

# **Correlian Wicca**

## INTRODUCTION

### SO YOU WANT TO BE A WITCH

So you want to be a Witch?

What is all this witchcraft stuff, anyway? Does being a witch mean you can point your finger and make things happen? Does it mean you can learn to fly on a broom and turn people into toads? Well, not quite. Witchcraft, or WICCA, is a religion. Wicca is not primarily about magic, though it does use it. Wicca is about your place in the Universe and your evolution as a spiritual being. Wicca is about moving forward on your personal spiritual journey - about learning, growing, and becoming the most you can be.

Wicca is a religion. Wicca is a way of understanding and interacting with Deity and the Universe. It is a life-affirming path of growth and expansion. Wicca is based on reverence for Nature and Her cycles, respect for the Earth and all Her creatures. Wicca reveres the natural forces of the Universe and sees them reflected in the world around us, and in every person and thing. Wicca has great reverence for Deity, Who for us has both a Mother and a Father aspect. Wiccans approach Deity through many names and forms, both masculine and feminine, drawn from all over the world and from every age. We often compare Deity to a diamond with many facets; each name or image for Deity is like one facet on the diamond. Each facet may be considered separately and all are beautiful in themselves, but all are aspects of the single stone.

Wicca believes that Deity comes to each person in the way that is best understood by that person, and that this is different for different people. Wicca believes that the relationship between a person and Deity is highly individual, personal, and subjective. Not everyone will have the same understanding of Deity, because not everyone is in the same place, or able to understand from the same level or perspective. Because of this no one has a right to judge another persons relationship with Deity, because each person is different.

This is why we respect all the names and forms that have been used to honor Deity through the centuries -Deity needs them all in order to come to all people in the way they can best understand. The most common way for Wiccans to approach Deity is in the form of the TRIPLE GODDESS, Whose three forms are Maiden, Mother, and Crone, and Whose symbol is the Moon. Her consort is THE GOD, Who rules the cycles of the solar year and is called among other things Lord of the Dance. His symbol is the Sun. They are viewed as Polarities, opposing but complimentary powers, like the Eastern concept of Yin and Yang.

Wicca has a very strong moral base. By 'moral' we mean treating each other in an honorable and loving manner. Wicca has only one law which all traditions agree on; DO AS YOU WILL, BUT HARM NONE . In other words how you dress and who you sleep with is not our business -those issues are not what we mean by 'morality'. But a moral person doesn't hurt other people, and this is the criteria for all moral action; 'Am I harming anyone?' If you are, you are acting wrongly.

Wicca is a Pagan, or Native, religion. The word Pagan means 'from the countryside' and reflects the fact that Pagans follow indigenous, native religions rather than the Book religions. Pagan religions are built up over millennia as a result of peoples observations and experiences - they are living, growing religions which can and do change when change is needed. Pagan religions revere the natural forces and cycles of life, and it is from observation and interaction with these that their beliefs developed

Wicca is wholly unrelated to the Book religions; Judaism, Christianity, Islam, and Satanism. The Book religions are all descended from the supposedly historical bargain between Abraham and Jehovah, which is recorded in their Bible. The Book religions all share common elements; belief in a final Day of Judgment, in a jealous and vengeful God, in the basic sinfulness of humanity (called Original Sin), the superiority of the male sex, and the idea of Hell; a place of eternal torture. Most of all the Book religions believe in the infallibility of their Book, the Bible (and it's related books

the Talmud, the Q'uran, the Satanic Bible). Though these books were written by humans, the Book religions claim they were written by God - this is the hallmark of the Book religions. Absolutely NONE of these ideas are shared by Wicca. The Book religions have a totally separate origin from the Pagan religions, and a very different history.

#### WHAT WILL YOU GET FROM THESE LESSONS

If you complete this course of 12 lessons, you will be eligible for initiation into the First Degree of Correllian Wicca. The First Degree is the lowest level of initiatory membership in a WICCAN TRADITION. Wicca is composed of many traditions most -but not all- of which recognize each others initiations. If you choose to take the First Degree initiation -and you are not obligated to- you will become a member of the Correllian tradition. The Correllian tradition is a syncretic and highly philosophical tradition of Wicca, which stresses the inherent unity of all Pagan traditions and the synchronicity of all spiritual paths. We believe that Deity is in all things, therefore all paths can lead to Deity.

Wicca is not an exclusive religion. Because we believe all paths lead to Deity, we do not believe that one must belong to any given faith or tradition to be a good person or to grow spiritually. Nor is it necessary to belong to only one. Being a Correllian initiate does not mean you can not also be an Isian, Druidic, or Dianic initiate as well -or any other tradition you might wish to study or join. You must however respect our tradition as a member and follow Correllian practices in Correllian temples -but what you do other places is your own business. Your private beliefs and conscience are your own business and we have no desire to dictate them to you. Wicca is about learning to make your own choices, and the Wiccan traditions exist to provide a framework in which to learn and grow. Wicca seeks to open your thinking, not to limit it.

#### SO YOU WANT TO BE A WITCH?

You want to be a Wiccan.

To be a Wiccan is to move at one with Deity.

To be a Wiccan is to honor Nature and all that is in Her. To acknowledge the life in all things, and be in harmony with it.

To be a Wiccan is to work with the seen and the unseen. To learn the magical secrets of stones, of plants, and animals - to speak to the faeries and the spirits and to hear their replies.

To be a Wiccan is to use every tool available to grow, to learn, to become the best that you can be. To use magic, meditation, and ritual to overcome all limitations, all fears, all imperfections, and to move always in harmony with Deity, always to the good, always in accordance with your highest self.

This is what it is to be a Wiccan.

If knowing these things you still want to be a Wiccan, then these lessons will help you make a good beginning.

#### CORRELIAN WICCA - LESSONS FOR THE FIRST DEGREE

Traditionally it takes a minimum of a year and a day to achieve a Wiccan degree. Sometimes it takes much longer. These lessons have been formulated with this dictum in mind. Twelve lessons following a month apart require at least a year to complete. This allows the student plenty of time to digest the information, which is quite wide-ranging in nature. A brief outline of the 12 lessons is as follows;

0 )Introduction(You are here.)

1) Magic. The first lesson is about magic; what it is, what it is not, and how to use it.

2) Cosmology.This lesson talks about the nature of Deity, Universal energy, and the soul.

- 3) Personal power, This lesson explains the Psychic Tide, the Wheel of the Year, and what these have to do with you.
- 4) The Altar. This lesson talks about the altar; how and why to build and use your own.
- 5) The Airs. This lesson tells about the Four Quarters, the elements, and all of their magical associations
- 6) The Circle of Art. This lesson talks about the nature of ritual and it's uses.
- 7) Invokation. This lesson talks about the nature of 'The Gods' and how to interact with them, and identify or choose your own special patron.
- 8) Garb. This lesson is about magical tools and clothing.
- 9) Symbols and omens. This lesson, as you might imagine, is about how to interpret symbols and omens.
- 10) Basic energy work - auras. This lesson is about working with the spiritual energy of the body, and of living things.
- 11) Oils and incense. This lesson is about the history, nature, and uses of oils and incense.
- 12) Basic herbalism. The final lesson introduces you to the rich world of herbalism.

Each lesson will have several parts;

The Lesson itself

Exercises -to develop your psychic and magical skills.

God of the month -to acquaint you with Wiccan ideas of Deity and some of Deities many forms

Spell of the month -to help you learn a variety of useful magical techniques and rituals.

Glossary -to explain terms which may be unfamiliar. (On the Website it is a seperate section)

Questions -to make sure you understand.

WHO WE ARE!

#### HOLY CITY TEMPLE

Holy City Temple is a member temple of the Correllian Tradition. The temple also has connections to both the Universal Life Church and the Fellowship of Isis. Holy City Temple was opened in 1591 pisces(1991 AD). At that time it was called the Church of Gaia. The Church of Gaia was a public temple holding regular rituals, discussion groups, classes, and public events. The Church of Gaia became a closed-court temple for several years in the mid-nineties, holding events for members only. In late 1596(1996 AD) the temple took the new name Holy City Temple and began moving toward being an open-court temple again. Holy City Temple officially re-opened its doors as a public temple on Candlemas of 1597(1997 AD) with a ritual led by Priestess Traci Logan-Wood. Today Holy City Temple is again dedicated to holding regular public events and classes, as an open-court temple of the Correllian Tradition.

#### LESSON I - MAGIC

##### MAGIC

Most people who have an interest in Wicca come to it first from an interest in magic. Therefore we will begin these lessons by talking about magic. Many people would say that magic is only a small part of the Wiccan religion, and in the sense of spellcraft, this is true. But in a broader sense everything about Wicca is magic, because Wicca is about transformation, creation, and spiritual growth -and this after all is what magic is all about. But what is magic, and how does it work?

##### THEORY

The Universe is composed of energy. Everything around you -everything you see and many things you don't- are composed of energy. You, too, are composed of energy. Your body, which seems so solid, is composed of endless numbers of microscopic particles held together at the subatomic level by energy.

Science has taught us this. But the Vedic sages of India have taught this too - for many thousands of years. In Europe the Druids, and after them the Witches, recognized this fact as well. Even the most solid stone is in fact composed of millions and billions of atoms and molecules orbiting each other in the endless and graceful Dance of Life.

This is part of the meaning of that ancient maxim "AS ABOVE SO BELOW." That just as we live in a vast universe filled with countless stars, so too whole universes of a different nature exist within us, within the microscopic make up of our being. Worlds within worlds. The electro-magnetic energy which holds electrons and protons and other microscopic particles in place has had many names; Chi (Asia), Mana (Polynesia), Orenda (Iroquois), Od (German), the Force (Star Wars), and Psychic Energy (contemporary). For the purposes of these lessons we will call it simply "energy."

Energy is not static or inanimate - it is responsive and dynamic in character. It is like a fluid in its movements, and is symbolically likened to water. Yet it is also likened to light and to fire because of its effects. In more contemporary times it has also been likened to an electric current in its qualities, though it is not so harsh or unpredictable as this. In truth energy is unique unto itself, and only by working with it can you come to understand it -comparisons to other substances give only a rough approximation of what it is like.

It is the shape this energy assumes that creates the pattern of the physical world we see around us - for all physical forms are structured from it. We interact with this energy every day - in every second of our lives. It constantly transforms, renews, or changes its shape within and around us. This constant change responds to and is driven by our thoughts and emotions in ways of which most of us are unaware, and of which fewer still have any understanding. It takes its shape from us, in reaction to us, as instantly and naturally as air conforms to the surface of the Earth, or water to the shape of the sea floor. But this is an unconscious process - we don't think about it, we're mostly unaware of it. For most of us this daily shaping of energy occurs from the level of our unconscious beliefs and emotions, as automatic and out of our control as our unconscious is itself. Often we do not even know what our unconscious beliefs and emotions really are, let alone how they effect us on an energetic level.

But when we bring our conscious mind and will power to bear on this process, it is a very different situation. Rather than an unconscious process out of our own control, the shaping of energy -and thus of the world itself- becomes a precise and deliberate skill which lies directly in our hands.

This is MAGIC. The art of consciously focusing and controlling this all-pervasive energy. Through focused will and effort we use the universal energy to effect the things around us. As energy reacts to thought and emotion, thought and emotion can be used to control or influence it. (Energy also reacts to certain physical stimuli, but we will deal less with that aspect than with thought and emotion -yoga is an excellent forum to study the influence of physical stimuli upon energy.)

It must be understood that it is not from the ordinary level of our conscious mind that we do this. If it were everyone would be doing it, and it would be easy to teach. Rather, magic is done from a higher level of consciousness, the HIGHER SELF.

Scientists studying psychics have found that when a person enters a psychic trance their brain waves change. Psychics in trance do not use the normal beta waves associated with ordinary consciousness, but use instead the theta and delta waves associated with sleep. This is true of a person performing an act of magic as well - we access a higher part of ourselves, a change in consciousness which shows even in our very brain waves. Only at this level are we fully conscious, truly human.

It is not hard to reach this level - but it is hard to learn to do it at will, to be able to access it on command. This is called SHIFTING CONSCIOUSNESS, and an accomplished witch can do it in the twinkling of an eye, with no external effort or trappings. The student however should expect to put out some effort to effect this change in consciousness, and may have to work hard to master it. Also, a number of external factors may be used to help effect this change -specific words, ritual patterns, or items such as stones or artifacts which have power in themselves or which serve to put the person "in the right frame of mind" for example. Such external trappings are KEYS which we use to help us effect the shift in consciousness to access our higher self. They work on a symbolic level, bypassing conscious and unconscious limitations to act directly upon the higher self.

There are many different ways by which magic can be performed. All of them have the same basic goal; to focus energy and direct it from a state of higher consciousness. Visualization, trance, spellcraft (using external tools such as candles, cords, etc....), ritual of various sorts, chanting and toning, all of these and many other techniques can be used to create the necessary shift in consciousness. Which is the best way? That depends very much on the individual. What serves one person best may not work at all for another - everyone is different. That is why it is important to study and try as many different techniques as possible, because only you can know what will work best for you, and then only by experience. In these lessons we will present as much useful instruction as possible, and as wide a variety of techniques as possible, but in the end your growth depends upon your willingness to experiment and put together those techniques which serve you best.

#### PRACTICE

Through magic we influence or control the things around us, therefore it is wise to use magic only to make these things better. The ancient rule of Wicca is "Do As You Will, But Harm None." Magic is a great power, and can be a great responsibility, and you do well to use it wisely. Everything you do comes back to you, through KARMA. Every action you take, in time you will also experience from the receiving end. So that when you do something good for another, you are also doing something good for yourself, as you will eventually experience the same good as a recipient. But if you do harm, that same harm you ultimately do to yourself. This is very important to understand and remember. You should bear it in mind in every aspect of your life, including the magic you practice. To do harm is not only wrong in itself, but ultimately hurts the doer. Moreover most Wiccans believe in the LAW OF THREE, that is to say that what you do comes back to you not only once, but multiple times. Some Wiccans believe that the number Three in the Threefold Law is meant to be taken literally -that the Karma of our actions returns to us exactly three times. In the Correllian Tradition we consider the number Three to be symbolic of plurality in general, rather than a specific number of times. Thus in Correllian terms the Law of Three means that you will experience the Karma of your actions as many times as necessary to learn the necessary lesson.

Magic and Psychism are words that describe two aspects of the same process - connecting to the higher self. The word psychic comes from the Greek Psyche (pro.; SI-kee) meaning soul or spirit, i.e.; the higher self. In magic we use this connection actively, to create a certain response in the world. In PSYCHISM we use the same connection passively, to receive information about the world. We also use the word psychic to describe the exercises we use to develop both these skills.

Magic is worked from the higher self. Everything that helps you to connect with your higher self helps magic. Regular meditation and psychic exercises are a valuable tool to strengthen that connection. The connection is like a muscle, and grows stronger with use. The more you do -even if at first you do not see success- the better you will get, and the easier it will be. Persistence is important.

In it's opening stages the most important thing about magic is to concentrate -focus as much energy as you can into what you are doing. This is rather like wishing very, very hard. This level of concentration is always an aspect of magic, but later it will seem automatic and will not take such effort. If you are visualizing, try to see what you are visualizing as clearly as possible. Make the image as concrete and three dimensional as you can. Visualization is one of the strongest aids to concentration. Whatever magical working you are undertaking, by whatever method, try to put your whole being into it. The more of yourself you can put into the work, the more energy you can focus into it, the greater the effect it will have.

#### PSYCHIC HYGEINE

One of the most important aspects of magical working, which is equally important in every magical act you ever perform, is psychic hygiene. Psychic hygiene prevents energy from becoming blocked in your body, which can make it difficult to use energy properly. Every time you do a magical work you raise energy -that is you focus and direct energy. When you have finished you will still have excess energy left in your body, which must be released. You might think that

retaining this excess energy would be good, but it is not - it clogs up and causes problems. Too much of this excess energy can cause serious problems. So always practice good psychic hygiene.

You can sometimes tell if you have excess energy after a ritual or magical working if you find yourself feeling lightheaded, or off balance, or disoriented. Sometimes also it will manifest as a feeling of hyperactivity, an inability to be still - literally a feeling of excess energy. But even if you feel nothing unusual, you may still have excess energy and make it a point to clear and release as a matter of course.

Another word for clearing and releasing excess energy is GROUNDING. You will find complete instructions for releasing in the EXERCISES section of this lesson. Make sure to read them. Psychic hygiene is always important when you do magic or psychic work. You should cleanse and release both before you begin, and especially after you finish. But this is not the only time it's important. Many people on a magical path tend to pick up energy from others -usually emotional energy. Such a people may find themselves picking up another person's emotions, mood, or tension level, without knowing it. The same techniques of psychic hygiene can be used to release such "pick-ups" as well. Moreover, because we tend to pick up from others in this way, it is important to practice PSYCHIC SHIELDING. Psychic shielding basically strengthens your own boundaries, so that you do not pick up any energy you don't want. It's good to practice psychic shielding regularly, even daily, as it helps to keep the AURA strong.

## EXERCISES

The "Exercises" section of these lessons will be devoted to giving you a series of exercises or meditations intended to develop your psychic and magic skills. Again, psychism and magic are essentially the same thing, psychism being receptive of spiritual influences, magic using these same skills actively to achieve specific ends.

Psychic-magical ability is rather like a muscle, which grows stronger with use. The more you exercise your abilities, the more abilities you will develop. In composing these lessons we have assumed that you know nothing, and are starting from scratch. We know that this is not true for all students, and that some will have already acquired considerable skill and ability. If you feel your level of skill is already far beyond these exercises, then think of them as a review of the basics, or perhaps a new view on the basics.

Soon enough succeeding lessons will present you with more challenging exercises. If you are starting from scratch and have never worked with these techniques before, practice them as much as possible. You should practice every day, and if it is possible for you, at the same time each day. If you cannot practice at the same time each day, it is good to try to do in the same part of the day -every morning, for example. This builds consistency and -believe it or not- really does make a difference to your progress.

How much you progress, and even whether you progress, depends on you. The time and effort you put in are what will determine your growth in magical ability. Like anything else, practice makes perfect.

These exercises rely heavily on VISUALIZATION. Visualization is a very important magical technique. In magic our goal is to focus our energy very strongly toward the thing we want to bring about. When you visualize something, you imagine it very strongly, picturing it very clearly. When you first try visualizing, you may have to close your eyes and try very hard. It gets easier with practice, and later you will be able to do it with your eyes open. When you visualize something, try to see it as clearly and strongly as you possibly can, a 3-D image - just as if you were looking at a physical object.

This is because you are using the image, and the focus and concentration that go into it, to shape energy. You are not idly imagining a pretty fantasy, but actually affecting the universe on an energetic level.

Some people find it difficult to visualize. If this is true for you, then try to imagine what the energy

FEELS like, rather than just what it LOOKS like. But don't stop trying to visualize, as your ability to do so will improve with time, and the skill is of great importance.

#### GOOD HABITS

As we have said, it is best to practice every day, to build skill. If at all possible it is best to practice at the same time each day. When you first begin to learn magic, it is best to practice on an empty stomach. You should wear loose, comfortable clothes, or even better no clothes at all, and you should select a comfortable position to work in. All of these things will help you to be psychically "open."

It is good to light one or more candles before you do your exercise. The candles will act as "batteries", giving you extra energy. When a flame burns, it gives off energy, which will aid you in your exercise. Quartz crystal also serves to amplify the energy in this way, so it can be good to have some nearby, or even hold it during the exercise. Some people also like to use incense to help them shift their consciousness. Some good incenses to use are Sandalwood, or Frankincense, or Lavender. You can also use an essential oil. If you use oil, apply it to your forehead and the palms of your hands, as well as anywhere else you would like. The first exercises you will learn are two of the most important basic practices you should know. These are PSYCHIC SHIELDING and GROUNDING AND RELEASING. These two techniques are the cornerstone of good magical practice, and their importance cannot be stressed too much. In future lessons many other exercises will follow, but none are more important than these first two.

#### PSYCHIC SHIELDING

Psychic shielding is very important. Sometimes we "pick up" energy from other people, without knowing we are doing so. Their moods or emotions may "bleed over" onto us, leaving us feeling angry, sad, tired, depressed, or whatever they are feeling -and not knowing where this emotion came from. Also, sometimes people will deliberately send negative energy to us -even though that is a very bad thing which one should never do. Such negative energies cannot harm you, as long as you don't let them in -but in daily life this is an unconscious process. To one skilled in magic and psychism however, this process under ones direct conscious control. With psychic shielding we set the boundaries which keep out unwanted energy from others, but simultaneously strengthen our own Aura, or energy, keeping it healthy.

This exercise should be done daily, either when you go to bed or when get up, or as part of your daily psychic exercises.

Put yourself into a comfortable position and begin by releasing all tension and anxiety. Visualize a ball of white light floating above you. Focus on the energy of the ball -know that it is full of love and strength and peace. Try hard to FEEL these qualities in the energy of the ball. Now let the energy from the ball of light begin to flow down into you. The energy is a beautiful, clear white light. No matter how much light comes into you, the ball will remain equally strong for its true origin is the Goddess and it is a source of boundless spiritual energy.

Let the energy from the ball pour into you and flow throughout your body. Let it move out into your arms and legs, down into your fingers and toes. Now let that light expand beyond your body. At first see the light expand just an inch out from your body. Now let it expand a little more -two inches, four inches... Let the light expand to form an oval around your whole body --an oval filled with clear, beautiful, loving white light from Goddess.

Now let that oval of white light expand to form a perfect circle of energy around you, expanding until it is about six feet across.

Now, in your mind affirm this:

"There is one power in the Universe, and I am a perfect manifestation of that power. As such I will that the boundaries of my aura shall be strong and healthy, repelling all unwanted energy while remaining open to positive and healing energy. Safe within these boundaries nothing can harm me, for I am filled with the strength of the Goddess. By my will, so mote it be -and it is so."



Now let the visual image of the light dissipate, but know that its protection and strength remain with you.

Now clear and release all excess energy as instructed above.

#### CLEARING AND RELEASING

Clearing and releasing of excess energy is extremely important. It's important to do this before a magical working so that your energy will flow freely. It's important to do after a magical working so that the excess energy that may be left in your body doesn't cause you difficulties.

There are many signs of excess energy. Dizziness, lack of balance, feeling giddy or disoriented. Excess energy may also be marked by hyperactivity, inability to rest or sleep after a magical working. There are many ways that are used to clear and release excess energy. The following is a good method of clearing energy, and the one we recommend you start with. Use this technique before a magical or psychic working to release any tension or anxiety that you may be holding from the events of the day, so that your energy will flow freely. Use it after the working to release excess energy.

Put yourself into a comfortable position -it doesn't matter if it's sitting, kneeling, or laying down, but it should not be standing, as you may tend to lose your balance until you become proficient in the technique.

Visualize -that is to say imagine very strongly- a bright white light pouring down from above the top of your head and passing through your whole body, exiting through the soles of your feet. Release all tensions, anxieties, and stresses in your being, imagine them flowing out of you along with the white light. Let it all pour out of you. Imagine the excess energy as little bits of darkness being carried away with the light as it flows through you. When the last little bits of darkness are gone, let the light stop coming down, and let the last of it flow out of you.

Another version of this uses the image of water, rather than light. Some people find it easier, because the image is more familiar. So if you have difficulty using light, try this; Again, find a comfortable position. Imagine yourself lying in a river, with the water flowing through you, entering through the top of your head, and exiting through the soles of your feet. Imagine the excess energy as leaves and twigs and other detritus as might fall into a river. See the water carry these things away from you. Again, when the last is gone, you are clear.

There are many other ways to do this as well. Some people imagine themselves standing before a beautiful lake. They imagine themselves being very dirty. They walk into the lake, until the water completely covers their head. Then they see themselves walking back out of the water, completely clean. Other techniques visualize wind blowing through the person, to blow away the excess energy, or fire burning it away.

Still another technique is to imagine a long root, like the root of a tree, growing down from your root Chakra (your pelvic region, loosely speaking. You'll learn more about Chakras in a future lesson). Visualize this root going down into the Earth. If you are in doors, see the root going down through the floor and through any lower levels of the building, then entering into the Earth. Let the root going down deep into the Earth. Now imagine your excess energy running down through this root to Mother Earth. When you are done, draw the root back up into yourself.

One can also use physical objects to help release energy. One of the simplest ways to do this is to put a bit of salt on the tip of your tongue, or run the tips your fingers through some salt. This will have a natural grounding effect, eliminating the excess energy.

Another technique is to hold a piece of HAEMATITE or an item made out of LEAD. These substances too, have a natural grounding quality, and will have some effect by themselves. But to get the best effect, hold the object and imagine the excess energy draining into them from all parts of your body. When you are finished, hold the object under a stream of cold water (such as a bathroom faucet) and imagine white light pouring through the stone as the water washes it. This

cleanses the stone.

In each case the excess energy returns to the Mother Goddess when you release it. She will recycle it, putting it to good use elsewhere. Some people like to say an affirmation when they release such as "I clear and release all excess energy." or "I release this energy to the Goddess, to be used elsewhere." This sets a clear intent, and can sometimes help to focus the process. It is not necessary to say the affirmation out loud.

All of these techniques are good, but we feel the white light, or else the water, are preferable because they tie into things you will learn in successive lessons, and as well as releasing excess energy they also exercise important psychic muscles that you will need later. But as in all things, the most important aspect is that it works well for you.

## GOD OF THE MONTH

### "GENIUS - JUNO"

Paganism has many, many Deities. Each month GOD OF THE MONTH will give you information regarding a specific Deity, class of deities, or group of Deities. This is to help you build a knowledgeable overview of the concept of Deity, and to help you to interact with it.

In LESSON II you will learn more about how Wiccans view Deity. Once you understand that you will be better able to interact with the higher forms of Deity. Here in LESSON I however, we thought we'd start closer to home, with the Deity you may find easiest to understand; your own.

In LESSON I you are introduced to the concept of Higher Self. This is the part of you that lies above your conscious mind. It has access to knowledge and abilities that your conscious self does not, and it is not troubled by the fears and anxieties of the material world. Higher Self is an aspect of your soul, which is immortal and experiences many lifetimes. Higher Self is not a separate part of yourself, but rather a different level. The Higher Self is the part of you that becomes an ANCESTOR or a SPIRIT GUIDE after death, and it has that same ability now. It has knowledge and ability far beyond the conscious self, and it works always for the good -that is it's nature and it cannot do otherwise, not because it is prevented from doing so but simply because it would never occur to the Higher Self to do ill.

The Higher Self is also sometimes called the Spirit, but this can be confusing as the word spirit is used in so many ways by so many people.

Every person has a Higher Self, but most people have little contact with it. The conscious mind is separated from the Higher Self by the VEIL. One of the principle goals of a spiritual path is to part the Veil and see beyond it, accessing and using the powers of the Higher Self. This is what we do in magic.

The ancient Romans called the Higher Self the GENIUS (masc.) or JUNO (Fem.). They considered the Genius-Juno to be the Divine part of each individual. Every person was encouraged to be in touch with the Genius-Juno and to move in synch with it. In this way they believed that they would act from their best self, moving at one with the universe and learning the lessons life offered them with greater ease. They were encouraged to talk to their Genius-Juno and listen for it's answers, to honor it with offerings and ceremonies which served to strengthen their bond to it.

Every day the whole family would make offerings to the Genius of the head of the family, and sometimes also those of other important clan members, along with the gods who protected the household. In later times many families also made offerings to the Genius of the Emperor and sometimes the Juno of the Empress (This is the practice that horrified Christians described as "Worshipping the Emperor as a God"). By making these offerings they believed that they were helping the person to achieve a closer bond with their Higher Self, and thus to be a better person - because the Higher Self always acts to the good, and cannot by it's nature do otherwise.

The Higher Self is rather like what some people call a Guardian Angel, except that instead of being outside of you it's a part of you -a higher, better part with a clearer viewpoint. Every year

on their birthday each member of the family would receive these same offerings to their Genius-Juno from the whole house. This, more than the mere marking of age, is what made the celebration of birthdays so important. It was the time to acknowledge the persons highest, best self and encourage their relationship with it.

Most people also made daily offerings to their Genius-Juno in private. People would tell the Genius-Juno what they wanted to do, or learn, or acquire, in the hope that the Genius-Juno would help with this. These offerings commonly included something to represent each of the four ELEMENTS; incense (for air), the flame of an oil lamp (for fire), wine (for water) and cakes (for earth).

There follows a modern version of the ritual for honoring the Genius-Juno, which you might like to try as an aid to attunement with your Higher Self. It is perhaps different from the ancient ritual in form, but not in function. In keeping with modern custom the term Higher Self is used, rather than Genius or Juno. This ritual can be done whenever you wish, especially on your birthday. You can do this ritual by itself, or in connection with other similar rituals you will learn to honor the Ancestors and the Deities.

#### RITUAL FOR THE GENIUS OR JUNO

You will need;

\*some incense (any kind that you particularly like)

\*a candle or candles. Your favorite color or any color you like.

\*a glass of water, juice, wine, or other beverage.

\*a picture to represent your Higher Self. It can be a photograph or drawing of your self, or a drawing representing the qualities of your Higher Self.

Set up an ALTAR using these elements. The altar can be anywhere that you would like, and will be taken down when you are done (or left up to use again, if you wish). You can set it up any way that seems good to you.

Begin by Releasing. Let all of the tensions and anxieties of your day flow out of you, as is discussed in the EXERCISES section of this lesson.

Now light the candle(s). Focus on the flame and concentrate. Make your mind still, so that you are not thinking of anything else but what you are doing here and now.

Light the incense.

Now Say; "I invoke You, O Higher Self."

Now try to imagine the image of your Higher Self before you. You can imagine It looking just as you look in the flesh, or as you would like to look, or might see It as a cloud of beautiful white light. Or some other image may come to you -one that you haven't thought of yourself, but which the Higher Self Itself has chosen. It doesn't really matter because the Higher Self doesn't have a physical form, and the image is only to help you communicate with It better, by giving you something to focus on.

Speak to the Higher Self. These words are only to give you a basic form; you should speak from the heart.

"I attune to my Higher Self. I move in harmony with my Higher Self. I am at one with my Higher Self. Oh Higher Self, I ask You to help me to see and understand the lessons of my life, give me clarity and courage to learn them, and help me to learn them with ease and joy. I rededicate my self to the purposes for which I entered this life and ask You to guide me through them.\*"

Lift up the glass. Imagine a bright white light shining from it, as though it were glowing.

"O Higher Self, I offer You this glass in token of the love I bear You."

Now drink the liquid. Imagine the white light entering you along with the liquid-spreading out through your chest and giving you a pleasant warmth. Put the glass back on the altar.

Now take a few minutes and meditate while the candles and incense burn, and the offering stands. Imagine your Higher Self strong and healthy and happy. Concentrate on It. In this way you are sending the Higher Self energy and strengthening your bond to your It.

When you have finished, say; "O Higher Self, I pray that You have enjoyed this offering. I give you my thanks and my love."

Now put out the incense and extinguish the candle. It is an ancient belief that you should never extinguish a candle by blowing on it -Rather you should use a candle snuffer, pinch it out with your fingers, or extinguish it with the side of a blade. This is because blowing on the flame is considered disrespectful.

You should also wash the glass under cold running water and imagine white light flowing through it along with the water. Say "I cleanse you," and concentrate on the water and white light removing all excess energy from the glass.

\*You can also use this invocation by itself, anytime you feel a need to attune to the Higher Self.

## LESSON II - COSMOLOGY

### GOD THE UNIVERSE AND EVERYTHING

There are two levels to the Wiccan understanding of Deity. The first is Personal, the second Universal. On a personal level we approach Deity as an entity with Which we interact through words and actions and with Whom we maintain a personal relationship. At this level we give Deity many names and faces, and interact with Deity through these. Most Wiccans will use a variety of names and faces for Deity in this personal sense, and will have one particular form which they perceive as their PATRON. They will interact with this Patron Deity, or in some cases Patron Deities, in a very personal way, seeking guidance, inspiration, and practical help in both daily life and esoteric matters.

Let us use the Goddess Sekhmet as an example. Sekhmet is a Goddess of Egyptian provenance, and Her worship goes back to and beyond the dawn of recorded history. Sekhmet is commonly portrayed as a woman with the head of a lioness, carrying either a scepter or a sword. Sekhmet is the patroness of magic, but also of courage and strength. A DEVOTEE of Sekhmet might hope to be inspired by Her with these qualities. Does this mean that we believe that Sekhmet is an entity living somewhere with the actual head of a lioness on a human woman's body? No.

The best analogy of how Wiccans look at Deity is the famous example of the diamond. We think of Deity rather like an enormous diamond of many facets. Each facet is beautiful in and of itself, and can be used as a way to access the heart of the diamond, but in reality each is only a different way of looking at the same stone. Thus when the Devotee speaks to Sekhmet, they are in reality using a personal form to access a Universal power. The reason we need such personal forms is that we build our bond with Deity through emotion. All of the abstract understanding in the world will make no difference to you if you cannot connect to it emotionally -it will seem dry and empty, striking no resonance in your being.

Since everyone's emotional nature is different -being as we are, individuals- we Wiccans use many different images of Deity. A person who has negative feelings toward their mother may have difficulty identifying with the Mother Goddess, but may find a Crone Goddess a great source of strength and comfort. A person who loves the ocean may find it much easier to connect with the more aquatic Mother Goddesses like Yemaya, than with an Earthy Mother Goddess like Gaia. Both are the same concept, but the exact approach offers variety to the individual.

At no time do we perceive an individual face of Deity -such as Venus, or Cerridwen, or Xochitl- as being the only face of Deity -only our individually preferred face.

Also it must be remembered that we live many lifetimes, through reincarnation. Sometimes we resonate very strongly to a particular face of Deity because we have interacted with Deity through that face in previous lifetimes. Thus we might be drawn to Isis for example, because they have in previous lifetimes been a devotee of Isis.

The second way in which Wiccans look at Deity is Universal. We acknowledge that the true nature of Deity is beyond all names and forms, and indeed perhaps beyond all mortal understanding. As our personal images of Deity are the facets so UNIVERSAL DEITY is the diamond. Wiccans believe that any one name or form for Deity can never possibly encompass all of the nature of Universal Deity, but can only serve to limit our understanding of it. Because of this we regard monotheism as an extremely primitive and limiting point of view. Rather we use our personal images of Deity symbolically to help us understand the nature of Universal Deity, using myth as a tool to illustrate the qualities and processes of Universal Deity without ever imagining that a single view can encapsulate the whole nature of the Divine.

Having laid out this basic understanding of how Wiccans view Deity, let us illustrate it by presenting one of the most sacred myths of the Wiccan faith, and explaining it's deeper meaning.

#### VANGELO DELLE STREGHE

One of the most sacred pieces of Wiccan literature is the Vangelo delle Streghe. This is a collection of legends preserved and passed down through generations of the Aradian witches of Italy. A little over a century ago the Italian witch Maddalena gave a copy of the Vangelo to the famed folklorist Charles Godfrey Leland, on the understanding that he would publish it.

The most important part of the Vangelo is the creation story it contains. This creation story is a sublime allegorical account of the creation of the physical world, and the descent of Spirit into Matter. The story touches on very ancient themes, being reminiscent of the ancient Greek myth of OPHION AND EURYNOME, and of the creation myth of the Goddess CYBELE.

You must understand however that the stories in the Vangelo are meant to be understood as ALLEGORY, that is to say that they represent their subject symbolically, portraying it in familiar every-day forms rather than abstract concepts. If you try to read these stories literally they appear rather shallow and foolish. Only by understanding that Vangelo's human characters actually represent the timeless forces of Nature and the Universe, and their actions portray the cosmic processes, can you hope to get anything out of it.

Maddalena did not bother to explain this. She was willing to let people know more about the ancient Aradian Wiccan traditions, but she didn't want them to know too much. She knew that people who understood allegory would be able to read between the lines, and appreciate what they found there. She is also supposed to have made certain alterations to the text, apparently for purpose of secrecy, which leave some confusion in the text. But despite this, the text is of enormous value.

#### CREATION

According to the Vangelo delle Streghe;

"Diana was the first created of all creation. In Her were all things."

In other words Diana, or Goddess, is PRIMEVAL DEITY. She existed before the first beginning, as CHAOS -God without form existing in a void, and having within Herself the seeds of all things, both spiritual and material, all mixed up together without order or definition. Primeval Deity is androgynous, having both feminine (spirit or yin) and masculine (matter or yang) elements, and is sometimes portrayed as such in myth and artwork.. Sometimes however Primeval Deity is portrayed as feminine, since we think of Primeval Deity in association with the Goddess, or Spirit -indeed as the Higher Self of Goddess. In this sense Primeval Deity is identified with the CRONE Goddess -the Goddess in Her aged state, having existed from before the dawn of time. This is the wisest and most knowing part of Goddess, most commonly called HEKATE. This is the Goddess portrayed with greater or lesser respect as the Hallowe'en witch, with Her pointed hat and

broom.

For endless aeons Primeval Deity existed in this amorphous and undifferentiated state, in the darkness before the first creation. At first She slept, aware of nothing, resting and recharging, gathering Her energies and merely being -alone and complete in Herself. But over the course of time, Primeval Deity began to stir; to become aware. First She became aware of Her own existence. In time She began to think, to dream, to question -to desire. She wondered; What would it be like to feel? What would it be like to move? To take action? To be able to receive sensation? To see? To taste? To hear?

And so for aeons Primeval Deity thought, and considered, and wondered. And then; "Out of Herself, the first Darkness, She divided Herself. Into Darkness and Light She was divided. The God, Her brother and son, Herself and Her other Self, was the Light." Primeval Deity divided Herself -One became Two.

All of the physical, tangible, volatile parts of Primeval Deity went into the God, who was the Light. The God exploded into existence out of Primeval Deity in a shower of spark and flame which we remember as the Big Bang, the starting point of physical creation.

All of the spiritual, ethereal, eternal parts of Primeval Deity remained in the Goddess. In this sense Goddess is thought of as a continuation of Primeval Deity, since the consciousness of Primeval Deity is one of the Spiritual parts that remained with Her.

And the God spread out in all directions through the primordial void, a blaze of light and superheated matter. In time His fire would cool into stars, and from stars to Planets. As this happens the vibration of the matter slows, it becomes more dense, seemingly solid.

This slowing cooling, and solidifying, is described as "Falling into Matter." Symbolically the God is described as having fallen into Seven Planes of existence. Some people say there are more, but then the divisions are not as exact as all that, so the number is not so important as the concept. Seven Planes is the ancient number, based on the idea of the seven Ptolemaic Planets (that is, the Sun, Moon, and those Planets visible with the naked eye). These Seven Planes are, from the lowest up; Physical, Emotional, Mental, Astral, Soular or Egoic, Monadic, and Divine. We will talk more about these later. The Seven Planes are also sometimes called the Seven Spheres, or the Seven Dimensions; all refer to the same basic concept.

The Vangelo continues;

"And when Diana saw that the light was so beautiful, the light which was Her other half, her brother the God, She yearned for it with exceeding great desire. Wishing to receive the light again into Her darkness, to swallow it up in rapture, in delight, She trembled with desire. And this trembling was the first dawn.

But the God's light fled from Her and would not yield to Her wishes. He was the light which flies into the most distant parts of heaven, the mouse which flies before the cat."

Seeing the beauty of the God -that is, of the physical Universe- the Goddess was entranced with desire, and wanted it back. She had dreamed of seeing and tasting and doing, but being separate from the God She could do none of this. She could only observe from outside that which She had created. The Goddess wanted the experiences She had dreamed of, and so She desired to take the created Universe back into Herself... But it wasn't that easy.

The Vangelo tells how The Goddess went to the oldest part of Herself, Primeval Deity -Who was still within Her. The Vangelo calls Primeval Deity "The Mothers and Fathers who were before the first creation" emphasizing Primeval Deity's androgynous aspect.

In other words, the Goddess consulted Her own Higher Self. In many ancient myths -notably the story of Demeter and Persephone- this same process is shown as the Goddess entering Hekate's cave to take council of the eldest and wisest part of Deity.

In the Vangelo Diana asks Primeval Deity how She could reunite with the God -how could Spirit take Matter back into Itself? And the Ancient One, Primeval Deity, the Goddess' own Higher Self, answered in this way;

"To rise You must fall. To become the greatest of all Goddesses, You must first become a mortal."

In other words, it was not possible for Spirit simply to take Matter back into Herself. If the Goddess wished to reunite with the God, to be one with Matter and experience it, She had to enter into the physical world. Only in that way could Goddess and God reunite.

And so Diana "fell" -that is to say She descended through the Seven Planes to the Physical. She did this by dividing off parts of Herself -the many souls- which she sent into the Physical, placing them into physical forms. Each soul was to lead many lifetimes, going through many physical forms in the process. Reading this now, you are one of the lifetimes of one of those souls, which are part of the great Goddess. We are Her children, and also children of the God, for our existence is the accomplishment of their union.

The Vangelo describes this process in extremely symbolic terms. It tells how Diana took the form of a cat (the soul entering into material form) and in this way got close to the God, then resuming Her own form, made passionate love to Him.

Then, to maintain the Union of Spirit and Matter, the Goddess cast a spell;  
"She sang a charm, and her voice was as the buzzing of bees. And then Diana sat at Her spinning wheel and began to spin the thread of life, and the God turned the wheel."

In other words, having placed soul into matter, the Goddess used the power of "sound" -that is, VIBRATION- to set the Universe as we know it into motion. Energy is what holds all things together, from sub-atomic particles to the very galaxies of stars. The Vibration of that energy, it's movement -sometimes described as "Frequency" - is what makes it work, and determines on what level it works. The denser or more physical a thing is the lower it's Vibration or frequency is said to be. The more Spiritual the energy, the higher it's Vibration is said to be.

Vibration is comparable to sound, which can be a powerful magical tool. For this reason the Vibration of the Universe, at differing frequencies through each of the Seven Planes or spheres, is often described as the MUSIC OF THE SPHERES.

Music and song have long been used in many spiritual traditions as a means of affecting the Vibration of energy. Sound can be used in this way to disperse negative or unfocused energy, to break down psychic blockages, and to create or effect specific energetic forms. Sound is a very powerful tool precisely because sound, or Vibration is the very force the Goddess used to set the Wheel of Life into motion.

Called the Goddess' spinning wheel in the Vangelo delle Streghe, the Wheel of Life is a very ancient concept. It is represented annually by the sacred Wheel of the Year (which you will learn about in LESSON 3). From this Wheel the Goddess (Spirit) spins the thread of life -i.e.; determines it's nature, qualities, the lessons to be learned and the things to be done and accomplished. The DESTINY, if you would. But the God (Matter, or perhaps more precisely physical experience) turns the wheel. As Goddess is the nature of life, the God is the process of living -the movement through the Planes of Existence. The Goddess is the essential nature of the Universe and life itself, She provides the Divine Spark which animates all things. But the God carries that spark forward. The God is Lord of Space and Time -master of the temporal universe. In this aspect He is called the Lord of the Dance, for He leads the dance of life, facilitating experience and growth.

In this way -their essence originating from the Goddess, their ability to move and to grow originating from the God, the many souls descended to the physical Plane. The goal of this, as stated above, was to experience; to learn and grow. Having arrived in the physical the souls set out to learn all that the physical Plane could teach them, and then began their ascent back up through the Seven Planes to ultimately rejoin with Goddess, from whence they come. Each

Plane has its own special lessons, which are of great importance to the soul.

Though seemingly separated from the Goddess, each of these souls remains always attached to Her, always part of Her -for it is through them, as part of them, that Goddess entered into Her own physical creation, the God. We are one with the Goddess, and our experiences are Her experience. We are eternal and immortal as souls, never cut off from Goddess, or Spirit, only differentiated. All of the powers and abilities of Goddess are within us, and at our command, if we can clear our vision enough to see and access them.

Descending through the Planes of Existence was like going through a curtain, or VEIL. The Veil obscures our vision of the things above us. Because of the Veil we forget that we are part of the Goddess, that we are spiritual beings experiencing the physical, and start to think that we are simply physical beings. As we ascend the Planes, we are highly aware of those Planes which are below us, and perceive them fairly easily. It is much harder to perceive the Planes above us. It is hard for us to see or communicate with the higher Planes of consciousness, and easy to imagine that what our eyes perceive is all that exists. To progress we must part the Veil and see beyond it. The more we work, magically and psychically, the thinner that Veil becomes. Some people are born with the Veil already very thin -these people are said to be BORN OLD. It may seem that those who are Born Old don't have to work as hard to progress, that psychic and magical skills just come naturally to them -This is because they have already done the work to develop these skills in previous lifetimes.

It is generally said that we are currently on the Mental Plane, able to easily perceive mental, emotional, and physical energies, and that we are -and have long been- in the process of moving into the intuitional Plane, and thus have increasing perception of what we might loosely call psychic matters. Though we have some perception of the Planes beyond this, it is difficult to see very much of them from our current perception.

Of course as in all things there are a variety of points of view on the subject of the Planes, or Spheres, of Existence. This is the Correllian view.

#### X - YOU ARE HERE

As you can see, Wicca perceives the conscious mind as only a small part of a much larger being, originating from and eternally connected to the Mother Goddess. Our conscious self is normally a reflection of our physical body (1st Dimension), our emotions (2nd Dimension), and our thinking mind (3rd Dimension). These three dimensions of our being are said to compose our "LOWER SELF." It should be understood that the term "lower" refers to vibrational frequency, and not to any sort of value judgement, as all parts of the being are good and valuable. The lower the vibrational frequency, the greater the physical density.

As humans we normally have a natural comprehension of these three aspects of our Lower Self, accepting them without question as an obvious component of our being. We all know our physical body and its' reactions. We all feel our emotions, conscious and sub-conscious. We are all aware of our cognitive and rational faculties. All of these are within our level of common experience and are known to us, if not always fully understood.

Above our level of common experience is our Higher Self, a concept you were introduced to in LESSON I. The Higher self like the Lower Self has three levels of being. Immediately above our common perception is the "Astral" self (4th Dimension). Also called the "Causal self", the Astral self is the part of us which determines what things we choose to experience in a given physical life, and what lessons we are trying to learn. It is from this level that the Higher Self creates the life we are living. The Astral portion of the Higher Self sets the pattern of life, accepts or rejects every potential event in it, and can make whatever alterations the Higher Self chooses, at any point during the life. This is one reason it is so important to be on good terms with our Higher Self, because by moving in synch with its' choices we make life a much easier process. The Astral level, also sometimes called the Intuitional or Buddhic level, is the level that we shift to when we work magic.



Above the Astral is the Egoic Self, or Soul (5th Dimension). The word Soul is often used to describe the whole Higher Self, but specifically refers to the 5th level of the being. The Soul is the separate personality of the Higher Self, built up of the total experience of many, many lifetimes. All of the benefits of every life lived, the outcome of all lessons learned, the knowledge of all things seen, felt, and done, is retained in the Soul, and gives it its' special character which is distinct from all other Souls. The Soul is the organ by which the being grows, the manner in which experience and growth is retained and built upon.

Above the Soul is the Monad. The term Monad comes from the Greek Monas, meaning "single unit." The Monad is the portion of the Soul which is perfect in itself, just as it was when the Goddess divided it off from Herself. The Monad is the Divine Spark of Life which animates the being, and which is conscious of itself as a portion of Deity. The Monad is a separate portion of the Goddess, but is essentially the same intelligence with no differentiation. The Monad is individuated but not differentiated from the Goddess, and contains all of the attributes and qualities of the Divine while at the same time being separate unto itself. The Monad is the motivating force of the being.

Because of this the Monad moves always to the good, and is incapable of doing otherwise.

The Monad is a perfect Microcosm of Goddess, and remembers the time before the first creation when all was One. The Monad also remembers the reason that it was separated off from the Goddess and because of this has a natural desire to evolve and unfold until it is One with the Goddess again.

These three parts form the Higher Self, of which we only become aware through effort. The Astral self which creates our life as we live it, deciding and arranging all that happens. The Soul which stores all of these experiences and is shaped by them. And the Monad, the Divine part of us which sought those experiences and revels in them, but which also seeks eventual Union with the rest of Deity, and a return to the primordial Oneness.

The final level of being, above the Monad, is the Goddess Herself (7th Dimension). She is the single soul of the Universe from Whom all others ultimately come, and She is the very center of your being. All of creation branches off from Her, through the medium of the God. Goddess is the life, God is the living. Goddess is the essence, God is the manifestation. Every aspect of creation is endowed by both Goddess and God, and all is sentient in the higher levels of its' being, if not always in the physical.

## ENERGY

Now as we said in LESSON I the Universe is composed of energy. All of these different parts of the being are composed of energy. You in every level of yourself are composed of energy, as is everything around you. Energy reacts to thought and emotion -this is why by rising to your Higher Self, specifically the Astral level- you can effect and control energy, i.e.; work magic.

This is also why energy effects YOU, and why clearing and releasing is so important.

There are other ways in which you can be effected by energy, besides holding excess energy after psychic and magical work. The energy of certain times and places has an effect on people, as does the energy of certain objects - such as gem stones, to use a well-known example. By aligning with these energies and working with them, you can increase and improve your own energy and thus your psychic and magical abilities and their results in your everyday life.

In LESSON III you will learn more about how these energies effect you, and how you can best take advantage of them to aid your personal spiritual growth.

## EXERCISES

As you advance through these lessons, you will learn many exercises which will build and help you learn to control your psychic energies. Many of these exercises use the CHAKRA points. Chakras are the energy centers of the body, and there are a number of them. You will learn more

about the Chakras in future lessons. In this lesson however, we will be using two Chakras; these are located in the palms of the hands, and the soles of the feet. You can imagine the Chakras as a ball of white light directly in the center of the palm of the hand, or the sole of the foot. These two Chakras are basic Chakras which are used for bringing energy into the body, and for sending it out of the body. Other Chakras are more specialized.

#### EXERCISE #1

Put yourself into your comfortable position.

Begin by RELEASING; close your eyes and imagine all of the worries and anxieties of your day just pouring out of you like water, down and out through the palms of your hands and the soles of your feet.

Now place the palms of your hands together. Imagine a ball of white light between the two palms, radiating out from where they touch. Imagine it very strongly, see it clearly.

Now pull your hands slowly apart. Imagine that ball of light stretching out between your hands as you separate them, becoming a beam of light between your palms. Hold this for a few seconds, or longer if you can. Then slowly bring your hands together, shrinking the beam of light between them until they close together and it is gone.

Clear and release all excess energy as you learned to do in LESSON 1. Imagine a stream of white light or water flowing through you from the top of your head and carrying all excess energy away through the soles of your feet.

