

# Magic On The Breath

by

Tylluan Penry



**The Wolfenhowle Press**

# Magic on the Breath

©Copyright 2011 Tylluan Penry

ISBN 978-0-9570442-0-3

## ALL RIGHTS RESERVED

Tylluan Penry has asserted her right under the Copyright Designs and Patents Act of 1988 to be identified as the author of this work.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, scanning, recording or otherwise without the prior written permission of the author and the publisher.

Cover Design and Illustrations by Drew Thomas

Published by:

The Wolfenhowle Press  
Redcroft,  
Nile Road,  
Trealaw  
Tonypandy  
CF40 2UY

[www.thewolfenhowlepress.com](http://www.thewolfenhowlepress.com)

Printed by: **PrintVend, Unit 31 Stroud Business Centre, Stonedale Road, Stonehouse, Gloucestershire, GL10 3RQ.**

This book is dedicated with love to GMJM - a wonderful daughter and friend.

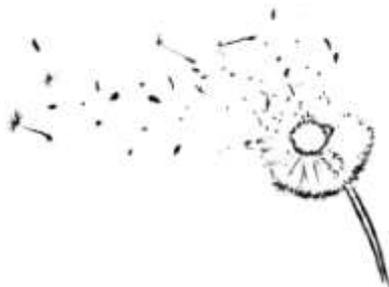


## **Other Titles by Tylluan Penry :**

*Seeking the Green* (published by Capall Bann, 2008)

*The Magical Properties of Plants - and How to Find Them* (published by Capall Bann, 2009)

*The Essential Guide to Psychic Self Defence* (published by Capall Bann 2010)



# Contents

## Page No.

<b>Chapter 1</b>	1
Getting started – remembering our inner magic	3
Getting to grips with magical ethics	6
Asking permission before casting a spell	8
The Three Main types of Spells	9
<b>Chapter 2</b>	11
Exercise 1 – Noticing your breath	11
Exercise 2 – Getting your breathing under control	12
Exercise 3 – Playing games with your breath	13
Exercise 4 – Finding the Pulse in your Breath	14
Exercise 5 – Breathing on the Vowels	15
Exercise 6 – Candle exercises	16
Exercise 7 – Breathing on the Hand	16
Exercise 8 – First Steps in Grounding	17
Exercise 9 – Grounding	18
Grounding stones	19
Visualisation	20
Exercise 10 – Getting rid of mental clutter – Shame	21
Exercise 11 – Getting rid of mental clutter –	
Learn to stop needing approval	22
Exercise 11 – Getting rid of mental clutter –	
Learning not to fear criticism	23
Exercise 12 – Spring cleaning the mind	24
Exercise 13 – Beginning Visualization	25
Exercise 14 – Improving self confidence	26

<b>Chapter 3</b>	30
Exercise 1 – Giving our inner mind something to do	31
Exercise 2 – Working with Time	31
Exercise 3 – Guessing with People	32
Wishing, Entrusting and Invocations	33
What type of Spell do you want to do?	34
Exercise 4 – Dealing with Negativity	36
Exercise 5 – Psychic Cleansing using a bell	38
Exercise 6 – Psychic Cleansing using incense	38
Exercise 7 – Psychic cleansing using blessed water	40
<b>Chapter 4</b> The Magic that Surrounds us	42
Finding pictures in the clouds	46
The Closed Eye	49
On Circles and Magical Tools...	49
Keeping records of your spell work	50
Magical Tools	51
Linking the Staff to your heartbeat	52
Breathing and Third Eye	53
Things to think about before casting a spell	54
Doing Magic for Personal Gain	55
<b>Chapter 5</b> Thought Forms	57
<b>Chapter 6</b> Practical Magic on the Breath	67
The Gentle Art of Writing your own Spells...	69
<b>Chapter 7</b> Hidden Magic and Magical Harnessing	79
Working with the Elements...	87

Chapter 8	Empowering your Spells	92
	Using the Weather	94
Chapter 9	Knot Magic	104
Chapter 10	Magic and the Moon	115
Chapter 11	Putting it all into Practice	124
Chapter 12	Some more practical uses plus Psychic Self Defence...	135
Chapter 13	Amulets and Talismans	151
Chapter 14	Glamour Magic and Invisibility Spells	163
	Invisibility Spells	173
Chapter 15	Some Final Thoughts...	176

## About Tylluan Penry

Tylluan Penry is a solitary pagan witch, independent scholar and the author of books on magic and folklore including *Seeking the Green*, *The Magical Properties of Plants and how to find them* and *The Essential Guide to Psychic Self Defence*.

