

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section I

Introduction to Metaphysics

"New Age" philosophy is actually thousands of years old.
What follows is a Biblical reference to out-of-body travel:

I know a man in Christ who fourteen years ago was caught up to the third heaven--whether in the body or out of the body I do not know, God knows. And I know that this man was caught up into Paradise--whether in the body or out of the body I do not know, God knows-- and he heard things that cannot be told, which man may not utter.
--2 Corinthians 12

From hexes to faith healing, the mystic powers of the human mind have been recorded since the beginning of history. To learn such skills, one must supposedly join a cult, meet at midnight in abandoned buildings, speak in an ancient tongue, and sacrifice innocent animals -- but this is not so. The long-hidden secrets of witchcraft are easily learned and understood, if only one is willing to discipline himself in the art. There are no books to sign in blood, no souls to sell, and no secret handshakes to learn. In fact, when applied correctly, metaphysics is as simple and safe as baking a cake.

Of course, magic doesn't *really* exist -- at least until our scientists can prove it, anyway. As far as authenticity goes, I will not state here that magic is anything more than a theory. Angelfire cannot possibly be expected to validate my claims, nor take responsibility for someone who took the course far too seriously. Therefore, consider this course to be an entertaining psychological study in the theory of metaphysics, written by a scholar of the field. If you are offended in any way by the subject matter, then you may complain to me at empress_norton@hotmail.com (or, likewise, ask me questions).

This course will attempt to teach you the core methods of magic that witches and other occultists use. A great deal of this is what is known as ESP, so you may also consider the following to be a training course in unlocking your hidden senses. You will also come to understand the theories behind out-of-body travel, spell-casting, and communicating with spirits. Since most of these topics are rarely delved into in Western philosophy, an open mind is essential.

When researching metaphysics, three sorts of traditions will stand out. First, there are the ancient texts with illegible gibberish in dead languages. Second, the feel-good visualizations of New Age authors, talking much but saying little. Third, the spiritual cults that claim you must follow their religion specifically before you can learn witchcraft. This course avoids all three traps. I've explained everything in layman's terms, and avoided "fluff" as much as possible. If you wish, you can apply the skills herein to whichever

faith you adhere to, or not at all.

You'll notice that I don't lay out any specific spells for you to use, specifying which incense to burn while holding this candle and chanting that mantra; this is because I don't explain the *what*, I explain the *why* and *how*. (Although if you want to use such symbolic measures in your spells, I've included some examples in the addendum.) By the end of this course you should be able to patch together a spell for pretty much anything your creativity will allow. Witchcraft is an art form -- you can use any variety of media to create a picture of every sort.

Section I Exercises

1. Honestly list the reasons you would want to learn magic. Know thy intentions and you will know thyself.
2. Write down any preconceptions you have about magic. Where does magic come from? Do spells have to rhyme? Etc. You may be surprised at how much your thoughts will change with a little experience.

[Back to Why Wiccans Suck](#)

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section II

New Frame of Mind

What is reality?

No matter which religion you study, two distinct realities seem to emerge: the one we breathe, work, and eat in; and another one which is boundless and unseen (wherein our "soul" resides). Metaphysical theory claims that the two are overlapped (which is why, for example, we can sometimes see other people's souls, or as we might call them, "ghosts"). The hidden (or, as I call it here to simplify, "astral") world affects us daily in ways we do not consciously realize. Witchcraft is merely the manipulation of these forces to create favorable effects in our everyday lives.

Belief vs. experience

It's quite a leap of faith to *know* an unseen reality is there, as opposed to just believing in one. I've seen some truly religious people, who believe in a soul and an afterlife, scoff at anyone who claims to have actually walked around in that soul out-of-body. In truth, that is the great burden of the art of metaphysics -- very few people will believe you, as your "proof" is all personal experience. Only after they have accomplished the same feats will they appreciate what you've been through.

Belief vs. experience is an important staple of witchcraft: You can read as many tabulature books as you like, but you can't truly appreciate them until you try to play the guitar for the first time. Therefore, take nothing herein seriously unless you're ready to try to responsibly apply it.

A small bit of personal proof:
**Drunken
Clairvoyance**

On the night of my twenty-first birthday, some friends took me out to celebrate at a local club. I'd been there

If you read many pagan webpages, you'll notice a large majority of "witches" who *believe* in magic, but obviously don't *know* for certain that it is real. You'll notice that most, if not all, of their rituals involve "visualizing," as if daydreaming can cause magic to happen as long as there's plenty of candles around for atmosphere. If you complete any of the exercises in this tutorial, though, you'll appreciate the reality of the no-longer-hidden forces that these other beginners have missed.

Hoaxes and Hyperbole

Before we begin, some misinformation must be cleared up.

Society -- and some traditions of witchcraft -- train you to think that magic is purely psychological. Some research might change your mind. For example, things like astral projection do not involve such inane activities as calmly imagining a "happy place" -- there are violent physical symptoms involved, reminiscent of thunder and lightning, which we will discuss later.

One cannot be closed-minded when it comes to the unexplained. For example, "spirits" as we know them cannot be scientifically classified as hallucinations. One scientific study in the 70s concluded that hallucinations are caused by neural discharge in one sensory center of the brain, while the rest of the mind is paralyzed by awe. Therefore, someone might see a ghost, but be unable to walk around it and look at all sides; let alone feel a sudden cold spot, hear its voice, or be able to ask it questions, as has been reported in the past.

But do not let the metaphysical propaganda blind you from skepticism, either. Some "miracles" can be easily explained using current science. Spoon-bending such as Uri Geller does

before, but had never been able to drink, so I took full advantage of the opportunity. I was on the verge of passing out alone, on a very comfortable couch, when something astral caught my attention.

There was a sudden wave of hungry, sexual energy rolling across the ballroom. It was so powerful, it seemed to be coming from dozens of people. "What the..?" I muttered to myself, then lifted my head to look. My area of the club was too packed to see anything (plus, my vision was hazy, anyway) so I stumbled through the crowd until I found the source of the energy. There were several people acting out a "fetish play" which seemed to be nothing more than an excuse for nearly-naked women to practice martial arts on each other. "I didn't know they did stuff like that here," I thought numbly, then dragged myself through the clustered audience and back to my couch.

"Yeah, they do that every Friday," my friends told me later. "Didn't you know?"

My point is that I wouldn't have had any idea that such an event was going on except for my ESP. The alcohol had certainly not given my senses any advantage. There had been no change in the music, which was blaring too loudly for me to hear anything, anyway. Not only had my eyes had been closed, but the action was happening in a different part of the building altogether. I automatically knew from which direction it came, so I knew where to look for the energy source. This example also gives you a good idea of how "getting vibes" really works, which you'll learn how to experience in Section V.

can be mundanely reproduced using an alloy called "memory metal" which automatically bends into its former shape when heated (for example, by holding the handle in your fist for a few moments).

Remain as skeptical as possible throughout your training. After all, no one will know better than you if what you've experienced was real. Meet all metaphysical literature you come across (including this course) with a scientific eye. If you're told to do something that seems pointlessly physical, like lighting a dozen candles and repeatedly shouting a chant, realize that all you'll end up with is a lot of melted wax and a hoarse voice. Magic wouldn't be called magic if it were that mundane, now would it?

ESP is a *huge* advantage when learning witchcraft, so the first exercises in this course are designed to hone those abilities. The common misconception about ESP is that it is random and sporadic... when, in all truth, a good occultist can use it at his whim, if not constantly. In fact, most of the proof you'll encounter *requires* ESP in order to be experienced. See "A small bit of personal proof" above for an example.

Section II Exercises

1. What is something that you're curious about that science has never been able to explain?
2. How could a hidden layer of reality explain it?

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section III

Awakening Your Other Senses (Step One)

You may think you have ESP already. Perhaps you've dreamed of the future once or twice, or had some other small flashes of insight. Or, on the other hand, you may think you have no ESP at all -- you're not the least bit clairvoyant as far as anyone can tell. Both views share the same misconception: ESP is just an interesting-but-fleeting occurrence. Actually, this is far from true... it's a life-changing *ability*.

Proper meditation

Magic happens in a unique state of consciousness called "gnosis," in which ESP is as effortless as chewing gum. Gnosis is the absence of any thought other than a vague impression that you exist. It may sound mysterious, but in truth it's quite simple. This state of mind happens to you every time you wake up slowly from a dreamless sleep; you have no consciousness, then you realize that you're alive, you exist, somewhere -- then you eventually become aware of where you are and what plans you have for the rest of the day.

Gnosis can be achieved through several means. Some occultists prefer to use pain as a method to clear their minds - when you are in pain, you cannot easily think of anything else. Another method is to reach a state of excitement by dancing wildly, or spinning, or shouting. But the easiest and safest method I have found of reaching gnosis (and the only method I would recommend) is through meditation. Do not despair -- meditation is not the lotus-position quack science you might imagine it to be. Meditation is merely waiting in a comfortable position for your mind to clear. (But not *too* comfortable -- you don't want to fall asleep!)

How do you meditate? As a computer

programmer once eloquently put it, "Shut down all your processes until all that's left running is the kernel." Simply get comfortable and take several deep breaths to calm down. A common method is to mentally count 1, 2, 3, 4 as you inhale deeply; then 1, 2, 3, 4 as you hold the breath; then 1, 2, 3, 4 as you exhale all the air; and finally, 1, 2, 3, 4 before you start over again. Watch patiently as your body slows its processes. Observe, but do not participate, in the trickle of thought that eventually blacks out into nothing -- but stay awake. Some like to mentally chant a mantra in order to keep from falling asleep; the trick, however, is to not get too involved in it. When your mind is a clean slate, you're in gnosis and ready for the next step (which is usually a spell).

I must emphasize here: *meditation does not involve thinking*. Your mind must be completely clear before you can exercise your magical Will. Now, you may consciously try to reach this state, but that's useless -- you'll be thinking about not thinking. This is an uphill battle. Instead, do nothing but watch and wait. Do this long enough, and you will notice yourself drastically shifting into deeper and deeper states of consciousness.

Don't despair if you have trouble clearing your mind. Don't fight a flow of thought, but rather let it play itself out until it is exhausted. If any new thoughts fight for your attention, realize that they're not important. What's more important is watching and waiting. With practice, your mind will accept stillness over turbulence.

Remember, the more patience you exercise in each stage of meditation, the deeper your state of gnosis will be. The perfect state of gnosis has been described in Eastern philosophies for centuries -- as feeling like a "single point of consciousness suspended in infinity." Beyond this there are evolutionary stages of yoga, which you can learn more about by reading Crowley's Book 4. Most of us will never reach the stage of discipline it takes to experience this, but that's fine as far

Building Blocks of a Ritual

- Preparations (drawing a circle, laying out desired tools, etc. This is optional; check out Chapter XII if you're interested.)
- Gnosis
- Centering & grounding
- Charging up with excess energy
- Exuding energy
- Programming energy with your tasks
- Conclusion (Saying thank yous, etc. This is optional; check out Chapter XII if you're interested.)

as general metaphysics goes. Some spells, such as simple "vibration," require very little gnosis to pull off.

IMPORTANT:

There is a fine line between New Age meditation and occult meditation. New Age books will train you to sit comfortably and clear your mind -- which is correct as far as occultists are concerned. But then they'll guide you through "visualizations" in which you imagine "white light surrounding you" and such. This *can* be correct, but the distinction must be drawn -- if you have to try to imagine it, it's not metaphysically real. This is also the case with chakras.

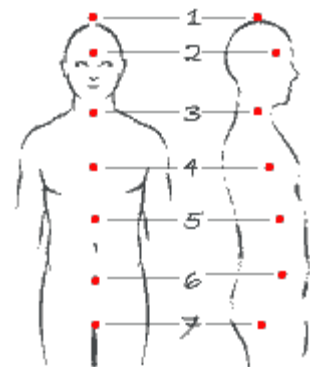
Chakras

A chakra is a psychic energy center of the body. These are your connections to the astral plane of reality. Just as your ears can hear physical noises, the chakras are your sensory organs for astral feelings (such as the "white light" you might experience in certain situations). Once you learn how to pay attention to them, you can interpret what they tell you -- and you can put them to your use. Repeated use of the chakras will awaken *siddhis*, or powers, such as you will experience in Section V.

There are seven major chakras, pictured in the diagram to the right. However, since this course is only a short summary, and the full implications of the chakras cannot be explained in this limited space, we'll only explore the four most important to this course.