Practice this until you get good at it -then you are ready for Exercise #2.

#### EXERCISE #2

This exercise begins just like Exercise #1. Do it just the same way until you come to the point where you have created the beam of energy between your two hands. Then, instead of stopping, imagine that beam growing and expanding to form a ball of white light between your hands. Hold that image as long as you can. Then slowly bring your hands back together, seeing the ball shrink between them, growing smaller and smaller until by the time your hands close the ball is gone.

Clear and release when you're done.

When you get good at this, you're ready to try Exercise #3.

#### EXERCISE #3

This exercise is just like Exercise #1, except when you open your hands, instead of an beam of white light, imagine a rainbow between your hands. Every color has an effect on energy, so this will work to strengthen you on a number of levels at once.

These three exercises are not meant to replace each other, but to be done together. As you master each one, you will add the next one to your daily regimen. Always release before and after, but not between the exercises. When you have mastered all three this will be your regimen; Release, Exercise #1, Exercise #2, Exercise #3, release again.

#### MYTH OF THE MONTH

##### THE DESCENT OF THE GODDESS

The myth of the Descent of the Goddess is one of the central themes of Pagan thought, although in some versions it will be presented as the Descent of the God, as Paganism has many diverse variations.

The Descent of the Goddess speaks of the "descent" from the land of the Living into the land of the Dead, and the return to life through rebirth. This of course refers to both the yearly cycle of seasonal renewal, through which the Earth is annually reborn, but also to the process of reincarnation through which we are all eternally reborn. But this ancient myth also has another level, for it speaks of the "descent" of Spirit into Matter, and its' return to Divine Union through

spiritual evolution and growth.

There are many versions of the Descent of the Goddess. In the Vangelo delle Streghe the Descent occurs when the Goddess takes mortal form to join with the God, and is defined by the term "To rise You must fall," to achieve the fruition of Divine potential Deity must experience physical incarnation.

Following is one of the oldest versions of the Descent of the Goddess, from the ancient culture of Sumeria. Sumer was an ancient city in the Fertile Crescent, that is to say the region lying between the Tigris and Euphrates rivers in the area that is now Iraq. Sumer gives its name to the wider civilization of which it was part, which flourished in that region in the years between 3500 BCE and 2800 BCE, finally being absorbed by their Semitic neighbors the Akkadians. The chief cities of Sumeria included Uruk, Lachish, Ur, and of course Sumer itself, among others. Uruk was the chief seat of worship for the Sumerian Goddess Innanna, afterwards identified with the Semitic Ishtar and eventually with Venus-Aphrodite and the Egyptian Isis. It is from Uruk that this version of the Descent of the Goddess derives.

#### The Myth

Dumuzi was the King of Uruk, and like all the Kings of Uruk, Dumuzi was ceremonially married to the Goddess Innanna. Innanna loved Dumuzi above all mortals and She was happy with him. As the consort of Innanna, Dumuzi passed his days in joy and laughter, and the Goddess likewise rejoiced in his love for Her. But life in the temporal realm is perilous, and it came to pass that like all mortals, Dumuzi died. Struck through by the tusks of a wild boar Dumuzi sank down into the dark realm of the Dead.

Now Innanna mourned for all who died, but She mourned most for Dumuzi, and She made a great lamentation for Her dead consort, and wept most bitterly.

Now as Lady of Life Innanna was a stranger to the realms of Death, and so She had no recourse to Her bereavement whenever one of Her mortal creatures should die. Yet Her love for Dumuzi was such that the Goddess could not be content with this.

And so Innanna conceived a plan to journey into the realm of the Dead, ruled by Her sister Ereshkigal. Innanna Lady of Life arrayed Herself in all Her royal state to visit Her sister the Lady of Death. She donned Her state robe and Her crown and other jewels, and She set off, intent on convincing Her Sister to release Dumuzi back into the world of the living, and with him all those others who had died.

And so Innanna departed from the world of the living, and all the people, and animals, and the Earth itself mourned, for when Innanna departed the spirit left the land and the first winter came to the world. The fruit dropped from the trees, plants withered and died, and even the Sun's light grew weak with grief for Her going, leaving the land barren and cold.

Yet difficult as it was for the world She left behind, Innanna found it was no easier to enter the Land of the Dead. When She came to the First Gate of the kingdom of Death, the guardian there challenged Her and would not let Her pass, unless She first surrendered Her golden crown, ornamented with amethyst. This means that to pass the first gate Innanna had to forget conscious knowledge of Divine Union. Reluctantly the Goddess surrendered Her crown.

Progressing, Innanna came to the Second Gate of the Land of the Dead. Here again She was challenged. To enter here She must surrender Her earrings of lapis. That is to say She must surrender conscious knowledge of the Monad, Her connection to the powers of Deity. Reluctantly She did so.

When Innanna came at length to the Third Gate of the Land of the Dead, She was again challenged. The guardian of Third Gate said to Her that to enter She must surrender there Her royal pectoral of fine turquoise. That is to say that She must give up conscious knowledge of Her Soul, the accumulated knowledge of many lifetimes, and of the Divine Plan which guides each lifetime. For love of Dumuzi, reluctantly She did so.

Coming now to the Fourth Gate, Innanna was challenged by the guardian there, who demanded of Her that She surrendered unto him Her pendant necklace of green malachite. That is to say that She must give up conscious knowledge of Her Astral Self, and with it Her ability to consciously create what surrounds Her. Only for love, She did so.

Innanna continued forward. Coming to the Fifth Gate of the Land of the Dead, Innanna was again challenged by the guardian She found there. Here it was demanded that She surrender Her jeweled belt of gold and amber. That is to say that She must surrender Her ability to think and understand abstract concepts. To be reunited with Dumuzi, She did so.

Continuing on, Innanna came to the Sixth Gate of the Kingdom of death. Here the guardian challenged Her, refusing to let Her pass unless She gave up Her bracelets of carnelian. This is to say that She must surrender Her ability to feel and react to emotions. To pass on, She did so.

At last Innanna came to the final gate, the great Seventh Gate which gave entry to the realm of Ereshkigal, Lady of Death. Here the guardian demanded of Innanna that She surrender Her garnet anklets. That is to say to say that She must give up even Her awareness of Physical form. This She did, and entered at last the Realm of the Dead.

Here Innanna came at last before Ereshkigal, her sister, the Lady of Death. But Innanna no longer knew why She had come, nor did She remember all that She had been at the start of Her journey. Indeed, a veil had fallen over Her senses, and She knew nothing of the Realm of Light from which She had descended. And so She floated there without awareness, as did the other souls in that place. Yet Dumuzi, who was near, though he did not recognize Innanna, just as he no longer knew himself, felt the presence of Innanna and his heart still stirred with love for Her. That is to say that the soul, even at the lowest level of matter, is still moved by love for the Divine and desire to be reunited with It.

And feeling Innanna there, Dumuzi was alive with love for all things, including Ereshkigal's dark realm, and He praised the dread Goddess of Death, and all Her works. And hearing this the Lady of Death rejoiced, and called Innanna and Dumuzi to Her, and greeted them with love -for until then all had feared Her, and reviled Her as the bringer of death, and the praise of Dumuzi filled Ereshkigal's heart with joy and moved Her to compassion. In other words you can never progress until you first recognize the good that's already there.

And so Ereshkigal gave Innanna and Dumuzi many gifts (which are the gifts of experience) and helped them to begin to ascend through the Seven gates again, and with them all of the souls who had been in Her realm, that they might be reborn. And as they came to each gate, they received back the powers they had surrendered there.

And at last Innanna and Dumuzi and all the souls returned to the realm of the Living, and were again alive as they had been, and all the world rejoiced. And the leaves budded, seeds sprouted, and flowers bloomed, and the world too returned to life with the first spring.

Now to understand this myth you must know that while Dumuzi is portrayed as a mortal King, he really represents a number of other things. Dumuzi represents the soul, which "descends" into death, and is reborn through the agency of the Goddess. Dumuzi represents too the Earth which "descends" into winter and is likewise reborn in spring through the agency of the Goddess. And too, Dumuzi is the God, Who "descends" into matter, only to ultimately return to a state of Divine Union through the agency of the Goddess, or Spirit.

So too, while the myth speaks of the descent of the living into the land of the dead, and their return from it, we are also speaking of the soul's descent into matter and this is why the seven gates are so important, for they describe the process of the involution and evolution of Spirit through the seven planes or spheres of existence.

GOD OF THE MONTH  
The Dragon

Many of us have seen the John Borman film EXCALIBER and watched Nichol Williamson as Merlin summon the spirit of the Great Dragon to work his most powerful magics -but how many of us understand why this is?

The Great Dragon is the same figure as the Great Serpent, and is a very important figure in many Pagan religions.

There are many forms of this Deity, Who is found around the world. The Great Dragon was worshipped as the Goddess Tiamat in the Fertile Crescent, the Goddess Pachamama in pre-Columbian Peru, and as the Serpent Goddess Wadjet or Buto in Holy Egypt. The Great Serpent was worshipped as the God Danballah in Africa and Afro-diasporic religions, as the God Quetzalcoatl-Kukulcan by the Aztec and Maya of Central America, as the God Ophion, Python, or Ourobouros in Greece and Rome. There are many other names for this same Deity, Who is found throughout the world either as Goddess or God, depending upon the culture.

The Great Serpent is a personification of Spiritual Energy in motion. As you have learned, Spiritual Energy suffuses all things, and their forms are created by it's movement. It is the movement of energy which creates, the movement of energy which is symbolized by the serpent; the movement of the Divine Spirit which gives shape to our physical universe. The Serpent represents the "Dance of Life" if you would. This movement arises from Spirit and returns to Spirit, and at all points is composed of Spirit, but in it's circuit gives an impression of separateness which is the world we know. To represent this the serpent is symbolized as swallowing it's own tail, forming a circle, the Wheel of Existence. This image is called Ourobouros, and is very ancient. You can see the serpent closed in a circle about the Disk of the Universe in many ancient carvings of Egyptian Divinities and monarchs. It figures too as the Ourobouros in Pagan Greek thought and metaphysics, from which it passed into medieval European occultism and Freemasonry, where the image is to be found in many variations.

As a Deity the Great serpent represents connection to the flow of Divine Energy and ability to direct it and move in harmony with it. The Serpent represents personal connection to the Oneness of all things, and the flow of that Oneness through each individual. Because of this Oneness, each individual connects to all other points in existence, and can call upon the powers of any aspect of creation, if it only knows how to access that connection. This is what is represented by the Serpent, or Dragon. For this reason the Serpent appears on the brow of the royal crowns of Egypt, to symbolize the wearers connection to the Oneness of creation. For this reason the Serpent appears wrapped around the Tree of Life, whose form is created and sustained by the movement of the Serpent's coils, the truth be known.

#### DRAGON MEDITATION

To align yourself better with the Great Dragon, which is to say with the flow of Divine Energy, use this meditation often.

Place yourself in a comfortable position, and begin as always by clearing and releasing. Imagine yourself before a flight of stairs. Imagine that you climb these stairs, one stair at a time, counting each as you go. With each of the stairs you will go deeper into yourself. There are ten stairs in all. At the top of the stairs you come to a hallway. It is a long hallway, with many doors on either side. Note the details of this hallway -what color are the walls? Is it clean? Do you like the hallway? Imagine yourself walking down this hallway until you come to a door that is marked with an "X". This is your door. Go in.

Inside the door you will find a beautiful landscape. Enter it. Feel the things around you -make the visualization as real as you can. As you look around the landscape you will see a large Dragon. Go to it. Give the Dragon greetings.

What does it look like? Is it male or female?

Climb on the Dragons back. Imagine it taking off and flying through the air. Imagine the feel of the wind against your face, the smell of the air, the feel of the dragon's back beneath you. Let the

Dragon carry you. As you fly, look down at the world below. Enjoy the ride -get used to feel.

Then, when you're ready allow the Dragon to land.

Thank it, and give it your love.

Then go back to the hallway, and through the hallway to the stairs.

Come down the stairs one by one. With each stair you will come back more into yourself, and your ordinary conscious mind.

When you are back, clear and release as always.

When you have facility with this meditation, you will want to introduce this variation; instead of just riding the Dragon, become the Dragon. As the Dragon carries you through the air, feel yourself merge into it. be One with the Dragon. Feel its body as your body. Imagine the feel of the wings as they beat, of the tail -immerse yourself in the Dragons form, and BE it. When you have flown long enough, separate yourself from the Dragon again, and complete the meditation as usual.

#### Spell of the Month

This is a simple spell for manifesting something you desire.

When trying to manifest a desire, there are several things you should keep in mind: always respect the rule of "Harm None", what you are manifesting should not be something that belongs to another, and never ever should it be a person. You must always respect other's free will. Also, you should not be too narrow in your desire. For example if you were manifesting money you should not ask for "\$10" but rather for "the money I need, at least \$10." Spirit may send you more than you ask for, unless you yourself have limited it. Spirit will never overrule the limitations you place on yourself, only you can remove those. Finally, when just starting out in magic, it may be advisable to start with small things. This is because magic will not work if you don't believe it will work -because energy responds to thought and emotion. If your thought is "I manifest a Cadillac" but your emotion is "I could never do this" it won't work. By starting with simple things, you can build up in increments and be less likely to run into self-imposed limitations.

#### The Spell:

You will need:

- 1) a candle -white is good, but so is red.
- 2) something to light it with -nothing will screw up your magical consciousness worse than forgetting the matches and having to stop and look for them in the middle of the working.
- 3) a piece of paper.
- 4) something to write with.
- 5) a burning dish -that is to say a dish which is not going to be damaged by fire. Brass incense burners work very well, but many other things do too.
- 6) Something to stir the fire with -a stick or a knife work well.

Begin by releasing all tension and anxiety. Put yourself into a comfortable position.

Now, think about what you want to manifest. Concentrate on it and imagine clearly what it might be like to have it. Meditate on this for awhile, keeping it clear in your mind.

Now write down on your paper what it is you wish. You may wish to write it in a manner similar to the invocation given below. You may notice that we use the same one rather a lot, but when something works why mess with it?

Now, light your candle.

Again, release all tension before you start the actual spell.

Focus for a few moments on the candle's flame.

Now take your paper. You may want to fold it in half, but don't fold it up tightly as this will retard the burning process

Imagine a ball of white light in the center of your chest. Affirm: "Behold, I connect myself to powers of the Universe" and imagine yourself rising up above your physical body, and high above the earth. You may want to imagine looking down at the whole Earth below you. Now affirm: "There is one power in the Universe, and I am a perfect manifestation of that power."

Open your eyes and take your paper. Affirm: "There is one power in the Universe, and I am a perfect manifestation of that power. And as such I will that even as this paper burns, so too shall this which I have written come to pass. May it come to me easily, and with harm to none. I will it. I draw it to me. I manifest it. I accept it. I receive it. I give thanks for it. By my will, so mote it be."

Now set the paper on fire. Imagine a ball of white light all around the paper, as clear and bright as possible. Hold the paper as long as possible, then place it in the burning dish and let it burn until it is gone. Use a stick or a knife to lift it in the bowl so that it doesn't lay on just one side and prevent that side from burning. The speed and thoroughness with which the paper burns shall be an omen to you of how long it will take for the thing to come to you. If any part of the paper doesn't burn, take that piece and repeating the affirmation over it, burn it again.

Now clear and release as you know to do, and do not obsess over what you have manifested. Worrying about it excessively will tend to block it, so the less you can think about it the better. Instead simply know that you have done it successfully and wait for it to come. If you cannot be patient, tell yourself "I put myself into a position of love and trust, knowing that what I want shall come" and imagine stepping over a half step to the left. What you have manifested may not come immediately, but it will come soon. These things take time. But you will find this a very useful spell. Remember if you're just starting out -practice makes perfect!

### LESSON III - PERSONAL POWER

#### PERSONAL POWER

In LESSON I we learned that the Universe is composed of Energy, and that we can influence that Energy by means of Magic, through concentration of mind and emotion. In LESSON II we learned that the Universe, composed of Energy, is an emanation of the Goddess in union with the God. We learned that the Universe has Seven Planes or Dimensions of existence, and that we exist as a being in all seven of these at once. Those Dimensions of which we are easily aware are our Lower Self. Those Dimensions which we must work to connect with are our Higher Self. In the end we are all One, because the spirit of the Goddess is in each of us, and animates us all.

We have spoken about how we can influence and direct energy through magic. But energy influences us as well. Now in LESSON III we will talk about how we are all influenced on a daily basis by the energies around us.

Everything which exists is composed of energy. Though it may look solid, it is in fact a pattern of energy held intact by Vibration and Frequency. Affected by experience, each thing develops its' own special character and attributes, which it carries forward.

This is true of objects, such as gem stones, different kinds of wood, shell, or metal. Each of these things, though existing a denser state of matter than our own, has its' own energies which can effect our energy. For example Jade interacts with our energy to promote calmness and tranquility, while Amber has an energy that aids mental clarity and concentration. Rock Crystal (Quartz) will amplify ones' psychic energy, while the metal will tend to ground it.

This is also true of fragrances, such as essential oils and incenses, whose unique qualities effect our energy as well. For example Sage or Rosemary have a cleansing energy, which we use to aid

in purification. Sandalwood promotes spiritual opening while Cinnamon is protective in character.

Not only physical objects, but also more abstract things, such as color, effect our energy. The color Red will tend to increase ones energy, but if overdone can set one on edge. Blue tends to be soothing to the emotions, but too much can be depressive in character.

Specific places also have particular energies. Some locations are known to have especially powerful energy which acts as a battery to anyone who goes there. Such places are called VORTICES and are the energy centers, or Chakras of the Earth. Some of these Vortices have special qualities, such as healing, or psychic opening. If you visit such a Vortex and work with its' natural energy, you will be able to accomplish much more of whatever its' special quality dictates, than you might normally be able to do. For example at a healing Vortex, such as that at Bath, England, or at Lourdes, France, healers will be able to manifest much greater healing powers than they might in other places. Meditations conducted at Vortices known for psychic opening, such as those in Sedona, in the Southwestern U.S., may be able to reach much deeper levels and effect greater transformations than when carried out elsewhere. For these reasons such Vortices are considered sacred, and are often the site of pilgrimages by persons seeking to benefit from the particular energy of the Vortex. Such Vortices can also be artificially created, both consciously and unconsciously. Our thoughts and emotions, as we have said, effect energy. A location which is subject to a given emotion or thought pattern over a long period of time, or even a short time if it is of extreme potency, will be imbued with that quality. Thus a house which has seen much suffering and anger may have a "negative" energy about it, which will be felt by subsequent inhabitants and their visitors. Similarly a place which has known great joy, may tend to feel uplifting to those who live in or visit it. These artificial Vortices are created unconsciously, by the everyday process of living. But an artificial Vortex can also be created intentionally. A temple or a place where magic is performed can be imbued with psychic energy which can turn it into a powerful psychic Vortex, which will strengthen the abilities and perceptions of all who enter. But this is a high level working, and should not be attempted until one is thoroughly familiar with energy working.

In Magic we learn to interact with all things with a view to how they can aid us energetically. Because each of us is different, this is a subjective process, which can only be mastered by trial and experience. But the basics can be grasped fairly easily.

You will learn more about the effects of gem stones and scents in future lessons. If you continue your studies beyond the First Degree, you will learn more about energetic Vortices. But now we are going to concentrate on the effect of a still more abstract energy; Time.

Like everything else different times have different energies. Also, like everything else, the exact manner in which you interact with these is individual to you. To fully understand how best to relate to these energies, you must practice with them, and see how you yourself attune to them. But in general there are certain principles, and these we shall outline for you now.

#### THE PSYCHIC TIDE

Time has cycles. These repeat constantly. These cycles are created by and are the effect of Movement. The movement of the Planet. The movement of the Galaxies. The movement of energy through the Planes.

These cycles range from the time it takes our Planet to revolve upon its' axis (24 HRS) to the length of the so-called Great Year (19,200 years, according to the Correllian system). All of these cycles have their own qualities, and in accordance with the ancient Law "AS ABOVE, SO BELOW" all reflect the processes of the Universe as a whole.

When Goddess separated the many souls off from Herself and sent them into the physical, they began a process of INVOLUTION, a movement downward to a place of utmost density; the Physical Plane. Arriving there the many Souls began a movement back upward, through the Seven Planes, to their original Divine origin; The Goddess. This is called Spiritual EVOLUTION. Together these two processes form a whole. Involution is the DARK HALF of the whole -it is



the Yin which spirals inward, contemplative and esoteric. Evolution is the LIGHT HALF -it is the Yang which spirals inward, active and exoteric. All cycles possess these two parts; a Dark half and a Light half, mirroring the Cosmic order.

Darkness always precedes Light, as Involution precedes Evolution.

The Cycles of Time are known as the PSYCHIC TIDE. It is called this because the inner and outer movement of the energy is like the tide of the ocean. In the Tide is in its' Dark half the energy is going inward; it is a time for contemplation, inner workings, examination of the inner levels of the self, releasing that which one has outgrown. When the Tide is in its' Light half the energy is going outward; it is a time for physical manifestation, creation, beginning of new projects. Both halves of the Tide propel one forward, each in its' own way. It is a perpetual cycle of consolidation (Dark) followed by growth (Light) followed by consolidation (Dark) followed by still more growth (Light). Neither can be sustained without the other for balance.

In a 24 HR period the Dark half is Night, the Light half Day.

In the monthly cycle of the Moon the Dark half is the Waning Moon (From Full Moon to New Moon). The Light half is the Waxing Moon (From New Moon to Full Moon). During the Waning Moon we do releasing and inner work. We use this time to rid ourselves of all that limits us or holds us back. During the Waxing Moon we do manifestation to bring about our goals and desires in the outer world, creating that which we desire. It is the Lunar cycle which effects us most strongly as individuals.

In the yearly cycle the Dark half is the Winter and the Spring, during which Earth rests and refreshes Herself before bringing forth new life. The Light half is the Summer and Fall during which the fields and forests grow and blossom to feed the creatures of the Earth. In the dark half the energy of the Earth is directed inward to replenish fertility. In the Light half the energy of the Earth is focused out, making fertility manifest in physical form.

The Yearly cycle does not effect us as strongly as the monthly Lunar Cycle, but it can have a noticeable effect. Particularly important are the changeover points, La Bealteinne (May 1) and Samhain (Nov. 1). At these two dates the Psychic Tide is said to be at its' yearly height, and the Veil between the worlds at its' thinnest. At these two Sabbats Psychic powers are keenest, magic is most effective, and supernatural phenomena most frequent. But you will learn more about the Sabbats under the section entitled WHEEL OF THE YEAR later in this lesson.

This same pattern is present in each ZODIACAL AGE. The Zodiacal Ages are divisions of time named for the signs of the ZODIAC and linked to the so-called PRECESSION OF THE EQUINOXES. These include the Age of Aquarius, of which you may have heard, as well as the Age of Pisces which is now ending. According to the CORRELLIAN CALENDAR the Age of Aquarius will begin in 2000 AD (year 0 h).

The first several hundred years of each Zodiacal Age are the Dark half. During these years the best of the preceding Age is consolidated. People create rigid structures of thought and tend to be rather introspective. The last several hundred years of the Age are the Light half; during these years people throw off old ways of thought and try to create new ones.

By telling you this we are not saying that you should allow yourself to be limited because you are in the Dark or Light half of any given time period. Just because the natural energies favor a certain sort of work doesn't mean that that is the only sort of work which can be performed -far from it! Rather we say this so that you will know how to pick the best time for a given work, during which the natural energies of the Universe will be moving in the same direction you are. Also, if you find yourself working against the natural energies -say you need to do releasing during the Waxing Moon- you will know that you need a stronger ritual to compensate.

#### THE WHEEL OF THE YEAR

In LESSON II we spoke of the Wheel of Life. In the Vangelo Delle Streghe it is said that the Goddess spins the thread of life from the Wheel, while the God turns it. The God is often likened

to a great serpent curled in a circle and swallowing its' tail to represent that He is the body of the Wheel, i.e.; that the Wheel turns through physical manifestation. As Above So Below; the great Wheel is mirrored each year in the cycles of the Seasons, and the Eight Holidays of Wicca. As explained above the Wheel of the Year follows the process of Involution and Evolution, having both a Dark and a Light half. The Eight Holidays are known as SABBATS. They are also simply called Festivals. The word "Sabbat" is of uncertain origin. It may be related to the word ESBAT, which comes from an Old French word meaning to Frolic or Celebrate. We will talk more about Esbats shortly. Or Sabbat may be related to the Judaeo-Christian word Sabbath. There is no way to know as medieval chroniclers did not leave any clear etymological references.

The Eight Sabbats are divided into two sets of four. These are the Grand Sabbats, which are feminine and dedicated to the Goddess, and the Lesser Sabbats which are masculine and celebrate the God. The Grand Sabbats are Lunar in character, and in former times were tied to the Lunar Calendar. Some groups still reckon the Grand Sabbats by the Lunar calendar, and some fix their date by other means, but most groups today celebrate them by the Calendrical dates which will be given. The Lesser Sabbats are Solar in nature and are the Equinoxes and Solstices of the Sun, on which the Solar calendar is based. As the year is divided into a Dark and a Light half, there are two Grand Sabbats and two Lesser Sabbats in each.

A list of the eight Sabbats follows:

SAMHAIN November 1. Begins the Dark half of the Year. DARK.

YULE December 20-22. Celebrated on the Midwinter Solstice, date varies. DARK.

IMBOLC February 1. DARK.

OSTARA March 20-22. Celebrated on the Vernal Equinox, date varies. DARK.

BEALTEINNE May 1. Begins the Light half of the Year. LIGHT.

MIDSUMMER June 20-22. Celebrated on the Summer Solstice, date varies. LIGHT.

LUGHNASSADH August 1. LIGHT.

MABON September 20-22. Celebrated on the Autumnal Equinox, date varies. LIGHT.

Each of these Festivals has a particular meaning and customs...

SAMHAIN (Pro; "SOW-en", or "SOH-en") Samhain is the beginning of the ancient Celtic liturgical year, and is the Festival of the Dead. At Samhain we honor the Spirit world, the spirits of our Ancestors and deceased loved ones, as well as our Spirit Guides. At this time we reflect upon our own physical mortality and the nature of change and transformation in the cycle of Life and Death. Samhain is the festival of the end of the Harvest and the beginning of Winter (by traditional reckoning). The word Samhain is GAELIC and means "Summer's End." Samhain is pronounced "SOW-en" in Ireland, and "SOH-en" or "SAH-en" in Scotland. Samhain is celebrated on NOVEMBER 1. By ancient reckoning the day begins at sundown, which is why the Samhain celebrations begin on October 31. The night time portion of the festival is properly called the OICHE SHAMNA, or Vigil of Samhain. Oiche Shamna is pronounced "uh-EEK-uh HOW-nuh." Samhain is also called Hallows or Hallowmas, and the Oiche Shamna is also called Hallowe'en.

The word Hallow means "Spirit" -literally "Holy One."

Samhain is a Lunar or Grand Sabbat, and is sacred to the Crone Goddess, from whom the image of the "Hallowe'en witch" descends. The Crone has many names, including Hekate, Morgan, and Cerridwen. She is depicted as an elderly woman, and is Patron of magic and of the Spirit World. The Crone is the Goddess of the dead, of wisdom, and of the ultimate Spiritual origin of all things.

In the Vangelo Delle Streghe the Crone is equivalent to Primeval Deity, Goddess before the first creation. At Samhain the Psychic Tide is at a high point, and it is a good time for all sorts of magic, divination, and inner workings. Traditionally Wiccans consider Samhain the most sacred of all festivals.

YULE Yule is celebrated at the MIDWINTER SOLSTICE and by traditional reckoning it marks the high point of Winter. The word Yule comes from the Germanic "Iul" and means "Wheel." Yule celebrates Winter, and the rebirth of the Sun God. As Yule is the shortest day of

the Year it marks the Sun's low ebb, and after this the Sun will begin to grow stronger.

Yule is a Solar Sabbat and is sacred to the Old God, the Lord of Winter. This ancient God has many names including Cernunnos, Odin, Harlequin, Santa Claus, and the Holly King. This God is portrayed as an old man, majestic and often jolly. Sometimes He is shown as a King in ermine trimmed robes, other times He is shown as a Jester and called the King of Fools. As the Crone is the Goddess of Death, the Old God is the Lord of Death and of the Spirit World and magic. He is the God of the forest, of animals, and of the hunt. Often He is shown with antlers or horns. In this form He is the subject of one of the oldest paintings known to exist, "Le Sorciere" a cave painting from Cro Magnon times.

Yule is also known as Midwinter, and as Alban Arthan (pro; "AL-bahn AR-than").

IMBOLC Imbolc is celebrated on FEBRUARY 1. Some groups however, celebrate it on February 2. Imbolc is the Festival of the beginning of Spring, by traditional reckoning. It represents the renewed life of the Earth after Winter and the growing strength of the Sun. Imbolc is a festival of Light, and of the dawn. It is traditional to light many candles for this Festival, to encourage the Sun to shine brighter and the Earth to throw off the cold of the Winter months. For this reason Imbolc is also called Candlemas, and this is perhaps the more popular name for the Festival. Because Winter does not always end this early, however, the custom of the Ground Hog was developed as a form of sacred divination. A Ground Hog is released at dawn on Imbolc. If the Ground Hog doesn't see its' shadow it is believed that Winter will end. If the Ground Hog does see its' shadow it is believed that Winter will last six more weeks -'til Ostara, the next Sabbat. This rite can also be performed with other, similar creatures, such as Hamsters or Guinea Pigs, who are easier to handle than Ground Hogs.

Imbolc is a Lunar or Grand Sabbat, and is sacred to the Maiden Goddess, the Goddess of the dawn and of fire. The Maiden Goddess has many names including Brighid, Bride (pro; VREE-juh), Eos, Aradia, and Vesta. The Maiden is not only the Goddess of physical fire, but also of the fire of inspiration, the fire of creativity. Hers is the fire that is the first spark of fertility and life. In the Vangelo it says that when the Goddess first beheld the beauty of the God She trembled, and Her trembling was the first dawn; that is why Dawn is thought of as a Goddess, and that quality of inspiration and desire for beauty is the nature of the Maiden Goddess.

Imbolc is also called Oimelc (pro; "EE-mell"), which is Gaelic and means "Lactation of Ewes." Another Gaelic name for this Festival is La Fheile Bride, "the feast of Bride" (pronounced "Law EYE-lah VREE-juh"), honoring the Goddess Brighid. The Festival is also called Ground Hogs' Day, because of the ritual described above.

OSTARA Ostara is celebrated at the SPRING EQUINOX, when day and night are equal. It is considered the high point of the Spring season, when life is bursting forward in all directions. Like Imbolc, Ostara is a Festival of the dawn and of increasing life. Ostara comes from the Germanic word "Ost" or "East," a reference to the dawn and the renewal of life. The rituals of Ostara celebrate renewed life in many forms; eggs, a symbol of rebirth, are painted in bright colors and used in sacred rites before being eaten. Baby animals, especially chickens, ducks, and rabbits, are symbolic of the season. The Rabbit, ancient symbol of the Moon, represents the Earth's renewed fertility.

Ostara is a Solar Sabbat and is sacred to the Young God, Lord of the rising Sun and of Life. He is the custodian of the growing plants and animals, as well as the growing light of the Sun. This God has many names, but He is particularly venerated as the Green Man, in which form He is shown surrounded by greenery and breathing it out from His lips. In this form He is also known as Green Jack, or Green George. Sometimes he is represented as a tree. "Maypoles" are sometimes used as part of the Ostara festivities, and represent the phallus of the Young God.

Ostara is also known as Eoster (pro; "EH-yoh-ster", "eh-OH-ster" or "YOH-ster"), Alban Eilir (AL-bahn EYE-lir), or simply as Spring. Ostara also has strong feminine connotations, and is sacred to the Maiden Goddess as well as the Young God. Ostara and Eostre are both Germanic names of the Maiden Goddess as Lady of the Dawn.

**BEALTEINNE** Bealteinne is celebrated on MAY 1 It is the beginning of the Light half of the Year, and the beginning of Summer by traditional reckoning. Bealteinne is the polar opposite of Samhain, and is the Festival of Life. Bealteinne comes from the Gaelic "La Bealteinne" (pro; "Law BALL-tuh-nuh), and refers to the sacred Balefires; bonfires which were lit in ancient times for the God Bel, or Belenos. Bealteinne celebrates the union of Goddess and God, and is celebrated with great joy. Flowers are used to symbolize the Divine union, and the Maypole is used to represent the phallus of the God planted in the body of the Earth Mother.

Bealteinne is a Lunar or Grand Sabbat, and is sacred to the Great Mother Goddess. This Goddess has many names including Eartha, Demeter, Mati Suira Zemlya, Yemaya, Gaia, and others too numerous to mention. She is the Lady of Life, Who brings fertility to the Earth, and at this time Her power is on the rise as Earth brings forth an abundance of life. The Mother Goddess is the principle archetype of the Goddess.

Bealteinne is also known as Beltane, Kalenda Maia, Roodmas, Walpugis, May Day, or simply May.

**MIDSUMMER** Midsummer, as its' name implies, is celebrated at the SUMMER SOLSTICE, the longest day of the Year. Midsummer is considered the high point of the Summer season. Midsummer celebrates the very height of the powers of the Sun and of Life. But it also acknowledges that after this date the Sun will begin to weaken and the days to grow shorter.

A Solar Sabbat, Midsummer is sacred to the Sun God, as Lord of Life. This God has many names, including Apollo, Balder, Lugh, Horus, Chango, and many others. He is the God of Life and the Physical World, and is the principle archetype of the God. The celebrations of Midsummer stress the powers of light and life, and rejoice in the good things the Universe has to offer.

Midsummer is also known as Litha (pro; "LEE-thuh").

**LUGHNASSADH** Lughnassadh is celebrated on AUGUST 1, though a few groups may celebrate it on August 2. The name "Lughnassadh" comes from the Gaelic "La Lughnassadh," pronounced "Law LOO-nuh-suh," and means "Marriage of Lugh." Lugh is the Celtic God of the Sun, and also of vegetation and the cultivated fields. The "marriage" of Lugh is the Harvest, when the crops are reaped. When the harvest is completed and the last of the crops has been cut, Lugh is symbolically married to the Crone Goddess of the Dead. But Lughnassadh marks the beginning, not the end, of the harvest. It is the beginning of the Autumn or Fall season, by traditional reckoning. Lughnassadh is the Festival of First Fruits, when thanks is given for the fertility of the fields, and the first bread baked from the new harvest is blessed.

Though Lughnassadh celebrates the death of Lugh, it is a Lunar or Grand Sabbat sacred to the Mother Goddess as Lady of the Harvest. It is She who provides the bounty of the Earth, and to Her thanks are given. At Lughnassadh the promise of Bealteinne is fulfilled by the bounty of the Earth.

It is in this form, as Lady of Life, that the Goddess is portrayed in the famous Venus of Willendorf statuette. Some 30,000 years old, the Venus of Willendorf shows the Mother Goddess pregnant, Her busoms heavy with milk, a testament to the fertility and life-giving qualities of the Great Mother.

Lughnassadh is also called Lammass, First Fruits, and Bron Trograine.

**MABON** Mabon is celebrated at the FALL EQUINOX, when day and night are again equal. Mabon is the middle of the Harvest and of the Fall season. This is the time of the Sun's denouement, its' slow slide into Winter and symbolic death. It is also the time of the Earth's ebbing life force, as the plants of Summer bear their fruit and decrease.

The name Mabon comes from the Celtic God Mabon, or Maponos, who died every year, to be

reborn in the Spring. Mabon is pronounced "MAH-bohn."

A Solar Sabbat, Mabon is sacred to the Father God. This is the God as King and Judge, Lord of the Tribe and Elder of the community. He is the Lord of balance, law, and justice, the God of honor, and conscience. This is the God Who willingly gives His life for the renewal of the land, as a good parent would give their life for their children, or a good leader for their people. The Father God has many names, including Zeus, Nodens, Thor, Jupiter, and many others.

Mabon is also sometimes associated with the Old God, especially in His form as Dionysus, because this is the time of the grape Harvest. In this sense Mabon honors the God of ecstasy, spiritual visions, and freedom.

In addition to Lunar and Solar Sabbats, Wiccans also celebrate Esbats.

Sabbats are the big ceremonies. Sabbat ceremonies tend to be about celebrating and attuning to the season, and honoring Deity.

Esbats are the little ceremonies. They also honor Deity, but are much more personal. At Esbats groups tend to do more individual work, geared toward the goals and growth of their members, rather than cosmic phenomena.

Traditionally Esbats are held on the nights of the New Moon and the Full Moon. In practice however, groups will often choose a specific day, such as Saturday, and hold their Esbat on the Saturday night closest to the actual New or Full Moon. The period from New to Full Moon is the Light half of the month, while the period from Full to New Moon is dark. The Light half of the month is used to work for things one wishes to create or accomplish. The Dark half is used to do releasing of things one wishes to let go of, and to do inner work which requires looking inside oneself.

A New Moon Esbat takes place at the very beginning of the Moon's cycle, the start of the Light half of the Month. At New Moon one works to manifest things which will grow along with the Moon as it waxes. The Full Moon Esbat takes place at the very end of the Light half of the Month, when the Moon is at the strongest point in its' cycle and the energy of the monthly cycle is at its strongest. We use that heightened energy of the Full Moon to give added strength to our working. Esbats are not commonly held during the dark half of the month.

These then are the basic points of the Psychic Tide; That it rises and falls during each month, reaching its' highest point at Full Moon and its' lowest point at New Moon.

The Psychic Tide also rises and falls each year, reaching its' highest points at Samhain and Bealteinne. Winter is the Dark or internal half, Summer the Light or external half of each year.

The Psychic Tide further rises and falls during each Zodiacal Age, reaching its' highest point at the turn of each Age, such as the period we are in now (during the turn from Pisces to Aquarius).

By knowing and understanding the Psychic Tide, you can attune to it, to take advantage of its' points of highest energy.

#### EXERCISES

As usual you should find a comfortable position in which to do your exercises. Begin by releasing, as you learned to do in LESSON 1. Do exercises #1, #2, and #3 as usual. Now you are ready for exercise #4.

#### Exercise #4

Exercise #4 involves your Solar Chakra. Chakras are energy centers in the body. There are both major Chakras and minor Chakras. The Solar Chakra is a major Chakra. You will learn more about Chakras in future lessons.

The Solar Chakra is located near the navel. For purposes of this exercise you should visualize the

Solar Chakra as being behind the navel, at the center of the body. Chakras have many levels and can be worked with at the front of the body, the middle, or along the spine. Here we will work with it at the center.

Imagine a ball of yellow-white light at the Solar Chakra. Visualize this ball of light as being clear and bright, shining out in all directions like an internal Sun. If the ball of light is unclear or muddied, or dull, take a moment and concentrate on making it as clear and bright as possible.

Visualize the ball of light growing and expanding within you. Let it expand to fill your whole abdomen. Let it continue to expand until it is about three feet across. Each day as you repeat this exercise, make the ball of light expand farther. Let the ball of light expand as far as you can and still keep the image clear.

When you have expanded the ball, hold the image in your mind for a few moments. The longer you can hold the image, the better. If possible, expand the length of time you hold the image each day, or every few days.

Now, after opening and expanding the ball of light, and having held it for a time, you must close it. Imagine the ball of light slowly shrinking, back down to the spot behind your navel. The ball of light gets smaller and smaller until it disappears. Now imagine a tiny open door in the spot where the ball of light was, and see that door close.

Now clear and release as usual.

What you have done in this exercise is open, expand, and close your Solar Chakra. Chakras are much like the muscles of the physical body; they are strengthened by exercise. A strong Solar Chakra will be extremely important to the exercises you will learn in future lessons.

When you can do Exercise #4 easily, add Exercise #5 to your daily regimen.

#### Exercise #5

This exercise will follow the preceding one.

After you have closed the Solar Chakra you will move up to the Heart Chakra. The heart Chakra, as you might imagine, is located in the general area of the heart. Imagine the Heart Chakra as being approximately at the center of the chest. As in Exercise #4 we will work with the Chakra at the middle of the body, rather than the front or the spine.

Imagine a ball of pale pink light at the Heart Chakra. Clear, gentle pink light. If the light is muddy or dull, take a moment to imagine it clearing and brightening. Let this ball of light expand until it fills your chest.

In the center of this ball of pink light imagine a pink rose bud. See that bud begin to open, slowly spreading its petals like the flowers one sees in time-elapse photography. Let the pink rose bud unfold until the flower is fully revealed - a large and beautiful pink rose. From the center of this pink rose imagine light shining out in all directions - beautiful white or yellow-white light.

When this image is clear in your mind, hold it for awhile. Again, its best if you can increase the holding time each day.

Now you must close the Chakra. Imagine the ball of light with the rose inside beginning to shrink - growing smaller and smaller until it disappears. And again, just as in Exercise #4, imagine a tiny open door where the ball of light was, and see that door close.

As always, clear and release excess energy.

#### Exercise #6

Exercise #6 is a continuation of exercise #5. When you can do Exercise #5 easily, you will replace it with Exercise #6.

Exercise #6 begins just like Exercise #5. Imagine a ball of pink light in the Heart Chakra. Expand the ball of light. Visualize a rose bud within the ball of light, and see that rose expand until it is fully opened. See beautiful white or yellow-white light shining out from the rose.

Now, at the very center of the pink rose, see a gleaming white pearl, iridescent and lovely. Imagine the pearl floating out from the rose, out of your chest, and then upwards toward your face. See the pearl come to your lips and imagine taking the pearl into your mouth and swallowing it. Visualize the pearl as it goes down your throat - all the way down past the Heart Chakra to the Solar Chakra.

Now close the Heart Chakra as before - see the ball of light with the flower shrink down and disappear. Then imagine the tiny open door and close it.

Now clear and release as per usual.

There are many schools of thought about the Chakras. Some of these are ancient. Some are very recent. Not all of these schools of thought agree.

It is not our purpose to discuss these differences in thought at this time. In writing these lessons we are working from a single, coherent system regarding the Chakras. As with everything else, some sources will agree with us, some sources will disagree with us. We present it as being the preferred Correllian system, not as the only system.

The Solar Chakra is of immense importance to your ability to work with these Exercises. Chakras are energy centers and they form connections which act as energy centers in the body. The first and most important of these is the SOLAR CIRCUIT. It is called the Solar Circuit because it has its origin in the Solar Chakra. The Solar Chakra is said to be where the physical body connects to the higher levels of the being. The Solar Chakra may be viewed as a kind of internal Sun producing endless quantities of energy. This energy originates from the Higher Self, and provides the power by which physical life moves forward. Emanating from the Solar Chakra this energy then forms a circuit moving through all of the other Chakras. This production and distribution of energy is constant, but normally unconscious. By exercising the Solar Chakra you are increasing the amount of energy that the Chakra produces as well as gaining more conscious control over the process, which will allow you to call upon that energy as needed.

Though the Solar Chakra produces energy, it does not usually receive it. Rather it is the Heart Chakra which usually receives energy (within the Solar Circuit). Thus the importance of exercising it. When you receive healing or additional energy from outside, it will usually enter through the Heart Chakra. This will be of great importance later.

As you prepare for LESSON 4 your daily exercise regimen should include Exercise #1,

#2, #3, #4, and #6.

#### GOD OF THE MONTH

##### ARIADNE

This month's God of the Month is Ariadne, an ancient Cretan Moon Goddess connected with rebirth and transformation. Ariadne, Who has aspects as both Maiden and Mother, figures prominently in the legend of the Labyrinth.

The legend of the Labyrinth comes from Classical Greece, but has its origins far back in history, as the ancient paleolithic carvings of Labyrinth designs suggest. It is believed that the first Labyrinths were the subterranean caves that the ancients used for worship, and at times for shelter.

Nearly everyone knows the story, and of the Minotaur within it. But the legend has many levels of interpretation which are less commonly known.

It is said that King Minos of Crete had a son who was half man and half beast. This was the Minotaur, or "Minos Bull." To contain this monstrous son the King had his architect Daedalus build a maze, called the Labyrinth, or "House of the Double Axe." Minos ruled a great empire, and from the cities under his control he demanded a tribute of young people, who were sent into the Labyrinth. Once inside the maze, the young people could not find their way out, and would be consumed by the Minotaur.

From the city of Thebes Minos demanded seven young men and seven young women each year, who were fed to the Minotaur in this manner. Considering this intolerable, Theseus, Prince of Thebes, volunteered to be one of the young men -secretly vowing to kill the Minotaur and end this awful practice.

Delivered to Crete with the other youths and maidens to be sent into the Labyrinth, Theseus attracted the attention of Minos' daughter, the Princess Ariadne. Having fallen in love with Theseus, Ariadne formed a plan to help him escape the Labyrinth. Ariadne gave Theseus a ball of thread, instructing him to unwind it as he entered the Labyrinth, so that he could follow the thread back out after he had killed the Minotaur.

Theseus did as Ariadne had told him. When the time came for him to be put into the Labyrinth, he took the ball of thread with him, unwinding it as he went. He went deep into the Labyrinth, twisting and turning along the paths of the maze, until he had no idea how he had come, except for the trail of thread.

At the very heart of the Labyrinth Theseus met the Minotaur. The beast attacked and they fought. The fight was long and hard, but after much effort the Minotaur was defeated.

Then Theseus followed the trail of thread back out of the Labyrinth to find Ariadne waiting for him.

What does this mean?

There are of course several levels of interpretation to this myth, which speaks of the triumph of Spring over Winter, Life over Death, Spirit over Matter. But for the purposes of this lesson, let us point out that at its heart it is the story of Involution and Evolution, which is mirrored in each of these different things.

As Theseus goes into the Labyrinth he is going through Involution. That is to say, he comes from the outside world of light and life, into a narrow passage in complete darkness that winds in a disorienting manner, forcing him to look inside and focus very narrowly, since all external stimuli are removed. In this way his attention can only go to those inner issues which require it, as there is nothing else to focus on.

It is even so when the soul enters the world of matter. The veil of the physical world removes all other influences, forcing the soul to deal with the lessons before it. The soul is forced into a completely focused mode that allows no distraction. This is the Dark Half of the journey.

Fighting and defeating the Minotaur represents the nadir of this process. The rock bottom we must hit before the spiral back upward can start. When this point is hit, and its lessons accomplished, Evolution can begin.

Now we can spiral back outward, reuniting with all of creation. To do this we follow the thread of Ariadne, the Cord which has never ceased to connect us to Deity throughout our physical adventure. This is the Light Half of the journey.

In this way the myth of the Labyrinth speaks to the very nature of Life itself.

Ariadne then is the Goddess Who sends Theseus (the soul) into the Labyrinth (the physical world). Though the soul may feel alone during the journey, it is in fact always connected to the Goddess even as Theseus was connected to Ariadne by the trail of thread.



## LESSON IV - THE ALTAR

### THE ALTAR

The main purpose of an altar is to provide focus.

It can be used to focus on the Divine Powers -this is worship.

It can be used to focus energy for making changes in our lives -this is magic.

It can be used to focus on communication with our Higher Selves and SPIRIT GUIDES - this is meditation.

All of these -worship, magic, meditation -are ways of focusing our psychic energy to accomplish specific ends. The altar can aid in that focus, and can be used to augment that energy and enhance the result.

Because so much of this process depends on the energy of YOU, your altar should be so designed as to have meaning for YOU and to provoke an emotional and spiritual reaction from you. This is particularly important because no matter how beautiful or "correct" your altar is, it won't matter to you if it doesn't help you access your own inner energies.

Altars have many variations. The simplest altar need be no more than a picture on the wall or a clear space on a table. The most elaborate altars are masterpieces of exquisite art. Most altars are somewhere in between.

In this lesson you will learn how to construct a basic altar, which you can then adapt to your personal needs -at which you can do magic, work ritual, and commune with the Powers That Be.

### GEOMANCY

Your first consideration is where to put your altar.

Most people put their altar in their bedroom. this makes it a very personal space, and assures privacy. This is especially good if you live in a home with non-Pagan roommates or family who might be intimidated by a holy object such as an altar in the living room. If however your home is wholly Pagan, you may wish a more public altar in a living room, or a special temple room, at which your whole family can worship.

If you do this, you will probably still want a personal altar in your bedroom to use privately, which is attuned solely to your own energies. In this way you can enjoy with your family the best aspects of both personal and communal religious devotion.

Once you've decided what room to put your altar in, you must decide where in the room to put it.

For many this is an easy decision -if you have only three feet of open wall space in your room and no way to rearrange it otherwise, obviously the altar will go in that three feet. But if you have more than one choice available to you, you will wish to consult the principles of GEOMANCY.

Geomancy is the art of reading the Earth's energies and aligning ourselves and our works to them -and through them to the energies of the Universe as well. Geomancy is an ancient art in all parts of the world. Different peoples have developed different ideas about it, depending on the needs of their differing cultures. In Asia it is called FENG SHUI, and this form of Geomancy has become quite popular lately.

The idea of Geomancy like so many other things in magic comes from the ancient maxim of Hermes Trismagistus: "As Above, So Below." That is to say, the idea that the essential nature of the Universe will be reflected in all of Her parts, no matter how great or small.

The main principles of western Geomancy are exemplified by the Magic Circle. Briefly, the direction of East is creativity and new beginnings. South is action and manifestation. West is emotion and the subconscious. North is wisdom. Everything that is Above or goes to the right (DEOSIL) is connected to the God, to matter, and to physical manifestation. Everything that is Below or that goes to the left (TUATHAIL, or less correctly "Widdershins") is connected to the Goddess, to spirit, and to cleansing. You will learn more about this in LESSON V.

Your altar may be aligned to any direction whose qualities you desire to draw upon, but it is traditional -and generally best for the beginner- to place the altar toward the North. North is the Direction of wisdom and understanding, where the qualities of the other directions are integrated and learned from. Placing the altar in the North will help you to align yourself to wisdom and integration, and help you to bring these qualities to your magical and meditative practice.

Your altar itself also has a geomancy to consider. The right side of the altar is warm. It is associated with the God, the Sun, Day, physical energy, and the elements of Air and Fire. The left side of the altar is cool. It is associated with the Goddess, the Moon and Stars, spiritual energy and magic, and with the elements of Water and Earth. The middle of the altar is associated with Spirit, or Primeval Deity, Who is within both Goddess and God, as well as all other things. The back part of this middle area is associated with Primeval Deity, that aspect of the Goddess that existed before the creation of the God, and might be described as the Higher Self of the Universe. Hear is the Divine plan, the blueprint of the Universe which is mirrored in every aspect of creation. This is the soul of Deity, which is expressed in many different faces. This is often the focal point of the altar, where Deity is honored in whatever form is being invoked at the time. The front part of the middle space represents spiritual energy manifesting in the physical world -the union of Goddess and God in the ongoing process of creation. This is where your magical working will be done. This area is normally left empty when work is not being done.

