



Attracting Faeries from the Elemental Realms

Introduction to the Energy of those we know as the Faeries and their cohorts



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Faeries, Goblins and Citizens of the Elemental Kingdoms

Who are the Faeries?

Fairies resemble various beings of other mythologies, though even folklore that uses the term *fairy* offers many definitions. Sometimes the term describes any magical creature, including goblins or gnomes: at other times, the term only describes a specific type of more ethereal creature or sprite. Various folkloristic traditions refer to them euphemistically, by names such as *wee folk*, *good folk*, *people of peace*, *fair folk* (Welsh *tylwyth teg*), etc.

Much of the folklore about fairies revolves around protection from their malice. Although in modern culture they are often depicted as young, sometimes winged, humanoids of small stature, they originally were depicted quite differently: tall, radiant, angelic beings or short, wizened trolls being two of the commonly mentioned forms.



One common theme found among the Celtic nations describes a race of diminutive people (the Tuatha Dé Danann) who had been driven into hiding by invading humans. When considered as beings that a person might actually encounter, fairies were noted for their mischief and malice.

Fairies are generally described as human in appearance and having magical powers. Their origins are less clear in the folklore, being variously dead, or some form of demon, or a species completely independent of humans or angels.

The concept of "fairy" in the narrow sense is unique to English folklore, conflating Germanic elves with influences from Celtic and Romance (French) folklores, and later made "diminutive" according to the tastes of Victorian era "fairy tales" for children. The English term "fairy" can be applied to comparable beings in any of these cultures, more generally to similar beliefs in other European folklores ("Slavic fairies"), or in comparative studies even worldwide.

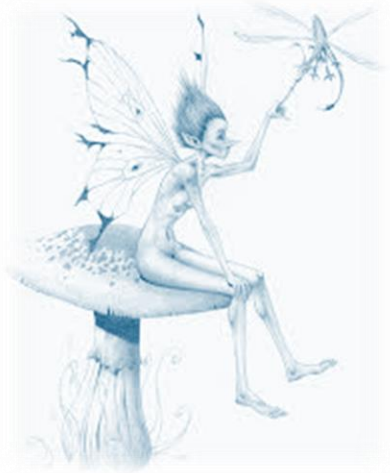
Fairies have their historical origin in the conflation of Celtic (Breton, Welsh) traditions in the Middle French medieval romances, e.g. as one of the beings that a knight errant might encounter. *Fairie*

was in origin used adjectivally, meaning "enchanted" (as in *fairie knight*, *fairie queene*), but was used as a name for "enchanted" creatures from as early as the Late Middle English period.

Fairies as the term is now understood were shaped in the literature of Romanticism during the Victorian era. Writers such as Walter Scott and James Hogg were inspired by folklore which featured fairies, such as the *Border ballads*.

Folklorists have suggested that their origin may lie partially in a conquered race living in hiding, or in religious beliefs that lost currency with the advent of Christianity.

(Wikipedia, 2014)



The Elemental Kingdom

There are four basic elements of nature:

- fire
- air
- earth
- water

Within each of the four elements are nature spirits that are the spiritual essence of that element.

They are made up of etheric substance that is unique and specific to their particular element. They are living entities oftentimes resembling humans in shape but inhabiting a world of their own.

The beings in the Elemental Kingdom work primarily on the mental plane and are known as "builders of form."

Their specialty is translating thought-forms into physical forms by transforming mental patterns into etheric and then physical patterns. Each of them is a specialist in creating some specific form whether it be an electron or interstellar space.

Elementals range in size from smaller than an electron to vaster than galactic space. Like the angels, elemental beings begin their evolution small in size and increase their size as they evolve.

The elementals serving on planet Earth materialize whatever they pick up from the thoughts and feelings of mankind. This relationship was intended to facilitate the re-manifestation of "heaven on Earth."



They take their orders from **the Devas**. They do not remain individualized as humans are. These beings are animated by the thought power of the lower angels and so are thought forms of sorts.

They may be etheric thoughts forms, yet they have etheric flesh, blood, and bones.

They live, propagate off spring, eat, talk, act, and sleep. They cannot be destroyed by grosser material elements such as fire, air, earth, and water because they are etheric in nature. They are not immortal.

