

The *MAGIC POWER* of
WHITE
WITCHCRAFT

REVISED FOR THE MILLENNIUM



GAVIN FROST, PH.D., D.D.

YVONNE FROST, D.D.

The Founders of the Church and School of Wicca

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DEDICATION

*To those who have gone before,
and to those who will try something different and change their lives*

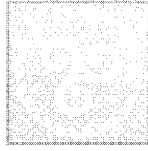
A special note: In recent years, the federally recognized nonprofit Church and School of Wicca (that is, of Witchcraft) has taught over 50,000 people to be Witches: to use their innate powers to help themselves and others toward better lives. There are presently Wiccan churches in several states and in foreign countries. Their members are “new Witches,” practicing white Witchcraft and using these powers as their own consciences guide them.

You should become aware of what Witchcraft power can do for you and for others, so that you can decide whether to join the friendly ranks of the Witches or learn how to remain free from the influence of psychic attackers. Serious inquirers may contact the authors at:

The Church and School of Wicca
P.O. Box 297
Hinton WV 25951

Alternately, pull up their website at <http://www.wicca.org>.

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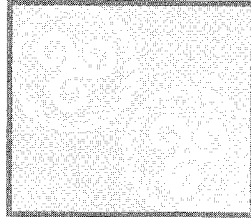
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Introduction

How To Change Your Life with the Magic Power of Witchcraft

Witchcraft! The very word stirs deep emotions, visions of mysterious rites done in dark of night, and the feeling of ancient occult secrets. Those secrets both lure and frighten you. They hold the promise of power—power to improve your life; to gain the serenity, love, and comfort you have always wanted; and to stop your enemies cold in their tracks.

The Frost family, Gavin, Yvonne, and their daughter, Bronwyn, have lived and taught Witchcraft to seekers for a cumulative total of more than 100 years. All three are initiated Witches. It is a fact that Gavin and Yvonne are the founders of the modern religion of Wicca¹ that grew out of Witchcraft.

This book brings age-old mysteries into the twenty-first century. It shines light on secret traditions that were formerly passed down from mouth to ear in tight-knit family groups. It will show you and tell you how you, too, can benefit when you employ the Witches' ways. It will teach you to create your own inner coven of powerful people.

Witches view the world through a different reality from that of other people: Nature is to be honored and preserved in all its diversity. Just as Buddhists do, Witches believe that *all* paths that are not negative lead to enlightenment, serenity, and spiritual awareness.

The Wonders of Modern Witchcraft

Witchcraft has long been associated with ancient terrible spells and weird, hard-to-obtain ingredients. The Hallowe'en Witch is a fiction pushed by the establishment to frighten little children into good behavior and adults into church. Modern Witchcraft laid aside those ancient mystical trappings long ago. As practiced today, it uses materials that you can get in the supermarket. It strongly emphasizes the ethical component of the Craft. Modern white Witches avoid the dark side because they know that a negative "hex" causes harm to the Witch as well as to his or her target. The Craft is as modern as a space shuttle, yet it uses ancient methods to achieve its ends—ends that thousands upon thousands of people are achieving every day. Do you ever wonder why your rival got the promotion when it seemed to be in your grasp? What did he or she know that you don't? If you had had this Witch book before, your chances would have been better than even.

You would have been able to tip the balance in your favor using the simple, easy-to-follow instructions contained in these pages.

You Can Make Your Life Better in Every Way

First, you learn of the powers latent within you that you have not developed. Scientific experiments clearly show that people are linked together telepathically. You can use that telepathic link to help yourself, both by making other people do your will and by reading the innermost secrets of others.

You, yourself, when sitting idly in a theater during an intermission, can make people ahead of you turn and look at you. You know you can do it; it is the practice of such control and the development of your ability to direct your powers that will equip you for your new life. If you are walking along the street and see someone wandering in a daze, you could make him or her stumble into traffic (that's a hex), or you could simply wake the person up.

How many times have you sensed that the phone was about to ring? How many times have you and a friend expressed the same thought at the same time? You are reading each other's minds! By

¹See Appendix.

developing this inborn capability in the ancient occult way, you will learn to read the most intimate thoughts of those around you.

Has true love always evaded you? Have you never had a really satisfactory relationship with another? Learn in these pages the difference between desire, possession, love, and jealousy. Use that new knowledge to your own advantage so that you do not vainly hope for love where there exists only a natural desire to have sex—one endocrine system calling to another. When you finish reading this book, you will know how to establish the rapport bond with your Significant Other, so deep a bond that your brain waves come into synchronization and the two of you are truly one.

Anyone Can Be a Witch

The authors of this Witch book are uniquely qualified to guide you along the simple path to gaining the magic power of white Witchcraft. They are the directors of a unique school, the School of Wicca, which has taught tens of thousands of ordinary people how to become adept in using the magic power of white Witchcraft.

As you learn from the fifty-plus examples in this book, you don't have to be wealthy or superintelligent to be a Witch, nor do you have to be from a Witch family. This commonly held belief, that the powers are somehow genetic, has been fostered by those who want you not to know how easy and effective is the use of Witchcraft's magic power. If you do not wish eventually to become part of the happy, serene worldwide Wiccan family, from this book you can still learn to use the magic power and to protect yourself against those who may wish you ill. We are sorry for you if you forgo joining the group; yet you can still use a Witch's magic power, as this book teaches.

Witchcraft Will Work for You

Joe and Margaret D., who lived in a small town in Missouri, never seemed to have any luck. Because they had all the countryman's belief in omens and the evil eye and were convinced that their ill luck was due to some outside influence, they had tried using lucky horseshoes and had cast a protective ring of salt around their house, but to no

avail. They had given up hope. They knew that the evil that was on them would have to be removed by some powerful Witch ritual. They wrote to us in the last misery of despair. Because they lived only a relatively short distance from us, we went to see them. Nailed above their door we found horseshoes with the open ends pointing up and down. Inside the house we found a wreath of garlic laid around their sick baby's crib. Joe and Margaret had no real belief, though, in the efficacy of these measures.

We taught them to use the methods that you learn to use in this book. Taking down the horseshoes, we laid them flat with their open ends pointing away from the house. We cleansed the home of spirits with the ritual in Chapter 1. The home immediately felt lighter, and after Joe and Margaret had conducted their own protective ritual and made their own protective pentacles, the evil influence evaporated. Within one week Joe had gotten a new job and the baby was visibly improved.

They did it themselves, and you can too.

Joe and Margaret's House-Cleansing Ritual

This very nice ritual may be used to make the home feel much better and brighter. It is simple but effective, typical of rituals that you can do even though you are not an initiated Witch. The equipment is simple and is easy to obtain. This ritual is especially fun to do at the end of a party, when you can clean all the people out as well as any bad influences they may have left.

NECESSARY EQUIPMENT

1. 200 feet of silk thread
2. A 2-quart ceramic bowl
3. Aluminum tray 30" × 18"
4. 2 quarts dry sand
5. 2 beeswax candles
6. A box 2 feet or more on a side
7. Alcohol

8. Chicken wishbone
9. Cooking oil
10. Bread
11. Glass of wine
12. Salt

On the evening of full moon, tie one end of the thread to the front doorknob. Leave the door open. Take the thread in a counterclockwise direction into and out of every room in the house, including the upstairs rooms, every bathroom, and all storage closets that have a door.

Carry the end of the thread out into the yard. Tie it to the wishbone and put this into the box with a beeswax candle, the glass of wine, and a piece of bread. The box is the spirit house. Such a box is often placed on a post or some other elevated pedestal, which may be as simple as a wooden chair.

Put some sand into the fireproof bowl. Pat it down to make a mound in the center. Saturate the mound with a mixture of alcohol and cooking oil, mixed in the proportion of one cup alcohol to one-quarter cup oil. Put the bowl and the second candle on the tray. Light this and let it burn outdoors for thirty minutes before you carry it indoors.

At exactly midnight, light the two candles and the alcohol mix in the bowl. Be very careful with the alcohol fire, because the bowl will get astonishingly hot. Start at the end of the silken thread you have tied to the front doorknob. Say in a loud voice,

I have prepared a home for any spirit who may need one.

Come, follow the thread. Go to your new home. Go in peace.

If you do not go in peace, I will curse you and banish you to the outer shades.

Follow the thread. Go in peace.

Walk forward along the thread repeating,

Follow the thread. Go in peace.

Carry in front of you the tray on which both the candle and the bowl of alcohol and oil are burning. If you like, as you go, a second person can sprinkle salt behind you. As you move through the home, have

someone wind up the thread behind you. Eventually you will come to the spirit house.

Wrap the thread around the spirit house. Say,

You have everything you need in this house.

Everything you need is in this house.

This thread will bind you in. This thread will bind you in.

When all the thread is wrapped around the spirit house, carry the spirit house away from your property, collapse it, and burn it. Or bury it at a crossroad; or put it snugly in the woods.

What Is Your Heart's Desire?

Once in the middle of a warm Easter Sunday afternoon, several Witches drove from Minneapolis toward Missouri. As they drove southward, they became aware of many cars stranded by the road for lack of gasoline. Naturally, they began to worry. One Witch used the pendulum she always carries; not only was she able to reassure the travelers that they would be able to find gas, she even told them precisely where it would be. Taking the indicated off-ramp, they found, within two miles of that ramp, the only open fuel station within a radius of many miles. The station was open, and (even better) there was no lineup at the pump. When they asked the attendant how it happened that he alone was working that Easter day, he replied, "I don't know why, but I just got the urge to come up and open for an hour or two." Once more, we were completely convinced that Witchcraft powers had smoothed the path for us—just as they can for you.

Probably the most important thing about Witchcraft and the power that it generates is that it will easily remove the frustration so many people feel. Once you have read this book, you will no longer be a passive bystander, left high and dry in the backwash of misfortune. You will be an active participant in your own destiny and in the destiny of others. You may not move mountains, but you will certainly get rid of many frustrations that you would just as soon remove from your life. This book will enable you to control your own future. Instead of being a puppet on somebody's string, *you* will have control over other people's strings. Too often we hear people moan, as Molly R., a New York

housewife, did, "I never have any money in the bank." But with a few simple rituals and a minor shift in lifestyle, Molly now has a substantial bank account. Until we showed her how simple it really was, she was both frightened and too negative to try the positive Witchcraft approach that this magic book describes. Her first hesitant attempt netted her a substantial check when the estate of a long-forgotten uncle was settled. This small success encouraged her to continue with her rituals and work (What could she lose, after all? she figured); and before her death she ran her own haute couture firm at a fashionable address in New York City.

Adrienne C. loved music. It always seemed, though, that when a program she particularly wanted to hear was offered at the symphony hall, her vice-president husband had to entertain important out-of-town guests. She particularly detested the hockey games she had to attend. Years earlier, Adrienne's Scottish godmother had given her a little pewter boat and had taught her to wish on it to bring what she desired. Finally, Adrienne's frustration with hockey grew so intolerable that she took the boat to a match. She bet her husband that she could use it to make the local team lose the game. You guessed it—it worked. Her husband was so furious that he refused to take her to any more games, which was exactly what she had hoped.

Whatever you need or want, whatever frustration is bothering you today, Witchcraft can help you. It is not evil or dangerous; it is not Satanic. All the things you will learn to do are approved in the Bible in I Corinthians 12.

Witchcraft Is Alive and Well

The medieval Christian church wanted to be everything to its adherents. Its magic had to rule, and the magic of the "cunning people" had to be exterminated. Thus grew the campaign of genocide directed mainly against good Christian women who had knowledge of magical power. Every time scientists investigate our modern Witch powers, much to their dismay they find that there is truth hidden in the old ways, that many an occult "mystery" has its basis in rational fact when the spotlight of honest scientific inquiry is trained on it.

During centuries of suppression, feudal lords kept their bondsmen as slaves. Factory owners of yesteryear kept their employees in

dreaded sweatshops because the masters knew they must not allow their workers to realize that they need not labor their life away. In the same way, the medieval church kept its people in control. The powers associated with Witchcraft were held a deep, dark secret because anyone who gained them would be able to live serenely, no longer enduring oppression and enslavement. Witchcraft was hushed up so that those in power could remain in power. Today, the suppression of knowledge is not so easy; the Vatican's control of book publishing via its Banned List is long gone. Now the internet makes knowledge available to everyone. Tens of thousands of people have chosen to become initiated Witches. As they learn and practice, so can you.

If you want to gain power, all you need do is read and apply the knowledge in this book. The ancient methods of raising your personal and cosmic energy work today as well as they ever did. The supply of power is still as inexhaustible and potent as it ever was. Remember that the reason Witchcraft was suppressed is that it works, not because of any "evil" in it. If it hadn't worked, no one would have bothered about it: Tens of thousands of people would have escaped being tortured and burned to death because of it.

Magic White Witchcraft Power Is the Total Answer

For centuries Witchcraft has held the total answer. As you read through this Witch book, you see how various writers have had just a piece of the truth and what awesome resources are available to the initiated Witches who have full knowledge of their powers. As you see, Witches perceive the truth in its entirety. They acknowledge the existence of the other nine-tenths of the iceberg. They have it all. Remember that today's conventional religions, for all their adherents, are relatively modern, though now fossilized. Humankind existed quite satisfactorily for eons before such belief systems arrived on the scene.

