

PRAISE FOR A SPELL A DAY

"In *A Spell a Day*, Tree Carr brings us a treasure trove of smart, modern spells that will inspire and empower any reader. Taking an ingenious and innovative turn, Tree seamlessly blends modern sensibilities with the age-old practice of spell casting for all skill levels to explore. This well-rounded and masterfully presented collection of innovative spell work is an excellent addition to anyone's magical library."

Dee Norman, author of *Burn a Black Candle*

"A self-care practice should be accessible to everyone: Tree created this book to guide you into your own magical exploration of the elements as mirrors of parts of yourself. A practical and playful book for bringing more magic to your everyday life."

Bel Senlle, author of *Clarity Tarot*

"A delightful romp through many types of spellcraft curated by the knowledgeable and excellent Tree Carr. *A Spell A Day* provides an accessible range of practices, including modern digital magic, without requiring readers to buy a million bits of paraphernalia to get started. This approachable grimoire includes a straightforward introduction to occult work and a panoply of techniques for readers to try. Recommended."

Julian Vayne, occultist, writer and psychonaut

"This is a book of powerful wisdom. I adore Tree Carr. She brilliantly transforms deep esoteric teachings into accessible practices that yield results. All with a love and compassion that can truly be felt."

Remington Donovan, author of *Numerology: A Beginner's Guide to the Spiritual Meaning of Numbers*



Tree Carr

A SPELL A DAY

365 EASY SPELLS, RITUALS AND
MAGIC FOR EVERY DAY

THIS BOOK IS DEDICATED TO ANDREW WEATHERALL

A Spell a Day
Tree Carr

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Publisher's note

The spells in this book should not replace
any medical, psychological or practical
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an ultimate authority that can and will
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The herbs used in this book are at your
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before ingesting.





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INTRODUCTION

Hello, magical being! Welcome to your journey through 365 spells. Each spell is handcrafted and centred around elemental magic. With more than 25 years of work in the magical realm, I will be guiding your craft, using a mix of natural materials, mindfulness, creativity and modern technology – yes, our phones can be magical tools! The spells in this book are held in the spirit of creativity and curiosity and are an invitation to explore the world around you as well as within you. These spells are like mini adventures that will make your mundane day to day more magical! I hope this book helps manifest your intentions and connects you with your inner magic.



HOW TO USE THIS BOOK

Before we start on our journey of discovering 365 spells, I first want to provide a brief overview on spellcraft – from etiquette to the different laws – and show you how to create the best environment for your spellwork. For those starting from scratch, or in need of a refresher, I will run through energy cleansing and casting circles. It is important that you open a circle before you start any spell, so please consult this section before beginning your spellwork. It is also important that you express gratitude to the Universe at the end of every spell, and then close your circle.

There are many ways to choose which spell to cast:

- ★ **Set intentions:** Your will and intentions will bring you to the page that most suits your needs. This act of intention will help fuel your magic making.
- ★ **Chronologically:** There is a spell for every day of the year, so you can move through the book chronologically, focusing on one spell every day for the next 365 days.
- ★ **Synchronicity:** Pay attention to the celestial events and magical dates. Check which date the full moon or new moon falls on, and when certain astrological events will happen, using an app or website like moonphases.co.uk, and select the spell based on the next celestial event.
- ★ **Try bibliomancy:** Try the ancient divinatory art of bibliomancy. Let the pages of this book flick through your fingers, at random, and then open at a page. Perhaps your intuition has guided you toward the spell you need right now.

An integral foundation of magical practice is to know thyself and to be in good working order. For this reason, I recommend that you keep a journal throughout your spellcraft journey as a great way to check in with yourself. You should also create time and space for solitude and meditation. This can be done by your altar or in a soothing bath.

* • THINGS TO KNOW BEFORE CASTING THE SPELLS ✧ ✧

RECITE YOUR INTENTION

Each spell will require you to recite some words in order to present your intentions to the Universe. These words can be spoken aloud, thought internally or written down. This is a personal choice I will leave with you.

SIGILS

A lot of the spells will ask you to create a sigil – either with pen and paper or on your phone so you can send it to yourself. If you are creating a physical sigil, use your initials and add the symbols each spell requires between the two letters. You can find what each symbol looks like on the page opposite. If you are creating a digital sigil, use emojis to create each symbol. One of the common sigils is the symbol for protection, which looks like this: 👁️📱👁️

EASY SPELLS

It is possible to perform some of the spells on the go. I have signposted these spells using this symbol: ✨ E These spells will require you to have limited resources to hand.



SYMBOLS GUIDE

ELEMENTS



MOONS AND SUN



ZODIAC SIGNS



PLANETS







PART I

A BRIEF HISTORY OF SPELLCRAFT



WHAT ARE SPELLS?

A spell is like a magical conversation between you and the Universe, offering a spiritual way for you to express your deepest desires and manifest them. The intention of spells is to influence events or bring about a desired effect, by using occult forces through will and intention. You can speak, think or write them down, and strengthen your will with ritual and material objects. A spell has two defined stages: in the first, an intention is set (there is a gathering of power), while the second stage focuses on releasing gathered power – action is taken through casting. Spells should be in alignment with your higher good. There is one key rule: harm none.

SPELLCRAFT ETIQUETTE

Etiquette is important and should be taken seriously. Let consideration, honesty and respect – with the intention of doing no harm – guide your spellcasting practice. Here are some things to consider before you begin.



GOOD INTENTIONS

Always ask yourself why you are casting a spell, and whether it is for the higher good of all concerned. Spellcrafting should not be used to control, manipulate or influence others. Only cast a spell for another person if they have consented, and avoid imposing your beliefs on other people.

PRIVACY



Spellcraft should be private. The old saying, “If you tell a wish, it won’t come true” has some truth behind it. The thoughts and emotions of others might interfere with the spell’s power and potency.



ENERGY CLEANSING

Don’t forget to cleanse your personal energy, and the energy of the space that you are in. It will keep you and others protected from psychic attack or from absorbing negative energy. For more guidance, see page 19.

ENVIRONMENT



If you are spellcrafting outside in nature, leave the area the way you found it. Use materials and tools that do not harm the natural environment. Practise fire safety! If you are using candles, never leave them unattended and incorporate the extinguishing of the candle into your ritual.

THE FIVE ELEMENTS

Around 450 BC, the Ancient Greeks identified four elements: air, fire, water and earth. The mystical fifth element of aether (spirit) was later introduced by Aristotle in the 4th century BC, by way of his teacher Plato. It was thought that aether was responsible for creating the Universe and celestial spheres.

• ELEMENTAL MAGIC ✨

The natural elements still play an important role in magical practice. This book is structured around elemental magic; the 365 spells are separated into each of the five elements. Within all five sections, you will find moonology Spells, Solar Return Spells and Special Events Spells, before moving to spells that can be used any time of the year. You will learn how to connect to the energy of each element and then channel that energy into your spells.

So, let's get to know the elements!

WHICH ELEMENT DO YOU RELATE TO?

We carry all the elements within us, but we might connect to some more than others. Identifying and learning about the element most dominant within you helps with spellcasting – it can also indicate where you need to become more energetically balanced. Here are some examples of qualities associated with different elements:

- △ **Air:** Intellectual, spiritual, communicative, free-spirited
- △ **Fire:** Action-orientated, passionate, temperamental, competitive
- ▽ **Water:** Intuitive, healing, creative, emotional
- ▽ **Earth:** Loyal, pragmatic, down to earth, nurturing
- ⊗ **Spirit:** Bridge between physical and spiritual, omnipresent, omniscience and omnipotent



