



# Bones & Shadows

UNLOCKING THE SECRETS  
OF BABA YAGA

A HEYTJ PUBLICATION



Welcome to the wild world of Baba Yaga, the untamed crone of the forest who dances at the crossroads between life, death, and rebirth. If you've heard of her before, you probably already know she's not the kind of figure to mess with lightly. Baba Yaga isn't your friendly neighborhood witch of Love & Light(tm), passing out love spells and moon water. Baba Yaga is a terrifying old woman who tests your soul with impossible tasks and decides if you're worthy of her wisdom - or not.

In Slavic folklore, Baba Yaga is known as the wild crone who lives in a hut that stands on chicken legs, moving and turning in the forest at her will. She is the guardian of deep, untamed magic and the mysteries that come with it. Unlike many other entities, Baba Yaga is neither purely good nor evil- she's a force of nature, unpredictable and wise, challenging and generous. For those who seek her out with pure intentions and the grit to face her trials, Baba Yaga offers immense power, transformation, and a deeper understanding of the shadows we carry inside.

But beware: Baba Yaga doesn't coddle. She's the crone who will throw you into the forest of your own soul, ask you to separate poppy seeds from dirt, and watch as you struggle to find your way out. The reward? Wisdom, protection, and the kind of raw power that only comes from walking through the darkest parts of yourself.

This guide is your invitation into Baba Yaga's world—a world of deep magic, shadow work, and transformation. Whether you're looking to face your own shadows, call on her fierce protection, or embrace the wild crone within, Baba Yaga's wisdom is ready to challenge you. Just be prepared to earn it.



# CONJURING BABA YAGA





## A word of warning...

Calling upon Baba Yaga is not a task to be taken lightly. She's not your average deity waiting for offerings of roses and honey. No, Baba Yaga prefers things a little darker, a little earthier, and a lot more primal. Her energy is wild, ancient, and unpredictable—just like the forest she calls home. She is the embodiment of life and death, of the crossroads between worlds, where the veil is thin, and nothing is certain. When you summon Baba Yaga, you're not just asking for wisdom—you're stepping into the unknown, where transformation isn't gentle, and magic is as raw as the bones scattered at her feet.

If you want to conjure her presence, you need to honor her raw power and respect her fierce independence. She doesn't suffer fools, and she doesn't play nice. You'll need to be ready to offer something real, something primal, and in return, she just might grant you the insight and protection that only the wild crone can provide. Here's everything you need to know about what Baba Yaga likes and how to draw her in



## Crystals for Baba Yaga

Baba Yaga is deeply connected to the earth, the underworld, and the cycles of life and death. Crystals that resonate with grounding, transformation, and protection are best suited for calling on her energy. These stones are dark, heavy, and full of ancient wisdom, just like the crone herself:

- **Black Tourmaline:** A stone of protection and grounding, Black Tourmaline is perfect for calling on Baba Yaga to help shield you from negative energies. Its grounding nature aligns with the deep, rooted energy of the forest, making it an ideal offering or tool in rituals invoking her.
- **Obsidian:** Obsidian is a powerful stone of shadow work and transformation, perfect for the dark, reflective work that Baba Yaga demands. It helps you see the truth in your shadow self, cutting through illusions—just like Baba Yaga’s tough love.
- **Smoky Quartz:** This crystal is excellent for connecting with the liminal space Baba Yaga inhabits, between the physical and spiritual realms. Smoky Quartz is also a powerful protector, helping you navigate through difficult transformations.
- **Carnelian:** Though Baba Yaga is often associated with death and darkness, Carnelian represents the spark of life that she holds within her. This stone can be used to honor her dual nature—wild, yet nurturing when approached with respect.
- **Labradorite:** Known as the stone of transformation and protection, Labradorite is perfect for conjuring Baba Yaga’s magical energy. Its mystical, shimmering quality reflects the hidden realms Baba Yaga inhabits, helping to unlock intuition, protect the aura, and guide you through deep inner transformations.

## Herbs and Oils for Baba Yaga

Baba Yaga's herbs are earthy, medicinal, and often connected to the deep magic of the forest. Many of these plants have long histories in folk medicine and magic, fitting for a crone who knows the secrets of both healing and hexing.