Satanism

Witches are not Satanists, for Satan appears only in the Judeo-Christian Bible and in Islamic belief. But because thoughts are real things, dear reader, each time you think of Satan, you add to the

thoughtform stored in the vastness of cosmic space, the thoughtform labeled "Satan." This enables practicing Satanists to draw energy from your very thoughts. Satanism is indeed real, but it is not Witchcraft. The Craft existed long eons before the name of Satan was inscribed in Christian writings.

Because we Witches are not Christians, we do not have any real belief in the efficacy of the Christian form of prayer. Moreover, it profits me nothing to mock the Christian mass or to say it backward, forward, or sideways—any more than it would benefit me to pervert religious acts of Islam, Hinduism, Buddhism, or Shinto. It is better by far to call on the old God Force and to form our own pure thoughtforms, avoiding any possible evil associated with Satan or some other naughty being.

You need have no fear: In this Witch book you will not be instructed to deal with devils, demons, or any negative force. You will be guided merely to apply simple techniques in an ethical way and to raise your own magic Witchcraft power to change your life.

Remember: In the world today many people practice these forms of magic. Unfortunately many of them know far too little about the forces with which they deal. In this book you have the opportunity, even the duty, to learn to control and direct your magic Witchcraft power with assurance and purpose.

The God²-Given Power

A Witch does not believe in wasting anything. The powers described in this book are accessible to humans for our use. People may protest that using such powers is evil; but evil is like beauty: It is in the mind of the worker, not in the power itself. The powers were given by the God for us to use. When the Rural Electrification Authority put power into the farmhouses and cottages of rural America, many fearfully said that the new force was evil. How can a rational mind regard electricity as an evil force? When it is used to kill someone, it may indeed be evil. But when it lights the lamp of our understanding, obviously it is a good and beneficial power.

²In this work "God" means both god and goddess, the two halves of the life principle.

Electricity has no moral sense. It is neither of the “dark” side nor of the “light” side. The purpose that people put it to determines whether it is “good” or “evil.” A child who sees power lines for the first time has no concept of the benefits they imply; so very few people have any idea of the vast cosmic forces they can tap. You are like that child. The forces are there. Use them in constructive ways to improve your life and, if possible, to make the world a better place. The wise parent carefully teaches the child how to use electricity. You may want to regard us as that wise parent teaching you to use the enormous power of Witchcraft.

Automatic, Assured Success

When you read this book, you learn many of the ancient occult secrets of white Witches. This causes in you what is called an epiphany: a sudden realization that things can be different—that there is more to the world than you may have assumed. Thousands of people have had such epiphanies. From business leaders to the lowest servant, they all suddenly change. The very act of learning about the occult starts it working for you. After you practice the affirmations that begin each chapter, when you get into a difficult situation you will find that you hardly need to make a conscious effort to remember the affirmations. The power will be in you, and you will automatically gain the desired end that will change your life. Once you have put out a thoughtform, it will work. It will not matter that you are fast asleep or otherwise engaged; the thoughtform will still do your work, with or without your active attention.

This can be applied in ways you have not dreamed of. When you set out for a shopping trip, for example, are you going to waste time looking for a parking space? Our friends don't. Using their Witchcraft power, they mentally reserve a convenient spot. One day in Baltimore our friend Verna thought that she had made a mistake in her thoughtform, for the only parking spot she could find was around the block from her destination. But her magic had not failed her: The storefront collapsed as she approached. If she had gotten a spot where she intended, both she and her car would have been wiped out.

Perhaps it is not an evil influence at the heart of your frustration. Maybe some relative is sick and constantly demanding your attention,

or possibly it is an animal that needs help. During a series of lectures on healing at a Methodist church, we took the most skeptical members of the audience, those who most loudly claimed it was all just self-delusion, and had them conduct a healing ritual. They tried three healings: one of a baby who had had a continuous high fever; one of a horse with an open, running sore on its neck; and one of an older woman with arthritis. Even the people in the room who were most open about spiritual or Wiccan healing couldn't believe the amazing results that those six very skeptical persons obtained with Witchcraft methods.

All three patients were healed. The skeptics were particularly astonished that the horse got well. Neither lecturer did anything to help the skeptics in their healing work except to talk them through the procedure. This conclusively proves that anyone can use these magical powers. Even if you do not fully believe in the results, the power will still work for you.

Your Personal Meter Maid

The easiest and quickest way to get a parking spot is to visualize your own meter maid. Her name is Squat. She is a dumpy lady in a tight-fitting uniform who parades around with her ever-present book of tickets. To reserve your parking space, imagine her walking down the street ticketing cars. If there is an empty space, or if a car leaves, she stands in the spot to hold it for you. When you get there, she waves you into the spot and you park. Remember to pay the parking meter; otherwise Squat will get angry at you.

You will come to find that you can do these simple things almost without thinking—they become second nature.

Thoughts into Action

As you read these words, we are sure you are already thinking of things you would like to change. When those thoughts of yours are transmitted with the aid of the magic power, they will speed to their target and cause those most-desired things to become real. No matter what it is you desire, this Witch book will help you. Whether you want psychic pro-

tection, health, wealth, or affection, your new knowledge of the Craft³ will surely, swiftly, and automatically let you gain your heart's desire.

Prove to yourself that the power is real. Once you read the first couple of chapters of this book, you realize how easy it is to feel and to direct the power.

Jot down now the thing you need this week. Shout it aloud: That thoughtform will go out to do its work. When you use the techniques we describe, you are able to direct each thought even more effectively and be more assured of success.

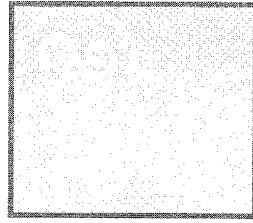
In these pages you will read of the experiences of ordinary people who make things happen in their own lives. Learn from these examples. Use the various techniques to change your life. You can gain health, a better job, someone to love, and total serenity.

The Witch book you are holding in your hands guides you through a natural sequence, step by step, into the effective practice of the Craft. By reading and practicing for a few moments each day during the next months, you can go forth and have that glittering, luxurious future that you have desired.

Good luck and blessed be.

Gavin Frost and Yvonne Frost
Hinton, West Virginia 1998

³"The Craft" is Witchcraft. Among other things, it is the art of using Witchcraft power to influence future events. The word itself comes from "Witch" (a wise one) and "Craft" (strength and skill). In this book we will use "the Craft" as a brief way of talking about Witchcraft.



Before We Begin

We need to look at some definitions.

MAGIC The use of your natural energy to change present and future events through occult techniques.

POWER The subtle energy that comes from the mind: power that this book will show you how to develop and use. In Germany it is called *vril* and in India *prana*. Those who practice martial arts call it *chi*.

WITCHCRAFT In medieval times, when there were essentially no doctors, helping and healing were done by the “cunning” men and women of each town and village. Such people were occasionally called “the wise ones” but were more often regarded as those who could bend reality and shape the future to their own will. When Christianity decided that its own priests should have an exclusive franchise on these activities, the Church focused on the possible negative aspects of using the power and used that possibility against the cunning people. Hundreds of thousands of people (especially women) were burned as Witches.

Their powers were real. Their misfortune was that—in all innocence—they posed a threat to the establishment, and the establishment did not tolerate competition.

“WHITE” WITCHCRAFT Colloquially black and white, negative and positive, are associated with evil and goodness. To affirm, right up front, that this book and its subject matter are not in any way evil or negative, we have used the word “white” in the title. We hope, though, that every reader will understand that the power is like the electricity in the wall socket: It is neither good nor bad in itself. The self-same electricity can be employed to do beneficial things and harmful things. The “white” or “black” of it is in the mind of the user. The power has no color; like gravity, it simply exists. You need not even plug in if you don’t want to.

One who taps into the power knows full well that a universal law exists: the Law of Attraction. The Law of Attraction states, “What you put out is what will come to you. If you invest your effort in negative or harmful intent, you will draw negative or harmful to yourself.” And conversely. So it’s only sensible to stay on the beneficial, compassionate—or at least neutral—side of things.

Hence our use of “white” Witchcraft, to make vividly clear our intent to do no harm and to behave ethically.

1

Spells: The Fun Part of Witchcraft

The other day a full moon was coming and we had run low on materials for casting the Circle. Yvonne went to a garden-supply store and asked, "Do you have sulfur available all year round? Summer is so different from winter that I want to stock up now if you're going to discontinue sulfur until springtime."

The salesperson's response was, naturally enough, "We'll have it any time the garden needs it."

She protested, "But I use it in winter too."

Curious now, he inquired, "What will you use it on in winter?"

"On full moon night for religious purposes."

As he reeled back from the counter, the poor man's face displayed so many emotions in so short a time that we have had many a laugh over the incident.

Do you want a surefire ritual to keep pesky pranksters away at Hallowe'en? Here is such a ritual: A week or so before the holiday, in late afternoon, take your household broom out into the yard. Straddle it, and spend a little time running and hopping. Wear an exasperated expression. Tell the neighborhood children they can help you start it if they stand around and say, "Vroom! Vroom!" Complain, "Sometimes I have trouble getting off the ground in this kind of weather."

Some spells are saturated with intense emotion, but most are easy and pleasurable. An ancient grimoire, full of unpronounceable words, obscure references, cryptic symbols, and repulsive ingredients,

is as foreign to most Witches as it is to you. The thing that makes spells work is the emotion you invest in them. If you're doing some ritual that makes you feel ridiculous because it is full of weird names and smelly ingredients, how can you possibly concentrate enough to send out an effective pulse of power?

Just as with any game, once you learn the basic rules and have played a few times, it becomes an enjoyable pastime. Witchcraft and the use of psychic energy can be regarded as a very simple, almost childlike game. Most of the results you need to improve your life are childishly simple to attain. In a game, you know you want to win, so your objective is clearly defined. In the use of your magic Witchcraft powers, too, you must decide what you want and how you are going to get it. So the first rule of any good spell is:

1. DECIDE WHAT YOU WANT.

Be careful in your definition. If you are looking for a companion, for instance, think about age, sexual orientation, hobbies, and a thousand and one other things that will be pluses and minuses in the compatibility equation.

2. DECIDE ON YOUR MOTIVATION.

In using Witchcraft powers, especially those of white Witchcraft, you want to be sure that your motivation is positive. You may want to teach someone a lesson; that is a positive motivation. If you want to ensnare another person or if you are bent on revenge, those are negative.

Whatever you put out, you will draw to yourself. If you put out negative thoughts, you will draw negativity to yourself. So be positive. Think about your problem and think about positive ways in which it can be resolved.

3. DECIDE WHAT MAGIC WITCHCRAFT METHOD YOU WILL USE TO ACHIEVE YOUR GOAL.

What will you use to play the game? Unlike most other games, in the Craft you have a range of options. Sex magic may not appeal to

you. Okay, you can achieve good results with candle burning. If this is more appealing, let it be your path.

4. DEFINE YOUR ALTERNATE TARGET. DEFINE HOW YOU WILL USE EXCESS POWER.

One thing too often overlooked in magical practice is the very thing that causes practitioners to have problems. After the completion of a spell, it is essential to use up the forces you have raised. You must find an alternate target for them in case the home (target) that you have aimed them at is unavailable. Mistakes in this closing part of the ritual cause hauntings, possessions, and many of the other negative effects you have heard about the practice of the Craft.

A Child's Spell for Good Weather

I am sure you have heard a child reciting a jingle such as this one:

*Rain, rain, go away.
Come again another day.
Little Janice wants to play.*

To keep your affirmation short and sharp, if you like you can do your definitions before you do the actual affirmation. You can express them in written form or say them aloud, so long as they are clear.

Janice's is a good and complete spell. The object is clear: "Rain, go away." The motivation is clear too: "Little Janice wants to play." The line, "Come again another day" properly closes it down. If that line were left out and Janice had raised the right emotional impact through her jingle and the accompanying body motions, it would be logical to expect a prolonged drought. This, of course, is the precise reason for much of the violent weather we experience. In a wet spring everyone prays for a drought. The drought comes, then everyone prays for rain and we have a wet autumn. The weather does not have options. It is subject to the power raised when all these millions of shortsighted people utter their irrational prayers.

Basic Spell Casting

At the beginning of each chapter in this Witch book you will find affirmations and phrases to be used in rituals. When you use such a phrase, do it in a powerful, explosive manner. For instance, if you want money, use the following affirmation:

*Money, money, come to me.
I want _____. Money, come to mine or me.
Money, money, come today.
As I will, so shall it be.*

Stand facing east and shout this rhyme at the top of your voice. Yes, scream your lungs out. As you complete the final line, clap your hands hard together, or bang a drum, or fire off a gun. Do something dramatic and emotional that departs from your normal behavior. This lends the necessary emotional force, the magic whammy, to the rhyme. It turns it from a flat statement into a genuine spell. Similarly, when you want to use the affirmations and magic phrases given throughout the book, lend them impact by standing facing east and screaming them out.

