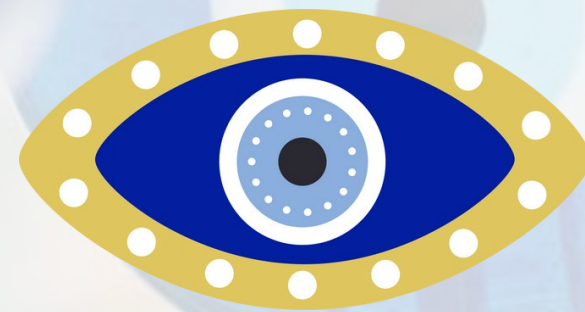
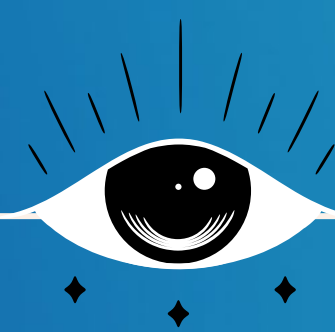


Spiritual Protection

MORE THAN MEETS THE EYE



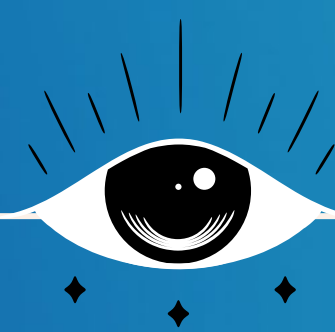
DEE NORMAN
MYSTIC SOUTH 2023



Housekeeping

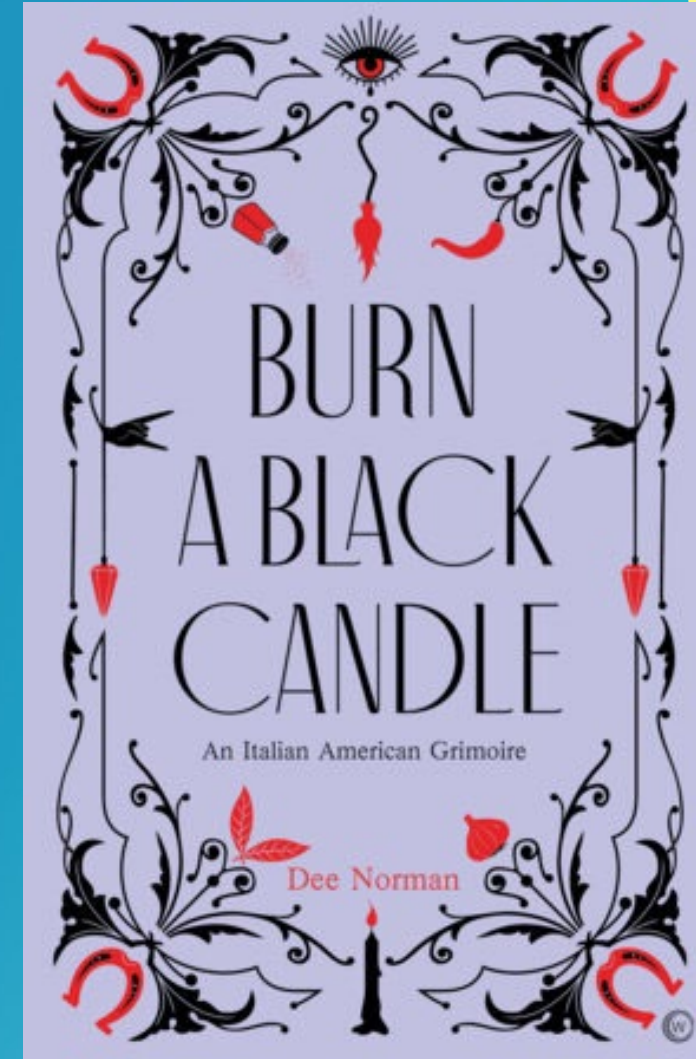
- Everyone learns in different ways
- If you are a note taker, take notes
- Feel free to move around
- Ask questions
- Feel free to ask me to slow down or repeat