#### CREATING YOUR ALTAR

Before you set up your altar, you will want to purify and bless your altar space.

Magic is the focusing of spiritual energy, and spiritual energy is constantly being effected by the actions and emotions of people. Consequently it needs to be purified or cleansed -to have the residues of emotions and actions removed, so that energy can be refocused and re-directed. You will remember that this spiritual energy, which comes from the Goddess, suffuses all people and things and is the basis of existence; it is directed and shaped by concentrated thought, emotion, and physical action.

Once you have cleansed the energy you may proceed to assemble your altar. This is best done immediately after the cleansing, and you should have all the necessary pieces nearby before hand.

You will find a basic space cleansing ritual in the SPELL OF THE MONTH section of this lesson, which you may use to prepare your altar space to receive your altar.

#### ALTAR TABLE

The ALTAR TABLE is the surface upon which your altar is set up. It is not necessarily a table as such, but can be any of a wide variety of surfaces.

Traditionally altars have often been erected out of doors. They still are at ritual gatherings and for certain observances. In this circumstance the altar is often placed directly on the ground or upon a log or boulder. This is the ideal, connecting directly with Mother Earth and through Her the Universe.

In this same spirit your indoor altar table is best made of wood or stone (as marble, for instance). Metal is not considered desirable, for the horizontal surface at least -though the altar table may stand on metal legs and often includes metal components.

Most commonly an ordinary piece of household furniture is used for the altar table, to conserve space. Many people set up their altars on their bedroom dresser top, or on a nightstand. Some people use the top shelf of a bookcase, showing reverence for knowledge.

Some people, to maintain an even closer link with Earth, will place a bowl or box lined with soil on their altar table and assemble their altar in this -though this is an unusual practice. More commonly a jar or bowl of Earth will be kept ON the altar for the same reason, rather than being used AS the altar.

#### ALTAR CLOTH

You may want to use an ALTAR CLOTH. This is an ancient tradition arising from the time when all cloth was hand-woven and precious, and any type of embroidery a luxury.

Today altar cloths are used because of their beauty and capacity for symbolism. Details of color and decoration can greatly influence the flavor and energy of the altar. If you wish to use an altar cloth you will want to consider these details when choosing it.

If you are able, decorate the altar cloth yourself, with embroidery or fabric paint, using symbols that have relevance to your personal philosophy and relationship with Deity. This will bond it to you and fill it with your energy. Concentrate on positive, self-empowering thoughts as you work, so that the cloth will be imbued with these and radiate them back to you during ritual and magical working.

If you prefer a less handmade altar cloth for any reason, choose a cloth that resonates strongly with you. An heirloom, a treasured gift, or a cloth that puts you in mind of your hopes and dreams.

To prepare the altar cloth for the altar, you will want to consecrate it. Do this by holding the cloth in your hands. Say "I send out from this cloth any negativity which may lie within it" or words to that effect, and visualize the cloth flooded with a strong yellow light, which passes through it carrying out all impurities. Then say something like "I do bless and consecrate this cloth to my altar that it may aid me in my workings and my growth" and visualize a clear blue-white light coming down from above and filling the cloth until it glows with white light like the Moon. Use this same basic technique to consecrate the altar pieces described below as well.

#### ALTAR PIECES

Of your altar pieces the most important will be these: candles, incense, water, and salt. These represent the four Elements, which are considered the building blocks of creation. You will learn more about the four Elements in LESSON V.

Of course you will also need matches or a lighter (or as we call it, the sacred lighting instrument). Strictly speaking it is preferable to have matches or lighter that are used only for the altar, and for no other purpose -but this is not always practical, and a household lighter will do if necessary.

You will also keep your MAGICAL TOOLS on the altar, but you will not learn about these until LESSON V, so we will leave off discussion of them until then.

#### CANDLES

Candles represent Fire, and are often the most visible element on an altar.

Candles have always been used on altars; either actual candles, or torches, or oil lamps. In earlier times a bonfire might be built, which would serve as the "candle" and also as the actual "altar" itself. Sometimes this is still done in outdoor ritual.

Since the earliest times the presence of fire in Pagan ritual has been of extreme importance. Fire represents the God (as you should remember from LESSON II), and when you light a flame you are repeating the Goddess' act of First Creation. Each ritual then begins with the symbolic

re-enactment of the First Creation when the candles are lit. the candle flame bursts forth from darkness, even as the God burst forth from the Goddess in an explosion of flame and light.

Moreover, flame generates energy. Each candle that you light puts out energy of its own, which will add to your working; it acts as a kind of "battery" raising the available energy level, and increasing your ability. This is why you sometimes see so many candles burning at once on an altar.

You can add to this effect by imagining a ball of white light around the flame when you light your candle -this increases the energy the flame puts out. Imagine the ball of light expanding out from the flame for several inches. When you put out the candle, imagine the ball of light shrinking down and disappearing. You can use the ball of light without the flame too, but if you do make sure you remember to shrink it down when your done.

You may also wish to "dress" your candles before you use them. This does not mean putting little clothes on them. You dress a candle with essential oil. The most common reason to dress a candle is to do CANDLE MAGIC, about which you will learn more later. But some people like to dress candles whenever they use them. dressing a candle gives you a chance to focus on the candle and put energy into it, "programming" it for the purpose it will be used for. By doing this you imprint your INTENT upon it, and cause it to focus naturally upon what you are trying to do. Then when the candle burn, the energy it generates will already be programmed for your purpose.

To dress a candle you take an appropriate essential oil (say lavender for a purification, or sandalwood for general ritual) and put a little in the palm of your left hand. Now rub your two hands together so that they are coated with the oil. As you rub your hands together, visualize white light shining out from between them, and see this white light expand and grow into a ball of light around your hands. Now take up your candle, holding it by the middle. Slowly work the oil up toward the top of the candle, and down toward the bottom, a little bit at a time. As you do this, imagine the candle filling with white light, and concentrate upon what it is you wish to do with this candle. The harder you concentrate, the more you will impress your intent upon the candle. Coat the whole candle with oil, including the wick.

As the candle burns it will release energy imprinted with your intent, as well as the scent of the oil it has been dressed with.

The number and color of candles you want on your altar is entirely up to you. A chart of colors and their meanings is included to help you choose. You will want to do this carefully as it adds a great deal to the atmosphere and energy of your altar.

Beeswax candles are considered preferable and some people go so far as to make their own -infusing the candles strongly with their personal energy by doing so. But in practice most people buy regular candles at the local store, and they work perfectly well.

Some people use only a single candle on their altar, to represent Spirit, or Primordial Deity. Or they might use a single candle to represent only that aspect of Deity which they are invoking at the moment.

Some people use a matched or contrasting pair to represent Goddess and God -Spirit and Matter, Death and Life: the great Duality Whose interaction forms the Universe as we know it. These candles might be in any of a number of color combinations used to represent Goddess and God, including Black and White, Silver (white or grey) and Gold (yellow), Green and Red, Indigo and Yellow, and so on. In such an arrangement the Goddess candle goes to the left, the God candle to the right, in keeping with the Geomancy of the altar as discussed above. Sometimes a Spirit candle is placed between them to symbolize Their inner Unity.

You might want to use altar candles to symbolize the Four Elements in elemental colors, or the three phases of the Goddess, or whatever conveys the idea o of holiness to you, and helps you to make the magical shift in consciousness. You may want to include a special candle to honor your ANCESTORS (whether by blood or affinity) or your Spirit Guides. Also, many magical working

require special candles that will only be used for that working. These candles will be on your altar for anywhere from a few minutes to few weeks, depending on the working.

So you can see why candles are such an important part of the altar.

When you finish a magical working, do not blow your candles out -use a candle snuffer, your fingers, or a magical blade. This is to make sure that the candle goes out the first time as it is a bad omen to do otherwise.

In general you may use as many candles on your altar as you wish, in colors that have significance to you. Even the guidelines we have outlined here are just that -guidelines. If you feel strongly that you should arrange your candles in a way that is not consonant with the geomancy we have discussed, you should listen to your intuition and do as it tells you.

Candles help to raise energy, so the more the merrier -just be careful not to set yourself on fire!

Candles can also be used to represent the Fifth Element -Spirit. In this aspect the wax represents Spirit, the flame represents the body/physical existence. Thus the Spirit (wax) feeds the body (flame ). And just as the candle can be re-lit any number of times, so too we see that the soul passes through any number of bodies.

## INCENSE

Incense represents the element of Air.

Incense may be of any sort -stick, cone, oil, or powder. But remember -in some rituals you may have to pick the incense up -so choose an incense or an incense burner which allows for this. I have vivid memories of impulsively picking up my grandmother's metal tripod burner by the bowl when it was hot, rather than by the legs as it was meant to be lifted -don't make the same mistake!With stick incense lighting is no problem, and it is easy to light -hence its popularity. But it lacks the drama of powdered incense burned over charcoal.

In recent years "smudge sticks" -loose bundles of dried aromatic plant material, usually sage, cedar, or lavender- have become popular as a kind of stick incense, but if you choose to use these, be aware that they tend to send off sparks, which can be dangerous.

If you are going to use cone or powdered incense you will want to use either a standing incense burner, or a hanging THURIBLE on a chain.

If you're sensitive to smoke there are also non-combustible forms of incense, notably essential oil. Essential oil comes in all of the same fragrances as combustible incense, and indeed is often used in their manufacture. To use essential oil in place of incense, a small quantity can be dropped into a candle flame, even as powdered incense might be dropped upon hot charcoal.

If you are truly sensitive to scent, you can also use more symbolic forms of incense such as a cinnamon stick, or a sprig of some aromatic plant such as sage, which can be waved over the candle instead of added to the flame. Feathers fans are often used to fan the smoke of combustible incense, but can also be used in its place to simply fan the flame of a candle in a symbolic manner.

You will want to place the incense to the right of your altar. Later you will learn how to use it more specifically, but for now just enjoy its scent and let it help you to achieve the magical shift in consciousness.

## WATER AND SALT

The elements of Water and Earth are represented on the altar by water and salt. these are often placed in matching bowls, as they are commonly mixed in ritual.

The salt is preferably sea salt -and it can be particularly nice to use a sea shell for a salt dish. Rock salt can also be used, but table salt -though acceptable- should be regarded as a last resort.

Salt is always useful, as a little placed on the tongue after any magical or psychic work helps to ground the excess energy.

Place your water to the left of your altar. Salt may also be placed to the left of the altar as representative of Earth, but is often placed to the right to facilitate the mixing of salt and water. This is because in certain connotations the water and salt also represent Goddess and God respectively.

#### OTHER ITEMS

In addition to these items, your Magical Tools will also have a place on your altar -you will learn about these in LESSON V. There are also several other items that people usually keep on their altars.

**LIBATION DISH** -a libation dish is used to make liquid offerings to Goddess, God, or Spirits. Often a cup of juice or wine is shared in ritual, and some will be offered to the Deities or Spirits either before or after the human participants have drunk. To make this offering, or LIBATION, a portion is placed in the libation dish and dedicated to Deities or Spirits. This is a gesture of respect and sharing -a means of giving back a portion of what you receive to its source. When the ritual is done the libation is normally disposed of by being returned to the elements, that is to say it is either emptied outside onto soil or into running water, or perhaps into a special Earth Pot. In this way its physical essence is returned to Mother Earth to nourish Her and be re-used for the sustenance of new life. However, some people consume the libation themselves after the ritual has ended, feeling that Spirit has taken the part of the offering it desired and that the rest is left for them. Which of these alternatives is preferable is largely a matter of opinion.

**OFFERING DISH** -in this same vein a dish for food offerings may be used. An OFFERING such as flour, corn or cornmeal, rice, a cookie or small piece of fruit, etc... is placed in the offering dish and dedicated to Deities or Spirits. As such offerings are symbolic in nature, only a small quantity need be used. This is a means of building a psychic bond and showing respect, not giving sustenance. Like the libation, a food offering is commonly released to the elements, though it may be eaten by the celebrants in the knowledge that Spirit has taken of its essential nature, leaving the physical behind.

**BURNING DISH** -you may wish to have a burning dish on your altar, in which to burn paper in rituals that require this. Burning a paper on which we have written our desires is a common form of SYMPATHETIC MAGIC -as the paper burns it is believed that the desires are released into manifestation. Obviously a burning dish must be fire resistant, and big enough to accommodate a sheet of paper that has been folded once or twice.

**IMAGES** -Frequently the altar includes images of Goddess and God, or tokens representing them (for example an antler or acorns might betoken the God, a seashell or a Moon the Goddess). You might also want images of other spirits you call upon -photos of Ancestors or drawings of Spirit Guides. Perhaps a picture or a doll representing an aspect of yourself with which you commonly work, or which you wish to develop further -your Higher Self, for example, or YOUNGER SELF, or key past lives.

**EARTH POT** -this a bowl filled with earth or rocks to honor Mother Earth and the element of Earth. The earth or rocks you keep in it might come from your back yard, or your birth place, or some favorite spot -or it might be gathered from various travels, the homes of friends, etc... this lends a very special stabilizing energy to an altar. A similar effect can be achieved by a number of rocks placed loosely on the altar, especially rocks you've found.

**STONES** -You may want to keep crystals or gems on your altar to amplify and color the energy. You may select them, or let them "select you" -by finding them or selecting stones that "call" or resonate to you. A common way to tell if a stone (or any item) is for you, is to run your hand over

a number of items (as a selection of stones) keeping it about an inch above the items, and see which one or ones feels "different" from the others. The one that is different from the others is "calling" you, and is the right one to take. Later you will learn the meanings and uses of different stones, and this will help you to select them. But for now just take ones you like, or that like you.

**FOUND OBJECTS** -found objects are lucky in general and are always appropriate for your altar. They are symbolic messages from Spirit, and knowing their meanings is an ancient art. This can be an excellent way of receiving spirit messages, or OMENS, and you will learn more about it in LESSON XII. This doesn't mean just anything you find of course, but things you happen across in unusual ways or in unusual places, or that "speak to" you. Putting found items on the altar helps to strengthen your bond with the altar.

**SEASONAL ELEMENTS** -lastly, remember that you can make use of seasonal elements on your altar -leaves, flowers, acorns, pinecones, etc... These can do a lot to help you make the Shift in Consciousness that is needed for magic. They also add tremendously to the atmosphere of your altar, provide variety, and commemorate the sacred Wheel of the Year.

Always remember that your altar is personal to you. It is the visible symbol of your personal connection to Spirit. There are traditions and guidelines as to how to set it up, but ultimately it must be right for YOU, and that alone determines its proper form.

#### COLOR CHART

Black -wisdom, guidance, protection.

Purple -spirituality and psychism.

Blue -communication.

Green -healing, prosperity, fertility.

Yellow -happiness, success.

Orange -creativity.

Red -strong emotion, passion. Red can be used to add extra energy to any working.

Pink -romantic love, compassion.

White -Innocence, manifestation, general purpose.

#### EXERCISES

With this lesson you will be beginning a new series of exercises. You will discontinue doing Exercises #1-6 on a daily basis, though we advise you to run through them once or twice a week.

The new series of exercises works with the so-called Major Chakras - the seven most important energy centers of the body. There are many things to learn about the Chakras, but we shall only give a brief description of them at this time. They are as follow:

**The Root Chakra** - The Root Chakra is located near the prostate in men and the paraurethral gland (the so-called Graffenberg Spot) in women. This is essentially the same location for each, but due to anatomical differences may be perceived as being different. This difference in perception is the reason why some Chakra manuals describe the Root Chakra as being located at "the base of the spine" and others locate it in the genitals -the former is more the perception of a male, the latter of a female. One can visualize the Root Chakra as being roughly centered in the lower hip region.

The Root Chakra has to do with the will to live, vitality, and joy in life. It also has to do with the feeling that one is "in the right place" and doing those things that one is meant to be doing in life. The color of the Root chakra is red, its ruler is Saturn.

**The 2nd Chakra** -The 2nd Chakra is located in the gonads; for women the ovaries, for men the testicles. This gives the 2nd Chakra a distinctly different location in the anatomy of the two sexes. As with the Root Chakra, this difference in location has caused confusion in many Chakra manuals.

The 2nd Chakra has to do with creativity, self expression, and independence. It also has to do

with the ability to stand up for ones self. The color of the 2nd Chakra is orange and its ruler is Mars.

The Solar Chakra -The Solar Chakra, as you already know, is located near the navel. Center of the Solar Circuit, it provides great energy to the body. The Solar Chakra has to do also with issues of self esteem, confidence, and acceptance by others.

The color of the Solar Chakra is yellow, and its ruler is the Sun.

The Heart Chakra -Located near the heart the Heart Chakra has to do with issues of love, self acceptance, compassion, and balance. The Heart Chakra also has to do with our ability to understand things on an emotional level.

The color of the Heart Chakra is green, and its ruler is Venus.

The Throat Chakra -Located in the throat, the Throat Chakra has to do with mentality, will power, concentration, and communication. It has to do with our ability to understand concepts mentally, and communicate that understanding to others.

The color of the Throat Chakra is pale blue, and its ruler is Mercury.

The Third Eye -Located in the forehead the Third Eye has to do with ones ability to receive information psychically, and to access and use the psychic powers of the Higher Self. The Third Eye has to do with our ability to understand spiritual matters, and to interact on a spiritual level.

The color of the Third Eye is dark blue, and its ruler is the Moon.

The Crown Chakra -The Crown Chakra is located at the top of the head or just above it. The Crown Chakra has to do with our connection to Spirit and our oneness with Spirit.

The color of the Crown Chakra is violet, and its ruler is Jupiter.

These then are the seven Major Chakras and a brief description of their qualities. By exercising them you are working with every aspect of your being as well as preparing the ability to handle major amounts of energy.

These exercises are more complex than those which have come before, having more steps and more different subjects to visualize at once -but if you've been doing first 6 exercises one after the other as instructed, you have had good practice toward handling this level of complexity.

#### EXERCISE #7

As always, begin by finding a comfortable position and releasing all tension and anxiety.

Begin by imagining a ball of red light in the Root Chakra, at the center of your lower pelvic region. The ball of light should be clear and bright. If the light is muddy or clouded, or if it is dull, take a moment and will it to become clear and bright.

When you have the image of the ball of red light at the Root Chakra clear in your mind, move to the 2nd Chakra. For women this will be the mid-abdominal region, for men it will be at or just above the testicles. Imagine a ball of orange light here, and again if the light is muddy or dull, take a moment and make it clear and bright.

As you make the ball of orange light in the 2nd Chakra, continue to hold the image of the red ball of light in the Root Chakra too. You may not be able to do this at first, but as you practice it will become easier. As you move to each successive Chakra, try to hold the image of the balls of light in the previous Chakras, so that at the end of the exercise you will be visualizing seven balls of light all at once.

Now move on to the Solar Chakra. Imagine a ball of clear yellow light in the Solar Chakra, in the



center of your trunk, behind your navel. Again, make sure the light is as clear and bright as possible. Try to hold the image of the orange and red balls of light you have already opened in the previous Chakras as you create this ball of yellow light.

When the image of the ball of yellow light is clear in your Solar Chakra, move up to the Heart Chakra. Create a ball of clear green light in the Heart Chakra, at the center of your chest, behind your sternum. Make sure the light is clear and bright. Try to hold the image of the previous three balls of colored light as you do this.

Hold the image of this ball of green light and the three which preceded it as you move on to the Throat Chakra. Imagine a ball of light blue light in the center of your throat. Make the light as clear and bright as possible.

Now move on to the Third Eye. Behind the center of your forehead imagine a ball of deep blue light. Make that deep blue light as clear and bright as you can, forcing out any muddiness or occlusion. Try to hold the image of all of the balls of light you have already opened, as you create the ball of deep blue light at the Third Eye.

When the ball of deep blue light is clear in your mind, move on to the Crown Chakra. Just above the top of your head, imagine a ball of violet light, beautiful, clear, and bright. Try to hold the image of all seven balls of light at once. Hold this image for a few moments.

You have now "opened" each of the seven Major Chakras.

Now you are ready to go back down. It is extremely important to close the Chakras back down after you have finished working with them, and you must make sure you always do this. If you do not, you may find yourself extremely ungrounded. If that should happen, you only need to close the Chakra and clear and release the energy, but it is much better to avoid the problem in the first place.

Begin with the Crown Chakra. Imagine the ball of violet light you have made begin to shrink. See the ball of light grow smaller and smaller until it disappears. Now imagine a tiny open door, and close it.

Now do the same with the ball of deep blue light you have created at the Third Eye. See it grow smaller and smaller until it disappears. Then see a small open door where the ball of light was, and close it.

Repeat this for each of the Chakras as you go down: Throat, Heart, Solar, 2nd, Base.

Now clear and release all excess energy as you know to do.

When you first try to do this exercise you may find it difficult to hold the image of all seven balls of light at once. Do your best. It doesn't matter if you can't do it at first -just go from one to the next. As you keep trying, you will find it easier.

By repeatedly opening, expanding, and closing the Chakras in this manner you are making them stronger, just as you would strengthen a physical muscle by exercising it. This will increase your psychic and magical abilities.

#### SPELL OF THE MONTH

As discussed in the body of the lesson, this month's Spell of the Month is a space cleansing spell.

Space cleansing is very important. Residue accumulates from the energy of people and events which have been in a given space. This is rather like invisible scum that adheres to them area, changing the vibration of its energy for the worse. This is especially true of places where traumatic events have occurred, but even everyday events build up a residue as well. Therefore this kind of cleansing is very important.

Space "cleansing" can also be described as "purification" or "blessing" of the area. Any space can benefit from being cleansed, but it is especially important in places where people live -especially homes and bedrooms. Space cleansing is also very important for areas where you plan to do magical working or rituals, as energetic residue may tend to make it harder to raise and direct energy.

The simplest form of space cleansing requires no "tools" or "props", only your own ability to visualize. In order for it to work fully, you must concentrate strongly. You may wish to ask your Spirit Guides to help you -you do not need to know WHO they are to ask their aid, only THAT they are.

Begin by clearing and releasing all excess energy from yourself, as you have learned to do.

Enter the space you plan to cleanse, or at least stand on its periphery.

Set your INTENT and speak it with words like these:

"Behold, I do cleanse and purify this space, nothing which is negative or harmful may remain here! I cast out all negativity, returning it to Mother Earth, that She may reuse and recycle it to better purposes."

Now visualize a clear white or yellow light entering the room and filling it. See the room fill with the white or yellow energy until it is full, and visualize it pushing out the negativity (which you might see as bits of darkness, kind of like psychic dust). As you do this, concentrate strongly on the idea of eliminating all negativity from the place.

Now say something like:

"I do bless this space, and will that nothing which is negative or harmful may return here!"

Visualize the room filling now with a pure blue-white light, going into every part of the space, and concentrate on the idea that this light will form a barrier against all negativity.

When the space is filled of blue-white light, visualize that light changing to a vivid purple in color. This raises the vibration of the energy greatly, making it impossible for negativity to remain.

Now set a seal on it by speaking words of power like:

"By my will, with harm to none, as do will so mote it be!"

Now clear and release all excess energy from yourself.

This is the simplest form of space cleansing.

If you wish, you may augment it with certain tools: incense for example, or Holy Water. To use incense, choose the form of incense you prefer: cone, stick, smudge stick, powdered, or non-combustible. Then acquire an appropriate kind of incense in that form. Incenses that are especially good for cleansing include Sage, Lavender, and Frankincense, among others. After you fill the space with yellow white light, take the incense and go through every part of the area, filling it with the smoke, while continuing to concentrate on clearing out all negativity. Then proceed as above.

If you prefer a non-combustible incense, your best bet at this point in your studies would be a sprig of FRESH Sage, which would be waved through the area rather than burned.

Along with or instead of incense you could also use Holy Water. In Wiccan usage the term Holy Water refers to any of several forms of consecrated water. One form of Holy Water is charged

by the light of the Full Moon, or of the Sun -this is also called Lustral Water. Lustral Water is fairly rare and is used for specific purposes. The more common form of Holy Water is consecrated water and salt, which is used in most in most rituals.

To consecrate Holy Water you will need; water, and salt (preferably sea salt, as discussed above, in the body of the lesson).

Clear and release all excess energy.

Place your hand over the water. Make three Tuathail or counterclockwise circles over the water, concentrating on removing any negativity from it. Say something to the effect of:

"Behold, I exorcise you, O creature of Water, casting out from you any impurities which may lie within!"

Imagine yellow-white light pouring down from your hand into the water, and forcing out all negativity.

Now make three Deosil or clockwise circles with your hand over the water. Say something like:

"And I do bless and consecrate you to this work!"

Visualize the water being filled with a clear, bluish white light. Imagine the water filling with this light until it shines as brightly as if there were a blue-white sun within it.

Now repeat this process in the same way for the salt. As water is (obviously enough) the "creature of Water" so salt is the "creature of Earth."

When the salt is blessed, say:

"Behold, the salt is pure! Behold the water is pure! Purity into Purity then, and purity be blessed!"

Add three pinches of salt to the water and stir.

You have now made the simpler form of Holy Water.

## GOD OF THE MONTH IRIS

As Wiccans we believe that Deity is like a diamond: a single stone with many facets. Each facet is another face of Deity. Because the Diamond is too big to understand in its totality, we work with the facets. There are many facets, and each reflects some of the attributes of Deity in a form which is more easily understood and identified with by we humans.

The two principle facets of Deity are Goddess and God, the polar powers of the Universe, Whose loving interaction forms, sustains, and nurtures the Universe. Goddess and God each break down into several aspects, and each of these aspects has many faces. These faces are what we have earlier referred to as "personal Deities." Individual faces of Deity which one can interact with in a highly personal manner.

In the God of the Month section of these lessons, we will explore a number of these individual faces of Deity, this month Iris.

Iris is the beautiful, many-hued Goddess of the rainbow -a single stream of light expressing itself in many colors.

Iris is a Maiden Goddess. The Goddess has three aspects, as you may recall: Maiden Goddess,

Mother Goddess, and Crone Goddess. Each of these three archetypes has particular attributes. All faces of the Goddess will fall under one or more of these three aspects. The archetype of the Maiden Goddess deals with creativity, self-expression, personal accomplishments, new life and new growth of all sorts.

In Greek mythology Iris was the messenger of the Goddess Hera, Queen of Heaven. This is to say that Iris represents the communicative aspect of the Goddess, which brings us messages from the Divine, and facilitates our spiritual growth.

Iris is the builder of bridges. Just as the rainbow bridges Earth and Sky, so too Iris bridges the worlds of matter and spirit. Iris controls the door to the inner self, the spirit world, the Divine essence. As such Iris is patron of spiritual energy work and the system of Chakras, which reflect the rainbow's colors.

Iris was also looked to as a psychopompos -a guide Who eased the crossing between life and death, or the world of spirit. Iris brings us the messages of the spirit world through divination, meditation, mediumship, and omens, and carries our own messages back to spirit.

In Alchemical thought Iris rules the stage of The Great Work known as "the Peacock's Tail". In alchemy the opposites are combined and dissolved through the application of spiritual heat in the Athanor, or alchemical furnace. The opposites decay, becoming a thick black residue called the Nigredo. Only from this putrefied state can new growth arise. Out of the Nigredo comes the Peacock's Tail, a series of glorious colors which occur as new life is fertilized and begins to grow. What this means -among other things- is that preconceived forms must first be broken down before true growth can occur. Only then can we ascend the rainbow bridge to the Divine.

## LESSON V- THE AIRTS

### THE AIRTS

One of the most fundamental aspects of Wiccan thought is the importance of the four Airts (pronounced; "eights"). The four Airts, or Quarters, are the guardians of the Magic Circle.

The four Airts are sometimes visualized in abstract form, and sometimes personified as Guardians, or personal Deities for the Quarters.

The four Airts are invoked at the beginning of almost every major Wiccan ceremony. The Airts represent the totality of all existence, and the furthest extent of being. The Airts correspond to the four Directions and the four Elements. From ancient times all of existence was defined by these -the Universe was believed to stretch outwardly toward the four Directions, and to be composed inwardly of the four Elements. By invoking the four Airts we symbolize our connection to all things which exist.

Airt is a Scottish word meaning something to the effect of "Wind." Throughout history the four Directions have often been represented by the four Winds -especially in classical times. The Airts take their elemental correspondence from the character of the prevailing winds of the region, and so the relationship between Direction and Element varies according to different systems.

The Scottish names of the Airts are these; East -Aes, South -Deas, West -Iar, and North -Tuath. These were the guardians of the Directions, who marked the extent and nature of existence, and who defined the limits of the Magic Circle. Clockwise movement in the circle is called Deosil, or Southward, and is used to raise or charge energy. Counter-clockwise movement was called Tuathail, or Northward -though Gardnerians have popularized the colloquial term "Widdershins" in many circles. Counter-clockwise movement in the circle is used to cleanse or release energy.

The normal Wiccan correspondence of Airts to Elements are these; East -Air, South -Fire, West -Water, North -Earth. These are based in their origin on the prevailing winds of Britain, but are commonly used by Wiccans the world over, today.

The four Elements were believed to be the building blocks of creation. All things which exist are

believed to have these four Elements within them. The credulous might take this literally, but in fact it has always been understood that the Elements refer not to the physical substances of air, fire, water, and earth, but to qualities represented by them.

Simply put Air represents thought, ideas, conceptions. Air represents beginnings and new things. Fire represents action and physical manifestation -creating and doing. Water represents emotion and reaction -the natural effect of responding to what has been manifested. North represents integration, wisdom, and understanding.

This will be seen to be a microcosmic version of the process of creation. If you remember the creation story from the Vangelo Delle Streghe, this will become even more obvious. Air represents the period of Diana's pre-existence and Her thoughts and dreams. Fire represents Diana's creation of the God -that is the manifestation of physical existence. Water shows the Goddess' reaction to Her own creation -how She was filled with emotion and desire by the beauty of the Light, that is; the God. And North is integration -how the Goddess reunited with the God by sending souls into matter. Everytime we invoke the four Airts we are symbolically reenacting this process.

Other systems of thought have had other correspondences between the Elements and Directions. In the Ceremonial tradition East is usually thought of as being Fire, while South is Air. Many ancient people's, notably the Egyptians (at least in some periods) considered West to be the direction of Earth, and North to be Water. But these variations are only different ways of understanding the same process.

The four Airts are at the center of a vast system of CORRESPONDENCES which are integral to the transmission of Wiccan thought. In earlier times wisdom was transmitted orally, rather than being written. The Airts and their correspondences were used as a system of memory and patterned thought.

Some of the correspondences of the Airts are as follows;

EAST -Air, Dawn, Spring, youth, the Maiden Goddess, the Young God, thought and beginnings of all sorts.

SOUTH -Fire, Noon, Summer, adulthood, the Mother, the Sun King, manifestation and action.

WEST -Water, Dusk, Fall/Harvest, parenthood, the Queen, the Judge, emotion and reaction.

NORTH -Earth, Night, Winter, old age, the Crone, the Sorceror, wisdom and integration.

The Airts are further associated with several systems of color. Some common ones you may encounter are;

Gardnerian Wicca Air -yellow, Fire -red, Water -blue, Earth -green.

Traditional Wicca Air -red, Fire -white, Water -grey, earth -black.

Hindu Tattwa Air -orange, Fire -red, Water -white, Earth -yellow.

The Correllian Tradition favors using the Gardnerian colors for the Quarters, but the Traditional colors for the Guardians of the Quarters.

In recent years many people have suggested that the four Quarters are a recent development in the so-called Western Traditions. This is not true. The presence of the four Quarters can be demonstrated over the course of thousands of years of history, particularly as guardians of the physical world. It is harder to document their use in the Magic Circle, yet if the Magic Circle is considered a microcosm of the Universe, the presence of the four Quarters is clearly inferred at least.

Most civilizations in the "Western Tradition" have included the concept of the four

Quarters, usually personified as their Guardians. Some of these are as follow;

Egypt -The four sons of Horus; East -Qebesenuf, South -Tuamutef, West -Amset, North -Hapi.

The four Goddesses; East -Nephthys, South -Neith, West -Isis, North -Selket.

Rome -The four Winds; East -Eurus, South -Notus, West -Zephyrus, North -Boreus.

Ceremonial -The four ArchAngels; East -Raphael, South -Michael, West -Gabriel, North

-Auriel.

The four Kingdoms; Air -Sylph, Fire -Salamander, Water -Undine, Earth -Gnome.

## TOOLS

The Wiccan Tradition has four Sacred Tools. These are the Athame (Blade), the Wand, the Chalice, and the Pentagram. Each of these corresponds to one of the Airts, and to all of the things associated with that particular Airt. Thus just as each Airt has many correspondences, so too the Wiccan Tools have many correspondences and meanings on many levels.

### THE ATHAME

Pronounced "Uh-THAH-meh" or "AH-thuh-meh", the Athame or ceremonial knife is the first of the four major Working Tools. These are considered very sacred, and are symbolic to many of the Wiccan religion. The Athame represents the Element of Air in it's connotation of Thought or Decision. It represents the moment of first creation and symbolizes the God as son and brother of the Goddess, Lord of Manifestation. It is also called the Sword of Art, and represents the Phallus of the God.

More properly termed "Arthame," the Athame is used in modern Wicca for a variety of purposes, most notably to cast the Magic Circle. The Magic Circle, or Circle of Art, is used to contain and focus the energy raised during a ritual. This is one of the central acts of Wiccan religious practice. You will learn more about the Circle of Art in LESSON VI.

At one time several different sorts of ritual knife were in use, which were differentiated by the color of their hilts. Most common were the Athame which had a black hilt, and the Boleen or Burin, which had a white hilt. The Athame was used to cast the circle, cut herbs, etc. The Boleen was used in the creation of magical artifacts. The Athame was sacred to the Goddess, while the Boleen was sacred to the God. This custom however is not in general use today. Today the term Athame is used to describe any ceremonial knife, and a single blade can serve all purposes. The color of the hilt is no longer necessarily black, but may be and often is of any color. Today Athame's often have hilts of wood or horn, while others have hilts of metal set with gem stones. In choosing an Athame, select one that appeals to YOU, and makes you feel "magical" to use.

To consecrate your Athame...

You will mainly use your Athame to create the Magic Circle. The Magic Circle can be used in personal workings, as well as group workings. It is not necessary for everything you will do, but it can be helpful. You will learn how to cast the Circle of Art, or Magic Circle, in LESSON VI.

### THE WAND

The Wand is the second of the Four Sacred Tools. The Wand represents the Element of Fire, and the power of the God as consort of the Goddess, Lord of Cycles. In the Correllian tradition the Wand is primarily used in invoking the Quarters, for cleansings, and as part of certain specific rituals.

The purpose of the Wand is to facilitate the directing of energy. One holds the Wand and focuses energy through it, visualizing the energy emerging as a beam from the tip of the Wand.

Wands are available in a great variety of types. You can get them made of wood, of crystal, of copper or silver, or you can make your own. They can be very complex, but they can also be very simple. The simplest form of Wand, and also the oldest, is just a stick decorated in a way that has meaning for you. Feathers, stones, shells, ribbon, these and many other things can be used to decorate a Wand. Many people believe a Wand must be complicated, but the ancient Egyptians used Wands that were simply carved in symbolic shapes and their magic was unparalleled.

When you've made or selected your Wand, you should consecrate it...

### THE CHALICE

The Chalice is the third Sacred Tool, and represents the Element of Water, and the power of the Goddess as Mother of all creation.

A Chalice can be any kind of glass or cup, and every kind imaginable is used.

The Chalice is used mainly to make libations or drink-offerings, and to confer blessing. To make a libation a little bit of water, wine, or juice is placed in the Chalice, cleansed and consecrated. Blessed in ritual, the libation is offered to Goddess, God, Ancestors, Spirit Guides, one's Higher Self, etc... The libation is then left on the altar for the rest of the ritual, and perhaps a while afterward, then disposed of out-of-doors.

To confer blessing the cup is filled with water, wine, juice, etc., which is cleansed and consecrated. The cup is blessed in the name of Goddess and God, and then drunk. As the liquid is drunk the blessing symbolically enters the drinker. This can be done in individual or group worship.

The same technique can be used as an act of magic. In this case the chalice is blessed for a certain effect, such as improved health. It may be drunk at once, or it can be further charged by being placed in direct sunlight or moonlight for several hours.

The Chalice is consecrated in a very simple way. Hold the Chalice under cold running water; imagine a clear yellow light passing through the cup even as the water runs over it. Concentrate on all negativity being removed from the cup. Say: "I cast out of thee all negativity." Now hold up the Chalice and visualize it filled with blue-white light shining out in all directions. Say; "I do bless and consecrate thee."

Everytime you use the Chalice, bless and consecrate it again in this same way.

When you fill the Chalice, bless the liquid in this manner; Make three Tuathail circles over the liquid. Say; "I exorcise thee, casting out from thee any negativity which may lie within." while visualizing the Chalice filled with yellow light. Then make three Deosil circles saying "And I do bless and consecrate thee to this work." while visualizing the Chalice filled with blue-white light.

#### PENTAGRAM

The Pentagram is the fourth sacred Tool. It represents the Element of Earth, and the Goddess as Union of All Things.

The Pentagram is a five-pointed star in a circle. As a tool it is usually worn as a medallion. The Pentagram medallion can be used to focus energy, and also to ground it. To focus energy through the medallion, you would visualize a ball of light in your Heart Chakra, or your Thymus Chakra, then focus a beam of that light through the medallion. You can also hold the medallion in your hand and focus energy through it. In this case you would focus through your Palm Chakra. You can also pull the energy down through the crown Chakra and focus it through the medallion.

To ground energy you place both hands over the medallion and release into it, visualizing all excess energy going into the medallion. Then you must cleanse the medallion under running water.

You will learn more about how to do these things in future lessons.

To consecrate your pentagram medallion...

The Pentagram has a very ancient history, being as old as recorded history. In Egypt the five-pointed star was called Tuwa and represented the Divine power, and magic in general. The Pentagram, the five-pointed Tuwa star in a circle, was called Tuwat and represented the Spirit realm. In Greece the five-pointed star was the symbol of Pythagorean thought. The Pythagoreans called it the Pentalpha or "five A's" because it could be broken down into five letter "A's." The Pythagoreans considered it very sacred that the Pentalpha could be drawn with a single line, and they extrapolated all manner of mathematical and metaphysical theories from it. The Pythagoreans marked the Pentalpha on their palms as a sign of identification. To this day to have a natural

pentagram marked in the lines of the palm of the hand is considered a sign of extreme magical potency in palmistry.

The Pentagram is said to represent the Four Elements together with the fifth Element which is Spirit. It is also said to represent the human form with arms and legs outspread.

#### EXERCISES

You are now ready for Exercise #8. If you have not yet perfected Exercise #7, do not let that hold you back, but go to Exercise #8 anyway.

#### EXERCISE #8

It may be no surprise to you to find that Exercise #8 begins just like Exercise #7 -you may have noticed something of a pattern in this by now.

Begin as usual by finding a comfortable position and releasing all tension and anxiety. Proceed through Exercise #7 just as you normally would, opening a ball of colored light at each Chakra. Continue until you have all seven balls of colored light open.

Instead of closing the seven balls down, however, we're going to change them.

Go back to the red ball of light at the Base Chakra. Imagine it changing from red to white. Make it as clear and bright a white as possible.

Move up to the ball of orange light at your 2nd Chakra. See it turn from orange to white. Again make the light as strong and clear as you can.

Do the same thing for the ball of yellow light at the Solar Chakra. Then the ball of green light at the Heart Chakra. Go through all of the remaining Chakras changing them from the balls of colored light you have already opened, to balls of clear, bright white light. At the end you will have seven balls of white light, one in each Chakra.

Hold this image for a few moments, then shut the balls of white light down, just as you shut down the balls of colored light in Exercise #7. See the ball shrink down and disappear, then imagine a tiny open door and close it. When you finish, clear and release.

When you can do this exercise easily, you will be ready to progress to Exercise #9.

#### EXERCISE #9

Begin by doing Exercise #8, opening seven balls of colored light, then transforming them into seven balls of white light. When you have all seven balls open, return to the Base Chakra.

See the ball of clear white light in the Base Chakra. Imagine that ball of white light turn into a ball of violet light. Make the violet light as clear and bright as possible.

Now do the same at the 2nd Chakra: see the ball of white light transform into a ball of violet light.

Continue this through each of the Chakras, transforming the balls of white light into balls of violet light. Continue until you have a ball of violet light in each of the seven Chakras.

When you have a ball of violet light in each of the seven Chakras, hold that image for a few moments, then close the balls back down as you have done in the previous exercises: see the ball of violet light shrink away, imagine a tiny open door, and close it.

When you have closed the seven Chakras back down, clear and release.

At this point you should have the following daily sequence: Open seven balls of colored light, one in each Chakra. Transform each ball of colored light into a ball of white light. Now change each ball of white light into a ball of violet light. Then close the Chakras down. Finally, clear and release.



Do this on a daily basis, preferably at the same time each day, just as you have done the previous exercises. You will find this greatly beneficial to your magical and psychic growth.

#### SPELL OF THE MONTH

##### The Witches' Ladder

The Witches' Ladder is an ancient technique for working a spell, and quite simple to do.

What you will need: a length of cord.

Silk cord is nice, but anything will do -such as a piece of string, a shoelace, a scarf or tie, etc...

Before you make your Witches' Ladder you must first be clear on what it is you wish to accomplish. The Witches' Ladder can be used for any purpose, but it is best used to bring about something which is accomplished through an on-going process -such as increasing prosperity, learning a particular skill, losing weight, etc- rather than something which is accomplished in a single event.

As always remember the Wiccan Rede "Do As You Will, But Harm None," and start out with reasonable goals -skill is built through practice.

Begin by placing yourself in a comfortable position, then clear and release.

Now imagine a ball of golden light in your Heart Chakra.

Say to yourself "Behold, I am One with the powers of the Universe," and imagine that ball of light growing larger and brighter, radiating out in all directions like a sun inside you. Let the ball of light grow to fill your chest, growing stronger and stronger as it does so.

Now take your cord (and any other items you may be using, if you are doing either of the variations given for this spell) and place it before you.

Make three Tuathail, or counter-clockwise, circles above the cord with your hand. Say something to the effect of "Behold, I cleanse and purify you, sending out for you any impurities which may lie within." Imagine the cord surrounded by a golden light. Imagine it shining brightly, then let the image fade.

Now make three Deosil, or clockwise, circles above the cord and say something like: "Behold, I bless and consecrate you to this purpose!" Imagine the cord surrounded by a blue-white light, shining brightly. Again hold the image for a moment, then let it fade.

Now take the cord in your two hands, or hold your hands to either side of it (palms facing it). Imagine a ball of white light between your hands, surrounding the cord. Concentrate on the goal you wish to bring about through this spell -focus as hard as you can on the goal for several minutes. Imagine the goal inside the ball of light, or some image that represents the goal. See the goal as you want it to be when it is already accomplished and complete -if your goal is to gain a skill for example, imagine yourself already proficient in it. As you imagine this, know that this goal is already accomplished and only needs to be drawn into physical manifestation.

Now let the image of the goal and the ball of light fade, and take up your cord. Continue to focus on your goal, seeing it already accomplished.

Still concentrating on the goal, take the cord and tie a knot near one end of it. Say:

"By Knot of One, the spells begun."

Imagine yourself one step closer to having your goal.

Now tie a second knot a short distance from the first, and say:

"By knot of Two, no power undo."

Focus even more strongly on the goal, knowing that each knot draws it closer. Tie a third knot, and say:

"By knot of Three, so mote it be."

With each knot know that your goal comes closer to you, imagine it more strongly and know that it is truly yours. Tie the fourth knot, saying:

"By knot of Four, open the door."

Then the fifth:

"By knot of Five, it comes alive."

The sixth:

"By knot of Six, the spell is fixed."

The seventh:

"By knot of Seven, the boon is given."

The eighth:

"By knot of Eight, decreed by Fate."

And lastly tie the ninth knot:

"By knot of Nine, now it is mine!"

Now once again imagine white light all around the knotted cord, and place your hands above or beside the cord with palms facing it. Again imagine the image of your goal very strongly. Then release all of your focused energy and concentration directly into the cord -do this just as you do when you clear and release before or after any working: imagine the energy flowing out of you in the form of light or water.

When all of the energy has flowed from you into the knotted cord, take it and seal it in a safe place. It is best to bury it in the Earth, and especially good if you can bury it at the foot of a tree. This symbolizes the physical manifestation of the goal.

In some cases you may wish to keep the Witches' Ladder in your house, rather than burying it out of doors. You can do this by placing it in an Earth pot -a pot filled with soil and kept on the altar or a special place. Or you could make a special box or bottle for it. In any of these instances you will fill the receptacle with soil, then bury the completed Witches' ladder in it.

#### VARIATIONS ON THE WITCHES' LADDER

The simple technique used to make the Witches' Ladder has many variations. These can add to the efficacy of the spell by deepening your connection to it. This deepening is accomplished by appealing to the Higher Self through symbolic means or "Keys." We discussed Keys in LESSON I -Keys are aesthetic or symbolic elements which help you to make the Shift in Consciousness and access your Higher Self, thus facilitating magical work. Anything which appeals to you creativity or your sub-conscious, and puts you in a more "magical" mood can be a Key.

#### VARIATION 1

Make your Witches' Ladder using not one but several cords of differing color. For example to do a prosperity spell you might combine a green cord, for fertility and abundance, with a yellow cord, for success. Or for psychic development you might select a dark blue cord, for psychic ability, a pale blue cord, for communication and learning, and a violet cord, for spiritual guidance.

#### VARIATION 2

Instead of simply tying a knot, tie something into the knot. You might use beads, or twigs, or feathers -to give just a few examples. Then tie one into each knot as you work the spell. The use of feathers is a particularly ancient version of this spell, and examples have been found dating back hundreds of years.

## GOD OF THE MONTH

### THE CRONE

The third expression of the energy of the Triple Goddess is the Crone.

The Crone is commonly conceived of as an elderly Grandmother, and represents the last stage of life when the body is at it's weakest, but psychic and magical power are at their strongest. The Crone represents the hieght of Feminine power, and the wisdom and experience which comes with age. The Crone is the Goddess of wisdom, magic, and spirituality, and is traditionally thought of as the Patron of Witches and Witchcraft.

The Crone is the Goddess of death and endings. She is associated with the Waning Moon even as the Maiden is associated with the Waxing Moon, and the Mother with the Full Moon. As such the Crone represents the ending of one cycle and the begining of the next. In this way She is a Goddess of transformation and regeneration -the night without which there could be no dawn, the Alchemical NIGREDO or period of decay which creates the fertile conditions for new life to grow.

As Goddess of Death the Crone breaks down our old forms to make change and rebirth possible. Since the soul can never be destroyed but can only change its outer shape, death must be understood not as an ending, but as a process of growth and continual regeneration -thus the Crone is not so much the Destroyer as the Transformer, and Her work is a benefit to the soul which would otherwise grow stagnant and be unable to complete it's purposes in the material world. Without the "destruction" brought by the Crone, physical form would be immutable and thus limiting rather than empowering to the soul.

In this sense the Crone might be compared to science's BLACK HOLE, constantly swallowing up matter in one place only to spit it back out in a new form elsewhere. This aspect of "destruction" is one reason why the Crone is often regarded with fear. Because we readily perceive the destruction of the old form, but rarely see the emergeance of the new one, we are afraid of change. We do not realize that only through change can growth come. And so for many the Crone Goddess is a fearsome and terrifying Deity. But this shouldnot be so to the Wiccan, who should strive to understand Her inner mystery of rebirth and regeneration.

As well as a Goddess of death the Crone is also a Goddess of wisdom, and of secrets revealed. The Crone rules all of the arcane arts and as Goddess of the Otherworld is Patron of the higher powers of the soul. It is in this sense that She is Patron of Witchcraft. But here too the Crone is sometimes perceived as a terrifying figure -for the path to wisdom is not an easy one, and the seeker is confronted with many challenges, chief among which is the need for self knowledge. Nothing does more to empower us and further our psychic and spiritual growth than knowledge of self, yet it is often the case that few things terrify us more -because in knowing ourselves we must in time confront and heal every weakness, every regret, every psychic wound which we have suffered, and most of us would rather just bury these. This path of self knowledge is the very heart of true Wicca, and is the demesne of the Crone.

It is as the Patron of the quest for self knowledge that the Crone most often figures in mythology. Whether as Baba Yaga in contemporary Russian folklore, or as Venus in the story of Cupid and Psyche, a central myth of the Crone has a youthful protagonist seek Her out in search of some boon, great or small. The Crone -Who is usually portrayed as living far from the mundane world, as true wisdom often does- always agrees to grant the boon which is sought, but only if the protagonist can fulfill a series of seemingly impossible feats. Many others have failed before, the frightened protagonist is told. Yet -usually with supernatural help, commonly in the form of "the animals"- this protagonist succeeds against all odds and gains the desired boon.

From this myth it can be seen that while the uninitiated may view the Crone as a fearsome and terrible Goddess, those who confront Her mysteries without fear will invariably find Her their benefactor.

Below follow several examples of the Goddess as Crone:

**BABA YAGA** -Baba (Grandmother) Yaga is the Russian form of the Crone Goddess. Yaga figures in many contemporary folktales in which a young protagonist seeks out or stumbles upon Her enchanted cottage, and asks a boon from Her -receiving it after fulfilling many near impossible tasks. Baba Yaga is portrayed as an ancient and wizened Witch, Who flies through the air in a magical MORTER AND PESTLE, or sometimes a flying horse, and has power over the elements. Yaga lives in a remote forest in a magic cottage which walks around of its own accord on giant chicken's legs, and Her home is guarded by a fence of stakes on which are mounted the skulls of unsuccessful seekers (The protagonists own previous lives).

**HECATE** -Hecate is the ancient Greek form of the Crone Goddess. Associated with the Moon, Hecate was often shown with three heads or faces, or as three women standing together, to represent the Moon's three phases -and in this sense Hecate has aspects of Maiden and Mother as well as Crone, though it is primarily as Crone that She is worshipped. Goddess of prophesy, magic and Witchcraft, Hecate was worshipped at the crossroads, and was considered a Queen of the Otherworld. Her principle symbols included the Key and the Torch, as Her wisdom could unlock and illuminate all mysteries. Hecate's totem animal was a black dog. In medieval Europe Hecate was called Dame Hecat.