Tylluan has been a popular and regular speaker at various events including Witchfest International, The Artemis Gathering, Witchfest England and Witchfest Wales. She has also given talks for the Pagan Federation, and at independent, private events. Her articles have appeared in a variety of publications including *Witchcraft & Wicca* and *Myddle Earth*.

She has her own internet radio show, *The Magical World of Tylluan Penry* at [www.oneworldradio.org.uk](http://www.oneworldradio.org.uk) and is regularly consulted by the media for advice in portraying witchcraft and paganism. Tylluan is well known for her no-nonsense, down-to-earth approach, and is also a skilled, compassionate and experienced rune reader.

Tylluan is married, has a large family, many pets, an overgrown garden and lives in the South Wales Rhondda Valley.

## **Preface**

This book is designed to be a straightforward guide to a simple but powerful magical technique. Everything in these pages is based on my own personal practice and experience through the years.

I wanted to create a book that you, the reader, could begin using straight away, with nothing to distract you from the technique itself. For that reason, unlike my earlier books, *The Magical Properties of Plants and How to Find Them* and *The Essential Guide to Psychic Self Defence, Magic on the Breath* does not contain the usual footnotes or a Bibliography.

If you want to perform magic and cast spells, as opposed to simply thinking and day dreaming, then you have to practise it rather than theorise about it.

Only then will you be the person you were meant to be.

Brightest blessings

*Tylluan Penry*

Rhondda Valley, Wales,  
Samhain, 2011

## Chapter One

This is not a book of spells. Rather, it is a book of magical techniques. The two are quite different. A book of spells provides you with a written formula for the various types of magic you might need. Life being what it is, there will always be some situations for which you cannot find a suitable ready-made spell. A book of magical techniques however, teaches you skills, principles of magic and basic techniques. Once you have mastered these you can create your own individual spells for any and every situation.

The underlying principle behind Magic on the Breath is that spells can be empowered by our breathing (especially as we exhale). In fact there is a process of chemical transformation going on – whether we’re aware of it or not – every single time we breathe in oxygen from the air around us and then change it into carbon dioxide as we breathe out. The idea that the breath has its own innate power is nothing new. The ancient Greeks referred to it as *dynamis* and even today we often describe powerful energetic people as ‘dynamic’.

If we look at this transformation from a magical point of view, it makes perfect sense. When we breathe in we bring the outside world into our body. This is then empowered and transformed by our will or intention, and sent on its way as we breathe out. All we have to do is learn to control and adapt our breathing so that it carries our magical intention to its proper destination. Over many years of teaching magic and spell craft, I have noticed that different spells require slightly different breathing techniques. They are all easy to learn and once you’ve mastered them they can be adapted for almost any type of spell. There is no single ‘correct’ way to cast a spell. Some people like to cast a circle first, perhaps marking the four compass points with salt, water, candles and incense. Others like to follow complicated rituals in strange languages, or swear by exotic ingredients or magical correspondences, trying to match their spell with the correct day of the week or hour of the day, or even with metals, crystals, colours and plants. This is fine if you have the knowledge and the patience for it.

But it's not essential and there's certainly no single 'correct' way to perform magic. In fact it's quite possible to cast spells using nothing but our bare hands. But the thing that really makes the magic work is simplicity itself - our belief, our will.

One of the first things you must believe is that magic is possible, and that you can do it. This might seem obvious, but it's surprising how many people try to cast a spell while secretly thinking about other things such as what to cook for tea. If you do this, you simply aren't giving yourself or your magic a proper chance. You get the best results when you have complete faith in your own abilities. Doubt is a self-fulfilling prophecy. If you think you *might* fail, you almost certainly will. And the opposite holds true, too. If you believe in yourself and the techniques you are using you are giving your magic the best possible chance of success.

However, we have to be realistic. Most people don't feel particularly confident, especially in the early days. It isn't easy to persuade yourself to keep trying when you're not getting the results you hoped for. But actually most magical work is simply a matter of aptitude, and you need to find out what sort of spells you're best at. For example, some people are very good at wart charming. They only have to look at the offending growth and it promptly withers and dies. Others, including myself, find wart charming difficult even though when I was a child my hands were covered in them.