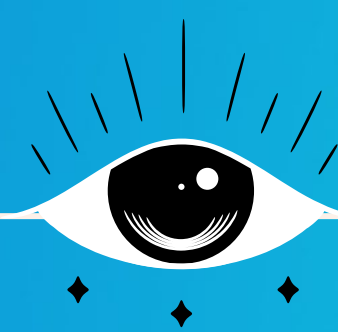




Introduction

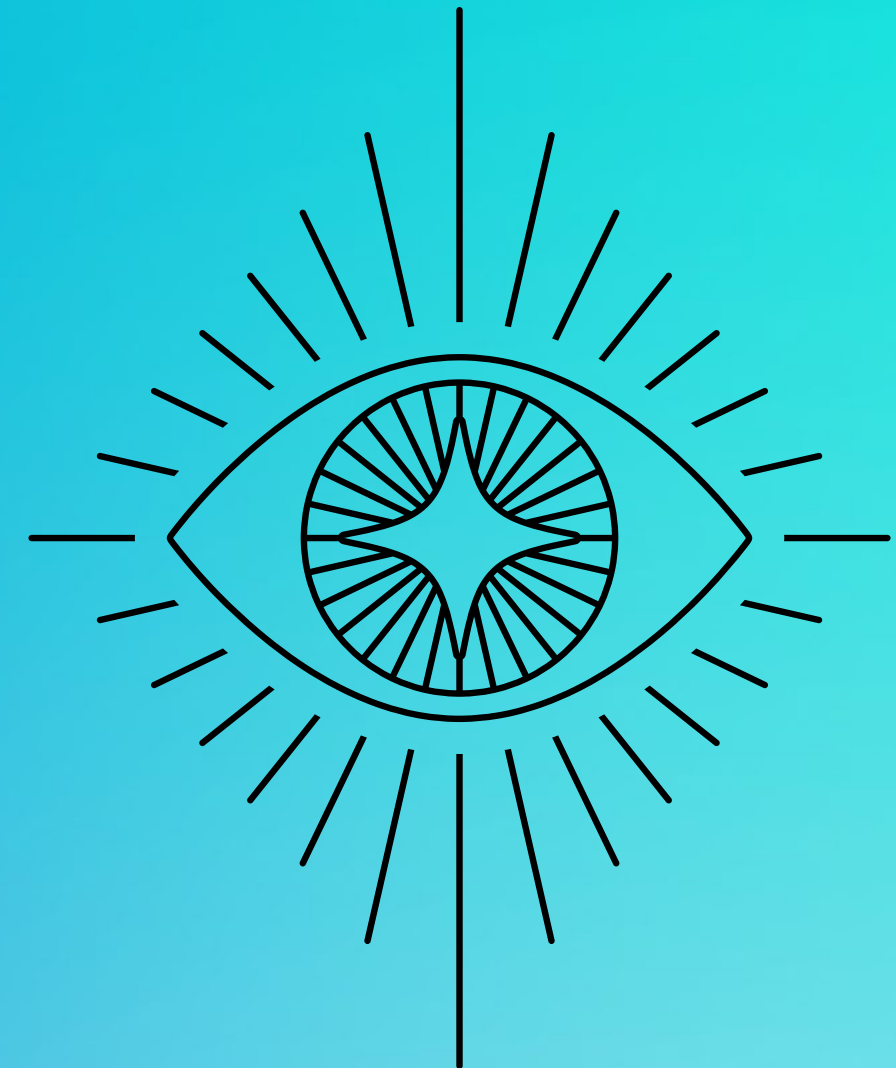
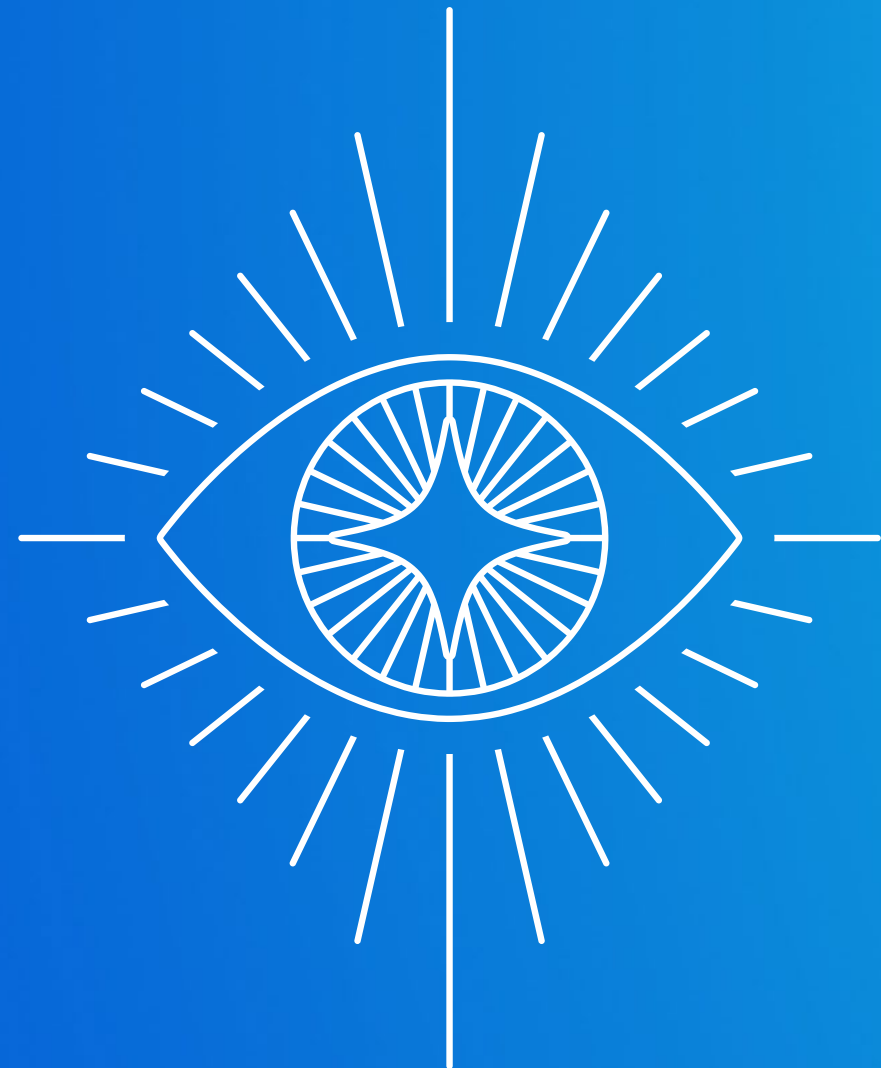
- Author of *Burn a Black Candle: An Italian American Grimoire*
- Creator of the *Emblemata Lenormand Oracle Deck*
- Descendant of an Italian American family that practiced folk magic/ practical magic/ folk Catholicism
- Professional Tarot reader since 1994
- Student of Occult/ Magickal History

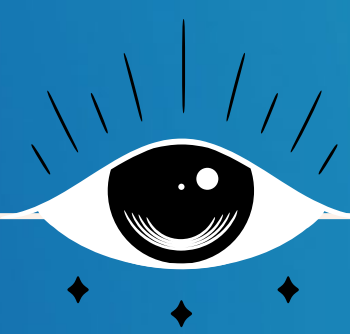




Agenda

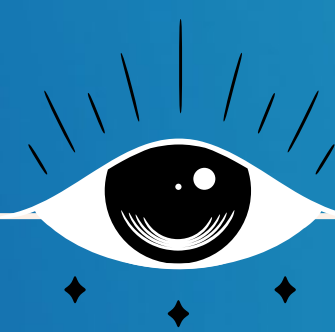
- Topic Overview
- Some History
- Types of Attack
- Types of Defense
- Materials
- Methods
- Conclusion
- Q&A





Overview - but first, Questions

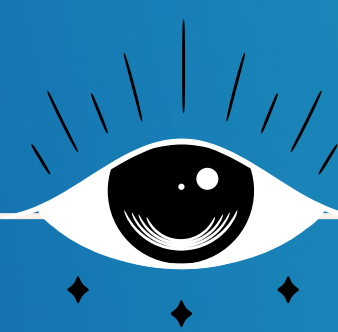
- What does "spiritual protection" mean to you?
- What do you expect out of spiritual protection?
- Do you have favorite methods of defending yourself?
- Do you have favorite methods of curing yourself?