- **Mugwort:** Known for its connection to divination and the spirit world, Mugwort is one of the best herbs to use when working with Baba Yaga. Burn it as incense during rituals or make a tea (careful—it's bitter!) to enhance dream work and communication with her.
- **Wormwood:** Another potent herb for crossing the veil and tapping into deeper realms of magic. Wormwood's bitter, sharp scent aligns with Baba Yaga's no-nonsense energy. It's excellent for protection rituals or to invoke her during shadow work.
- **Birch Bark:** Birch is a sacred tree in Slavic folklore and is often connected to Baba Yaga. Birch represents purification and new beginnings—a dual aspect of the death and rebirth cycle that she governs. Use birch bark in your offerings or burn it as incense to honor her.
- **Juniper Berries:** Known for their strong protective properties, Juniper Berries are a great offering to Baba Yaga when seeking her guardianship. You can also use juniper oil in ritual to strengthen your connection to her.
- **Bone-Infused Oil:** Yes, bones. Baba Yaga's lore is filled with bones—she builds her fences with them, and they're symbols of her power over death. A bone-infused oil (animal bones, ethically sourced) can be used in ritual to anoint candles or sacred tools. This oil is a potent way to align with her darker, transformative energies.



## Days and Timing for Conjuring

Baba Yaga isn't tied to traditional "lucky days" or the kind of energies associated with the lighter side of magic. Her power is strongest when the veil between worlds is thin, and when the energies of death, darkness, and transformation are most potent.

- **Samhain (October 31st):** Baba Yaga's power surges during Samhain, the time when the veil between the living and the dead is at its thinnest. This is the ultimate night to seek her guidance, perform shadow work, or ask for protection.
- **The Winter Solstice (Yule):** As the longest night of the year and the turning point between darkness and light, the Winter Solstice is an ideal time to call on Baba Yaga. This time of year reflects her mastery over the cycles of death and rebirth, and it's perfect for rituals focused on transformation, releasing the old, and preparing for new beginnings. The deep, dark energy of the solstice aligns with her wisdom and the crone's role in guiding us through the shadow into the light.
- **The Dark Moon:** Baba Yaga's energy is most aligned with the dark moon, when the sky is at its blackest. This is the time to call on her for shadow work, divination, and deep transformation. The crone's magic is about diving into the unknown, and the dark moon supports this journey.
- **Saturday:** As the day ruled by Saturn, Saturday is connected to the energies of death, endings, and structure—perfect for working with Baba Yaga. Use this day to focus on protection, banishing, or addressing obstacles.
- **The Witching Hour (Midnight):** Baba Yaga's hut turns at the crossroads of night and day. Conjuring her at midnight, when the energy of transition is most potent, helps align with her liminal nature. This is the hour when spirits move most freely, making it an ideal time for Baba Yaga rituals.

# Superstitions Surrounding Baba Yaga

Baba Yaga is a creature of legend and mystery, and many superstitions surround her. Here are a few pieces of lore to keep in mind when working with her:

- **Never Approach Empty-Handed:** Baba Yaga is notorious for demanding offerings. If you come to her asking for guidance or protection, you better have something to give in return. Bread, bones, or even a symbolic item that represents your sincerity should always be part of your rituals.
- **Iron Teeth and Nose of Steel:** According to some tales, Baba Yaga is said to have iron teeth and a nose made of steel. This symbolizes her indomitable, almost inhuman strength and her ability to see through lies or deception. If you come to her seeking wisdom, make sure your intentions are pure and honest—Baba Yaga can "smell" deceit, and those who attempt to trick her often meet harsh consequences.
- **Respect the Hut:** Baba Yaga's hut is a living, breathing entity in folklore. When performing rituals in her honor, consider creating a small replica of her hut using twigs or bones. This acts as a portal to her world, symbolizing your respectful approach.
- **Beware of Asking Too Much:** Baba Yaga gives, but she also takes. There's lore around her demanding a price for every favor—sometimes that price is just a piece of bread, other times it could be a lesson in humility. Be prepared for her to show you hard truths if you ask for too much.
- **Do Not Look Back:** In many stories, those who encounter Baba Yaga and leave her domain are warned not to look back. This superstition suggests that once you've faced her trials or earned her wisdom, you should move forward, trusting in what you've learned without second-guessing.