Nowadays of course most people would just go straight to the doctors and get them frozen, but in my day, growing up in a family of witches, this was seen as an opportunity for me to learn a new skill. The cryptic suggestions came thick and fast. I remember being told that my great-grandmother would always charm warts away just after a full moon. So I took the hint and duly sat out in the garden under the next full moon, trying to get the warts to disappear. Nothing happened.

Next, an aunt suggested using dandelions at a full moon. Dandelions were large and round, like the moon, she assured me, and they would make the warts vanish. So four weeks after my first attempt, I was back out in the garden, waving a dandelion and muttering at my warts.

Again nothing happened. The next full moon, after yet more hints and clues, I tried again, this time piercing the warts with a shiny new pin. But still nothing happened. So I know a little bit about feeling discouraged when magic doesn't seem to work. Yet even though my first efforts were hopeless, what was important was the suggestion that charming warts was possible and that others had done it before me. So I kept on trying, month after month, convinced there had to be a way to rid myself of them.

What I didn't know then of course, is that it is precisely this determination, this will to accomplish something that forms the basis of all successful spells. So while I may not have had much success charming my warts, I was in fact learning a great deal about focussing my will. In the end the weather was getting cold and sitting out under the moon for any length of time was becoming difficult, so my mother suggested selling my warts. And unbelievably, it worked! I 'sold' them (by now I had almost thirty) to a girl who lived nearby and who didn't believe in magic. By the end of the week they had all disappeared.

I have to admit though, that there was a downside to this particular spell. The next time I saw the girl, she was coming out of the chemists with her mother, clutching a bottle of Wart Solvent, her hands covered in sticking plasters. I don't think either of them ever spoke to me again. And to this day, I still don't consider wart charming is one of my strong points!

### **Getting started - remembering our inner magic**

Before we even think about performing magic and sorting out our breathing techniques, we need to try and rediscover our own, unique, inner magic. Sometimes people claim that magic has never played any part in their lives although actually that's very rare. At some point - especially in childhood when we're more receptive to such things - most of us have experienced a moment or two of magic.

So what you need to do now is to think back to such a time. I call them 'magical episodes.' It might have been a day when we felt we had healed someone, or somehow 'knew' something was going to happen, or even had a gut feeling about another person that turned out to be

true. You don't need to be able to explain what happened, or how the magic might have worked, but you do need to try and remember what it felt like, that feeling that 'something was going on.' Spend a little time just thinking about the ways magic has turned up in your life. It's probably always been there, in the background, just waiting for you to notice it and give it its due.

For example, young children often report seeing fairies and other magical beings that are invisible to the adults around them. This ability seems to vanish by the time we reach our teens, possibly because by then the child has been repeatedly told that fairies don't exist. Yet the memory of that time when we *did* believe still remains, although you may have to dig deep to find it again.

The most amazing thing about these magical episodes is that they are never completely forgotten. Maybe they were very few and far between, sometimes just a fleeting second or two of recognition. Yet we never truly forget them, and they are incredibly common. In fact, if you asked around you would be surprised how many people have some experience of magic. One of the most common examples is a premonition. When disasters strike it's often surprising how many people *didn't* go into work that day, or changed their schedule or route and thereby saved their lives. They may not be able to explain exactly why they did it – some may have had a clear premonition, while others made a split-second decision as though something was prompting them to avoid a tragedy.

Although Magic on the breath is a simple technique, like all things that are worth doing you have to work at it. Whatever sort of spell you do, whether it's for healing or protection, you're trying to influence events and/or people so you can obtain the results you want. You can read up all you like about such things, but there is a world of difference between wanting to learn about magic and actually casting a spell. In one of my magic workshops many years ago, someone once asked, 'Are there any spells I can do that don't require any work?' The simple answer of course, is no. To actually perform a spell involves a certain amount of effort and commitment.

Magic is often criticised because basically you are trying to get your own way with something. Even if you are performing a spell for someone else, it is still *your* intention as the spell-caster that goes into the spell. And this makes some people feel very uncomfortable with the whole idea of magic. They start accusing you of being selfish, but actually magic is no more selfish than so than many other things we do in the course of our lives. Most of the time – in the real world and the magical ones – we simply try to do the best we can for ourselves or for others. No more, and no less. That's not selfish. Remember that the opposite of selfish is not selfless but doormat. And in my experience doormats have a nasty habit of not only giving away their own rights but those of other people, too.

Magic is also sometimes accused of interfering with other people's free will. This is true up to a point, but plenty of other things in everyday life do the same thing. For example, if I drive on the left hand side of the road, anyone driving towards me is forced to drive on their left in order to avoid a head-on collision. Sometimes it's necessary to interfere with free will just to keep things moving!