**KALI** -Kali is the most famous Hindu example of the Crone form of the Goddess. Kali is usually shown as a jet-black Goddess with many arms, wearing a necklace of skulls which represent the cycle of Death and Rebirth. Sometimes also She wears various other human body parts or serpents as part of Her costume. Her blood-red tongue is shown extended, like that of the Greek Gorgon, showing Her regenerative aspect. Kali's consort is Shiva the Destroyer, and She is often shown standing or dancing upon His recumbant body, as Goddess of Death and Transformation.

**MORRIGHAN** -Morrighan is the Irish name of this Celtic form of the Crone Goddess, and means "Queen of Ghosts" emphasizing Her role as a Goddess of the Dead. Other versions of Her name, such as Morgana and Morgaine, make reference to the sea -which in insular Celtic religion is associated with the Otherworld. Morrighan is a Goddess of magic and sorcery and is sometimes shown as ancient and withered or conversely as preternaturally beautiful. Morrighan is also the Goddess of Sovereignty and in many myths She approaches a would-be King or Hero in her aged form, demanding sexual favors. When the Hero makes love to the aged woman, She transforms into a beauty in his arms and prophesies his rise to Kingship. Morrighan has different consorts in different areas, including both the Dagda and Mannanan Mac Llyr -both Gods of the Otherworld. Morrighan figures in the myth of King Arthur as Arthur's magical half sister Who is sometimes a friend and sometimes an antagonist, but Who in many versions ultimately conveys Arthur to the magical realm of Avallon (the Otherworld).

**TLACOLTEUTL** -The name Tlacolteutl means "Refuse Eater" because this Aztec Crone Goddess had as one of Her chief characteristics the quality of consuming outmoded forms and transmuting them. At the end of their life each Aztec could make a confession to Tlacolteutl, Who would cleanse their soul of any wrongdoing which they related, allowing them to enter the Otherworld without regret. Goddess of magic and sorcery Tlacolteutl was sometimes portrayed riding naked on a broomstick and wearing a horned headress, revealing a similarity of archetypes with European Witchcraft. As a Goddess of Death Tlacolteutl is sometimes portrayed as an old woman, but She also has aspects as Maiden and Mother Goddess and so is sometimes portrayed as a seductive beauty. The most famous image of Tlacolteutl shows Her in the act of giving birth.

## LESSON VI - THE CIRCLE OF ART

### THE CIRCLE OF ART

The Circle of Art, or Magic Circle, is a fundamental part of modern Wiccan practice. The Magic Circle is cast at the beginning of most Wiccan ceremonies, to establish "Sacred Space," and to aid in the raising and focusing of energy. At the end of the ceremony, the Circle is opened, releasing the energy of the ritual so that it can become manifest in the physical world.

We use the term Sacred Space to indicate an area used for ritual or magic. An area becomes Sacred Space when it is specially prepared to aid in the Shift of Consciousness needed to

connect with the Higher Self in magic or worship. It is from the level of our Higher Self that we are able to work magic. There are many ways to create Sacred Space, but all revolve around the idea of cleansing the area of Negative Energy which might hamper the working, and the erection of various Energy Constructs whose purpose is to intensify the energy being worked with.

The Magic Circle is such an Energy Construct. It is created from energy, shaped by thought and emotion. Though the Magic Circle has a strong symbolic aspect, it also has an objective reality which has a definite affect on the people inside the Circle. Because it is composed of concentrated energy, the Circle acts as a "Battery", giving extra energy to whatever is done inside it. Because it acts to focus the energy raised within it, the circle also tends to intensify that energy. In these ways the Circle magnifies the power of the people within it. It is this effect which is the principle purpose for its use.

## HISTORY

The idea of holding ritual in a circle is very ancient, and in all likelihood derives from nothing more august than the fact that when people "gather 'round" they tend to do exactly that -gather in a roughly round, or circular form. The circle allowed everyone to hold hands with everyone else, and to have the same general view of the proceedings. It was practical. A circle was a sensible way to gather around a central fire, or around a sacred tree, or an altar.

The circle was also an excellent form for dancing, which has figured in Pagan rituals since the dawn of time. Many ancient illustrations in art and literature attest to the popularity of the Circle Dance in ancient times. Though frowned upon by the Book Religions, circle dancing remained a festival custom of European peasants into modern times, and is nicely illustrated in the works of Bruegels, among other artists. In De Lancre's famous illustration of "The Witches' Sabbat" several circle dances of this kind are shown.

In Ceremonial Magic the circle was used for protection, since the Ceremonials often believed that the powers they were dealing with could harm them. But in Wicca the circle is not used for protection but rather to intensify the powers being worked with.

## HOW TO CAST A CIRCLE

Casting a Magic Circle is a basic technique that every Wiccan learns. The more you do it, the better you will get at it, the easier it will become. You will use this technique for casting ritual circles in which to worship, and to cast circles to strengthen your magical workings.

Not everything requires the use of a Magic Circle. The circle is used for worship ceremonies, but is not necessary for private devotions. Most spellwork does not require casting a circle either, but if a spell is really important casting a circle will generate much more energy for the spell. Generally only the individual can determine if they need a circle for a given spell -and once you have sufficient experience you will find it an easy thing to judge. Casting a circle makes for a longer and more complicated working, but it creates a much stronger effect.

## CLEANSING

Before you set up your Magic Circle, you will first want to cleanse and consecrate the area. By cleansing the area you remove any negative energies which might be there, and by consecrating it you prevent those negative energies from returning.

What are negative energies? Because energy responds to emotion, it can become charged with all sorts of feelings, which a psychically sensitive person can pick up on, and which can be magnified by magical working. Anger, fear, sadness -these and many other emotions can color energy, shaping that energy without conscious intent. The energy then holds these emotions, and can tend to pass them on to sensitive people. The stronger the initial emotion, the longer negative energy will tend to hold it.

Sometimes energy will hold such a charge for a very long time. This is why certain places which

have witnessed traumatic events can give us "bad vibes" -the energy of the place has been imprinted with the negative emotions experienced there.

Most negative energy is not that focused however -usually the emotional charge is not so strong, and it diffuses over time. Most negative energy contains little bits of many conflicting emotions culled from many sources, which tend to give it a "muddy" feeling. This energy is unfocused and undirected, and can tend to make concentration difficult. By removing it you will find that you can work much more effectively.

#### HOW TO CLEANSE

There are many ways to cleanse your ritual space of negative energy. Techniques range from simple to complex, and can make use of many different tools. Some use water, some use smoke, others use visualization, while others use sound or ritual movement. With experience you will find the one that works best for you. But in this lesson we are simply going to give you a good technique that we think you will work well for you: That is cleansing by salt and water.

To do this you will first clear and release all excess energy, as you should before every magical working.

Now place your hand over the water. Make three Tuathail (counterclockwise) circles over the water, concentrating on removing any negativity from it. Say something to the effect of: "Behold, I exorcise you, O creature of Water, casting out from you any impurities which may lie within!"

Imagine yellow-white light pouring down from your hand into the water, and forcing out all negativity.

Now make three Deosil (clockwise) circles with your hand over the water. Say something like:

"And I do bless and consecrate you to this work!"

Visualize the water being filled with a clear, bluish white light. Imagine the water filling with this light until it shines as brightly as if there were a blue-white sun within it.

Now turn to the salt. Place your hand over the salt and make three Tuathail circles over the salt, concentrating on removing any negativity from it. Say something to the effect of: "Behold, I exorcise you, O creature of Earth, casting out from you any impurities which may lie within!"

Imagine yellow-white light pouring down from your hand into the salt, and forcing out all negativity.

Now make three Deosil circles with your hand over the salt. Say something like: "And I do bless and consecrate you to this work!"

Visualize the salt being filled with a clear, bluish white light. Imagine the salt filling with this light until it shines as brightly as if there were a blue-white sun within it.

Now say something to the effect of: "Behold, the salt is pure! Behold the water is pure! Purity into Purity then, and purity be blessed!"

Add three pinches of salt to the water and stir.

You have now made Holy Water.

Take the Holy Water and go Deosil around the area in which you are going to erect your circle.

As you go around the area, Asperge it -that is to say, sprinkle it with Holy Water. As you do this, imagine the area being flooded with yellow light. Let the yellow light fill the area, going out in all directions for a good distance. This is the act that actually sends out the negativity, so focus on it

as strongly as possible.

As you asperse the area, you may wish to say something to the effect of: "Behold I cleanse and purify this space."

When you have made a full circle, replace the Holy Water on the altar. Turn to face the inside of the circle and say something to the effect of: "I bless and consecrate this space!"

Now visualize the area being filled with a clear blue-white light, so it is wholly filled in all directions.

You have now cleansed and blessed your ritual space, and are ready to cast the circle itself.

## EXERCISES

You should now be regularly doing Exercises #7, 8, and 9. From here forward you will use these exercises as the opening sequence for a variety of other exercises, which will be introduced gradually.

Open your Chakras as usual with Exercises #7, 8, and 9. But once you have all seven balls of light open, and have transformed them from colored balls to white, to violet, allow that image to simply dissipate or dissolve. You now have all seven chakras open, which will afford you increased energies for the exercises that follow; in this case Exercise #10. After you have finished Exercise #10, imagine again your seven balls of energy, then go back down through the Chakras and close them just as you normally would.

### Exercise #10 - The Lemon

Do this exercise everyday for one week. After that, do it once a week, or more often if you desire.

As has been said, begin by opening your Chakras as usual with Exercises #7, 8, and 9.

This exercise is designed to help cleanse and purify your energy. It will help you to access more and clearer energy. In addition this exercise can be helpful any time you feel energetically "blocked" or physically ill.

Begin by visualizing a ball of white light in front of you, between your two hands. As always concentrate on making that ball of white light as clear and bright as possible.

Now within the ball of white light imagine a large yellow lemon. Make the image of the lemon as clear and real as you can. See its bright yellow color, the texture of its rind, imagine its fresh citrus scent.

From within the lemon, imagine still more white light radiating - as if there were a tiny sun within the fruit.

Lift the ball of light with the lemon inside up and over your head. You can make this gesture with your physical hands, or you can visualize doing it. Now bring the ball of light down into your head, so that the lemon is about at the center of your head.

Visualize the lemon contracting, as if squeezed by an invisible hand. Clear yellow lemon juice flows out of the lemon. The juice is shining with light. Imagine that lemon juice going to every part of your body. The juice absorbs all negativity it encounters, turning dull, even brownish, as it does so. Let the juice absorb for a few moments. Then imagine all of the juice, together with the negativity it has absorbed, flowing back up into the lemon.

Now lift the ball of white light with the lemon inside back out of your head and bring it down in front of you. Imagine the ball shrinking down, growing smaller and smaller, with the lemon inside. When the ball is so small you can no longer see it, symbolically blow it away. Ask the Goddess to take the energy and re-use it in more positive ways.

Now clear and release as always.

#### SPELL OF THE MONTH

Select your ritual space and set up your altar. Clear and release as you always do.

Cleanse the space and cast the circle as outlined in LESSON VI. Invoce the Quarters as you have learned to do.

When you have erected the Magic Circle and called the Quarters, you will want to invoce Deity. You will learn more about invoking Deity in LESSON VII, but for now we will give you a simple all-purpose invocation that is good for any use.

An invocation is a prayer for the presence and aid of Deity -either Universal or personal Deity. An invocation can be addressed to Universal Deity, to the Goddess and/or God, or to a particular Goddess or God -all are ultimately manifestations of the same Universal Power.

To make an invocation, speak to Deity from your heart, and with love. You should always address Deity with respect, but the particular words you use are so not important as the sincerity behind them.

This invocation is directed toward Universal Deity:

"Holy Mother-Father God, Creator and Sustainer of all things, be with me now and aid me in this my undertaking. Give me Your blessing and Your guidance, I pray You, with love and gratitude for Your aid!"

Take up the Ace of Swords. Face the East, and see again the column of white light you called up when you invoiced the Guardian of the East.

Now raise the Ace of Swords, holding it out so it faces the East. Imagine the card surrounded by a ball of white light. Address the Guardian of the East with words like these: "Guardian of the East, empower this card as your representative, so that it may be a lasting bond between us. May this card keep the power of Air and the sacred Athame always with me! May I always have mental strength, good ideas and clear communications in this home!"

Now replace the card upon the altar.

Take up the Ace of Wands, and face the South. Again see the column of light you drew up when you invoiced the Quarter. Raise the Ace of Wands, holding it so that it faces South. Imagine the card surrounded by a ball of white light. Address the Guardian of the South with words to the effect of:

"Guardian of the South, empower this card as your representative, so that it may be a lasting bond between us. May this card keep the power of Fire and the sacred Wand always with me! May I always have strength, vitality, and creativity, in this home!"

Return the card to the altar.

Now take up the Ace of Cups, and turn to the West. See again the column of light you called up when you invoiced the Quarter.

Pick up the Ace of Cups, holding it so that it faces West. Imagine the card surrounded by a ball of white light. Address the Guardian of the West with words to the effect of: "Guardian of the West, empower this card as your representative, so that it may be a lasting bond between us. May this card keep the power of Water and the sacred Chalice always with me! May I always have love, compassion, and nurturing in this home!"

Replace the card upon the altar.



Take up now the Ace of Pentacles. Turn to the North. See the column of light you brought up when you invoked the Quarter.

Hold up the Ace of Pentacles, holding it facing North. Imagine the card surrounded by a ball of white light. Address the Guardian of the North with words to the effect of: "Guardian of the North, empower this card as your representative, so that it may be a lasting bond between us. May this card keep the power of Earth and the sacred Pentagram always with me! May I always have wealth, prosperity, and wisdom in this home!"

Return the card to the altar.

Say to yourself: "Behold, I am One with the Powers of the Universe!" and imagine a bright light shining out from your Solar Plexus, like a Sun within you. Place your hands over the four Aces and imagine a bright white light coming from your hands and surrounding the cards. Charge them with words like these: "By the powers of Air and Fire, by the powers of Water and Earth, and by the power of Spirit -within me- may these cards be blessed, and may they guard and bless this house! By my will, so mote it be -and it is so."

Now you will give thanks and dismiss, beginning with Deity.

"Holy Mother-Father God, Universal force of Life Which suffuses and supports all things, I thank You for Your presence and Your Aid! I offer You my love, and bid You hail, and farewell!"

Now close the Magic Circle, according to the instructions in LESSON VI.

When you have closed the circle, before you cleanse and release your excess energy, take the four Aces from the altar.

Go to the Easternmost wall in your home, and place the Ace of Swords there -hang it with a thumb tack or bit of tape, or affix it in any other manner that may seem right to you. Again imagine the card surrounded with white light and say: "May the blessing be!"

Now go to the Southernmost wall of your house and affix the Ace of Wands there. See the Ace of Wands surrounded by white light, and say: "May the blessing be!"

Go now to the Westernmost wall in the house, and affix the Ace of Cups there. Visualize the card surrounded by white light and say: "May the blessing be!"

Finally, go to the Northernmost wall of your home, and there affix the Ace of Pentacles. See the card surrounded by white light, and say: "May the blessing be!"

The spell is now complete. Clear and release all excess energy.

#### GOD OF THE MONTH

One of the most enduring Pagan Goddesses is Venus, ancient Goddess of love and beauty. Venus has remained popular throughout the ages, showing up in Hermetic and Alchemical beliefs, peasant Witch customs, and allegorical thought. As patroness of romantic love, She has graced many a Rococco painting and Victorian Valentine.

The worship of Venus was widespread in the ancient world, with its principle center at Cypris. It is believed that Venus was introduced to Greece from Asia Minor (modern Turkey) and that Her worship originated there as a local variation on the ancient Goddess Ishtar

Called Aphrodite (Foam Born) by the Greeks, Venus was sometimes said to have been born from the foam generated by the waves crashing against the shore. A more famous version of Her birth says that when Chronos (Time) separated Uranos (Father Sky) from Gaia (Mother Earth), He castrated Uranos and flung Uranos' penis into the sea (representing the womb of the Mother),

and that Venus arose from the foam generated by the splash. Either way She was said to have been generated from the sea (the Feminine Polarity) and to have first come to land at Cypris. there is a very beautiful painting of this by the renaissance painter sandro Boticelli, "the Birth of Venus" which depicts venus comming to shore at Cypris, attended by Zephyros (the gentle west Wind) and Flora, Goddess of flowers.

The principle consort of Venus was Vulcan ( Greek Hephaistos), God of the Forge and of blacksmiths. Vulcan was a God of death and Magic, smithcraft having been viewed as very magical in ancient times, and He ruled the underground realms, and located His forge beneath volcanoes. Vulcan was lame, representing the "dead" Sun of Winter, which limps across the sky. But though paired with Vulcan, venus also took mars (Ares) as Her consort. Remembered primarily as a God of war, Mars was originally a God of the Summer season, of life, passion, and physical activity. Venus constantly shifted between Vulcan (Winter) and mars (Summer) in a seasonal myth of the type which will be discussed in greater detail below.

Though She is most often thought of as a Maiden Goddess connected with romantic love and sensuality, Venus also has aspects as Mother Goddess, and even as Crone.

Her aspect as Mother Goddess shows most strongly in the legend of Venus and Adonis. In this story Venus fell in love with a beautiful mortal named Adonis, and made him Her husband. Killed by a wild boar Adonis crossed into the Otherworld, where he became the lover of Persephone, Queen of the Dead. Heartbroken, Venus went to great lengths to retrieve Adonis from Persephone. Ultimately it was resolved that Adonis should spend the Summer months with Venus, and the Winter months with Persephone.

This kind of myth is nearly universal, and represents the earth continually passing from Summer to Winter and back to Summer, and the Soul passing from Life to death and back to Life again.

## LESSON VII - INVOCATION

### INVOCATION

An invocation is a kind of prayer addressing Deity, or a particular aspect of Deity, and asking for Deity's presence or aid.

In Correllian Wicca we have two basic ways of looking at Deity: UNIVERSAL DEITY, and PERSONAL DEITY.

Universal Deity is conceived as being everywhere, in everything. Universal Deity is the Divine consciousness behind the energy that forms and gives life to all that exists -and in Correllian Wicca we believe that anything which exists lives. Universal Deity is above and beyond all individual aspects and manifestations, including the Universe itself. Universal Deity is the Creator, Sustainer, and Essence of all things.

Universal Deity is beyond any form of depiction, is niether masculine or feminine in character, and in truth is so far beyond our understanding that we can only try to imagine It's full nature. To illustrate this we often refer to Universal Deity as "Mother-Father God," showing that Universal Deity includes both the concepts of the Goddess and the God within Itself.

In addition to Universal Deity, we also have Personal Deity.

Personal Deity is any aspect of Universal Deity with which we can make an emotional connection. We call them "Personal" Deities because we relate to them in a personal manner, as opposed to the more abstract nature of Universal Deity.

Universal Deity is like a diamond. The diamond is only one stone, but has many facets. Look at the diamond closely from any one angle, and you will discover patterns in the facets that are not apparant from a greater distance. Examine the facets with a jewelers loop and you will discover formations within the stone that you would never see looking at the diamond as a whole.

Similarly Universal Deity is one force -"One Power in the Universe" -but has many facets, which are Personal Deities. Through the many individual conceptions of Personal Deity, we can learn things we would never understand through the abstract nature of Universal Deity. Personal Deities translate the abstractions of Universal Deity into human terms that humans can understand and identify with. The nature and cycles of Universal Deity are interpreted through the mythology of Personal deities, and identified with and internalised through the emotional connections we make with these separate aspects of Deity

Universal Deity is without any form of limitation. Any attempt to depict or define. Universal Deity limits our conception -making that conception a Personal Deity; a limited aspect of Universal Deity. There are more Personal Deities -that is to say limited aspects of Universal Deity -than it would ever be possible to count. Personal Deities range from the great powers of the Universe :Goddess and God - through Deities Who aid specific functions :Asphalta, Goddess of the roadways -to the Higher Self of everything which exists -for everything which exists is a limited aspect of Universal Deity.

In general Deity might be thought of as a single Universal power having increasingly limited points of reference, some of which include;

Universal Deity -All That Is.

Goddess and God -The Polar Powers, Yin and Yang, Spirit and Matter, etc...

The Seven Great Powers -The seven principle archetypes of Deity.

Specific-purpose Deities -Patrons of various activities, such as arts, sciences, etc...

The Higher Self of all things -The individual spirit of any creature or thing.

We interact with Deity at all of these various levels and others. When we wish to formally initiate that interaction -as at the beginning of a ritual or ceremony- we "Invoce" that Deity. "Invoce" comes from the Latin "vox" or "voice" and means to "give voice to" our prayer -but that doesn't mean that an invocation always has to be said out loud. An invocation can be made silently, in the heart, as well -Deity, being inside us all, will hear.

An invocation formally invites the Deity to be present, and often requests a specific blessing or aid. Often, an invocation will describe the qualities of the Deity being addressed. An invocation can also express thanks for past blessings from the Deity. Invocations are often quite beautiful. They can be poetic, and are sometimes highly artistic. But the best invocation is one that honestly conveys heart-felt emotion toward the Deity.

In any religion, and certainly in Wicca, your personal relationship to Deity is of primary importance. We have many forms of Deity, but we know that They -like we ourselves- ultimately reflect a single Power Which flows through all things. That single Power -Universal Deity- is ultimately loving, creative, and always acts toward the good; consequently all Personal Deities are also ultimately loving, creative, and act always toward the good. Everything you experience has a reason whose purpose is good -you may not always see that good, but it is always there.

You never need to fear Deity in Wicca. Deity does not judge you or persecute you -Deity will only ever wish to help you. Though our actions come back to us through Karma, this is not a "Divine judgement" so much as a necessary balance -it is there to help all beings grow. Deity may give us difficult lessons in life, but this too is motivated by love, to help us grow -never to "punish" us. Whatever may afflict you, Deity wishes to help you move past it -for Deity wishes you only growth and happiness, in whatever Personal form you picture Deity.

#### ASPECTS OF DEITY

There are as many forms of Personal deity as we could ever imagine -for any image can serve as a Personal form of Deity, if that image can embody an aspect of Deity for YOU.

All forms of Personal Deity will correspond to one or more of seven basic archetypes, sometimes called the "SEVEN GREAT POWERS", or various similar names. You will see Deities grouped in larger numbers -often groups of twelve -but these will only tend to duplicate the seven basic forms.

Most of the world's cultural PANTHEONS include dozens or hundreds of Deities, duplicating the seven basic archetypes many times over. This is because smaller local cultures and their pantheons come together and grow into larger, heterogenous cultures, while retaining their distinct original traditions. In the chart below we have not attempted to deal with all of the Deities of a given culture, but rather with the major Deities of these cultures and Their correspondences to the seven basic archetypes.

THE SEVEN ARCHETYPES

Archetypes of the Goddess- Maiden, Mother, Crone  
 Archetypes of the God- Hero, Lover (Sun), King, Sorceror

CULTURAL CORRESPONDENCES



Jupitur  
 Carmenta  
 Saturn  
 African  
 Ogun  
 Oshun  
 Shango  
 Yemaya  
 Obatala  
 Oya  
 Ellegua  
 Egyptian  
 Horus  
 Hathor  
 Ra  
 Isis  
 Amon  
 Sekemet  
 Osiris  
 Hindu  
 Ganesha  
 Durga  
 Visnu  
 Laksmi  
 Brahma  
 Kali  
 Shiva

#### PATRON DEITIES

The reason we have so many forms of Personal Deity, is so that people can make a personal, emotional, connection to Deity. The abstract nature of Universal Deity is difficult for most people to comprehend or form an attachment to. Personal Deity, on the other hand, portrays aspects of Deity in terms that are very easy for humans to understand, and which have strong emotional appeal for us. We have many, many Personal Deities, because each person is different and has different needs for Deity to fulfill. Deity is all things to all people -consequently Deity must have very many Personal forms.

The particular aspect of Deity that a person best interacts with is called their PATRON DEITY. The Patron Deity is the form of Deity you work with most. For some people the relationship with their Patron Deity will be intense and highly emotional. They will receive dreams and visions from the Patron Deity, and may learn to channel oracles from the Patron in time.

For other people the Patron acts as an inspiration and an example, helping the DEVOTEE to develop the qualities which the Patron personifies. There are Deities Whose principle qualities are virtues like wisdom, courage, or magical ability, Whose devotees hope to develop these same traits by choosing Them as Patrons. Other Deities have virtues like creativity, happiness, or self-expression, and Their devotees too hope to gain these qualities by choosing one of Them as Patron.

Not every person will have one particular Patron Deity. Nor does having a Patron Deity mean you do not interact with other Deities. All forms of Personal Deity are aspects of Universal Deity, therefore They can never conflict -though people can conflict over Them, and They can appear to conflict if YOU believe They must.

Many people will have several Patron Deities. Sometimes all of these will be given equal status, other times there will be one principle Patron Deity, and other lesser Patrons. This is not unusual, and works perfectly well.

## HOW DO I CHOOSE A PATRON DEITY?

Actually, your Patron Deity will choose you.

The Deity will do this in one of several ways: you may be drawn to the name or image of the Deity, and not really know why. The image of the Deity or Its attributes (such as a totem animal) may show up in your life repeatedly. You may have a vision of the Deity. You may just "know."

Or you can choose a Patron because you admire that Deity, or wish to acquire Its qualities.

You can have as many Patron Deities as you need. Or you can have no Patron Deity at all -it is not required. As time passes you can add or change Patron Deities. They are there to help you, not to bind you.

## CARE AND FEEDING OF YOUR PATRON DEITY

Once you have a Patron Deity, you should talk to It, pray to It, and make offerings to It on a regular basis. A good offering is the light of candles. Other good offerings are items that represent sustenance or devotion. A bowl of water, a bowl of flour, a bowl of salt -this is a typical offering for some devotees. Incense, flowers, candy -all these are good offerings too. What is offered really doesn't matter so much as the attitude of the devotee -the offering should be made with love and genuine devotion. We expect to receive blessings from our Patron Deity, we make offerings back to It not because the Deity needs them -It does not -but to show our gratitude and our own willingness to give back and share.

Remember your Patron Deity is a Deity, and interact with It in the manner you consider appropriate to Deity. The Deity will take Its cue from you -if you treat It as being aloof, It will respond in kind, because It sees that's what you want from It.

## OTHER KINDS OF PATRON DEITIES

Not only do people have individual Patron Deities, but professions and other activities may have Patron Deities as well. There are many Patron Deities for education, for example, or for music. These too will correspond back to the Seven Great Powers -for example Sesheta, ancient Egyptian Goddess of writing and education, is a Maiden Goddess.

Moreover, individual festivals also have Patron Deities. Commonly these will be one or more of the Seven Great Powers, any of Whose individual forms will do. For example the Crone is Patron of Samhain, and may be invoked simply as the Crone or in the individual forms of Hekate, or Morrighan, or Hella -or many others. The Maiden Goddess is the Patron of Candlemas, and can be invoked as Maiden, or in individual forms such as the Irish Brigid.

## WHAT IS AN INVOCATION?

An invocation then, is basically a kind of formal prayer. It may be directed to Universal Deity, to a Personal Deity or Patron Deity. It should come from the heart, and reflect genuine emotion.

When you invoke a Deity, you should imagine that Deity strongly. You may visualize the Deity in your mind, or imagine It manifesting before you. Some people visualize the Deity as amorphous light, or as a ball or column of light. Or they may imagine the light of Deity descending into a statue or picture of the Deity. All of these or any other visualization that helps you to focus on Deity's presence as you invoke It, is good.

## EXERCISES

At this point in your development you should be doing Exercises #7, #8, and #9, on a daily basis, plus Exercise #10 periodically. You should be finding your capacity for the exercises greater, your time faster, your visualization clearer. Chakras are like muscles, the more you use them, the stronger they get, the more you can do with them. That is why it is important to do these lessons on a regular basis, and to take them in order, so that you will build up the strength of your Chakras

gradually and in a consistent manner.

The next exercise is meant to be added to the daily routine, following Exercise #9. On days when you do Exercise #10, it would follow this exercise.

#### Exercise #11

You may feel a bit like you're back where you began, as Exercise #11 is meant to strengthen the palm Chakras, as were the first three exercises in these lessons. Exercise #11 however, is much more intense than Exercises #1, #2, and #3, and using it will bring your capacity to handle energy to a much higher level.

Do Exercises #7, #8, and #9 as usual, opening your Chakras and turning them first white, then violet. When you have done this, let the image fade -just as before the Lemon Exercise. When you open your Chakras this way, you greatly increase the energy you can access for what you are doing.

Now, raise your hand -either hand is fine. Lift your hand so that the palm is vertical, and facing a wall preferably 5-6 feet away. Imagine a thin beam of red light coming out from the center of your palm, and going to the wall -rather like a "lazer" beam. See the beam of light as clearly as you can, the red as bright as possible.

Hold this image as long as you feel you comfortably can.

Now imagine that beam of red light retracting back into your palm.

Now do the same thing with the other hand. Whenever you exercise one palm Chakra, you should make sure to do the other too. This is because you will often need to use them together, and both should be equally developed.

When you've finished both hands, you may do Exercise #10, if you wish. If you feel fatigued, Exercise #10 will help revive you. If you're not doing Exercise #10, then you're ready to close. Imagine again your seven balls of violet light at the Chakras, and close them down normally, as per the instructions in Exercise #7. Now clear and release as always.

Do this exercise for a few days, or until you can do it easily, then replace it with Exercise #12.

#### Exercise #12

As so often happens in these exercises, Exercise #12 begins just like Exercise #11.

Do Exercise #11 just as you normally would, up to the point where you have created the beam of red light from your hand to the wall.

Now, keeping the image of the beam of light clear and strong, begin to move it. You do not need to move your hand to do this, but let the beam "pivot" where it connects to the palm.

Use the beam to draw simple designs on the wall. Imagine the designs being made in the same red light of which the beam is composed. Try to hold the image of the design, even as you go on to draw the next one -this will become easier as you go, and if you cant do it at first, don't worry about it; it will come.

When you have mastered simple designs, you should try using the beam of light to write words, using cursive letters. This will increase your skill with the technique. When you feel you have done enough, retract the beam of light into your palm, and let the image of the designs you have drawn dissipate.

Remember to do both hands.

You may now do Exercise #10 if you wish. If not go straight to shutting down your Chakras as described above. Clear and release as always.

Do Exercise #12 until it becomes easy for you. Do not feel you must always use a wall -try drawing the designs in mid-air as well.

If you like, you can try Exercise #12 separately from the other exercises -on the bus, in the store, out of doors, anywhere you wish. Simply send out your beam of light and start drawing. Be sure to clear and release afterwards though. Understand that this would be in addition to, not in place of your daily session.

When you feel that you are ready, go on to Exercise #13.

#### Exercise #13

Exercise #13 is exactly like Exercise #12, except that instead of using red light, you will use a multi-colored light. By "multi-colored light" we mean that you should see many different colors in the light at once, rather like a psychedelic tie dye. Using this multi-colored light, do Exercise #13 just as you would otherwise do Exercise #12.

The color of the light -that is, energy -which we use is extremely important. Color reflects the vibration of the energy, and thus its individual nature. In general, energy is perceived as being white in color, in its natural state. White light thus is a good, all-purpose energy to use for just about anything you might want to do. Like clear Quartz Crystal, white light amplifies what you put in without adding anything of its own. For many purposes this is good. When you transform the balls of colored light you have opened in your Chakras, you are strengthening and amplifying the energy of the Chakra.

Sometimes however, it is best to use colored energy, as its particular quality may help in what we are doing. For example when you transform the balls of light in your Chakras from white to violet, you are attuning them to the level of violet energy -violet energy is extremely spiritual, and comes from the highest level of the being, thus causing each Chakra to attune to its own highest nature and greatest good.

In these exercises we are using red energy. Red adds strength and vitality. We are using it here to add a needed "push" to help us use a Chakra in a new and unaccustomed way. Thus, red energy makes the exercise easier by giving you extra energy to do the exercise with. The "multi-colored" energy used in Exercise #13 serves to help develop all aspects of the given Chakra at once, and is the same principle as the rainbow we used in Exercise #3.

You will learn more about color as you go, and how it effects energy. Not everyone perceives the color of energy in quite the same way -just as not everyone sees color exactly the same way with their physical eyes; consider the color-blind for example. Some people develop highly individual methods of interpreting the vibration of energy through color. The system we are using is the most common. If your own experience varies, that's OK -its just different. You should still be able to do the exercises with the colors as described.

#### SPELL OF THE MONTH

##### THE WITCH'S BOTTLE

The Witch's Bottle is a very ancient type of spell, which has countless variations. The idea of performing a spell and sealing it in a jar is as old as the manufacture of jars, and may be regarded as a portable version of burying a spell in the Earth -the jar here representing the womb of the Mother.

Many examples of this sort of spell have been found by archeologists, though modern versions tend to be rather different from ancient ones -partly due to the difference in materials readily available for magical working. In ages past anthropomorphic jars were especially popular for this sort of working, the jar itself then taking on the character of a spirit helper to aid the spell's unfolding. Sometimes the whole jar would be made in the likeness of a human being, or animal, sometimes only the face would be shown. The so-called BELLARMINE JARS, bearing the likeness of the Old God -often in triple form- were commonly used for this sort of undertaking and are strongly



associated with it.

Today, we commonly use any sort of jar or bottle that appeals to us, or is convenient to use. Decorative jars are often favored, but ordinary glass jars and bottles -either plain or self-decorated- serve just as well.

For this particular Witch's Bottle, you will need the following things:

A small jar -such as a baby food jar, or a medicine bottle.

A larger jar -such as a canning jar, or a decorative canister.

A bit of paper and ink -red ink would be preferable.

Some herbs -a combination of Parsley and Sage might be a good general choice.

A bit of essential oil -vanilla might be a good choice.

Some stones -aquarium gravel would be good, as it is small and easy to handle.

A quantity of water.

Choose a time when you will be able to work unhindered. If possible it is best to make the bottle during the Waxing Moon.

Assemble your materials.

Begin by clearing and releasing, as always.

It may be beneficial to light some candles -for extra energy. You may even want to cast a full circle, now that you know how -but that isn't really necessary.

Take your piece of paper -it can be any kind of paper you wish: ordinary writing or typing paper will do, but you may find a bit of nice stationery or parchment helps set the mood better, thus assisting the needed Shift of Consciousness.

On the paper write what it is you wish the spell to accomplish. Because the bottle is a sturdy artifact which can be kept as long as you wish, it is especially useful for long term desires -such as prosperity, peace in the home, balance, etc...

Write your desire on the paper in the form of the following incantation:

"There is One Power in the Universe, and I am a perfect manifestation of that Power. As such I create for myself (insert wish here) . I manifest this in accordance with the free will of all, and with harm towards none. By all the power fo Three times Three\*, as I do will, so mote it be."

As you write this, try to concentrate on the thing you are desiring. Focus on it. Imagine yourself having this thing, as if it were already accomplished -already yours. Feel confident, and know that it will come about.

Now, fold the paper until it is small enough to fit easily in your smaller jar.

Say to yourself:

"Behold, I align myself to the powers of the Universe."

Imagine a stream of white light coming down into you from above your head, filling your body. This is the light of Spirit -the Goddess. She will help you with your working.

Hold the paper in your hands, and imagine it surrounded by a ball of bright white light.

Again focus on your wish. Imagine it already yours, already accomplished. Speak the incantation out loud:

"There is One Power in the Universe, and I am a perfect manifestation of that Power. As such I create for myself (insert wish here) . I manifest this in accordance with the free will of all, and with harm towards none. By all the power fo Three times Three\*, as I do will, so mote it be."

Now place the paper into the smaller jar, and seal the lid.

Say:

"Even as I seal this jar, so too I use my will to seal my wish just as tightly into manifestation."

Now place the smaller jar into the larger jar. Fill the space between the outside of the small jar and the inside of the large jar with rocks, about half way up. This is why aquarium rocks are good -they are small and easily handled.

Now add water until the larger jar is filled.

Add three drops of oil to the water.

Now sprinkle with the herbs.

Imagine the larger jar filling with white light. See that light shining forth from within it like a miniature sun, sending out energy in all directions. Now say something to the effect of:

"Earth supports Water. Oil feeds Fire. Air feeds herbs. May the powers of all the Elements feed my spell and carry it forward in their eternal dance. As I do will, so mote it be."

Seal the larger jar tightly, and never open it again.

Clear and release as always.

Put the jar in your home -in an obvious place if it is decorative, out of the way if it is not. Leave it there and allow it to bring the quality you have manifested into your life.

Alternatively the jar may be buried, or left out of doors.

\* "Three times Three" -if you remember reading about Pythagoras in Lesson #5, you will recall that Three in numerological theory represents magic and the art of creation. Three times Three, or Nine, represents creation unfolding into infinity. Since Ten reduces back to One, Nine represents the furthest extent of creation before returning to the Creator.

## GOD OF THE MONTH

### THE GOD

As we see in the Vangelo delle Streghe, in Wicca the God is perceived as an emanation of the Goddess. Created by Her, the God is the Goddess' son. Created from Her, the God is the Goddess' brother. United with Her, in the embrace which creates and sustains the Universe, the God is the Goddess' lover.

On the level of Personal Deity, the God and His many forms are Deities Who can be accessed and worked with just like the Goddess. On the more abstract level, the God represents the principle of manifestation. The Goddess is the Creator, the God is the Creating, together They are the Creation. Goddess is essence, God is form. Goddess is Spirit, God is Matter. Goddess is eternal, God is temporal cycles. Goddess is Life, God is Living. The union of the Two produces the world we know.

The God is the moving essence of the Goddess.

Because the God is connected to physical manifestation He is often associated with Light -for the physical world is made of energy, or light, slowed down in frequency and vibration. Often therefore the God is represented by the Sun, while the Goddess is represented by the Moon.

The God governs the quality of Time. For this reason Goddess and God are sometimes thought of as Mother Nature and Father Time. It is as Lord of Time that the God is considered Lord of the Dance of Life -Time, the sequencing of events, is what allows the Dance. It is through Time that

energy can be slowed enough to become matter. The nature of Time is illusory, being more a matter of perception than reality, but through it events are structured and take on ordered meaning allowing change and growth to occur. In the Vangelo delle Streghe the Wheel of Fortune (Fate and Karma) is described as the Goddess' spinning wheel -the Goddess spinning the thread, but the God turning the Wheel. This is because the Universe proceeds from the Spirit, but is carried forward by Time.

In this same way the God governs the Wheel of the Year -the Goddess gives it form, but the God moves it forward. As Lord of the Year the God has two basic forms: the Young God of Life, Lord of Summer and of day, and the Old God of Death, Lord of Winter and of night. God of Summer, Lord of life, strength, and creativity, the Young God represents the Sun at the height of it's powers in the Light Half of the year, and the God in His evolved or outward-turning state, when he focuses on growth and expansion.

God of winter, Lord of death, dreams, and magic, the Old God represents the Sun in it's waning state in the Dark Half of the year, and the God in His Involved or inward-turning state, when He turns from physical to spiritual pursuits.

In ancient times people pursued farming in the Light Half of the year, under the Patronage of the Young God (Who embodied the fertility of the fields and the nurturing power of the Sun). In the Dark Half of the year people had to rely on their stored food, and upon what they could catch by hunting, under the Patronage of the Old God. The Wheel of the Year eternally rotates between these two principles.

In mythology the God is sometimes portrayed as a single figure Who grows from the Young God to the Old God, spending Summer as the Young God with the Mother Goddess in the land of the Living, and Winter as the Old God with the Crone Goddess in the Otherworld -As in the myth of Adonis Who spends Summer with Venus but Winter with Persephone, or Tammuz Who spends Summer with Ishtar and Winter with Allat. Sometimes He is portrayed as two separate figures, with the Goddess being the One to spend part of the year with the Young God, and part with the Old God: as in the myth of Blodeuwydd Who spends Summer with Lugh and Winter with Hafgan. Both variations tell the same story: in the Dance of Life the soul is moved forward through a continual cycle of Death and Rebirth.

Beyond these two aspects of the God further breaks down into four archetypes. The Young God breaks down into the Hero and the Lover, while the Old God breaks down into the King and the Sorcerer. All forms of the God will fall under one or more of these four archetypes, just as all forms of the Goddess fall under either Maiden, or Mother, or Crone. The Hero is the Champion Who overcomes all obstacles and embodies creativity, vitality, and self expression (Astrologically: Mars). The Lover is the Consort of the Goddess, the Dying and reborn God Who embodies all virtues (the Sun). The King is the God of justice and cosmic order, prosperity and expansion (Jupiter).

And the Sorcerer is the Divine Fool, the Magician Who rules over magic, prophesy, and the Otherworld (Mercury). The Sorcerer is also called the Horned God, because He is often shown with horns or antlers, and is identified with the forest (as a symbol of the Otherworld).

## LESSON VIII - GARB

### GARB

In preceding lessons we have discussed the nature of the universe and of magic. We have talked about how we purify our space, cast our circle, call the Quarters, invoke Deity -now for the most crucial question of them all; what to wear?

What is the well-dressed Witch wearing these days?

Well, the most common answer to that is -the same thing everyone else is. At rituals, gatherings, private workings -all manner of occasion -most Wiccans wear street clothes. The same clothes they might wear to do any other activity. Granted, they might choose special "romantic" or

"Witchy" clothes -big swirly skirts, exotic fabrics, interesting jewelry- but these would be things they could wear elsewhere too. Overwhelmingly for most Wiccan events people wear pretty much anything they want to. There are however some exceptions.

## ROBES

Many groups like to wear robes. Sometimes only the presiding clergy will be robed. Sometimes everyone will be robed. The robes may all match to stress the Temple's esprit de corps, or each person's robe may be different and individual. These are all decisions that are up to each individual Temple.

People wear robes for several reasons.

1) They look cool.

Robes, like other accessories, can act as KEYS to the Higher Self. Robes can help us to feel magical, and that helps us to shift our consciousness and become magical.

This is probably the best reason for wearing robes.

2) They create a sense of "belonging."

Having a special garment, such as a robe, that everyone in a group wears, creates a feeling of "specialness" -of belonging to a distinct and individual group. Like any uniform, wearing a robe creates a sense that we are doing something different from everyday life. And when everyone is wearing a robe, there is a sense of solidarity -that "we're all in this together."

This is another good reason for wearing a robe.

3) To aid the flow of energy.

In times past people sometimes felt that clothing restricted the flow of psychic energy. It was believed that anything tied around the body, or anything intricately constructed -such as stitching- slowed down or stopped the flow of energy. (You can see a vestige of this belief in the Christian Amish, who still believe buttons, zippers, and -heaven forbid!- velcro, are harmful -though the Amish have forgotten the original reasons for the belief.)

Perhaps at an earlier point in human development this may have been true, but few people believe it today. The Gardnerian author Doreen Valiente has pointed out that if psychic energy can't be stopped by walls, a thin layer of clothing should be no impediment to it [Doreen Valiente, ABC of Witchcraft, ...].

Still, many people feel that their energy moves better when they are wearing less restrictive clothing. For this reason they advocate loose robes or other simple clothing, that doesn't bind the body. They would say that a loose comfortable robe with little or nothing underneath, makes it much easier to do magic or psychic work, as there are no tight waistbands or complicated structures to impede the flow of energy.

While we would not take the view that clothing restricts energy, we certainly would agree that wearing loose comfortable clothing makes pretty much anything easier, including magic. Obviously comfortable clothing is easier to relax in, and being relaxed helps us to work magically or psychically -nothing impedes the flow of energy like tension, that's why we clear and release before every working.

Few things are more comfortable than a robe, or less restrictive of movement. As long as we treat it as a preference and not a necessity, this too is a good reason to wear a robe.

## TYPES OF ROBE

Whether we belong to a Temple that wears robes, or we want one just for our own personal use, our next question is -"Where do I get one?"

The answer, usually, is that we make it.

There are stores and companies that sell commercially manufactured ritual robes. Usually these companies' primary business is selling medieval or renaissance garb for historical recreationists, renaissance faires, and theatrical production companies. Some of these robes are very nice, but they also tend to be very expensive.

Making our own robes is both cheaper, and more personal. By doing it ourselves we put our own energy into the robe, attuning it to ourself from the start. When we make our robes yourself, it is uniquely and truly our own.

Of course for many people, not knowing how to sew can be a bit of an impediment to this process. But most robe patterns are very simple, and a couple of straight seams and a hem will usually do it.

In making a robe we will want to consider several things.

#### FABRIC

Choose a fabric you can work with. Silky fabrics feel great, but they can be hard for a beginner to sew. Stretchy fabrics are hard to sew, too. A cotton or cotton blend is often your best bet.

Also, consider how the fabric will feel. Rituals are often held indoors, and many involve dancing -you don't want a fabric that's going to be too hot. Though a velvet robe might be magnificent to behold, it may also give you heatstroke. A lighter fabric is usually preferable, unless a robe is being made specifically for outdoor use.

#### CUT

There are many styles of robe, and we include diagrams for several, but the most common type of robe is the simple "T" style favored by the ancient CELTS and passed on to the medieval period. This style is simple to make and easy to move in.

Another popular style is the caftan, a very unconstructed robe whose simplest versions rather resemble a long poncho sewn up the sides. This was a pretty universal garment in antiquity and can be very striking.

Some people prefer a more Greco-Roman style of robe. These often feature a peplos -a decorative fold of fabric hanging down from the shoulders. Some Greco-Roman styles of robe are very simple and are simply pieces of fabric wrapped and pinned in place.

There are many, many styles of robe, and in choosing one -unless we belong to a Temple which asks its members to wear a particular style of robe, as some do- our primary consideration is what style makes us feel most spiritual and magical.

#### COLOR

Again, there are many colors for robes, and what color we choose largely depends on whether we belong to a Temple that requires specific colors, or have only ourself to please. All colors have symbolic meanings, and every color is appropriate for some ritual, if not necessarily for all. Many Temples however will require a certain color for robes -often black or white.

It is very common for a Temple to wear black robes at New Moon and white robes at Full Moon. Or to wear Black robes in the Dark Half of the year and white robes in the Light Half. Other Temples may have a single specific color for robes, and all their robes will be made in that color, regardless of the occasion.

Another common color scheme is for members to dress in the Quarter color associated with their astrological sign.

If we are not affiliated with a particular Temple, or our Temple doesn't ask for a particular color scheme, then we can choose pretty much whatever color we want.

## DECORATION

Many people decorate their robes, to make them more individual. Even when we belong to a Temple which asks for a specific color of robe, we may still be able to decorate it as we wish.

There are many ways to decorate a robe. The most common is by putting a border at the hem of sleeves and skirt. Sometimes too, people will place metaphysical symbols on the body of the robes -astrological, elemental, runic, or seasonal symbols for example.

All manner of material can be used to decorate a robe -beads, sea shells (especially cowry shells), ribbon, embroidery, fabric paints, and many more. The only limit is your creativity.

Decoration can add greatly to the beauty, symbolic value, and individuality of your robe. But don't over-do it, as too much decoration may tend to be distracting.

## OTHER DETAILS

In making a robe there are also certain practical considerations we should pay attention to.

- 1) Make sure the neck hole is big enough to get your head through.
- 2) Don't make sleeves or hem so long or wide as to be dangerous; remember there are likely to be candles, and you don't want to set yourself on fire. Nor do you want to trip over your hem while dancing. Few things disturb the solemnity of a ritual like someone taking a pratfall in the middle of it.
- 3) Make sure the robe is wide enough to move in. Remember you will want to be able to dance in this garment, to move comfortably and easily. The Morticia Addams fish-tail skirt look is not necessarily what you're going for here.

## OTHER KINDS OF RITUAL GARMENT

### THE TABARD

A tabard is a simple rectangle of cloth that hangs down the front and back of the body, but has no sides. The tabard is an ancient Celtic garment, essentially a very narrow poncho. In Celtic times they were worn; 1) to give extra warmth to the torso, when made of heavy fabric; 2) as an apron, to protect one's clothing, when made of a cheaper fabric; and 3) for added decoration on a formal occasion, when made of a dressy fabric.

In later times tabards were primarily used to display the insignia of an organization to which one belonged, rather like a kind of uniform. The most famous example of this that most people would be familiar with are the tabards worn by fiction's "Three Musketeers".

In Wiccan ritual it is not uncommon to see tabards used to indicate who will perform certain roles -as for example who will call which Quarter. They are also sometimes worn to indicate rank (though if a Temple is using them to indicate rank, they will tell you). Sometimes too, tabards are worn purely for decoration.

Tabards are easy to make, and can be used to dress up a basic robe, or worn over street clothes in place of a robe.

### THE STOLE

The stole is a narrow band of fabric worn around the neck and hanging down in front. The stole may be quite decorative, but it is never worn just for decoration. Only certain traditions use the stole, but if you see one you can be sure that it has a meaning beyond just being "pretty".

In some groups the stole will be worn only by the Chief Priestess or Chief Priest. In others it may be worn by all initiated clergy.

In the Correllian Tradition the stole is worn by all initiated clergy, dedicants, and full OUTER COURT members, especially for more formal ceremonies. The stole is used to indicate membership, and its color and markings indicate rank.

Many different Pagan Traditions use the stole, as do some of the BOOK RELIGIONS, though for very different reasons.

Christians use the stole as the last vestige of the Roman TOGA. The Toga, originally a large cloak-like garment worn wrapped around the body, assumed the form of the stole during the BYZANTINE period, in the opening centuries of the AGE OF PISCES.

Certain Pagan Traditions of Mediterranean origin wear the stole for this same reason.

Usually however, Pagans wear the stole not as a modern version of the Roman Toga, but as a modern version of the TORC. The torc was a metal necklace used by the Celtic peoples as a symbol of initiation. the torc represented death and rebirth. The torc looks rather like a horse shoe, and it is believed that the idea of hanging horse shoes in a house to bring good luck may have arisen as a replacement for an earlier practice of hanging a torc.

In this sense then the stole represents initiation and rebirth, and the continuation of the ancient past.

The stole is cognate to the collar. Another modern version of the ancient torc, the collar is a band of cloth worn around the neck just as the torc once was. The collar may be worn when the stole is too cumbersome.

#### VESTMENTS

A vestment is a sacred garment which is only worn for ritual or other religious occasions. It is believed that by wearing the vestment only for religious purposes, its ability to act as a key to aid in the shift of consciousness is increased. This is because if we wear the vestment only for magical and spiritual activities, then every time we put it on, our Inner Self will know that we're going to do something magical and spiritual, and will automatically shift the consciousness to align with the Higher Self.

In some groups all robes and other garments used for ritual are considered to be vestments, and are worn for ritual purposes only -never for anything else.