Overview - Our goals

- Understand the breadth and scope of the Evil Eye tradition
- Understand how the Evil Eye tradition has influenced our practices
- Know the symptoms of spiritual attack
- Know some cures for spiritual attack
- Know ways to avoid/ prevent spiritual attack





Overview

Spiritual Protection - spiritual, magickal, or religious methods used to protect the self, loved ones, home, and belongings

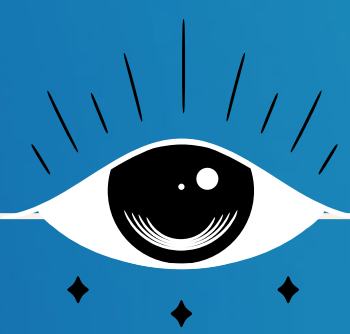
Evil Eye - A group of beliefs based on the idea that an individual has the power to cause harm to someone or their property by looking at that person or their property





Why

- Ideas that make up Evil Eye beliefs underpin several aspects of magical practice
 - Energy work
 - Creating shields and protective barriers
 - Herbalism
 - Talisman use
 - Identifying sources of psychic attack

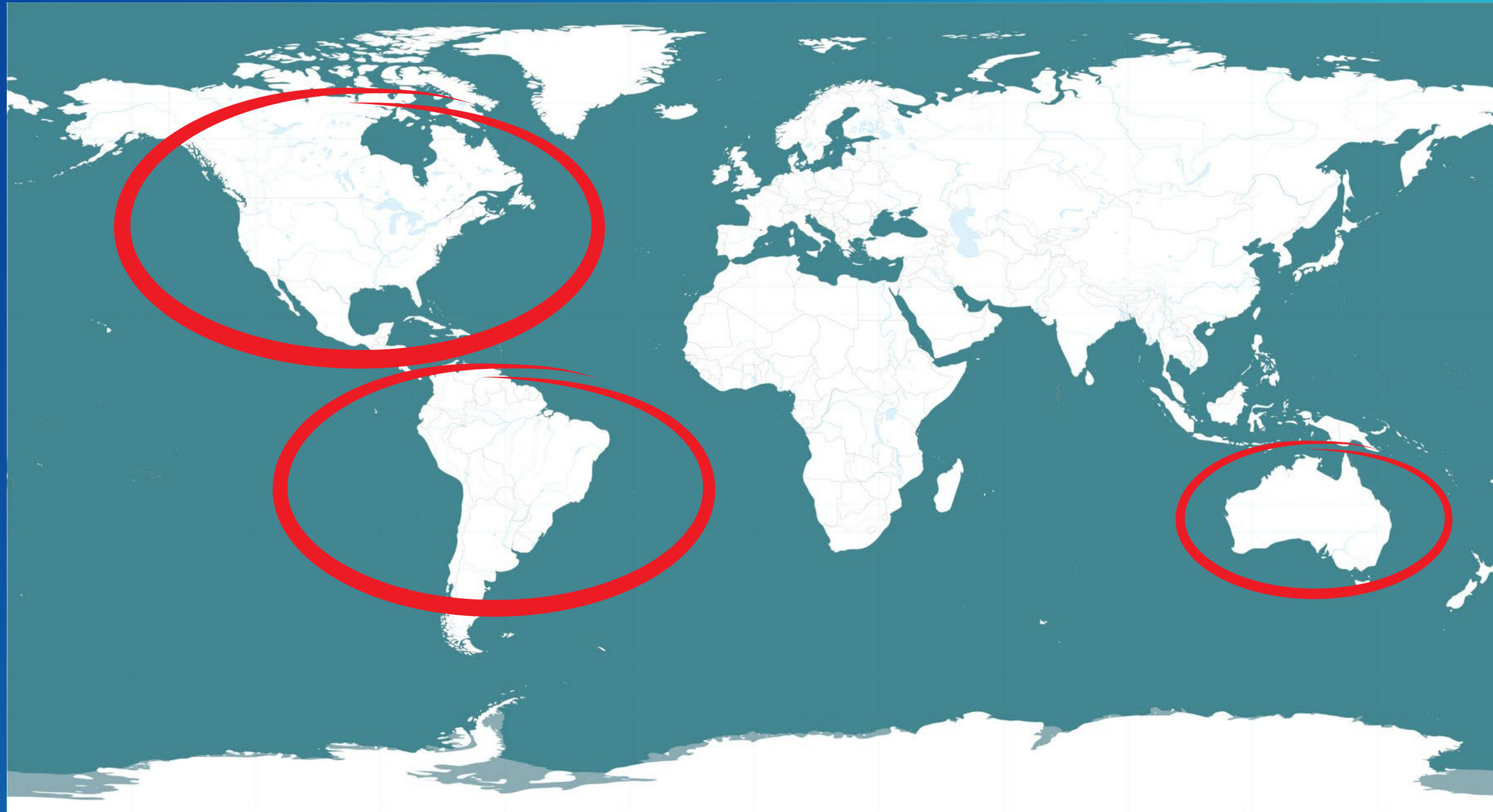


Why

- Lesson 1: Not all psychic attacks that we suffer are intentional
- Lesson 2: There are a variety of ways to combat psychic attack
- Lesson 3: An ounce of prevention is worth a pound of cure
- Lesson 4: We are assaulted daily, whether intentionally or not, with negative or disruptive energy and steps should be taken to defend and protect ourselves and loved ones



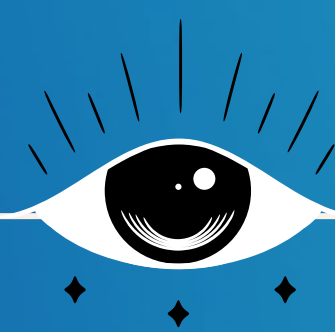
Where





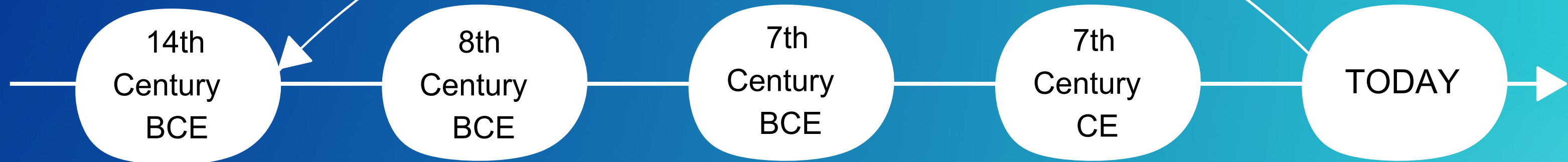
Where...