Another accusation you will often hear is that magic is a form of cheating. Again, this is not true. If you want something badly it's natural to make an effort to give yourself the best chance. Revising for an exam will certainly give you an advantage, but it's not cheating unless you try and smuggle a text book into the exam room! Actually, I did once hear a student – who had failed his examination – claim that it was somehow more 'honourable' not to revise!

Taken to extremes, such ideas paralyse all attempts at magic. A good example of this is the claim that magic should only be used for the loftiest purposes. This attempt to claim the moral high ground can be very off-putting, making us feel that magic should be shut in a cupboard and only brought out – like the best china – for special occasions. That of course, is nonsense. Like anything else, magic requires training and practice in order to become competent and you can't do that if you won't even try! In fact, it's the ill thought-out, badly performed spells that cause most of the problems, not those that go strictly according to plan.

## Getting to grips with magical ethics

How *do* we learn to distinguish between what's acceptable and what isn't? Who decides these things? Believe it or not, the answer is – us. And the more power we have, the more responsibility we have to use it well and not turn into a magical thug. Partly it's a question of attitude. There's a world of difference between wanting to pass your own exam and hoping everyone else will fail.

Most of us try to sensibly weigh up the pros and cons of casting a spell, and the old saying, 'Be careful what you pray for, you might get it,' holds particularly good for magic. For example, think about a toddler throwing a tantrum to get his own way in a supermarket. He wants sweets off the shelf, or a toy, and his parents say he can't have them. Perhaps they feel he has eaten enough sweets that day, or know he already has a box full of toys that he never plays with. If he has more sweets he will probably be sick. If he has yet another toy, it will probably not please him.

It's the same with magic. What you want isn't necessarily going to be good for you, and even if it's good for you it might not be good for those around you. What you need is some sort of code or rule to act as a guide and over the years people who perform magic have devised various mottoes, maxims and rules to try and ensure they (and others!) don't get carried away with *purely* selfish motives. Remember what you want for yourself is one thing. What you try and inflict on others is something else entirely.

One of the first rules you are likely to come across is a quotation from something called the Wiccan Rede, which is often quoted as, 'An it harm none, do what ye will.' It's often claimed to date back into antiquity, although it's probably no older than the late nineteenth century. Some people will try and insist that the Rede applies to *all* magic. It doesn't. It was only ever meant to apply to Wiccans, so if you're not Wiccan and don't intend becoming one, it doesn't have to apply to you. Of course the idea of 'harming none' is very appealing, although if you look at it a little more closely you'll realise it does have its problems.

‘An it harm none, do what ye will.’ What does it mean exactly? The usual interpretation is that provided you don’t harm any-one you can cast whatever spells you like. Only of course, this has its drawbacks, because everything we do – even when it’s with the best of intentions – has the potential to harm someone or something. Taken to extremes this can prevent you doing any magic whatsoever. So if, like me, you enjoy doing magic, you will probably need to find an ethical guideline that will not tie your hands so tightly. However, if you like the Rede then you can choose to be guided by it. It’s up to you.

The next well-known saying you might come across is ‘Do as thou wilt shall be the whole of the law.’ Again this is a saying that has been plucked out of its full context, coming from the Book of the Law, by Aleister Crowley, a famous Thelemic magician. At first sight this maxim looks capable of justifying almost anything, and Crowley’s critics have indeed accused him of teaching that we should all do exactly what we please without thought for the consequences.

However Crowley well understood that we do not live in a vacuum. Whatever we do is liable to have a knock-on effect with other people. Or as Crowley once expressed it in his book, *The Law is for All*, ‘Unless one wants to wreck the neighbourhood, it is best to explode one’s gunpowder in an unconfined space.’ He also made a distinction between the ‘true will’ of a person and a mere whim, since absolute freedom brings with it absolute responsibility.

Another saying you will sometimes come across is ‘What goes around comes around.’ This can apply to many things, not just magic. And it’s pretty sensible too, reminding us that there are all sorts of causes and effects that may eventually come back to haunt us.

The axiom I use – and which I strongly recommend for beginners – was handed down by witches in my family years ago. ‘Wishes and curses are like old hens. They always come home to roost.’ Chaucer uses a variant of it, back in the Middle Ages, and it has passed into the realm of proverbs as ‘Curses are like hens, they come home to roost.’ The version I learned however, has one important difference, ‘*Wishes and curses*’. This emphasises that all magical practices – good or bad – have

attendant risks. It's quite different from doing whatever you like and thinking it's enough to say 'sorry' afterwards.