When their work is finished they are absorbed back into the ocean of spirit. They do live a very long time - 300 to 1,000 years.

They have the power to change their size and appearance almost at will.

They cannot, however, change elements.

Earth - Gnomes

The nature *spirits of the Earth* are called *Gnomes*.

Subgroups:

- Brownies
- Dryads
- Durdalis
- Earth Spirits
- Elves
- Hamadryads
- Pans
- Pygmies
- Sylvestres
- Satyrs



Fire - Salamanders

The Salamanders are the spirit of fire. Without these beings, fire cannot exist.

You cannot light a match without a salamander's being present. There are many families of salamanders, differing in size, appearance, and dignity. Some people have seen them as small balls of light, but most commonly they are perceived as being lizard-like in shape and about a foot or more in length.



The salamanders are considered the strongest and most powerful of all the elementals. Their ruler is a magnificent flaming being called Djin. Those who have seen him say that he is terrible, yet awe-inspiring in appearance.

Salamanders have the ability to extend their size or diminish it, as needed. If you ever need to light a campfire in the wilderness, call to the salamanders and they will help you.

It has also been said that salamanders (and the other elemental beings) can be mischievous at times. For example, a fiery temper and inharmonious conditions in a person's home can cause these beings to make trouble. They are like children in that they don't fully understand the results of their actions.

They are greatly affected, as are all nature spirits, by human humankind's thinking.

Air - Sylphs

The sylphs are the air spirits.

Their element has the highest vibratory rate of the four (beside earth, fire, water). They live hundreds of years, often reaching one thousand and never seeming to get old. They are said to live on the tops of mountains. The leader of the sylphs is a being called Paralda who is said to dwell on the highest mountain of Earth.

Sylphs often assume human form but only for short periods of time. They vary in size from being as large as a human to being much smaller. They are volatile and changeable. The winds are their particular vehicle.

They work through the gases and ethers of the Earth and are kindly toward humans. They are usually seen with wings, looking like cherubs or fairies. Because of their connection to air, which is associated with the mental aspect, one of their functions is to help humans receive inspiration.

The sylphs are drawn to those who use their minds, particularly those on creative arts.



Water - Undines

The undines are the elemental beings that compose water.

They are able to control, to a great degree, the course and function of the water element. Etheric in nature, they exist within the water itself and this is why they can't be seen with the normal physical vision. These beings are beautiful to look at and are very graceful. They are often seen riding the waves of the ocean.

They can also be found in rocky pools and in marshlands. They are clothed in a shimmery substance looking like water but shining with all the colors of the sea, with green predominating. The concept of the mermaid is connected with these elemental beings.



The undines also work with the plants that grow under the water and with the motion of water. Some undines inhabit waterfalls, others live in rivers and lakes. Every fountain has its nymph. Every ocean has its oceanids.

The undines closely resemble humans in appearance and size, except for those inhabiting smaller streams and ponds. The undines often live in coral caves under the ocean or on the shores of lakes or banks of rivers. Smaller undines live under lily pads.

The undines work with the vital essences and liquids of plants, animals, and human beings. They are present in everything containing water. There are many families of undines, as the chart indicates.

The ruler of the undines is a being called Necksa. The undines love, serve, and honour her unceasingly. They are emotional beings, very friendly and open to being of service to human beings.

The smaller undines are often seen as winged beings that people have mistakenly called fairies. Those winged beings are seen near flowers that grow in watery areas.

They have gossamer wings and gossamer clothing.

Subgroups:

- Limoniades
- Mermaids
- Naiads
- Oceanid
- Oreads
- Potamides
- Sea Maids
- Water Spirits

(Biblioteca Pleyades, 2003)



How to Find Real Fairies

Most of us think that fairies are an English, Scottish, or Irish legend and so that must mean that the fairies can only be found in those countries. This is a false statement and a misconception. Finding real fairies is easier than you might think, because real fairies have been seen and can be found on literally every continent in the world. Every culture has their stories of fairies or nature spirits, from Ireland to China, South Africa to Canada, Australia to Finland. Some believe that the fairies are not actually on our plane of existence, but another plane of existence overlapping ours. Please keep in mind that you must be open-minded and spiritually connected to Mother Earth in order learn how to find real fairies.