Though each Correllian Temple is free to establish its own policies, as a Tradition Correllianism takes the position that a robe is a garment, like any other garment, and that the only actual "vestment" is the stole. It may be bad form to wear certain robes for non-religious purposes, but only the stole has a sanctity unto itself.

#### STATE ROBES

State robes are robes which are worn to indicate rank, and should only be worn by persons who possess that rank.

Full Correllian state robes are rarely worn. Each part of the state robe has a meaning -a red tabard for example, is worn by a Third Degree High Priestess or High Priest; a grey tabard by an Elder of the Tradition; a purple tabard by the heads of the Tradition when acting in that capacity. A black Clavis, or narrow tabard, is worn by heads of Temples.

The most commonly used part of the Correll state robes is the stole, which bears symbols to indicate the rank of the wearer. Though the exact details of the stole vary somewhat, you should never wear a stole to which you are not entitled.

#### JEWELRY

There are several pieces of jewelry which are associated with Wicca. All manner of necklaces, bracelets, and rings are readily available with Wiccan or Pagan themes or symbols, which can be

worn by anyone. In addition, some Temples have special medallions, pins, or rings, which are available only to their members, and which may or may not symbolize rank. the exclusivity of such symbols should be respected, as a matter of good manners.

Moreover there are two particular pieces of jewelry which are commonly used to symbolize rank.

The first is the GARTER. The Garter is a piece of fabric or leather tied or buckled just above or below the knee, or the elbow. there are many variations on how the Garter should be made, what color it should be, etc... These details vary according to the Tradition one is dealing with. What is universal however is that the Garter represents the Third Degree, or High priesthood, and should only be worn by its' members.

The second item is the coronet or tiara. the coronet also represents the Third Degree, and should only be worn by Third Degree clergy or Second Degree Temple Heads. Many kinds of wreath or headband are worn for many reasons by many people in Wicca -especially floral wreaths. But the coronet is something distinct, usually made of metal and mounted with a moon, sun, or other symbol. Sometimes a coronet may be worn by someone taking part in a specific ritual or mystery play because of the role they are taking -but in that case coronet belongs to the role, and not to the person. Usually however the coronet is the reward of many years study and service, and should be left to those who have earned it.

#### SKY CLAD RITUAL

Another ancient, but somewhat misunderstood form of ritual garb is going "skyclad" -that is to say naked. This practice arises from the idea that psychic energy is restricted or inhibited by clothing, especially tight or binding clothing. As we have said, most people no longer believe this, but it was once taken very seriously.

Another reason for the idea of skyclad ritual is that since we are born naked, we are only truly "pure" when in that state. If we approach Deity nude, we are laying aside the preconceptions and prejudices of the physical world to reveal our inner, spiritual selves. By going without clothes we lay aside the social distinctions and self-deceptions which clothing often represents, opening ourselves to the light of the Goddess. This aspect is especially clear in the skyclad SADHUS of India -holy people who go naked to show that they have moved beyond the outer form to the inner essence of being.

On a more practical level, the kind of clothing that was worn in earlier times was not very practical for dancing or dealing with fire.

Skyclad ritual is a very ancient custom, but is not very common in modern Wiccan practice. Many Wiccans only go skyclad when they are working alone, or with a romantic partner.

There are certain distinct advantages to skyclad ritual however, and it can be very good to experience it at least once. Most people have many issues about their bodies -working skyclad helps you to become familiar with your body, and to accept it as it is. Clothing and fashion impose many false and unrealistic ideas on our relationship with our bodies. By accepting our bodies as they are, we can break free of these socially imposed ideas. Also many people use clothing as a mask, placing their physical self esteem in external items of dress. But external items are purely illusory and not always under our own control: by accepting our bodies as they are we can put our self esteem where it truly belongs -within.

You are not going to encounter skyclad ritual in most Temples, but in your own personal practice -especially if you are not "model-perfect"- you may find it very liberating.

#### EXERCISES

At this point in your development you should be doing Exercises #7, #8, #9, and number #13 every day, plus Exercise #10 periodically.

The following exercise is meant to follow Exercise #13 directly.



#### Exercise #14

When you have finished Exercise #13 -the beam of light from the palm Chakra- instead of closing down as usual, turn your attention to your Third Eye.

The Third Eye is located in the forehead. Because each Chakra is actually a collection of many points, the exact location may appear to vary from person to person, according to their individual development. Your Third Eye may be centered in the middle of your forehead, placed toward the top of your forehead, or located between your eye brows. If you have a strong feeling for any of these places, use it as the Third Eye -otherwise we recommend using the approximate middle of the forehead.

From your Third Eye, send out a beam of clear red light -just as you have learned to do with your palms. Project that beam out to a wall approximately 5-6 feet away. Imagine the beam as clearly as possible, the light as bright a red as possible, and hold it there for as long as you're comfortable -just as you did with the palm in Exercise #11. Then retract the beam of light back into your Third Eye.

You may find that this gives you a headache. In most people the Third Eye is not used to getting much exercise, and it may hurt a bit. If this happens, there is a simple solution to it -one that may be used for any other Chakra as well. Run yellow light through it. Imagine a ball of yellow light in the Third Eye -as clear and bright as possible. Continue to see the yellow light until the headache dissolves.

After this you may do Exercise #10 if you like, or go straight to closing down the Chakras as usual.

#### Exercise #15

When you have become comfortable extending the beam of red light from your Third Eye, you may replace Exercise #14 with Exercise #15.

As you might imagine, Exercise #15 is just like Exercise #14 up until you have extended the beam of light from the Third Eye. Now use that beam of red light to draw simple designs on the wall, just as you did with your palms in Exercise #12. And just like in Exercise #12, when you have mastered simple designs, try writing words with the beam of light, using cursive letters.

As you get better, try drawing the designs in mid-air, and at different distances.

This will exercise and develop your Third Eye, which is extremely important. And, as with Exercise #12, you can do Exercise #15 anytime that you wish -on the bus, at the store, out of doors. Just remember that this is in addition to, not in place of, your daily exercises.

When you have finished, retract the beam of light into your Third Eye, do Exercise #10 if you wish, then close down your Chakras as always, and ground and release.

#### Exercise #16

Exercise #16 is (you guessed it) just like Exercise #15 -except that instead of using red light, you will use multi-colored light. This increases the effect of the exercise, in all other respects do it just the same way as Exercise #15.

#### GOD OF THE MONTH

##### THE HERO

The God has two basic forms: The Young God of life, growth, and evolution. And the Old God of death, transformation, and involution. Each of these in turn has two forms: The Young God -the Hero and the Lover. The Old God -the King and the Sorcerer. These might be thought of as the temporal and spiritual polarities of the two God forms: the Hero being the temporal aspect of the Young God, the Lover being the spiritual. Similarly, the King would be the temporal aspect of the Old God, and the Sorcerer the spiritual.

The Hero then is the temperal or outward aspect of the Young God's energy. The Hero is the God of the spring, of dawn, and of beginings. His festival is the Spring Equinox and He is associated with the astrological sign Aries.

The Hero God represents independant young manhood. Energy, vitality, and growth are His attributes, as well as courage and strength. In former times the Hero was often thought of as a warrior, but He is also an athlete, an adventurer, a follower of quests.

The Hero is idealistic and virtuous, brave and true. The Hero is noble and chivalrous, a protector of the weak and defender of the just. The Hero is the bearer of new life, and the bestower of knowledge. He is the opener of new doors and the blazer of new trails. The Hero subdues and overcomes all problems.

The Hero represents the energy that pushes against all odds and eventually succeeds -He is the spirit in the seed pushing up through the soil, the green leaves unfolding their tender buds for the first time. He is the river water breaking through winter's ice, the animals emerging from their burrows -the spirit of life reawakened.

Like the Maiden Goddess, the Hero God is a patron of arts and sciences, a disseminator of knowledge. He is the "Culture Hero" Who teaches humankind the skills of civilization. It is the Hero God Who brings to humanity the Goddess' gift of agriculture: the Greek Triptolemus Who receives the gift of grain from Demeter, the Cherokee Inagi Who brings the world the corn and beans which Selv Tvia has produced from Her own body.

The Hero God is the son of the Goddess, and Her champion. He carries life back to the world with the spring, at His Mother's behest.

In the story of King Arthur, where the ancient Gods are portrayed as people, it is the Hero God in His form as Percival (or in some versions Galahad) Who successfully quests for the Grail, then brings it back to heal the stricken King: that is to say, the Hero uses the energy of the Goddess, here symbolized by the Grail, to renew the Earth after winter.

Often little difference is made between the Hero and the Lover. Frequently They are seen not as different aspects but as different phases of the Young God. Still other times the two forms may seem wholly different from each other. We will deal with the Lover God in the next lesson. Below follow several examples of the Hero:

**APOLLO** -Venerated by the Greeks and Romans, Apollo is the God of life force and vitality, creativity and self-expression. Apollo is the God of beauty, Master of all arts and crafts. He is the Lord of prophesy and healing, Patron of both physical and spiritual medicine. Apollo is also God of music, which to the Greeks had mathematical significance and represented cosmic order. In later times Apollo was viewed as the Sun God and Lord of the Year. In one legend He is made to win a musical contest with a satyr names Marsyas, representing the triumph of Spring over Winter. In later times His polar opposite is Dionysus, Lord of satyrs. Brother of Artemis/Diana, Apollo will redily be seen to be the God portrayed in the Vangelo delle Streghe as the Lord of Light, Master of the Physical World.

**GREEN MAN** -The Green Man, also called Green Jack or Green George, represents the spirit of vegetation which returns to the Earth in Spring and flourishes in Summer. The Green Man is particularly associated with the Spring Equinox, but also with the growing season generally. The Green Man represents the life of the forrest and of the fields, and the God as the flowering of the material world. The Green Man is represented in various ways. Often only His face is shown surrounded by foliage, which in some versions He is breathing out of His mouth. Sometimes He is represented by a tree or a man in a tree costume. Frequently the Green Man is shown with His tongue extended, representing the God's sexuality and vital energy. The Green Man represents the God energy growing forth from the Goddess even as the green vegetation grows from the Earth.

MARS -Although usually thought of as a God of war, the Roman God Mars is actually much more than this. Mars represents the Summer season, the growing crops, the warmth of the Sun which fertilizes the Earth. Mars represents courage, strength, and action -the ability to accomplish goals and move forward. Mars represents strength and honor, virtue and personal integrity. Mars is associated with Venus and Vulcan in a seasonal myth in which Mars is the summer season, Vulcan the winter season, and Venus the Earth which forever moves between the two. Mars is a God of personal achievement, action, and success.

PERCIVAL -Percival or Peredur figures in the legend of King Arthur as the Knight who finds the sacred Grail, which restores the stricken King to health. In the earliest versions of this ancient tale it is not King Arthur, but the Fisher King whom Peredur must heal. In the castle of the Fisher King Percival witnesses a sacred procession. Two men, dressed in polar colors, carry a huge spear, which drips blood. Behind comes a maiden carrying a Chalice, with an image of a head (Celtic symbol of the soul) inside it. Asked what this procession means, Percival remains silent. He is later told that had he answered, the Fisher King would have been cured of His lameness -that is to say the Old God of Winter would have been reborn as the Young God of Spring. The secret of this procession, which Percival did not speak, is this: the blood-dripping Spear is the God-force, overflowing with life, which comes out of the Goddess represented by the head in the cauldron, representing the consciousness of the womb of creation.

THOR -Originally called Thunar, or "Thunder", Thor is the Germanic God of storms and fertility. Son of the Earth Goddess Lord, Thor embodied the vitality of the life force, and the masculine virtues of courage and integrity. Thor was pictured as a red bearded man carrying the sacred thunder-hammer Mjollnir, or in some versions a sacred thunder-axe. With this magical implement Thor made thunder and lightning, and sent the fertilizing rains upon the Earth, His Mother. Thor was also strongly linked to sacred trees and sacred groves, and was sometimes represented by a tree

## LESSON IX - SYMBOLS, OMENS, AND DIVINATION

### SYMBOLS, OMENS, AND DIVINATION

Symbolism is extremely important in Pagan religion, and probably has been since the beginning.

Symbolism is the use of an easily recognized creature or object to represent a more abstract or elevated concept. Thus a serpent may be used to represent psychic power and connection to the Divine. A feather may represent truth, purity, or the element of Air. Or the Chalice may be used to represent the womb of creation, and the Goddess' all-pervading, all-sustaining Spirit.

In Wicca -as with all things in life- everything is exactly as it seems on the surface, yet below that surface has many other levels. Through the use of symbolism even seemingly simple images and acts take on rich deeper meanings. The casting of the Circle and the calling of the Quarters symbolically portray the creation of the Universe, and the interaction of elements which continues it -from thought (Air), to action (Fire), to emotional reaction (Water), to understanding and integration (Earth). The conjoining of the cup and sword portrays the eternal interaction of Goddess and God, Spirit and Matter, Death and Life.

So too the rich symbolism of animals, plants, and abstract motifs can be used to convey important spiritual ideas in the decoration of simple objects. A Chalice decorated with lotuses speaks of the growth of spiritual enlightenment -for the lotus is rooted in the mud and grows up through water to bloom in the open air, even as our consciousness is rooted in physical perception, grows up through emotional and mental understanding, to bloom in spiritual enlightenment. An Athame decorated with the head of a stag refers to the magical qualities of the Old God, while oak leaves refer to the strength and vitality of the Young God.

The use of multiple symbols to convey complex spiritual ideas is called ALLEGORY. It has been said that allegory is the crowning achievement of Pagan thought. Allegory allows a single artwork, story, or symbolic action to convey many meanings at once, on many levels. Allegory allows subtle ideas to be conveyed through simpler, blunter forms, so that they may be more easily

understood.

Thus a myth such as the DESCENT OF THE GODDESS, which appears so simple on the surface that it could be taken as a children's tale, speaks not only to issues of life and death, but the interaction of Spirit and Matter, the nature of reality, the energetic system of the Chakras, and the cycle of the seasons, all at once.

Symbolism is important because, though intelligible to the conscious mind, it also speaks directly to our subconscious and can be absorbed on that level. Often the conscious mind can absorb in symbolic fashion complex ideas that it could not grasp easily in abstract form. In this way we can make an emotional connection to information which we might otherwise find too complicated to identify with intellectually.

## OMENS

An omen is a symbolic message from Spirit -that is to say the Goddess. Omens come in many forms, and can come at any time.

Probably the most famous example of an omen is the black cat crossing our path. Commonly understood as bad luck, it would be better and more accurate to describe this omen as a warning to be careful and avoid unnecessary risks.

Omens have been with us since the beginning. Some people think omens are SUPERSTITIONS, but if you understand that your connection to Goddess comes from within, then the idea of receiving messages from Goddess should not seem odd. And since the Spirit of the Goddess is within all things, all things can serve as Her messengers.

There are many traditional meanings for omens, and we have included some with this lesson. But in interpreting an omen it is more important to pay attention to what a symbol means TO YOU than what it may have meant to others. Since your connection to Goddess comes from inside, She certainly knows what things mean to you as an individual, and will use this knowledge to communicate with you. Thus, though tradition says that a spider seen in the morning warns of difficulties ahead, if you particularly love spiders or are a DEVOTEE of a spider Goddess such as Arachne or the Native American Grandmother Spider, the spider may have positive meaning for you no matter when you see it.

To take best advantage of the Goddess' ability to speak to you through omens, you should familiarize yourself with a wide variety of traditional symbols, as well as with things that have symbolic value for you. If you have developed a rich inner language of symbols that you will understand as omens, the Goddess' ability to communicate with you in this way is greatly expanded -whereas if you have only a few symbols to use, or a fuzzy understanding of what those symbols mean to you, your ability to receive omens is greatly lessened.

When people speak of omens, they are usually thinking of messages that come unbidden. But you can ask for an omen in response to a question too -this is divination.

## DIVINATION

Divination is the term we use for systems of symbols which we use to help us speak to Deity, or to our own Higher Selves -which are of course emanations of Deity (see LESSON II).

If you ask for an omen in response to a question, you are practicing divination.

Say for example that you're in a park, or the woods. You might ask the Goddess to give you an answer to a question by the omen of the next animal you see. You might specify, as for example: "O Goddess, if the answer to my question is yes may the next bird I see be brown. If the answer is no may the next bird I see be black."

Or you might leave the omen open ended, especially if you're asking how a given

situation will go. For example:

"O Goddess, may the next animal I see tell me how I may expect this situation will progress."

If the next animal you see is a dog it could mean that happiness ...

Or you might be walking on the street, or riding a bus, and say to Goddess;

"O Goddess, if the answer to my question is 'yes' then may the next person I see be wearing a warm color. If the answer is 'no' may they be wearing a cool color."

This sounds very simple, and so it is. But you must be psychically open to do it, so you will want to clear and release before you begin. Also, like anything else, practice makes perfect. If at first you don't receive good results, work with it. If you have been doing the exercises which accompany these lessons, you should not have any trouble with this, as you will have opened and strengthened your psychic abilities. If you haven't been doing the exercises, you will find psychic work harder.

There are many more formal kinds of divination, which can be used to get more detailed answers. Among the most famous of these forms of divination are TAROT CARDS, TEA LEAVES, and RUNESTONES.

These forms of divination use complex systems of omens to divine very specific answers to questions. The answers come because Deity speaks to us from within, through the medium of whatever symbolic language we understand.

This -again- is stated in the ancient maxim of Hermes Trismagistus "As Above, So Below." Because all the Universe is an emanation of the Goddess, and all of our souls ultimately connect to Her, the totality of the DIVINE PLAN can be seen reflected in all of its parts, for nothing which exists is separate from the rest.

Because this is so, anything which exists can be used for divination.

Attached to this lesson we discuss in some detail different forms of divination you might like to try. But remember -again- practice makes perfect. If at first you don't get good results, keep working. You'll get better. Also remember -you have free choice. Any form of omen or divination shows you not what must be, but what will be if circumstances remain unchanged. Use the information you get to help you make the conditions you want, not to limit your choices. Nothing in a spiritual path should ever limit or bind you, but rather help you to open and grow.

#### NUMBERS

ONE -Self reliance, personal ability, one's own capabilities.

TWO -Partnership, assistance, peace.

THREE -Growth, expansion, fertility, creativity, good luck.

FOUR -Practicality, stability, life lessons, working things through.

FIVE -Communication, movement, speed.

SIX -Love, home, pleasure.

SEVEN -Spirituality, psychism, spiritual aid or guidance.

EIGHT -Intensity, extremity, great success or failure.

NINE -Compassion, helping others, group projects.

TEN -Completion, unity.

#### COLORS

BLACK -Protection, safety, grounding. Also wisdom, learning.

RED -Strength, vitality, passion.

PINK -Love, compassion, nurturing.

ORANGE -Creativity, self-expression.

YELLOW -Pleasure, happiness, success.

GREEN -Healing, growth, abundance, money.

BLUE -Communication, focus, will-power.  
INDIGO -Psychic ability, spiritual guidance.  
VIOLET -Spirituality, connection to Higher Self, Goddess.  
WHITE -all-purposes, unity, purity.

## EXERCISES

By this point in your development you may find yourself feeling very drained after doing your exercises. This is because you're using psychic "muscles" you're not used to, and this unaccustomed activity makes them sore -just as your physical body is sore if you begin a new exercise regimen using muscles you've not been using otherwise.

Happily, just as there are salves and medicines for the physical body, there are ENERGETIC restoratives for those psychic muscles.

Not only after doing psychic exercises, but any time you feel your energy is low, these techniques can help you restore your natural balance. Use these techniques any time you feel you need them, but especially if you find yourself feeling tired after doing any kind of psychic work.

Like the Lemon Exercise from LESSON #6, these techniques are not meant to be permanently added to your daily routine, but rather to be used occasionally as they are needed.

### Exercise #17 -The Pearl

This exercise is intended both to replenish energy and to soothe frayed nerves. Thus it is very good to use if you are feeling nervous tension or exasperation as well as fatigue.

Place your hands in front of you, and between them imagine a ball of white light about 1" wide.

Now add detail to this ball of light: Imagine it as a giant pearl -softly iridescent and gently glowing.

When you have the image of this giant pearl clear in your mind, imagine the inside of the pearl: within the pearl is filled with a thick, viscous amber light -the color and consistency of honey. This honey-colored light is translucent, and softly glowing from within.

Lift the pearl up over your head, and bring it down upon the top of your head. As it comes in contact with the top of your head imagine the pearl rupturing, and all of the thick, rich, honey-colored energy pouring into your body.

Visualize the honey-colored energy going down into your body, into every part of it -coating and soothing frayed nerves and rough edges everywhere it goes.

Let the honey-colored energy distribute and settle in your body, going wherever it is needed.

When you are finished, clear and release as always.

Practice this exercise every day for one week to get the hang of it, then use only as needed.

Periodic use of the Lemon exercise and the Pearl Exercise will help keep you open and unblocked as you continue your exercises.

### Exercise #18 -The Silver Ball

After practicing the Pearl for one week, you will be ready to try the Silver Ball.

Like the Lemon and the Pearl, the Silver Ball is meant to be used as needed, rather than as a permanent addition to your daily psychic exercises.

The Silver Ball is intended to increase or restore energy. This exercise uses a stronger energy than you may be used to, and one with which it is good to become familiar.

As with the Pearl you will begin by forming a ball of energy between your hands.

Imagine this ball not as white light however, but as a sparkeling silver light -rather like the silver glitter that is used in craft projects. Imagine the light composed of thousands of constantly moving, glittering, silver particles. You might think of it as being filled with tiny silver stars in swirling motion.

When you have this image clear in your mind, bring the ball of swirling silver glitter up over your head. Bring the Silver Ball down through the top of your head and into your body, stopping at the Heart Chakra.

Now imagine this glittering silver light begining to expand beyond the ball -moving out into your body, going into every part of your body, filling you completely until you are saturated with it

Let the light circulate within your body for a while. Then clear and release, allowing the excess light to run out of you.

This is a very powerful form of energy, and very useful. If you continue your studies beyond the First Degree you will learn much more about how to use it. Do this exercise every day for one week, to become familiar with it. Thereafter use it only as needed.

#### Exercise #19 -The Golden Ball

After you have spent a week with the Silver Ball, you are ready for the Golden Ball.

As you might imagine, the Golden Ball is very much like the Silver Ball, except it's gold.

This may seem like a small change, but in reality it's not -though the exercise is very similar, the energy is very different.

Again place your hands in front of you and create a ball of light between them -this time a ball of glittering golden light. Imagine the light as if it were composed of thousands of particals of swirling golden glitter.

When the image is clear you will bring the ball of golden light up over your head, and thence down into your Heart Chakra, just as you did with the Silver Ball.

As with the Silver Ball, allow the golden light to expand throughout your body, filling it completely so that you are saturated and suffused with the sparkeling golden light.

Allow the energy to circulate for a time, then release.

This golden light is a very powerful form of energy which you are only touching on here, and which is not at full strength in this form. If you continue your studies you will in time learn much more about it.

As with the other exercises in this lesson, parctice the Golden Ball for one week, then use it only as needed.

#### SPELL OF THE MONTH

This is an old spell which makes use of RUNES. "Rune" is a Germanic word for a magical symbol or marking. The term is especially used to refer to the ancient Germanic alphabet -also called FUTHARK- which was used for magical workings, but it can also be used to refer to other magical alphabets or SIGILS.

This spell is intended to work with one of several general goals. The specific details of how the goal will come to pass are left to the Universe to decide. This is usually for the best. If for some reason you must be more specific, then instead of the Rune or along with it use a written word or a symbol of your own design that represents your goal.

Below are several traditional magical Runes to choose from:

HEALING PROTECTION LOVE PROSPERITY

YELLOW WHITE RED GREEN

Select the Rune which represents your goal.

Each Rune has an accompanying color. You will need to acquire a piece of paper and an accompanying candle in that color. Any 8'-10' candle will do, but a knob candle separated into 9 segments is ideal.

On the bottom of the candle carve the Rune you have chosen. This represents the foundation of your working.

Now take your piece of paper -it needn't be large- and draw the Rune that represents your goal at the four quarters of the paper. This will represent the dispersing of your INTENT to the Universe, through the Four Quarters.

If you are doing the spell for another person, write their name in the center of the paper.

Now you can set up your altar for the spell. You can use your regular working altar, or create a special altar specifically for the spell. Either way, be aware that the process of this spell will take nine days, during which the candle should not be moved, so bear this in mind as you decide where and how to set it up.

You will need the following things:

- \* The candle in the appropriate color with the Rune carved into the bottom.
- \* The paper in the appropriate color with the Rune written at all four quarters.
- \* A fire proof burning dish, as discussed in LESSON # 4.
- \* Matches or a lighter.
- \* A coin.

Begin as always by clearing and releasing excess energy.

You may choose to dress your candle (see LESSON # 4). If so you would do that now. You might use lavender for healing, cinnamon for protection, rose for love, or vanilla for prosperity.

To dress the candle, put a little of the oil in the palm of your left hand. Now rub your two hands together so that they are coated with the oil. As you rub your hands together, visualize white light shining out from between them, and see this white light expand and grow into a ball of light around your hands. Now take up your candle, holding it by the middle. Slowly work the oil up toward the top of the candle, and down toward the bottom, a little bit at a time. As you do this, imagine the candle filling with white light, and concentrate upon the goal you have chosen.

Coat the whole candle with oil, including the wick, then return it to the altar.

Place the coin directly in front of the candle.

Now light the candle.

As the candle burns, focus on your goal. Imagine the goal strongly, and picture it being fulfilled. Imagine what it is like to have this goal in your life -for example if you are working for healing, see yourself being healed and healthy. Or if your working for prosperity, imagine yourself surrounded by money, or by items that represent prosperity to you.

The more strongly you concentrate on your goal, the better.



Now take up your paper. Imagine the paper surrounded by a ball of white light, shining with energy in every direction. As you visualize this ball of light, continue to focus upon your goal, so that the energy becomes strongly impregnated with it.

Touch the paper to the candle flame, so that it ignites. As the paper begins to burn, imagine a ball of white light around the flame, growing larger and stronger as the flame grows. Focus strongly on your goal and speak the incantation:

“Behold, there is one power in the Universe,  
And I am a perfect manifestation of that power.  
And as such I will that (your goal) will come to me.  
It will come to me in the best and most positive way  
And with harm toward none.  
I will it. I draw it to me. I manifest it.  
I accept it. I receive it. And I give thanks for it.  
By my will, so mote it be.”

As the fire begins to consume the paper, you will want to place it in the burnish dish, where it can burn safely. Continue to visualize the burning paper surrounded by a ball of white light, and to concentrate upon your goal, until the paper is reduced to ashes.

When the fire goes out, sit and meditate before the still-burning candle for a few moments. Focus upon the goal, and upon the flame of the candle.

Meditate for about ten to fifteen minutes, then extinguish the candle. If you are using a knob candle, let it continue to burn until the first segment is completely gone.

Remember to snuff the candle flame rather than blow it out, and as you do so say:

“By all the power of three times three, as I do will, so mote it be!”

Now clear and release. Scatter the ashes of the paper out of doors, so that your intent is symbolically released to the Universe.

Each day for the next eight days (making a total of nine) you will light the candle again. Imagine the flame surrounded by white light. Repeat the incantation given above, then meditate upon your goal for ten to fifteen minutes. If you’re using a knob candle, let one full segment burn away each day. Then extinguish the candle saying:

“By all the power of three times three, as I do will, so mote it be!”

After the nine days you should have only a stump of the candle left, with the original Rune still on the bottom.

Take this candle stump to a tree of which you are particularly fond, or to any tree that is tall and strong. Take the coin that has been sitting with the candle all this time, too.

Make a little hole at the base of the tree and place the candle stump in it. Place the coin in the hole as well, as a n offering to the tree spirit. Cover the hole over and say something to the effect of:

“Oh tree, even as you grow, may the power of this my working grow likewise. I thank you for your aid. So mote it be.”

This is a very ancient act based both upon the idea of SYMPATHETIC MAGIC -that is the idea that like creates like and that the spell’s power will grow and flourish because the tree grows and flourishes, and the two have been mystically bound.

Now leave the tree knowing that your goal will continue to grow and unfold in your life, and trust that it shall come to pass.

## GOD OF THE MONTH

### THE LOVER

The Hero is the Temporal aspect of the Young God -that is to say that the Hero, Who brings life back to the world in the Spring, expresses the energy of the Young God in a physical way. The Lover expresses that same energy in a more spiritual or cosmic level.

The Lover represents the God as Consort of the Goddess. She is spirit and He is matter. She is Yin and He is Yang. Their union creates and maintains the physical world, which arises from Her and is carried out by Him.

The Lover represents the principle of the God at It's greatest power. This is the "Yang" or outgoing principle, symbolized by the Sun. The Lover represents the flowering of physical life and the material plane.

The festival of the Lover is the Summer Solstice, when the Sun reaches it's greatest strength. Astrologically He is associated with the Lunar sign of cancer, symbolizing His union with the Goddess.

The principle myth of the Lover is the story of His death and rebirth: for the Sun begins to diminish as soon as the Summer Solstice is past. For this reason He is also sometimes called the "Dying God."

The Lover achieves His union with the Goddess, then dies, becoming the Old God of winter. In spring He will be reborn again to repeat the cycle. The Lover is the spirit of Earthly life which is constantly dying and being reborn, transforming and assuming new forms which carry it forward from life to life. Thus though the Earth turns to winter, it always returns to spring. Though day gives way to night, a new dawn always follows. Though our bodies die, we are eternally reborn in new and different forms, even as we have already lived many lives before this birth. The union of the Lover and the Goddess symbolizes this eternal and perfect cycle.

As a personal Deity, the Lover embodies all of the strengths of the Sun, of life, and of balance. He is the master of every art and skill. He is beautiful beyond words. He embodies all virtues and expresses the highest ideals of a given culture.

The Lover is the ideal consort of the Goddess, and acts from a fully activated heart center -His emotions are positive and harmonious. He is the patron of poetry, music, and dance. He is a God of love, beauty, and joy.

The Lover represents the joy of life and the exuberance of being.

It is to be born in mind that while the Hero and the Lover are sometimes conceived as separate forms of the God, at other times they are seen more as phases the God moves through. It is not uncommon for a single form of the God to be both the Hero and the Lover. Some Gods, like the Egyptian Osiris, combine all four aspects among Their attributes. However each of these four main aspects -Hero, Lover, King, Sorcerer- are inherently distinct in themselves, and understanding them separately helps to clarify their nature even when a single personal Deity combines them.

Below follow several examples of the Lover:

**ATTIS** -Attis is the consort of the Mother Goddess Cybele, Whose worship originated in Asia Minor (modern Turkey) and later became popular throughout the Roman empire. According to a central myth, Cybele was the first Being to come into existence: Primordial Deity. Both male and female, Cybele contained within Herself the origins of all things. But Cybele was lonely, and desired a companion -and so She cut off Her masculine genitals and used them to create Attis -Lord of the physical world. Thus Primordial Deity divided Herself between Female (Spirit) and Male (Matter), just as in the Vangelo delle Streghe. The physical world took form, and Cybele and Attis lived happily in it. But in time Attis came to die, gored by a wild boar, and went into the

land of Death to become the consort of Persephone, Goddess of the Dead. Grief stricken Cybele struck a deal with Persephone, allowing Attis to spend half the year with each of Them, thus establishing the seasons and the cycle of Death and Rebirth. Attis therefor is seen to be the world of matter, eternally moving between Life and Death -or Evolution and Involution. The yearly death and resurrection of Attis were marked by elaborate rites in which He was represented by a Tree, like the European Green Man. Cybele and Attis were served by a transexual clergy who sought to unify both sexes within themselves, like Primordial Deity.

HORUS -In Egyptian mythology the God Osiris taught the Egyptians all arts and sciences and ruled them as their King. In time Osiris was murdered by His brother Set, Who coveted both Osiris' kingdom and His wife Isis. Unwilling to yield to Set, Isis fled from Egypt and resurrected Osiris through magic, becoming pregnant with a child: Horus. Thereafter Osiris became ruler of the Otherworld, while Horus took His place in the world of the living. Though the Egyptians looked upon Horus as the son of Osiris, he still fulfilled the role of the Reborn Deity Who conquers over Death. Growing to adulthood Horus engaged His uncle Set in battle, becoming polar opposites. In earlier traditions the struggle of Horus (Life) and Set (Death) was eternal, and They were more or less equals. In later tradition Horus defeated His uncle Set and banished Him. Identified with the Sun, and with the concept of Light, Horus was often pictured as a falcon or as a falcon headed man. The Disk of the Sun, that is it's physical form, was the Utchat or Eye of Horus.

LUGH -Also called Lugus and Lleu, Lugh is the Celtic version of the dying and reborn God. Born of the Sky Goddess Arianrhod (Silver Wheel) Lugh was raised by His uncle Gwydion, God of Sorcery. Because the magic of His Mother prevented Lugh from marrying any mortal maid, Gwydion used His magic to create a bride for Lugh from nine kinds of flowers. This was Blodeuwydd (Appearance of Flowers). For a time Blodeuwydd lived happily with Lugh, and the world abode in Summer. But after some months, Blodeuwydd fell in love with Hafgan, and together they plotted Lugh's death. But the same magic which Arianrhod had used to prevent Lugh's marriage to a mortal woman, also made Him impervious to any injury either upon land or in water, either indoors or out-of-doors, either mounted or on foot, either clothed or naked. And so it was necessary for Blodeuwydd and hafgan to go to some lengths to bring about the God's death. So Blodeuwydd prepared a bath for Lugh under an outdoor pavillion. When time came for Him to get out of the bath, Lugh found the tub was too high to easily step out. So He wrapped himself in a towel, and had a nearby goat brought over to use as a stepping stool. As Lugh stepped out of the bath -balanced with one foot on the goat, the other on the rim of the tub, wearing only a towel under an open pavillion- Hafgan struck during the few moments that the God was vulnerable, running Him through with a spear. Thereafter the world fell to Winter. Grief stricken Gwydion searched for Lugh for many months. At last Gwydion found Lugh, reincarnated as an eagle, perched in a tree. Gwydion used magic to restore Lugh to His former self, and the world returned to Spring, thus inaugurating the cycle of the seasons.

TAMMUZ -According to an ancient mesopotamian myth, Tammuz was the King of Uruk, and husband of the Goddess Ishtar. Killed by a wild boar -an animal often used to represent the Deity of the Otherworld- Tammuz crossed into the realm of Death, ruled by the Goddess Allat, sister of Ishtar. Grief stricken, Ishtar resolved to go into the land of Death and reclaim Her beloved consort. Descending through seven symbolic gates, representing the seven planes of existence and the seven Chakras, Ishtar arrived at the realm of Her sister Allat. Through means which vary in different versions Ishtar convinces Allat to release Tammuz and all the other spirits of the dead, thus inaugurating the cycle of Death and Rebirth. The myth speaks on several levels to the mysteries of Death and Rebirth, the Cycle of the Seasons, and also the Spirit's entry into the world of Matter. Ishtar, Tammuz, and Allat are the Semitic names of Deities Whom the Sumerians had earlier known as Innanna, Dumuzi, and Ereshkigal. Some people believe that Dumuzi was a real King of Uruk near the end of the Age of Gemini (4400 - 2800 BC) who became identified with the pre-existing myth.

XANGO -Xango is the Afro-diasporic God of fertility. Lord of storms, Xango is accompanied by thunder and lightning, and governs the rains which fertilize the Earth. Xango is thought of as the epitome of masculine beauty and virtue. Xango is the God of courage, honor, and skill. Like the Germanic Odin, Xango hung Himself from the World Tree and died, only to be resurrected

through the efforts of the Goddess Oya -thus inaugurating the cycle of the seasons and of Death and Rebirth. Xango's symbol is the two-headed thunder-axe, the Oshe Xango.

## LESSON X - BASIC ENERGY WORK

### BASIC ENERGY WORK

#### BLESSED BE

What does it mean to give a BLESSING?

Is a blessing no more than a nice prayer or a wish for good things to come to someone?

Does a blessing really do nothing more than show respect or affection?

We sometimes use the word "blessing" to mean no more than friendly good wishes, or a vague acknowledgement of Divine love. When we use the term "Blessed Be" in daily conversation we often mean no more than this. Yet in its truest form a blessing means much more.

A blessing is a transfer of energy.

When we give a blessing we transfer a bit of energy from ourselves to the person or thing receiving the blessing. We do this by CHANNELLING the Divine energy to which we are connected through our Higher Selves. The Divine energy passes through us to the one being blessed, and helps to activate the Divine energy within them.

Such a blessing has an actual physical and spiritual effect on the one being blessed. The blessing can open doors in their psyche, activate latent talents, or stimulate healing. Or it may simply impart a pleasant feeling and help to strengthen their connection to Goddess.

In these lessons and their accompanying exercises we have talked a great deal about how to focus and direct energy within our own bodies, and how to send energy out of our bodies to create energy constructs such as the Magic Circle. More difficult but equally important is the ability to send energy between persons, or to receive it oneself. This is called ENERGY TRANSFER.

### ENERGY

As we said in LESSON #1 and have frequently restated since, the Universe and everything in it are composed of energy. Swirling, constantly shifting energy which assumes complex patterns in reaction to our thoughts and emotions, creating a false illusion of solid matter.

In every moment of our life we shape this energy unconsciously -it takes its form from us. In magic we learn to shape it consciously.

Our body is composed of energy, as is our soul. Like the shell of a snail, the body is an emanation of the soul, even as the soul itself is an emanation of the Goddess. Thus the Divine energy of the Goddess is always present at the center of our being, and we can learn to consciously access it through the practice of psychic and magical arts.

When we look at the physical form of a person or thing, we are seeing only the external shell of the soul, which conceals much more within. By accessing the inner being -the soul- we can greatly affect the seemingly solid exterior.

We do this by transferring energy -that is to say, sending energy from one person or thing to another. We use energy transfer for a number of reasons, some of which include:

**HEALING:** Energy healing is used to promote spiritual or emotional healing, or to aid in physical healing. In healing we access a person's energy and remove blockages or "negative" energy, and inject positive, healing energy. In the hands of an accomplished practitioner energy healing can be as complex and as precise as a physical surgery.

**BLESSING:** As previously discussed blessing is an injection of Divine energy meant to strengthen spiritual connection or foster spiritual opening or growth.

**COMMUNICATION:** Energy can be used to share communication as well -a message or messages are placed into energy which is then used to communicate it directly to the recipient, bypassing the conscious mind entirely. This is how we receive messages from the ANCESTORS or SPIRIT GUIDES. We can also send information in this way as well.

With any of these methods of energy transfer the recipient may or may not have a conscious reaction to the event. Some people will feel the slightest variation in energy, while others will not feel even the strongest energy work. It depends on how psychically open the person is, and how sensitive they are to energy. If you're doing energy work on a person and they don't feel it, don't let that bother you -it doesn't mean you're doing it wrong, it just means the recipient is not psychically able to pick up on it.

### HOW IT WORKS

The body is composed of energy. This energy is regulated by energy centers commonly called CHAKRAS or PLEXI. There are thousands of such Chakras throughout the body, connected by MERIDIANS or energy pathways. When several of these small Chakras work together they form a larger Chakra with several levels. There are many of these larger Chakras throughout the body as well.

In doing energy work you may work with any of these small or larger Chakras. But you are more likely to work with one of the seven so-called Major Chakras, which we have described in earlier lessons. Each of these Major Chakras is actually a network of many lesser Chakras, grouped together to form a single unit. Because of this the Major Chakras have many different levels, which may be developed differently in different people, depending upon their experiences.

Energy flows from one Chakra to another by means of the Meridians. The ways in which the energy flows through the Chakras are called CIRCUITS. There are several such circuits, which have different qualities and purposes.

We have already spoken about the SOLAR CIRCUIT in LESSON #3. The Solar Circuit, based in the Solar Chakra, is the energy system which keeps the body's basic functions going. The Solar Circuit is fueled by the inexhaustable energy of the soul, and runs automatically -like breathing. We don't have to do anything to get or keep the Solar Circuit going, but we can inject extra energy into it, usually through the Heart Chakra.

The second energy circuit we will discuss is the LUNAR CIRCUIT. Based in the Root Chakra the Lunar Circuit is the circuit commonly studied by Hindu systems, and sometimes referred to as the KUNDALINI system. Unlike the Solar Circuit, the Lunar Circuit is not automatic, and can only be engaged through study and training. The Lunar Circuit is used to perform high level magic, or "miracles", and is capable of achieving incredible results -but it can also be very dangerous and hard to handle, and so should only be used with care. Unlike the Solar Circuit the Lunar Circuit must be deliberately started and stopped, and does not run constantly but is only used for short periods of time.

The third energy circuit of the body is called the STELLAR CIRCUIT. The Stellar Circuit is primarily used to receive energy into the body. Based in the Crown Chakra, the Stellar Circuit is used to receive many kinds of energy, but especially energy programmed for communication: This is the circuit by which channelled messages are received and through which clairvoyance operates. It is particularly important for dealing with Ancestors and Spirit Guides. Like the Lunar Circuit the Stellar Circuit is not automatic, but must be specifically started and stopped. The Stellar Circuit is also often used for healing.

Whenever you put energy into another person, or receive it into yourself, the energy will enter one of these circuits. At a beginning level it is not especially important that you know which circuit is

being used, as the energy will naturally go where it is needed. Later you will learn to differentiate between them.

The energy of the soul goes well beyond that of the body. Most commonly this is perceived as an AURA -that is to say an envelope of energy surrounding the body. A healthy Aura extends several feet in all directions around the physical body, but is easiest for the beginner to detect within a few inches of the skin. An accomplished clairvoyant can tell a great deal about the state of a persons energy by the colors and patterns in their Aura. For the beginner the temperature and sensations associated with the Aura will be more easily read. It is through the Aura that we can locate blockages in the Chakra system.

A common technique of energy work is to fill the aura with light. The color and qualities of the light used determine the nature of the effect. This technique can be used for shielding, for strengthening, for healing or cleansing, or for many other uses. If you have been doing the exercises which accompany these lessons, then you will have learned how to do this for yourself -but through energy transfer you can do it for others as well.

#### HOW TO DO IT

Now that we've talked about how energy transfer can be used, and a bit about how it works, you probably want to know how to do it. Energy transfer is accomplished by projecting energy from your body into someone else's. The energy is pulled in from the Universe, and channelled through your body to the recipient. Commonly the hands are used, the energy being focused through the Palm Chakras.

If you have been doing your exercises, you will already know how to focus energy through your Palm Chakras. Imagine the energy projecting from your palms as a beam of light. Focus intensely upon this, and imagine it as clearly as possible. You are now transferring energy.

Energy can be injected through the Crown Chakra, or through any other Chakra. To determine where to send energy, you will want to scan the person's body. Certain places will feel "different" and these are the one's that need energy work. Also if a person is sick or injured in a certain area and just wants healing energy, you can send it directly into the place that hurts.

Energy can also be removed from the body. You do this by pulling the energy out, rather like a vacuum sweeper.

If you turn to the EXERCISES section of this lesson, you will find more detailed instructions for doing this kind of energy transfer.

Like anything else, practice makes perfect, and you should not expect to be proficient at once. Keep working with it, and you will master the technique.

Because energy transfer is not normally thought of as a First Degree skill, our purpose here is only to review the basic ideas involved, and give an idea of what it's about. The techniques given in this lesson are very basic and introductory. You will learn much more about energy working if you go on to study for Second Degree, or you could study energy working independently.

#### SPELL OF THE MONTH

This is an old spell which makes use of RUNES. "Rune" is a Germanic word for a magical symbol or marking. The term is especially used to refer to the ancient Germanic alphabet -also called FUTHARK- which was used for magical workings, but it can also be used to refer to other magical alphabets or SIGILS.

This spell is intended to work with one of several general goals. The specific details of how the goal will come to pass are left to the Universe to decide. This is usually for the best. If for some reason you must be more specific, then instead of the Rune or along with it use a written word or a symbol of your own design that represents your goal.

Below are several traditional magical Runes to choose from:

HEALING PROTECTION LOVE PROSPERITY

YELLOW WHITE RED GREEN

Select the Rune which represents your goal.

Each Rune has an accompanying color. You will need to acquire a piece of paper and an accompanying candle in that color. Any 8'-10' candle will do, but a knob candle separated into 9 segments is ideal.

On the bottom of the candle carve the Rune you have chosen. This represents the foundation of your working.

Now take your piece of paper -it needn't be large- and draw the Rune that represents your goal at the four quarters of the paper. This will represent the dispersing of your INTENT to the Universe, through the Four Quarters.

If you are doing the spell for another person, write their name in the center of the paper.

Now you can set up your altar for the spell. You can use your regular working altar, or create a special altar specifically for the spell. Either way, be aware that the process of this spell will take nine days, during which the candle should not be moved, so bear this in mind as you decide where and how to set it up.

You will need the following things:

- \* The candle in the appropriate color with the Rune carved into the bottom.
- \* The paper in the appropriate color with the Rune written at all four quarters.
- \* A fire proof burning dish, as discussed in LESSON # 4.
- \* Matches or a lighter.
- \* A coin.

Begin as always by clearing and releasing excess energy.

You may choose to dress your candle (see LESSON # 4). If so you would do that now. You might use lavender for healing, cinnamon for protection, rose for love, or vanilla for prosperity.

To dress the candle, put a little of the oil in the palm of your left hand. Now rub your two hands together so that they are coated with the oil. As you rub your hands together, visualize white light shining out from between them, and see this white light expand and grow into a ball of light around your hands. Now take up your candle, holding it by the middle. Slowly work the oil up toward the top of the candle, and down toward the bottom, a little bit at a time. As you do this, imagine the candle filling with white light, and concentrate upon the goal you have chosen.

Coat the whole candle with oil, including the wick, then return it to the altar.

Place the coin directly in front of the candle.

Now light the candle.

As the candle burns, focus on your goal. Imagine the goal strongly, and picture it being fulfilled. Imagine what it is like to have this goal in your life -for example if you are working for healing, see yourself being healed and healthy. Or if your working for prosperity, imagine yourself surrounded by money, or by items that represent prosperity to you.

The more strongly you concentrate on your goal, the better.

Now take up your paper. Imagine the paper surrounded by a ball of white light, shining with

energy in every direction. As you visualize this ball of light, continue to focus upon your goal, so that the energy becomes strongly impregnated with it.

Touch the paper to the candle flame, so that it ignites. As the paper begins to burn, imagine a ball of white light around the flame, growing larger and stronger as the flame grows. Focus strongly on your goal and speak the incantation:

“Behold, there is one power in the Universe,  
And I am a perfect manifestation of that power.  
And as such I will that (your goal) will come to me.  
It will come to me in the best and most positive way  
And with harm toward none.  
I will it. I draw it to me. I manifest it.  
I accept it. I receive it. And I give thanks for it.  
By my will, so mote it be.”

As the fire begins to consume the paper, you will want to place it in the burnish dish, where it can burn safely. Continue to visualize the burning paper surrounded by a ball of white light, and to concentrate upon your goal, until the paper is reduced to ashes.

When the fire goes out, sit and meditate before the still-burning candle for a few moments. Focus upon the goal, and upon the flame of the candle.

Meditate for about ten to fifteen minutes, then extinguish the candle. If you are using a knob candle, let it continue to burn until the first segment is completely gone.

Remember to snuff the candle flame rather than blow it out, and as you do so say:

“By all the power of three times three, as I do will, so mote it be!”

Now clear and release. Scatter the ashes of the paper out of doors, so that your intent is symbolically released to the Universe.

Each day for the next eight days (making a total of nine) you will light the candle again. Imagine the flame surrounded by white light. Repeat the incantation given above, then meditate upon your goal for ten to fifteen minutes. If you’re using a knob candle, let one full segment burn away each day. Then extinguish the candle saying:

“By all the power of three times three, as I do will, so mote it be!”

After the nine days you should have only a stump of the candle left, with the original Rune still on the bottom. Take this candle stump to a tree of which you are particularly fond, or to any tree that is tall and strong. Take the coin that has been sitting with the candle all this time, too.

Make a little hole at the base of the tree and place the candle stump in it. Place the coin in the hole as well, as a n offering to the tree spirit. Cover the hole over and say something to the effect of:

“Oh tree, even as you grow, may the power of this my working grow likewise. I thank you for your aid. So mote it be.”

This is a very ancient act based both upon the idea of SYMPATHETIC MAGIC -that is the idea that like creates like and that the spell’s power will grow and flourish because the tree grows and flourishes, and the two have been mystically bound. Now leave the tree knowing that your goal will continue to grow and unfold in your life, and trust that it shall come to pass.

## EXERCISES

The Exercise included in this lesson is not part of the ordinary regimen of exercises you have



learned, but is a totally separate exercise on the subject of energy transfer. Continue your ordinary exercises as you have been doing them, and try this separately.

To try this you will need to work with another person. If you cannot find another person to work with, you can use a plant or animal, as these too have energy systems to which the exercise is applicable.

To begin, clear and release all excess energy, as always.

Now stand to the side of your working partner, so that they are in profile to you -it will be easier to tell what you're feeling that way. Starting at the top of your partners head and working your way down, pass your hands over them, about two or three inches from the surface of their body. Pay attention to what you feel. The first time you try this you may not feel anything, but if you continue to work with it you will soon develop the sensitivity.

Pay attention for any part of the body that feels "different". How you perceive that difference may vary -it may feel warmer than the rest of the body, or have a feeling of static, or it may seem to "pull" you, or it may take some other form. But one way or another you will feel parts of the body that have a different feeling from the rest: these are BLOCKAGES.

Pay close attention to where these blockages are. When you have finished scanning the whole body, return to the places where you found blockages. Place one hand over the area of the blockage, again several inches from the body. You will find that one hand or the other is better for doing this with, but whether it is the right or left hand varies from individual to individual, so you will want to experiment with both until you find out which is stronger.

Visualize a ball of white light coming from your Palm Chakra. Imagine the negative energy of the blockage being sucked into this ball -concentrate strongly on this, and "pull" the negative energy with as much effort as needed. Now slowly pull the ball of white light with the negative energy inside of it, away from the body. More negative energy may be pulled along with the ball, extending behind it rather like a rope. Discard the ball and continue pulling the "rope" of energy out of the body until none is left. As you pull this negative energy out and discard it, imagine it turning to purple colored light -this is called TRANSMUTING, it recycles the energy so that it may be reused for more constructive purposes elsewhere in the Universe.

When you have removed and transmuted all of the negative energy, place both hands over the area you have been working with. Imagine white light flooding into you through the top of your head and passing out through your hands into the person you are working on. Continue to do this until no more energy will go in.

You have now accomplished a basic energy healing.

