**Terrific Talismans Class**

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From the **British Isles Folkloric Tradition** although every religion or tradition has them. (1)

**Talisman**: A physical object that contains & holds magickal power; used to attract or repel energies, beings, & forces. **Amulet:** A talisman that is worn. **Sigil**: A symbol with talismanic qualities that is drawn onto another object. Also called charms, “fetishes”, demon traps, runes. **Example**: 4 leaf clover (2) *Sympathy / Contagion; Apotropaic*

What are we **guarding against**: “Evil spirits”, Fae or other natural entities cause trouble, harm from malevolent forces, “witches”, those who wish to harm us. Negative thoughts or feelings, may not be intentional harm. **Symptoms**: Disquiet, trouble sleeping, arguments, anxiety, depression, (not clinical), fatigue, energy drained. Sour milk, yeast dies bread won’t rise, farm and pet animals disturbed, accidents, bad luck, financial troubles. (3)

**Examples** of talismans / amulets: (British) Holey stone / hagstone, iron railroad spikes (hoodoo / conjure) (4) bells on doors, scythe in chimney. Black tourmaline. Bird’s foot—claw w/ British jet. Rooster spurs, antlers, amber & jet necklace (Other Cultures) Sign against evil eye, hand gestures, pentagram necklace, Thor’s hammer, Christian cross, star of David, horseshoe, broom facing upright. Seasonal – Yule / Alban Arthan, Midsummer / Alban Hefyn

**Witches’** Marks / objects: (5) Sigils and objects used to repel harmful energies and beings. Aka: Hexfoils, hexefoils, apotropaic marks, demon traps, guards, wards, medieval graffiti, runes and by their individual names. Mazy cross, daisy wheel, pentagram, spectacles, VM, web, etc.

**Charge it**! Empower your talisman with magickal energy in a ritual circle, during a traditional ceremony, or by leaving it out overnight under the full moon., or by leaving it out overnight under the full moon.

**Questions**?

**More info**: (6) **Online**: *Witch Marks? These Marks* by Rachael Hall, Nationaltrust.org.uk ; *Witch Marks Cave Tour*, Cresswell Crags website; A.C.’s FB “British Isles Folkloric Tradition” and website acfisheraldag dot com.

**Books** – *Medieval Graffiti* by Mark Champion; *Common Magick* available from Llewellyn and *Teriffic Talismans* in the 2022 *Witches’ Companion*, by A.C. Fisher Aldag,

*The Complete Book of Amulets & Talismans*, Whippler. *Talismans and Amulets for Beginners*, Webster. *“Llewellyn Sabbat Essentials”* have suggestions for holidays.