Another precursor to this article that I must make mention of - **if you are a skeptic or a non-believer, the fairies will most likely never show themselves to you.** If you are of ill intention, ill will or mind, the fairies will most likely never show themselves to you. If you do not care for the wellbeing of the earth, or if you are a staunch religious person, the fairies will most likely never show themselves to you. Now, that's not to say that they won't have a bit of fun with you...perhaps you'll lose your camera on the way while trying to find them. Or perhaps your food will spoil. The fairies only show themselves to people who are true of heart and pure of soul, and when they do show themselves to you - never say thank you! These words are not in their vocabulary and many times it actually offends them!

Faerie Rings

If you ever see a ring of toadstools in a meadow, forest, or in your own yard...you'll know that this is a fairy ring. For hundreds of years, people in Ireland, Scotland, England and elsewhere in Europe have said that the circle of toadstools is where the fairies have danced. If the fairy ring of toadstools is in your own yard, it would be wise of you to not cut the toadstools down lest you anger the fairies who dance and play there.

Other fairy rings could consist of a dark green ring on the grass, this ring would be much darker than the rest of the grass and would make a complete circle. Fairy rings could also be made up of a certain type of trees, such as willow or oak. Willow tree fairy rings are especially a favorite of the Dryads. Stone circles are also known to have been popular fairy rings in ancient times. Perhaps the stones at Stonehenge make up an ancient fairy ring? Maybe the ancient Celts of Britain knew that the stones would attract fairies.

A warning about stepping inside of a fairy ring - try not to ever step inside of a fairy ring. Many people of Ireland believed that a person could get stuck in a fairy ring and their minds may never come back.

Wells and Springs

Looking back through ancient Celtic history, many people would make pilgrimages to distant, sacred wells in Ireland. These sacred wells were said to be guarded by various types of spirits, namely certain fairies. If you go to Ireland and find a sacred well, it is very likely that you might find real fairies still guarding the well.

Water fairies are particularly drawn to sacred wells and springs. The fairies like to dance on the tops of the rocks in the springs and enjoy watching nature at its most beautiful. If you want to learn how to find real fairies, all you have to do is find the most beautiful springs in the forest...sit and wait. You might want to think about leaving an offering for the fairies.

Just remember that not all fairies are nice, and so when you find real fairies at a Spring...be sure to take caution not to disturb them while they're playing. If you find a pooka or kelpie, do not communicate with them!

Hills and Mountains

Centuries ago, it was said in Ireland and Scotland that the fairies went into hiding under the hills. They were thought to have taken up residence within these hills or what are commonly referred to as burghs. Dozens of various Native American tribes have their own stories of little people from the hills and mountains. So it is almost inevitable that if you go to a rural mountain range or lonely, naturally-preserved hill that you will most likely be able to find real fairies.

You can go to a fairy burgh (hill) and leave an offering at the foot of the hill for the fairies. Knock three times on the side of the hill and then sit down a distance away from the hill. Visualize a protective circle around yourself and then watch the hill. You may be surprised to see dancing spirits emerge from the hill. You may be surprised to see that you have learned how to find real fairies.

Particularly hills and burghs with old trees or trails of toadstools are likely spots to find real fairies. **The fairies may in fact be living within those hills...waiting for an open-minded individual such as yourself in order to emerge and strike up a conversation.**

On the Astral Plane (Inner Plane)

Of course one of the most common places to go in order to learn how to find real fairies is the astral plane. This is also referred to by many Pagans and Spiritual folks as the "inner plane". Some believe that this is where the fairies actually exist, a plane that sort of overlaps or coincides with ours. How can you find real fairies on the astral plane? There are various ways, including meditation, astral projection, and dreaming.

(Canfield, How to Find Real Fairies, 2012)



How to Attract Fairies

Fairy Offerings & Gifts

Traditionally fairies were left pails of milk, cream, butter, cakes, and even wine in old Ireland, Scotland, and England (as well as other places in Europe). You can still use these traditional fairy offerings to attract fairies to your home or garden even today!