When

1,195,000
days ago



- Ugarit (now Syria)
- 1250 BCE
- Written record
- Cuneiform
- 3271 years ago



- Classical Antiquity
- Plato, Theocritus, Pliny the Elder
- Over 100 works mention it



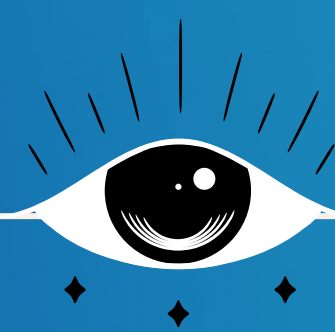
- Old and New Testament
- Deuteronomy 15:9
- Proverbs 23:6
- Matthew 20:15 - 16



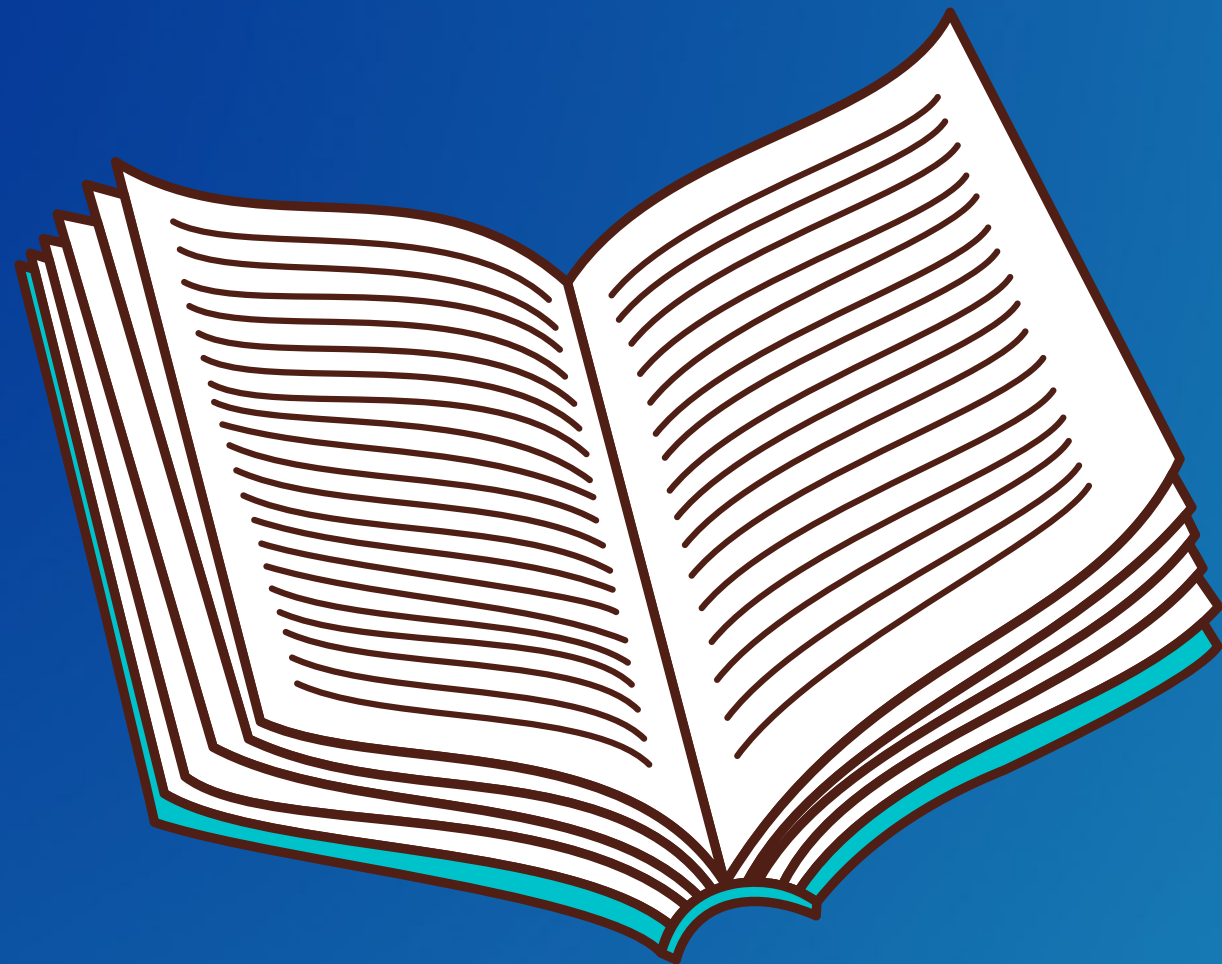
- Koran
- Sura 113 - reference to envy
- Sura 68:51 -52



- We are here!



Words



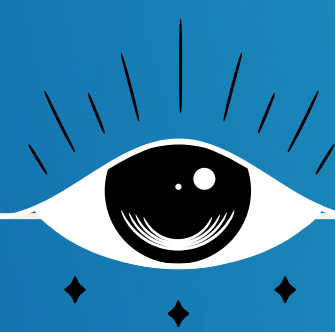
Language	Word	Literal Translation
Arabic	ayn al-hasud	"the eye of envy"
German	Boser Blick	"evil look"
Hebrew	Ayin ha-ra	"eye, the bad"
Italian	Malocchio	"bad eye"
Romanian	de ochi	"of eye"
Spanish	Mal de ojo	"evil from the eye"



Words

- Iettatura/ Jettatura





Alexandre Dumas

Sketches of Naples

“The destiny of Naples, like that of all human things, is governed by a double power; it has its bad spirit, which persecutes, and its good genius, which protects it; it has its Arimano, who threatens, and its Oromazo, who defends it; its demon, which desires its ruin, and its patron, which hopes to save it. Its enemy is the gettatura; its friend is Saint Gennaro.”



The glorification of San Gennaro, with Mount Vesuvius in the background', by Luca Giordano (school of), pen and ink and wash, Italy, 17th century.



Types of Attack

Deliberate

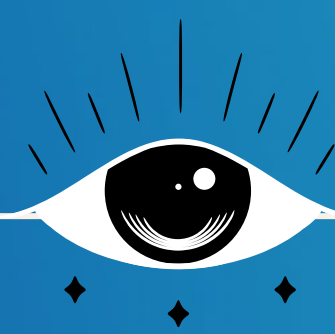
- Someone working against you magically or spiritually
- Someone sending malice your way
- Purposeful, malicious thoughts
- Targeted
- Persistent

Jealousy

- Someone looking at you, your property, or loved ones with envy
- Insincere compliments
- Not necessarily intentional
- Less Targeted

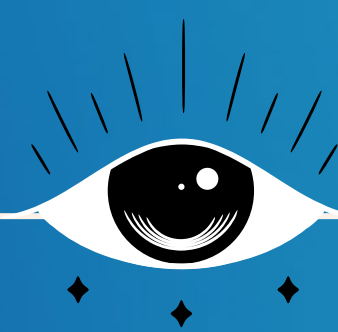
Accidental

- Genuine overpraise of a person or thing
- Bragging about your own good fortune
- Possessing something particularly fine and likely to be admired



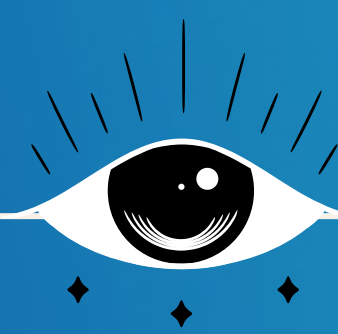
Sources

- Cast through action/ personality/ behavior
 - Over praise
 - Insincere praise
 - Envy
- People who permanently have an evil eye
 - "Born with it"
- A non-physical force
 - Sometimes the Gods striking down hubris
 - Sometimes the source is not named