Your Own Magic Witchcraft Temple

If you are going to make magic a part of your life, you will need a special storage place for candles, textbooks, and other equipment. Witches believe that every house is its own temple, but if you live in a home with several other people, you may want to work in one special room. Years of trial and error have proven to us that for best results, that room should be prepared in special magical ways. Special activities naturally imply special preparation. First, for example, it must be cleansed, both physically and psychically. It is hard to realize how many random spirits and thought patterns can be attached to the objects in any room, impregnating the walls, ceiling, and floor. So as a first step, take everything out of your temple room and thoroughly scrub down the ceiling, walls, and floor with salted water prepared in this way: To one gallon of water, add five tablespoons of salt.¹

¹Use sea salt or kosher salt. Throughout this book, when we mention salt it may be either sea salt or kosher salt, depending on which sort is more readily available to you.

At new moon, boil the salted water in an iron pan for the length of time it takes you to recite thirty-three times this affirmation:

*Water, water, boil for me.
Cleanse thyself as in the sea.
Water, you can make me free.
As I will, so shall it be.*

When the water has cooled, use it to wash down the room. Once everything is dry, paint the walls of the room in a neutral color, either slightly off-white or, if you prefer, black.

On the floor of the room, paint two concentric magic circles, each about one-half inch wide. One will have a radius of the distance from the floor to your navel. The second will have a radius of exactly 2.718 feet.²

The first circle is the one you will use for personal magical work; the second you will use for cosmic work.

In painting the circles, use paint made to these directions: Take one pint of raw linseed oil and let it stand in the sun until it thickens. For painting your personal circle, add to half of this oil three drops of your own blood, one teaspoon of your own saliva, and one ounce of burnt umber. For the cosmic magical circle, to the other half portion of the oil add one teaspoon of ground lava rock and one ounce of white lead.

Now your temple is cleansed and your circles are cast. Mark on the floor the precise direction of north, south, east, and west so that when you wish to chant for the future you can face exactly eastward, and when you wish to chant for the past you can face westward.³

The next step is to seal the room and the circles, using salt and sulfur. The method we describe is most efficacious. Just as Yvonne did, go to the garden store and purchase some powdered sulfur.

Walk in a clockwise (deosil) direction around the perimeter of the room, saying:

²That is, 2 feet, 8 41/64 inches, or 82.9 centimeters.

³In determining your directions, try to view the polar star, Polaris, to find north. Or you may learn from a visit to your city hall that your town's streets are laid out on an exact north-south alignment. Do not use a compass pointing to magnetic north instead of astronomic north. Over time, magnetic north moves around. This direction is for the northern hemisphere. If you are working south of the Equator, proceed counterclockwise.

*Spirits of evil and malicious intent,
I banish you from my temple.
If you enter here, You will surely burn.*

Say this nineteen times as you scatter the sulfur around the walls of the room. Then take a heavy iron pot and ignite some charcoal in it. Bring the pot into the center of the circle and set it on a stone that you have dug yourself from the earth by the light of the moon. Carefully and quickly cover the charcoal with eight ounces of sulfur. Swiftly leave the room, closing the door tightly after you. Do not enter the room for three days. It is vital to set up the charcoal and sulfur combination quickly and efficiently, because deadly sulfur fumes are not to be inhaled under any circumstances.

After three days enter the room and remove the pot and the stone. Keep them in a secret place until the dark (waning) of the moon; then bury them both at the nearest crossroads.

Now it is time for the final consecration of your temple. For this step you will need sea salt to scatter lightly over the floor. As you scatter it, say once at each of the cardinal points,

*Salt from the blood of life, salt from the sea:
Purify my temple so that I safe shall be.
As I will, so shall it be.*

Now your temple is cleansed, sealed, and consecrated. Do all your magical work in it—work nowhere else unless you're desperate. If a temple of this type cannot come true in your life, you have two choices:

1. Move away and live alone somewhere else.
2. Find an outdoor spot where you can work undisturbed.

Sex and Blood Magic

At first reading these rituals may seem alien to you, but they are some of the most lighthearted and fun parts of Witchcraft. When Joe, the fuzzy-faced adolescent, falls in love with a centerfold nymph and goes to all the trouble of getting her autograph, he is instinctively doing a rudimentary magical sex-magic. Esoteric workers call such procedures

thaumaturgy. Joe has no real hope of becoming intimate with the model, but through the love emotion engendered by meditating on her picture he hopes to attract to himself a partner similar to the one depicted.

Many very advanced magical workers use in their circle work the opposite polarities represented by male and female principles. When you want to do really significant work in your own temple, it is often helpful to have a worker of the opposite gender assisting you. A word of caution, however: The force that is driving the emotional level ever higher in the circle is sexual desire. If you complete a sexual act with your partner *in* your sacred temple, no sex drive will remain to work the magic (the donkey will have got the carrot); moreover, you will have to repurify and rededicate the area.

When a little child writes a note to Santa Claus and really wants her letter to receive serious attention, she may use a drop of her own blood, carefully pricked from her finger with a lot of wincing and giggling, to seal the message. She will burn her note, hoping in her heart of hearts that Santa will know how important it all is. When you want to call on invisible magical forces, you can use exactly the same procedure. This is basic, simple blood magic.

See Tomorrow Today

On a different subject: How can you help yourself by looking ahead to tomorrow? Magic is all very well, but it does take a little effort, whereas seeing ahead is simple and can be one of the most useful skills in your repertory. In France, the last thing at night before shutting down, the most popular TV channel presents an astrological or tarot reading for the next day. The audience for such readings is reputed to exceed 100 million people. In China, many people cast the yarrow stalks to do what is called an *I Ching* reading before they ever get out of bed each morning. How many millions of people rather surreptitiously (but religiously) read their astrological forecast in the newspaper each day? Everyone wants to know what the future holds.

A friend of ours in Phoenix often sits at home visualizing tomorrow morning's newspaper, just to see what kind of day it will be and whether he really wants to go to work. When you have developed this ability, you don't necessarily have to read just the front page. You can

check to see what is going to happen on the stock market or in that most important horse race.

Skeptical? Well, how about Mother Shipton's prophecies?

Mother Shipton was the wife of a humble carpenter who dwelt at Knaresborough in Yorkshire, England, in the late 1400s. She got into difficulty with the Church, especially with Cardinal Wolsey, whose death she predicted. The great Cardinal sent the Duke of Suffolk, Lord Percy, and Lord Darcy to question her. They got her story out of her and told her that when the Cardinal came he would have her burned as a witch. Hearing this, she threw her linen scarf into the fire. "If this burn, so shall I!" When the scarf was retrieved, it was not even singed. Mother Shipton was not burned; she lived to a ripe old age—while the great Cardinal died as she had foretold.

Mother Shipton's rhyming prophecies are considered almost folk tales now.

*Carriages without horses shall go
And accidents fill the world with woe.
Around the earth thought shall fly,
In the twinkling of an eye.
Through deepest hills men shall ride
And no horse or ass be by their side.
Under water men shall walk,
Shall ride and sleep and talk.
In the air men shall be seen
In white and black, and also green.*

It is clear that almost five hundred years before they happened, Mother Shipton saw the events of this century. Giving her the benefit of a little imagination, are the men in "white and black, and green" from the TV broadcast to earth of the U.S.-Russian space linkup?

*And in those wondrous far-off days
The women shall adopt a craze
To dress like men and trousers wear,
And cut off all their locks of hair.
Then love shall die and marriage decrease
And nations wane as babes decrease.
The wives shall fondle cats and dogs
And men live much the same as hogs.*

Your Magic Window on the Psychic World

Just as your television set has been called your “window on the world,” so the black mirror, or scrying glass, is your “window on the psychic world”—the world of the unknown. Making your personal black mirror will take only a few moments and can open the way to unguessable visions. Take a bowl of water and add to it one ounce of washable (water-soluble) black ink such as Parker’s Quink. In your temple, reduce the light level until you can barely see your hands. Sit quietly with the bowl on a low table before you. Peer into the black water and let your eyes go out of focus. Soon the water will become misty and clouded; then suddenly you will see scenes from other places and other times. Once you have begun seeing these random scenes, direct your black mirror to show the scenes you want to see. Chant softly,

*Mirror, mirror, scry for me.
Mirror, mirror, let me see
What it is that is to be.
If your face must dark remain,
Help me patient be.
As I will, so shall it be.*

This very ancient chant is reminiscent of the command used by the wicked stepmother of Snow White. It is, in fact, good magic and will work for you just as it did for the evil queen.

Your Personalized Divining Machine

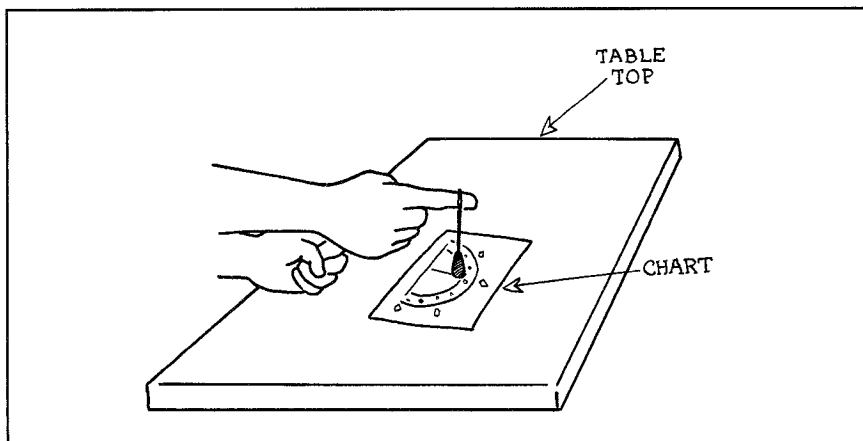
Too often, simply viewing a scene or watching a tableau is insufficient; it lacks precise information. When you want precise information, you can turn to a divining device. Making such a device for your own use is a simple procedure; and, as always in magical work, the tools that you make with your own hands are the ones that will bring the best results. For divining on personal topics, make a pendulum of a single hair from your own head, tying to one end of the hair a favorite ring or a button that you have worn many times. Attach the weight to the end of the hair and arrange your hands in the position shown in Figure 1-1. Be sure to work on a firm table, because an unsteady one may contribute a motion of its own and deceive you into misinterpreting the

information you receive. When everything is set, hold your hands still until the instrument stops swinging. Then say aloud,

*Line, line, show to me
What the future is to be.
Circle, show what is to be.
As I will, so let it be.*

Then ask the pendulum,

Spirit force, are you here to be my guide?



*Figure 1-1.
Position of Hands Holding Pendulum*

The pendulum will normally respond by beginning to swing in a line, indicating a “yes” or positive answer. If it does not respond, put it away and come back twenty-one minutes later to try again. The early contacts between you and the spirit force are vital. All your future work will depend on this relationship. Follow precisely the instructions given here with positive intent, and success is assured.

Repeat the trial and the invitation until you get results. In every case that we have dealt with, there has always been a positive answer within a mystic five trials.

Once you definitely make contact, construct the chart shown in Figure 1-2. Now, by holding the pendulum over the chart, you can divine precise answers to your questions. As an example, let us say that

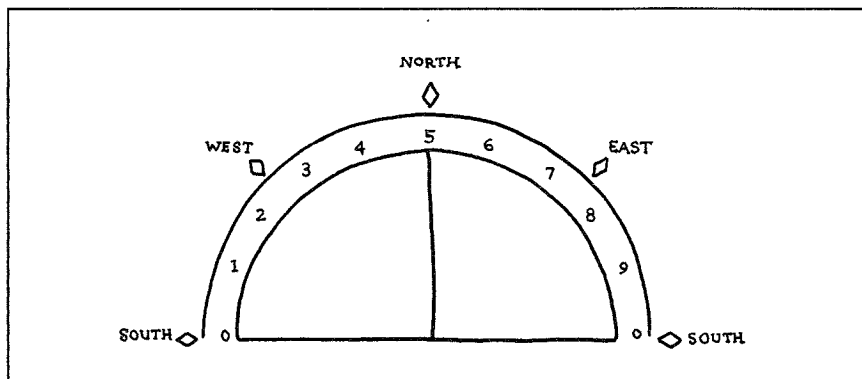


Figure 1-2.
Chart to Be Used with Pendulum

there is a lost dog in the neighborhood whose master has asked your help in locating it. Use your pendulum to ask first, "In what direction does the dog lie?" Give the pendulum a chance to respond to North, East, South, and West. Then ask, "How far from here is the dog?" In this manner you can pinpoint its location. As you become more adept, you may even ask for house numbers or street numbers.

Occasionally you may suspect that some force with malicious intent is controlling your pendulum because the answers seem deliberately to lead you astray. At such a time it is sensible to construct a new instrument from new materials; then ask it questions to which you do not know the answer. Ascertain the answers later, and judge the validity of the controlling force from how well it has responded to you.

When you are ready to do divining on cosmic (in contrast to personal) topics, construct your pendulum from a natural rock and a light silver chain.

There are many different methods of divining. It may be that the pendulum will not work well for you. In that case, try one of the others, perhaps the I Ching, tarot cards, dominoes, or even the simple flipping of a coin.