The fairies also seem to really like creamer rather than pasteurized milk. But your fairies might be different...you have to experiment with your fairy offerings to see what your fairies will really enjoy. A nice way to leave fairy offerings is in a small pill box. This way the fairies can open it and eat what's inside, instead of you having to worry about the animals or bugs getting to the fairy offerings before the fairies do.



Another great idea is to always use biodegradable materials or reusable materials to set your fairy offerings on. I use a paper plate that I recycle afterwards and a shotglass (which obviously gets washed and put away afterwards). But you can always go to the thrift store and purchase miniature baskets or doll dishes in order to use specifically for your fairy offerings. Fairies love a small gesture to make them happy and would adore you for leaving fairy offerings on their very own miniature dishes!

You could also experiment with wine and beer, if you are a drinker and want to spare some for the fairies. It is known that many fairies love to partake in revelry.

Making Fairy Houses

Another way to learn how to attract fairies is by making special fairy houses for the garden or yard. This will show the fairies that you want them to feel welcome at your home (and that you indeed believe in them). Now, you can purchase fairy houses already made and painted, or you can make your own fairy houses to attract fairies. I think making your own fairy houses shows that you really put some thought into your fairies.

You can also purchase wooden birdhouses from the nearest craft store. Use acrylic paints to paint the fairy houses whatever colours you feel like. Decorate the fairy houses with stickers of fairies, flowers, glitter, and put shiny things inside of the fairy houses (as fairies are said to be attracted to shiny things).

A Fairy Chant to Attract Fairies

You can write your own fairy chant in order to attract fairies to your garden or home, but just to get you started here is a copy of a fairy chant. Repeat this fairy chant while leaving a fairy offering or while building your own fairy houses for the garden.

Come one, come all

Good Fairies hear my call

I believe in you and your kind too

Dance on my garden's flowers

Stay and play for hours

Good fairies, you are welcome here

We hold your magic and lives dear

Good fairies, you are welcome here

(Canfield, How to Attract Fairies Using Fairy Houses and Fairy Offerings, 2012)

Fairy Guardian

1 white candle

1 small bowl or cup

1 small plate

Milk

1 oatmeal cookie

Fairy sugar or fairy honey

Make your offerings to the fairies:

Mix milk with fairy sugar or honey (one or the other but not both). Take an oatmeal cookie with the honey or sugar drizzled on top. Light a candle in a window and say the following three times:

'Precious fairies of the day/night, keep my loved ones safe today/tonight;
Keep them breathing, safe, and warm, watch them 'til the night/day is born.'

Take the offerings outside and place them in a place you think the fairies will like and say 'This is for the fairies', or something similar. Don't say 'Thank You' since fairies get offended when thanked.

Food that will attract the Fairies

Milk, Cream, or Butter Is Their Favorite Treat!

Traditionally in Ireland, Scotland, England and elsewhere in Europe, many people would leave a small serving of their freshly squeezed milk on the doorstep for the passing fairies. Some people in Ireland, as mentioned previously, believed in fairies so much so that they thought if they didn't leave a helping of their milk for the wee folk that the wee folk would become angry and either steal

it for themselves or play awful tricks on them. This tradition can be read in many books, but it was included in a modern-day fictional story by popular author Anne Rice.



So as you can guess, milk is believed to be something that fairies love to eat...errr or drink. They mostly love fresh milk...the creamier the better. And, speaking of cream - what else do fairies eat? Cream and butter, of course. You can pretty much imagine that if fairies like to drink milk then they must love all forms of dairy, right? Well, I'm not sure about cheese or yogurt yet as I haven't tested it out myself, but I can tell you that cream and butter are also two traditional fairy foods. Freshly churned butter is even better!

Cakes & Cookies: Fairies Love to Eat Sweets!

What do fairies eat besides milk, cream, and butter? Along those same lines, fairies dating back centuries have been known to love sweets of different kinds. Traditionally cakes and milk or cakes and ale would be left for the fay on one of the eight holy days (sabbats)...usually on Samhain, Beltane, or Midsummer.

Many Faeries are inclined to eat almost any type of sweet you offer to them. Muffins, donuts, sweet cakes and breads, honey are all known to be Faerie favourites.