If you were to draw an equilateral triangle between your eyebrows, the section of your brain two inches behind the top point would be the ajna chakra (see #2 in the chart to the right) -- also known as your "Third Eye."

New Age texts, again, make references to the third eye seem worthlessly cliché. If you're daydreaming, they say, you're seeing with your third eye -- and this is most certainly not the case. The third eye is a remarkable organ, which occultists claim is



A small bit of personal proof: Meeting my chakras

Shortly after going out-of-body for the first time, I noticed some strange feedback from certain parts of my body. The most prominent feedback came from the top of my head, from the "Crown" chakra. It seemed to serve no real purpose other than to work as a gauge for my fear.

Have you ever seen those animated cartoons in which the main character gets so startled that he leaps

capable of fully seeing the room you're in even while the other two eyes are closed. This can easily be mistaken as imagination, but the example cannot be made as strongly enough as in Roald Dahl's "The Wonderful Story of Henry Sugar" -- in which an Indian fakir has his head enclosed in a plaster cast and then rides down a busy street on a bicycle. Kids, don't try this at home!

If you've attuned yourself to using it, the third eye will become active when you need it -- for example, clearly seeing a ghost if one is in the room. Again, there is no effort needed to invoke this skill; it happens automatically. The exercises at the end of this chapter are intended to "wake up" this dormant siddhi.

The second chakra you should know about is the manipura (*see #5 in the chart*), or "seat of the soul." This is placed halfway between your front and back, approximately two inches above your navel; this area is also called your solar plexus. This is important to know for "centering," which we shall explore later.

The third chakra is the muladhara (*see #7 in the chart*), or "root" chakra. This is at the base of your spine, at the coccyx. This is important to know for "grounding," which we shall also explore later.

The fourth chakra lies at the top of your skull, directly above the spinal vertebrae in your neck. This is a point known as the Saharara (*see #1 in the chart*), or "Crown" chakra. This is extremely easy to find when you learn through experience how to apply pressure. You'll be using this chakra for "charging up," which, again, will be explained later.

Section III Exercises

1. Reach gnosis. You'll know if you've reached it when you no longer remember who you are, the room around you seems like boundless space, and you've experienced a sort of slip into a deeper mindset (that last one is hard to explain...

higher than the ceiling will allow? Well, that was the feeling I kept getting from this chakra. It was as if my astral body was trying to leap right out of me, but kept hitting the roof.

Any little thing would set it off. If someone burst into the room, thunk. If there was a loud noise, thunk. If I was riding in a vehicle and it swerved a little too sharply, thunk. I had had no idea, before this, that chakras were anything more than a metaphorical point meant to concentrate on.

The startling effect of the chakra wore off, eventually, but what remains is my personal belief in it.

you'll know it when it happens). To truly awaken your senses, you'll have to do this at least once a day. A good quiet time to set aside for it is shortly before bed. Half an hour is usually sufficient.

2. If you tire of watching and waiting, or better yet, after reaching gnosis: Concentrate on your third eye. You know the general area it's in, so just focus on that while you watch and wait. Make sure to remain relaxed and not to wrinkle your forehead -- you want any feelings you experience to be metaphysical, not physical. After a bit of practice (again, one session a day is minimal) you should be able to feel pressure there. Try to make the pressure stronger....

3. If you can make the pressure so strong that it "pops" -- or, strangely enough, feels like a flower blooming -- then start reading up on kundalini, because you've got some real potential in that field.

4. Once you get to know your chakras, play with them. Get them to breathe, get them to glow, make them feel like they're on fire or encased in ice. Try feeling-out the cone of energy connecting your third eye to the center of your brain, the pineal gland. That's called Pete Sanders' "joy touch," which can also be used with the crown chakra and pineal gland.

While these exercises don't sound very exciting, they are quite important. This disciplines the mind and weakens the barrier between the two worlds. You have very little chance of completing the next chapter without this training.

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section IV

Awakening Your Other Senses (Step Two)

So, you've gotten this far?
Here's where things
get *interesting*....

If you can master this chapter, your clairvoyance ability should be better than at least 90% of the general public. Everyone has the potential to work up to this point -- but it takes time, patience, and dedication. *I cannot stress hard enough how important it is to experience this firsthand before moving on to the next chapter. This section will "rend the veil," or break the barrier, between your astral and physical bodies.*

Out-of-body experiences (OBEs)

At a certain point in gnosis, in which the mind is awake and the body is asleep, occultists claim to be able to leave their physical bodies temporarily. I used to laugh at the idea. After all, astral projection seemed to be the very epitome of self-delusion... Some spiritually-obsessed optimist has a daydream about flying -- and then convinces himself he was actually out of his body! "What a joke," I thought, until had I researched it more.

In truth, the process of going out-of-body is not purely a mental experience. There are some rather intense physical

(for lack of a better word) symptoms involved. People report hearing impossible sounds in the room, ranging from the loud crack of a pistol to the thunder of a freight train. Their bodies seem to shake uncontrollably, as if seized by epilepsy, yet with no physical movement apparent; some describe this as a pronounced "buzzing" similar to the feeling of electric shock. They can see with their eyes closed (using the third eye chakra, though they may not know it at the time), and there is no sense of darkness because everything seems to be ambiently illuminated by its own light. Plus, all of this occurs even before the experimenter leaves his body! All in all, it's a very intense, and sometimes frightening, experience -- not to be easily confused with a daydream about flying.

So what happens when you're out-of-body? Pretty much anything you want. You are free of all laws of physics -- you can walk through walls, travel over huge distances in the blink of an eye, float through the air, etc. The most rewarding experience I've ever had was teaching a quadriplegic how to do this; it gave him the key to freedom from his physical restraints.

How to go out-of-body

A deep level of gnosis is required to initiate an out-of-body experience. For this reason, it is preferable to



attempt OBEs during the process of falling asleep each night, or in the process of waking up slowly every morning. Try sleeping in a slightly uncomfortable position, such as sitting up, so you'll be kept on the border of sleep for a longer amount of time. But don't let the timing convince you that this is all just a dream -- believe me, you'll know the difference!

Have a course of action planned out, even if it's something as simple as walking through a wall into the next room (or anything a ghost might do). Then desire to accomplish it with all your being -- halfhearted attempts will get no results. Most people who try OBEs fail because of a lack of discipline and patience. It may take several weeks, or even months, of nightly effort to attain your goal. But once you do, you'll most likely agree that it's worth it.

Okay. Now that you've got a plan of action, and you've meditated long enough to clear your mind.... pay attention to your body. When you can tell it is past mere relaxation and in fact has shut down for the night, and you are calm and undistracted -- mind a clean slate -- stop and listen.

What are you listening for? Nothing, really; it doesn't matter. But keep your mind clear and just *listen* to the silence of the emptiness around you. If you're truly in

**Another small bit of personal proof:
Excerpt from my OBE journal**

...My heart was pounding wildly, my whole body was cold, and I was starting to watch

gnosis, the emptiness around you is no longer your bedroom, but an indefinable, boundless vacuum -- not really a place at all. Wait patiently, mind clear, listening for nothing in particular. You are to be an observer of yourself, not really involved in the exercise at all.

If you're deep enough in gnosis, you'll feel an odd fear building slowly in the pit of your stomach -- and then you'll "switch" to astral awareness. This is a definite slip between realities, sometimes accompanied by a short loud noise or a buzzing sensation; sometimes it is intense enough to shock you into full consciousness. Don't confuse this with that common half-asleep feeling of abrupt falling, though (that's actually just your inner ear's balance registers shutting down for the night).

After the shift, the "physical" symptoms described above will suddenly sweep over you like a tidal wave, undeniably intense. At this point, desire with all your might to get "out" by floating upwards (or by climbing an imaginary rope, etc.), and it very well may work. If not, you're probably still close to the right level of consciousness, so just clear your mind and try again.

Getting back "in" is a worry of many beginners. As a matter of fact, this is more easily done than would be preferred. At the slightest hint

changes take place. First came the vibrations -- not electrical as I had thought they would be, nor subtle -- but my whole body shaking as it does with hunger, only much more powerful. Next, my toes opened up -- not literally, but... they felt cold, and tingling, and refreshed, like power was either flowing into or out of them. It was like that from the balls of my feet, outward to the ends of my toes. Then my head opened up too -- not quite in the same way -- I can't really describe it, but it really did feel like a flower blooming, or an egg cracking open. Next I was floating....

of fear, or even something as nominal as a full bladder, the astral body will be "snapped" back into the physical body like a taut rubber band, safe and sound. Standing close nearby your physical body (within a couple of feet) usually does the trick, too. If that doesn't work, try to wiggle a finger, and you'll be snapped back into physical awareness at the effort.

OBEs are a topic of endless speculation and personal experience. Dozens of books have been written on the subject, explaining every minute detail recorded about the phenomenon. As much as I would like to, I cannot explain much more here than I already have. So, to get out-of-body, follow the directions above; or find other suggestions on the Internet by typing "how to have an obe" in a search engine. My favorite OBE website of all time is Charles C. Goodin's [Astral Projection Homepage](#) which includes lots of great, informed information on the subject. (HINT: Ignore everything you read about lucid dreaming.)


As a general rule, if you're asking yourself during these practice sessions, "Hey, is this what they were talking about? Are these the buzzing and shaking sensations I read about? Does this mean that I'm out of body?" then the answer is an emphatic NO. If you do manage the feat, then there will be no doubt in your mind about it.

Side effects

- i. A paradigm shift! A change in your beliefs about reality itself. Suddenly any assumptions you had about a soul or a separate plane of existence will shift from *believing* to *knowing*. This is no small feat, and it should not be undertaken by the faint of heart.
- ii. OBEs become exponentially easier to initiate. You may start to go out-of-body every once in a while without even trying.
- iii. Your chakras will go haywire. You've broken the barrier between the two realms of reality, and your newly-awakened senses are having to interpret the strange astral input. You will have to spend some time accustoming yourself to what each feeling means.
- iv. You may become a psychic, of sorts -- knowing things that are about to happen before they happen, etc. This is because you've torn the barrier between your soul and your mind. And since other people have a "soul" on the astral plane, as well as you do, you should find people's true thoughts and personalities amazingly easy to read.

Section IV Exercises

1. Your goal is, obviously, to get out-of-body and come back to tell about it. Caution: the out-of-body experience is intense, and should only be attempted by those of sound mind and body.
2. Keep a journal of your



OBEs. This is extremely important, as for some reason what happens to you astrally tends to be forgotten much more quickly than things that happen to you physically.

[Back to Why Wiccans Suck](#)

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section V

Using Your New Awareness

Now that your chakras are feeding you with an occasional stream of mysterious signals, you might feel a bit overwhelmed. After all, you're experiencing a version of reality that you never knew was there before. It's rather like discovering that your legs for the first time and learning to walk, all over again. Some practice will surely help.

(NOTE: There is no way to apply this chapter until after you have rended the veil. See previous chapter.)

Sensing and "feeling out"

Have you ever been in a house that felt dark and creepy? Or, on the other hand, one that was warm and welcoming? Your new senses will tell you the reasons why that is. In fact, professional psychics get hired to do exactly that for television shows; they'll walk around a room and explain what they're feeling (a long-forgotten murder, etc). This is made possible by a sort of imprint left in the astral plane at that location, which is like an open book to the clairvoyant.

Practice reading the imprint on simple items, at first. You might pick up an heirloom in an antique shop and try to determine what sort of person once owned it. Were they female or male? What sort of attitude did they have toward life? The answers will be perfectly apparent with a small amount of gnosis, a quiet moment to clear your mind. There is no "imagination" involved because you're not required to invent an answer... just to interpret the new, exotic feelings you're getting.

Interpretation is rather more difficult than it sounds. If the owner of the object was a woman, you may encounter a gentle, motherly sort of feeling. It is easy to infer from this what sort of attitude she might have had -- a loving, nurturing side, at least. The problem is that words like "motherly" will not pop into your head automatically, just as the words "salty" or "sour" do not automatically pop into your head when you bite into a piece of food. It takes interpretation, and, more importantly, experience to cross-reference by.

Thus, the feelings you decipher from the astral realm will be nothing more than abstract concepts. You will have to learn to speak this language just as you did English. Using abstract concepts in meditation is a matter of necessity -- because right-brain consciousness is used primarily in alpha state.