Ron and the Veteran

Denny and Ron, uncle and nephew, had always gotten along ideally. Then out of a clear blue sky, for no apparent reason, Denny violently

attacked Ron. Everyone was baffled. Two polite, well-bred Lutherans from Minneapolis were abruptly at daggers drawn. Nothing in the background of either one suggested a cause for the assault, even when Denny went into an institution to be examined. No guidance emerged from the facts that the psychologists of the mental home could elicit; so Denny was released to return to his unremarkable life. Ron kept out of his way. One day Denny encountered Ron's brother (who bore him a close resemblance) on the street, and the violence started all over again. The family was at their wits' end. Back Denny went into the institution, for further examinations and consultations.

Ron asked a whole series of questions of his pendulum. He began to pinpoint the cause of the trouble as something that happened while Denny was fighting in the Gulf War. He had served in the infantry in Iraq. Ron asked us to recommend a course of action. We told him to get something of Denny's so we could see whether analysis would reveal anything. It turned out that Denny's body was inhabited by the unauthorized "possessing" spirit of an Iraqi soldier as well as by his own spirit. The Iraqi had died violently in battle, still full of anger, without releasing his hatred of Americans, so he had jumped into Denny's body to continue fighting. Something about Ron's features and his brother's resembled those of the American soldier who had killed the Iraqi. Because of the resemblance between Ron and his brother to his enemy, he came to the front of Denny's personality and attacked the young men.

We put Ron in contact with Bill Finch (who has since made his own transition to the Other Side). Bill worked with the Veterans' Administration, exorcising veterans in cases such as Denny's. Such cases are more common than most people realize. Uncle Denny was successfully exorcised of the extra spirit and is again leading a happy, fulfilling life in Minneapolis. The Iraqi spirit has gone on to its rightful place in the reincarnation cycle.

Personal Psychic Protection

Have you been having unusually bad luck—things not going quite as well as you think they ought to? Did you ever think that maybe someone might have cursed you? This can happen inadvertently, so it is often overlooked; but in countless cases people have actually died from such cursing.

That little malaise you feel may be the result of someone putting a curse on you, whether or not it is intentional.

A protective amulet or ring is easy to make and will readily fend off most curses. For men, the best device is a small metal shield upon which is graven a protective pentacle. The one shown in Figure 1-3 has proven over the centuries to be most efficacious. You may have someone engrave its design on the shield, or you may do it yourself, with an engraving tool you borrow or rent from your hardware store. For women, it seems that a silver ring on the little finger of the right hand has the most magical power. For most people, the ring should be of plain silver. On it should be graven your birth sign, a trident, and a pentagram (a five-pointed star). To charge the ring or the shield, take it into your personal magical circle on a day when you are feeling particularly "up." Hold it clasped to your abdomen about halfway between the navel and the genital area. Visualize power flowing through your body and into the ring or shield. Say in a loud and ringing voice:

*Cosmic power, protect me.
As I will, so let it be.*

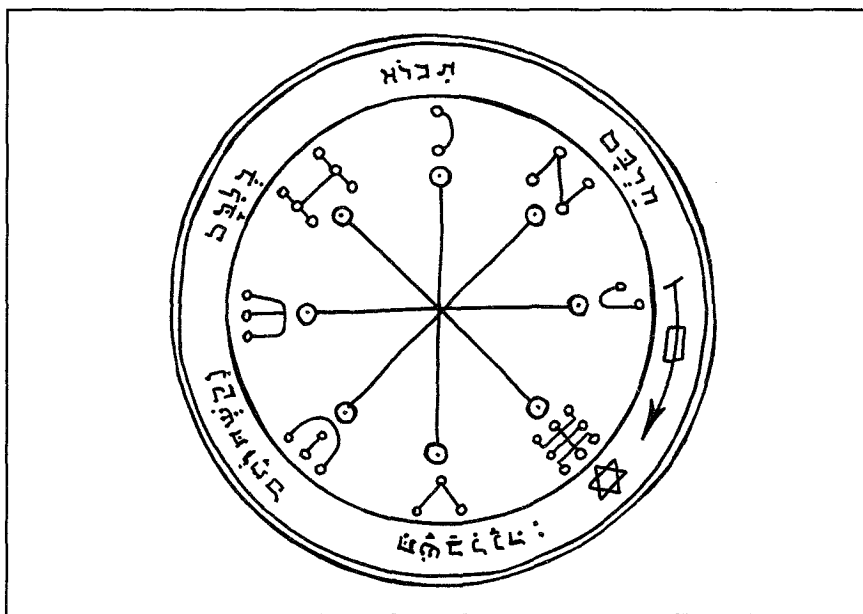


Figure 1-3.
Protective Pentacle

Make Time Run Backward or Forward

Do you feel too young or too old today? Do you get the impression that young people in the office are threatening your job—or conversely, that management does not consider you mature enough to take on those extra responsibilities that would mean promotion? A Witch uses ancient methods either to make time stand still or to run it backward and forward.

Your attire can create instant impressions on those around you. Today wear a tie-dyed t-shirt, worn denims, and a fringed suede jacket, slightly greasy around the cuffs; tomorrow wear a button-down shirt, narrow tie, and somber suit. The effect on the attitude of those whom you wish to influence will be dramatic. On a more arcane level, people have known since the days of prehistory that bathing in the dew gathered on a spring morning will give the face a youthful bloom; whereas bathing in the dew gathered in autumn gives the face a look of age and decrepitude. When you wish to move forward or backward in time, what could be more simple than to bathe in the appropriate dew? By making time flexible with these techniques, you can influence people more effectively than you have ever dreamed.

Witchcraft Action Keys

This chapter has been the basic outline, the bones of the skeleton, to which you can add the flesh you need to get your own way. Granted, setting up a temple is something of a chore, but it can be done over several weeks and can become a most cheering and fulfilling exercise. Every moment that you spend in completing the task is a moment invested ensuring that your future is the way you—and only you—want it. Once you have the simple steps completed, no one will be able to laugh at you or divert you from your chosen path. As soon as you have your protective pentacle or ring in place, you know that those who made your life a misery will themselves be miserable; for your magic Witchcraft protection device will reflect any negative thoughts directed toward you. When you have your scrying instrument or pendulum working, you will be able to see around the bend of the river of time. And in so doing, you will be able to ease not only your own burdens but the burdens of your friends and loved ones.



2

You Can Develop Your Magic Witchcraft Power

When people read of “Witchcraft” and “power,” they no longer scoff, as was fashionable a few years ago. University research carried out under scientifically controlled circumstances shows that some people have really remarkable powers—not mystical powers apparent only to themselves, but powers that can cause events measurable by laboratory instruments. Uri Geller can melt the end off a spoon. Ted Serios can “think” pictures onto film without a camera. Two Russian women, one trained, one naturally, can move heavy weights just by looking at them. Another Russian can put you into trance without your knowledge or consent although you are a thousand miles away from him.

The first and most important thing you must learn is how to develop your own powers. Remember that every living person has the powers we are discussing. It is up to you to learn how to use and direct them. As you read this chapter in your Witch book, remember the affirmation:

I am alive. I have power. It is real.

Power Is as Real as the Pulse in Your Wrist

Power! What vistas of good times and control over others that one word brings to mind! Not one of us, whether he or she be a religious teacher or a businessperson or the person who collects the garbage,

would turn down the chance to wield more power. The religious person would use it to further his or her teachings and to gain more converts; the businessperson might use it to gain more money; a servant's aims might be lower: getting a new car or TV set. All would take the chance and use it—yet power is available to you today. You need not wait for some fairy godmother to come along with her wand. You have power within you.

The dictionary defines power as “the ability to do; the capacity to act; the capability of performing or producing.” You have the mysterious life force power within you. In *Star Wars* it was called simply “The Force.” You can gain power over others; through that power, you can gain the more material ends. The power we are discussing is as real as the pulse in your wrist. Soon we will show you how to feel its reality. Furthermore, we will show you how to enhance it and to control and focus it.

Matt and the Starlet

Matt, a hard-working young airplane mechanic, came to us as the world's loser. He drove a broken-down old car and had no luck at all with girls. He was about to lose his job through inability to communicate with his fellow workers. A few weeks later Matt was driving a new foreign sports car, the gift of a young starlet whom he had influenced. He was no longer worried about being fired and was thinking of giving up his job to get into the more highly paid writing end of a TV advertising company. What had made these sudden dramatic changes in his life? We had shown him how to use his powers and had convinced him that he had the power within himself to influence other people.

After his first lesson, Matt went to Hollywood Boulevard for a cup of coffee; he saw a young and glamorous starlet and her elderly escort walking along looking at the plaques in the sidewalk. He decided to try one of the simplest techniques: getting her to look at him. He concentrated; almost immediately she turned and caught his eye. Moments later she made an excuse to her escort and came into the coffee shop to give Matt her name, Margo, and telephone number with the urgent demand, “I must talk with you. Call me later.”

She was intrigued, of course, by the mysterious force that had interrupted her sightseeing.

Matt talked to her about the powers. He demonstrated to her that she, too, had them. At one stage he tickled her bare feet through a wall. As they explored the power, a lasting friendship grew between the two young people. With the techniques that Matt taught her, Margo finally gained that all-important first role and was so overjoyed that she gave Matt a new car and accompanied him to several of his favorite spots in Los Angeles. There some of his old friends saw him and were naturally envious. When word got around, Matt had several offers of dates from girls who previously had never even talked with him. From this one breakthrough in his life, he proceeded to gain great stability and serenity. He did not give up his aircraft mechanic's job, but he did go back to school; one of these days we expect to hear great things of him.

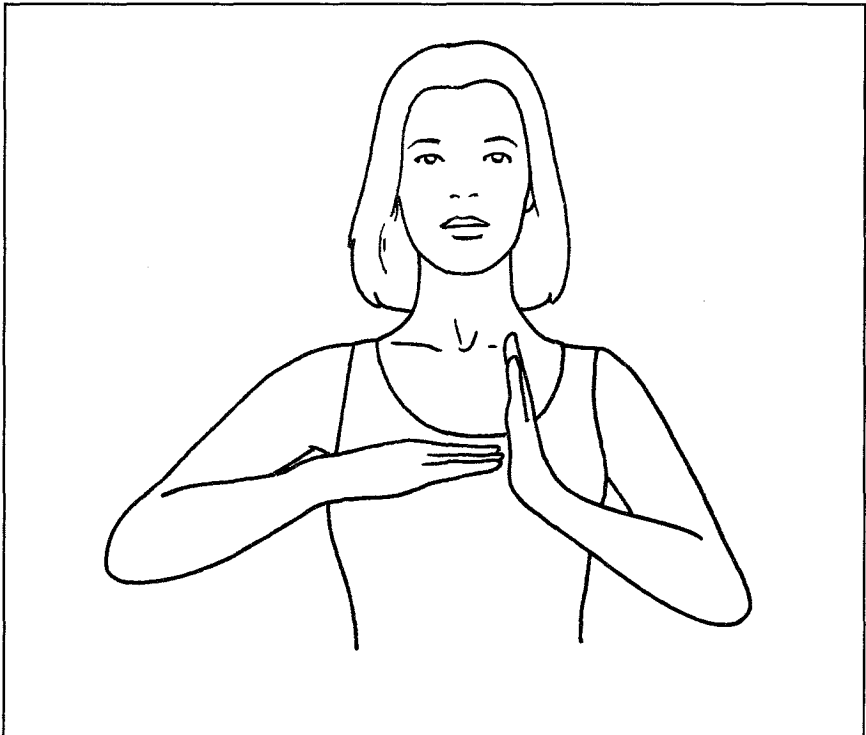


Figure 2-1.

Setting Up for Fingers-across-Palm Experiment

Feel Your Own Power

For you as it was for Matt, it is important first to witness the fact that the power is real. When you next stand in line at the checkout counter, look down the line and find someone who is daydreaming. Put out the thought, "Look around!" When you do this regularly, you will find that more and more often the person whom you are attempting to reach will, in fact, be affected and will turn around to stare at you.

This is a simple telepathic demonstration of the power that has been in you since birth. As you sit and read this book you are not standing in line at the supermarket, so an even simpler demonstration is enough to show you that you have power within you. Hold up your left hand, as shown in Figure 2-1, and point the fingers of the right hand at the palm of the left. Keep the fingertips about one inch from the left palm.¹ Now slowly move your entire right forearm, passing the fingers up and down past the palm of the left hand as the arrows of Figure 2-2 show. You should feel a kind of breeze or lightness as the fingers move past the palm. That is your life force. It is the energy field that can actually be photographed in a technique called Kirlian photography. It is the field that you can send out to influence others.

Now you have felt your basic power.

