



The Witch's Guide to Life

Kala Trobe

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The Witch's Guide to Life is brimming with practical advice for every modern, magickally minded person. Author Kala Trobe explores what it really means to practice Witchcraft, including how to implement a positive metaphysical philosophy as an aid to overcoming life's many challenges?or at least facing them with courage. Covering mind, body, and spirit in its three extensive parts, *The Witch's Guide to Life* is an indispensable magickal reference book for novice and adept alike.

Wiccan ethics, the difference between a Wiccan and a non-Wiccan Witch, love, sex, mood swings, eating disorders, suicidal impulses, and the use of drugs are amongst the issues discussed in the first part of the book, along with wider subjects such as the witch's role in global crisis.

Part two explores the history, folklore, and mystical systems relevant to witchcraft as we know it today, including chakras, the Qabalah of the Western Mystery Tradition, and Tarot. The lives of eminent historical and contemporary occultists are outlined, and the image of the witch as reflected in art, literature, and the media is explored as an indication of the changing attitude of the general public to the arts magickal.

In part three you'll find the practical how-to of witchcraft and magick, with comprehensive sections on a witch's working tools, when to cast what, and magickal techniques and spell-casting. Also included are recipes to make every sabbat a tasty as well as magickal experience, tips on psychic self-protection, and advice for coping with adversity. The power inherent in every witch shines forth in this guide to magickal living in the modern world.

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