



Secrets of East Anglian Magic

By Nigel Pennick

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A practical guide to the traditional secrets of the magical practitioners of East Anglia. Containing a wealth of magical tradition, this book reveals its origins and mysteries and explains its underlying principles enabling the reader to come into a dynamic interaction with the cyclic workings of the seasons. Through the "nameless art", nature, personified by spirits, becomes approachable. This book gives a brief history of magic in this region, and explains the current use of its ancient skills and wisdom. It serves as a rich sourcebook for talismanic magic, charms against evil, household and animal magic, folk remedies, ceremonies of protection, curative spells and recipes. It also offers an insight into the little-known techniques and traditions of East Anglia, with emphasis upon the practical, useful nature of "nameless art" as a magical path to self-awareness.

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Secrets of East Anglian Magic By Nigel Pennick Bibliography

- Sales Rank: #3983998 in Books
- Published on: 2001-11
- Original language: English
- Dimensions: 8.75" h x 5.50" w x .75" l,
- Binding: Paperback
- 192 pages

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