Using abstract concepts

A person generally exudes his personality on the astral level just as a plate of Italian food will reek pleasantly of spices. It's up to you to gain the experience needed to pick out the separate smells (sweet, pungent, musky) and define them in human terms (basil, garlic, oregano). Likewise, objects that the person touches will get "smeared" with the "smell," and the environments he frequents will positively full of "odor."

The "smell" is comparable to electromagnetic energy. You'll notice that if you rub a magnet against another metal object, it will become magnetized, too, at least to some extent. And for all intents and purposes, you can think of magical energy as this interesting attractive/repellent force. Just like using an electromagnet, you can

abstract concept interpretation

To see this in progress, I highly recommend you watch "Crossing Over" on the SciFi channel. John Edwards will try to interpret what he feels in the studio, and invariably end up as the middle man in a discussion between a deceased relative and someone

"charge up" from your current level of power (more on this later). If witchcraft was a language, this would be the lungs behind your voice.

So, what are the words? Again, they are abstract concepts. "Hear me dark and blessed night/Hear now of my lonely plight/Without my lady's hand to hold/My aching heart grows long too cold/Thrice the moon shall shine/Then she shall be mine!" This little spell is merely sending out a signal "NEED FEMALE," or something to that effect, which is, in truth, a very simple abstract concept. Try to grasp the feeling that this spell is trying to get across, without using words or pictures, and you'll understand. Just as music can subtly change your mood, so should the language of magic.

Why do we have to use abstract concepts in our magic? Simply because it is the language of the astral plane. One of my friends explained his first experience with the phenomenon while trying to speak telepathically with an animal. When he finally got a reply (quite to his surprise), it was a greeting. The silent response was not simply "Hello," but rather "Hello," "Bonjour," "Guten tag," "Aloha," "Nihao," "Hola," "Konnichiwa," and every other greeting in the world all wrapped up into one soundless thought. The astral language is universal, and thus extremely useful for communicating your desires to the cosmos.

Electromagnetic pulse technology

You've learned that you carry around a sort of soul-energy (also known as "chi" or "ki" in Eastern philosophies -- I call it "essence") and that you "reek of the smell," so to speak, on the astral level. Let's take this idea one

in the audience. You can learn some great techniques here if you pay close attention.

Building Blocks of a Ritual

- Preparations (drawing a circle, laying out desired tools, etc. This is optional; check out Chapter XII if you're interested.)
- Gnosis
- Centering & grounding
- Charging up with excess energy
- Exuding energy
- Programming energy with your tasks
- Conclusion (Saying thank yous, etc. This is optional; check out Chapter XII if you're interested.)

A small bit of personal proof:
Encounter at a

step further: exuding that energy.

Let's say you're near the girl of your dreams, and she doesn't notice you. Well, obviously you're just blending in with the scenery, as far as power-level goes. Instead of continuing the process of exuding this energy in minimal amounts, just being a "background" odor, why not force some of it to smell stronger?

You can do this by feeling-out your own astral side, then desperately willing it to echo forth from you just as a sound wave bellows from a speaker. It's hard to explain just how to do this -- but, if your senses are as developed as they should be by now, it's almost instinctual. You'll know you've gotten it right when you *feel* the pulse wave leave you. This is much the same feeling as you get when you're frustrated enough to "scream silently" -- it's as if your very soul shrieks. In a way, it does -- and other people can hear it subconsciously, through the thoughts that constantly trickle down from their own astral selves. So then, of course, the lady should look over at you if you've done it properly, without really realizing why. This is called *vibrating*.

"Vibration" is much like using sound waves. The astral plane has different frequencies, just as your radio does. On each frequency, there are different levels of reality (just as you'll find different radio stations across your dial). The reality you see every day is on a slightly lower frequency than the astral reality, which contains your "soul." In vibrating, you've tapped into that astral frequency and made "harmony" that those tuned in can hear. (There are higher and lower astral frequencies, which you'll discover if you experiment with vibration enough). "Vibration," as such, is like putting music into the

nightclub

I walked up to the bar in a club (different club, if you're wondering, than the one mentioned in Section II) to order a drink. People sat on barstools in front of me, too tightly packed for me to get any closer than standing behind them. In an effort to get the bartender's attention, I pressed my arm through the crowd and laid my hand flat on the bar. The man in front of me (even though he physically seemed to be ignoring me), assumably noticing that the hand was feminine, concentrated and began sending attractive "vibes" at me. He was trying to metaphysically hit on me! Startled, I backed away and ordered a drink from another bartender. But I approached the same man later.

"I have to talk to you."

"Okay." He looked unsurprised -- smug, even.

"Over here." I led him to a secluded corner. "Now, where did you learn that?"

"Learn what?" He gave me an innocent look.

"Back at the bar." I showed him my hand and glared at him sternly.

A smile slowly spread across his face. "Well, well. You're the first one who's been aware enough to notice I was doing anything. I'm impressed. Normally people just fall for it without understanding why."

You may think it was body language, or that he was playing along in order to impress me -- but afterwards he demonstrated by playing other tricks on unsuspecting victims. I've talked to him occasionally ever since, and we've taught each other much.

radio station. Changing the essence of your messages changes the "harmonics" slightly.

This is important for you to know later in the advanced chapters, but at the moment I'll explain psychic energy as "smell" because describing how something smells is just as intellectually hard to grasp as how music makes you feel. There are no logical words to encompass exactly how it works. You'll understand it only through experience.

Vibration is an extremely simple concept as far as witchcraft goes, but it's one of the most essential tools you'll need. In the attention-grabber example, there were no thoughts expressed in the pulse wave -- just energy. This works well for making people take notice, but to truly master witchcraft, you need to work the abstract concepts we've talked about into your method of vibrating. I do this every day for simple tasks -- like vibrating, for example, at someone who's blocking traffic... a suggestion that now might be a good time to change lanes. You'll be amazed at how often this works.

You do this by saturating your essence with the abstract concept of your desire. For example, let's say you wanted to do a spell for money. You would exude and concentrate, on the astral plane, the *feeling of wealth*. This is not to say that you imagine yourself as a rich man; but instead formulate and pour out, so to speak, the *feeling* that every wealthy man has when he receives a paycheck. It is one of confidence and security, associated with the ideals of money. Again, it is hard to explain since it *is* an abstract concept, but you'll get the idea when you try it. (This is only part of what would be a money spell. For more on completing

a working such as this, follow the "Building Blocks of a Ritual" charts throughout the course).

IMPORTANT: Make sure your concepts are welcoming and positive. In the example above, it would cause disastrous financial consequences if you projected a feeling of "I'm broke! I need money! I can't pay my bills on time!" because you would be involving the opposite concept of what you wanted in your spell. Also, it helps a great deal to be confident that you'll get what you want -- and after doing a few successful spells, having confidence in your abilities is rather easy.

Section V Exercises

1. "Read" an item every day. It's best to practice this after only a moment of concentration, on an object with which your intuitions can be verified.
2. Practice formulating and exuding abstract concepts. Some are more difficult to latch onto and use than others, so try a various few. Some examples: people, places, colors, weather. (Remember that this exercise doesn't involve visualizing anything, nor thinking in words)!

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section VI

Ballet Positions

If you've studied anything about ballet, you'll know that all of the exotic choreography in full-scale productions is the product of a mere five dance positions. And the same rule applies with magic -- once you know the four basic moves, the rest is just creativity.

The first two are centering and grounding. The usual witchcraft literature calls this "grounding and centering," but, to me, it makes more sense in the order presented here. However, it does help to repeat the process of both a couple of times, in varying order, for good measure.

Centering

This is getting your consciousness shut down to where all you feel is yourself. Beyond the worries of the day, beyond all of your hopes and fears and dreams, this is the "kernel," the core personality program that your everyday thoughts and feelings are spawned by. If you recognize this from earlier in the course, you're right - it's just gnosis. But it has an additional twist.

"Centering" involves compressing this soul-core down into a tight ball, located at your solar plexus -- the manipura chakra (see Section III). This is also known as "the one point" in Aikido. Remember that you are *inside* your own consciousness -- you must *become* that one point. You'll know when you've gotten it right, because suddenly the term "centering" will make perfect sense. You'll be hanging in a perfect balance between your head and your feet; it's truly a unique experience.

Grounding

Now that you're a point of consciousness in an endless vacuum, put your "feeling out" to use. You may be quite surprised to

find that there are other consciousnesses here, too. In fact, there's a huge one, extending in all directions, beneath you. This is the Earth.

Don't worry, I'm not going to go off on an environmentalist ecosystem spiel as so many have in the past. I won't bother to explain exactly how the Earth has a consciousness, because it would only serve to complicate things. For the moment, just realize that *everything* has a consciousness to some extent; some are simply operating on a different scale of time. And for the Earth, your lifetime is the blink of an eye.

"Grounding" is creating a psychic connection between yourself and the earth. You do this by dropping anchor, so to speak, from your manipura chakra through your muladhara chakra (see Section III) and into the Earth. Again, don't imagine it, force yourself to *feel* it; sinking like a stone through water, deep into the ground, and imbedding itself there. Open yourself generously as you do this, offering yourself to the Earth for acceptance. You can only take if you give.

Like a garden hose, all of your excess energy will flow out and down through this link. If you've managed to ground correctly, it will happen so much and so quickly that you may be frightened that the Earth is sucking you psychically dry. But it always works out -- like a projectile at the top of an arc, the exchange will slow, halt, and reverse. You'll be filled up with fresh, clean, raw psychic energy from the ground. It's like a metaphysical oil change.

Linking

Pretty much everyone has experienced that phone call in which someone says, "Oh! I was just thinking of you!" It's not a coincidence -- it's just a subconsciously-created astral link. Sometimes it filters through the mental barriers we have and we act on it. Thomas Jefferson observed and tested this phenomena by occasionally

Building Blocks of a Ritual

- Preparations (drawing a circle, laying out desired tools, etc. This is optional; check out Chapter XII if you're interested.)
- Gnosis
- Centering & grounding
- Charging up with excess energy
- Exuding energy
- Programming energy with your tasks
- Conclusion (Saying thank yous, etc. This is optional; check out Chapter XII if you're interested.)

writing a full, detailed letter to someone on a specific subject; then he would rip it up and throw it out. A few days later, he would mysteriously receive a letter from the guinea pig discussing the same topic.

Centering yourself, feeling out someone or something else (such as we just did with the Earth), and establishing a connection between them, is a very standard method of magic called *linking*. You send, or draw, whatever you like through the line, and usually snap the connection afterwards. You can link to objects just as well as people -- you'll do this later with things like candles.

How do you snap the connection? By formulating the abstract concept of *something sharp* and pulling it through the link. The connection should snap like a rubber band.

For reference, realize that any time a spell calls for "a lock of hair" or "a personal item" from your target, it's only used in order to establish a link. Just thinking about the person during gnosis, if you have a good feel for him/her, is usually potent enough to connect to them. (Besides, it's annoying to have to "feel out" a person from their fingernail clippings.)

You may wonder how ESP and magic can work over such a great distance. In truth, astral consciousness can extend as far as you're willing to believe it can, because astral dimensions are purely subjective. Simple linking, such as you read about above, can easily connect to people or objects in other countries, if that was what you were going for. You'll learn to appreciate this flexibility, with a little experience.

Charging up

Grounding is an essential method of magic because what you're linking to -- the Earth -- is an almost inexhaustible supply of raw psychic energy. As opposed to simply linking to smaller objects, grounding to the

A small bit of personal proof: Teaching a friend

A psychically gifted friend of mine once asked me to cast a spell for him. Well, I hated to see all of that potential going to waste, so I refused. "Do it yourself," I said. "I'll walk you through it." To my surprise, he agreed.

The steps I walked him through are exactly the same ones as listed in "Building Blocks of a Ritual" (above). [I must make it clear that this was not a guided visualization - I just explained the "how-to"s to him just as I have to you.] When it was all over, he exhaled a long, shaky breath. "Wow. So that's what witchcraft is.... wow. Suddenly all that stuff that you and your friends talk about makes sense!"

He explained his experience in cluttered phrases throughout the next few hours. I'd expected as much -- the first time you perform magic correctly can be pretty overwhelming. "When you were talking to me, I could hear you -- but, I was, like, in nowhere, in space, or something, and your voice was just an echo...."; "I never knew the Earth was so jaded... or even that it had a personality to begin with...."; "The energy was flowing through me like a firehose, and I could feel the subtle changes in pressure and direction pushing against me...."

May your first ritual be just as rewarding.