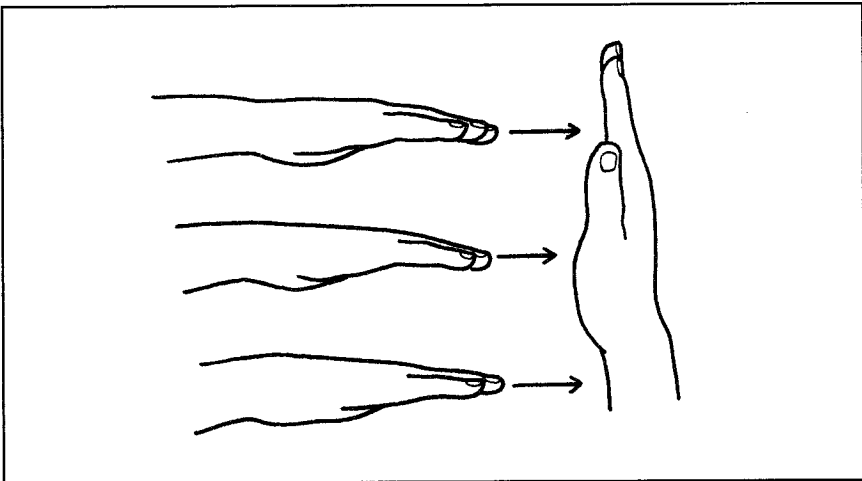


Figure 2-2.
Feeling Your Own Power

¹If you are left-handed, point the fingers of the left hand at the palm of the right.

Change Your Power Output

When you try to demonstrate the energy field to a friend, he or she may not be able to feel it. This is because, as people say, your “vibes are low.” The strength of your power will vary depending on your physical condition and on the time of day. If you don’t feel a sensation now, try it at about ten o’clock on Sunday morning after an unhurried breakfast. It is no coincidence that many conventional churches hold services at this time, when they want to raise power.

To demonstrate the different levels of power as they vary throughout the day, spend a day testing your powers. When you first awake in the morning, try the fingers-across-palm experiment. It may be difficult to feel anything. As the morning progresses, though, gradually the field will become more definite. If you eat a heavy lunch, soon after the meal the sensation will again weaken, but will become more definite again as the body’s digestive activity slows and energy becomes available from the food.

Bill Controls His Emotions

Bill P. is one of those short, cocky men who have more energy than anyone else. Not only that, but he had a chip on his shoulder; he had fought his way from abject poverty to foreman in an engine-manufacturing plant. He is likeable enough in every way, except that he can’t stand laziness and stupid errors. His career path seemed to be stalled, and in his personnel review he learned that he had been turned down for a promotion because of his outspoken condemnation of people who were lazy and/or stupid.

Bill learned from talking to us that he could diminish his emotional impact on others and could keep his feelings to himself if he would only wear a steel bracelet. The closed metal bracelet tends to confine one’s power output. For women who are reading this, when you want to influence someone it is good to remove rings from your fingers; in fact, take off your rings now and do the fingers-across-palm again. See how much more positively you feel the shadow as it crosses your hand? Bill’s simple trick of wearing a metal bracelet at work when he did not wish to affect someone, and taking it off when he wished to exert influence, made him one of the best managers the company ever had.

Bill's productivity caught the attention of management. He began traveling for the firm. This meant that much of the time he was physically tired and jet-lagged. The strain greatly reduced his ability to influence people. We taught him to inhale cosmic energy, using what we call the Star Position to build himself up. Just before a meeting Bill would spend twenty or thirty seconds building his power; in doing so, he regained his ability to influence people.

Electronics, Beware!

As microelectronics have come into worldwide use, it seems as if even a single electron going astray can give a computer a conniption fit. That's awkward for a lot of people. Penelope G., a Witch living near Canton, Ohio, has a lifelong thing about electronics. She could never successfully wear a wristwatch. As microelectronics have come into widespread use, her effect on them has become more pronounced. Recently Penelope was helping us make an instructive video. Being intent on the work, she forgot to put on the jewelry she usually wears to shield her magnetic field from vulnerable electronic devices.

First the tape-editing machine wouldn't work, so we laid that aside and turned to choosing background music. Then neither of the CD players in the studio would work. As she walked through the kitchen, a light bulb burned out. It drove Gavin completely to distraction. Penelope abruptly shifted her mind to what was happening. "I know what's wrong! It's me!"

Gavin has seen it all, but he was skeptical of her claim. Penelope put on earrings of a very intricate design, and copper bracelets on both wrists. Lo and behold, all the electronics began to function perfectly.

You may know people who cannot wear digital watches, and others who have trouble with those midget handheld computers that are given away as door prizes. These powers are real. If you have trouble with electronics, you may need to follow Bill and Penelope's example and wear closed-circle bracelets.

Inhale Cosmic Energy

Inhaling cosmic energy is age-old. It involves assuming the Star Position shown in Figure 2-3. The head should be tilted slightly back-

ward; in Figure 2-3 the right palm is up and the left palm down.² The back-tilted head aligns the spine to the most effective position so that the power can flow more freely.

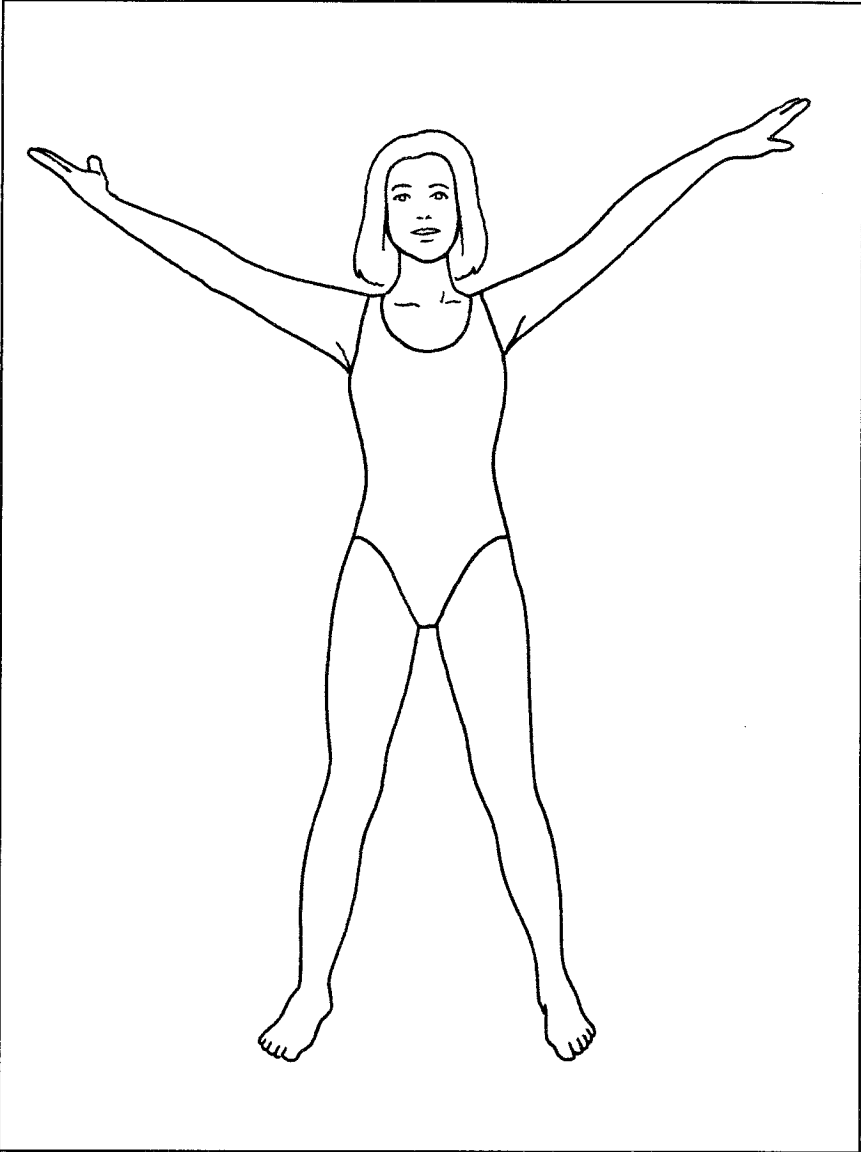
Stand up now and assume the Star Position. After a moment or so you will feel one palm growing cool and the other warm. Quickly turn your hands over (reverse the direction each palm is facing) to prove that the temperature sensation is something external and actual, not imagined, and that you are genuinely interrupting the flow of a power field.

Let the power flow through you, and every few moments repeat the fingers-across-palm experiment. You will feel the sensation gradually build up. For some reason that we do not yet understand, when you assume the Star Position and let the energy flow through you, some energy stays with you. It is as though you were a pipe with water flowing through it; the pipe remains damp even after the flow has stopped. Now you have proven to yourself that you can feel the power flowing through you. Knowing this, you can make yourself into a great cosmic accumulator. Visualize the flow of infinite cosmic energy rushing past you as a blue-white light. Hear it as a wind in the treetops. Stand in the Star Position. First the energy will flow in through your hand and upward into your head. Some of it will also enter through the fontanelle, the place at the top of the skull where the infant bones grow together in the months after birth. Feel the coolness of the breeze. You are going to fill your body with cosmic energy. You will feel your head come alive and glow and pulse with energy. Let the head fill with energy. Then bring the power down through the throat and heart into the abdomen. Visualize the energy flowing down to the solar plexus; feel the momentary unsettled condition of your stomach as you fill these lower areas. Imagine the infinite power filling you as water would fill you. Finally, bring it down into your genitalia. As you fill this area you will feel your physical organs vibrate and tingle. Do not be uneasy; that very natural feeling will be dispersed if you send the power to the target you have chosen.

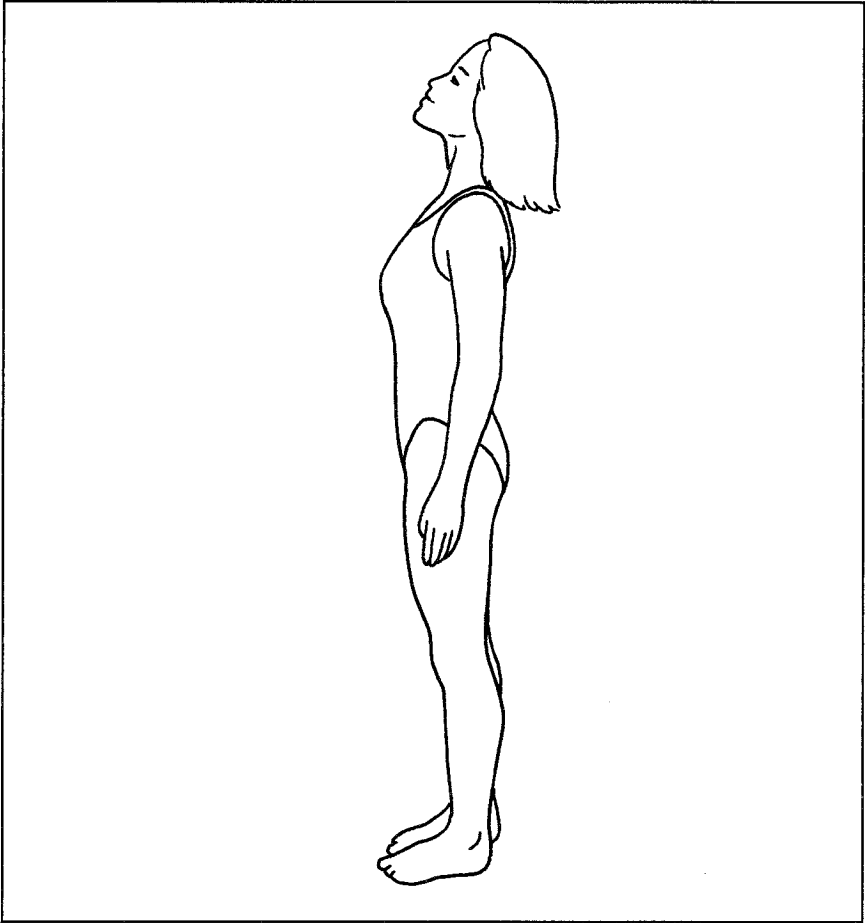
You are now full of cosmic energy. A clairvoyant would see you glowing in the dark, and a Kirlian photograph of your hand would show the tremendous stream of light/energy flowing from it. Russian

²This hand position is for a left-handed person. If you are right-handed, turn the right palm down and the left palm upward.

experimenters have even recorded the crackling noises of the discharge as one of their well-known healers filled himself with energy and sent that energy into the body of his patient.



*Figure 2-3.
The Star Position*



*Figure 2-4.
The Star Position (Profile)*

Focus Your Magic Witchcraft Power

Now that you have learned to build your power and have observed the time of day when it is strongest, you will want to learn to send the power out on a specific errand. You know that it flows out the ends of the fingers and the palms of the hands, so it makes sense to point the fingers in the direction of the person or thing to be influenced (your target). It is also vital to concentrate on a clearly defined objective. Vague thoughts such as "It would be nice if I had more money" won't work. Be specific: "I want a thousand dollars by . . . , and the way I am going to get it is . . ."

Ruth Defines Her Goal

Ruth L. was a widow. Her heart's desire was to preach from the pulpit of her own little church. She had seen a house in what looked like an ideal location. Behind it stood a garage converted to a playroom. She knew that playroom would be perfect for her church.

She had her widow's pension and a few hundred dollars in the bank. The family dwelling in the house had no intention of moving, and Ruth had no funds to buy the property if they were to move.

