish to begin scrying, you will need some sort of a reflective surface. More about this later, let's look at what you will actually be doing with this reflective surface first.

Scrying works on the principles of what is named by some as the Ganzfeld (can't double-check the spelling until my books are unpacked). If you ever had to sit in the corner as a child, staring at a blank wall until you began to hallucinate and have stories, patterns, or images appear to you, you know what the Ganzfeld is. If you've ever stayed awake in bed staring at the ceiling until these same things happened, then you also know what a Ganzfeld is.

Ok, so maybe I've spoiled the mystery of scrying by breaking it down into the basics and telling you what it really is. However, scrying has a very occult side. It isn't how you get to the mind state of scrying that's important, it's the mysteries that are unveiled to you once you are there that are important. Interpreting what you see when you scry is very much like dream interpretation. There are many books that will define each image you glimpse, but essentially it boils down to what those images mean to you.

A key element in quickly attaining the correct state for scrying is flashing light. (If you are epileptic, disregard this section, if you eliminate the flickering but keep the gaze similar, you should still be able to scry.) Place flickering candles around the room you are working in. Keep them out of your direct line of vision, but at the same time, be certain that the reflection of the flame can be seen in the scrying surface. To get these 'flickering' candles, you can open a window a crack to let a draft help you out. Or, there are some candles you'll find on the market, especially inexpensive ones, which have a flame that rises and falls rhythmically. These work quite well for scrying. (I got some from a botanical in New Orleans [ F&F Botanica ] that smell strongly of petroleum. Not very attractive sounding I know, but they flicker nicely. I've also gotten some good flickerers at drug stores when they are having their after holiday sales. They go for usually 5 for a \$1...black and orange after Samhain and red, green and white after Yule. These cheapies flicker nicely.)

**Black Mirror Instructions – Picture Frame:**

To make a black mirror from a picture frame is incredibly simple. Remove the glass from the frame and clean both sides. Decide which side of the glass is the back and which side the front. Use the paint pens to paint any symbols you like on the backside of the glass, keep the design to the perimeter. Once this has dried, use the sponge to dab black acrylic paint all over the backside of the glass. You may need to apply several coats for complete coverage, and allow the paint to dry in between coats. (A sponge is best for applying the paint as it allows a streak free coat of paint. Remember to dab the paint, do not drag the sponge across the glass. Use liberal amounts of paint, and several coats.)

Once the final coat of black paint has dried cut a piece of your felt to the size of the glass (you can use the chalk to draw the guidelines on the dark fabric). Spray the back of the glass with the spray adhesive and apply the felt. This will protect the black paint on the backside of the glass so that it doesn't scratch off. Decorate the frame if you choose. Replace the glass into the frame and you are all set.

**Black Mirror Instructions – Sun-catcher:**

To make a black mirror from a blank sun-catcher you will follow most the same steps as above. Clean the glass and determine which side is back and which is front. Paint any designs you wish to on the backside of the glass. When it is dry dab several coats of black paint on the backside of the glass. Cut a piece of felt to protect the back of the glass and apply using spray adhesive. You may wish to replace the metal chain on the sun-catcher with some ribbon or leather. You can also add embellishments such as feathers, beads and charms to the mirror, and even hang it on a wall if you choose.

Brigid Smallwood

Try this for example, you will need:

A black mirror, a cauldron filled with water (or an herbal infusion such as mugwort), or a crystal, or a shallow dish of water (made black by the addition of ink), a ring with a nice stone (like moonstone) a black stone like obsidian, a black tile, or whatever reflective medium you wish to use.

Five candles

To Begin:

Place the scrying medium on your altar so that you can look at it from approximately a 45-degree angle while in a very comfortable position. Arrange the candles throughout the room so that they are elevated above the scrying medium but remain outside of your direct line of sight. You may wish to cast a circle at this time or recite a blessing or charge over the medium and over the entire scrying session.

Breathe deeply and rhythmically while gazing at the medium. Imagine you are looking through a red lens so that everything you see is tinted with red. Move on through the chakra colors in a "Crystal Countdown" fashion (in *The Power of the Witch* by Laura Cabot). The color sequence is as follows: red, orange, yellow, green, blue, indigo, and violet. (The rainbow, easily remembered with the initials as a name...ROY G. BIV). When you feel that you are relaxed, keep looking at the medium. Your first sessions may last 10 to 30 minutes, but work up to hour long sessions.

Do not be critical of yourself or your results. If you fall asleep that's ok, if you daydream that's ok too. Just let whatever happens, happen. In this way you will quickly refine your skills. Relax your gaze as if you were attempting a 3D magic eye hidden picture. If you have trouble with those darned 3D things, don't worry, scrying is similar only in that you relax your eyes and don't really look AT the surface.