Symptoms

- A drying, withering, breaking influence that falls on the sufferer
 - Lengthy run of bad luck
 - Crying for no reason
 - Anxiety for no reason
 - Clumsiness, constant small injuries, old injuries returning
 - Breaking or losing things
 - Headaches
 - Nausea, diarrhea, stomach upset
 - Feelings of oppression, suffocation, constriction
 - Delays and cancellations
 - Fatigue with no natural cause
 - Sudden reversals of luck/ people going back on their word
 - Loss of nature



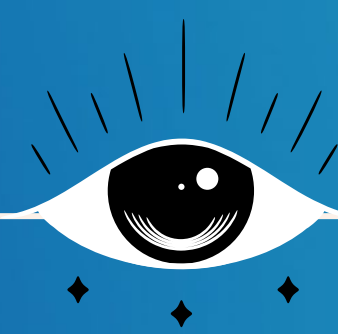
Everything's a symptom...what next?

- Look for patterns
- Consult a very clear method of divination
- Ask a friend
- Use a traditional method of diagnosis/ cure

What's wrong?

Tutto quanto!*

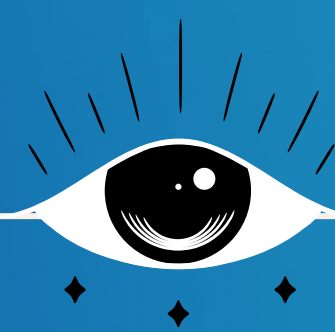
*Everything!



Burn a Black Candle

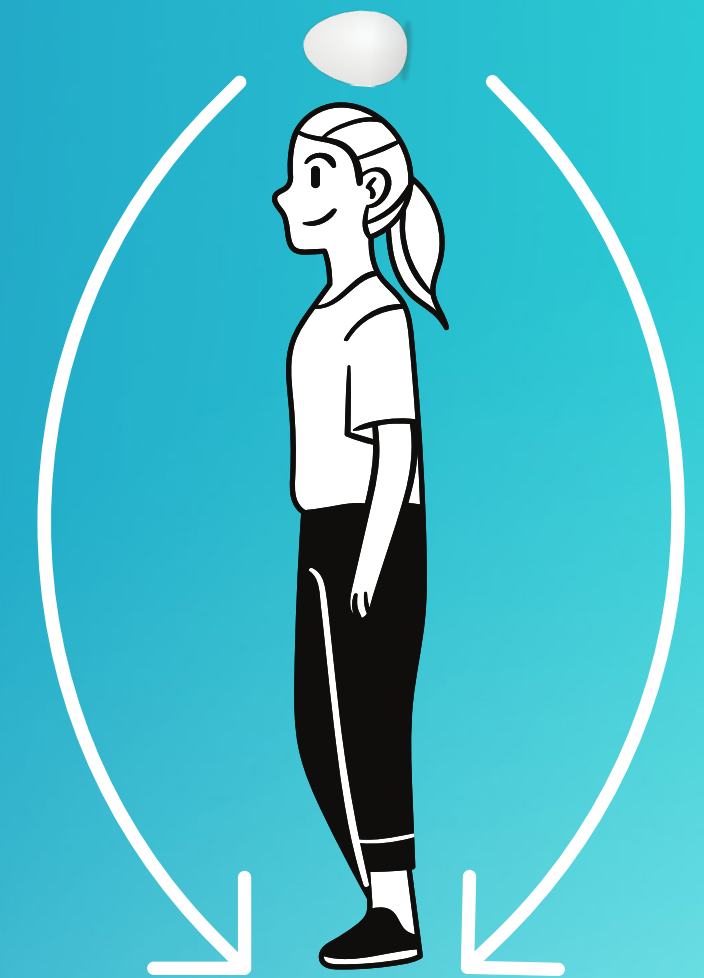
- At the first sign of trouble, discomfort, or unrest
- It can be any shape or size
- Black absorbs any of the disruptive influences from you/ your home and the flame burns it all away.

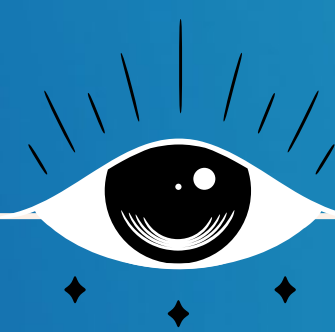




Egg Cure

- Use a raw egg
- Let the egg come to room temperature
- Starting at crown of head, gently roll egg down back of head, neck and shoulders
- Continue to roll it down the back of your arms, then your back
- Roll it down your buttocks, back of legs, and finally bottom of your feet
- Start back at the crown of your head and do it again, down your front
- Pay particular attention to areas where you feel pain/ discomfort