To concentrate her powers and to focus her attention on her goal, Ruth did several things. She photographed the house; then she obtained a small stone from its front yard. In a simple five-minute effort she concentrated on visualizing herself owning the house with no debts, holding title to the land symbolized by the little stone. Within a month Ruth was standing in her own pulpit before the small congregation of her new spiritualist church.

She was not trained in techniques for concentrating for such work as this; yet money from an old debt owed to her late husband—a debt of which she had not known—came to her. On the same day she received a phone call from the current owner of the house, telling her the family was moving to Iowa. By building a positive thoughtform and sending it out on waves of her own power, Ruth accomplished her heart's desire.

Psychic picture-building, or *visualization*, of this type is straightforward. Anyone can do it.

Building Your Psychic Pictures

As you learned in Chapter 1, it is essential to define exactly what you want, then to decide on your motivation, then to choose the magic Witchcraft method you will use to achieve your goal. In Ruth's case the first two decisions were straightforward. She wanted the property, and her motivation was very positive. The method she used was simple visualization of herself preaching in the new church. To accomplish her aim, she established a psychic link or connection to the goal so she would be able to direct the pulse of power that would attain the result. Many people do this regularly; without deep thought they instinctively grab a piece of what they want, or look at pictures of that

new car, and fondle the object or imagine themselves driving the car. They hardly know why they succeed. Others, like Ruth, proceed with a conscious plan.

You could probably use a few more dollars in your wallet, so why don't you do a simple ritual right now to get them started moving in your direction? Take a dollar bill from your pocket and put it on a small table. (That table might be called your secret altar.) Light a candle beside the dollar bill; a green candle is good if you have one handy. Now stand in the Star Position to charge yourself; charge your cosmic battery. Breathe deeply seven times during the charging. Light the candle and fondle the money. Get involved with it; think about how nice it would be to have money; love the money. Now chant the sacred "Aum" eight times, each time increasing the volume and the depth of your breathing. At the end of the eighth "Aum," scream, "Money!" At the instant of the scream, smash out the candle flame with your hand.

Sit back now and wait for the money to come to you. Remember your affirmation:

I am alive. I have power. It is real.

Gene's Always on the Ball

Gene M. is the traveling representative in Europe for a major aircraft manufacturer. Apart from the difficulties of frequently switching languages, converting currencies, and enduring travel annoyances, he has additional frustrations in another respect: His home office is often reluctant to live up to his promises. Yet Gene always seems able to make things come out right, no matter how far-fetched his promises sound. To do this he uses a tremendous amount of power. When you meet him in an ordinary sales meeting, you can feel his influence right across the room even though he seems to sit there quietly, maybe just tamping tobacco into his pipe. His secret is this: He learned long ago to recharge his cosmic batteries, both through momentary use of the Star Position and through total relaxation. When you watch him in action, you can see parallels to the techniques used by a black-belt karate expert: the attentive quiet time followed by the incisive solution to the problem—the strike of the martial-arts man. The exigencies of European travel and the pres-

tures of sales meetings have taught Gene to rely on the Star Position, on his skill in relaxation, on a good dinner with a bottle of wine, and on an informal, undemanding relationship with one woman in each of the cities he visits.

Recharging Your Cosmic Battery

In their work with thoughtforms and psychic energy, many people do not realize how much the effort drains them. Since the power you put out is real, it takes away from your total body energy; but knowing this fact, you can readily recharge yourself.

We have already described the Star Position as one way to obtain energy. There are several other ways as well. Please give each one a trial to learn which works best for you.

For many people the easiest way is to have a good meal, very high in red meat content, with red wine. About three hours after the meal you will find that your cosmic energy level is tremendously increased. If you are a vegetarian, you may prefer to get power from a tree. The way to do this is to stand under a large tree, preferably one with smooth bark, in the Star Position, facing the tree from the western side. If you stand for about five minutes with your forehead against its trunk, you will be recharged.

A similar effect will result if you build or buy a large pyramid and sit under it. Another approach to recharging is to sit in meditation for fifteen minutes. It is also true that sexual encounters, with or without orgasm, give you an immediate recharge. Various tantric techniques, such as in kundalini yoga, enhance the charge resulting from sexual contact.

It does not really matter which method(s) you use, but always remember that you must recharge between your efforts to influence people or events.

Your Body Is Your Set of Tools

In all this work your body and mind are the tools you use. Do not let them get out of condition or become rundown. If you have any doubt about your state of health or your energy level, get a competent physician to check you out before you attempt an effort; and by feeling your

own power in the fingers-across-palm experiment, make sure you have enough energy to send a thought to its target.

Some people waste energy on parlor tricks such as table-tipping or making a pendulum swing—though these techniques have a legitimate place in testing your power during early development. Regard them as a means to an end, not as an end in themselves. Respect the power you have. It has tremendous potential to bring good into your life and into the lives of others. To waste it on whiz-bangs and blue balls of fire is foolish.

There are several ways to gauge your energy level. Float a needle in a bowl of water, then hold your hand over it and push it around on the surface of the water by “thinking” at it. A Russian technique for developing this ability is similar: Hold your hand over a magnetic compass and send power out through your palm to push the needle aside.

Try it. There are very few homes without a bowl, water, and a needle. Do it now. Spend perhaps a half hour trying to move the needle. Suddenly, when you are on the point of giving up, you will see that movement that your own psychic energy is causing.

It's So Easy

It is so easy to get what you want, yet no one has told you how to do it. Start simple. Prove to yourself that you can, in fact, make the person in the line ahead of you turn around. Prove to yourself that you can feel your own power.

From these simple beginnings, you will be able to develop your power so that you can do many interesting things. You can heal someone, influence the boss to give you that raise, make Horrible Harry the Toad fall over or wet himself. These are very simple manifestations of the power.

You can use it for money, and material gain will indeed come to you; though with material gain there may be a negative side. We all know that many very successful businessmen have extremely poor home lives. Such effects occur if you use your powers only in a materialistic way. Remember from Chapter 1 the defining of motivation. Everything is a matter of trade-offs. If your motivation is positive, positive things will come to you; if negative, your life will go downhill. Similarly, if you are always thinking of harming someone, you will draw

harm to yourself. But obtaining the basics—enough of the good things of life to be comfortable—is easy. Without harming anyone you can easily provide yourself with warmth, comfort, and serenity.

Mabelle Changes the Color of the Candle Flame

Mabelle, a hairdresser friend of ours in California, developed her powers by making candle flames change color. Her dream was to retire to a modest but self-sustaining ranch somewhere in the beautiful pine forests of Oregon. As she saw her own inner power change the candle flame from yellow to blue and back again, she gradually gained confidence in her abilities. She laid out plans for her personal future. Soon she was the most sought-after hairdresser in the area; clients and money pursued her. As her magnetism also grew, men sought her company. Love and finally marriage came into her life; now she wakes each morning to pine-scented forest air.

You may find that changing the color of a candle flame is difficult; actually extinguishing the flame may be easier. The skill is the same as any other. Though it has been made mysterious over the years, it should no longer remain mysterious to you. If you are alive, if you have a pulse in your wrist, you have the power to influence others and to gain everything you need from life.

Practice: Use That Muscle

Stop for a moment and think: If a baseball pitcher never pitched, he would need a lot of practice before he could get a start in the bush leagues. The top World Series pitcher in psychic circles today is probably Uri Geller, a man who can melt the end off a spoon or a fork by “thinking at it.” If you start today, maybe by tomorrow you can extinguish the candle flame, though it may take you six months to make a tire go flat. But the Chinese accurately say, “The longest journey begins with single step.” Take that step. Use your power, and your life journey will become much easier. Do not let it atrophy by neglecting to use it. Use it to make life easier both for yourself and for your friends.



3

You Can Use Your Magic Witchcraft Power

Here you have a new affirmation. Remember it and repeat it during all your work on this chapter.

My Witchcraft power will achieve my goal.

If you have followed the directions in Chapters 1 and 2, by now you know without doubt that you have power. Feel free to use every day the power you have gained. There is no need, for example, to endure that noisy motorcycle your neighbor rides; use your power to cause a little mechanical malfunction. To avoid having to supervise the cycle constantly, you can also plant in the mind of the owner the idea that the cycle will always fail until he installs a new—quieter—muffler. Your magic Witchcraft powers will equip you to bring this about.

Telepathy Is Easy

In the minds of many people, the word “telepathy” implies thousands of hours of laboratory testing in closely confined and carefully controlled conditions. Such tests are indeed useful to statisticians, and the results may help persuade skeptics to believe something known to every mother: that telepathy is a real, existing fact. Hardly a mother in the world has not experienced the feeling that something nice is happening to, or something is going wrong with, her child.

In rabbit experiments, the link between mother and child has been demonstrated to exist over thousands of miles. It is used by pragmatic military minds for communicating with atomic submarines that often cruise for long periods deep in the ocean without surfacing. Such long periods underwater present a problem to vessels of all nations: Those in the vessel and those on land cannot communicate. Russians experimented with rabbits and learned that a mother rabbit in the submarine would react visibly if one of her babies were killed back at headquarters, even though the submarine was thousands of miles from the baby and deep under water. Her reaction signaled the submarine to surface so it could clearly receive more detailed messages.

Chapter 2 described a simple telepathic experiment you can develop that will work: reaching out with your mind to make someone ahead of you in line turn around.

Telepathy is real. It is easy to use. Instead of keeping it confined in the scientists' sterile laboratory, you can use it today in real life. You can establish a telepathic link with a close friend and turn it on and off at will. It takes a little time, but it is not difficult.

Josh Buys the Sugar

Josh and Jenny were newlyweds. They had both been into various forms of occult phenomena before they married and had established a telepathic link. Like most loving couples they wished to be always together and had attempted the link to see whether they could indeed share the day's events. They found that they could tune in to find out what the other was doing and could make each other feel happier for a moment by telepathically influencing the emotions. Their bond deepened even further the trust and the love between them. Later, in their busy homemaking years, they tended to forget the rapport they had established, until Jenny realized one day that she had no sugar in the house and that dinner guests would soon arrive. She decided to see whether she could get Josh to buy sugar at the corner grocery on his way home. Though long unused, the telepathic link still worked. Josh arrived home with sacks and boxes of every type of sugar the store offered. He said ruefully, "I got this urge to buy sugar, and I thought it was from you—but you didn't tell me what sort."

Rapport and Visualization

Josh and Jenny's story illustrates two important points. The first is the establishment of the telepathic link. This is relatively easy between people who are emotionally close. Here is how you do it: Sit down across a table from your friend and gaze into their eyes. This is not a stare-down attempt; you may blink if you like. After looking at each other for about ten minutes, both of you write down the last thing you thought about. You may be amazed to learn that your thoughts were identical. If they were not identical, or at least very similar, spend another ten minutes repeating the test. Eventually identical thoughts will occur in both minds. You have established rapport.

The next thing to do is to agree on a time when you two can be in different locations and can spend a few moments trying to communicate telepathically. Often a time late at night or very early in the morning, when outside distractions are at a minimum, is best. If you wish, you can look at a picture and transmit thoughts to your friend through visualization.

Once you have proven that you can establish this real personal link with a close friend, try it with someone more distant. Pick someone; learn his or her name; if possible, get a photo. Concentrate on the photograph or on the name, and after about fifteen minutes of thinking about your target, send out the message you want to get through. But make sure the message is clear and concise. The "buy sugar" command that Jenny sent out was obviously not detailed enough.

A nice thing to do is to send a message in the middle of the night to someone you would like to know. Visualize yourself presenting a beautiful bouquet of deep red roses. Say to the target at the next opportunity, "I had a funny dream last night. I was giving you a bouquet of roses." See what response you get.

We ask our students to do this as a test, and something like 75 percent of cases are successful. In most cases, if you take time with this step, you, too, will succeed.

Influencing Others

Just as Jenny's nonspecific command influenced Josh to buy all the types of sugar in the store, when you influence another you should be

extremely careful to be both specific and considerate of his or her reaction to the suggestion. The usual way to influence others is to affect positively either their health or their emotions. As we have mentioned, unless you can definitively establish rapport through the eye-gaze, you will need a psychic link, an “aka thread,” as the Hawaiians call it, to connect you with your target. Today a favorite thread or link is a photograph; in time past it might have been a strand of hair or some nail clippings. Whatever connective device you select, the first step is always to establish that all-important rapport with the mind of the person you intend to influence; then quite quickly send out the thought you want to transmit. A generalized statement such as “feel better” is usually ineffective, whereas a specific command such as “remove the arthritic pain from the right hand” is more successful.

Betty Faces the Test

Betty L., a student in Philadelphia, worked not only to put herself through college but also to support her disabled mother. In one particularly bad spring semester when Betty had had very little time to study the course material, she decided to see whether she could influence the professor into asking questions only about subjects that she had thoroughly studied. She obtained his photograph from the college catalogue. Then every evening for a week she spent fifteen minutes trying to establish rapport and further, in attempting to get him to ask the majority of the exam questions on the textbook she had read rather than on the ones for which she had not had time. Basically, Betty was successful in her attempt, but she still failed the course because in the final the instructor assigned two questions on one of the unread texts. Since she was depending on the final-exam grade to pull up her rather weak term work, Betty failed the course. She had, though, been quite successful in her attempt to influence the examination. She got what she asked for—not what she needed.