## Offerings for Baba Yaga

- **Bread:** In many stories, bread is a key offering to Baba Yaga. Bake a loaf and leave it in nature, or place a small piece on your altar during rituals. This symbolizes your respect for her nurturing, yet harsh wisdom.
- **Bones:** Bones represent death, transformation, and the cycle of life—all things Baba Yaga rules over. Ethically sourced bones or bone-shaped charms are excellent offerings to leave in her honor, especially when seeking protection.
- **Dark Candles:** Black or deep red candles lit in her name are offerings she responds to. Their flame represents the light she holds in the darkness.
- **Eggs:** In Slavic folklore, eggs are symbols of life, death, and rebirth—themes that resonate strongly with Baba Yaga's transformative power. Offering her eggs (especially dark-colored ones) shows respect for the cycles of nature and her role as a guardian of life's transitions. You can bury them near her altar or leave them in nature.
- **Iron Nails:** As a symbol of protection, strength, and binding, iron nails are perfect offerings for Baba Yaga, especially when seeking her fierce guardianship. Leave a few iron nails at a crossroads or place them on your altar to honor her strong, protective energy and her power over the boundaries between worlds.
- **Fermented Foods:** Baba Yaga's connection to the wild and untamed aspects of nature makes fermented foods like sauerkraut, pickles, or even homemade mead a potent offering. These foods represent the transformative magic of fermentation, aligning with her role as a crone who understands both decay and creation.
- **Rusty Keys:** Rusty keys symbolize unlocking hidden wisdom and accessing the unknown realms, making them a fitting offering for Baba Yaga. They represent forgotten knowledge and ancient secrets that she holds.



# RITUALS FOR BABA YAGA



# The Rite of the Shadow Path

Purpose/Intention: To confront and integrate your shadow self, inspired by Baba Yaga's trials.

## WHAT YOU'LL NEED:

- A dark mirror or any reflective surface
- A candle (black if possible, but any will work)
- A journal or notebook.

Light your candle and sit in front of your mirror. The room should be dim, with the candle being your primary light source.

Gaze into the mirror, allowing the flickering flame to cast shadows over your face. Imagine you're staring into Baba Yaga's forest, where your shadow self roams.

Say aloud:

"Baba Yaga, Crone of the Wild, guide me through the shadows of my soul."

As you stare into your reflection, notice any emotions, thoughts, or images that arise. These are pieces of your shadow self—the parts you've avoided or suppressed.

When ready, write down what you experienced in your journal. These are the things Baba Yaga is challenging you to face.

End the ritual by blowing out the candle and thanking Baba Yaga for her guidance. Make sure to offer a token of gratitude—bread, bones, or something personal—either in your home or in nature.



# The Hut of Transformation

Purpose/Intention: To initiate change during times of personal transformation.

## WHAT YOU'LL NEED:

- Four sticks or stones (to represent the legs of Baba Yaga's hut)
- A small object that represents the change you want to initiate (a key, feather, or personal item)
- A black thread

Find a quiet spot in nature or create an altar space in your home. Place the four sticks or stones in a square to represent Baba Yaga's hut. This is your sacred space for transformation.

Sit within the square and hold the small object that represents the change you desire. Wrap it in black thread, binding your intention for transformation to it.

As you wrap the thread, chant:

“Baba Yaga, Crone of the Dark, Shift and turn, guide my spark. Change is near, I will not hide, Lead me through to the other side.”

Place the wrapped object in the center of the square and close your eyes. Imagine Baba Yaga's hut turning and shifting, moving through the wild forest, carrying you through the chaos of transformation.

When you're ready, thank Baba Yaga and take your object with you. Keep it close as a talisman of change.



# Baba Yaga's Bone Protection Spell

Purpose/Intention: To create a protective barrier around your home or sacred space.

## WHAT YOU'LL NEED:

- 4 small bones or bone-shaped objects
- (if bones aren't available, stones or sticks will work).
- Salt
- A black candle

Baba Yaga is known to guard her hut with a fence made of bones, a symbol of both death and protection. This ritual will help you call on her fierce energy to protect your space from unwanted energies or harm.

Place the bones (or bone-shaped objects) at the four corners of your home, altar, or a room you want to protect.

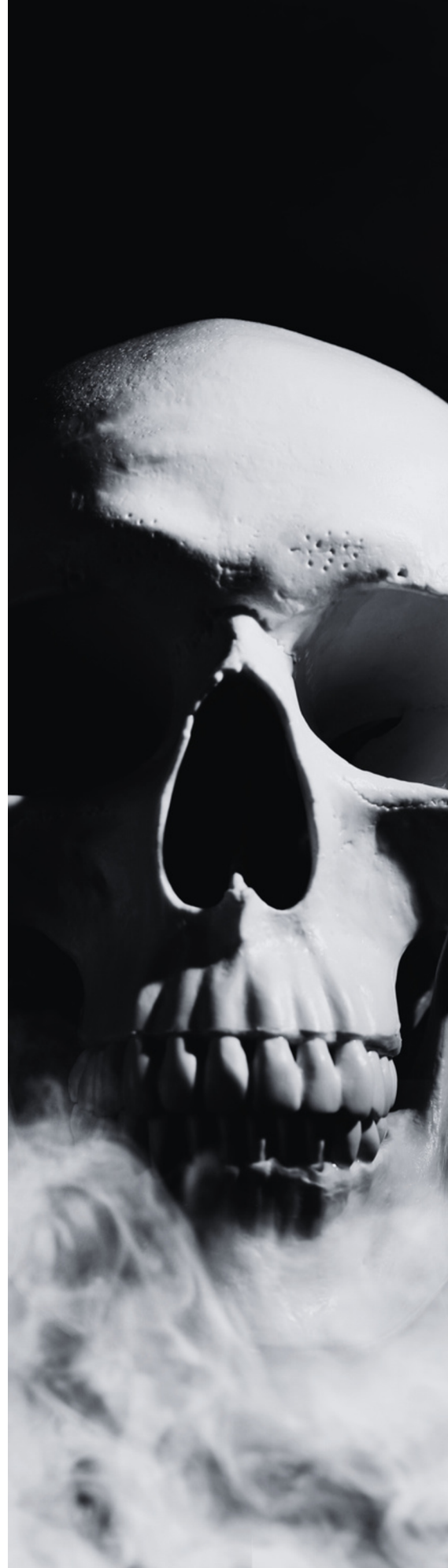
Light the black candle in the center of your space and sprinkle salt in a circle around it.