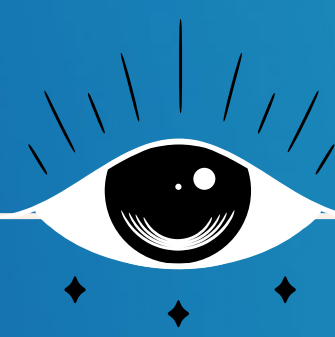




Oil and Water Cure

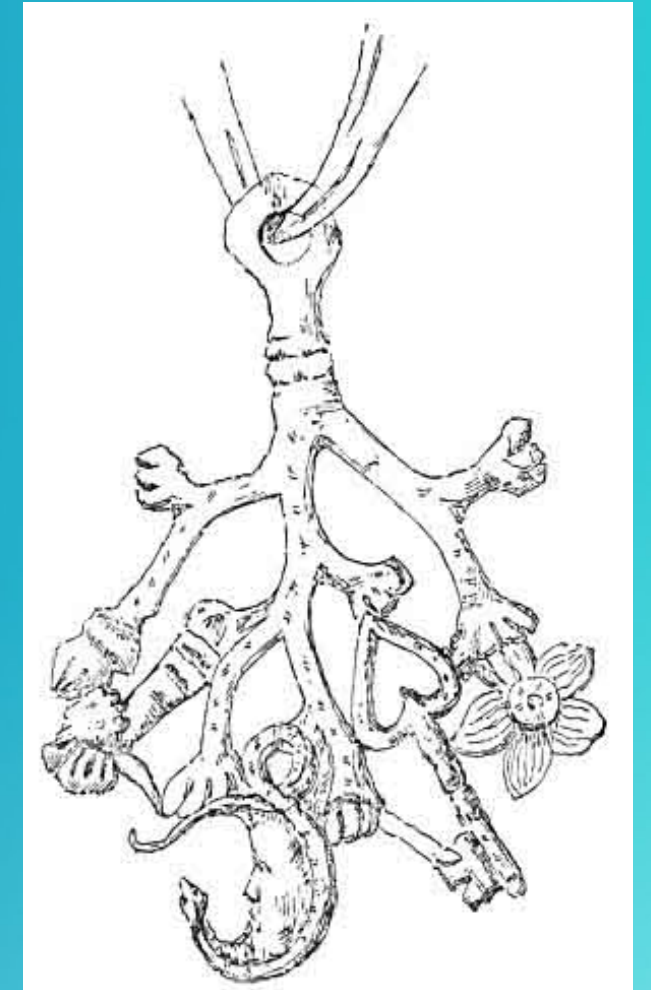
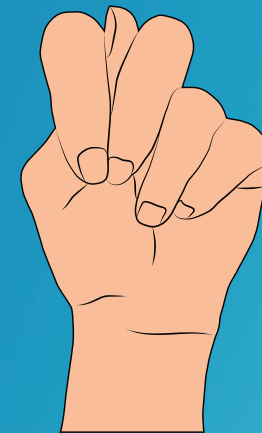
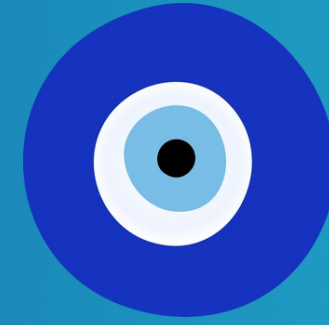
- Pour some oil in a small container
- Pour some water in the saucer
- Bless the water/ tell it what you want it to do
- Hold the saucer over the person's head and pray
- Dip your finger in the oil and let it drip into the water (3x)
- Examine the results
- If no evil eye is indicated, you're done
- If the evil eye is indicated, use scissors to snip/ slash at oil droplets until they are complete obscured
- Clean saucer and do it again to confirm that cure is complete

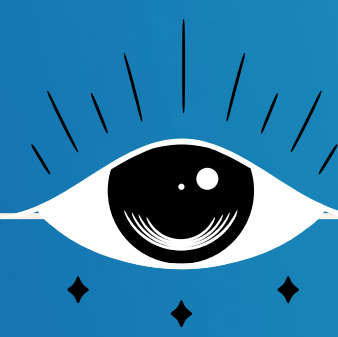




Prevention

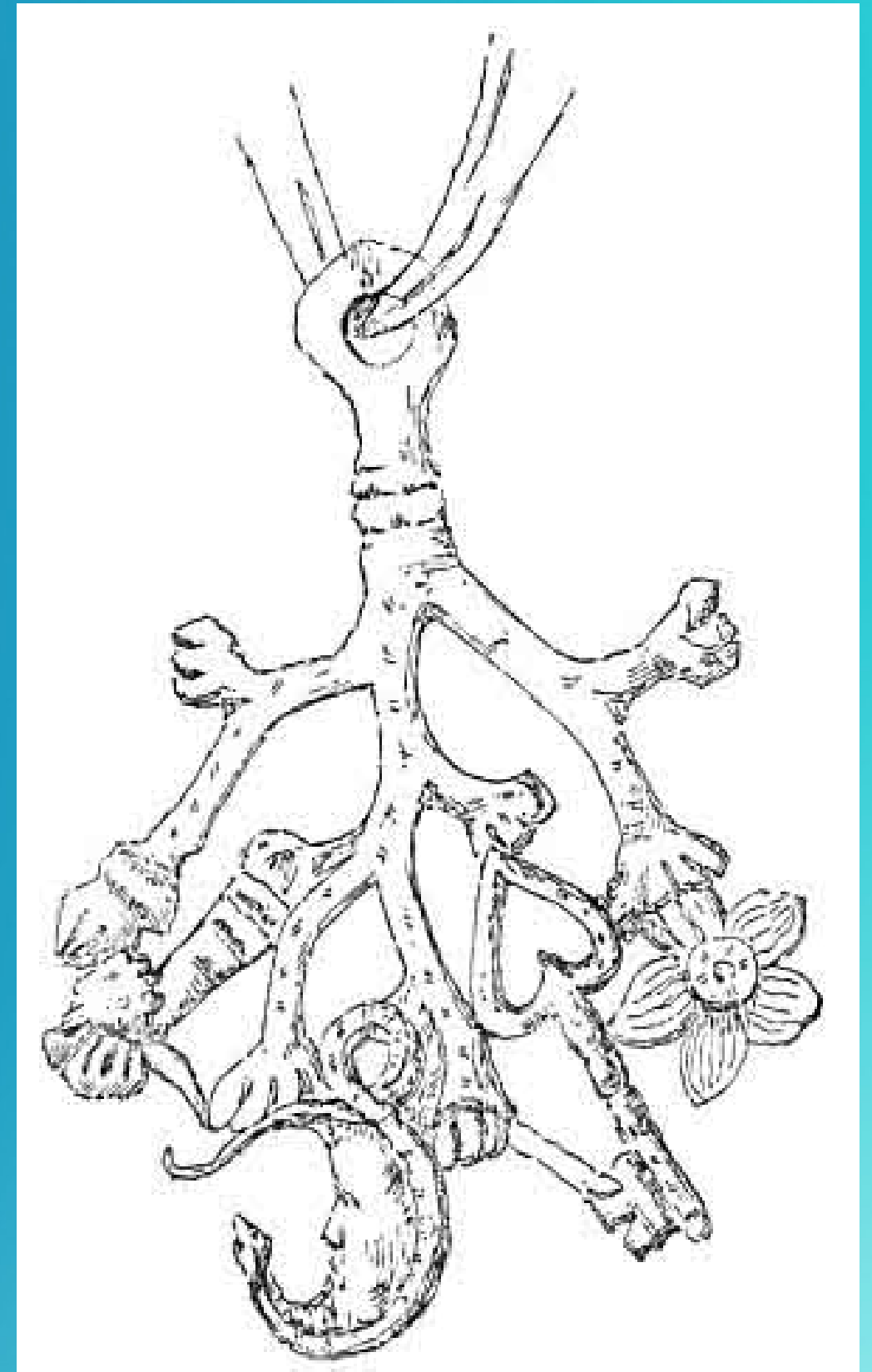
- Charms and Talismans
- Ribbons or String
- Mirror/ Reflective Surfaces
- Bells or Chimes
- Salt
- A dirty smudge or smear/ Spit
- Garlic
- Gestures
- Flaws