Earth can fill your cup to overflowing, and you can pour the excess energy into a spell (to give it oomph). The more energy pulled into a spell, the more powerful the results will be.

To "charge up," or draw extra energy from the Earth, remember the electromagnet analogy. With each passing moment you're connected to the Earth, your energy field grows stronger, and as a result, your magnetism increases. You can use the attractive force to pull even more energy in. In effect, you become a sort of tornado, growing in destructive power as you gather mass from debris.

A second method of charging up involves your crown chakra. Open it generously just as you did with your root chakra, and link to something from *above*. Some people consider it the cosmos, others consider it God, and others have similar religiously-influenced explanations; but in any case, this is where that much-mentioned "white light" comes from. Sitting upright, feel-out your chakras until you are aware of the straight line connecting them. Then rock yourself repeatedly in a gentle circle, creating a thin conical path of energy flowing down your spine. As the radius of your rocking grows gradually wider, the attraction of energy becomes more pronounced -- again, creating a tornado-like vortex. You'll know if you've gotten it right, because you'll appreciate how silly it is to have to "imagine" a white light streaming down from above.

You can use either method of charging up, or both, to draw in as much energy you can handle into your ritual.

The combination of gnosis and excess power creates a state of mind occultists have termed *ecstasy*. You'll know if you've achieved this. It feels much like getting a rush of adrenaline from a roller coaster, and the experience is very intense. Thus, this should only be attempted by those of sound mind and body.

Section VI Exercises

1. Find a quiet place to ground and center. Repeat the process a few times to make sure you've done it correctly. (You should *know* when you've managed it.)
2. See if you can "charge up" and then let the excess energy flow back down to your ground. Don't resist the flow of energy; you are a reservoir, not a dam.

Back to Why Wiccans Suck

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section VII

Painting With Energy

So far, you've learned that the astral plane of existence is a boundless vacuum. It is important to note, however, that it also works as a three-dimensional drawing board. Any energy that you project from yourself will spread out just like spraypaint; it's up to you to catch and control the energy into a useful picture.

Shells and shields

In order to keep your energy from fading out like smoke in the air, you need to keep it contained. Generally, modern witches accomplish this by drawing a circle on the ground and sitting inside of it. The circle serves as the circumference of a cross-section of a sphere, both as protection and containment. To make the sphere real in an astral sense, you sketch out, in the air, the abstract concepts of what you want it to do; it's painting with a consciousness. Just allow the energy to flow in a controlled manner from one hand, drawing out the walls, until you feel completely enclosed. Repeat the process when you feel it's necessary, especially if the shield is meant to be long-term.

With a little practice, you can construct a shield such as this instantaneously. The circle is only a physical reminder -- you can just as easily walk around the city and still have a shield in place around you.

Remember that your shield energy is programmed to do whatever you tell it to initially. If you tell it (in abstract concepts, of course) to keep Bad Things out, it should. If you tell it to *push* Bad Things away, it should (after all, energy's got some magnetism, remember?). If you tell it to disperse itself when you're finished casting your spell, it should. If you tell it to pull energy in during the ritual to fuel your spell, it should; but in this case you should also set up another shield *around* that one to keep innocent astral entities from being sucked in arbitrarily. (*Always* consider the consequences of your actions, and program your parameters accordingly). Make sure to tell the shield to fall after a ritual, or your spell will be trapped inside (and defeat the purpose).

The Lesser Banishing Ritual of the Pentagram, while thick with archaic phrases and ceremonial gestures, is a great script for constructing a shield. I felt it deserved some mention here, since it's been used so often in occult literature that it's almost become cliché. If you want to try your hand at it, see the Addendum/Reference chapter (Section XII).

Sigils and glyphs

A pool of energy is a lot like a neon light in the astral world. The more energy, the brighter the glow. You can use this to your advantage by creating astral signposts of a sort. A sigil or glyph, say, programmed to bring you favorable luck, will exude (glow) the abstract concept meaning "good luck," while repelling the abstract concept meaning "bad luck." The preferred astral energies will be attracted to the glow like moths to a flame.

In practice, sigils and glyphs are much more specialized than this. They were invented as a magical shortcut, so that the translation from words to abstract concepts will be entirely subconscious. Sigils and glyphs are generally programmed specifically; for example, a ward could be constructed with such words as "protection through fear" to make passerby too nervous to explore a private area of your property.

To create a glyph, you formulate the desired phrase; in this case, it was "protection through fear." Then, you remove all of the repeating letters, to form "protecihugfa." Use this as your intent word and follow the instructions for making a sigil (below).

To create a sigil, you use a word or short phrase that defines your intentions (as opposed to the alternate method of using cryptic glyph-letters). Try drawing a symbol using both methods and see which one feels more powerful for you.

How do you figure out what your sigil looks like? You can do this several ways. The number chart method involves picking the planet whose personality corresponds to your desire. (Feel the planets out if you don't understand the charts and/or want to see for yourself.) Each planet has a "magic square" (so called because each row and column will have an equal sum) which was attributed to it by ancient mathematicians.

<p>Sun <i>Health, Vitality, Ego, Heart, Creativity, Superiors, Power, Success, Advancement, Leadership, Friendship, Growth, Light; Pride, Arrogance, Bigotry</i></p> <table border="1"> <tr><td>6</td><td>32</td><td>3</td><td>34</td><td>35</td><td>1</td></tr> <tr><td>7</td><td>11</td><td>27</td><td>28</td><td>8</td><td>30</td></tr> <tr><td>19</td><td>14</td><td>16</td><td>15</td><td>23</td><td>24</td></tr> <tr><td>18</td><td>20</td><td>22</td><td>21</td><td>17</td><td>13</td></tr> <tr><td>25</td><td>29</td><td>10</td><td>9</td><td>26</td><td>12</td></tr> <tr><td>36</td><td>5</td><td>33</td><td>4</td><td>2</td><td>31</td></tr> </table>	6	32	3	34	35	1	7	11	27	28	8	30	19	14	16	15	23	24	18	20	22	21	17	13	25	29	10	9	26	12	36	5	33	4	2	31	<p>Moon <i>Clairvoyance, Sleep, Psychic dreams, Reveals Secrets, Emotions, Astral travel, Imagination, Women's mysteries, Birth, Fertility, Reincarnation; Delusion</i></p> <table border="1"> <tr><td>37</td><td>78</td><td>29</td><td>70</td><td>21</td><td>62</td><td>13</td><td>54</td><td>5</td></tr> <tr><td>6</td><td>38</td><td>79</td><td>30</td><td>71</td><td>22</td><td>63</td><td>14</td><td>46</td></tr> <tr><td>47</td><td>7</td><td>39</td><td>80</td><td>31</td><td>72</td><td>23</td><td>55</td><td>15</td></tr> <tr><td>16</td><td>48</td><td>8</td><td>40</td><td>81</td><td>32</td><td>64</td><td>24</td><td>56</td></tr> <tr><td>57</td><td>17</td><td>49</td><td>9</td><td>41</td><td>73</td><td>33</td><td>65</td><td>25</td></tr> <tr><td>26</td><td>58</td><td>18</td><td>50</td><td>1</td><td>42</td><td>74</td><td>34</td><td>66</td></tr> <tr><td>67</td><td>27</td><td>59</td><td>10</td><td>51</td><td>2</td><td>43</td><td>75</td><td>35</td></tr> <tr><td>36</td><td>68</td><td>19</td><td>60</td><td>11</td><td>52</td><td>3</td><td>44</td><td>76</td></tr> <tr><td>77</td><td>28</td><td>69</td><td>20</td><td>61</td><td>12</td><td>53</td><td>4</td><td>45</td></tr> </table>	37	78	29	70	21	62	13	54	5	6	38	79	30	71	22	63	14	46	47	7	39	80	31	72	23	55	15	16	48	8	40	81	32	64	24	56	57	17	49	9	41	73	33	65	25	26	58	18	50	1	42	74	34	66	67	27	59	10	51	2	43	75	35	36	68	19	60	11	52	3	44	76	77	28	69	20	61	12	53	4	45
6	32	3	34	35	1																																																																																																																	
7	11	27	28	8	30																																																																																																																	
19	14	16	15	23	24																																																																																																																	
18	20	22	21	17	13																																																																																																																	
25	29	10	9	26	12																																																																																																																	
36	5	33	4	2	31																																																																																																																	
37	78	29	70	21	62	13	54	5																																																																																																														
6	38	79	30	71	22	63	14	46																																																																																																														
47	7	39	80	31	72	23	55	15																																																																																																														
16	48	8	40	81	32	64	24	56																																																																																																														
57	17	49	9	41	73	33	65	25																																																																																																														
26	58	18	50	1	42	74	34	66																																																																																																														
67	27	59	10	51	2	43	75	35																																																																																																														
36	68	19	60	11	52	3	44	76																																																																																																														
77	28	69	20	61	12	53	4	45																																																																																																														
<p>Mars <i>Male Sexuality, Strength, Lust, Anger, Destruction, Medical Issues, Surgery, Competition, Conflict, Sports; Violence, Anger</i></p> <table border="1"> <tr><td>11</td><td>24</td><td>7</td><td>20</td><td>3</td></tr> <tr><td>4</td><td>12</td><td>25</td><td>8</td><td>16</td></tr> <tr><td>17</td><td>5</td><td>13</td><td>21</td><td>9</td></tr> <tr><td>10</td><td>18</td><td>1</td><td>14</td><td>22</td></tr> <tr><td>23</td><td>6</td><td>19</td><td>2</td><td>15</td></tr> </table>	11	24	7	20	3	4	12	25	8	16	17	5	13	21	9	10	18	1	14	22	23	6	19	2	15	<p>Mercury <i>Communication, Intellect, Business, Writing, Contracts, Buying and Selling, Information of all kinds, Wisdom, Cleverness, Creativity, Science, Memory; Dishonesty, Deception</i></p> <table border="1"> <tr><td>64</td><td>7</td><td>6</td><td>60</td><td>61</td><td>3</td><td>2</td><td>57</td></tr> <tr><td>49</td><td>55</td><td>11</td><td>13</td><td>12</td><td>14</td><td>50</td><td>56</td></tr> <tr><td>41</td><td>18</td><td>46</td><td>21</td><td>20</td><td>43</td><td>23</td><td>48</td></tr> <tr><td>32</td><td>34</td><td>27</td><td>37</td><td>36</td><td>30</td><td>39</td><td>25</td></tr> <tr><td>40</td><td>26</td><td>35</td><td>29</td><td>28</td><td>38</td><td>31</td><td>33</td></tr> <tr><td>17</td><td>42</td><td>22</td><td>44</td><td>45</td><td>19</td><td>47</td><td>24</td></tr> <tr><td>9</td><td>15</td><td>51</td><td>52</td><td>53</td><td>54</td><td>10</td><td>16</td></tr> <tr><td>8</td><td>63</td><td>62</td><td>4</td><td>5</td><td>59</td><td>58</td><td>1</td></tr> </table>	64	7	6	60	61	3	2	57	49	55	11	13	12	14	50	56	41	18	46	21	20	43	23	48	32	34	27	37	36	30	39	25	40	26	35	29	28	38	31	33	17	42	22	44	45	19	47	24	9	15	51	52	53	54	10	16	8	63	62	4	5	59	58	1																												
11	24	7	20	3																																																																																																																		
4	12	25	8	16																																																																																																																		
17	5	13	21	9																																																																																																																		
10	18	1	14	22																																																																																																																		
23	6	19	2	15																																																																																																																		
64	7	6	60	61	3	2	57																																																																																																															
49	55	11	13	12	14	50	56																																																																																																															
41	18	46	21	20	43	23	48																																																																																																															
32	34	27	37	36	30	39	25																																																																																																															
40	26	35	29	28	38	31	33																																																																																																															
17	42	22	44	45	19	47	24																																																																																																															
9	15	51	52	53	54	10	16																																																																																																															
8	63	62	4	5	59	58	1																																																																																																															
<p>Jupiter <i>Success, Abundance, Money, Growth, Parties, Visions, Gambling; Greed, Wastefulness</i></p> <table border="1"> <tr><td>4</td><td>14</td><td>15</td><td>1</td></tr> <tr><td>9</td><td>7</td><td>6</td><td>12</td></tr> <tr><td>5</td><td>11</td><td>10</td><td>8</td></tr> <tr><td>16</td><td>2</td><td>3</td><td>13</td></tr> </table>	4	14	15	1	9	7	6	12	5	11	10	8	16	2	3	13	<p>Venus <i>Love, Pleasure, Female Sexuality, The Arts, Music, Beauty, Luxury, Scent, Social Affairs; Lechery, Coldness, Isolation</i></p> <table border="1"> <tr><td>22</td><td>47</td><td>16</td><td>41</td><td>10</td><td>35</td><td>4</td></tr> <tr><td>5</td><td>23</td><td>48</td><td>17</td><td>42</td><td>11</td><td>29</td></tr> <tr><td>30</td><td>6</td><td>24</td><td>49</td><td>18</td><td>36</td><td>12</td></tr> <tr><td>13</td><td>31</td><td>7</td><td>25</td><td>43</td><td>19</td><td>37</td></tr> <tr><td>38</td><td>14</td><td>32</td><td>1</td><td>26</td><td>44</td><td>20</td></tr> <tr><td>21</td><td>39</td><td>8</td><td>33</td><td>2</td><td>27</td><td>45</td></tr> <tr><td>46</td><td>15</td><td>40</td><td>9</td><td>34</td><td>3</td><td>28</td></tr> </table>	22	47	16	41	10	35	4	5	23	48	17	42	11	29	30	6	24	49	18	36	12	13	31	7	25	43	19	37	38	14	32	1	26	44	20	21	39	8	33	2	27	45	46	15	40	9	34	3	28																																																				
4	14	15	1																																																																																																																			
9	7	6	12																																																																																																																			
5	11	10	8																																																																																																																			
16	2	3	13																																																																																																																			
22	47	16	41	10	35	4																																																																																																																
5	23	48	17	42	11	29																																																																																																																
30	6	24	49	18	36	12																																																																																																																
13	31	7	25	43	19	37																																																																																																																
38	14	32	1	26	44	20																																																																																																																
21	39	8	33	2	27	45																																																																																																																
46	15	40	9	34	3	28																																																																																																																
<p>Saturn <i>Gaining the Astral Plane, Real Estate,</i></p>	<p><i>(Other planets were undiscovered at the time.)</i></p>																																																																																																																					

