

# ***The Thirteen Goals of a Witch***

The Livinggreen

These goals were written by Scott Cunningham. I find them very important and significant. What I love about them is that they are not a bunch of lofty, unattainable goals. They are a way of life, and realistic things that can be achieved through work and dedication. I think that we should remind ourselves of them daily. Have them written somewhere in your home. Know them by heart and say them out loud to yourself every day.

## **Know yourself**

Who are you? Do you really know all there is to know about yourself? Getting to know who we are is a life time journey. We are always growing and changing. The exploration of the soul is the most important journey you will ever make...and the longest one too :)

## **Know your Craft**

The Craft: So many different ways of worship. So many traditions! Knowing your chosen Craft path doesn't end when you have read all the 'right' books or after initiation. That is, in a sense the beginning of knowing your Craft.

## **Learn**

To achieve any of these goals, you must be on a constant quest to learn more. More about yourself, your Craft and the world around you.

## **Apply knowledge with wisdom**

Some people seem to think that these 2 words are interchangeable. They are not. Knowledge is what you know. You gain knowledge through various forms of study. Wisdom is something else entirely. It is something that can not be taught. It is that which you gain through experience and intuition. Combine your knowledge with your wisdom.

## **Achieve balance**

This seems to be something of a challenge as many of us have busy lives. We have many responsibilities and it can be difficult at times to just stop. Take a deep breath, and put your personal priorities into perspective. This means creating balance in your life. Spiritual, emotional and physical. If you don't have balance, you're unbalanced. It's as simple as that. Make time to achieve balance...you won't regret it.

## **Keep your thoughts in good order**

Self explanatory.

## **Keep your words in good order**

Self explanatory but the quotes "Speak little, listen much" come to mind, along with "Think before you speak".

## **Celebrate life**

Enjoy your life! Celebrate it and all of the wonders it brings you. There is cause for celebration every day. From the simple things like waking up, enjoying a nice cup of tea or a warm bath to the more obvious ones. In Pagan books of days, you see that everyday is cause for celebration.

## **Attune with the cycles of the Earth**

This can be a tough thing to do if your schedule seems destined to keep you indoors. Working long hours in a concrete building with no window, driving in grid lock traffic and then rushing to take care of your house hold tasks. Our ways worship the Earth and there are ways (no matter how busy you are) to attune with the cycles of the Earth.. It just takes some creativity and imagination.

## **Breathe and eat correctly**

The importance of eating correctly is fairly obvious. You are what you eat. Unfortunately, since healthy living has come in to major focus, many have become confused about just what is and are not good for you. There are, however some foods that never come into question. Fresh fruits/ vegetables and grains. A balanced diet that includes these every day is essential. Breathing is something that is not discussed very much. There are yoga and meditation books and web pages that do discuss the importance of adopting a calm, slow and deep breathing pattern.

## **Exercise the body**

No matter what path you follow, it is imperative that you take very good care of yourself. You know that saying "Your body is your temple?" It is!!! So don't be a lazy Witch and allow yourself to become obese, or constantly eat food that isn't good for you, and specially DO NOT SMOKE! No one is going to take care of you, but you. And if you truly want to please the 'Powers That Be', you will treat the amazing body they gave you with honor and respect. I can't emphasize this enough! Be good to yourself, and your body will reward you with health, long life, and happiness.

## **Meditate**

Meditation is as important to your health, as a proper diet and regular exercise. It is also imperative, along with visualization for successful rituals, spells and divination.

## **Honor the Goddess and God**

Self explanatory.