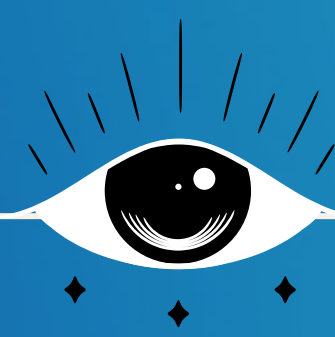




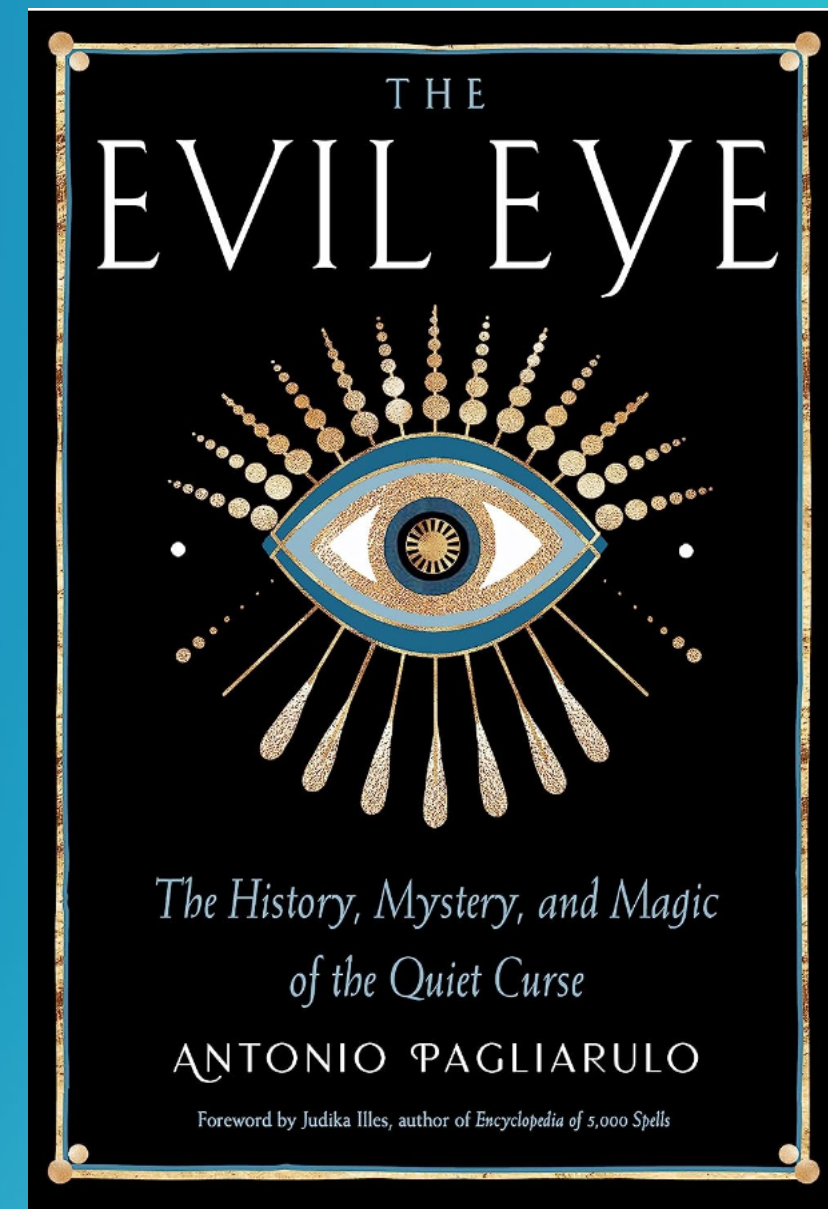
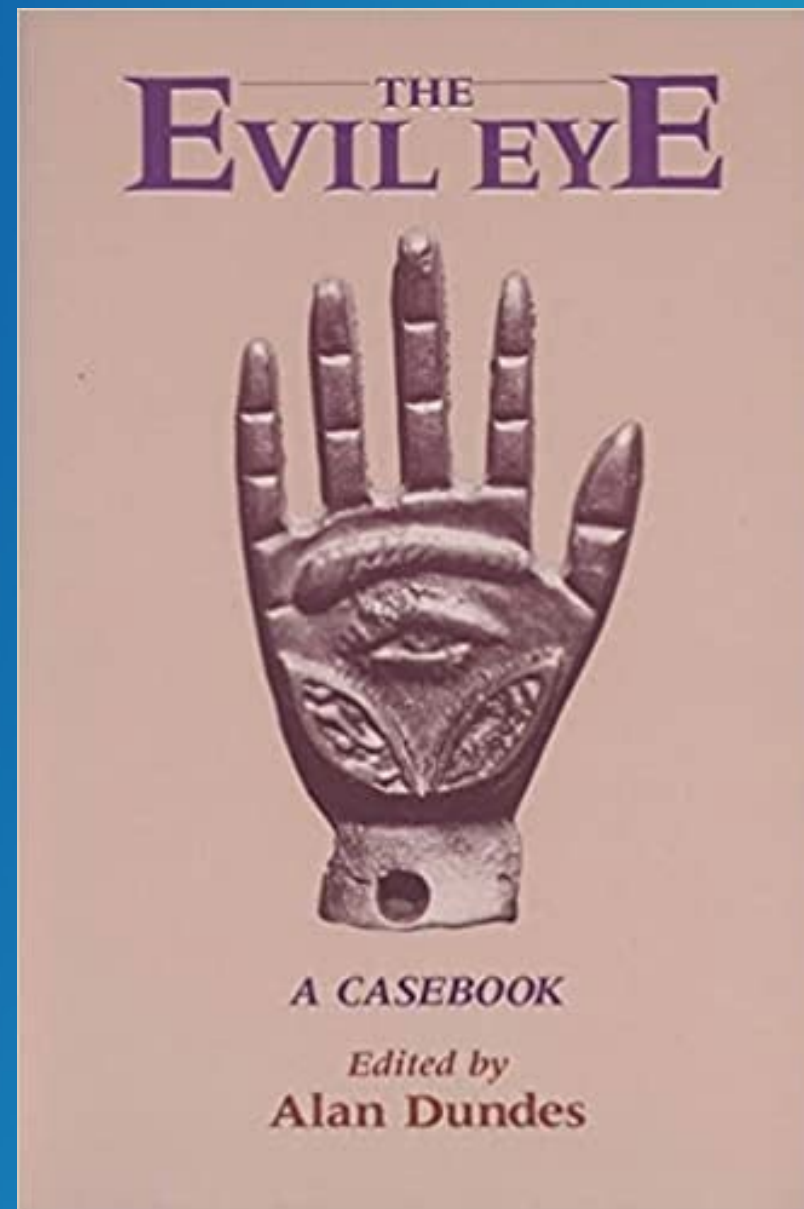
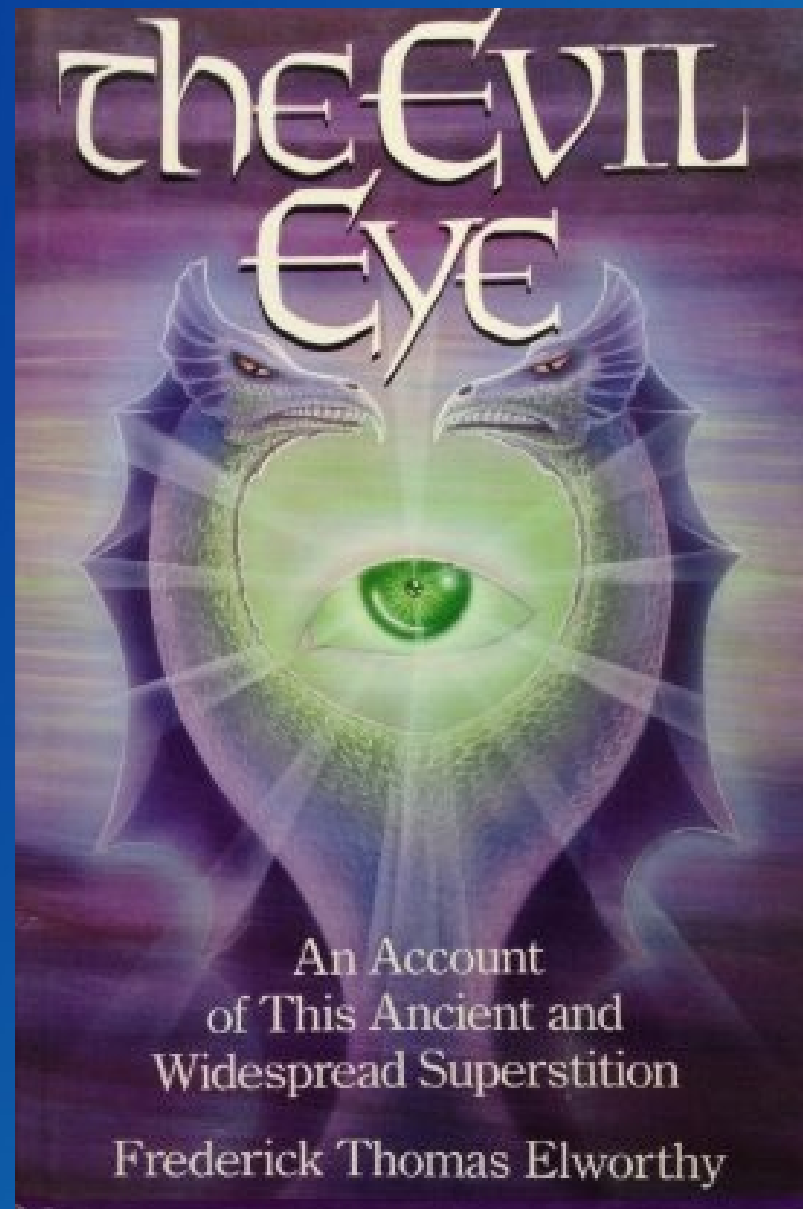
Cimaruta

