

Dear Cecil:

In high expectation of Valentine's Day, I'd like to get a guaranteed high potency love potion recipe and corresponding love spell. How about it, Cece? --Barb T., Chicago

Cecil replies:

Strictly no sweatski, Barbikins. I provide below a handy recipe for an herbal love charm, devised by one Miriam "Starhawk" Simos of San Francisco. I should point out that this is a sort of all-purpose cluster-bomb-type love charm, to be used only if you are not real fussy about who your prospective manchild turns out to be. If you already have some particular target in mind, there is probably some more salubrious method, but I do not know what it is, not having gotten that far in my witchcraft book yet. For the nonce, fake it.

LOVE CHARM RECIPE

Ingredients: A circle of rose-colored or (for more sexually passionate love) red cloth; acacia flowers, myrtle, rose petals or buds, jasmine flowers, and lavender; a red felt heart, and a copper coin or ring. To tie them all up (in seven knots), use a blue thread or ribbon.

Directions:

- (1) Assemble all materials on your altar (you do have an altar, I assume).
- (2) Cast a circle. Easier said than done, judging from the instructions here. You have to recite this incantation about the Red Lion of the noon heat and all this other stuff, plus you have to make mystical gesticulations with your sacred witch's knife. Sounds pretty cornball to me. Personally I'd go with, "I hereby declare this circle cast. Amen and hallelujah." No muss, no fuss.
- (3) Light candle (incense optional).
- (4) Raise energy, it says here. In other words, get psyched.
- (5) With mortar and pestle, grind together herbs.
- (6) Gather herbs and other objects into cloth. Twist top and tie together with thread.
- (7) Breathe on charm, charge with air. Charge basically means recite more incantations. If I were you, I'd trash the incantation jive, but for those who insist on it, here is a representative sestet:

HAR HAR HOU HOU
DANCE Ici DANCE La!
JOUE Ici JOUE La!
HAR HAR HOU HOU!
DANCE Here DANCE There!

PLAY Here PLAY There!

El retardo supremo, if you want my opinion. Anyway:

(8) Pass charm through candle flame, charge with fire.

(9) Sprinkle a few drops of water on charm, charge with water.

(10) Dip into salt, or touch to pentacle, if you happen to have one on you, and charge with earth.

(11) Hold charm in hands, breathe on it, and charge fully with whatever energy is left over from 7, 8, 9, and 10, concentrating on your visualization.

(12) Drop to the ground, relax, and earth the power. (I know this is cryptic. It is in the nature of witchcraft to be cryptic. If you want easy-to-follow directions, go buy a box of cake mix.)

(13) Visualize tying knot. Actually tie knot (total of seven, remember). Recite as follows: "By all the power/Of three times three/This spell bound around/Shall be./To cause no harm/Nor return on me/As I do will/So mote it be!" Hip hip hooray, etc.

(14) Open circle and await arrival of love. For further details, see *The Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess* by Starhawk, available at fine occult bookstores everywhere.

--CECIL ADAMS