Clear and release as always, and you are done.

## GOD OF THE MONTH THE KING

King, Father, Counselor, Judge

Of all the forms of the God, this is the one with which most Wiccans have the greatest difficulty. Centuries of Christian rule have caused the identification of the King archetype with PATRIARCHAL domination, and the ruthless suppression of the weak by the strong. Distorted images of the "King of the Gods" capriciously interfering in human life, moving people around like chess figures, have left a sour taste in the Wiccan mouth. But these images have more to do with the Christian Jehovah than with any Pagan God.

In Pagan mythology the King is a positive figure, empowered not in His own right but by union with the Goddess. His wisdom and strength are an aid to Her and a blessing to us. He does not "rule" but rather works to advance His family and community, whose welfare are His responsibility. The God has sacrificed Himself at Summer Solstice, giving His life force for the greater good, and it is as King that He carries this out, pouring out His love for the world through

constructive action.

The King is the God of the harvest. He is the Sun which has begun to dim, following the Summer Solstice, and Who in dimming nurtures the crops which ripen in fall. He is the spirit of the crops, literally sacrificing His life that others may live. The King is the God passed from warrior to leader, nurturing family and community rather than merely self. He is the father Who has given up the independent life of a child to be part of a family, given up. His separateness to help in the raising of His children and the running of the community.

The King is the protector of the people, the keeper of the peace. He is the God of honor and of law, of honesty and civility. He is the God of contracts and agreements, guardian of the SOCIAL CONTRACT -the agreed upon terms by which we live together in peace.

The King is a Judge, but His judgment is not the careless imposition of capricious will, but the willingness to tackle and resolve difficult situations, to abide by and uphold agreements, and to keep the peace. The King is the God of balance and justice, which makes it especially appropriate that His festival should be the Fall Equinox, when the Sun enters Libra the Scales.

The King is the temporal or outward aspect of the Old God, the Sorcerer being the spiritual or inward aspect. As such the King is the God of structure and form. The King puts the physical world to order and establishes solid forms and systems, while the Sorcerer overcomes the illusion of solid form through magic. Where the Hero is expansion and growth, the King is stability and prosperity -He makes the good things of life plentiful and sustainable by the application of organization.

He is the God Who turns the Goddess' spinning wheel, the WHEEL OF FATE, so that She may spin the thread of existence. He puts Her will into action, protects and upholds Her. He is Her stalwart supporter, champion and helpmeet. She has birthed the world, and He protects it with Her, even as the father bird protects the mother and the nestlings.

Below follow several examples of the King:

**ATLAS** -Atlas is one of the Titans, Gods of pre-classical Greece. A God of the sky, Atlas' consort is the Goddess Pleione, Whose daughters are the Pleiades. Atlas was associated with the West, and the Atlantic ocean is named for Him, as is Mt. Atlas. Most of Atlas' mythology is lost with the other Titans, but enough survives to draw some conclusions. Atlas is a God of cosmic order, Who separated Earth from Sky, and bore the Sky upon His shoulders -an act of self-sacrifice which enabled the Universe to assume its present form. He was a Patron of law and government, and a culture hero. According to Plato, Atlas was the founder of the Kingdom of Atlantis, creator of its culture and progenitor of its royal house. Atlas was the father of the Hesperides, the three Goddesses Who guarded the apples of immortality at the far western edge of the world.

**JUPITER** -Roman King of the Gods, Jupiter is related to and identified with the Greek Zeus, but is not identical to Him. Jupiter is above all a God of law and government, justice and wisdom. To the Romans Jupiter embodied all of the qualities of a good father, including sobriety and impartiality. Jupiter is associated with prosperity, expansion, and growth, self-confidence and optimism. Jupiter's consort was Juno (originally the Etruscan Moon Goddess Uni), and Their daughter the Goddess Minerva, also Etruscan in origin and identified with the Greek Athena. Long after the fall of Rome, Jupiter remained an important Deity in Alchemical, Astrological, and Hermetic systems.

**NODENS** -A God of the ancient Celts, much of Nodens' mythology is lost. He was King of the Gods, and is associated with prosperity and expansion. Nodens was a God of law, protection, and Patron of government. A God of water, offerings were made to Nodens by dropping them into His sacred wells. According to mythology Nodens was obliged to turn over the Divine Kingship to Lugus after losing an arm in battle. Nodens' lost arm was replaced with a silver arm, indicating a connection to the German Tyr. Nodens is also a God of healing and medicine.

RA -Falcon headed God of the Sun, Ra was considered chief among the Gods of Egypt for many centuries. Ra is the God Who maintains the cosmic order, reigning in the sky by day and under the Earth by night. Nightly overcoming the serpent Aapep (chaos), Ra embodied and maintained the cycles of existence. Ra is a God of justice and honor, civilization and law. According to one myth Ra created humankind from His tears of compassion. In another myth the great Goddess Isis won the deepest secret of magic from Ra by means of enchantment. A typically syncretic Egyptian Deity, Ra was identified with the creator God Temu, and with the great southern Deity Ammon. The center of Ra's worship was the city of An, called Heliopolis by the Greeks.

YU-HUANG-SHANG-TI -The "Supreme August Jade Emperor," Chinese King of Heaven, Who maintains the balance and order of the Universe and the eternal progress of its cycles. Patron of government and of law, Yu-Huang-Shang-Ti is God of justice and honor, duty and responsibility

## LESSON XI - HERBS, OILS, AND INCENSE

### HERBS, OILS, AND INCENSE

No treatise on the subject of Witchcraft would be complete without a section on the subject of herbs. The image of the Witch as HERBALIST is deeply ingrained in our culture and in the Wiccan religion.

In former times knowledge of herbs was very important. For most people herbs were the principle form of medicine. Skillful use of herbs for flavoring or for scent made a hard life sweeter. And themetaphysical properties of herbs were used to promote and draw the things one desired into one's life.

From ancient times it has been believed that certain plants have specific metaphysical qualities. By using the principle of SYMPATHETIC MAGIC -the idea that like attracts like- people would use the plants to promote the development of these same qualities in their lives.

Though the term "herb" specifically refers to only certain plants in modern usage, for the purposes of this lesson we shall use the term to refer to any plant which is used in sympathetic magical practices.

Herbs can be used in many different ways, but always for the same purpose -the idea is to impart the qualities of the herb to a person or object in order to affect or change it. Sometimes this is done externally through such media as oils or incense, or through the use of the whole plant in the form of a sachet, bouquet, or wreath. Sometimes this is effected internally by consuming the herb, as a tea for example -though one should never consume an herb unless one is absolutely certain that it is safe.

The simplest way to make use of herbs is to use the fresh plant in a room or on one's person. The quality of the plant will affect the vibration of who or whatever is around it. An example of this practice is the use of flowers at weddings. Though people are less conscious of it than they were a generation or two ago, the kinds of flowers commonly favored for weddings have specific metaphysical purposes -Roses for example, which have always symbolized both romantic and Divine love, or Orange blossoms symbolizing emotional openness and harmony.The use of these flowers effects the vibration of the energy of the event, coloring it with these qualities. Certain kinds of flowers are traditionally favored for funerals for the same reason. This is also the reason behind the use of foliate wreaths to symbolize certain offices, such as the Champion's crown of Bay Laurel, or the Emperor's circlet of Oak leaves.

The most common way to use herbs however, is in various preserved forms. People learned to preserve herbs because the fresh plants were not available all year round. In time people learned that preserving herbs not only made them available off-season, but also in many cases intensified their metaphysical and aromatic qualities, making them more desirable. For this reason preserved herbs -oils and incenses- are more commonly used today than the fresh plants themselves.

## OILS

Among the most common forms of preserving herbs is as an oil.

Oils are made from many different plants. The oil absorbs the qualities of the plant from which it is made. It will then impart these qualities to any person or object to which it is applied.

In this way the oil is used to promote such qualities as prosperity, romance, protection, creativity, psychic opening, and so forth.

This same technique can be used to create oils from crystals or gemstones. In this case the oil absorbs the qualities of the stone, and is otherwise used in the same manner as an herbal oil.

Once made an oil can be used in many different ways. The oil can be applied to the skin as a cologne, or dabbed on a handkerchief and carried, to bring its metaphysical qualities around a person. Or it can be used to anoint a doorway, a piece of furniture, or added to a floorwash, to bring the oil's qualities to a home or place of business. The oil can be applied to a wallet, a letter, a sign, or other object, to impart the oil's qualities to them, increasing their effectiveness or output. In ritual oil is used to dress candles and ritual objects, to anoint participants, and sometimes dropped on hot charcoal as incense.

## HOW TO MAKE AN OIL

Good oils are readily available from most metaphysical stores, and from some stores that sell bath products or health foods as well. Commercially available oils are inexpensive, of high quality, and come in almost any variety you could ask for. For these reasons you are best advised to purchase, rather than make oils.

Commercial oils are available both as pure ESSENTIAL OILS -often too strong to use directly on the skin- or as blends -in which the pure essential oil has been diluted with a secondary oil, called a base oil.

If you buy pure essential oils, you will want to dilute them yourself. To do this, fill a small sterilized glass jar with base oil. There are many base oils you can use. Most traditional is Virgin Olive Oil. Other vegetable oils may also be used, such as Sunflower or Coconut oil. Many people however prefer Jojoba oil, as it will keep fresh longer than the other oils mentioned. Now add your pure essential oil one drop at a time with an eyedropper or similar instrument, until it reaches the desired strength. Do not stir the oils to mix, but rather swirl the jar in a deosil motion until the oils gently blend. Obviously if the oil is already diluted, this is not necessary.

Commercial oils are available in single scents, and also as mixtures of several scents. If you like you can purchase several scents and create your own mixtures, combining them until you have the recipe you want. You can also "Heighten" the power of your oil by adding bits of the plant from which it is made to the bottle, or by adding a sympathetic stone to the bottle whose qualities complement the oil.

If however you feel you must make your oil by hand, this is the easiest way to do it. Select a base oil just as you would to dilute an oil -again Jojoba is recommended because of its staying qualities. Put the base oil in a pan, and add a quantity of the desired herb or herbs to it. Slowly heat the oil and herbs until they are warm, stirring gently. Do not get the oil hot -warm is what you're going for here. After it is good and warm, remove the mixture from the heat, and let it cool. Repeat this process several times during the course of a day, reducing the plant material farther and farther. When the mixture has cooled for the final time, strain it into a sterilized glass jar and seal.

Unless you are exceptionally crafty, if you try this you will understand why we say that you would do better to buy your oil, and then mix or augment it, rather than make it yourself.

## INCENSE

By contrast to oils incenses are very easy to make. Though many excellent commercial incenses are available and excellent to use, there is no reason to feel limited to them.

An incense is simply an aromatic plant, dried and burned. It may be burned in a fire, or more commonly over charcoal. If a binding agent is used the incense may be shaped into sticks or cones and burned on its own.

All manner of plants are used to make incense, including common kitchen spices which you probably have in your home for use in cooking, like cinnamon or cloves.

The simplest kind of incense to make is powdered incense. In a powdered incense the dried plant is reduced to very small pieces or ground to a powder in a mortar and pestle. The resulting powder is then sprinkled over a lit charcoal, as described above. It is best to use a self lighting charcoal of the sort made specially for incense, and readily available at most metaphysical stores. Charcoal prepared for incense is not as dense as cooking charcoal that you might use for a bar-b-que -it is much easier to light, and burns much quicker.

Powdered incense is by far the oldest and most dramatic form of incense. It gives you more direct control over how much you use, and if you choose to use a lot it will create billowing clouds of scented smoke that are very atmospheric. However you will need an incense burner to safely hold the charcoal, which gets very hot.

Commercial incense is also available in solid form, as cones or sticks. Solid incense gives you less control but more convenience -once a cone or stick is lit, it will keep burning at a steady rate until it is gone, with no further effort from you.

Solid incense is commercially available in so many varieties and scents that you would never have to make your own. But you can make your own, if you want to.

To make a solid incense you will begin with a powdered one: assemble the dried plant materials you wish to use and powder them in a mortar and pestle. Now mix the incense powder with a binding agent -gum arabic or acacia gum being good choices readily available from many art supply stores. Mix thoroughly and mold into the desired shape on a piece of waxed paper.

Either form the incense into cones like those commercially produced, or roll into a layer 1/4 inch thick and cut into cubes, or mold the mixture onto a broomstraw for stick incense. Then leave them to dry on the waxed paper.

## WATERS

In addition to being used fresh or dried, in oils or in incenses, herbs can also be used in waters. This is commonly done by making a tea or tisane.

To do this you boil the herb so that it imparts it's special qualities to the water. The water thus impregnated with the qualities of the herb can then be used in a number of ways: in some cases it can be consumed as a tea (though again you should consume only what you specifically know to be safe), it can also be used as a concentrate and added to a floorwash or a bath.

Floorwashes are used to ceremonial wash the floor of a Temple, home, or place of business, for the purpose of imparting the qualities of the herb involved to that location -to give protection, draw prosperity, or stimulate social discourse, for example. Sometimes it can also be used on walls, or to anoint doorways, windows, etc. Use of a floorwash should be preceded by an appropriate prayer and/or affirmation, and by concentrating upon your purpose while applying it.

An herbal bath fulfills the same purpose as a floorwash, but imparts the qualities of the herb to a person. An herbal bath is prepared by adding either a small quantity of concentrated tea or the fresh herbs themselves in a cheesecloth sachet, to warm bathwater. The person then immerses in the water, even to the point of momentarily immersing their head, so that every part of the body is

exposed to the water. Then they remain in the water in a state of meditation for 15 to 30 minutes. After leaving the water, it is considered preferable to take the time to air dry. The herbal bath should be preceded by an appropriate prayer, and throughout the process of setting it up and taking it one should stay focused upon the intent of the ceremony.

Herbal waters can also be used to asperge or anoint people or places. Purify and charge the water as described below. The water can also be put into a spray bottle and dispersed in this way.

## CHARGING

These then are basic ways to prepare and use herbs in the form of oils, incenses, and waters. No matter which form you are using, and regardless of whether you buy it or make your own, you will greatly increase its efficacy by charging it. There follow two simple ways to charge these or any other items:

### METHOD #1

The easiest way to charge any item is to hold it in your hands, and visualize a ball of white light around it. As you do this, focus on the purpose to which the item is to be put. Concentrate upon that purpose, and imbue the item with that energy. In this way you add greater energy to its native qualities. If you cannot hold the item in your hands, then hold your hands either above, before, or around the item.

### METHOD #2

A more effective but still simple method of charging has already been given to you in LESSON IV, but we will reiterate it here.

Begin by clearing and releasing all excess energy.

Place your hand over the item. Make three Tuathail or counterclockwise circles over the item, concentrating on removing any negativity from it. Say something to the effect of:

"Behold, I do cleanse and purify you, casting out from you any impurities which may lie within!"

Imagine yellow-white light pouring down from your hand into the item, and forcing out all negativity.

Now make three Deosil or clockwise circles with your hand over the item. Say something like:

"And I do bless and consecrate you to this work!"

Visualize the item being filled with a clear, bluish white light. Imagine the item filling with this light until it shines as brightly as if there were a blue-white sun within it.

You have now cleansed and charged your object.

## EXERCISES

In LESSON #9 you learned ways of replenishing your energy after completing your daily routine of psychic exercises.

At this point your daily regimen should include Exercises #7, #8, #9, #13, #14, #15, and #16. In addition you should be doing Exercises #10, #17, #18, and #19 as needed.

To this we now add two new exercises. These draw upon the silver and gold energy that you have begun to use as replenishment since LESSON #9. These exercises should be added into the regimen directly after Exercise #16.

### EXERCISE #20

Imagine a ball of white light centered in your pelvic region. Visualize the light as pure and clear,

with no cloudiness or mottling.

Imagine tiny silver sparks entering the light. Just a few at first, then more. See the light filling with glittering silver sparks, until at length the ball of light is completely filled with them -shimmering and scintillating like a ball of undulating silver glitter.

When this is clear in your mind, imagine the silver energy moving up from the ball through the middle of your body in a narrow beam. Visualize the silver energy shooting up through the top of your head, and showering down on all sides around you, like a geyser. Let this continue for a few moments. Then end your exercise routine as usual, by clearing and releasing.

Add this exercise to your daily routine. When you can do it easily, you are ready for Exercise #21.

#### EXERCISE #21

As you might expect, Exercise #21 begins just like Exercise #20, except when you have the ball of white light clear in your mind you will imagine sparks of golden light entering it, instead of silver. Do the exercise just the same way in all other respects -see the ball of white fill with sparks of gold until it is full. Then see the glittering golden light shoot up through your body, emerge through the top of your head, and shower down around you like a fountain of golden glitter.

#### SPELL OF THE MONTH

Instead of a specific Spell of the Month, this lesson includes a list of plants which can be used to do the things described in the lesson.

The plants can be used in some or all of the following ways: as incense, perfume, essential oil, herbal sachets or potpourri. Can be used to anoint a cloth or charm to carry with one, or a letter to send out. In certain obvious cases they can also be used for their food value, though only some are edible and if you are not familiar with it as food, DO NOT EAT IT.

Each herb has specific uses which can be activated by the various methods you have learned, and might be thought of as a spell in and of itself.

ACACIA -Blessing, raising of vibration, protection via spiritual elevation.

AGRIMONY (Cocklebur) -Helps to overcome fear, dispel negative emotions, overcome inner blockages.

ALLSPICE -Adds strength to Will, gives determination and perseverance. Gives added vitality, energy. Also good for social gatherings -increases harmony, sympathy and co-operation between people. Stimulates friendly interaction and conversation.

ALMOND -Attracts money. Promotes alertness, wakefulness.

ALOE -Promotes patience, persistence, resolve. Also inner healing and overcoming blockages.

AMBER -Mental clarity and focus. Protection from harm, outside influences, psychic attack.

AMBERGRIS -Strengthens the effect of anything it's added to or used with. By itself gives strength and vitality. (Substitute -Cypress and Patchouli mix).

ANISE -Psychic opening, clairvoyance, opens Third Eye. Favored in Afro-diasporic Traditions for use before and during ritual, to aid in perception of and connection to the Divine.

APHRODISIA -Passion, sexuality, romance. Sold by Orpheis High-Correll in red velvet bags to draw love.

APPLE or APPLE BLOSSOM -Promotes peace of mind, contentment, happiness, success in all

undertakings.

APRICOT -Encourages sexuality and sensual passion. An aphrodisiac.

ASOFOETIDA -Protection, banishing negativity.

AZALEA -Encourages light spirits, happiness, gaiety.

BANANA -Helps to overcome serious blockages or obstacles.

BASIL -Promotes sympathy, peace, understanding. Helps to avoid arguments, clashes.

BAYBERRY -Good fortune, blessing, money and prosperity.

BAY LEAF (Laurel) -Protection, purification, repels negativity. Promotes good fortune, success, victory.

BENZOIN -Use for cleansing and purification. Helps to remove blockages. Promotes strength, confidence, will power. Strengthens the effect of anything it's added to or used with.

BERGAMOT -Protection, prosperity. Combine with Mint to work faster.

BIRCH -Spiritual and psychic opening, connecting with spirit helpers. Promotes balance, harmony, connection to others.

CAMPHOR -Increases ones' persuasiveness, personal influence. Adds strength to any mixture it's part of. Also used for purification.

CARAWAY -Luck, good fortune, prosperity. Also promotes passion and enjoyment of sensuality.

CARDAMOM -Promotes love, sensuality, and sexuality. Also calmness and tranquillity.

CARNATION -Attract love or friendship, improve or deepen relationships. Promotes feeling of security and confidence. Aids in recovery from illness or difficulties.

CAYENNE -Cleansing and purification. Repels negativity. Speeds up the effect of any mixture that it's added to.

CEDAR -Confidence, strength, power. Protection, perseverance, lastingness. Spiritual opening.

CELERY -Promotes sexuality, sensuality, ecstatic trance.

CHAMOMILE -Promotes meditation, tranquillity, inner peace.

CHERRY or CHERRY BLOSSOM -Happiness, good cheer, gaiety.

CHIVES -Protection.

CHOCOLATE -Adds to ones influence and persuasiveness. Helps others to be receptive to one.

CHYPRE -Draws money, success in gambling, promotes persuasiveness and eloquence. Made from the Rockrose plant.

CINNAMON -Luck, strength, prosperity. Increases effectiveness of any mixture it's added to. Promotes calmness and tranquillity, especially for children. Also used as a strong protection.

CINNAMON AND SANDALWOOD -Aids meditation, spiritual opening.



CITRONELLA -Promotes eloquence, persuasiveness, prosperity. Draws friends to the home, customers to the business.

CIVIT -Strength and protection. Promotes confidence and sexual attractiveness.

CLOVER -Strengthens and deepens existing love.

CLOVES -Courage, self-confidence, very strong protection. Dispels negativity, strengthens psychic shielding. Can act as an aphrodisiac.

COCONUT -Strengthens confidence and inner resolve, heightens allure and sexual attraction.

COFFEE -Grounding and protection from negativity. Peace of mind. Helps to dispel negative thoughtforms, nightmares, overcome internal blockages.

COPAL -Promotes spiritual opening. Also protection, purification, overcoming obstacles. Repels negativity.

CORIANDER -Love and healing. Also used for protection.

CRAB APPLE -Promotes calm and tranquillity, helps settle unrest, conflict, anxiety.

CUMIN -Promotes peace and tranquillity.

CYCLAMEN -Draws and strengthens love.

CYPRESS -Calm, tranquillity, spiritual opening. Associated with death and mourning, Cypress stimulates healing and helps overcome the pain of loss.

DILL -Mental strength and quickness. Aids focus and concentration. Also used for blessing.

DOVE'S BLOOD -Promotes peace and tranquillity. Helps to settle disputes, conflict.

DRAGON'S BLOOD -Dispels negativity, gives protection, helps to overcome blockages.

EUCALYPTUS -Spiritual cleansing, purification, and healing. Helps to overcome spiritual blockages.

FENNEL -Strength.

FENNUGREEK -Mental clarity, focus, dispels negativity.

FERN -Cleansing and purification, dispels negativity.

FIVE FINGER GRASS (Cinquefoil) -Protection. Also stimulates memory, eloquence, self-confidence.

FRANGIPANI -Attracts love, trust, and admiration. Promotes openness in those around one.

FRANKINCENSE -Blessing and spiritual opening. Aids meditation.

GALANGAL -Success in court or legal disputes.

GARDENIA -Promotes peace, repels strife, protects from outside influences.

GARLIC and GARLIC SKINS -Cleansing, purification. Used to dispel depression, negativity, obsessive thoughts. Draws money, prosperity. Also used as a strong protection.

GERANIUM -Overcomes negative thoughts and attitudes, lifts spirits. Promotes protection,

happiness.

GINGER -Draws adventure and new experiences. Promotes sensuality, sexuality, personal confidence and prosperity. Adds to the strength of any mixture of which it is part, and makes it work more quickly.

GINSENG -Asian variety of Mandrake. Promotes vitality, strength, personal power. Heightens sex drive and sexual attractiveness.

GRAPEFRUIT -Cleansing and purification.

HELIOTROPE -Protection, prosperity, cheerfulness and gaiety.

HONEYSUCKLE -Draws success, money. Aids persuasiveness and confidence, sharpens intuition.

HYACINTH -Attracts love, luck, and good fortune. promotes peace of mind and peaceful sleep. Named for Hiakinthos, Greek God of homosexual love.

HYSSOP -Promotes spiritual opening. Also used for cleansing and purification. Lightens vibrations.

JASMINE -Love, success, spiritual aid and opening. Connected to the Moon and Lunar magic.

JUNIPER -Protection, purification, healing.

LAVANDER -Peace and tranquillity.

LEMON -Cleansing, purification, removal of blockages, spiritual opening.

LEMON GRASS -Psychic cleansing and opening.

LILAC -Promotes wisdom, memory, good luck and Spiritual aid.

LILY OF THE VALLEY -Soothing, calming, draws peace and tranquillity, repels negativity.

LIME -Used for purification and protection. Promotes calmness, tranquillity. Also strengthens love.

LINDEN -Draws friendship and love. Also promotes healing and rejuvenation.

LOTUS -Psychic opening and spiritual growth.

MACE -Promotes self-discipline, focus, concentration. Good for meditation, study.

MAGNOLIA -Promotes psychic development. Aids meditation and spiritual opening. Promotes harmony, peace, tranquillity.

MANDRAKE -Increases vitality, strength, personal power. Heightens sex drive and sexual attractiveness.

MARIGOLD -Promotes healing, psychic opening, and clairvoyance. Helps one to focus on what is truly needed, even if one is not conscious of what that is.

MARJORAM -Cleansing, purification, dispels negativity.

MATE -Grounding, cleansing, and purification. Dispels negativity and helps overcome sadness or loss.

MIMOSA -Aids psychic development, clairvoyance. Draws prophetic dreams.

MINT -Promotes energy, vitality, communication. Draws customers to a business.

MISTLETOE -Promotes prosperity, draws customers, money, business.

MUGWORT -Promotes psychic opening, clairvoyance, prophetic dreams.

MUSK -Increases confidence, self-assurance, persuasiveness. Draws new situations and prosperity.

MUSTARD SEED -Courage, faith, endurance.

MYRRH -Spiritual opening, meditation, healing.

MYRTLE -Psychic opening, spiritual aid. Enhances any mix its added to.

NARCISSUS -Promotes harmony, tranquillity, peace of mind. Calms vibrations.

NEROLI -Joy, happiness, overcoming emotional blockages.

NUTMEG -Aids clarity, perception, ability to see below surfaces. Promotes social interaction, emotional openness, personal confidence.

OAKMOSS -Draws money, prosperity, good fortune.

ONION and ONION SKINS -Protection, stability and endurance. Also prosperity.

ORANGE or ORANGE BLOSSOM -Harmony, peace, emotional openness, love. Attracts prosperity and stability. Also used for purification. Considered very Solar.

ORCHID -Concentration, focus, will power. Also strengthens memory.

OREGANO -Joy, strength, vitality and added energy.

ORRIS (Iris) -Promotes popularity, persuasiveness, personal success. Aids communications and helps to open dialogs. Also used to draw love and romance.

PARSLEY -Calms and protects the home. Draws good luck, prosperity and financial increase. Also gives added energy, vitality.

PATCHOULI -Helps overcome the anger of others, calms strife, draws peace and helps settle arguments. Promotes prosperity, confidence, personal strength. Enhances sexuality and sensuality.

PENNYROYAL -Draws the help of others, promotes co-operation, financial assistance from outside sources.

PEONY -Particularly sacred in the Correllian Tradition, Peony flowers and petals promote good luck, good fortune, prosperity and business success. The Peony seed however, sometimes called a "Jumby Bean", promotes dissension and strife.

PEPPERMINT -Promotes strength, vitality, movement and change. When added to a mixture, it speeds up the effect of the other ingredients. Also used for purification.

PETTITGRAIN -Protection.

PIKAKI -Draws comfort, prosperity, success and well being.

PINE -Cleansing, purifying, promotes clean breaks and new beginnings. Repels negativity. Also

promotes prosperity, growth, and increase.

PLUMERIA -Promotes persuasiveness, eloquence, success in dealing with people. Attracts the notice of others.

POPPY -Fertility, abundance, prosperity.

PRIMROSE -Promotes the disclosure of secrets, resolution of mysteries, revelation of truth. Breaks down dishonesty and secrecy.

ROSE -Love, peace, harmony, and tranquillity. Associated from ancient times with the Goddess, especially in Her form as Isis.

ROSE-GERANIUM -Blessing and protection. Averts negativity, especially in the form of gossip or false accusation.

ROSEMARY -Used for cleansing, purification, and as a strong protection. Also promotes healing and strengthens memory. Said to draw the aid of Spirits, fairies, and elves.

RUE -Protection. Repels negativity, calms emotions. Grounding. Good for smudging, psychic cleansing. Also draws prosperity by removing blockages.

SAFFRON -Promotes clairvoyance and psychism. Also attracts prosperity and good fortune through spiritual openness.

SAGE -Used for cleansing and purification, and to promote wisdom and psychic opening. Also promotes mental clarity.

SANDALWOOD -Blessing, healing, spirituality. Promotes clairvoyance, psychic opening. Also used for protection, banishing negativity.

SASSAFRAS -Good for legal situations, self-empowerment, success and overcoming obstacles.

St. JOHN'S WORT -Protection. Removes negativity, dispels depression and anxiety.

SAVORY -Sensuality, sexuality, passion. Good for sexual magic.

SESAME -Opens doors, draws new opportunities, new directions, hope. Dispels depression and negativity.

SPANISH MOSS -Protection, dispels negativity, opens blockages.

SPEARMINT -Psychic or physical protection. Repels negativity. Strengthens mental speed and clarity. Increases speed and effectiveness of any mixture its added to.

SPIKENARD -Blessing, psychic opening and spiritual elevation.

STRAWBERRY -Attracts success, good fortune, and favorable circumstances.

SWEAT PEA -Draws the loyalty and affection of others, attracts friends and allies.

TANGERINE -Promotes strength, vitality, energy.

THYME -Purification, healing, strength. Attracts loyalty, affection, and the good opinion of others.

TOBACCO -Used to promote peace, confidence, personal strength. Also promotes love and sensuality. Also used for protection and freedom from outside influences.

TONKA BEAN -Draws love, money, promotes the accomplishment of goals.

TUBEROSE -Serenity, peace, tranquillity. Calms the nerves and promotes romance and sensual love.

VANILLA -Joy and good fortune.

VERBENA (Verveine) -Protection, repels negativity. Promotes peace and tranquillity.

VETIVERT -Protection, overcoming obstacles, repels negativity. Also draws money, prosperity.

VIOLET -Promotes peace, tranquillity, happiness. Calms the nerves, draws prophetic dreams and visions. Stimulates creativity.

WILLOW -Used for drawing or strengthening love, healing, overcoming sadness. Lunar magic.

WINTERGREEN -Repels disharmony, negativity, and disease. Promotes good health, tranquillity, and peace in the home. DO NOT USE INTERNALLY.

WISTERIA -Raises vibration. Promotes psychic opening, overcoming obstacles, draws prosperity.

WOOD ALOE (Lignaloos or Lignam Aloes) -Protection, success and prosperity. Often used in consecration.

WORMWOOD -Overcomes negativity, breaks through obstacles. Especially useful for dealing with spirits or the Ancestors.

YARROW -Promotes courage, confidence, and psychic opening. Draws love.

YLANG YLANG -Increases sexual attraction, persuasiveness.

## GOD OF THE MONTH

### THE SORCERER

Lord of Winter, the Old God is also Lord of the Hunt and of the forests, Master of Game and of all wild creatures and places.

Lord of Death, the Old God was also the Patron of Shamans, Priests, and Sorcerers. He presided over omens, dreams, and ecstatic trance. In many ancient traditions the Old God led the "Wild Ride" in which the souls of the dead were believed to ride forth by night in a great and tumultuous procession, in which the living could also join through trance and astral projection. This was the central feature of the now extinct German form of Witchcraft known as the Hexenrai.

The most common name for the Old God which you will find in modern Wicca is "Cernunnos." Cernunnos is the name of an ancient Celtic form of the Sorcerer archetype, and means literally "Horned One" (From Cornu -"horn"). The name of Cernunnos is attested from a number of ancient -mainly Gallic- Celtic inscriptions. It is also preserved in modern folk versions such as Herne the Hunter, and the Giant of Cerne Abbas.

Other Celtic names for Cernunnos include Secullos, Dagda, and the Fisher King.

Cernunnos is portrayed in ancient artwork as a middle-aged to elderly man, usually bearded, with antlers or horns mounted upon His head. Often He is shown sitting in a distinctive cross-legged manner reminiscent of the Yogic "Lotus position." Cernunnos' animal forms are the reindeer or stag, and the horned serpent or dragon. Sometimes the God is shown with His legs turning into serpents, as well. If you remember earlier installments of the God of the Month, you will remember that the serpent represents the power of Universal Deity in movement -motion, action, time: the Dance of Life.

Patron of Druids and of magical and spiritual knowledge, Cernunnos possessed two important attributes: the Staff of Life, and the Cauldron of Plenty.

## LESSON XII - STONES AND CRYSTAL

### STONES AND CRYSTALS

Like herbs, stones have been used in magical practices for millennia. Long before people figured out how to cut and polish stones for jewelry, they were carrying rocks for luck and magic. The principle of sympathetic magic assigned meanings to the stones that lay about everywhere on the surface of the Earth, based upon such qualities as color and shape -thus green stones such as Aventurine were used to promote growth and fertility, and red stones such as Carnelian were used to promote strength and vitality.

Moreover people's natural psychic ability helped them to determine how to use stones, by picking up on the qualities of the stone's AURA. Everything which exists has an energy field, or Aura. The aura is as distinctive in its features as the physical form, each thing which exists having characteristic strengths and weaknesses as well as its own individual variations. These energy fields are not abstract, and they do not exist in a vacuum: auras affect each other when they come into contact, especially when conscious focus is applied. In this way the individual characteristics of a stone's aura will affect your own aura when brought into contact with it, thus influencing you in various ways.

There are a number of ways in which people use stones to create a desired effect:

The stone can be used to attract or increase (amplify) energies which are in sympathy with its aura: as wearing Rose Quartz to increase inner happiness or attract romance, or placing a Malachite on top of paper money to stimulate financial increase.

The stone can be used to focus energy for a particular purpose, rather as a colored "gel" is used to change the qualities of theatrical stage lights: as visualizing a beam of light passing through an Amethyst to stimulate psychic opening, or passing through a Fluorite for healing.

The stone can be used to create or strengthen energy pathways: as when several pieces of Quartz Crystal are laid out in a triangle or square to create an energy VORTEX to aid in psychic or magical work.

Every kind of stone has specific characteristics which determine its best use. Moreover each individual stone has qualities peculiar to it alone -a personality if you will. Two Garnets will not necessarily function in the same way, or be equally good for the same function.

The best way to find the stone you need for your purpose is to run your hand over a selection of stones, a little bit above them -so that you can feel their energy without actually touching them. The stone you need will feel different from the others: often it feels warmer, sometimes colder, but always it will feel different.

There are many lists detailing the "meanings" and uses of stones, which may help you to determine the type of stone you need. These lists however do not always agree on the qualities they accord to the stones. This is because stones work on different levels depending on how you access them. If you seriously work with stones you may find that they interact with you in highly personal ways that are unique to you, because of the manner of your individual interaction. Of course this is usually how things work, but it is rarely stated. Thus while I include a list of uses for common stones, I caution you to be alert for individual variations that will enhance your experience.

Generally people access stones through their color vibration -though there are many other ways as well. The clearer a stone is, the purer its basic characteristics will be. The more OCCLUSIONS, striations, etc., a stone has, the more individual its character will be. This is why clear, bright, crystalline forms such as Emeralds or Diamonds with few or no occlusions are so

highly prized -for their ease and predictability of use. Yet the highly individual stone if correctly used may be far more precise and effective.

Not only gem stones, but also perfectly ordinary rocks can be used in this manner -though one must be alert to their individual nature. It is widely held that the most useful stones of all are those that are "found" rather than those that are specifically sought out. Lady Krystel, the head of the Correllian Tradition, maintains on her altar a small river stone, which appears to bear the most perfect likeness of the Crone Goddess on one side. Lady Krystel found it on the ground while walking along a perfectly ordinary road, yet in working with it has found it a powerful stone for psychic and spiritual attunement.

Remember also that synthetic as well as natural stones have auras, and therefor are sometimes useful. Many synthetics are extremely shallow, but others like Goldstone or Marlenite have a powerful aura that prove very effective.

Whatever kind of stone you use, remember that you are not only working with its physical form, but with its spirit as well. You may greatly facilitate your working by calling forth that spirit, visualizing it, and interacting with it. You may visualize the stone's spirit as a larger more perfect version of itself, radiating light. Sometimes also the STONE'S SPIRIT may come to you in human form, or as an animal, according to what is needed in the circumstance. Sometimes the stone's spirit will give you advice, feedback, or needed information. Always focus is increased by working with it.

Just as you clear and release after each working, so too stones should be cleansed after being used. Some people cleanse their stones by running them under cold water. Others visualize white or yellow light as a cleansing agent. many other techniques, such as immersion in salt, are also used. Be alert for what works best for you.

Remember to thank your stones for the gifts that they bring you, for they too are part of the circle of life, and deserve respect.

#### MEANINGS OF STONES

AMBER -(yellow, orange, brown) Helps clear the mind, gives mental clarity, inner peace.

AVENTURINE -(green) Draws money and prosperity.

BLOODSTONE -(green with red flecks) Promotes creativity, self-expression, and artistry. Also aids healing, especially from surgeries or blood related diseases.

BLUE LACE AGATE -(light blue) Healing. Overcoming obstacles. Can be used as a "wish stone."

BLUE STALACTITE -(blue) Personal power and direction. Helps with finding and staying on the right personal path. Promotes self-knowledge, centering, connecting to the HIGHER SELF.

CARNELIAN -(orange-red) Promotes personal power, strengthened magic, increased fertility or creativity, happy home. Also helps combat the jealousy of others.

CHRYSA COLLA -(blue, green) Promotes balance and inner peace.

CHRYSO PRASE -(green) Clears blockages in communication, promotes eloquence and persuasiveness.

CITRINE -(golden brown) Strengthens self-esteem, promotes balance and good cheer.

CRAZY LACE AGATE -(brown stripes) Awakens hidden talents and abilities, promotes success in career situations.

CRYSTAL (CLEAR QUARTZ) -(clear) Amplifies and directs energy. Builds energy pathways.

Strengthens the energies of anything its put with.

DIAMOND -(clear) Earth's hardest stone -promotes personal growth, spiritual lessons, perfecting of self. Also resilience, perseverance, permanence.

EMERALD -(light to dark green) Protection, success, prosperity. Also promotes memory, learning.

FLOURITE -(comes in many colors) Promotes healing. The focus of the healing may be emotional, physical, spiritual, etc., depending upon the color of the flourite.

GARNET -(dark red, wine) Personal power, focus, protection. Also aids in healing, especially with blood related diseases.

GOLDSTONE -(brown with gold flecks) Used to draw money, especially through commerce or the collection of monies owed. Goldstone is a synthetic stone, but made with real gold.

HAEMATITE -(silvery black) Gives protection, absorbs negativity, helps relieve grief or pain.

JADE -(comes in many colors, but most commonly green) Serenity, inner peace and balance, good fortune. Promotes the perfection of self, and connection to Spirit.

JASPER -(red, brown) Helps promote openness to new ideas and influences, flexibility.

JET -(black) Sacred to Hekate. Jet gives protection, promotes mental and emotional clarity, deflects negativity, and helps to overcome sorrow or sadness. Traditional stone of mourning, now grown rare.

LAPIS LAZULI -(dark blue) Promotes psychic opening, clairvoyance. Now grown rare.

MALACHITE -(green and black) Malachite promotes success -whether in business or love. Prosperity, creativity, fertility.

MARLENITE -(red, red and yellow) Also called "Philosopher's Stone." A very strong money stone, this synthetic stone is named for Marlena Berndt, famous metaphysical historian of gems and stones.

MOONSTONE -(milky white) Protection, absorbs negativity, promotes confidence, psychic opening.

MOTHER-OF-PEARL -(iridescent white) Deepens emotional commitment, draws marriage, long-term love.

OPAL -(iridescent greenish white with orange, red) Promotes psychic opening and development, sensitivity to spirits. Once considered unlucky by those who feared psychic phenomena.

PEARL -(white) Peace, compassion, love. Pearls are said to retain positive emotions incomparably well.

RHODOCHROSITE -(pink and gray) Promotes sexual adventure, fertility, pregnancy.

RHODONITE -(pink and black) Helps healing of emotional pain, especially from loss of love or loss of a loved one. Helps requite grief, draw new love. Promotes reconciliations of parted lovers or friends.

ROSE QUARTZ -(pink) Love, happiness, self esteem.

SODALITE -Sodalite is very similar to Lapis Lazuli and is often used in place of it. Promotes psychic development, clairvoyance.



TIGER'S EYE -(gold and brown stripes) Promotes popularity, eloquence, persuasiveness. Helps improve communications. Also used for protection in traveling, and for protecting mechanical vehicles.

TURQUOISE -(blue) Protection, good fortune, psychic opening. Considered very sacred.

There are many ways to use stones. They can be carried in a pocket, or worn as jewelry, to keep their influence around a person. They can be placed upon an altar, or just kept in a room, to impart their characteristics to that location. They can be used in magical tools to impart their qualities to the energy being focused, or they can be used as magical tools themselves. Among the most common ways to use stones are in the forms of AMULETS or TALISMANS. You will learn more about about Amulets and Talismans in the Spell of the Month section of this lesson.

#### EXERCISES

If you have been doing your lessons regularly, your daily regimen should now include Exercises #7, #8, #9, #13, #14, #15, and #16, #20, and #21. In addition you should be doing Exercises #10, #17, #18, and #19 as needed.

At this point you are ready to simplify your regimen again. Continue to use all of the exercises you have learned as you feel the need, but on a daily basis you will now substitute the following:

#### EXERCISE #22

Begin as usual by clearing and releasing all excess energy.

Then do Exercise #7, opening the Chakras by visualizing a ball of colored light in each.

Follow with Exercise #8, turning each ball of colored light into a ball of clear white light.

Now go on to Exercise # 9, transforming each ball of white light to a ball of purple colored energy.

At this point you will deviate from the existing regimen.

Follow Exercise #9 by returning to the Root Chakra. Focus on the ball of purple light which you have opened here. Imagine that purple light being transformed into glittering silver energy, like that you have been working with in Exercise #20. When this image is clear in your mind, move on to the Second Chakra, and transform the ball of purple light which you have opened there to a ball of sparkling silver light. Continue through all of the Chakras till you reach the Crown Chakra.

Then end by closing the Chakras, and clearing and releasing as always.

#### EXERCISE #23

When you can open these balls of silver light in each Chakra with ease, you are ready to move on to the next exercise.

Exercise #23 differs from Exercise #22 in that after opening the balls of silver light in each Chakra, you will now return to the Root Chakra.

Transform the ball of silver light in the Root Chakra to a ball of golden light. Just as in the previous steps of this process, continue through each Chakra until you reach the Crown Chakra.

Then close them back down, clear and release as usual.

Remember that the silver and golden light differ from ordinary colored light in that they are not clear, but are composed of constantly swirling, glittering particles. This is an important distinction, as it makes a great deal of difference to the energy you are working with.

As this is the last lesson in this series, this is also the last set of Exercises.

As you go forward you will want to continue to develop psychically. Use these exercises as a starting point, and allow your Higher Self to guide you in devising new exercises for yourself. Do not be afraid to play with it, and to experiment. Just like any skill that you might develop with your physical body, this is a perfectly natural process. Do not push yourself, or try to go faster than you are ready for, but take it at your own speed. Enjoy the process of growth, for that is part of the reason it is given to us.

#### SPELL OF THE MONTH TALISMANS AND AMULETS

In keeping with the subject of this Lesson, our Spell of the Month is about the creation and use of TALISMANS and AMULETS.

Talismans and Amulets are magical items which we use to help bring about changes in our lives or in specific situations. They can be carried on the person, in a pocket for instance, or on a chain around the neck, or they can be put in an appropriate place such as under a pillow or on a desk.

A Talisman or Amulet can be made for any reason, though commonly they are used for such purposes as stimulating creativity, increasing prosperity, improving communication, expanding psychic receptivity, strengthening magical ability, drawing success either generally or to a specific endeavor, and overcoming general or specific problems.

The difference between a Talisman and an Amulet is this: A Talisman is a natural object, such as a stone, which is used in its natural state or with minor augmentation. An Amulet is a specially created object, made just for the purpose that it will be used for.

Over time however, the two words have blended together, and people often use them interchangeably.

A Talisman may be made of just about anything. Found stones and other "lucky" objects are often used for Talismans. Perhaps the best known Talisman of this sort is the Four Leafed Clover, which because of its scarcity is taken as an omen of and Talisman for good luck. A found penny, picked up for good luck, is another well known and enduring example of a simple Talisman.

But a Talisman need not necessarily be a found object. Many people purchase tumble polished gem stones and carry them in a pocket or a small pouch -these two are Talismans, believed to impart the qualities of the specific stone to the user of the Talisman.

An Amulet on the other hand is something we make. A stone carried in a pouch is a Talisman. A stone set as a ring or augmented by a magical symbol is an Amulet. An Amulet also can be made of almost anything, and can range from the very simple to the extremely complex. An example of a very simple Amulet is a magical symbol -such as the Egyptian Ankh- drawn on a piece of paper and worn or carried. This would impart the qualities of the Ankh -life and vitality- to the user of the Amulet. Put the paper with a complimentary stone -such as a Carnelian- and put it in a small bag, and you have a more complex Amulet. You might also add a complimentary herb, or other items which also serve to stimulate the Amulets purpose.

Long lists of items and their correspondences exist that can help us in selecting items to use when making Amulets. But ultimately whether an item feels "right" or not is the best way to decide whether or not to use it. The lists of Herbs and Stones which have accompanied these Lessons, as well as the lists of Metals and Colors below, will go along way toward giving you inspiration for Amulet making.

In making Talismans and Amulets do not feel that your efforts must conform exactly to what anyone else says -remember that like everything else in magic the purpose of these things is to act as KEYS to stimulate powers which are within you. Even though the substances of which Talismans and Amulets are made have properties of their own, how you charge the item will greatly influence how those properties will be used.

## HOW TO CHARGE A TALISMAN OR AMULET

A Talisman or Amulet may be charged quite simply in basically the same way that we would charge anything else.

The easiest way to do this is to hold the item in your hands, and visualize a ball of white light around it. As you do this, focus on the purpose to which the item is to be put. Concentrate upon that purpose, and imbue the item with that energy. In this way you add greater energy to it's native qualities.

There are also more complicated ways to do this.

### METHOD # 2

Begin by clearing and releasing all excess energy.

Place your hand over the item. Make three Tuathail or counterclockwise circles over the item, concentrating on removing any negativity from it. Say something to the effect of:

"Behold, I do cleanse and purify you, casting out from you any impurities which may lie within!"

Imagine yellow-white light pouring down from your hand into the item, and forcing out all negativity.

Now make three Deosil or clockwise circles with your hand over the item. Say something like:

"And I do bless and consecrate you to this work!"

Visualize the item being filled with a clear, bluish white light. Imagine the item filling with this light until it shines as brightly as if there were a blue-white sun within it.

You have now cleansed and charged your object.

## GOD OF THE MONTH

### YOUR DIVINE BODY

"The Goddess is not Greater than the God

Nor is the God greater than the Goddess

But Both are equal

And Neither is complete with the Other."

This simple piece of liturgy sums up much of the Wiccan attitude toward life and the Divine.

As we learn in the Vangelo Delle Streghe, the Goddess arose before all things -She is Spirit, the soul of the World, and of the Universe. All things which exist are given life by Her.

The Goddess created the God from Herself -He is part of Her: "Her Self and Her other Self". As the Goddess is Spirit, the inner force behind all life, so the God is the outer form and process of living, through which Spirit expresses Herself.

Neither is complete without the other. Form without soul is dead. But soul without expression is stagnant.

Many people believe that the soul has more value than the body, and that spiritual growth must be at the expense of the physical self. For this reason ASCETICS have practiced self denial and personal mutilation, hoping that they could leave the physical world behind.

The Correllian however would say that the body is the vehicle through which Spirit is expressed, and thus is sacred and to be loved. We believe that it is through the union of Goddess and God -of Spirit and physical expression- that life goes forward. Neither is complete, and thus Neither is happy, without the Other.

We began our GOD OF THE MONTH segments with the Genius-Juno -your own, Divine, soul. We end it with your equally Divine body. Your body, and the life you are living through it, is an expression of Spirit, of Goddess. It is holy. Goddess and God come together in the union of your soul and its physical expression. Therefor honor it.

In the Great Rite the Athame is conjoined to the Chalice. This represents the physical consciously uniting with the spiritual. You are yourself, in every moment of your life, the Great Rite personified.

Your soul -your Higher Self- deserves your reverence, even as do the Cosmic powers of Goddess and God, for you are part of Them. Likewise revere your body and your life path, for these are your most concrete expressions of the Divine, and the way in which you can most effect the Universe for the better. Do not underestimate the importance of this, or take it for less than the miracle it is. All of existence, the Goddess and God and all the Universe has existed to bring you to this place in this moment in this body -the moment of creation is NOW. It is always now. And your physical expression, perfected to this point through thousands of lifetimes, gives you the capacity to take part in creation.

Hear then the words of Krystal High-Correll, First Priestess and paramount head of the Correllian Tradition:

"Holy is my body and beautiful  
Wise are its instincts and desires  
Body I honor your instincts  
Body I honor your desires."

Light a white candle to honor your body -your physical expression of your part of Divinity. Anoint your body with essential oil chosen for the pleasure of its scent. Repeat the wise words of Lady Krystal as an affirmation of your body's holiness and remember -You are God experiencing Herself.

## EXERCISES FROM THE CORRELIAN WICCA COURSE

From Lesson 1  
EXERCISES

The "Exercises" section of these lessons will be devoted to giving you a series of exercises or meditations intended to develop your psychic and magic skills. Again, psychism and magic are essentially the same thing, psychism being receptive of spiritual influences, magic using these same skills actively to achieve specific ends.

Psychic-magical ability is rather like a muscle, which grows stronger with use. The more you exercise your abilities, the more abilities you will develop. In composing these lessons we have assumed that you know nothing, and are starting from scratch. We know that this is not true for all students, and that some will have already acquired considerable skill and ability. If you feel your level of skill is already far beyond these exercises, then think of them as a review of the basics, or perhaps a new view on the basics.

Soon enough succeeding lessons will present you with more challenging exercises. If you are starting from scratch and have never worked with these techniques before, practice them as much as possible. You should practice every day, and if it is possible for you, at the same time each day. If you cannot practice at the same time each day, it is good to try to do in the same part of the day -every morning, for example. This builds consistency and -believe it or not- really does make a difference to your progress.

How much you progress, and even whether you progress, depends on you. The time and effort you put in are what will determine your growth in magical ability. Like anything else, practice makes perfect.

These exercises rely heavily on VISUALIZATION. Visualization is a very important magical technique. In magic our goal is to focus our energy very strongly toward the thing we want to bring about. When you visualize something, you imagine it very strongly, picturing it very clearly. When you first try visualizing, you may have to close your eyes and try very hard. It gets easier with practice, and later you will be able to do it with your eyes open. When you visualize something, try to see it as clearly and strongly as you possibly can, a 3-D image - just as if you were looking at a physical object.