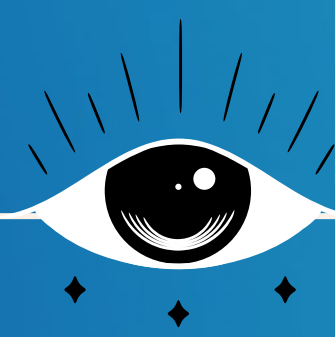
- Rue
- Serpent
- Half moon
- Key
- Heart
- Hand & Horn
- Bird
- Shamrock
- Rabbit
- Frog
- Fish
- Dagger
- Sacred Heart





Further Reading





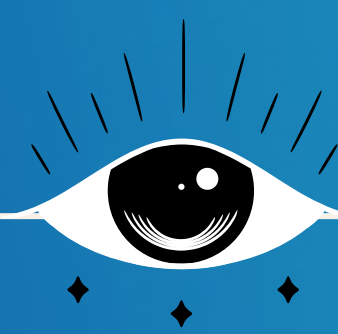
Thanks for Listening!



www.blackcandlecottage.com



@blackcandlecottage

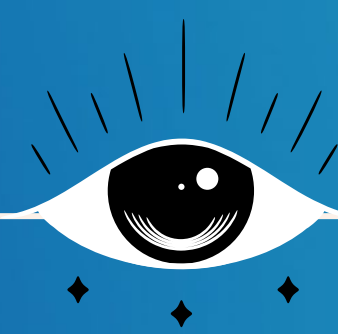


Bible - Old and New Testament

Deuteronomy 15:9: Beware that there be not a thought in thy wicked heart, saying, The seventh year, the year of release, is at hand; and thine eye be evil against thy poor brother, and thou givest him nought; and he cry unto the LORD against thee, and it be sin unto thee.

Proverbs 23:6: Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats:

Matthew 20:15-16 Is it not lawful for me to do what I will with mine own? Is thine eye evil, because I am good? So the last shall be first, and the first last: for many be called, but few chosen.



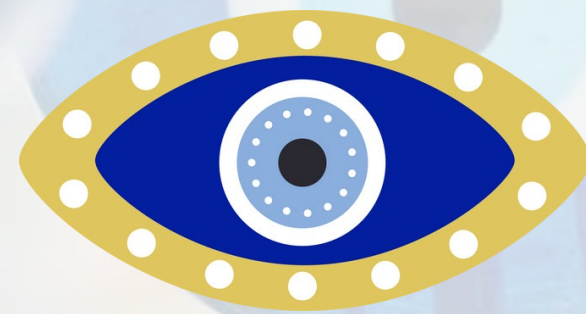
Quran

Surah 113:1-5 Say, 'O Prophet,' "I seek refuge in the Lord of the daybreak from the evil of whatever He has created, and from the evil of the night when it grows dark, and from the evil of those 'witches casting spells by' blowing onto knots, and from the evil of an envier when they envy."

Surah 68:51-52 The disbelievers would almost cut you down with their eyes when they hear 'you recite' the Reminder,¹ and say, "He is certainly a madman." But it is simply a reminder to the whole world.

Spiritual Protection

MORE THAN MEETS THE EYE



DEE NORMAN
MYSTIC SOUTH 2023