Libations of Ale & Wine

In addition to stealing the unwilling household's fresh milk, churned butter, and sweet cakes, what do fairies eat? What do fairies drink?

- Ale
- Beer
- Wine
- Mead
- Whiskey
- Rum
- Heck, pretty much any kind of alcohol!

Another long-standing belief and traditional beverage of the fairies is wine. If you meet anyone who works with fairies on a regular basis, whether magically or simply naturally, they will most likely tell you that fairies love wine. So if you decide to leave cakes and milk out for the fairies this Midsummer, switch it up for Samhain and leave out some bread and wine.

That's right, folks. Fairies like to have a good time, just like you and me. There are even some fairies who circulate or reside around alcohol such as wine and ale. Two fairies that are known to guard wine cellars or vineyards include the clurichaun and the Italian monicielo. These fairies will stand guard over your stock but these fairies will also drink your wine...and sometimes too much of it! There are legends of people meeting drunk clurichauns after they have had too much of the family's wine stock from the cellar.

Ale is another traditional beverage of the fay. Fairies love to drink wine but they also love a traditional mug of ale or beer. And don't forget the mead! The Irish fay in particular truly enjoy a bit

of mead from time to time. I'm sure if you set out a small cup or goblet of a fresh batch, they will be very pleased!

Another recommendation - don't just set out any old type of beer or wine. You surely wouldn't feed a favored guest a mug of natty ice, now would you? And I also wouldn't set out a cup of Arbor Mist wine. Give them some of your finest that you can afford, even if it's a little extra that you didn't drink from a bottle yourself. The fairies will appreciate the gesture, trust me.

(Canfield, *What Do Fairies Eat?*, 2013)



How do I Meet Fairies

Experiment with the Faerie Realm, on a still day, when there is no breeze, try the following activities:

Sit beside a pond while the water is perfectly still. Hold out a set of wind chimes and tinkle them over the water. Within a minute, bubbles will rise; the water will ripple, as the song of the chimes calls the water spirits to the surface.



Sit beneath a tree, close your eyes and play a flute of some kind for about a minute. If you do not have a flute, whistle one of your favourite childhood tunes. Within 30 to 60 seconds, the leaves will rustle and a breeze will brush over you as you call the air spirits. (It doesn't matter whether you play the flute or whistle well at all.)

Every flower has its fairy. Every tree has its spirit. When we learn to recognize this, we open ourselves to wonderful possibilities. We can uncover some of the secrets of that plant. If nothing else, it will help us in working with the herbal qualities of the plant. And we can use this to our benefit in many areas of our life. We know that all plants have their own energy, their own spirit, if you are having trouble with aches and pains, go sit under a willow tree for about 10-15 minutes. Just feel the embrace of the tree around you. The aches and pains will disappear. If we look at it from an herbal aspect, we know that within willow bark is a chemical called Salicylate. This is the basis of modern aspirin.

If you have trouble handling strong emotions especially feelings of guilt go sit under a pine or evergreen for a bit. Let the spirit of the tree embrace you.

How do I become more open and aware of Fairies

We can open ourselves through simple activities:

- Spend time in nature.
- Meditate 'beneath a tree.
- Involve yourself in a creative activity. (It doesn't matter whether you are good at it or not, as long as you have fun doing it.)
- Leave an area of your yard to grow free and wild.
- Sing often.

The nature spirits gather wherever there is song and music. As we open to this realm we will soon realize that the fairies and elves have a variety of shapes and forms. They range in size from the tiniest of pixies to great forest devas. They can be larger than a redwood or tinier than a firefly.

Their shapes are changeable and they will often use glamour to show themselves only in the way they choose or the way they think you will more likely accept them.

When is the best time to find fairies

There are places and times best for seeking out those of the Faerie Realm. These are called "'Tween Times and Places:'

They are indistinct, neither one time or another, neither one place or another. Dawn and dusk for example. They are neither day nor night. They are in-between.

Seashores and creek beds are neither part of the land nor part of the water. They are in-between.