Building Blocks of a Ritual

- Preparations (drawing a circle, laying out desired tools, etc. This is optional; check out Chapter XII if you're interested.)
- Gnosis
- Centering & grounding
- Charging up with excess energy
- Exuding energy
- Programming energy with your tasks (This should be continuously performed as the excess energy is overwhelming and pouring from your body. In other words, the previous two steps were not really separate steps at all; you just had to learn how to do them first. See how long you can keep up the process -- the longer you do this, the more effect your spell

Banks, Debts, Institutions, Obstacles, Limitations, Binding, Knowledge, Death, Buildings, Time, Structures, Discipline; Oppression, Pain

4 9 2
3 5 7
8 1 6

will have.)

Conclusion (Saying thank yous, etc. This is optional; check out Chapter XII if you're interested.)

Now to use your statement of intent. Using Western numerology, each letter has a numerical value as seen in the chart below. To draw the sigil, you find the placement of each letter in your word or phrase on the "magic square" and connect the dots, so to speak, in the order in which the word is spelled.

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

A second method of drawing sigils is much more personal. Use the letters of your statement of intent to draw a symbol. Be creative: overlap the lines, combine things like P and R, etc. Take the finished drawing and simplify it (make a figure-8 look like an X, or two circles, etc). Repeat this symbol redrawing process, making various changes, until the letters aren't even close to readable and it feels "right."

There are other methods of drawing sigils which are too numerous to mention. Search the web for symbols such as runes that may correspond to your desires, and piece them together to form a picture (for example, an "X" in your drawing might mean a meeting of crossroads). Advanced occultists can also use the Enochian numbering system to assign tables to words.

For future reference, (in case you're reading up on magic and find a drawing of a sigil) the beginning of a sigil is represented as a circle. The end is represented as a short line. The crooked line in-between is the path your finger(s) would make in the air.

You paint the symbol in the air with energy to activate it. If the spell is long-term, as in our fear ward example, you may want to create a one-way link from something physical to the symbol... so that the ward can draw power to recharge itself if it grows weak. Creativity lends endless possibilities to the subject.

It is generally maintained that after you fire off a sigil or glyph, you should forget about it, as your subconscious is supposed to be making it work.

Talismans and seals

Talismans and seals work much the same way as sigils and glyphs do -- drawn with energy, they are beacons in the dark. The difference is, the lines and curves used to draw them are so complex that, for one thing, you'll probably need a physical drawing to trace the astral one from; and, for another, they exude a *very specific* set of abstract concepts. This is done, technically speaking, by using the angles of geometric shapes to influence specific harmonic frequencies of the astral plane -- a lot like adjusting rabbit ears to fine-tune into a television station.

Every abstract concept has a corresponding seal, if only you could

#1 Rule of Occultism:

A novice witch once bragged to me that she'd just done her first ritual. "But," she said, "how do I tell if it worked or not? I'm not good enough yet to do anything that would have a physical effect."

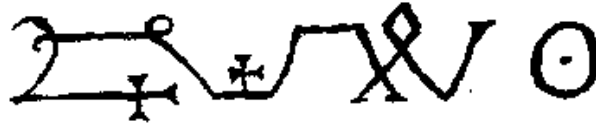
I shook my head at the layers of misconception. "You should automatically know if your ritual worked, because you'll be able to feel the magic in the air. The air will sing." She looked confused. "You know that feeling you get when you see an orchestra live? The resonance of the whole room with the music, as if the entire environment is chiming in and singing along?"

take the time to figure it out. But, just as every action of nature has a corresponding physics equation, it's usually not necessary to personally work out the math. All sorts of seals are already available for a variety of entities. (Yes, entities. Personalities are merely a patchwork of abstract concepts).

What follows is a list of a few infamous entities and their corresponding seals. (You can easily find others in books or on the internet to fit your needs.) We'll learn how to use them, later.

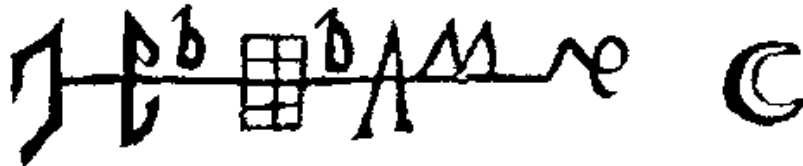
Angel of the Sun:

Uriel, whose name means "fire of God," is one of the original seven archangels.



Angel of the Moon:

Ofaniel (Ophaniel), who was described by Longfellow in a later edition of his The Golden Legend.



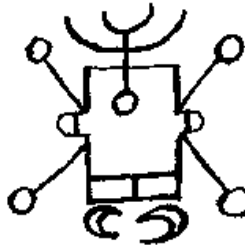
Bael, or Baell, the First Spirit of the Goetia:

"A King ruling in the East. He ruleth over 66 Legions of Infernal Spirits... He speaketh hoarsely." His Seal is this:



Vassago, the Third Spirit of the Goetia:

"A Mighty Prince of a Good Nature, and his office is to declare things Past and to Come, and to discover all things Hid or Lost. And he governeth 26 Legions of Spirits," and this is his Seal:



Marduk, the Big Guy from the Necronomicon:

"He whose ways are glorious, whose deeds are likewise.... Creation, destruction, deliverance, grace -- Shall be by his command." His first sign is this:



Right down to your chair?"

"Yeah, I've seen that... the kind where the chills that wash over you?"

"It's very similar. Music stirs up energy from everyone in the audience; and in magic you force it out of yourself. You have the advantage of knowing what to do with it." Plus, you can observe exactly what's going on behind-the-scenes, if you use this tutorial. None of that sort of guesswork will be involved.

Remember:
If you can't feel the magic, it's not there.

Here are a few well-known talismans from the Key of Solomon.

Luck



Love



Money



Protection



Protection (wall) - Use for shields.



That's it! You've learned the format of a ritual, and now you can apply your ingenuity to creating and casting any spells you need. For some popular ideas, see the next chapter.

Section VII Exercises

1. Decide what you want most right now, and weigh the possible consequences of getting it. This is not a "monkey's paw" sort of trick question, as magic is only dangerous if you expect it to be. I simply mean that, for example, while getting a promotion at work can earn you a raise, it also means you'll have to deal with more responsibilities.
2. If you're still happy with your idea, then go through the ritual process and fire off a sigil for it.

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section VIII

Simple Magic

Batteries

Candle magic is a staple for beginners of witchcraft, although few witches realize exactly how it works. The idea itself is very simple -- your intentions are programmed into the body of a candle so that your spell will be released gradually as it burns down.

Basically, the candle serves as battery power (psychic energy) for the astral loudspeaker (vibrating your program). In effect, it exudes your intent even when you're not around -- you just have to turn it on by lighting the wick. Anything can be a battery -- a charged crystal, for instance, could be carried around in your pocket as the battery for a personal psychic shield.

To create a battery, just paint your programmed intent energy into it, adding the parameters as to how long the energy should be stored and just how it should be released (for instance, by lighting the wick). If it makes you feel better to be more "witchy" by picking the perfect color of candle to use (green for money, etc) and carving symbols into it, check out the charts in the Addendum/Reference chapter (Section XII).

To keep your programming from fading away over time, it's a good idea to program your battery to link to a larger power source, such as the Earth, and refresh itself as needed. (Rechargeable batteries -- heh, who would've thought?) The only limits to this sort of innovation are your creativity.

Binding

From curses to love spells, any magic to cause long-term behavior uses a method called binding. You can use binding magic to do something (for example, attract good

luck) or not to do something (stop smoking). You can bind a person to a person, an object, an abstract concept, or any combination of the three. Not every binding is bound to a person -- "cursed" artifacts from a mummy's tomb would be a good example.

This is, by far, one of the most misunderstood techniques of witchcraft. Many witches don't consider magic 'binding magic' unless they use a string or cord of some sort, and thus they think it's done only rarely -- but behind-the-scenes on the astral plane, I'd say that at least half of modern spells use binding of some sort. "You may have to do a binding several times before it will 'take,'" some say -- but luckily I'll teach you why binding actually works, so you won't be blindly slogging through such messy guesswork.

Binding is simply creating a link -- just as you did with yourself and the Earth -- but between two (sometimes more) things (usually separate from you, although it's just as easy to bind something to yourself). After going through the usual process of gnosis, centering, and grounding, you would then feel out the essence of the two things you need bound together. Then, as you draw energy from the Earth, use it to paint a line between them.

For instance, let's say that you wanted to cast a "love spell" between two people other than yourself. (I'm not suggesting that you frivolously play matchmaker like this, but it's a decent example of binding). You would progress through the steps of your ritual until you were balanced, then think of the first person. You'll know you've contacted their essence when their energy is so pronounced that it feels almost as if they were standing in the same room with you. Keep this contact in the back of your mind, or, if it's easier for you to keep track of, "paint" it into an object. Do the same for the second person. Then draw energy and program it

A small bit of personal proof: Dealing with a psychic attack

Once upon a time I walked past a wannabe vampire -- an occultist who got a kick out of drawing psychic energy from fellow humans -- and he decided to have a taste of me. (Note: Don't be paranoid, this sort of thing doesn't happen very often).

Not being in a mood to deal with him head-on, I cast a quick shield around myself and kept walking. But he was too good for me -- he drew enough energy out of me so quickly that it was all I could do to keep from passing out. As I stumbled away, I silently cursed at myself for not being good enough at shielding to lock him out.

It occurred to me later that it wasn't the fact that I wasn't good enough -- it was the fact that my technique wasn't good enough. After all, this guy had probably run across dozens of occultists in his

with the abstract concept of love. Wrap the energy around each person just like a lasso, with a cord connected firmly in-between. As you "paint," make sure that the energy polarization of your line is attractive -- you want the line to draw both ends together strongly in this case. (If you wanted the two people to stay away from each other, the ends would be repellent).

This is where the cord would be used -- for example, a ribbon (red, if you're big on symbolism) tied around the pictures of two people, binding them together. Of *course* this is why traditional binding doesn't always take! The witch is too busy concentrating on two pieces of paper and a string to actually reach out and link what he/she wanted. The only way to make sure you've bound what you wanted, when using these physical tools, is to paint the energy of each essence into each corresponding object. But you can use symbolism to your advantage in this - store the pictures somewhere where they won't be disturbed, then cut the cord (and, at the same time, your link) when you need your spell to be broken.