This is because you are using the image, and the focus and concentration that go into it, to shape energy. You are not idly imagining a pretty fantasy, but actually affecting the universe on an energetic level.

Some people find it difficult to visualize. If this is true for you, then try to imagine what the energy FEELS like, rather than just what it LOOKS like. But don't stop trying to visualize, as your ability to do so will improve with time, and the skill is of great importance.

#### GOOD HABITS

As we have said, it is best to practice every day, to build skill. If at all possible it is best to practice at the same time each day. When you first begin to learn magic, it is best to practice on an empty stomach. You should wear loose, comfortable clothes, or even better no clothes at all, and you should select a comfortable position to work in. All of these things will help you to be psychically "open."

It is good to light one or more candles before you do your exercise. The candles will act as "batteries", giving you extra energy. When a flame burns, it gives off energy, which will aid you in your exercise. Quartz crystal also serves to amplify the energy in this way, so it can be good to have some nearby, or even hold it during the exercise. Some people also like to use incense to help them shift their consciousness. Some good incenses to use are Sandalwood, or Frankincense, or Lavender. You can also use an essential oil. If you use oil, apply it to your forehead and the palms of your hands, as well as anywhere else you would like. The first exercises you will learn are two of the most important basic practices you should know. These are PSYCHIC SHIELDING and GROUNDING AND RELEASING. These two techniques are the cornerstone of good magical practice, and their importance cannot be stressed too much. In future lessons many other exercises will follow, but none are more important than these first two.

#### PSYCHIC SHIELDING

Psychic shielding is very important. Sometimes we "pick up" energy from other people, without knowing we are doing so. Their moods or emotions may "bleed over" onto us, leaving us feeling angry, sad, tired, depressed, or whatever they are feeling -and not knowing where this emotion came from. Also, sometimes people will deliberately send negative energy to us -even though that is a very bad thing which one should never do. Such negative energies cannot harm you, as long as you don't let them in -but in daily life this is an unconscious process. To one skilled in magic and psychism however, this process under ones direct conscious control. With psychic shielding we set the boundaries which keep out unwanted energy from others, but simultaneously strengthen our own Aura, or energy, keeping it healthy.

This exercise should be done daily, either when you go to bed or when get up, or as part of your daily psychic exercises.

Put yourself into a comfortable position and begin by releasing all tension and anxiety. Visualize a ball of white light floating above you. Focus on the energy of the ball -know that it is full of love and strength and peace. Try hard to FEEL these qualities in the energy of the ball. Now let the energy from the ball of light begin to flow down into you. The energy is a beautiful,

clear white light. No matter how much light comes into you, the ball will remain equally strong for its true origin is the Goddess and it is a source of boundless spiritual energy.

Let the energy from the ball pour into you and flow throughout your body. Let it move out into your arms and legs, down into your fingers and toes. Now let that light expand beyond your body. At first see the light expand just an inch out from your body. Now let it expand a little more -two inches, four inches... Let the light expand to form an oval around your whole body --an oval filled with clear, beautiful, loving white light from Goddess.

Now let that oval of white light expand to form a perfect circle of energy around you, expanding until it is about six feet across.

Now, in your mind affirm this:

"There is one power in the Universe, and I am a perfect manifestation of that power. As such I will that the boundaries of my aura shall be strong and healthy, repelling all unwanted energy while remaining open to positive and healing energy. Safe within these boundaries nothing can harm me, for I am filled with the strength of the Goddess. By my will, so mote it be -and it is so."

Now let the visual image of the light dissipate, but know that its protection and strength remain with you.

Now clear and release all excess energy as instructed above.

#### CLEARING AND RELEASING

Clearing and releasing of excess energy is extremely important. It's important to do this before a magical working so that your energy will flow freely. It's important to do after a magical working so that the excess energy that may be left in your body doesn't cause you difficulties.

There are many signs of excess energy. Dizziness, lack of balance, feeling giddy or disoriented. Excess energy may also be marked by hyperactivity, inability to rest or sleep after a magical working. There are many ways that are used to clear and release excess energy. The following is a good method of clearing energy, and the one we recommend you start with. Use this technique before a magical or psychic working to release any tension or anxiety that you may be holding from the events of the day, so that your energy will flow freely. Use it after the working to release excess energy.

Put yourself into a comfortable position -it doesn't matter if it's sitting, kneeling, or laying down, but it should not be standing, as you may tend to lose your balance until you become proficient in the technique.

Visualize -that is to say imagine very strongly- a bright white light pouring down from above the top of your head and passing through your whole body, exiting through the soles of your feet. Release all tensions, anxieties, and stresses in your being, imagine them flowing out of you along with the white light. Let it all pour out of you. Imagine the excess energy as little bits of darkness being carried away with the light as it flows through you. When the last little bits of darkness are gone, let the light stop coming down, and let the last of it flow out of you.

Another version of this uses the image of water, rather than light. Some people find it easier, because the image is more familiar. So if you have difficulty using light, try this; Again, find a comfortable position. Imagine yourself lying in a river, with the water flowing through you, entering through the top of your head, and exiting through the soles of your feet. Imagine the excess energy as leaves and twigs and other detritus as might fall into a river. See the water carry these things away from you. Again, when the last is gone, you are clear.

There are many other ways to do this as well. Some people imagine themselves standing before a beautiful lake. They imagine themselves being very dirty. They walk into the lake, until the water completely covers their head. Then they see themselves walking back out of the water, completely clean. Other techniques visualize wind blowing through the person, to blow away the

excess energy, or fire burning it away.

Still another technique is to imagine a long root, like the root of a tree, growing down from your root Chakra (your pelvic region, loosely speaking. You'll learn more about Chakras in a future lesson). Visualize this root going down into the Earth. If you are in doors, see the root going down through the floor and through any lower levels of the building, then entering into the Earth. Let the root going down deep into the Earth. Now imagine your excess energy running down through this root to Mother Earth. When you are done, draw the root back up into yourself.

One can also use physical objects to help release energy. One of the simplest ways to do this is to put a bit of salt on the tip of your tongue, or run the tips your fingers through some salt. This will have a natural grounding effect, eliminating the excess energy.

Another technique is to hold a piece of HAEMATITE or an item made out of LEAD. These substances too, have a natural grounding quality, and will have some effect by themselves. But to get the best effect, hold the object and imagine the excess energy draining into them from all parts of your body. When you are finished, hold the object under a stream of cold water (such as a bathroom faucet) and imagine white light pouring through the stone as the water washes it. This cleanses the stone.

In each case the excess energy returns to the Mother Goddess when you release it. She will recycle it, putting it to good use elsewhere. Some people like to say an affirmation when they release such as "I clear and release all excess energy." or "I release this energy to the Goddess, to be used elsewhere." This sets a clear intent, and can sometimes help to focus the process. It is not necessary to say the affirmation out loud.

All of these techniques are good, but we feel the white light, or else the water, are preferable because they tie into things you will learn in successive lessons, and as well as releasing excess energy they also exercise important psychic muscles that you will need later. But as in all things, the most important aspect is that it works well for you.

## From Lesson 2 EXERCISES

As you advance through these lessons, you will learn many exercises which will build and help you learn to control your psychic energies. Many of these exercises use the CHAKRA points. Chakras are the energy centers of the body, and there are a number of them. You will learn more about the Chakras in future lessons. In this lesson however, we will be using two Chakras; these are located in the palms of the hands, and the soles of the feet. You can imagine the Chakras as a ball of white light directly in the center of the palm of the hand, or the sole of the foot. These two Chakras are basic Chakras which are used for bringing energy into the body, and for sending it out of the body. Other Chakras are more specialized.

### EXERCISE #1

Put yourself into your comfortable position.

Begin by **RELEASING**; close your eyes and imagine all of the worries and anxieties of your day just pouring out of you like water, down and out through the palms of your hands and the soles of your feet.

Now place the palms of your hands together. Imagine a ball of white light between the two palms, radiating out from where they touch. Imagine it very strongly, see it clearly.

Now pull your hands slowly apart. Imagine that ball of light stretching out between your hands as you separate them, becoming a beam of light between your palms. Hold this for a few seconds, or longer if you can. Then slowly bring your hands together, shrinking the beam of light between them until they close together and it is gone.

Clear and release all excess energy as you learned to do in **LESSON 1**. Imagine a stream of white light or water flowing through you from the top of your head and carrying all excess energy

away through the soles of your feet.

Practice this until you get good at it -then you are ready for Exercise #2.

#### EXERCISE #2

This exercise begins just like Exercise #1. Do it just the same way until you come to the point where you have created the beam of energy between your two hands. Then, instead of stopping, imagine that beam growing and expanding to form a ball of white light between your hands. Hold that image as long as you can. Then slowly bring your hands back together, seeing the ball shrink between them, growing smaller and smaller until by the time your hands close the ball is gone.

Clear and release when you're done.

When you get good at this, you're ready to try Exercise #3.

#### EXERCISE #3

This exercise is just like Exercise #1, except when you open your hands, instead of an beam of white light, imagine a rainbow between your hands. Every color has an effect on energy, so this will work to strengthen you on a number of levels at once.

These three exercises are not meant to replace each other, but to be done together. As you master each one, you will add the next one to your daily regimen. Always release before and after, but not between the exercises. When you have mastered all three this will be your regimen; Release, Exercise #1, Exercise #2, Exercise #3, release again.

From Lesson 3

#### EXERCISES

As usual you should find a comfortable position in which to do your exercises. Begin by releasing, as you learned to do in LESSON 1. Do exercises #1, #2, and #3 as usual. Now you are ready for exercise #4.

#### Exercise #4

Exercise #4 involves your Solar Chakra. Chakras are energy centers in the body. There are both major Chakras and minor Chakras. The Solar Chakra is a major Chakra. You will learn more about Chakras in future lessons.

The Solar Chakra is located near the navel. For purposes of this exercise you should visualize the Solar Chakra as being behind the navel, at the center of the body. Chakras have many levels and can be worked with at the front of the body, the middle, or along the spine. Here we will work with it at the center.

Imagine a ball of yellow-white light at the Solar Chakra. Visualize this ball of light as being clear and bright, shining out in all directions like an internal Sun. If the ball of light is unclear or muddied, or dull, take a moment and concentrate on making it as clear and bright as possible.

Visualize the ball of light growing and expanding within you. Let it expand to fill your whole abdomen. Let it continue to expand until it is about three feet across. Each day as you repeat this exercise, make the ball of light expand farther. Let the ball of light expand as far as you can and still keep the image clear.

When you have expanded the ball, hold the image in your mind for a few moments. The longer you can hold the image, the better. If possible, expand the length of time you hold the image each day, or every few days.

Now, after opening and expanding the ball of light, and having held it for a time, you must close it. Imagine the ball of light slowly shrinking, back down to the spot behind your navel. The ball of light gets smaller and smaller until it disappears. Now imagine a tiny open door in the spot where the ball of light was, and see that door close.



Now clear and release as usual.

What you have done in this exercise is open, expand, and close your Solar Chakra. Chakras are much like the muscles of the physical body; they are strengthened by exercise. A strong Solar Chakra will be extremely important to the exercises you will learn in future lessons.

When you can do Exercise #4 easily, add Exercise #5 to your daily regimen.

#### Exercise #5

This exercise will follow the preceding one.

After you have closed the Solar Chakra you will move up to the Heart Chakra. The heart Chakra, as you might imagine, is located in the general area of the heart. Imagine the Heart Chakra as being approximately at the center of the chest. As in Exercise #4 we will work with the Chakra at the middle of the body, rather than the front or the spine.

Imagine a ball of pale pink light at the Heart Chakra. Clear, gentle pink light. If the light is muddy or dull, take a moment to imagine it clearing and brightening. Let this ball of light expand until it fills your chest.

In the center of this ball of pink light imagine a pink rose bud. See that bud begin to open, slowly spreading its petals like the flowers one sees in time-elapse photography. Let the pink rose bud unfold until the flower is fully revealed - a large and beautiful pink rose. From the center of this pink rose imagine light shining out in all directions - beautiful white or yellow-white light.

When this image is clear in your mind, hold it for awhile. Again, its best if you can increase the holding time each day.

Now you must close the Chakra. Imagine the ball of light with the rose inside beginning to shrink - growing smaller and smaller until it disappears. And again, just as in Exercise #4, imagine a tiny open door where the ball of light was, and see that door close.

As always, clear and release excess energy.

#### Exercise #6

Exercise #6 is a continuation of exercise #5. When you can do Exercise #5 easily, you will replace it with Exercise #6.

Exercise #6 begins just like Exercise #5. Imagine a ball of pink light in the Heart Chakra. Expand the ball of light. Visualize a rose bud within the ball of light, and see that rose expand until it is fully opened. See beautiful white or yellow-white light shining out from the rose.

Now, at the very center of the pink rose, see a gleaming white pearl, iridescent and lovely. Imagine the pearl floating out from the rose, out of your chest, and then upwards toward your face. See the pearl come to your lips and imagine taking the pearl into your mouth and swallowing it. Visualize the pearl as it goes down your throat - all the way down past the Heart Chakra to the Solar Chakra.

Now close the Heart Chakra as before - see the ball of light with the flower shrink down and disappear. Then imagine the tiny open door and close it.

Now clear and release as per usual.

There are many schools of thought about the Chakras. Some of these are ancient. Some are very recent. Not all of these schools of thought agree.

It is not our purpose to discuss these differences in thought at this time. In writing these lessons we are working from a single, coherent system regarding the Chakras. As with everything else, some sources will agree with us, some sources will disagree with us. We present it as being the

preferred Correllian system, not as the only system.

The Solar Chakra is of immense importance to your ability to work with these Exercises. Chakras are energy centers and they form connections which act as energy centers in the body. The first and most important of these is the SOLAR CIRCUIT. It is called the Solar Circuit because it has its origin in the Solar Chakra. The Solar Chakra is said to be where the physical body connects to the higher levels of the being. The Solar Chakra may be viewed as a kind of internal Sun producing endless quantities of energy. This energy originates from the Higher Self, and provides the power by which physical life moves forward. Emanating from the Solar Chakra this energy then forms a circuit moving through all of the other Chakras. This production and distribution of energy is constant, but normally unconscious. By exercising the Solar Chakra you are increasing the amount of energy that the Chakra produces as well as gaining more conscious control over the process, which will allow you to call upon that energy as needed.

Though the Solar Chakra produces energy, it does not usually receive it. Rather it is the Heart Chakra which usually receives energy (within the Solar Circuit). Thus the importance of exercising it. When you receive healing or additional energy from outside, it will usually enter through the Heart Chakra. This will be of great importance later.

As you prepare for LESSON 4 your daily exercise regimen should include Exercise #1,

#2, #3, #4, and #6.

From Lesson 4  
EXERCISES

With this lesson you will be beginning a new series of exercises. You will discontinue doing Exercises #1-6 on a daily basis, though we advise you to run through them once or twice a week.

The new series of exercises works with the so-called Major Chakras - the seven most important energy centers of the body. There are many things to learn about the Chakras, but we shall only give a brief description of them at this time. They are as follow:

The Root Chakra - The Root Chakra is located near the prostate in men and the paraurethral gland (the so-called Graffenberg Spot) in women. This is essentially the same location for each, but due to anatomical differences may be perceived as being different. This difference in perception is the reason why some Chakra manuals describe the Root Chakra as being located at "the base of the spine" and others locate it in the genitals -the former is more the perception of a male, the latter of a female. One can visualize the Root Chakra as being roughly centered in the lower hip region.

The Root Chakra has to do with the will to live, vitality, and joy in life. It also has to do with the feeling that one is "in the right place" and doing those things that one is meant to be doing in life. The color of the Root chakra is red, its ruler is Saturn.

The 2nd Chakra -The 2nd Chakra is located in the gonads; for women the ovaries, for men the testicles. This gives the 2nd Chakra a distinctly different location in the anatomy of the two sexes. As with the Root Chakra, this difference in location has caused confusion in many Chakra manuals.

The 2nd Chakra has to do with creativity, self expression, and independence. It also has to do with the ability to stand up for ones self. The color of the 2nd Chakra is orange and its ruler is Mars.

The Solar Chakra -The Solar Chakra, as you already know, is located near the navel. Center of the Solar Circuit, it provides great energy to the body. The Solar Chakra has to do also with issues of self esteem, confidence, and acceptance by others.

The color of the Solar Chakra is yellow, and its ruler is the Sun.

The Heart Chakra -Located near the heart the Heart Chakra has to do with issues of love, self acceptance, compassion, and balance. The Heart Chakra also has to do with our ability to understand things on an emotional level.

The color of the Heart Chakra is green, and its ruler is Venus.

The Throat Chakra -Located in the throat, the Throat Chakra has to do with mentality, will power, concentration, and communication. It has to do with our ability to understand concepts mentally, and communicate that understanding to others.

The color of the Throat Chakra is pale blue, and its ruler is Mercury.

The Third Eye -Located in the forehead the Third Eye has to do with ones ability to receive information psychically, and to access and use the psychic powers of the Higher Self. The Third Eye has to do with our ability to understand spiritual matters, and to interact on a spiritual level.

The color of the Third Eye is dark blue, and its ruler is the Moon.

The Crown Chakra -The Crown Chakra is located at the top of the head or just above it. The Crown Chakra has to do with our connection to Spirit and our oneness with Spirit.

The color of the Crown Chakra is violet, and its ruler is Jupiter.

These then are the seven Major Chakras and a brief description of their qualities. By exercising them you are working with every aspect of your being as well as preparing the ability to handle major amounts of energy.

These exercises are more complex than those which have come before, having more steps and more different subjects to visualize at once -but if you've been doing first 6 exercises one after the other as instructed, you have had good practice toward handling this level of complexity.

#### EXERCISE #7

As always, begin by finding a comfortable position and releasing all tension and anxiety.

Begin by imagining a ball of red light in the Root Chakra, at the center of your lower pelvic region. The ball of light should be clear and bright. If the light is muddy or clouded, or if it is dull, take a moment and will it to become clear and bright.

When you have the image of the ball of red light at the Root Chakra clear in your mind, move to the 2nd Chakra. For women this will be the mid-abdominal region, for men it will be at or just above the testicles. Imagine a ball of orange light here, and again if the light is muddy or dull, take a moment and make it clear and bright.

As you make the ball of orange light in the 2nd Chakra, continue to hold the image of the red ball of light in the Root Chakra too. You may not be able to do this at first, but as you practice it will become easier. As you move to each successive Chakra, try to hold the image of the balls of light in the previous Chakras, so that at the end of the exercise you will be visualizing seven balls of light all at once.

Now move on to the Solar Chakra. Imagine a ball of clear yellow light in the Solar Chakra, in the center of your trunk, behind your navel. Again, make sure the light is as clear and bright as possible. Try to hold the image of the orange and red balls of light you have already opened in the previous Chakras as you create this ball of yellow light.

When the image of the ball of yellow light is clear in your Solar Chakra, move up to the Heart Chakra. Create a ball of clear green light in the Heart Chakra, at the center of your chest, behind your sternum. Make sure the light is clear and bright. Try to hold the image of the previous three balls of colored light as you do this.

Hold the image of this ball of green light and the three which preceded it as you move on to the Throat Chakra. Imagine a ball of light blue light in the center of your throat. Make the light as clear and bright as possible.

Now move on to the Third Eye. Behind the center of your forehead imagine a ball of deep blue light. Make that deep blue light as clear and bright as you can, forcing out any muddiness or occlusion. Try to hold the image of all of the balls of light you have already opened, as you create the ball of deep blue light at the Third Eye.

When the ball of deep blue light is clear in your mind, move on to the Crown Chakra. Just above the top of your head, imagine a ball of violet light, beautiful, clear, and bright. Try to hold the image of all seven balls of light at once. Hold this image for a few moments.

You have now "opened" each of the seven Major Chakras.

Now you are ready to go back down. It is extremely important to close the Chakras back down after you have finished working with them, and you must make sure you always do this. If you do not, you may find yourself extremely ungrounded. If that should happen, you only need to close the Chakra and clear and release the energy, but it is much better to avoid the problem in the first place.

Begin with the Crown Chakra. Imagine the ball of violet light you have made begin to shrink. See the ball of light grow smaller and smaller until it disappears. Now imagine a tiny open door, and close it.

Now do the same with the ball of deep blue light you have created at the Third Eye. See it grow smaller and smaller until it disappears. Then see a small open door where the ball of light was, and close it.

Repeat this for each of the Chakras as you go down: Throat, Heart, Solar, 2nd, Base.

Now clear and release all excess energy as you know to do.

When you first try to do this exercise you may find it difficult to hold the image of all seven balls of light at once. Do your best. It doesn't matter if you can't do it at first -just go from one to the next. As you keep trying, you will find it easier.

By repeatedly opening, expanding, and closing the Chakras in this manner you are making them stronger, just as you would strengthen a physical muscle by exercising it. This will increase your psychic and magical abilities.

From Lesson 5

#### EXERCISES

You are now ready for Exercise #8. If you have not yet perfected Exercise #7, do not let that hold you back, but go to Exercise #8 anyway.

#### EXERCISE #8

It may be no surprise to you to find that Exercise #8 begins just like Exercise #7 -you may have noticed something of a pattern in this by now.

Begin as usual by finding a comfortable position and releasing all tension and anxiety. Proceed through Exercise #7 just as you normally would, opening a ball of colored light at each Chakra. Continue until you have all seven balls of colored light open.

Instead of closing the seven balls down, however, we're going to change them.

Go back to the red ball of light at the Base Chakra. Imagine it changing from red to white. Make it as clear and bright a white as possible.

Move up to the ball of orange light at your 2nd Chakra. See it turn from orange to white. Again make the light as strong and clear as you can.

Do the same thing for the ball of yellow light at the Solar Chakra. Then the ball of green light at the Heart Chakra. Go through all of the remaining Chakras changing them from the balls of colored light you have already opened, to balls of clear, bright white light. At the end you will have seven balls of white light, one in each Chakra.

Hold this image for a few moments, then shut the balls of white light down, just as you shut down the balls of colored light in Exercise #7. See the ball shrink down and disappear, then imagine a tiny open door and close it. When you finish, clear and release.

When you can do this exercise easily, you will be ready to progress to Exercise #9.

#### EXERCISE #9

Begin by doing Exercise #8, opening seven balls of colored light, then transforming them into seven balls of white light. When you have all seven balls open, return to the Base Chakra.

See the ball of clear white light in the Base Chakra. Imagine that ball of white light turn into a ball of violet light. Make the violet light as clear and bright as possible.

Now do the same at the 2nd Chakra: see the ball of white light transform into a ball of violet light.

Continue this through each of the Chakras, transforming the balls of white light into balls of violet light. Continue until you have a ball of violet light in each of the seven Chakras.

When you have a ball of violet light in each of the seven Chakras, hold that image for a few moments, then close the balls back down as you have done in the previous exercises: see the ball of violet light shrink away, imagine a tiny open door, and close it.

When you have closed the seven Chakras back down, clear and release.

At this point you should have the following daily sequence: Open seven balls of colored light, one in each Chakra. Transform each ball of colored light into a ball of white light. Now change each ball of white light into a ball of violet light. Then close the Chakras down. Finally, clear and release.

Do this on a daily basis, preferably at the same time each day, just as you have done the previous exercises. You will find this greatly beneficial to your magical and psychic growth.

From Lesson 6

#### EXERCISES

You should now be regularly doing Exercises #7, 8, and 9. From here forward you will use these exercises as the opening sequence for a variety of other exercises, which will be introduced gradually.

Open your Chakras as usual with Exercises #7, 8, and 9. But once you have all seven balls of light open, and have transformed them from colored balls to white, to violet, allow that image to simply dissipate or dissolve. You now have all seven chakras open, which will afford you increased energies for the exercises that follow; in this case Exercise #10. After you have finished Exercise #10, imagine again your seven balls of energy, then go back down through the Chakras and close them just as you normally would.

#### Exercise #10 - The Lemon

Do this exercise everyday for one week. After that, do it once a week, or more often if you desire.

As has been said, begin by opening your Chakras as usual with Exercised #7, 8, and 9.

This exercise is designed to help cleanse and purify your energy. It will help you to access more and clearer energy. In addition this exercise can be helpful any time you feel energetically "blocked" or physically ill.

Begin by visualizing a ball of white light in front of you, between your two hands. As always concentrate on making that ball of white light as clear and bright as possible.

Now within the ball of white light imagine a large yellow lemon. Make the image of the lemon as clear and real as you can. See its bright yellow color, the texture of its rind, imagine its fresh citrus scent.

From within the lemon, imagine still more white light radiating - as if there were a tiny sun within the fruit.

Lift the ball of light with the lemon inside up and over your head. You can make this gesture with your physical hands, or you can visualize doing it. Now bring the ball of light down into your head, so that the lemon is about at the center of your head.

Visualize the lemon contracting, as if squeezed by an invisible hand. Clear yellow lemon juice flows out of the lemon. The juice is shining with light. Imagine that lemon juice going to every part of your body. The juice absorbs all negativity it encounters, turning dull, even brownish, as it does so. Let the juice absorb for a few moments. Then imagine all of the juice, together with the negativity it has absorbed, flowing back up into the lemon.

Now lift the ball of white light with the lemon inside back out of your head and bring it down in front of you. Imagine the ball shrinking down, growing smaller and smaller, with the lemon inside. When the ball is so small you can no longer see it, symbolically blow it away. Ask the Goddess to take the energy and re-use it in more positive ways.

Now clear and release as always.

From Lesson 7  
EXERCISES

At this point in your development you should be doing Exercises #7, #8, and #9, on a daily basis, plus Exercise #10 periodically. You should be finding your capacity for the exercises greater, your time faster, your visualization clearer. Chakras are like muscles, the more you use them, the stronger they get, the more you can do with them. That is why it is important to do these lessons on a regular basis, and to take them in order, so that you will build up the strength of your Chakras gradually and in a consistent manner.

The next exercise is meant to be added to the daily routine, following Exercise #9. On days when you do Exercise #10, it would follow this exercise.

Exercise #11

You may feel a bit like you're back where you began, as Exercise #11 is meant to strengthen the palm Chakras, as were the first three exercises in these lessons. Exercise #11 however, is much more intense than Exercises #1, #2, and #3, and using it will bring your capacity to handle energy to a much higher level.

Do Exercises #7, #8, and #9 as usual, opening your Chakras and turning them first white, then violet. When you have done this, let the image fade -just as before the Lemon Exercise. When you open your Chakras this way, you greatly increase the energy you can access for what you are doing.

Now, raise your hand -either hand is fine. Lift your hand so that the palm is vertical, and facing a wall preferably 5-6 feet away. Imagine a thin beam of red light coming out from the center of your palm, and going to the wall -rather like a "lazer" beam. See the beam of light as clearly as you can, the red as bright as possible.

Hold this image as long as you feel you comfortably can.

Now imagine that beam of red light retracting back into your palm.

Now do the same thing with the other hand. Whenever you exercise one palm Chakra, you should make sure to do the other too. This is because you will often need to use them together, and both should be equally developed.

When you've finished both hands, you may do Exercise #10, if you wish. If you feel fatigued, Exercise #10 will help revive you. If you're not doing Exercise #10, then you're ready to close. Imagine again your seven balls of violet light at the Chakras, and close them down normally, as per the instructions in Exercise #7. Now clear and release as always.

Do this exercise for a few days, or until you can do it easily, then replace it with Exercise #12.

#### Exercise #12

As so often happens in these exercises, Exercise #12 begins just like Exercise #11.

Do Exercise #11 just as you normally would, up to the point where you have created the beam of red light from your hand to the wall.

Now, keeping the image of the beam of light clear and strong, begin to move it. You do not need to move your hand to do this, but let the beam "pivot" where it connects to the palm.

Use the beam to draw simple designs on the wall. Imagine the designs being made in the same red light of which the beam is composed. Try to hold the image of the design, even as you go on to draw the next one -this will become easier as you go, and if you can't do it at first, don't worry about it; it will come.

When you have mastered simple designs, you should try using the beam of light to write words, using cursive letters. This will increase your skill with the technique. When you feel you have done enough, retract the beam of light into your palm, and let the image of the designs you have drawn dissipate.

Remember to do both hands.

You may now do Exercise #10 if you wish. If not go straight to shutting down your Chakras as described above. Clear and release as always.

Do Exercise #12 until it becomes easy for you. Do not feel you must always use a wall -try drawing the designs in mid-air as well.

If you like, you can try Exercise #12 separately from the other exercises -on the bus, in the store, out of doors, anywhere you wish. Simply send out your beam of light and start drawing. Be sure to clear and release afterwards though. Understand that this would be in addition to, not in place of your daily session.

When you feel that you are ready, go on to Exercise #13.

#### Exercise #13

Exercise #13 is exactly like Exercise #12, except that instead of using red light, you will use a multi-colored light. By "multi-colored light" we mean that you should see many different colors in the light at once, rather like a psychedelic tie dye. Using this multi-colored light, do Exercise #13 just as you would otherwise do Exercise #12.

The color of the light -that is, energy -which we use is extremely important. Color reflects the vibration of the energy, and thus its individual nature. In general, energy is perceived as being white in color, in its natural state. White light thus is a good, all-purpose energy to use for just about anything you might want to do. Like clear Quartz Crystal, white light amplifies what you put

in without adding anything of its own. For many purposes this is good. When you transform the balls of colored light you have opened in your Chakras, you are strengthening and amplifying the energy of the Chakra.

Sometimes however, it is best to use colored energy, as its particular quality may help in what we are doing. For example when you transform the balls of light in your Chakras from white to violet, you are attuning them to the level of violet energy -violet energy is extremely spiritual, and comes from the highest level of the being, thus causing each Chakra to attune to its own highest nature and greatest good.

In these exercises we are using red energy. Red adds strength and vitality. We are using it here to add a needed "push" to help us use a Chakra in a new and unaccustomed way. Thus, red energy makes the exercise easier by giving you extra energy to do the exercise with. The "multi-colored" energy used in Exercise #13 serves to help develop all aspects of the given Chakra at once, and is the same principle as the rainbow we used in Exercise #3.

You will learn more about color as you go, and how it effects energy. Not everyone perceives the color of energy in quite the same way -just as not everyone sees color exactly the same way with their physical eyes; consider the color-blind for example. Some people develop highly individual methods of interpreting the vibration of energy through color. The system we are using is the most common. If your own experience varies, that's OK -its just different. You should still be able to do the exercises with the colors as described.

From Lesson 8  
EXERCISES

At this point in your development you should be doing Exercises #7, #8, #9, and number #13 every day, plus Exercise #10 periodically.

The following exercise is meant to follow Exercise #13 directly.

Exercise #14

When you have finished Exercise #13 -the beam of light from the palm Chakra- instead of closing down as usual, turn your attention to your Third Eye.

The Third Eye is located in the forehead. Because each Chakra is actually a collection of many points, the exact location may appear to vary from person to person, according to their individual development. Your Third Eye may be centered in the middle of your forehead, placed toward the top of your forehead, or located between your eye brows. If you have a strong feeling for any of these places, use it as the Third Eye -otherwise we recommend using the approximate middle of the forehead.

From your Third Eye, send out a beam of clear red light -just as you have learned to do with your palms. Project that beam out to a wall approximately 5-6 feet away. Imagine the beam as clearly as possible, the light as bright a red as possible, and hold it there for as long as you're comfortable -just as you did with the palm in Exercise #11. Then retract the beam of light back into your Third Eye.

You may find that this gives you a headache. In most people the Third Eye is not used to getting much exercise, and it may hurt a bit. If this happens, there is a simple solution to it -one that may be used for any other Chakra as well. Run yellow light through it. Imagine a ball of yellow light in the Third Eye -as clear and bright as possible. Continue to see the yellow light until the headache dissolves.

After this you may do Exercise #10 if you like, or go straight to closing down the Chakras as usual.

Exercise #15

When you have become comfortable extending the beam of red light from your Third Eye, you may replace Exercise #14 with Exercise #15.



As you might imagine, Exercise #15 is just like Exercise #14 up until you have extended the beam of light from the Third Eye. Now use that beam of red light to draw simple designs on the wall, just as you did with your palms in Exercise #12. And just like in Exercise #12, when you have mastered simple designs, try writing words with the beam of light, using cursive letters.

As you get better, try drawing the designs in mid-air, and at different distances.

This will exercise and develop your Third Eye, which is extremely important. And, as with Exercise #12, you can do Exercise #15 anytime that you wish -on the bus, at the store, out of doors. Just remember that this is in addition to, not in place of, your daily exercises.

When you have finished, retract the beam of light into your Third Eye, do Exercise #10 if you wish, then close down your Chakras as always, and ground and release.

Exercise #16

Exercise #16 is (you guessed it) just like Exercise #15 -except that instead of using red light, you will use multi-colored light. This increases the effect of the exercise, in all other respects do it just the same way as Exercise #15.

From Lesson 9

#### EXERCISES

By this point in your development you may find yourself feeling very drained after doing your exercises. This is because you're using psychic "muscles" you're not used to, and this unaccustomed activity makes them sore -just as your physical body is sore if you begin a new exercise regimen using muscles you've not been using otherwise.

Happily, just as there are salves and medicines for the physical body, there are ENERGETIC restoratives for those psychic muscles.

Not only after doing psychic exercises, but any time you feel your energy is low, these techniques can help you restore your natural balance. Use these techniques any time you feel you need them, but especially if you find yourself feeling tired after doing any kind of psychic work.

Like the Lemon Exercise from LESSON #6, these techniques are not meant to be permanently added to your daily routine, but rather to be used occasionally as they are needed.

Exercise #17 -The Pearl

This exercise is intended both to replenish energy and to soothe frayed nerves. Thus it is very good to use if you are feeling nervous tension or exasperation as well as fatigue.

Place your hands in front of you, and between them imagine a ball of white light about 1" wide.

Now add detail to this ball of light: Imagine it as a giant pearl -softly iridescent and gently glowing.

When you have the image of this giant pearl clear in your mind, imagine the inside of the pearl: within the pearl is filled with a thick, viscous amber light -the color and consistency of honey. This honey-colored light is translucent, and softly glowing from within.

Lift the pearl up over your head, and bring it down upon the top of your head. As it comes in contact with the top of your head imagine the pearl rupturing, and all of the thick, rich, honey-colored energy pouring into your body.

Visualize the honey-colored energy going down into your body, into every part of it -coating and soothing frayed nerves and rough edges everywhere it goes.

Let the honey-colored energy distribute and settle in your body, going wherever it is needed.

When you are finished, clear and release as always.

Practice this exercise every day for one week to get the hang of it, then use only as needed.

Periodic use of the Lemon exercise and the Pearl Exercise will help keep you open and unblocked as you continue your exercises.

#### Exercise #18 -The Silver Ball

After practicing the Pearl for one week, you will be ready to try the Silver Ball.

Like the Lemon and the Pearl, the Silver Ball is meant to be used as needed, rather than as a permanent addition to your daily psychic exercises.

The Silver Ball is intended to increase or restore energy. This exercise uses a stronger energy than you may be used to, and one with which it is good to become familiar.

As with the Pearl you will begin by forming a ball of energy between your hands.

Imagine this ball not as white light however, but as a sparkeling silver light -rather like the silver glitter that is used in craft projects. Imagine the light composed of thousands of constantly moving, glittering, silver particles. You might think of it as being filled with tiny silver stars in swirling motion.

When you have this image clear in your mind, bring the ball of swirling silver glitter up over your head. Bring the Silver Ball down through the top of your head and into your body, stopping at the Heart Chakra.

Now imagine this glittering silver light beginning to expand beyond the ball -moving out into your body, going into every part of your body, filling you completely until you are saturated with it

Let the light circulate within your body for a while. Then clear and release, allowing the excess light to run out of you.

This is a very powerful form of energy, and very useful. If you continue your studies beyond the First Degree you will learn much more about how to use it. Do this exercise every day for one week, to become familiar with it. Thereafter use it only as needed.

#### Exercise #19 -The Golden Ball

After you have spent a week with the Silver Ball, you are ready for the Golden Ball.

As you might imagine, the Golden Ball is very much like the Silver Ball, except it's gold.

This may seem like a small change, but in reality it's not -though the exercise is very similar, the energy is very different.

Again place your hands in front of you and create a ball of light between them -this time a ball of glittering golden light. Imagine the light as if it were composed of thousands of particals of swirling golden glitter.

When the image is clear you will bring the ball of golden light up over your head, and thence down into your Heart Chakra, just as you did with the Silver Ball.

As with the Silver Ball, allow the golden light to expand throughout your body, filling it completely so that you are saturated and suffused with the sparkeling golden light.

Allow the energy to circulate for a time, then release.

This golden light is a very powerful form of energy which you are only touching on here, and which is not at full strength in this form. If you continue your studies you will in time learn much

more about it.

As with the other exercises in this lesson, practice the Golden Ball for one week, then use it only as needed.

From Lesson 10

#### EXERCISES

The Exercise included in this lesson is not part of the ordinary regimen of exercises you have learned, but is a totally separate exercise on the subject of energy transfer. Continue your ordinary exercises as you have been doing them, and try this separately.

To try this you will need to work with another person. If you cannot find another person to work with, you can use a plant or animal, as these too have energy systems to which the exercise is applicable.

To begin, clear and release all excess energy, as always.

Now stand to the side of your working partner, so that they are in profile to you -it will be easier to tell what you're feeling that way. Starting at the top of your partner's head and working your way down, pass your hands over them, about two or three inches from the surface of their body. Pay attention to what you feel. The first time you try this you may not feel anything, but if you continue to work with it you will soon develop the sensitivity.

Pay attention for any part of the body that feels "different". How you perceive that difference may vary -it may feel warmer than the rest of the body, or have a feeling of static, or it may seem to "pull" you, or it may take some other form. But one way or another you will feel parts of the body that have a different feeling from the rest: these are BLOCKAGES.

Pay close attention to where these blockages are. When you have finished scanning the whole body, return to the places where you found blockages. Place one hand over the area of the blockage, again several inches from the body. You will find that one hand or the other is better for doing this with, but whether it is the right or left hand varies from individual to individual, so you will want to experiment with both until you find out which is stronger.

Visualize a ball of white light coming from your Palm Chakra. Imagine the negative energy of the blockage being sucked into this ball -concentrate strongly on this, and "pull" the negative energy with as much effort as needed. Now slowly pull the ball of white light with the negative energy inside of it, away from the body. More negative energy may be pulled along with the ball, extending behind it rather like a rope. Discard the ball and continue pulling the "rope" of energy out of the body until none is left. As you pull this negative energy out and discard it, imagine it turning to purple colored light -this is called TRANSMUTING, it recycles the energy so that it may be reused for more constructive purposes elsewhere in the Universe.

When you have removed and transmuted all of the negative energy, place both hands over the area you have been working with. Imagine white light flooding into you through the top of your head and passing out through your hands into the person you are working on. Continue to do this until no more energy will go in.

You have now accomplished a basic energy healing.

Clear and release as always, and you are done.

From Lesson 11

#### EXERCISES

In LESSON #9 you learned ways of replenishing your energy after completing your daily routine of psychic exercises.

At this point your daily regimen should include Exercises #7, #8, #9, #13, #14, #15, and #16. In addition you should be doing Exercises #10, #17, #18, and #19 as needed.

To this we now add two new exercises. These draw upon the silver and gold energy that you have begun to use as replenishment since LESSON #9. These exercises should be added into the regimen directly after Exercise #16.

#### EXERCISE #20

Imagine a ball of white light centered in your pelvic region. Visualize the light as pure and clear, with no cloudiness or mottling.

Imagine tiny silver sparks entering the light. Just a few at first, then more. See the light filling with glittering silver sparks, until at length the ball of light is completely filled with them -shimmering and scintillating like a ball of undulating silver glitter.

When this is clear in your mind, imagine the silver energy moving up from the ball through the middle of your body in a narrow beam. Visualize the silver energy shooting up through the top of your head, and showering down on all sides around you, like a geyser. Let this continue for a few moments. Then end your exercise routine as usual, by clearing and releasing.

Add this exercise to your daily routine. When you can do it easily, you are ready for Exercise #21.

#### EXERCISE #21

As you might expect, Exercise #21 begins just like Exercise #20, except when you have the ball of white light clear in your mind you will imagine sparks of golden light entering it, instead of silver. Do the exercise just the same way in all other respects -see the ball of white fill with sparks of gold until it is full. Then see the glittering golden light shoot up through your body, emerge through the top of your head, and shower down around you like a fountain of golden glitter.

From Lesson 12

#### EXERCISES

If you have been doing your lessons regularly, your daily regimen should now include Exercises #7, #8, #9, #13, #14, #15, and #16, #20, and #21. In addition you should be doing Exercises #10, #17, #18, and #19 as needed.

At this point you are ready to simplify your regimen again. Continue to use all of the exercises you have learned as you feel the need, but on a daily basis you will now substitute the following:

#### EXERCISE #22

Begin as usual by clearing and releasing all excess energy.

Then do Exercise #7, opening the Chakras by visualizing a ball of colored light in each.

Follow with Exercise #8, turning each ball of colored light into a ball of clear white light.

Now go on to Exercise # 9, transforming each ball of white light to a ball of purple colored energy.

At this point you will deviate from the existing regimen.

Follow Exercise #9 by returning to the Root Chakra. Focus on the ball of purple light which you have opened here. Imagine that purple light being transformed into glittering silver energy, like that you have been working with in Exercise #20. When this image is clear in your mind, move on to the Second Chakra, and transform the ball of purple light which you have opened there to a ball of sparkling silver light. Continue through all of the Chakras till you reach the Crown Chakra.

Then end by closing the Chakras, and clearing and releasing as always.

#### EXERCISE #23

When you can open these balls of silver light in each Chakra with ease, you are ready to move on

to the next exercise.

Exercise #23 differs from Exercise #22 in that after opening the balls of silver light in each Chakra, you will now return to the Root Chakra.

Transform the ball of silver light in the Root Chakra to a ball of golden light. Just as in the previous steps of this process, continue through each Chakra until you reach the Crown Chakra.

Then close them back down, clear and release as usual.

Remember that the silver and golden light differ from ordinary colored light in that they are not clear, but are composed of constantly swirling, glittering particles. This is an important distinction, as it makes a great deal of difference to the energy you are working with.

As this is the last lesson in this series, this is also the last set of Exercises.

As you go forward you will want to continue to develop psychically. Use these exercises as a starting point, and allow your Higher Self to guide you in devising new exercises for yourself. Do not be afraid to play with it, and to experiment. Just like any skill that you might develop with your physical body, this is a perfectly natural process. Do not push yourself, or try to go faster than you are ready for, but take it at your own speed. Enjoy the process of growth, for that is part of the reason it is given to us.

#### THE TESTS FOR EACH LESSON:

These can be taken as you feel ready and may be e-mailed to DonLewisHP@aol.com or Hard Copies can be mailed to Rev. Don Lewis, 4300 N. Hamlin, Chicago, IL 60618  
Hard Copies will be required to be on file for Legal Certification

#### LESSON INTRODUCTION:

#### QUESTIONS FOR INTRODUCTION

- 1) How does Deity come to a person?
- 2) Who has the right to decide the best way for a person to interact with Deity?
- 3) What is a Wiccan "Tradition"?
- 4) What is meant by the term Polarities?
- 5) What is the one "Law" that most all Wiccans agree on?
- 6) What is the original meaning of the word Pagan?
- 7) What are the "Book Religions"? How do they differ from the Pagan religions?
- 8) Are the Pagan religions and the Book religions related to each other?
- 9) Is Wicca an exclusive religion?
- 10) What is the First Degree?
- 11) What is the minimum amount of time traditionally required to achieve the First Degree?
- 12) Other than Correllian, name a Wiccan Tradition?
- 13) How many lessons are there in this series? How long will it take to complete them?

LESSON 1:  
QUESTIONS FOR LESSON I

- 1) Of what is the Universe composed?
- 2) What is Magic? Of what use is it to the individual?
- 3) What is meant by the term Higher Self?
- 4) What do we mean by Shifting Consciousness?
- 5) To what sorts of stimuli does Energy react?
- 6) Give two other names for "Energy".
- 7) What is Karma?
- 8) What is the Law of Three?
- 9) What is Psychic Hygiene? Why is it important?
- 10) What is Visualization?
- 11) What is Psychism? How does it differ from Magic?
- 12) Why is Psychic Shielding important?
- 13) If you were to fully master the Art of Magic, and could use it to do anything you wished, what would you do?

LESSON 2:  
QUESTIONS FOR LESSON II

- 1) What do we mean by a "Universal" view of Deity? How does this differ from a "Personal" view of Deity?
- 2) What is Primordial Deity?
- 3) What do we mean when we say that to unite with the God the Goddess "Fell Into Matter"?
- 4) What is the Vangelo Delle Streghe? Where does it come from?
- 5) What are the Planes of Existence?
- 6) What are the three parts of the Lower Self?
- 7) What are the three parts of the Higher Self?
- 8) What is the Astral Self? What purpose does it serve?
- 9) What is a Patron Deity?
- 10) Describe the three forms of the TRIPLE GODDESS?
- 11) What is the Veil? Why is one Born Old, and what does that mean?
- 12) What are the Chakras?
- 13) What is Vibration?

LESSON 3:  
QUESTIONS FOR LESSON III

1. What is an energy Vortex?
2. What is Involution?
3. What is the Psychic Tide.
4. It is said that everything has a "Dark Half". What does that mean?
5. What is the Precession of the Equinoxes?
6. What is a Zodiacal Age? According to the Correllian calendar how long does a Zodiacal Age last?
7. What Zodiacal Age are we currently in? When will it end?
8. What is the Great Year? According to the Correllian calendar how long does the Great Year last?
9. What is a Grand Sabbat? How does it differ from a Lesser Sabbat?
10. What is Roodmas? When is it celebrated?
11. What is the Oidche Shamna? When is it celebrated?
12. What is an Esbat?
13. What is the Solar Circuit? What role does the Heart Chakra play in it?

LESSON 4:  
QUESTIONS FOR LESSON IV

1. What is the purpose of an Altar?
2. What is Geomancy?
3. Which side of the altar is Cool?
4. What Part of the altar represents the elements of Air and Fire? Can you say why this is so?
5. What is an Altar Table commonly made of? Why?
6. Name three ways that we can use our Altars.
7. How many Candles should you have on your altar?
8. What does it mean to Dress a candle? Why would you dress a candle?
9. Where on your altar might you put a candle to represent the Goddess?
10. What is a Libation? What do you do with it after ritual?
11. What is Sympathetic Magic?
12. What is Younger Self?

13. What is an Omen?

#### LESSON 5:

#### QUESTIONS FOR LESSON V

1. What does the word "Airt" mean? From what language does it come?
2. What is Deosil? Why is it called that? What is its opposite?
3. What is Widdershins? Where does the word come from? What is the Gaelic term for this?
4. What are the Four Elements? Are they thought of the same way in all cultures?
5. With what Direction do we identify the Element of Fire?
6. What do we mean by Guardian of the Quarter?
7. What are some qualities that correspond with the North?
8. What are the Traditional Wiccan Quarter colors?
9. What is a Boleen?
10. What is an Athame? What is the color associated with it?
11. Which of the Four Sacred Tools is associated with the West?
12. Who was Pythagoras?
13. What is the Pentalfa? Why did the Pythagoreans use that name?

#### LESSON 6:

#### QUESTIONS FOR LESSON VI

- 1). With what TOOL do you cast the Magic Circle, and what can you use if you dont have one?
- 2). What is meant by NEGATIVE ENERGY?
- 3). What are the FOUR QUARTERS? Which one do you invoke first?
- 4). When do you normally INVOKE Deity during ritual?
- 5). Why is it a bad idea to leave the CIRCLE during ritual?
- 6). How do you CUT A DOOR in the Circle?
- 7). What does it mean to DISMISS the Circle?
- 8). In which DIRECTION do you move when opening the Circle?
- 9). Which FINGER represents the Goddess?
- 10). What is an ENERGY CONSTRUCT?
- 11). What is a CEREMONIAL? How does Ceremonial Magic commonly differ from Wicca?
- 12). What do we mean when we call an energy construct a BATTERY?



13). What is the LAST thing you should do in any ritual?

#### LESSON 7:

#### QUESTIONS FOR LESSON VII

1.) What is an INVOCATION? Why would you make one?

2.) What is UNIVERSAL DEITY?

3.) What is a PERSONAL DEITY? Name any three. Can you name a Personal Deity not listed in the lesson?

4.) What are the SEVEN GREAT POWERS?

5.) What are the ARCHETYPES of the Goddess? Which of These has most personal significance to you, and why?

6.) Explain the archetype of the SORCERER. Name three personal forms of the Sorcerer. Can you name one not given in the lesson?

7.) What is a PANTHEON? Should you ever mix pantheons? What will happen if you do?

8.) Should you ever be afraid of DEITY? Why or why not?

9.) In PYTHAGOREAN numerology, what does the number nine represent?

10.) What is a PATRON DEITY?

11.) How do you choose a PATRON DEITY?

12.) Why is the COLOR of energy important? Why would one use violet colored energy?

13.) Explain the relationship between the Young God and the Old God. What do They have to do with the concept of EVOLUTION?

#### LESSON 8:

#### QUESTIONS FOR LESSON VIII

1) What do people usually wear at a WICCAN CEREMONY?

2) Name one reason people wear ROBES?

3) Who is DOREEN VALIENTE? To what Wiccan Tradition does she belong?

4) What is an OUTER COURT?

5) Give an example of a common COLOR SCHEME that a Temple might use for robes?

6) Where did the CELTIC peoples come from?

7) In the STATE ROBES of the Correllian Tradition, what color symbolizes the Third Degree?

8) What is a VESTMENT? What does the Correllian Tradition recognize as a vestment?

9) What color is a Correllian STOLE? Why do you think that is?

10) What is a TORC? What does it mean?

- 11) What is a GARTER? Who can wear it?
- 12) What does the term "SKY CLAD" mean?
- 13) Name one potential benefit of SKY CLAD working?

LESSON 9:  
QUESTIONS FOR LESSON IX

- 1) What is an OMEN? From what source do omens come?
- 2) Why are traditional meanings of SYMBOLS important? Can you make up your own? Give an example.
- 3) In Wicca what does the GREAT RITE symbolize?
- 4) What is ALLEGORY? What's so good about it?
- 5) What is DIVINATION? Give an example of one kind of Divination which people commonly use.
- 6) Can you make up your own kinds of DIVINATION? Why would they work?
- 7) What is the DIVINE PLAN? From what level of your being do you access it?
- 8) What does the number FOUR symbolize? What does this have to do with Pythagoras?
- 9) What are TAROT CARDS? How are they used? Where do they come from?
- 10) What is the difference between SUPERSTITION and religion?
- 11) What is SYMPATHETIC MAGIC? Give an example of a sympathetic element that one might use in a spell.
- 12) What is FUTHARK? Who used it?
- 13) What are the WITCHES' RUNES?

