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Bendis Saage

# **Witch Magic & Witchcraft: The Ancient Art of Herbal Witches**

**A Practical Guide to Traditional Rituals,  
Sacred Tools, and Natural Magic with the  
Witch Hammer History**

16 Sources  
43 Diagrams  
55 Images  
7 Illustrations

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**Dear readers,**

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

The fascinating world of witchcraft combines ancient knowledge with contemporary spiritual practice. This specialized book illuminates the historical roots of witchcraft and demonstrates how traditional herbal wisdom and magical rituals can be meaningfully practiced in modern times. From the traditions of the *Malleus Maleficarum* to practical guides for moon rituals and herbal magic—here, centuries-old knowledge merges with present-day application. Readers gain well-founded insights into magical tools, ritual practices, and the ethical principles of witchcraft. Special emphasis is placed on nature-connected aspects such as herbal healing and elemental magic. This work offers a balanced mix of historical background knowledge and practical guidance for those who wish to engage seriously with the tradition of witchcraft. Discover the timeless wisdom of witchcraft and its significance for spiritual growth in the present.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

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## Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

## Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



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# 1. Fundamentals of Witchcraft



What distinguishes genuine magical practice from mere superstition? The art of witchcraft extends far beyond what Hollywood and fairy tales convey. For millennia, people on all continents have developed methods to connect with the hidden forces of nature. This knowledge has often been passed down in secrecy and adapted to the respective cultural circumstances. In this chapter, we reveal the timeless foundations of a tradition that has lost none of its fascination even today.



## 1. 1 Historical Roots



his section illuminates the historical roots of witchcraft, from the devastating effects of the \*Malleus Maleficarum\* and the associated demonization of women and natural knowledge to a return to ancient traditions. The analysis of this complex history reveals not only the suppression of female power and the erasure of traditional knowledge but also the contemporary relevance of these themes. The historical perspective allows for a deeper understanding of modern witchcraft and its significance for empowerment and self-determination. Let us delve into this fascinating history and discover the power of the past.

*The historical legacy of the witch hunts reminds us to critically engage with power structures and the instrumentalization of fear and prejudice in order to combat discrimination and protect the diversity of knowledge and experience.*

## Malleus Maleficarum Traditions



he Malleus Maleficarum (Witch Hammer), published in 1486 by Heinrich Kramer and Jakob Sprenger, significantly shaped European witch hunts. The authors viewed women as particularly susceptible to the influence of the devil and propagated this notion in the Malleus Maleficarum [s1]. This attribution reinforced the already existing misogyny and led to the systematic persecution of women accused of witchcraft. A mere suspicion was often sufficient to justify torture and execution. Those who engage with the writings of the Malleus Maleficarum quickly recognize the prejudices against women embedded therein. The alleged proximity of women to magic and the devil served as justification for their oppression and exclusion. The Malleus Maleficarum also linked mental illnesses, particularly hysteria, with demonic influence [s1]. This connection pathologized female behaviors and contributed to the stigmatization of the mentally ill. Instead of receiving medical help, affected women were often denounced and persecuted as witches. The "symptoms" of demonic possession described in the Malleus Maleficarum resemble contemporary descriptions of neurological or psychological disorders. When reading these historical texts today, it is essential to consider the medical ignorance of the time and the societal fears that led to such misinterpretations. The publication of the Malleus Maleficarum coincided with a time of social upheaval and religious tensions [s1]. The Church sought to solidify its authority, and the witch hunts served as a tool for exercising power and control. The fear of the devil and his supposed allies was deliberately stoked to discipline the populace and suppress dissenting opinions. The Malleus Maleficarum provided the supposed theological justification for these persecutions and contributed to the escalation of the witch hunt. The book became a manual for inquisitors and judges and influenced the jurisprudence in witch trials. The misogynistic stereotypes embedded in the Malleus



Maleficarum—such as the portrayal of women as lustful, gullible, and vengeful—shaped the societal image of women for centuries [s1]. The work helped to solidify the notion of the "evil witch" and legitimized the discrimination against women. Analyzing the *Malleus Maleficarum* provides insights into the mechanisms of misogyny and the instrumentalization of fear and prejudice for the exercise of power. A critical engagement with these historical texts is essential to understand the roots of discrimination and to learn for the present. The ideas propagated in the *Malleus Maleficarum* continue to resonate today and influence our understanding of femininity, illness, and societal power.



*torture* <sup>[i1]</sup>

## Good to know

### **Hysteria**

Hysteria, a frequently diagnosed mental disorder primarily affecting women, was often viewed as evidence of demonic possession or witchcraft.

### **Inquisitors**

Inquisitors were ecclesiastical officials tasked with investigating and prosecuting heresy and other religious deviations, including alleged witchcraft.

### **Malleus Maleficarum**

The *Malleus Maleficarum* was an influential work that intensified the witch hunts during the Renaissance by associating women with witchcraft and stoking societal fears of the supernatural.

### **Misogyny**

Misogyny, the aversion or contempt for women, played a significant role in the witch hunts, as women were often seen as more susceptible to the influence of the devil.