



Ancient Ways: Reclaiming Pagan Traditions

Pauline Campanelli

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Paganism has filled the hearts and souls of people all over the world for thousands of years. In each culture, independent ways to honor the Goddess and God and watch the turning of the wheel of the year have developed. In *Ancient Ways* by Pauline Campanelli, you will learn many of those ideas and techniques, enhancing your magick and your ties to Pagan ancestors.

The book follows the flow of growth in the world that is linked to the Pagan festivals. It begins with Imbolc (February 2) and continues with the solstices and equinoxes, as well as the cross-quarter holidays such as Lammas, Samhain, and Yule. Each festival has a chapter dedicated to it, and each chapter is filled with folklore, history, and traditions that will make your heart sing.

For example, in the section on Samhain (October 31) you'll learn about traditional Halloween party favors and how to use a tambourine to help contact spirits. You'll discover information about cats and why they became associated with Witches. You'll also learn where the association of this festival with bats and owls came from. And of course the book explains the pumpkin and the Jack-o'-lantern. There's even a recipe for pumpkin bread.

Ancient Ways explains how this holiday is actually considered the third or final harvest. You'll learn how apples are involved with the holiday and how they can be used for healing. Other topics here include how to use a pendulum, channeling, and mediumship; a brief history of important dates in Witchcraft; and how to use magick mirrors and crystal balls.

This type of information is included in every chapter of this book. You'll also learn charms and spells, numerology and folk arts, as well as traditional myths and legends. With this book you will expand your knowledge of Paganism and enhance and add to your practices. It is a book you will use again and again.



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