As you move, chant:

"Bones of the wild, bones of the dead,  
Guard this space where I now tread.  
Baba Yaga, protector of night,  
Shield me now with your darkened might."

Imagine Baba Yaga's bone fence rising up around your space, strong and impenetrable.

Let the candle burn until it naturally goes out (or snuff it if needed), and leave the bones in place for as long as you want protection.



# Cauldron of Wisdom

Purpose/Intention: To receive guidance from Baba Yaga on a difficult decision or issue.

## WHAT YOU'LL NEED:

- A cauldron or a fireproof bowl
- Bay leaves
- A pen
- A black pen
- Matches or a lighter

Baba Yaga's wisdom isn't easy to come by, but for those willing to do the work, she can offer deep insights. This ritual uses the cauldron as a symbol of her knowledge and transformation.

Sit in a quiet space with your cauldron or bowl in front of you. Light a candle if desired to set the mood.

On a bay leaf, write down the issue or decision you need guidance on. Hold it in your hands and focus on the problem.

Call out to Baba Yaga, saying:

"Baba Yaga, wise and old, Crone of stories yet untold, Guide me now, show me the way, With your wisdom, night and day."

Drop the bay leaf into the cauldron and set it on fire. As it burns, imagine Baba Yaga stirring her cauldron, revealing the wisdom you seek.

Meditate on the smoke and ashes, allowing any insights or thoughts to come naturally. Write down whatever comes to mind in a journal.

Thank Baba Yaga for her guidance and safely dispose of the ashes outside.



# The Offering at the Crossroads

Purpose/Intention: To honor Baba Yaga and seek her favor or protection.

## WHAT YOU'LL NEED:

- An offering such as bread, bones, or a personal item
- A black cloth

Baba Yaga is often found at the crossroads, where the worlds of the living and the dead intersect. Leaving an offering at a crossroads (literal or symbolic) is a powerful way to invoke her energy and ensure her favor.

Find a literal crossroads (where two paths meet) or create one symbolically at your altar by crossing two sticks or strings.

Place the black cloth on the ground and lay your offering in the center.

As you place the offering, say:

“Baba Yaga, keeper of the ways,  
Accept this gift, my thanks to pay.  
Protect me now and grant your aid,  
For this, a humble gift is laid.”

Leave the offering at the crossroads as a sign of respect and gratitude to Baba Yaga. If done at your altar, dispose of the offering in nature afterward.

Walk away without looking back—Baba Yaga prefers you not dwell on your gift, lest you draw unwanted attention.



# The Iron Teeth Binding Ritual

Purpose/Intention: To bind harmful energies or people from causing further damage, invoking Baba Yaga's fierce protection.

## WHAT YOU'LL NEED:

- A small iron nail or iron filings
- A black candle
- A piece of black cloth
- String or thread (preferably black)
- A piece of paper and a pen

Write down the name of the person or the situation you wish to bind on the piece of paper. Be clear in your intention—this ritual is for protection, not malice.

Place the piece of paper in the center of the black cloth, along with the iron nail or filings. Fold the cloth around the items, wrapping them tightly. As you wrap it, say:  
“With iron teeth, Baba Yaga’s might, I bind this harm, I end this fight. No more power, no more sway, I banish you, be gone this day.”

Tie the cloth closed with the black thread, sealing the energy within.

Light the black candle and hold the bound bundle in your hands. Focus on your intention of protection and binding, and feel Baba Yaga’s energy surround you.