Follow Up:

After you have completed your session, jot down a few rough notes. Do what you need to do to ground yourself or clean up the area. Sometime during your day, go back to your notes and fill in more details as you remember them. I use two columns, one for the description of images seen, and one for my translations. Go over each image that you saw. You might consult a symbol interpretation list for dreams, you know, the kind that say a bird is an omen, a knife is a...well, you get it. You could also analyze each image by checking what it means to you. For example, a red rose may mean passion in the books, but if your best friend requested them in the hospital, your personal associations are going to be different. The conclusions you draw from your scrying sessions must eventually be your own and as you continue to practice, you will understand yourself and your visions more and more.

Mirror/Scrying Spells

Here is A recipe for Psychic Tea - to be drunk before all divination.

1 teaspoon cinnamon  
1 teaspoon rose petals  
3 teaspoons mugwort  
1 teaspoon yarrow

Mix up the above and then add one spoon of the mix to one cup of water. As it steeps, chant over the tea:

Tea of richest psychic power  
Enhanced awareness on me shower.  
Bring the visions I should see.  
As I will, so mote it be!  
Here is another chant for Scrying  
Crone of wisdom and dark skies,  
Let the shapes materialize  
Show me clearly what's to come.  
As I will, So it be done!

Here is a strange little thing that maybe goes under the title of seeing within. Take a small round mirror and dip it into water, streams are best but a bath will do. As soon as wet pull it out and catch your reflection, if it is disfigured, trouble is a head, if it is clear all should be well!

Protection Visualization using mirrors

If you feel someone is being nasty to you - visualize a bubble of blue light covered with mirrors all around you and see it send any bad energy bad to whom sent it.

Mirror Magick

Take a small mirror and lay it down, so it reflects up at you. Then take a bowl of water (preferably a glass or silver bowl, but any bowl will do. HINT: If using a ceramic bowl, plain is best. You should use a bowl with pictures on it only if you have to (unless they are hieroglyphs).

**ONLY USE PLASTIC BOWLS IF YOU ABSOLUTLY HAVE TO.** Put the bowl of water in the center of the mirror, and surround the mirror with candles (this spell should be done in a dark room, or at night). The spell works best if the candles are vanilla or lavender. There should be four candles, one at each corner of the mirror (or, if using a round mirror, one at each of these points: Northeast, Northwest, Southeast, Southwest). In between the candles, on the North, East, South, and West sides of the mirror, put incense burners (the spell can work without the incense, but it works better with it). Put a small piece of silver (it can be a coin, a piece of a fork, anything) in the bowl. Look down at the mirror, and chant this:

Mirror, Mirror, on the floor,  
reflect for me forevermore,  
give me now the thing I crave,  
I'll give it back when I'm in my grave,  
A pool of water,  
A touch of ice,  
a teardrop from the moon,

all this I have and all I want,  
Is this.

Then you say what you want.

**Joy Wilkerson**



## **How to make a Black Mirror**

Supplies:

The first thing you will need is something to use as the body of the mirror. Many people use purchased picture frames. If you choose to use a frame then you may wish to use the decoration of the existing frame as the only embellishment. This is fine of course!

However if you wish to personalize your mirror a bit more you may wish to use a frame with a very plain border that you can decorate yourself. For my black mirror I went to a craft store and purchased a blank “sun-catcher” circle. These are made of either a glass or plexi-glass circle, set in a metal edging, and have a chain attached to the top for hanging. They are generally used with stained glass paints. Ask the sales assistant if you can’t find it.

1 picture frame or sun-catcher

Acrylic Paint’– Black

Sponge

Paint Pens in colors of your choice

Felt (in a dark color)

Spray adhesive

Cord or ribbon (optional)

Assorted Charms and embellishments such as stones, symbols, beads, feathers

Scissors

Chalk

Windex

Paper towels

You may also need needle nose pliers, and wire, if you plan to make charms from stones.

NOTE: Some people choose to paint symbols directly on the glass of their mirror. If you do so it is best to generally keep them simple and to a minimum. You don’t want to many images on your mirror interfering with your scrying. On my mirror I painted the symbols of Earth, Fire, Air and Water, in silver in their respective directions (North, South, East, West). Remember that if you choose to paint on the glass that you will need to paint on the backside, and in reverse. For instance, if you are painting symbols in the four directions, then on the backside of the glass you will paint North and South in their usual places, top and bottom, as they will not change when you flip the glass, but you must transpose the locations of East and West, so that when the glass is turned over they will be in their proper places. Also keep in mind that if you paint specific symbols or words that you may have to paint them in reverse as well to account for this same issue.