For future reference: It's not usually effective to bind other clairvoyants, because they have a tendency to notice and break the link. And if someone has a good astral immune system (say, by praying daily for protection) you may need to double-check your work occasionally to see that it holds steady.

Other examples of binding would be: a person to favorable luck (blessing); an object to bad luck (curse); an object's owner bound to something they're loaning out (insurance); or keeping a certain bully away from your children (protection). As you can see, binding is only useful if you know specifically who or what needs to be effected. Otherwise, use something generic, like a sigil.

Other inventions

Using the basics that you've learned so

day, and they probably all used just as generic a shield as I did. Such a shield could be defeated easily by draining energy from it, or by telling it to disperse, or by several other methods. He had gotten enough experience under his belt for my simple shield to be of no challenge at all.

The trick is to be creative in your spells -- to plan in parameters that no one's ever thought of before. I could have made the shield reflective, so that any attacks would be reflected back upon the attacker. Or, I could have programmed the shield to summon some powerful protectors if it were attacked. It doesn't really matter what else I could have done with the shield -- what matters is the level of genius I should have used in creating it. And that has effected pretty much every spell I've done ever since. The right combination of parameters is essential if you want your spells to be foolproof. Remember, other clairvoyants can read and analyze your simplest work like an open book.

far, you can invent a countless number of spells. If you can think of it, it can probably be done.

I've seen data stored in quartz crystals just as it would be on a computer floppy disk. [Water-clear quartz is especially good for this, as it has some vibrational properties (which is also why it's used in clocks); but that's as much stock in "automatically mystical" stones as my faith will blindly allow].

I've seen a witch who didn't want to take the time to erect a psychic shield around her house manually.... So, she created something similar to a virus, which would reproduce itself and its protective influence as long as it was inside of her walls.

I've seen a man who was completely immune to "feeling-out" -- he was psychically invisible. He had built a shield to send back null signals to anyone nearby; he could walk around in a crowd for an hour and no one would even realize that he was there until they looked directly at him. Plus, he had tweaked the shield's harmonics until it was at a background level -- you couldn't even tell that a shield was there in the first place. (It took me forever to figure that one out -- I had to scan him across a large range of frequencies).

May you be as creative.

Section VIII Exercises

1. When it applies, take some time to figure out how you might use two or three different methods that you've learned in a single spell. The complexity will not make your spell any more powerful, but it sure does help at times when you need several different magical processes to work together.

2. If you read any fantasy books, then keep an eye out for methods that can be integrated into your arsenal. Sure, the

authors meant it purely as fiction, but the ideas are what matter.

Back to Why Wiccans Suck

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section X

Advanced Magic

Astral Hacking

The difference between a good witch and a great witch is in the covert operations -- not getting caught.

If you can tweak the your spells until they cannot be seen or felt by other clairvoyants, then they won't be noticed, and thus can't be picked apart and broken. You do this by changing the frequency of the energy -- a lot like the difference between a lifeguard's whistle and a dog whistle. There's still sound -- you just can't consciously hear it. This sort of thing can only be perfected through experience. (Reread the chapter on vibrations for a refresher on harmonics.)

It's also standard practice to clean up after yourself, drawing out your own odor from the spell, so that no smell of your essence remains. Otherwise, it's easy to piece together the fingerprint of your personality and link to it, tracing it back to you. It's a bothersome, and sometimes pretty nasty, to have to deal with retaliation spells from witches who are just as good as you. (I've even heard of one instance of a witch being traced back and contacted through his own ouija board).

Summoning spirits

You have probably heard many dramatic references to summoning spirits (calling angels, invoking demons, etc.). For all of the grandiose gesticulations and elaborate symbol-drawing you'll find in ceremonial books on summoning, it's actually one of the easiest advanced magics to pull off. It's basically the astral equivalent of sticking your head out of a suburb window and yelling for your neighbor.

Calling spirits is not something you should do unless you have a good reason (say, having a problem that is beyond your ability to solve

without spiritual help). After all, they have a life too (so to speak) and you are a complete stranger to them (unless you're calling, say, a deceased relative). You wouldn't want to walk up to someone on the street and engage them unwillingly in an hour-long conversation -- it's just not polite. And since a lot of the popular spirits to call are more powerful than you, you should treat them with nothing but respect. They have no good reason to help you unless you have an honest one to offer.

A good method of finding your spirit is by using his seal (see Section VII). Print off or draw the seal on a sheet of paper. After going through your usual ritual process until you're balanced, draw excess energy and paint it along the lines of the seal, tracing it in the air from the picture. Then pass your hands gently over the energy design, feeling out the glow it gives off. Once you're certain of the feeling it's meant to express (make sure you get "the big picture," not just an aspect), you can flesh it out by adding more energy to the design programmed with the same essence. Now you've got an excellent idea of who you're contacting -- or what they "smell" like, anyway.

Now take a few moments to drop a little deeper into gnosis. Spread your consciousness out, searching, until you locate a feeling that matches the one you just drew in the air. (Remember that distance has little or no meaning in the astral plane -- it may only take you a few seconds to find him). Send a link out in that direction -- connected to the essence gently and temporarily, but not binding it to anything. Make the link a welcoming one -- the spirit is being invited to where you are. Vibrate his name a few times down this line, politely, until you notice a change in the atmosphere. The air might become suddenly colder, or thicker, or charged with static; and the feeling of essence will become much more intense. That means that your spirit has arrived. If he's based powerfully enough on your own frequency, it will register on your third eye -- you'll actually see him. If not, there could be

dozens of reasons; don't worry about it. You only need to talk to him, not see him. If you haven't already, dissolve the link in a show of good will.

First of all, thank him for coming. Then explain the reason why you wanted to call him. (If he seems uninterested, thank him again for coming and let him leave). If he seems sympathetic, offer to use a pendulum to ask him questions you might need answered. You could use an ouija board or several other methods of divination, but the pendulum is one of the fastest and most accurate methods of translating his responses. (Still, if you're clairvoyant enough you might not need to use a pendulum at all - I've conducted entire conversations through nothing but feeling-out and vibrating. It's not as hard as it sounds). Remember, he has a life too -- he may want something in return for helping you (even if it's something as simple as praying for a blessing for him). When you've gotten your problem as resolved as possible, thank him for his help and wish him good leave.

Cleanse the area thoroughly, afterwards, so that the attraction of spirits will not continue. You might burn incense or an herb of some sort, telling the smoke to carry away the energy you had painted in the air. You might strew salt about the floor, as it tends to "soak up" the programming of energy and leave it in its raw, pure form. Or, you might just ground the energy of the whole room into the Earth, draining away any residual magic. Chaos mages like to "banish with laughter" -- laughing until you've filled the room with fresh personal energy (and you've forgotten what you were worried about banishing in the first place).

Making a familiar

A lot of modern witches will just walk out of a pet store with a "familiar" -- and they usually give it a kitty litter box right next to their ceremonial broom. Just like references to the third eye, most recent literature has completely lost sight of how magical a

A small bit of personal proof: Bothersome familiars

Make absolutely, positively sure that you've come up with the perfect programming for your familiar. Otherwise, you might end up like a friend of mine.

His (astral) familiar, which was very powerful, was programmed to loyally protect him using its ability to perform magic, nothing more. Thus, it was upset to see him endangering himself by getting out-of-body and casting spells on other witches. It rededicated itself to containing his

familiar is supposed to be. Having a black cat is by no means comparable.

Making your own familiar means writing the ultimate energy program -- a sentient being. This isn't as hard as it sounds -- you've actually been doing this to a small extent already, in telling your spell energy to perform tasks. How hard would it be to give energy the tasks of being self-aware and thinking for itself? There are a few minor differences to pay attention to, though.

First of all, it takes a huge amount of energy to pull this off correctly. The energy has to be dense enough to hold together for a short lifetime. You'll need to store energy from at least a dozen sessions of drawing energy (no more than one session per day). Instead of programming the energy and putting it to work, just paint the raw energy into a storage container, compressing it for later use. This could be a box that you've set up a storage shield around, or a large pure crystal (or whatever works for you). (It's good to have something like this ready for large spells, anyway.)

You need to have determined exactly what you need your familiar for. If you just want to make one to be cool, then forget it. Having a familiar is a lot like raising a child. It's a life-changing commitment. The original use of a familiar involved much more than wishy-washy "companionship" and "protection." A familiar was intelligent enough to understand vibrated requests and carry them out (for example, attacking your nemesis in the dead of night) and help in the execution of a spell (drawing in additional energy, chasing off curious spirits, etc.). They grow and evolve; a familiar is not your mindless servant, but an apprentice.

Compile a list of all the attributes you want your familiar to have. This includes personality, loyalty, intelligence (genius for its species is the maximum level if it's going to be an animal), long-term duties, and the like. The more time you spend on this, the better. Take your time drawing out the energy

abilities so that he wouldn't do anything to hurt himself. My friend completely lost the use of his third eye and can no longer feel-out anyone or anything. And since he did not give the familiar a lifespan, he can't get rid of it -- because getting rid of it would mean, in effect, endangering himself.

Always plan ahead, and always leave yourself some options.

you've stored, programming it with each concept on your list, rolling it back up together, and compressing it for storage again. You'll need to do this for about one-fourth of the time it took you to store the energy (for instance, four sessions of programming if you've had sixteen sessions of storing energy). (One of my friends calls this the Raoris Ratio - I believe it came from a text on chaos magick, but I'm not sure).

You need to decide if you want a physical familiar or an astral familiar. If you want an astral familiar, you'll be able to feel him when he's near, and mind-reading will be easier than in physical. If you want a physical familiar, though, you'll have the notable benefits of someone who can be an extra set of eyes, ears, and hands (er, paws) for you. In either case, you need to spend some time preparing a home for him in or near your house, where he will be comfortable passing the time until you need him.

To create the new soul, do one last ritual to draw raw energy, and mold it into the shape you want your familiar to have. Draw about half of the programmed energy from your storage container and integrate it into this new form, at the same time refreshing the programming one last time. Next, use the crown chakra method of drawing energy, but then slow, stop, and reverse the flow -- you're going to project your own energy out of your crown and into the shape of your familiar. This is that spark of divinity -- a little taste of his God -- use it to program in your familiar those last two, most important tasks: self-awareness and the ability to think for itself. Give the familiar a name now (and a seal, if you want the future convenience -- if the familiar will be physical I suggest getting it engraved onto his collar).

If your familiar is going to be physical, pull the whole thing into the womb of its mother and tell it to become alive, and be born to fill your wishes for it. Make sure to time his creation within the first week of being conceived. You'll need to put the storage container you programmed the energy into

inside of his mother's bedding or nearby; program it to slowly release the programming daily into the one, newly-created soul in her womb; a refresher course of sorts.

If you feel your familiar has reached the end of its ability for service, then absorb its energy back into your own. This is the sort of coming-home a lot of us hope for with our own God. Otherwise, you might want to set him free, wiping away any binding you might have between you. Make absolutely sure that he's not trapped to you unwillingly.

There are other techniques to making familiars, but most of the ones I've seen involve the storage container method. Thus, I have pulled the basic theory together here as best I can.

No Boundaries

That concludes the section on advanced magic. By no means are these the only advanced techniques that can be used. They're just mentioned often enough in occult literature to deserve some explanation. Modern innovations in metaphysics prove that there's really no limit to the creativity you can apply to this science. Some witches have been experimenting with influencing time as well as space. Another recent invention is "cybermagick" -- using computer concepts such as "copy" and "delete" to manipulate energy. The possibilities are endless.

Section X Exercises

1. Wait until you have a good reason before you summon a spirit.
2. I'd practice witchcraft for at least a year before attempting to create a familiar. (But you can start storing up energy now for similar large spells). Send the familiar out to complete one task for you every day until you feel he is well-trained.

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section IX

Divination

While predicting the future has little or nothing to do with witchcraft, some of the methods of divination can be used in your workings. However, if you are interested in divining the future, these are some good tools to use (though far too extensive a subject to explain here). Look in your local metaphysical shops, or on the internet, to buy books on these topics.

Tarot

Each card represents a different set of abstract concepts, many of which you can use in spellcasting. Contemplation of the proper card may cause the intent feeling to surface for you.

Runes

If you'd like to ask the runes a question, then one simple method is to have them all drawn onto stones, or carved into wood, etc., and spread them all out, face-up, on a cloth. Ask your question, eyes closed, and wave your hand slowly over them until one rune feels more attractive than the others. You can find additional methods similar to this one all across the internet.