Once you feel the binding is complete, safely bury the bundle far from your home or in a place you won’t cross paths with it again. Let the candle burn out naturally, thanking Baba Yaga for her protection and fierceness.



# The Night of the Crow Ritual

Purpose/Intention: To attract financial abundance or unexpected opportunities.

## WHAT YOU'LL NEED:

- A black feather (preferably a crow feather, if possible).
- A small bowl of water
- A piece of obsidian or black tourmaline
- A white candle
- A notebook or journal

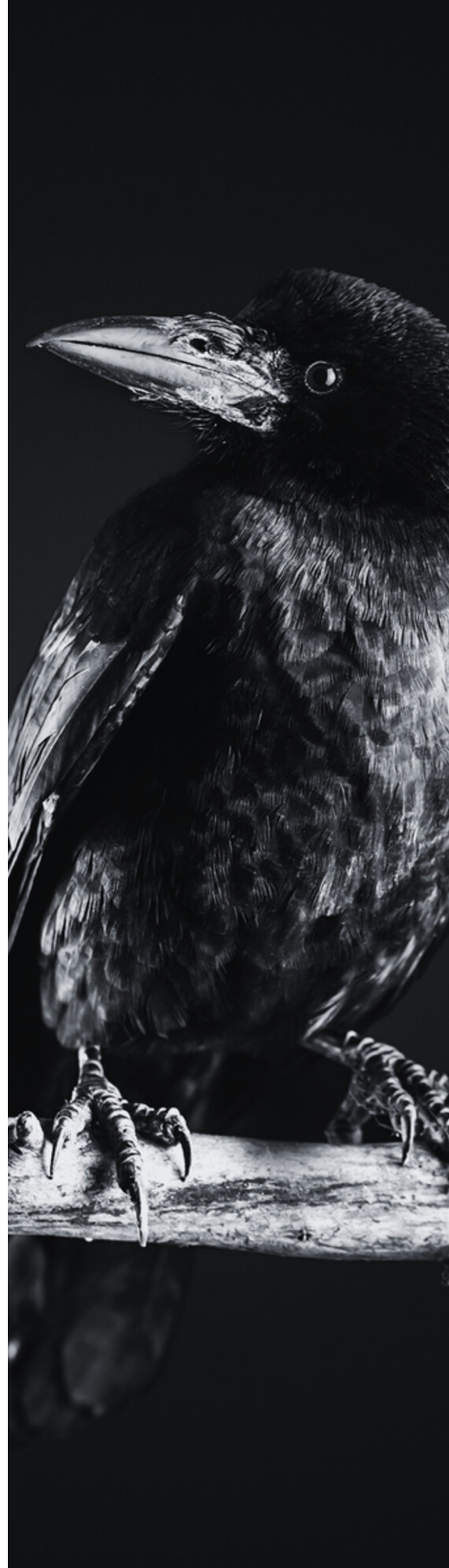
Perform this ritual just before going to bed. Begin by lighting the white candle and placing the feather, the bowl of water, and the stone before you.

Hold the feather in one hand and the stone in the other. As you hold them, call out to Baba Yaga: “Baba Yaga, Crone of Night, Send your crow to take flight. Guide me now with dream or sight, Show me wisdom through this night.”

Dip the feather into the water and sprinkle a few drops around your room, creating a sacred space for dream work.

Place the stone under your pillow and the feather beside your bed. Ask Baba Yaga to send a crow to deliver messages, either through your dreams or in a vision. Blow out the candle, leaving the feather and water in place overnight. When you wake, immediately write down any dreams or insights that came to you. These are Baba Yaga’s messages, and they may not always be clear at first—allow time for them to unfold.

Give thanks to Baba Yaga for her guidance, and trust that the wisdom will reveal itself in time.





## Embrace the Shadows: Your Midnight Magic Awaits

As you walk the winding path through Baba Yaga's forest, remember that her magic doesn't just live in the rituals or offerings—it lives in your courage, your willingness to face the unknown, and your respect for the dark, untamed parts of yourself. Baba Yaga doesn't grant wisdom lightly, but for those who dare to seek it, her teachings are transformative, raw, and deeply powerful. She is the guardian of life's crossroads, where choices are made, shadows are confronted, and true magic begins.

So, gather your bones, light your candles, and call upon the wild crone with respect and boldness. Trust the process, embrace the chaos, and know that Baba Yaga is never far—watching, waiting, and ready to test your mettle. Whether you seek protection, transformation, or wisdom, she'll offer you what you need, though it may not always be what you expect.

Until the next time you find yourself at the crossroads, may the forest protect you, the crone guide you, and the wild magic of Baba Yaga always be at your back.

See you deep in the forest... 🌲 ✨