LESSON 10:  
QUESTIONS FOR LESSON X

- 1.) What does it mean to give a BLESSING?
- 2.) What is the origin of DIVINE ENERGY?
- 3.) What is an ENERGY TRANSFER? Give an example.
- 4.) What do we mean by CHANNELLING?
- 5.) Why do we use CHANNELLING?
- 6.) Through what part of the body does CHANNELED ENERGY enter?
- 7.) What is a SPIRIT GUIDE? Who can have a Spirit Guide? How do you get one?
- 8.) What is a PLEXUS? What is it more commonly called? Where does the term come from?
- 9.) How many CHAKRAS are there in the human body?

- 10.) What is an AURA?
- 11.) How does a Chakra become BLOCKED?
- 12.) Name the three ENERGY CIRCUITS of the body.
- 13.) What is the LUNAR CIRCUIT used for? What is another word used for it?

LESSON 11:  
QUESTIONS FOR LESSON XI

- 1.) Name a way in which people use FRESH PLANTS to effect a metaphysical purpose in the modern world? The lesson gives the examples of flowers at weddings and funerals. Can you think of a different example?
- 2.) Give one example of a way in which an herbal OIL might be used.
- 3.) What is an ESSENTIAL OIL?
- 4.) What do we mean by the term BASE OIL? Give three examples of base oils that one might use.
- 5.) How might you use a GEMSTONE in making an oil?
- 6.) How was INCENSE first used?
- 7.) What are the different forms of INCENSE? Which do you think you would prefer, and why?
- 8.) What is your favorite incense? What are its metaphysical QUALITIES?
- 9.) Where might you buy GUM ARABIC? Having bought it, what would you do with it?
- 10.) Why might you use an HERBAL BATH? Name two ways in which an herbal bath might be prepared.
- 11.) If you were asked to prepare an HERBAL BATH to help someone draw a positive new romantic relationship, what herbs might you choose to do this? Name three.
- 12.) If you were asked to prepare an HERBAL FLOORWASH to bring prosperity to a place of business, what herbs might you choose to do this? Name three.
- 13.) What is the benefit of CHARGING an item, such as incense?

LESSON 12:  
QUESTIONS FOR LESSON XII

- 1.) How can STONES affect people or places?
- 2.) What sort of things normally have AURAS? What sort of things do not have Auras?
- 3.) Do synthetic stones have AURAS? Why or why not?
- 4.) From what level do people commonly access STONES? Are there other levels from which stones might be accessed?
- 5.) Energetically, what is the difference between a clear stone and a stone with many striations or OCCLUSIONS? Which one is better to use?

- 6.) Can you name a stone that helps a person to connect to the HIGHER SELF?
- 7.) How would you visualize a STONE'S SPIRIT? What might you hope to gain by doing so?
- 8.) How might you CLEANSE a stone?
- 9.) Can you name a famous STONE from history? What do you think its special qualities are?
- 10.) How might you SELECT a stone to work with, if you were buying one?
- 11.) What is the value of a FOUND STONE as opposed to a purchased stone? How would you go about getting a Found Stone?
- 12.) What is a TALISMAN? How does one use a Talisman?
- 13.) Name a popular form of AMULET.

#### Telepathic Glossary

CORRELLIAN CYBER-GLOSSARY - Words From Daily Spell  
BY REVEREND DON LEWIS, HP

A thru F

G thru P

Py thru Z

**AGE OF PISCES** -The Correllian calendar is organized into Zodiacal Ages, which take their names from the twelve Zodiacal signs, as inspired by the precession of the equinoxes. According to this system of dating the Age just ending is the Piscean Age, which occupied the years 400-1999 AD in the Christian calendar. The new Age beginning is the Aquarian.

**AIRTS** -"Airt" is a Scottish Gaelic term meaning something to the effect of "Wind." In Scottish Traditional wicca when the Magic Circle was cast the Four Winds, or Airts, would be summoned to stand guard over it and to aid the ritual being performed. The Airts are identified with the Four Directions, the Four Elements, and a host of other correspondences. In Gaelic East was ruled by Aes, whose color was red, and whose time was dawn. South was ruled by Deas (from which the word Deasil comes), whose color was white, and whose time was Noon. West was ruled by Iar, whose color was grey and whose time was Dusk. And North was ruled by Tuath whose color was black and whose provenance was the Night. This system is illustrated by the ancient song "Black Spirits" used by Shakespear in MacBeth. the first line of the song runs "Black Spirits and Red, White Spirits and Grey, mingle, mingle, mingle, as ye mingle may!"

**ALLEGORY** -Allegory is the supreme achievement of Pagan religion. It is the art of using easily understandable symbols to describe difficult or abstract concepts. In this way for example, we describe the interaction of spirit and body, a complex and intangible concept, as the dance of Goddess and God -a concrete and easily understood image from which the higher concept can be extracted. It is allegory which allows us to speak of "energy" as "light". It is allegory which allows us to speak of the Universe as a Dive Web, connecting all things. Allegory allows us to free ourselves from literality, and opens the door to abstract thinking.

**ANCESTORS** -Ancestors are spirits of people who have helped to shape us into who we are. Commonly these are deceased family members, and it is in this way that the term is primarily used. But Ancestors need not necessarily be people to whom we are related by blood. A deceased person who helped us in some important way or whom we particularly admire may also be considered an Ancestor. Sometimes a historical personage to whom we are drawn (perhaps because of a past life connection of which we may or may not be conscious) will be considered an Ancestor. Ancestors are the spirits we honor as being fundamental to the development of our character, and to whom we have a strong psychic bond. Often they will act as Spirit Guides to us, advising and aiding us as we go through life. Ancestors should be acknowledged and honored

regularly, to strengthen the bond between us and them.

AS ABOVE SO BELOW -The ancient maxim "As Above, So Below" is attributed to the Egyptian spiritual Master Hermes Trismagistus, whose Emerald Tablet and other works were the standard of traditional Hermetic teaching. What is meant by this phrase is that all of creation, whether great or small, reflects the same Divine Nature, or plan. As all things which exist are emanations of the Goddess through the God, all things naturally mirror and reflect Their Divine qualities. For this reason the same Truth will be discerned in a galaxy of stars, and in a single grain of sand, if one is open to it. It is ultimately on this principle that all forms of divination are based.

ALTAR CLOTH -A cloth placed upon an altar table to enrich or decorate it. Altar cloths originated in a time when all cloth was woven by hand, and embroidered cloth was a status symbol and its use a sign of an important occasion. Altar cloths are often very beautiful, and sometimes include a wall hanging behind the altar as well.

ALTAR TABLE -the surface on which an altar is set up, an altar table can be most anything from a patch of ground to a marble pedestal -and anything in between. It is generally considered preferable that an altar table be made of wood or stone (or such materials as plaster or terra cotta, for that matter). Metal is usually not used because of the conductivity of its nature, though altar pieces are often of metal, and it is not unusual for an altar table to be decorated with metal ornaments or inlay, or to have a metal frame.

ARADIAN -Italian Wiccan tradition as exemplified by the Vangelo Delle Streghe.

ATHAME -The Magical Knife, or Athame (or Arthame), is an ancient tool of magic, used for many purposes including casting the magic circle, and the preparation of various magical items or ingredients. In certain Traditions the Athame must be of a particular color and made in a particular way, but in general use today an Athame can be any sort of knife.

AURA -The field of Spiritual energy around the body. The size, shape, and color(s) of the aura can tell many things about the persons Spiritual state.

BELLARMINE JARS -Bellarmine jars were large jars decorated with the face of a bearded man, said to be one Cardinal Bellarmine. Often the Jar actually had three faces of the same man, sometimes conjoined. It is believed that they actually represent the Horned God. Bellarmine jars were particularly favored for bottle magic.

BOLEEN -At one time there were a number of variations on the idea of the magical knife, most of which are no longer in general use. One of these divided the magical knife into two instruments, the black-handled Athame, used for various magical operations, notably casting the Magic Circle, and the white-handled Boleen, used to create magical artifacts, such as the wand and various engraved symbols. The Athame was considered sacred to the Goddess, while the Boleen, or Burrin, was considered sacred to the God since it was used in physical operations.

BOOK RELIGIONS -According to Orpheis Caroline High-Correll, there are two religions in the world: Native (or Pagan) religions, and the Book religions. Pagan religions are living religions which grow out of people's direct experience of Deity through Nature and metaphysical experience. Pagan religions change and develop as culture and peoples' abilities develop. The Book religions descend from the Bible and Koran and believe themselves to be "revealed religions" -that is, that they are perfect in origin and must never be changed.

BORN OLD -People who are born with the veil between the conscious self and the powers of the soul very thin, and who can thus access the Higher Self easily with minimal or no instruction, are said to have been "born old". Talents that others must work to develop come to them easily, seemingly without effort. This is because such souls have already put out great efforts to develop these skills in previous lives, and bring them through to the present.

CANDLE MAGIC -Candle magic is the art of using a candle to focus your energy and intent to bring about a desired result. Usually the candle is lit and focused on for a period of meditation. The

candle may then be allowed to burn on, until it is consumed -in the belief that its burning is bringing the desired result into manifestation. Or the candle may be extinguished, and the ritual repeated at intervals, as every day for a set number of days. In addition there are many other ways to use candles in the practice of magic. Always remember that magic is a tool of self improvement and transformation, and should be used with care and for the good of all.

**CELTIC** -The Celtic people are believed to have developed in central or eastern Europe sometime around 700 BC (500 Aries) and spread through western Europe all the way to the British isles -though some scholars believe their origin to be much earlier. Interbreeding with the pre-existing peoples of western Europe, the Celts developed a distinctive and highly mystical culture. Absorbed by the Roman empire, Celtic culture had a strong influence on medieval Europe and consequently the modern world. The Druids, the Celtic priesthood, have been a subject of fascination for subsequent generations, and are believed to be a major contributing strain to modern Wiccan thought. The great Greek philosopher Pythagoras cited the Druids as a primary source for many of his teachings as well.

**CERNE ABBAS** -The Cerne Abbas Giant is a huge chalk carving in the English countryside. The carving shows a naked man with a huge erect penis, carrying a club -it is believed to represent the Horned God, Whose attributes include the club of staff, even though this particular example has no horns per se. "Cerne" is believed to be a shortened form of "Cernunnos."

**CHAKRA** -Chakras are the energy centers of the body, where body and Spirit most strongly connect. There are thousands of Chakras in every part of the body, which are connected to each other by meridians, or energy pathways. This is the basis of such systems of medicine as acupuncture, shiatsu, and moxibustion, which treat physical illness by applying stimulation to the Chakra points. In general practice however, most people work only with the seven major Chakras which correspond to the seven spheres of existence and the seven bodies. These are the Root Chakra, at the prostate in males and the paraurethral gland in females, corresponding to the physical plane. The 2nd Chakra, at the testicles in males and the ovaries in females, corresponding to the emotional plane. The Solar Chakra, roughly at the navel, corresponding to the mental plane. The Heart Chakra, at the heart, corresponding to the astral plane. The Throat Chakra, at the throat, corresponding to the solar or egoic plane. The Third Eye, at level of the pineal gland, corresponding to the monadic plane. And the Crown Chakra, at or above the top of the head, corresponding to the Divine

**CHALICE** -The ritual cup used in Wiccan ritual, said to be cognate to the Holy Grail and Magical cauldron of ancient mythology. The Chalice represents the womb of the Goddess, from which all creation proceeds.

**CHARLES GODFREY LELAND** -Folklorist and author who studied Witchcraft extensively at the turn of the last century. Published the *Vangelo Delle Streghe*.

**CHAOS** -Primordial Deity, God/dess before creation. The original state which contains within itself the beginnings of all that is given form in the physical world, but in a dreamlike and undifferentiated state. Both female and male, spiritual and physical, dark and light, all bound up together. Chaos is also called Unity or Union, among many other names. Chaos is both the starting point and the ending point of creation, it is the wholeness of Deity -from which we come and to which ultimately we shall all return, enriched by our physical experiences. Chaos is also thought of as Deity at rest, between the creation and destruction of successive Universes, or at the center of multiple Universes.

**CORRELLIAN CALENDAR** -The Correllian calendar was developed as a Pagan response to the Gregorian calendar. The Gregorian calendar is based on the supposed date of the birth of Jesus, and divides all of history in half based on that date. Pre-Christian dates must be calculated backward in this system, which not only makes Jesus appear to be the center of time, but also effectively veils pre-christian history behind a wall of unwieldy calculations and an artificial sense of separation from modern events. The Correllian calendar is cyclical, never using backward dates as such, and having no single "beginning" which might serve to divide time into "us" and "them".

**CORRESPONDENCES** -Correspondence is a teaching system which uses the idea of Sympathy

to say that items which have the similar qualities may be represented by each other. Thus the Direction of the East is said to correspond to the Element of Air, the quality of Thought, the Dawn of the day, the Spring of the year, the beginning of any project, the Maiden Goddess (such as Aradia or the Greek Kore), the Young God (such as Horus or the Green Man at Spring), and many other things. Used in part as an aid to memory, the system of Correspondence illustrates the idea that "As Above, So Below" and is used at the heart of the system of Allegory through which many Pagan and Wiccan ideas are portrayed and transmitted.

CRONE -The Goddess in Her aged form. The Crone is represented by the Waning Moon, and rules over wisdom, understanding, magic, and learning, among other things. People who do not possess wisdom often fear it, and thus the Crone Goddess is often feared as well. She is the Goddess of death, Who consumes all things -but only to give them transformation and rebirth. The Crone is often equated with Primordial Deity, Who precedes all creation, and waits to consume (ie; re-unite with) it at the end of existence. In popular iconography the Crone is the "Hallowe'en Witch" with Her pointed hat symbolizing the upward spiraling cone of power, Her broomstick for sweeping away old forms of existence, and Her cauldron of transformation for creating new ways of being.

CYBELE -Cybele was the Phrygian form of the Great Mother, Who was adopted by the Romans as Mother of the Gods. Cybele was worshipped by transexual Priest/esses who castrated themselves and afterwards lived as women -somewhat to the horror of the conservative Romans. The myth of Cybele is very ancient, and has its roots in the earliest times. It was taught that Cybele was the first Being to exist in the Universe. She was all alone, and possessed the characteristics of both sexes; that is to say She was both male and female, at the same time. When She grew tired of being alone and desired a companion, She castrated Her male parts, and flung them to the Earth, whereupon they became the God Attis, Her Son, Brother, and Consort. It will readily be seen that this myth is cognate to that of the Vangelo Delle Streghe, with Cybele being the Goddess Who creates the God out of Herself.

DARK HALF -The Dark Half of a thing is its process of Involution, or looking inward. During this process things narrow and appear to decrease or become constrained, to force a tight focus. The night is the dark half of the day. The waning moon is the dark half of the lunar cycle. The winter is the dark half of the year. And so on.

DEOSIL -This term is used to indicate clockwise movement. It literally means "Southwards" from the Gaelic Deas, or "South". Deosil movement represents the movement of spiritual energy into physical manifestation.

DEOSIL -The term Deosil refers to clockwise motions, that is to say movement that goes in the same direction as the apparant motion of the Sun. For this reason it is also sometimes called Sunward motion. In magic Deosil movement is used for raising energy, while counter-clockwise or Tuathail motion is used to disperse energy. We raise energy to aid in the working of magic and the manifestation of those things we wish to bring about. For this reason most motion in the Magic Circle will be Deosil. Deosil means "Southward" and takes its name from the Scottish term for the Airt of the South: Deas. In correspondence Deas is also identified with the Noonday and the Sun. Almost all peoples have considered Sunward motion to bwe indicative of manifestation. You will hear some people claim that such and such a people used counter-clockwise motion to indicate manifestation and work magic, but this is not so: the confusion arises from the use of the terms "right" and "left" to describe movement in the circle. Clockise movement always goes to the right -yet if you stand in a circle with others holding hands and pass energy around the circle clockwise, you will notice you receive it through your right hand, and pass it on to the left -it is from this that the confusion arises.

DESTINY -Destiny refers, ultimately, to the lessons afforded one in life, the chances for growth and advancement which will be placed in our path. What we do with these lessons of course is our own -they can be positive or negative according to our choices, rather than any preset destiny. But the lessons themselves are chosen and agreed to prior to birth, to try to stimulate growth the soul needs and desires. Consequently it can be said that life gives us opportunities which we cannot avoid or short circuit, because we have asked for them before entering this life, but what the

outcome of these opportunities might be is the result of our own choices and actions.

**DEVOTEE** -A devotee is a person who is attached, or devoted, to a particular Patron deity. Thus one might be a devotee of Hecate, or a devotee of Isis, or a devotee of Ganesha, or any of the hundred million some forms of Deity.

**DIRECTIONS** -The idea of representing the Earth as defined by Four Directions is ancient. Four is said to be the number of manifestation because there are Four Directions which define the earth, and Four Elements which compose it. Historically the Four Directions have been personified in many ways: in Egypt as the four Sons of Horus Who held up the sky at the four corners of the Earth, in the Greco-Roman world as the Four Winds. Ceremonials associate the Directions with the Four Archangels, or lesser Gods of their Tradition. The Four Directions are represented by the equal-armed cross, often placed in a circle to represent the world of physical manifestation.

**DO AS YOU WILL, BUT HARM NONE** -The Wiccan Rede, the great law of Wicca. Because what you do comes back to you -through Karma- magic and all other actions should be used for constructive purposes only. Using ones actions for harm is wrong and will only bring harm to you in the end.

**ELEMENTS** -Elements are thought of as the basic building blocks of creation. Different cultures have used different substances to symbolize the elements, and sometimes different numbers of them, and their correspondences vary widely according to location. In the Wiccan religion they are normally said to be: Air, Fire, Water, and Earth. All things are said to be made up of these elements in differing proportions. It must be understood that it is not the physical substance that is meant here, but rather the spiritual qualities that they represent. Air represents inspiration, Fire action, Water reaction, and Earth integration. In addition Spirit is said to be the fifth element, of which all the others are manifestations.

**ELEMENTS** -Just as there are Four Directions, so too there are Four Elements. The Four Elements are said to be the building blocks of all creation, contained in varying degrees in all things. The Elements are usually defined as "Air," Fire," Water," and "Earth" -though it should be understood that it is not the physical substances named, but the qualities associated with them, that are meant. It is also allowed that there is a Fifth Element, Spirit, but it is often listed separately from the Four. In different times and cultures there have been many variations in the theory of the elements, but the basic concept -that all living things contain a mixture of the same qualities- remains the same.

**ESBAT** -An Esbat is a monthly ceremony or ceremonies, usually tied to the cycle of the Moon. Esbats are commonly held at the New or Full Moon, but can also be held at the Dark Moon.

**EVOLUTION** -Involution is a process of going inside, of narrowing ones view to the extremely personal and individual. Evolution is the process of coming out from the separate and personal toward the unified and Divine. Evolution increases the vibration and lightens the density, becoming progressively less physical. This is the process of returning to Goddess and to a perspective universality. When the Involutionary process has achieved its end, the natural result is Evolution -as is revealed in the sacred Labyrinth, one first winds in, then winds back out. This process is repeated in countless ways in every moment of existence.

**FENG SHUI** -Ancient Chinese art of Geomancy based on the directions and the Asian system of five Elements. Feng Shui is used to align the position of buildings, to decorate rooms and in general to divine the most auspicious place to put things, to allow for a free flow of Chi (spiritual energy).

**GARTER** -A band of cloth, leather, or metal, worn around the leg just above or below the knee, or on the arm just above the elbow, the Garter is an ancient garment still in use as an item of dress. The Garter is also used by Wiccan High Clergy in certain Traditions as a symbol of rank. There are many variations on exactly how a High priestess' or High Priests' Garter should be made, and these vary with the Tradition. Perhaps the most famous example of the Garter from history comes from the reign of England's Edward III. Tradition has it that a noblewoman, perhaps the Countess of Salisbury or the Fair Maid of Kent (consort of the Black Prince) dropped her Garter at a royal



ball. The King picked up the Garter, saying "Let none think ill of it," and proceeded to found the Order of the Garter in honor of the event. It is believed that the lady was a Priestess of the Old Religion, and that in doing this the King extended his protection to her. According to Margaret Murray there are many things to suggest the active promotion of Pagan religion by England's Plantagenet dynasty.

**GEOMANCY** -Geomancy is the art of reading the Earth's energy and aligning ourselves and our works to take best advantage of it. By aligning to the natural orientation and flow of energy in this manner, we add to the effectiveness of our workings. Geomancy is a very ancient art and has a number of local variations which are still in use. On one level Geomancy deals with the Earth's vortices and ley lines, delineating the energetic character of differing physical locations, and the nature of their connection to each other. More commonly however the term Geomancy refers to interpretation by direction. Geomancy has many uses, including the selection of auspicious locations for structures or events, determining the proper directional alignment of buildings or objects, etc...

**GREAT YEAR** -The passage of an entire series of twelve Zodiacal Ages, from one sign all the way back to itself, is said to be a Great Year. According to Correllian reckoning this is a period of 19,200 years.

**GROUNDING** -Clearing and releasing excess energy to focus back into the physical here and now, after magical or psychic work.

**GUARDIANS** -The "Guardians" are the personified powers of the Four Airts and all they represent. The Guardians are represented in many different ways, and have been throughout history. In Egypt the Guardians were particularly represented by the four Sons of Horus, and also by the four Goddesses Who guarded the tomb. To the Greco-Romans the Guardians were most often represented as the Four Winds, while to Ceremonials they are commonly portrayed as the four Archangels of Judaeo-Christian tradition. In many traditions the Guardians are represented as animals, which symbolism is evident in many Tarot decks. In Wicca the Guardians may be represented in many different ways, both as personifications of the powers of the Airts, and as abstract forms -a particularly popular form is as a column of white light, drawn up from the Earth.

**HEKATE** -Hekate is the great Crone Goddess of ancient Greece, patroness of magic and wisdom, and a Goddess of the Spiritworld. Hekate is a Goddess of uncertain provenance, being clearly older than and outside of the Greek classical pantheon. Some say She is of Mycenaean origin -the culture which precedes the classical. Others that She is of Phrygian origin. Some equate Her with Hekat, the Egyptian Goddess of creative force and magic, with Whom Hekate was most certainly identified in Hellenistic times. Hekate was known in medieval times as Dame Hecat, in which form She was considered a Patroness of European Witchcraft.

**HERNE THE HUNTER** -A famous apparition said to appear in England's New Forest. Christian mythology connects Herne the Hunter with the death of England's King William Rufus, but Pagans see Him as the ancient Horned God. Seeing Herne is considered an omen of death, which is not surprising since the Horned God was always connected with death and winter. "Herne" is believed to be a shortened form of "Cernunnos."

**HIGHER SELF** -The higher portion of one's being, through which the connection to the Divine is perceived. By attuning to the Higher Self we move in concert with the part of us which is Divine and have access to its knowledge and powers.

**INCENSE** -Incense is an aromatic substance used to scent the air. Incense has many forms, both combustible and non-combustible, but people generally use the term to refer to any of several varieties of combustible incense which are commonly available. These include incense cones, incense sticks, and smudge sticks -all of which are directly lit with an open flame as from a match or lighter- as well as powdered incense which is burned over a hot charcoal rather than being directly lit itself. The use of incense is very ancient, and in its earliest form it was probably thrown directly on the fire, or used to fuel the fire. Incense is used to raise the vibration of a place and to lend its own qualities to the energies being raised there. Some of the many different incenses which are commonly used include: Sage (cleansing and purification), Cinnamon (protection and prosperity),

Rose (love), and Sandalwood (psychic opening).

**INTENT** -We do magic by consciously focusing energy. We shape that energy through thought and emotion. The energy takes its direction from the "intent" we set into that thought and emotion. "Intent" is your goal or purpose -what you wish to achieve. And it is very important to be clear in intent. When you concentrate upon your intent during a magical working, you are imprinting the energy with your intent, so that it will shape itself to bring your intent to pass.

**INVOLUTION** -The Vangelo Delle Streghe says that the God "Fell into Matter". This means that He "Involved". To Involve is to focus solely on a part of creation, assuming a spiritual tunnel vision. Involution slows the vibration of energy, and increases its density -thus physicalizing it. Involution gives an illusion of separation from Goddess, affording a singularity of perception which allows a thing to be studied in great detail, by blocking out the rest of creation. Since all above is also below, the process of involution is reflected in all things which must first Involve before they can Evolve -that is to say they must first adopt a highly personal and focused view from which deep understanding and integration is possible, before they can widen their view to contemplate the wholeness of existence.

**KARMA** -Divine justice, or balance. Karma tells us that for every action there is a reaction. A good action will beget good. A bad action will beget bad. Everything we do comes back to us in time. Sometimes in this life, sometimes in another, but all eventually returns. To satisfy Karma one must learn the lesson of the action -not merely experience it. And one will re-experience the event as many times as necessary to learn the lesson.

**KEYS** -A "key" is something which we use to help induce a shift in consciousness. The key may be anything that evokes the desired mental or emotional atmosphere, making the "shift" easier to accomplish. By making us feel "magical" these "keys" help ease us into our higher selves. An example of a "key" is candlelight, which can do much more to put us into a magical state than, say, fluorescent light.

**KEYS** -Keys are outer forms (items or concepts) which are used to help a person to shift their consciousness, and connect with Higher Self. Anything which makes a person feel more spiritual or magical can serve as a Key. Robes, incense, many kinds of atmospheric trappings are commonly used as Keys, as are all the techniques and ingredients of spellcraft. Keys are very useful, especially to the beginner, as they help people to make shifting consciousness easier and more automatic. The fully realized magic-user however, requires no external stimuli to aid in their work, though they may still enjoy them.

**LAW OF THREE** -Most Wiccans believe in the "Law of Three," that is that what you do -good or bad- comes back to you three times over. Some mean this literally, others mean it symbolically: that you will repeat the experience as many times as necessary to learn the lesson it offers, "three" here simply meaning "multiple times". The true meaning of the Law of Three has nothing to do with the number of times, but with the concept that Karma is about learning rather than simply balancing out ones acts.

**LIBATION** -A libation is a drink offering made to a Deity or Spirit. The most universal example is the pouring of a small amount of liquid directly on the Earth. Another famous example is the breaking of a champagne bottle on the bow of a ship for "her" Maiden voyage -this is an offering to the spirit of the ship, personified as female, in hopes of safe and successful future voyages. Libations were one of the most popular forms of offering in the ancient world, and there use is richly attested in classical literature. Libations are made as a sign of respect to the spirit, and out of a desire to share and give back to source, rather than as an offering of sustenance to the spirit.

**LIGHT HALF** -The Light Half of a thing is its process of Evolution, or looking outward. During this process perspective expands and the connection between all things is felt. The day is the light half of the night. The waxing moon is the light half of the lunar cycle. The summer is the light half of the year. And so on.

**LOWER SELF** -That part of ourselves of which we are easily aware; the physical, the emotional,

and the mental aspects of the being. Through meditation and magic we can access our Higher Selves, which include the astral or creative level of our being, our soul, those traits which make us a distinct aspect of Deity, our monad, the level at which we are Divine but separate, and ultimately the Divine level at which all is one.

**MAGIC** -Magic is the technique of creation. Magic is a method of creating, changing, or affecting circumstances through the manipulation of energy. Magic is accomplished through the focus of will power and emotion, which shape energy. Magic is best used for self improvement, prosperity, and healing.

**MAGIC CIRCLE** -The Magic Circle is used to create Sacred Space in which to perform ritual, commune with our Higher Selves, or work magic. The Magic Circle is a microcosmic reenactment of the process of creation, and represents our ties to all of existence. Many people think of the Magic Circle as being primarily for protection, but in fact it serves to heighten and help focus magical power, and this is the principle reason for its use.

**MAGICAL TOOLS** -In the wider sense magical Tools are any items which are dedicated to use in magic. They are usually highly personal and important to the user. In a more narrow sense a Wiccan's magical tools are four; the Arthame or magical blade, the Wand, the Chalice, and the Pentacle. These are the same tools around which the Tarot is based, and have roots in very ancient practice.

**MUSIC OF THE SPHERES** -Each of the seven planes has its own energy vibration, which in turn corresponds to a certain sound; for sound is generated by vibration. The vibration of vocal chord creates speech and song. The vibration of a drumskin produces the drumbeat. The vibration of the strings produces the music of the violin or the cello. So as the energy of the spheres vibrates at a given rate, it too must create a sound. This is the theory behind the "music of the spheres". A variety of techniques have evolved from this theory to link sound with energy. They are the basis under which tuning forks, bells, and singing bowls are used for energetic healing, to give one example. Another form in which vibrational sound is used in energy work involves the linking of seven vowel sound with the seven planes/bodies/Chakras.

**OFFERING** -An offering is a gift dedicated to a Deity, or Spirit. Many different terms exist to quantify the type of offering meant -a votive offering for example, given in fulfillment of a vow. The practice of making offerings is very ancient, and must be understood to be symbolic in nature, an act of respect and honor which strengthens the bond between the Deity or Spirit and the offerer, rather than as giving sustenance to the spirit.

**OMENS** -Omens are messages from Spirit delivered in symbolic terms. Omens have been believed in all around the world in every time and place. They are symbolic and are personal rather than universal in nature. That is to say that an individual or a culture creates a language of symbols which Spirit then uses to communicate with them, so that different symbols will be used in different places. An example of an omen is the famous black cat crossing in front of one, warning of a need to seek and heed inner guidance. Omens are based on the idea that there is no such thing as a "chance" happening, and that everything that happens reflects the will of Spirit.

**OPHION AND EURYNOME** -Eurynome is a very ancient Greek Moon Goddess. Her name means "Far Wanderer". The creation myth of Ophion and Eurynome is far older than classical Greek mythos, and reveals a very different set of beliefs. Chaos was the first thing to exist: this is the primeval feminine, which resolves within itself the seeds of all things, in an unmanifest state -the primordial soup, if you would. A spark of light arose from Chaos, which was Eurynome, the Moon. She arose, and danced through Chaos, and where She danced became the horizon which separates sea and sky. And Her dance was beautiful, and it stirred the unmanifest potential within Chaos, and caused others to arise as well. The North Wind came into being, and loved Eurynome, and pursued Her, following the steps of Her dance of creation. Likewise arose the West Wind, which pursued the Goddess, and after that the South and the East Winds. The four Winds followed in the dance of Eurynome, then overtook Her and surrounded Her. The Four Winds coalesced into the form of Ophion, the Cosmic Serpent, and became the lover of Eurynome. When they had finished, She took the form of a white bird and flew away. She made a nest and laid a cache of

silver eggs. From these eggs were born all other things which exist. It will readily be seen that this is the same basic myth found in the Vangelo Delle Streghe, with Eurynome and Ophion as Goddess and God, from Whose union arises all creation.

**OUTER COURT** -many Temples have both an Inner and an Outer Court. In such Temples the Inner Court is made up of the actual clergy of the Temple, while members of the Outer Court are free to free to attend Temple ceremonies but are not expected to train for the clergy.

**PANTHEONS** -A pantheon is a grouping of Deities associated with a particular time or culture. For example the "Egyptian Pantheon," or the "Roman Pantheon." The Deities of these pantheons usually began separately, as local variations, then grew together over time. For this reason, though the Deities of a given Pantheon will correspond to the Seven Great Powers, They will appear to duplicate each archetype many times. Some people prefer to work with one or another pantheon exclusively. This is a matter of personal preference. Other people believe that you should never mix Deities from one pantheon with Deities from another pantheon -this is a superstition, and experience shows that it is simply not true.

**PATRON** -A Patron Deity is the particular Goddess or God that one feels most at Home with. Some people have more than one, but usually one will predominate. Any Deity that you are drawn to can be your patron Deity. One's Patron Deity is praye dto for guidance, visions, blessing, etc.

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**PERSONAL DEITY** -A Personal Deity is any one of the many faces we ascribe to Universal Deity, to make Deity easier to understand. Where Universal Deity is all-encompassing and abstract, Personal Deities are individual aspects of Deity portrayed in very human terms. Personal Deities are there to help us understand Deity, and make a personal, emotional, connection to Deity.

**PENTAGRAM** -The Pentagram, a five-pointed star in a circle, is the principle symbol of the Wiccan religion. The symbol was used in ancient Egypt to represent the concept of magic (without the circle) and the Spirit World (with the circle). In Classical times the Pentagram, also called Pentalpha, was used by the Pythagoreans -a Greek philosophical school with a reputation for deep metaphysical knowledge. In the medieval period the symbol continued to flourish being used by a number of groups, including some Christians. The Pentagram has many meanings, notably the union of the Five Elements (Air, Fire, Water, Earth, and the Element which underlies them all: Spirit), which in turn corresponds to the union of Spirit and Matter and the attainment of Spiritual Illumination, as well as the ancient maxim: As Above So Below (because the five-pointed star can be taken to represent the human body, illustrating our Oneness with all creation).

**PENTALPHA** -The Pentalpha, or "Five A's" was the sacred symbol of the Pythagoreans, more familiarly known today as the Pentagram. The Pythagoreans used the pentalpha and the five Tetraktys triangles of which it was composed to convey many metaphysical truths. Extremely popular in Hellenistic and Roman times, Pythagoreanism passed into the medieval period through scholarly sources and continues to be a major building block in all most metaphysical systems of thought today.

**PRECESSION OF THE EQUINOXES** -It was long ago observed that the physical position of the constellations had diverged from the theoretical positions used by astrology. Thus, the Spring Equinox which once coincided with the Sun's apparant entry into the Zodiacal sign of Aries, has not done so for many hundreds of years, and now more closely corresponds to the Sun's apparant entry into Pisces. From this fact the theory of the Zodiacal Ages was developed, based on the idea that "As Above, So Below" celestial phenomena must reflect Earthly conditions.

**PRIMEVAL DEITY** -God/dess before creation, being both feminine and masculine, both spiritual and physical, resolving all opposites and polarities and containing within Itself all things. Primeval Deity is both the origin and the destination of existence, the inner soul of all creation. Primeval Deity

is most often represented as the Androgyne or the Crone.

**PSYCHIC SHIELDING** -Strengthening one's aura to keep out extraneous or unwanted energies.

**PSYCHIC TIDE** -The term Psychic Tide refers to the eternal cycles of energy in the Universe, which move in a constant process of Involution and Evolution, spiralling always inward, then outward. Everything which exists moves in the rhythm of the Psychic Tide, which has waves and currents and eddies at all levels of being. The galaxy, the planet, the individual, all move to the Psychic Tide on many different levels.

**PSYCHISM** -Magic is the art of actively using the powers of the soul. Psychism is the art of using those same powers passively; to receive information or communication from the Higher Self or from others. Magic and psychism are intimately connected and the division between them is arbitrary, and solely to make understanding simpler.

**PYTHAGOREAN** -The Pythagorean philosophy was founded by Pythagoras, a native of the Greek island of Samos who lived in the 5th century BC (7th century of the Age of Aries). To the Greeks "philosophy" was a term that indicated a private belief system, as opposed to "religion" which was a system of public rituals centered on family or community. The Greeks had many differing philosophical schools, of which the Pythagorean was among the most mystical and profound. Pythagorean ideas have never ceased to be current, and are a crucial building block of modern Wiccan thought. You will find Pythagoras' teachings reflected throughout this series of lessons. Fascinated by mathematics and the musical scale, Pythagoras was a pioneer of the metaphysical science of numerology -the idea that numbers have individual characteristics which can be used to describe Universal Truth as well as to divine individual truths. Pythagoras used numerology to illustrate his ideas about the Universe, the soul, cosmic laws, and the nature of spiritual evolution. The central symbol of Pythagoras' philosophy was the Tetraktys, the "golden triangle." This sacred symbol, triangular or pyramidal in shape, described the way in which Deity began as One, became Two, added the magic of Three to bring about manifestation as Four -the whole of which equals Ten (10), which numerologically reduces back to One (1) meaning that Deity and the created world are cognate, or in other words: "As Above, So Below." When five of these Tetraktys triangles were put together they formed a symbol called a "Pentalpha" (the "Five A's"), from which many other universal truths were enumerated -the pentalpha was the symbol by which the Pythagoreans became known, and is today more commonly called the Pentagram ("Mark of Five"). When the Sepher Yetzirah delineated the ideas of Hebrew Cabala eight centuries later, it drew heavily upon the ideas of Pythagoras. Pythagoreans also taught the concept of reincarnation and the idea of transmigration of souls, so that his followers regularly practiced what is today called "past-life regression."

**RELEASING** -Allowing excess energy to flow out of one, so that it can be grounded: returned to Mother Earth to be used in other, more productive ways.

**SABBAT** -A Sabbat is a major Wiccan Festival. There are four Grand Sabbats, whose energy is primarily feminine. These are; Samhain, Imbolc, Bealtaine, and Lughnassadh. There are four Lesser Sabbats as well, whose energy is primarily masculine. These are; the Spring Equinox (Ostara), the Summer Solstice, the Fall Equinox, and the Winter Solstice (Yule). The Lesser Sabbats are keyed to the position of the Sun, and are reckoned by the Solar calendar. In former times the Grand Sabbats were reckoned by the Lunar calendar, but they were long ago tied to the Kalends (or first day) of the months in which they occur, and are now usually reckoned by the Solar calendar as well.

**SADHUS** -A Sadhu is a kind of holy person in certain sects of the Hindu and Jain religions, who pursues a life of meditation and spirituality. Often Sadhus wear little or no clothing, to symbolize that they are dealing with the inner essence, rather than the outer form. A famous example of such a holy person is Mahatma Gandhi, who adopted a loincloth as his principle item of dress. In the Jain religion, founded by Mahavira, holy people go completely naked, eschewing even a loincloth, after Mahavira's own practice. It is Mahavira who coined the term "skyclad."

**SEVEN GREAT POWERS** -The Seven Great Powers are the seven basic archetypes to which

Personal Deities tend to correspond. They are also likened to the seven planets of Ptolemaic astrology. The archetypes are these: Goddess -Maiden, Mother, crone. God -Young God, Hero (Sun) God, King, Sorcerer.

SEVEN PLANES -The seven planes, or spheres of existence are used to describe the different levels of being which Spirit, or Goddess, experiences in interaction with Matter, or God. As is often the case with classifications, these seven levels are not nearly as neat as they are made to sound, but overlap and blend in ways which defy category. These seven planes are sometimes described as a successive "Fall" into progressive densities of matter, progressively slower vibrations. The seven planes are these; Physical, at which we experience physical form and sensation. Emotional, at which we experience emotional feelings. Mental, at which we experience thought and abstract concepts and understandings. Astral, at which we create our existence and its conditions. Soular, at which we develop those traits that make a unique part of Deity. Monadic, that part of us which is Divine, but is separate from the Whole of Deity. And Divine, at which we are One with all existence.

SHIFTING CONSCIOUSNESS -The process through which we rise from our normal thinking level of consciousness to connect with our Higher Self. It is from this higher level of consciousness that magic is practiced as a conscious act. Science has shown that our brain waves actually change when we shift consciousness in this way, creating a distinctly different state from that of our normal mind.

SOLAR CIRCUIT -The Solar Circuit is the principle energy circuit of the human body, having its origin at the Solar Chakra (hence the name). From this point energy enters the body from the Higher Self, and ultimately from the Goddess. This energy is limitless in theory, but in practice may be restricted or blocked for a variety of reasons. The Solar Circuit is used primarily for the sustenance of the body and the continuation of physical life.

SYMPATHETIC MAGIC -Sympathetic magic is based on the idea of "Sympathy" -that items which have similar qualities can be used to represent each other, and can be used to magically effect each other. Thus because growing plants are green, green is the color of growth and increase -therefor burn a green candle to bring prosperity. Because fire brings transformation -changing raw food to cooked, wood and other materials to ash -burning a magical charm on a piece of paper can bring transformation to a situation. In reality these are "keys" or symbolic tools that we use to focus our energy and intent, which is what really makes the change.

SPIRIT GUIDES -Every person has a number of Spirit Guides, or Familiar Spirits, around them. These spirits are there to help us in our lives, especially in dealing with major life lessons. They are also there to advise us, if we know how to listen to them. Spirit Guides are drawn from among the spirits of people we have known, with whom we still have a strong connection. Sometimes these are people we have known in this life, and sometimes they are people we have known in other lifetimes of which we may or may not have conscious memory. A person may have many Spirit Guides, but usually one special spirit will be the main guide. This spirit is a companion and guardian throughout life, even if the person has no conscious knowledge of their presence. There are many different kinds of Spirit Guide, some of whom specialize in healing, or the development of particular qualities or talents. But it is not necessary to know what a Spirit Guide specializes in to receive their help -indeed, it is not even necessary to know they are there to be helped by them. In medieval times Spirit Guides were called Fairies, before that term came to be attached to Nature Spirits instead. They are also sometimes called "guardian angels." But whatever they are called, the concept is always the same -a spiritual guide and helper who eases our journey through life.

THURIBLE -A thurible is an incense holder suspended from a chain, which can be hung, or swung to disseminate the smoke through a given area. They are sometimes extremely richly decorated, and are considered the most formal type of incense burner. They are normally used with powdered incense and charcoal, but other methods do exist. The use of the Thurible is very ancient, and magnificent historical examples exist.

TOGA -The Roman empire dominated ancient Europe during the Age of Aries, collapsing just before the advent of the Piscean Age. Beginning as a Republic, Rome gradually slid into despotism

over the course of centuries. A garment which could only be worn by Roman citizens, the elite of the empire, the Toga was a length of white cloth worn wrapped around the body and fastened over the left shoulder. The Toga took different forms in different periods, beginning as a relatively simple cloak and ending as a version of the "stole" -a long thin piece of fabric wrapped around the body or worn hanging over the shoulders.

**TORC** -In Celtic religion the Torc, a circular metal necklace, was a symbol of initiation and of the Divine Mysteries. The Torc's circular shape reflects the cyclical nature of reality and the ancient concept of Ouroboros -the snake swallowing its own tail, representing the idea that all things ultimately return to their source. Sacred to Cernunnos-Secculos-Dagda, the Celtic Lord of the Dead and of the Spirit realms, the Torc was not only worn as a symbol of initiation, but was also used as a symbol of all things magical and spiritual, and was frequently hung up in a house to confer protection -in which use it was later replaced by the horse shoe. Suppressed first by the Romans and then by the Christians, the Torc survives today in many altered forms, not least of all the "stole" -a narrow band of cloth worn around the neck as a symbol of Priesthood.

**TUATHAIL** -This term is used to indicate counter-clockwise movement. It literally means "Northward" from the Gaelic Tuath or "North". The term is commonly replaced with the colloquial "Widdershins" -a Gardnerianism.

**TUATHAIL** -The term Tuathail refers to counter-clockwise motions, that is to say movement that goes opposite from the apparent motion of the Sun. In magic Tuathail movement is used for cleansing, purifying, or removing things. For example Tuathail movement is used when the Magic Circle is being taken down. The term Tuathail means "Northward," taking its name from the Scottish word for the Airt of the North, "Tuath." Gardnerians and many Wiccan Traditions which are influenced by them, often call Tuathail by the colloquial term "Widdershins."

**UNIVERSAL DEITY** -The different faces of Deity are ways of understanding Universal deity. All of the faces of Deity in the end reflect the same universal power, as in fact do we and all of creation. That universal power is infinite and beyond our power to know in its totality, so we make understandable images through which we may interface with it. That infinite power is Universal Deity -the spirit of Deity that is beyond all names and images.

**VANGELLO DELLE STREGHE** -An Aradian Wiccan scripture containing the creation story, the Charge of the Goddess, and a collection of other myths deriving from Italian Witchcraft. Published by Charles Leland in 1599 i (1899 AD) under the title "Aradia, or the Gospel of the Witches", the book requires serious annotation to be properly understood, but is a cornerstone of Wiccan thought.

**VEIL** -Most people perceive easily only the so-called "lower" aspects of their being. The physical self and its sensations. The emotional self and its feelings. The mental self and its thoughts. The higher aspects of the being, from which we derive such abilities as clairvoyance, telepathy, telekinesis, etc., most people can only access through much work and difficulty. Ordinarily we have no conscious knowledge of them, unless we have been "born old" in which case we have worked to develop them in earlier lives. The separation between what we consciously perceive of ourselves, and our higher powers is symbolically called a "veil". This is because in former times an ornamental veil was often used to screen off the sanctuary of a temple from the general temple precincts. Consequently the idea of a veil hiding something spiritually higher seemed a natural allegory.

**VIBRATION** -Vibration, the rate at which energy moves, is believed to become slower the farther down the seven spheres it proceeds. The slower the vibration, the denser the matter; thus the physical plane is the home of the densest matter with the slowest vibration, while the Divine plane has the least density and the fastest vibration. As energy moves upward from lower vibrations to higher ones, it generates heat. As energy slows from higher to lower vibrations, it produces coldness. You will notice this in energy working.

**VISUALIZATION** -The art of concentrating or imagining something very strongly, usually as a visual image. In this way you focus mind and emotion to shape that which is visualized into reality.

**VORTICES** -Vortices are the energy centers or Chakras of the Earth. The Earth's energy is stronger and more easily interacted with at a Vortex, just as our own energy is stronger and more easily interacted with at our Chakra points. Vortices are ideal spots to receive energy from the Earth, and to send healing to the Earth -for this reason Vortex points are usually considered sacred spots, and are often used as worship centers. Just as the Chakras of the body are connected by meridians which transmit energy between them, so too the Earth's Vortices are connected by "Ley Lines".

**WAND** -Everybody knows about the Witches' magic wand, right? The Wand or Staff is used in Wiccan ritual for a variety of purposes related to the focusing of energy. In Correllian Wicca the Wand is most commonly used as an instrument to aid in the calling of the Airs, or Quarters.

**WHEEL OF THE YEAR** -The Wheel of the Year refers to the yearly cycle of the Seasons, and to the sacred festivals which celebrate them. These festivals describe the process of Involution and Evolution on personal, seasonal, and Divine levels.

**WILD RIDE** -In certain ancient mythologies, most notably Germanic, the spirits of the dead were believed to ride out in a great procession on certain nights. Some said this ride took place on nights of the Full Moon, others said it was only on certain festivals. Often the ride was characterized as a "hunt." It was believed that the living could join in this "ride" through astral projection. This was the basis of the German school of Witchcraft known as the Hexenrai, and is well attested to in trial transcripts from the Burning Times. Sometimes the Wild Ride was said to be led by the Crone Goddess. Sometimes the leader of the Wild Ride was the Horned God. There are many interesting descriptions of this Wild Ride in old literature. Odin, Herne the Hunter, Herlichinus (afterwards Harlequin), and a variety of other forms of the Horned God were said to lead the Ride. The hunt of Diana and Her nymphs is sometimes seen as a version of the Wild Ride as well.

**YOUNGER SELF** -"Younger Self" is a term which is used to describe the part of the self which is creative, spontaneous, and non-judgmental. Commonly this part of the self is visualized as a child version of the adult. Younger Self is sometimes described as being the place of Innocence, from which all things are possible. Many people have cut themselves off from this aspect of their persona, and neglected it -sometimes as a result of trauma. Such people must make an effort to reconnect with their Younger Self, and give it love and nurturing, until it is fully active within them. There are many techniques for doing this, most of which involve symbolically externalizing Younger Self to show it love. But even if we have not cut ourselves off from Younger Self, we should still make a strong effort to stay connected to it, and to keep it healthy and active.

**ZODIACAL AGE** -A Zodiacal Age is a period used to mark time by a Zodiacal ruler, theoretically reflected in the Precession of the Equinoxes. Each Zodiacal Age is ruled by a sign of the Zodiac, from which the Age is said to take its character. Different schools of thought assign different lengths to the Zodiacal Age. According to the Correllian calendar a Zodiacal Age lasts for 1600 years, or four sets of four hundred years each. By Correllian reckoning we are currently at the end of the Piscean Age and the beginning of the Aquarian Age, with the year 2000 AD being an Intercalary year that is both 1600 Pisces (i) and 0 Aquarius (h).

**ZODIAC** -The Zodiac is a system of constellations used since ancient times to structure the practice of Astrology. Developed in the ancient Near East, Astrology uses the theoretical position of stars and planets to address issues of internal character and future events. Though tied to the position of heavenly bodies, it could be argued that astrology really has more to do with the mathematical calculation of repeating cycles of time and their individual character, using the stars and planets as markers.

## COMPREHENSIVE TEST

Each of the lessons in this series comes with a test, designed to make sure you understand the material in that lesson. Now that you have completed all the lessons, we include this comprehensive test, designed to see how much of the information from the lessons you have retained over all.



- 1.) What is an ATHAME? If you don't have an Athame, what can you use in its stead?
- 2.) What is an ENERGY CONSTRUCT? Give an example.
- 3.) Which side of the ALTAR is associated with the Goddess? Which side of the altar is associated with the God?
- 4.) Who is MADDALENA? With what Wiccan Tradition is she associated?
- 5.) How many CHAKRAS are there in the body?
- 6.) In the Correllian Calendar, what is a ZODIACAL AGE and how long does it last? Which are we presently in?
- 7.) What are the FOUR SACRED TOOLS?
- 8.) What do we mean by the term UNIVERSAL DEITY? What do we mean by PERSONAL DEITY?
- 9.) What is an OMEN? What is the term used for an organized system of Omens?
- 10.) What do we mean when we call an energy construct a BATTERY?
- 11.) What are the SEVEN PLANES OF EXISTENCE? Name them.
- 12.) What are the three ENERGY CIRCUITS which have been discussed in these lessons?
- 13.) What is INVOLUTION?
- 14.) Who founded the CORRELIAN TRADITION? What was its original name?
- 15.) What are the SEVEN ARCHETYPES OF DEITY? Name them.
- 16.) Who is HERMES TRISMEGISTUS? With what phrase is he associated?
- 17.) What is GEOMANCY?
- 18.) To what stimuli does ENERGY react?
- 19.) What are the SEVEN MAJOR CHAKRAS? Name them.
- 20.) What are the FOUR AIRS or QUARTERS? Name their correspondences to Direction, Element, and Color.
- 21.) How would you use a FLOORWASH?
- 22.) What is a PATRON DEITY? How might you get a Patron Deity?
- 23.) Who is PYTHAGORUS? Name one contribution to metaphysics made by Pythagorus.
- 24.) What is a MERIDIAN?
- 25.) What is the LAST thing you should do in a ritual?

This is the last test for First Degree.