Using runes in witchcraft uses the same method as tarot. In addition, the symbols are simple enough to cast in the air as sigils. Some like to carve appropriate runes into intent candles, or draw protective ones around their circle.

For a chart of the most common runes and their meanings, see <http://209.1.224.12/Athens/Acropolis/5551/futrune.htm>.

Pendulums

A small bit of personal proof: Gambling with a pendulum

After neglecting my pendulum with about a year of non-use, I dug it out to help a friend of mine. She was going to some sort of gambling establishment, and she wanted me to pick the winning numbers for the last keno drawing of the night. She left me alone with a keno sheet to fill out. She didn't know I was a witch, but just that I seem to have incredible luck sometimes, so what the hey? I decided to use the opportunity as a test.

First, I ran my fingers across the sheet of keno numbers and asked the pendulum for guidance. I got good, strong "Yes" answers to some of the numbers, but I still needed three more to get a full set. The pendulum swung uncertainly between

While this tool can be used to predict the future and similar divinatory tasks, it is an indispensable tool to use in astral-to-physical communication. The pendulum should be made from a weight of some sort suspended by a cord or chain -- a pendant necklace, for example, would work well.

Plant your elbow firmly on a table and let the cord dangle from your fingers with the weight at the bottom. Since the pendulum operates upon the theory that your subconscious mind is in direct contact with your astral side, you use it without really trying to. Watch how it swings in response to your questions -- but hold your hand still and don't consciously try to make it swing.

First of all, you have to find out what the answers mean. Let the pendulum stop swaying; ask it to show you your "Yes"; then watch the response. It may take a few moments to answer, but then the swinging in that direction should become more and more pronounced. Repeat the process for "No," "Unknown," and "Rephrase," and record the movements. From now on, this will be your key to interpreting your divinatory sessions.

You can ask the pendulum yes-no questions in this manner. Or, if you have a more complicated question (like figuring out where you lost your watch in your house) just run your other fingers over a list of answers (in this case, a map or blueprint) and wait for the cord to swing "Yes." Of course, using a pendulum is by no means guaranteed to give you the right answers -- your conscious mind or outside forces can interfere with the swinging. But this technique does come in handy sometimes (you'll use it again in the next chapter).

Section IX Exercises

1. Find something you could use as a pendulum and ask it for your answers.
2. Ask a couple of questions that you know the answers to to make sure it's working (if not, get another pendulum). Then ask some questions that you'd like answered.

certain numbers, so finally I just picked three of those.

Then, as a control to the experiment, I asked the pendulum which numbers would NOT be drawn. I wrote down enough for a full set and gave both lists to my friend. "Enter them both and tell me how it works out."

Later on that night, she returned disappointed. "On the first set, I got all but three... and on the second set, I didn't get any at all!" She'd won a little bit of money, though, so I was happy for her.

As a side note... a lot of witches preach fire-and-brimstone against using magic to make money. I wouldn't advise it, for beginners -- it's too easy to let your greed get out-of-hand and interfere with the effectiveness of your spells.

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section XI

Flashy Tricks

These don't really involve witchcraft in the energy-painting sense; they're just popular topics that I felt it would be inappropriate to leave out of the tutorial. ESP is definitely necessary for telepathy, though; just as gnosis is necessary for telekinesis.

Telepathy

Mind-reading is a nifty ability to show and tell; the only drawback is, you'll need an audience if you're going to earn any experience. I've included some simple games to give you some practice.

The basics

1. Get a volunteer who's willing to have his mind read. Explain to him that it's *his* mental willpower, not yours, that is what makes the game work. The harder he tries to make you achieve your goal, the easier it will be for you to read his mind. (A really good volunteer will actually vibrate the answers to you). Try different people until you find a suitable amount of will.
2. Hold onto his arm, to share astral space and ensure uninhibited communication. Tell him that you do not want to be tugged or prompted in any way; the arm must hang limp and unresponsive. If you're still getting skepticism that you're being prompted, then you should each hold something conductive (such as metal wire) loosely between you.
3. Have yourself blindfolded. Don't peek! It defeats the purpose. You'll walk around the entire game this way; you should lead, not follow. The only time your partner can change your movements is if you're about to bump into something or otherwise endanger the game.

Game I. The missing item.

Have your volunteer hide an object somewhere (while you are in a different room, of course). You don't need to know what the object was. Next, be led into that room, blindfolded. You can be spun around in a circle and disoriented, for good measure. Ease forward in one direction, then another, feeling-out your volunteer's energy. If he's using as much will as he should be, then you should get a distinctive "no" ... "no" ... "yes!" in the process of seeking which direction to go. Once he projects that you are in the right area, then do the same type of easing motions with one hand (first left and right, then up and down) until you get a strong "yes!" response. Your hand should be right on the hidden object.

Game II. The misplaced card.

Have your volunteer reshuffle a deck of cards until every card is in order (ace, duce, etc.) suit after suit. Then he should randomly pick out one card and replace it somewhere else in the deck. The cards

should then be spread out, face-down, across a glass table. Looking up at the underside (so as not to disturb the cards), your volunteer should find the misplaced card and remember its location. Remember to tell your volunteer that the number and suit of the card is not what he needs to think about, but rather where in the deck it is. Wave your hand slowly left and right over the cards, as you did for the missing object. When you feel a distinct "yes!" then place your hand flat across that section of cards. He can lay those out, face up (to see exactly which one is the target card), and you can repeat the process of waiting for another "yes!" to win the game.

Game III. The make-believe murder.

This is fun for a large group of people. While you're out of hearing, someone in the group decides to play "victim" and another decides to play "villain." The villain should find a blunt object, like a wrench, that will serve as the "murder weapon," act out "killing" his "victim" (but not really, of course! -- heh, always gotta have a disclaimer....) and hide it afterwards. The victim and villain will sit calmly among the other spectators. Then you'll come in to play "detective" blindfolded. Just repeat the methods in Game I to find the victim, the object, and then the villain. (The object should always be hidden somewhere where you can easily find it -- stuffed in someone's pockets or purse, or on your volunteer, is not a fair test). You might even determine how the "victim" was "killed."

So, what's so hard about these games? You've been using telepathy all along if you've learned how to read someone's essence. You'll just have to learn through practice where to poke and prod to find their current thought. These games are designed to give you a simple "yes" or "no" response to scan for. Next time, you'll know where to look anytime you need to read that person's more complicated thoughts.

Telekinesis

The key to moving objects purely by thought is confidence. "How can I have confidence if I can't do it yet?" you may ask; and this is where your problem lies. You may want to practice witchcraft for a few months before trying this -- completing several spells with excellent results is not that hard to accomplish, and should give you a good foundation of confidence. But still, everyone is going to have to learn confidence slowly, from the ground up.

You do this by trying to move something that already moves by itself -- in the case of our example, a candle flame. Stare at the flame until you've reached a level of gnosis in which your room is no longer three-dimensional, but more like a two-dimensional sheet of reality that can easily be ripped or torn. Then astrally feel-out the flame from a distance; link to its essence. Send a polite command... a forceful request... down the line, telling the flame to leap higher. After you can accomplish this easily, move on to commanding the flame into other directions, and finally ask it to squish down into a small

round ball of flame. I would only send one or two directions per session, though, to be absolutely sure that your requests are not muddled.

Be warned, though, that this sort of thing is rarely accomplished with other people watching.

Section XI Exercises

1. If you've got a willing volunteer, and you'd like to try mindreading, play one of the games above -- or, come up with your own.
2. Do the telekinesis candle exercise once a night.
3. Once you can make the flame so small that it goes out, you've cleared the largest hurdle! Continue on to trying to move solid objects like feathers and finally large objects such as books.

Back to Why Wiccans Suck

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section XII

Addendum/Reference

The charts and information presented in this chapter have been collected from public sources throughout the web. If any of this information is copyrighted, please let me know (empress_norton@hotmail.com) so that I may remove it.

Preparation

The preparatory phase of witchcraft is essential to many, since it calms their mind for what is to come. Doing things symbolically is helpful a building block for accepting magic as real. Unfortunately, this can also be a setback.... you may get too caught up in which props are appropriate for your ritual to pay attention to the performance; or your confidence in your abilities may be affected by not having the perfect tools at hand. But that, of course, is only my opinion.

It helps to have a quiet, private place to practice magic. The ideal spot should have no electrical distractions (phone, TV, etc.) and be used only for your rituals. Your subconscious should soon realize that when you're in this place, it no longer has to worry about the restraints of reality, and thus magic is allowed. Don't let this become a crutch to you, though -- spur-of-the-moment witchcraft in public places is an invaluable skill to acquire through practice.

Drawing a Circle

If you have a sacred space for

your rituals, you may decide to draw a circle on the ground to sit in. Generally, a circle is drawn deosil (clockwise) for attractive results (getting a job, etc.), or widdershins (counterclockwise) for repellant results (banishing ghosts, etc.). The standard color for circle-drawing is white for purity, and anything can be used, from a rope, to chalk, to salt. All of this is, again, symbolically helpful to many but not necessary for everyone. If you wish to draw a circle, make sure it's large enough to enclose all of you and your tools, but small enough for you to determine easily that the sphere you create is solid.

This is the stage at which many witches deem it necessary to call for help. They pray to their god(s) for support, or ask other favorite religious entities, such as angels, for protection. Wiccans call their four forces of nature (air, water, earth, fire). The only problem with this is that you're depending on someone else to help you with something they may or may not care about or even agree with.

The *Lesser Banishing Ritual of the Pentagram* (LBRP), while thick with archaic phrases and ceremonial gestures, is a great script for constructing a shield. I felt it deserved some mention here, since it's been used so often in occult literature that it's almost become cliché. The ceremony usually-quoted is as follows:

1. Touching the forehead, say Ateh (Unto Thee).
2. Touching the breast, say Malkuth (The Kingdom).

- 3.Touching the right shoulder, say ve-Geburah (and the Power).
- 4.Touching the left shoulder, say ve-Gedulah (and the Glory).
- 5.Clasping the hands upon the brest, say le-Olam, AMEN (To the Ages, Amen).
- 6.Turning to the East, make a pentagram (that of Earth) with the proper weapon (usually the Wand). Say (i.e., vibrate) IHVH.
- 7.Turning to the South, the same, but say ADNI.
- 8.Turning to the West, the same, but say AHIH.
- 9.Turning to the North, the same, but say AGLA.
- 10.Extend the arms in the form of a cross, and say,
- 11.Before me Raphael;
- 12.Behind me Gabriel;
- 13.On my right hand, Michael;
- 14.On my left hand, Auriel;
- 15.For about me flames the Pentagram,
- 16.And in the Column stands the six-rayed Star.
- 17-21. Repeat 1 to 5, the "Qabalistic Cross."

The Usual Correspondence Charts

It seems to have been lost upon modern witches to wonder *why* they should use a certain herb, certain stone, or candle of a certain color for their purposes; they just look at a chart to see which ones they'll need. Well, what follows are a few popular charts to keep everyone happy; but know that each listed item, in and of itself, has no mysteriously automatic magical power to make your desires come true. The

substances are just conducive to your desires -- it's up to your feeling-out, linking, and programming to tell them exactly what to do.

Elements

AIR

Direction : East
Rules : The mind, knowledge, abstract learning, theory, imagination, ideas, beliefs, beginnings, rebirth, memory, tests, intellects, divination, psychic powers, and travel.

Elemental : Sprites

Time : Dawn

Season : Spring

Colors : Yellow, white, pastels

Tools : Athame, sword, censor

Zodiac : Aquarius, Gemini, Libra

Animals : Birds, Gryphons

Fire

Direction : South
Rules : Energy, heat, will, purification, inspiration, passion, desire, success, sex, banishing, illness, protection, legal matters, strength, energy, health.