Anyone who practices magic has to accept responsibility for their own actions. If you make a magical mess, even an unintentional one, it's your job to clean it up. And if you've ever tried clearing up magical fallout, you'll understand it's much simpler to take proper care before you cast a spell!

However, being prepared to take responsibility doesn't mean you should avoid all risks. Far from it. The choices we make in magic are much like those we face every day. For example, if you go out and get drunk on a Saturday night, you risk getting into a fight, being mugged, run down by a car or a host of other things. These aren't part of some mythical profit and loss account that's just waiting for you to do something wrong. These are sensible causes and effects. You can either (a) change your ways by going out but drinking moderately, (b) become a hermit and never go out at night again, or (c) continue unchecked and risk getting killed or seriously injured. The choice is yours. It's your life, your call. Just as it is when you cast a spell.

### **Asking permission before casting a spell**

Another thing you'll often hear is that you should *always* ask the subject's permission before casting a spell and that it's quite unethical not to do so. This is simply not true, and is just yet another example of a very recent addition to magical practice claiming an authority it has never really deserved.

Ancient spells certainly never mention asking anyone's permission. People mostly just went ahead and cast their spells as they saw fit even though they sometimes trod a very fine line between what was legal and what was not. When it comes to asking permission all you need is a little common sense. For example, some people will claim that healing spells should never be carried out without first asking permission. Fair enough. But if you saw someone fall in the street, it would be natural to offer to help them up again. You wouldn't stand there saying, 'Excuse me, but do I have your permission to help you?' although you might say, 'Would you like some help?' But if you saw

someone lying on the floor unconscious, would you really wait for their permission before calling an ambulance?

There's a time and place for everything, and usually in everyday life we can work this out as we muddle along. For example, you might well ask someone 'Would you like me to carry your shopping home for you?' because if you simply grabbed their bag they could think you were trying to rob them. It's the same with magic. Often it's a good idea to bear in mind the old saying, 'As above, so below,' which comes from a famous alchemical work, the *Emerald Tablet of Hermes Trismegistus*. (The full quote is, 'As below, so above; and as above so below. With this knowledge alone you may work miracles.') If you apply the same principles to magic that you do to your everyday life, then you're unlikely to go very far wrong. There are times when it's sensible to ask permission, and times when it is merely polite. Only you can decide whether it's appropriate.

### **The Three Main Types of Spells**

Although there are hundreds of different spells, there are three basic types:

#### **1. Wishing spells**

This is the largest group containing the most common type of spell, where you hope to achieve, deny or gain something either for yourself or for someone else. Almost all the most popular spells fall into this category, together with healings, wart charms, blessings and even hexes.

#### **2. Entrusting spells**

These are spells that entrust everything to whichever deities or powers you usually work with. They are useful when you really don't know what to do for the best but feel you should do *something*. If you find the ethics of magic confusing or constraining, then entrusting spells may be your best option, at least in the early days.

#### **3. Invocations/Evocations**

Depending on your chosen spiritual path, you may find yourself using invocations and evocations to summon your chosen deity, spirit or entity. The two terms are often used interchangeably but have quite

different meanings. When you invoke something, you are in effect inviting it within. This can be helpful if you want to get to know your chosen deity or entity. We can also invoke the spirits of certain festivals in order to help us understand their true meaning and enter into the spirit of them more fully.

When you evoke something, however, the divine being or spirit entity always remains apart and separate. Evocations are usually performed when the magician wishes to formally question the entity, perhaps in order to acquire new magical or spiritual knowledge (and sometimes to request the whereabouts of hidden treasure!). Evocations are usually associated with ceremonial magic, and are not really suitable for Magic on the Breath.

\* \* \*

In my own experience I've found that the better I became at doing spells the less I needed them. Perhaps, in a perverse way, once we learn the mechanics of spell casting and can incorporate it into everyday life, the need for a special spell for a specific purpose disappears. In other words, magic no longer becomes unusual to us; it is there at our fingertips all the time. Instead of a spell, you have a magical mind-set. Doing magic is a bit like trying to tune into a radio station – sometimes you can't quite get a clear signal. And yet, because you know that the radio station is there, you keep trying. It's the same with magic. Keep practicing and it will eventually come through for you.