Wherever there is an in-between time or place there is a thinning of the veils between worlds and dimensions and it is easier to experience new realms and wonders. Sometimes in life it is more important to feel than to know. By stirring some of those forgotten embers, by remembering what we felt as a child, we discover the joys and mysteries of the world. Remember that we can starve as much from a lack of wonder as we can from a lack of food. Nature and all of her spirits and beings keep the wonder in us alive.

*May your eyes be always open
May your hearts overflow
That which enchants will also protect –
May this you always know.*

(Sol, 2011)



Items to include in your home or garden to attract faeries

Faeries And Their Favourite Plants



Foxglove

Faeries use the petals to make hats and gloves.

Primrose

The flowers are said to have magickal powers – “making the unseen seen”! Eat one to see Faeries!

Wild Thyme

This is one of the ingredients used in a secret potion made to see Faeries, but traditionally when harvesting for the brew, the Thyme must be collected from near the side of a faery hill.

Pansies

According to folklore, Shakespeare invented a Faery king called Oberon, who used these flowers to make a love potion.

Clovers

Look out for four-leaved clovers – they’re not only lucky, they can also be used to break a Faery spell.

St Johns Wart

Used widely in homeopathy to relieve stress, calm the mind and uplift, this herb can also be used to break Faery spells.

Toadstools and Mushrooms are of course a great addition. Try make a faery ring for your Faeries! Any mushrooms will do, but see if you can track down any of these types of toadstools: Fly Agaric, Yellow Fairy Club, Slender Elf Cap, Dune Pixie-Hood, and Dryad’s Saddle.



Crystals To Connect With The Faeries

Fairy Quartz

This is a must for any Faery garden! Fairy Quartz has an earthy vibration and links directly to the Faery Kingdom. Great for children, Fairy Quartz calms after nightmares. This Crystal soothes the environment and removes emotional pain. Fairy Quartz also helps you to unravel your family myths – ancestral and cultural stories you are locked in.

Tourmaline

Tourmaline has a strong link to “Devic” (faeries and other spiritual beings) energies. It is great for plants and keeps away pests. Tourmaline is protective and can change negative thought patterns into positive ones, while stopping feelings of victimisation. This Crystal is grounding and a powerful mental healer.

Green Tourmaline (Verdelite)

Green Tourmaline helps in visualisation and creativity. This Crystal is a powerful healer and protector during detoxification. It facilitates the study of herbalism, enhances the effect of remedies and heals plants too. It attracts prosperity and abundance! Green Tourmaline can also help you to re-programme negative emotional patterns.

Harlequin Quartz

Harlequin Quartz is a combination Crystal – it contains the properties of Quartz and Hematite. It also has the following specific properties. Harlequin Quartz acts as a bridge between the spiritual and physical worlds. It expresses universal love and stimulates healing of the heart. This Crystal provides inspiration and is great for soothing Indigo children.



Bloodstone

Bloodstone is an earthy stone that helps you to live in the present moment. An excellent blood cleanser and immune booster, Bloodstone heals and revitalises. It reduces irritability, aggressiveness and impatience. Great for children (and adults!) because it grounds, protects, keeps out undesirable influences and teaches to avoid dangerous situations.

Jade

Jade is a protector against danger for children, and can undo physical harm. This Crystal is a symbol of purity, serenity & nurturing. It brings insightful dreams, stabilizes personality and integrates mind & body. It encourages you to become who you really are by helping you understand yourself as a spiritual being on a human journey.



Prehnite

Prehnite is a stone of unconditional love, and heals the healer (making it great for therapists and parents!). It puts you in touch with the Universe's energy grid when meditating. Prehnite teaches you how to be in harmony with nature and the elemental forces, while revitalising its surroundings and de-cluttering space. It's useful for gridding the environment and seals your aura in a protective shield.

Turquoise

Turquoise creates a bridge between Heaven and Earth, and is sacred to the Native Americans. Given as a gift, it brings good fortune and peace to the receiver. It is protective and a good healer, assisting you with your soul expression. Turquoise helps you to attune spiritually and enhances communication with both the spiritual and physical worlds. It also helps you to release old vows that are no longer relevant, inhibitions and stops self-sabotage.

(Earth DNA, n.d.)