Elemental : Firedrakes, Salamanders

Time : Noon

Season : Summer

Colors : Red, crimson, orange, fuscia

Tools : Wand, staff

Zodiac : Aries, Leo, Sagittarius

Animals : Dragons, snakes, lizards

Water

Direction : West
Rules : Emotions, feelings, love, intuition, the sub-conscious mind, mystery,

fertility, friendship,
meditation, healing,
dreams, childbirth,
clairvoyance, and
purification.
Elemental : Mermaids,
Undines
Time : Twilight
Season : Autumn
Colors : Blue, indigo,
green, grey, turquoise
Tools : Cauldron, chalice
Zodiac : Cancer, Scorpio,
Pisces
Animals : Dolphins,
whales, fish, seals, Sea-
serpents

Earth

Direction : North
Rules : Growth, prosperity,
nature, wealth, abundance,
wisdom, fertility, jobs,
money, business, health,
ecology, and stability.
Elemental : Gnomes, trolls
Time : Midnight
Season : Winter
Colors : Black, brown, dark
green
Tools : Stone, Pentagram
Zodiac : Taurus, Virgo,
Capricorn
Animals : Bull, stag, bison,
mouse

Colors

WHITE = Highest
Consciousness
To Protect / Purify / Heal /
Children / Pets/ Balance / Birth /
Repel / Meditation / Truth / Peace
/ Spiritual Strength, Lunar Magik /
Happiness / Masculine Divine /
sincerity
BLACK = Void for all
Unwanted Influences
To Repel or Banish Negativity /
Bind / Flesh out Secrets / Crone
Magik / Mourning / Loss /
Meditation / Feminine Divine /
Sahmain / protection / absorption
GRAY = Neutralizer
To erase without repercussion /
Aid in Balancing
SILVER = Remove Negativity /

Encourage Stability / Psychic Protection / Honor Goddess / Telepathy / Clairvoyance / divination / astral protection / Goddess.

GOLD = Sun Energy, Healing To Heal all inner wounds / Money Smarts / Quick Actions / Solar Deities / Honor Gods / attraction / persuasion / divination / intelligence.

BROWN = Earth Energy Grounding / Centering Consciousness / Success through labor / Tree and Faerie Magick / Animal Magik / Home / Locate Lost Object

BLUE = Calming Wisdom / Sleep / Truth / Peace / Healing / Tranquility / Prophetic Dreams / Friendship / Physical Protection / Hope / Loyalty / Emotions / calmness / Health / creativity / patience

YELLOW = Mental Clarity Knowledge / Concentration / Healing / Study / Memory / Persuasion / Subtle Attraction / Charm / Confidence / Wisdom / Visions / Psychic Powers / Mental Powers / New Home / divination / intelligence

RED = Physical pleasures, Stimulating, Lust, Anger / Hate / Marriage / Courage / Strength / Enemies / Peril / Lust / Power / Health / Energy / Vitality / Love / Nagnolism / Will Power / passion

PINK = Emotions from the heart To Begin a new relationship / Raise Energies / Friends and Family / Healing / Love / Honor / Fidelity / Feminity / morality / peace / nurturing

ORANGE = Balancer, Neutralizer Prosperity, Mental Agility / Energizer / Success / Stamina / Creativity / Attraction / Stimulate Energy / Legal Matters / New Home / Sahmain / Intelligence / Mental Clarity / justice / ambition.

GREEN = Money, Herbal Magick Attracts success / Money associations with the plant kingdom / Growth / Healing / Faerie Magick / Gardening / Beauty / Employment / Fertility /

Building Blocks of a Ritual

- Preparations (drawing a circle, laying out desired tools, etc. This is optional.)
- Gnosis
- Centering & grounding
- Charging up with excess energy
- Exuding energy
- Programming energy with your

Good Luck / Prosperity / Money /
Revigoration / Masculine Divine /
finance / physical healing.

PURPLE = Psychic
Enhancement
Expansion of obtained
desires\situations / Wisdom /
Reversal / Law / Power /
Recognition / Psychic Ability /
Spirituality / Success /
Independence / Spiritual Growth /
Healing / Feminine Divine /
ambition / hird eye / serious
physical healing

tasks... remember, this is not really a
separate step, but part of the previous
two.

Conclusion (Saying thank yous, etc.
This is optional.)

Incense

Basil - correct paths to money
Bayberry - unwanted influences,
control
Bergamont - to attract money
Blue Berry - Burn to keep
unwanted influences away from
your home and property
Carnations - A sweet floral
scent traditionally used for
healing, protection, strength
Cherry - Sacred to Venus, this
blend will attract and stimulate
love
Cinnamon - Use to gain wealth
and success
Dragons Blood - protection,
potency
Eucalyptus - to increase
powers
Frankincense - Draw upon the
energy of the sun to create
sacred space, consecrate objects,
and stimulate positive vibrations,
also for protection, astral strength
Gardenia/Lavender - to ease
hurt caused by love
Honeysuckle - Burn for good
health, luck, and psychic power
and to maintain your money
Jasmine - For luck in general,
especially in matters relating to
love
Lemongrass - to increase
powers with tools
Lotus - For inner peace and
outer harmony, to aid in
meditation and open the mind's
eye, also for strengthening and
protection of powers
Musk - Burn for courage and
vitality, or to highten sensual
passion
Myrrh - An ancient incense for

protection, healing, purification and spirituality

Passionflower - For peace of mind, this sweet scent will soothe troubles and aid in sleep

Patchouli - An earthy scent used in money and attraction spells and to maintain happiness in love

Pine - Burn for strength, and to reverse negative energies

Rose - For love magick, and to return calm energies to the home

Sandalwood - A delicious all purpose scent used to heal and protect, also for purification

Spice - A fiery scent to be charged for any magick

Strawberry - For love, luck and friendship

Tangerine - A solar aroma used to attract prosperity

Vanilla - Stimulate amorous appetites and enhance memory

Oils

Ancient Wisdom- with Solomon Seal root to encourage in intuitive wisdom.

Attraction- with Cinnamon bark to draw good spirits, love and luck.

Clear Mind- with Lemon Verbena to clear the mind for the insight and problem solving.

Fire of Passion- with Patchouli leaf to potently increase desire and passion.

Garden of Delight- with Jasmine blossoms to strengthen the sexual chakra.

Good Luck- with Squill root to increase good fortune.

Healing- with Peppermint to amplify the vibrational qualities of healing.

Inspiration- with Clove to promote positive thoughts forms.

Lodestone- with Lodestone chips to enhance magnetism in any situation.

Love Drawing- with Red Rose petals to draw love and affection.

Meditation- with Myrrh to heighten and enhance the meditative state.

Money Drawing- with Frankincense to attract material gain

Peace- with Cardamon pods to promote peaceful conditions.
 Prosperity- with Allspice to promote abundance in all areas.
 Protection- with Rue leaves to develop immunity to negative vibrations.
 Psychic Power - with Mugwort to focus psychic energy and gain visions.
 Purification- with Vetivert for spiritual cleansing and purification.
 Spirit Guide- with Acacia flower to aid in spirit guide communication.
 Success- with Orris root to strengthen endeavors and overcome obstacles.

Gemstones

Agate	good for meditation
Amber	protects children, strengthens spells
Amethyst	increases mental powers, promotes psychic powers
Bloodstone	increases spells power, removes mental blocks
Black Onyx	protection from negativity & psychic attacks
Carnelian	good for lust spells, use to help guard thoughts
Clear Quartz	power amplifier in spells & rituals, substitute for any stone
Geode	use to concentrate power before releasing in spells
Garnet	protection, increases aura strength
Hematite	use to center & ground yourself.
Malachite	boosts spells, when worn breaks into 2 parts to warn of imminent danger.
Moonstone	increases psychic powers & second

	sight
Rose Quartz	use in love spells & rituals
Smokey Quartz	protection
Sunstone	energizes spells
Tigereye	Lucky stone, protection, boosts energy
Turquoise	protection of the spirit

Tools

Many find it helpful to handle tools, rather than simply use their minds and hands. Listed below are several popular tools used for that sort of witchcraft.

ATHAME: The athame is usually a black handled, double edged knife and is a ritual tool. It is a symbolic representative of the element of fire. It can be used as a tool for laying down a circle and also as a symbol representing the male aspect of the divine. Athames can be used to invoke the quarters (the four elements) and release the quarters. The athame should not be used to cut anything except in certain situations such as cutting a doorway in the circle to allow others to pass through, cutting a cord in the event of a bind release or a passing over ritual, and of course a handfasting (Wiccan marriage) cake.

SWORD: The sword is another ritual tool that can be used as a tool for sovereignty and authority. It is like the athame a symbolic representative of the element of fire and of the male aspect of the divine. It can be used in the same manner as the athame.

CHALICE/CUP: The chalice or cup is representative of the female aspect and of water. It is used to hold the waters of life. Once the waters of life have been blessed during ritual, the chalice is often

passed around the circle so that all may share in it by symbolically ingesting the Goddess and the bringing of the Goddess within.

CAULDRON: The cauldron represents the gift of birth, death and rebirth, also knowledge and inspiration. The cauldron is a female aspect and is a symbolic representative of water.

PEYTON: The peyton is a circular disk with a pentacle or sacred symbol inscribed on the face of it. The peyton can be made out of many different materials, beeswax or wood for example. It is placed at the center piece of the altar, where all consecrations of salt and water occur, and other objects as well. It is also the focal point of the altar. The peyton is the symbolic representative of earth and of the female aspect of the divine.

WAND: The wand has been known as a tool that is gentle in nature and has the male aspect, it is the symbolic representative of air. It is another tool that can be used for circle casting, invoking and releasing the quarters, and casting of spells, and some have used this in place of the athame or sword.

BROOM: The witches broom is used for sweeping any harmful energies from the area that the broom is cleansing (house, room, circle, sacred space etc).

BOLEEN: A white handled knife, used in rituals for carving and cutting.

STAFF: Usually a wooden pole often of shoulder height, used basically in the same manner as the wand. Like the wand the staff may be decorated with crystals, symbols, feathers, or just about anything that makes it your own.

INCENSE BURNER: A heat resistant, preferably fire proof container used to contain a hot coal for burning incense. The incense is symbolic of air, while

the coal is symbolic of fire. It is used to cleanse and purify the air within the sacred space.

Conclusion

A lot of people like to conclude magic ceremonially, to signal the end of the ritual to their subconscious and to anything they might have asked for help. This is a good time to say your thank yous, break down your circle, and give everyone permission to resume business as usual. It's standard to end your spells with some sort of activating phrase, just as a coach would say "Now go out there and give 'em your best." Christians will recognize the phrase "My will be done," while others prefer to say something like, "So mote it be," to reinforce their confidence and willpower. Some like to eat a meal after particularly draining spells, to replenish all of the personal energy they have spent. No doubt, you'll eventually come up with some personal form of celebration, as casting a successful spell is quite an enjoyable experience.

Section

XII Exercises (optional)

To find more resources such as the ones above, you can use books from the "Metaphysical/New Age" section of your local library. Or, on the internet, type "magick" into a search engine.

Table of Contents

[Preface](#)

Witchcraft From the Ground Up

[Section I](#)

Introduction to Metaphysics

[Section II](#)

New Frame of Mind

[Section III](#)

*Awakening Your Other Senses
(Step One)*

[Section IV](#)

*Awakening Your Other Senses
(Step Two)*

[Section V](#)

Using Your New Awareness

[Section VI](#)

Ballet Positions

[Section VII](#)

Painting Witch Energy

[Section VIII](#)

Simple Magic

[Section IX](#)

Divination

[Section X](#)

Advanced Magic

[Section XI](#)

Flashy Tricks

[Section XII](#)

Addendum/Reference

[Section XIII](#)

In Conclusion

Section XIII

In Conclusion

Hopefully you can appreciate the flexibility of the techniques I've explained here. Instead of having to look through old books hoping to find a spell that's marginally relevant to your current problems, you can tailor witchcraft to specifically cater to your needs. And, there's no second-guessing about whether your magic will work or not, because you've awakened the power in yourself to feel what's really going on behind-the-scenes. In using abstract concepts you've left no room for misinterpretation between the planes. Plus, fortunately, any spells you cast will not rely on visualizing things that aren't really there -- instead, you'll know what you feel is real.

Completing this course does not mean that you've mastered witchcraft, however. Learning the art is a lifelong process. If you're still interested, I highly encourage you to research further. My theoretical perspective of metaphysics has made many an occult book make more practical sense by reading between the lines; but using that luxury means the added burden of reading more books. In reading, take nothing as gospel; use your own experience as a guide. For, it is written: "This stumbling block is in your hand."

Continue exploring your newfound abilities, and flesh out what you want them to do for your life. You may decide to start helping people; or, become a teacher; or, just use your new abilities to enhance your everyday life. But no matter how much talent you unleash, realize that not only you were once a beginner, too... there will always be someone better. As a great man once taught me, "You're never really a witch until you suddenly realize that you're not one yet."

So mote it be.

empress_norton@hotmail.com

[Back to Why Wiccans Suck](#)