If Betty had put out a thought that she would pass the course, instead of trying the relatively minor effort of affecting the professor, she would have received sufficient guidance to get the passing grade she so badly needed. In the final analysis her goal was that passing grade, but she forgot this and instead tried to influence the exam. Her

short-term success and long-term failure point up the importance of defining your long-term desire and working toward it.

Defining Your Desire

Perhaps you want a pleasant retirement home, but today you have no money and little chance of an adequate pension. The prospects look bleak. It is better to cut out a picture of the type of home you eventually want and to picture yourself owning the house and living in it than to attempt to get a raise in salary by using power.

It doesn't really matter whether your goal is a retirement home or a large savings account. Betty's wish for a passing final grade was an intermediate goal, a step on the path. Intermediate goals in achieving her grade were passing grades on tests as the semester went along. She achieved this quite handily by influencing the professor, but she overlooked working toward her long-term goal, earning the degree, though that is the end she should have plotted for and used her power to achieve.

Of course, along the way there should be milestones that mark your progress. Each milestone should be achieved in turn. Betty's mistake was that she got so hung up on milestones that she lost sight of her long-term goal.

Once your long-range goal is defined and established, it is remarkable how often you can select acts that will lead toward the achievement of that goal. A clear definition will help avoid the byways that, though attractive, use your energies and resources in tasks that do not lead to your heart's desire. Define your desire; work toward it. When necessary, use your telepathic abilities to get others to help you along that road.

More Power for Bigger Jobs

You learned how to charge yourself with power by absorbing energy from the cosmos. The influencing of major events, though, may well require more power than your living body can contain, so it is time to cast your first magic Witchcraft circle. This is best done in your secret room where you will have absolute security and freedom from prying

eyes. As Chapter 1 describes, work with the personal circle in your temple. On the personal circle you painted on the floor, spread a line of the purest sulfur you can obtain. Use sea salt to draw a second circle inside the painted one, distant from it by the width of your palm. Light four candles and station them at the cardinal points.

In the center of the circle stand in the Star Position, totally unclothed and facing east. Visualize the power that flows from your downturned hand accumulating within the circle and around you until the circle eventually forms the base of a gigantic cone-shaped shimmering charge of energy. Then do your sacred chant. You can make up your own chant based on the money chant in Chapter 1, naming that which you desire in line 1, specifying a time frame in line 2, and always ending with "As I will, so shall it be!" During the chant, visualize your heart's desire. Send out the energy both from your body and from the circle. At the end of the chant, dash out the circles with your foot and smash out the candle flame with your fist.

In a situation such as this, you may well have accumulated more energy than is needed for the task you have in mind. It is critical to use the leftover energy for some constructive purpose rather than let it remain undirected. You might send it to a plant to help it grow; but whatever you do, send it somewhere. If you do not, it will drift around and may cause weird psychic effects around you in your home.

Influencing Plants

The use of psychic energy to influence others can easily be demonstrated when compared with the influence a human being has over other animals and also over plants. Any farmer will tell you that when he goes to the farmyard in an angry or frustrated mood, the animals react poorly to his ministrations. The animals detect his mood, just as your friends will pick up your mood when you are with them. Through understanding the influence you wield over plants, you can see the influence that you can wield over others. Through practicing on plants, you can learn to control people. The influence a person can have over plants is well documented in occult literature. Cleve Backster in New York has repeatedly demonstrated that plants react to human thought and that, for instance, a potato about to be boiled actually faints as it is taken from the cupboard.

Love and Threats Make the Violets Bloom

Dr. Ian M. moved from a Chicago-based manufacturing plant to one in St. Louis. Part of the household effects were the two hundred African violets (*Saintpaulia ionantha*) that his wife, Fiona, treasured for their beautiful and profuse blooms.

As they settled into their St. Louis location Fiona bought a new greenhouse for the violets. In their new custom environment the pampered violets grew complacent and stopped blooming. Dr. Ian had heard of research into playing music to plants. He wondered whether, out in the greenhouse, the plants missed the background music Fiona always had had going. So he installed a music system for the plants and was very pleased when in following months they put out a tremendous amount of foliage. But there were no blooms. Finally, frustrated at the expense and the eternal coddling, Ian and Fiona stood in the greenhouse on a Saturday afternoon. Ian said in a loud, angry voice, "If they don't bloom in two weeks, they're out of here and we'll start over." Within one week every plant was showing (if not full blooms) at least plenty of buds. "Coincidence," you say? No, for we have many similar stories. Farmers in the Texas panhandle tell us that to make their tomato plants fruit it is necessary occasionally to beat them. Love is not the whole answer.

The Technique of Talking to Plants

When you give a plant a great deal of love and attention, it feels extremely comfortable. It grows well but becomes complacent, like a fat, pampered cat that no longer catches mice. It does not have to reach an objective such as putting out flowers or fruit. Just like a protected child, if you overdo your attentions, you can literally love it to death, for you will overfeed it and never challenge its potential. There is a place for love, but there is a place, too, for challenge and growth.

To develop this technique, we suggest you obtain four or five African violet plants. Try being kind to them, playing them music and talking to them; then try being nasty to them. The amount of bloom will increase and foliage will decrease when you talk hatefully to them, and the amount of foliage and the general health of the plants will increase when you are nice to them.

Many of our friends have found—especially with such sensitive plants as tomatoes—that love makes them grow luxuriant leaves and stems, but *threats* make them fruit abundantly. When you send your psychic energy to such plants, then, remember to tell them, “I want blossoms and fruit—or else!” If necessary, at the height of your occult ritual, take a tomato leaf and tear it apart or burn it. In this way the plant will be thoroughly convinced and will perform as you desire.

When you want someone to perform, you should both love and threaten him or her. Define the goal you want and clearly state the reward that the person will receive when you are satisfied. Thus, when you thoroughly learn the technique of talking and working with plants, you will know what to use when influencing people.

Fix Your Memory

As with all things, it is vital that you know not only your goal but also your abilities and shortcomings. One weakness common to many people is the inability to remember faces and names, though there is a range of techniques for correcting this. In psychic work it is indeed a great drawback if you cannot exactly visualize your goal or the target person, or if you cannot recall his or her name. The more accurately you can visualize the goal, the more you will become involved in it and the more likely you are to succeed in your attempt to attain your desire.

No Grocery List for Leigh

Student Witch Leigh G. always had great difficulty in precise visualization. She could form a hazy picture of her target, but every time she visualized something, it would somehow look different. Consequently, her psychic work suffered from the inconsistency of her thoughtforms. Under prodding from her guru, Leigh started to train her memory.

Her method was simple. She stopped taking a grocery list to town. She promised herself that whatever she forgot, she must simply do without during that week. In a short time Leigh found she could actually visualize the grocery list she had left lying on the countertop, and that by visualizing the list she could recall every detail of it as she

shopped. From this visualization it was a simple step to start memorizing and visualizing her kitchen shelves and the interior of her refrigerator. Once she had achieved this ability, she no longer needed even to make a grocery list, for as she walked down the supermarket aisle she could visualize the corresponding space in her kitchen and see whether she needed a specific item.

Visualizing Your Own Encyclopedia

Almost everything you have ever seen is buried somewhere in your mind. Psychologists and doctors agree that we consistently use only a very small fraction of our mind. Hypnotists can show with great clarity that you remember every detail of your childhood; some claim that you can remember even prenatal experiences and impressions.

It is now common practice for witnesses with a hazy recollection of an accident to be hypnotized by police experts so that they recall the scene in vivid detail.

During your life you have picked up and scanned many a dictionary and encyclopedia. Within your own head you have memorized many pages of information that have become suppressed. This information will help you along that all-important road to your ultimate desire.

The next time you look up a word in an encyclopedia, try to take in the whole page. Imagine that your eye is a camera with which you will photograph the page. After trying this a few times, you will find that you have memorized the words before and after the one you looked up and that you can visualize the actual printed page you have read. Over a period of months you can strengthen this invaluable technique that will be so useful to you. You will be able to remember precisely the notes on the banker's desk or on the boss's calendar pad that you seemed just to glance at; with that information stored in your mind, you will be able to make important decisions in a more realistic way.

Influencing Objects

You can use your ability in two ways: first, to influence others through telepathy; second, to do such simple things as moving a needle around

on water or making a magnetic compass needle move. These are first steps toward the actual physical influencing of objects. Well-known cases of tremendous influence over the physical world are scientifically documented. We have mentioned that Uri Geller can melt the end off a spoon. In Russia, Nelya Milhailova, a Resistance fighter in Leningrad and now a gray-haired grandmother, can move objects weighing as much as two pounds, merely by concentrating on them. This ability is called *psychokinesis*—and the ability is in you.

Its uses are many and varied. They range, for instance, from making dice fall the way you want to making a motorcycle mechanically fail. In causing these events, choose something that is easy to influence. For the motorcycle, for instance, think of a clogged fuel line or a little electrical circuit. As we say, don't try to stop the bulldozer by standing in its path. Instead, make some small part in its engine fail.

Verna and the Traffic Signals

Verna, a San Francisco housewife, wanted to take a job. Her husband agreed but was adamant that his mealtimes should not be disturbed. His was not the usual male chauvinist demand, because he did actually require a special diet. Part of the reason for Verna's wish to find a job was to pay some of the medical expenses the family had incurred because of his health.

Living in San Francisco and commuting to work meant many stops at traffic signals. Verna found a job, but also found that traffic lights always seemed to be against her, especially when she was in a hurry. She had read a great deal about various experiments on the influencing of inanimate objects through mind power and decided that she had an ideal opportunity—and need—to affect those annoying traffic lights in her favor. Gradually she learned to influence them through psychokinesis.

One day, while she and Bill were on a trip, she showed him her skill. This was on the outskirts of Los Angeles. An alert highway patrolman noted something very odd happening to the normally predictable lights and pulled their car over. After a long and stimulating discussion he took Bill, Verna, and the car into a highway patrol

garage to find the electronic gismo he knew must be hidden in the car. A couple of hours later a set of baffled patrol officers were most apologetic to Verna and Bill.

Visualize Your Needs

Whatever you desire, whatever is your goal, you can use your powers to help you attain it. If it is simply to make dice fall the right way up, then carefully visualize them the right way up. If it is to help your hospitalized child get well, then carefully visualize that child in good health, playing outdoors at home. Whatever you want you can have—though it takes time. Can you develop your memory so that your visualization is accurate? Can you define your needs so that they are easily articulated? Once you have taken these two steps, then a mere fifteen minutes a day of concentrated effort will allow you to expand your powers. The basic power is there; you have felt it. Using it is easy, but its direction requires accurate visualization and a strong motivation.

Witchcraft Action Keys

Now it will be helpful if you take time to make sure you understand and can actually do the things of which you have learned. In Chapter 2 you learned

1. How to feel your own power. If you cannot yet feel it, review Chapter 2. Experiment at various times of day and with various degrees of hunger and satiation until you feel that imperceptible shadow, breeze, pressure, temperature change, or tingle that tells you you are in touch with your power.
2. The Star Position and the recharging of your body. Make sure you can feel this charge come into your body and leave it as you send the energy on its way to do your bidding. Practice visualizing your body glowing with a glow that pulses slightly in rhythm with cosmic forces. If you cannot clearly feel the charge and its reality, review Chapter 2.

In Chapter 2 you learned how to charge the circles of your sacred temple. You learned how to add the energy accumulated in the circles to your own energy. You learned how to send both on their way to make the greatest impact. Before you go farther, you should make absolutely certain that you can do these things. If you have not felt the energies and have not experienced the almost orgasmic sensations that accompany the release of the charge, you will not really be able to appreciate the psychic impact of these universal forces or the instructions in the rest of this book.



4

You Can Always Win— As Witches Do

Are you a loser? Do you have days when nothing goes right? Do you ever wonder why some people always seem to win? It isn't that they are Witches or magicians, but that they have learned the secret of winning. This may be especially true of short people. We all know a "little" man who is so full of energy that he leaves everyone in his dust. Even though you may secretly dislike your particular little man, you must admit in your heart of hearts that he always manages to come off best.

You, too, can don the cloak of success. It starts when you regularly say this simple affirmation:

By Aradia, I will win!

Say it now. Doesn't it make you feel better? Stand up and yell it with your body drawn to its full height and your lungs expanded to their largest. A feeble, hesitant whisper is worse than saying nothing. By the magical Law of Attraction you will, in fact, win. The next time you anticipate a situation where you may come out the loser or when you find yourself abruptly in the midst of such a situation, go away for a moment and affirm as strongly and loudly as you can, "By Aradia, I will win!" You will find that this totally changes your attitude and outlook. It draws to you that extra little burst of energy that will ensure success.

