

# YOUR OLD BABA CHARMS

*The correspondences of Baba are as varied as her folklore. Visualise her hut or call upon the power of the birch tree and her horsemen to aid you when you are most in need.*

## BABA'S MAGIC HUT

When Baba's hut is found in folktales it faces away from the hero or heroine, like a problem needing a solution. Those who know the secret phrase can persuade it to turn around and let them enter its dark door.



If you have a problem to solve, meditate and visualise it as Baba's hut in the

***If you have a problem that needs solving at work, meditate on Baba's hut in the forest of birch trees.***

forest, facing away from you. Close your eyes and say, "Hut, hut, turn your back to the forest and your front to me". Once the hut has creaked around, 'enter in' and see the solution to your problem symbolised by an object or image within Baba's home.



## NEW BEGINNINGS

As well as being sacred to Baba, the birch tree has other uses and associations in folklore, such as driving out evil spirits.



Birch twigs were used in the old practice of 'beating the bounds', where the boundaries of a village were beaten with birch twigs to keep it safe. When you move into

a new home, gather some birch twigs and secure with a red ribbon, a colour of the birch. Now 'beat' the edges of the land surrounding the property, including the corners, to put the protection of the birch tree onto your home.

***Birch brooms can be used to sweep away stale energy.***



## BABA TRAVEL SPELL

Baba's three horsemen represented the course of the day and can be used in an amulet for safe travelling.



On a new Moon, gather three threads, one each of the three colours, white, red and black. Plait them together, repeating as you do,

"White to guard me as I start my day, red to guard me with solar ray, black to guard me at the end of my way".



As you do this, think of the three horsemen, like three knights, with their strength and magical protection being woven into the plait you will carry on your journey to keep you safe.



***Make a Baba travel charm from white, red and black thread.***

## KITCHEN BLESSING

Baba famously cooked wonderful meals for all her guests, though she expected them to clear up afterwards! With her ancient brick oven and pestle and mortar, the preparation of food is strongly emphasised in her folklore.



Pour water into a bowl and add some herbs ground with a pestle and mortar, such

as rosemary, thyme and sage. Leave in the window for 24 hours so it absorbs the light of the Sun and Moon, then sprinkle it in your kitchen and say, "May my kitchen be blessed, that I always prepare good food to nourish myself and guests".

***Leave some herb-infused water in the window for 24 hours.***