Control the Conversation

It happens to everyone. I'm sure you can think of several occasions when it has happened to you. You lost an argument and only afterward remembered all the good points you didn't make because you didn't think fast enough. The French say, "*J'ai l'esprit de l'escalier*"—"I thought on the stairs" or "on the way to bed that night." In other words, "I always think of an answer when it's too late." This is not unlike the caption on the picture of the bull's-eye: "Bang head here." So why did those brilliant ripostes occur to you too late? Most mornings you have a good idea of what conversations you will get into during the day. Spend a moment each morning reviewing a list of the people you will meet that day and the likely conversations you will have with them.

Controlling conversation is easy, but few people know the simple Witchcraft rules that equip you always to come out ahead. The secret of controlling conversation is controlling yourself. In some ways this is a matter of self-confidence. Remember this fact: Your thoughts are important. "Out of the mouths of babes and children," we are told, and you are far past being either one of those.

Sometimes conversations deteriorate into arguments, events where no one listens to what the other person is saying, whereas in a discussion the other person's words are given consideration. When you get to the argument stage, your emotions are ruling and your reasoning mind is no longer functioning properly.

It is genuinely helpful if you can simulate anger without letting anger control you. If an opponent sees you red-faced and shaking, he assumes he can now win the argument because you are no longer rational. At this point you must be calm inside and keep your rational mind working. Then you will always be able, if not to get your way, at least to bias the outcome of the discussion in your favor.

Fred Stays Calm and Gets His Way

Fred W., a truck repairman for a utility company, loves to travel. He likes to get value for his money. He has cultivated the impression with his travel agent that he is a VIP, and when he travels, he consciously wears this guise. If a hotel accommodation is not satisfactory, he becomes purple with anger; one can almost see him frothing at the

mouth as his jaw juts and his beetle brow comes down over his eyes. This way he can always obtain one of the better rooms at the inn and even, on occasion, obtain a room free. Yet inside himself, Fred is always cucumber-cool. It is amazing to see the put-on VIP annoyance disappear the instant he turns away from the desk clerk who is now at his mercy.

Fred's technique is simple. He always stays at hotels that are part of a chain, and before the journey he spends some hours researching the names of the important people in the chain's upper management. The poor desk clerk is faced not only with what seems like an irate customer, but also with someone who apparently knows people so far above the clerk as to seem like gods. This approach usually ensures an instant collapse of all opposition to Fred's wishes.

"I Am Smarter Than They Are."

Through intelligent use of two simple Witch techniques, simulating anger and acquaintance with the hierarchy of the concern with which he is dealing, Fred can be comfortable and serene when he travels. Are you equally free of worry? Fred is no smarter than you are. Like him, you can practice getting angry. After a few minutes of trying on various expressions and rates of breathing, you will find you can put it on and take it off just like a hat. You will be surprised how people tend to propitiate the customer who seems infuriated.

Like Fred, you can do some quiet behind-the-scenes preparation. His homework consists of learning the names of the hotel chain's executives. The preparation suited to your needs will be evident to you after a moment of reflection. What concealed weapon comparable to Fred's knowledge of executive names can you pull out of your sleeve to win your way, if you will but lay a little groundwork? This is a most Witchy approach: the weapon in reserve, concealed, unsuspected, employed only when its use is warranted.

Popular lore teaches that you get better service if you deal with small shopkeepers. This is a dangerous half-truth, of course, for the service you get totally depends on the individual shopkeepers and their mood. In dealing with a larger organization, the threat that you will take your complaint to the chairman of the board is (if nothing else) an attention-getter that very few lower-level managers and clerks

can disregard. You may have spent hours today in wasted effort or even in daydreaming. Why don't you spend that same amount of time tomorrow in planning your major undertakings and expenditures?

At your library you can find two sources of information that are vital in considering major (big-ticket) purchases:

1. The consumer-testing magazines such as *Consumer Reports* in the United States and *Which* in Europe;
2. The ownership and the names of the board of directors of major corporations. We don't really know how much effect it had, but when we learned that Rosalynn Carter was on the board of directors of the Gannett newspapers, we feel that our letter to her may have helped with our libel suit against a Des Moines paper. At least the paper climbed down quite rapidly from its defaming allegations about Witchcraft. Preparation will assure you of a great deal more satisfaction in your purchases, comfort in your life, and an altogether more serene existence.

Remind yourself constantly that you are smarter, that you have more inherent power and knowledge than the person with whom you are dealing. If it looks as if you are not going to win in a given situation, simply break it off. Go away. Think of an attack that will let you win, an attack that probably approaches the whole problem from an entirely new direction. There is always another angle. By spending time quietly thinking about it, you can find the angle; then you can control the transaction.

We vividly remember one occasion: Lightning took out our Sears TV set. When it had spent some three weeks in the Sears repair shop, Gavin got fed up and called the chairman of the board. Two days later a call came: "Is your set back and working?" No, it was not, and Gavin tore them off again. As he hung up, the Sears van pulled into the driveway. Yvonne asked, "What happened?"

"If those people hadn't been calling me every five minutes, I'd have been here yesterday."

Remember something else, too: Do not use a full charge of gunpowder when just a little will do. You don't need a sledgehammer to kill a flea. Tailor your conversation to the level of the person with whom you are dealing, and you will always win.

The Flip Side of Fred's Approach

Maybe your character is such that you are uncomfortable using anger and confrontation to get your way. The other approach is friendship and empathy. When you travel abroad, instead of yelling at the waiter whose English is less than perfect, use Yvonne's line. She utters it in the local language but very brokenly, with an atrocious accent, a visibly trembling lip, and a dictionary visible in her armpit: "We are pitiful American tourists. Can you help us?" This has never failed to get her instant attention and wonderful service.

Now add to this the message that you realize that the person assigned to serve you is another human being, overworked and fed up with it all. Praise his or her skill and patience in handling an impossible job and say that you are stupefied with admiration for the person's country and the language. You will seldom be scorned and rejected.

At home, it is a great help to know the hierarchy of the firm that has disappointed you and what other products are available. "I don't know how you deal with N____. I've always thought he was an SOB." Or, "I hear your competitor's model claims to _____." Or, "How do you sell at these high prices? [you poor thing!]" With lines such as these, and any others you may invent to fit the situation, you get yourself and your server together aligned against "them."

Using this approach doesn't cost you any more. It takes a few tries to develop it, but once you have it mastered, and once you and your server have come to an understanding, things will go smoother. Gavin chronically is amazed when Yvonne's subsequent visits to Site X are greeted with red carpets and bouquets, with price discounts, and even with such things as an employee t-shirt from her favorite fast-food place, Taco Bell.

Leave Them in Your Dust

Earlier we mentioned the importance of defining your life's goal. The question now is, "How can Witchcraft help you get the edge you need to be successful?"

We have just described how careful planning and a little background information can help you in simple matters such as purchases and travel. You can also apply these techniques in everyday situations

and literally leave your competitors behind. These Witch techniques are easy to learn; they require only that you use your native intelligence. When a particularly difficult situation arises, of course it is useful to get help from the occult, either to communicate with those who have passed on or to use your power to affect the outcome.

Perhaps you are an average homemaker, constantly reminded by the magazines you read that your life lacks glamour. Someone said recently that the wig has done more for women's freedom than any other single item of apparel. With suitable wig and scent, you can spend a great deal of your daytime hours in more glamorous surroundings, perhaps in a fashionable restaurant, yet be safely home and back in your housewife role by the time your husband pulls into the driveway. A role is a role, after all; it is as easy to act one as it is another. Dining out in your wiggly alter ego will instantly add excitement to your life—it cannot fail.

Ann Fulfills Her Lifetime Dream

If rather than merely adding spice, you want to become more independent, then more planning and forethought are naturally appropriate. Ann U., a widow who lived in a small town in Georgia, decided that her morning coffee klatches and her antiquing trips with friends were adding inches to her waistline while subtracting dollars from her bank account. She could ill afford either inches or dollars, and could see that with her present lifestyle the modest insurance settlement from Kenny's death would eventually be depleted. Longing for self-reliance, she listed her skills. They turned out to be surprisingly few. Though she was a gregarious person who made friends readily, she had very few marketable skills. Her favorite hobbies were petit point and crocheting, but she didn't see how these skills could help her in real life.

That Christmas season she visited her grandmother in Pensacola, Florida, where the population consists largely of retired persons. Ann saw an unfinished afghan on the couch. Might she finish it over the holiday? The older woman told her that wool to do the work was not available in Pensacola. This discussion led Ann to ask what sorts of hobbies *were* available for Pensacola's retirees. She soon learned that there were few such stores in the area—that for someone with her background, a golden opportunity existed to open a craft shop.

When Ann got home, she enthusiastically investigated various aspects of the needlework and craft business. Her inquiries took all her time, so she gave up the coffee klatches, devoting herself to the possibilities of her planned venture. She found that she had sufficient finished projects and antiques around the house so that she could at least open a shop and exist for several weeks without having to sink major capital into outside stock. She used her Witch powers, first to read the future to see whether she would be successful and happy and second to find a good location.

With her remaining capital and inventory, Ann rented a store and launched her business (currently into six figures annually). She started with fewer skills and less capital than you can possibly imagine. Her Witch's reading of the future gave her the confidence she needed to succeed. So by careful planning and by devoting all her time to the business, she was able to fulfill her dream and upgrade her whole life.

Map Out Your Campaign

You are the most important person in your life. If you are to have a fulfilling life and eventually a happy retirement, you must survey where you are going and what you are going to do. Once you settle on your goal, you must then—as any military leader would do—decide the intermediate objectives to be achieved and the way in which they lead toward your long-range goal. A little help from a local Witch or psychic will help you understand your life and its destiny, or you may be the person who prefers to sit quietly alone and consult your pendulum for guidance.

Let us postulate that your retirement dream centers around opening a motel at a ski resort and running the motel yourself. If today you are in frail health and have little capital and no knowledge of motel management, then obviously the correction of each deficiency must be mapped out as intermediate objectives in your grand scheme. Whatever your goal is, you can get there, provided you carefully map out the steps and the intermediate objectives on the way. Sometimes you may have to attempt each step several times. But as long as you recognize that the step is essential to your arrival at your objective if you are to make the final push to your heart's desire, you can see a reason to persist.

In the case of the resort motel, attaining good health would be an obvious first move. From there a natural next step would be to attend a motel management school, and of course you would plan to change your employment so as to gain the skills in management, advertising, and plant maintenance that would be required to run a busy motel.

Your friends might think you crazy for switching jobs—from being a copywriter in an advertising agency to an electrician, for example—but because of your personal life survey you know that you are quietly gaining skills you will need to make your dream come true. Ann in her shop could easily have used more skills in accounting and in business. She was lucky: She went into a line and an area where the profit margin was so high that her initial errors were not fatal. She found that area through a little luck and her occult skills. She kept sight of her objective, so she was able to set aside temporarily her personal needs until her momentum was sufficient to keep the shop going.

Not everyone is so fortunate. Martha was a good cook; she thought that a small restaurant with her running things from the kitchen herself would be an ideal source of income. She did not understand procurement, sanitation, or customer relations. She thought that good food would bring customers in, little realizing that sloppy service and poor relations on the cashier's desk would drive them away. She could not be in the back cooking her wonderful food and out front at the same time. She had not mapped out her campaign, nor had she bothered to use any outside aid in her planning.

Silent Persuasion

Let's say you have decided on your intermediate objectives and you need to obtain a particular job to round out your skills. How are you going to influence an interview in such a way that you can guarantee the job? The answer is, again, to view each step as a minor campaign and to obtain as much information as possible about this intermediate objective before you try to achieve it. When you meet the interviewer for the first time, you must be able to talk her language. Furthermore, at every available opportunity you must work to influence her toward your desired goal. Normally the boss will have several prospective

employees in mind, but by using a Witch's methods you can significantly increase your chances of being the winner.

Joe Gets a New Position a Year

Joe B., a slender, reticent, self-effacing, spectacled man from Kansas City, is someone you might pass by in the street without a second glance. How, then, did he rise to vice president of sales for a major airline, a position in which a man of his humble, retiring disposition seems out of place? Joe got to that lofty situation in an unusual way.

He joined the airline as a baggage handler. Very soon he was promoted to the customer-complaint department. In that position his peace-making ability and his very mildness of manner calmed the frazzled nerves of travelers who had lost baggage or missed their connection. By inconspicuously reading the body language of complainers, Joe was able to talk to them in language suited to their needs; colleagues wondered how he always seemed to know exactly what to say.

Then Joe recognized that if he were to progress further, he needed to study the business aspects of the airline; he arranged a transfer to a job—at a somewhat lower salary—in the accounting department. This position involved burning a lot of midnight oil because his accounting skills were relatively weak. He progressed, however, always remembering that these steps were leading him toward his ultimate goal. Now he has attained a position of great power within the airline. It has led to travel all over the world and puts him in daily contact not only with influential and glamorous customers but also with internal airline policies such as the selection and outfitting of airline attendants.

The silent-persuasion techniques that Joe employs are some of the easiest occult techniques to learn. In fact, you already have within you the power to make things happen the way Joe does.

The Technique of Silent Persuasion

First you will want to research the business that you want to get into and the specific company in which you are applying for a position. At

your library, study the trade magazines for the field that the business is in. It is especially important to understand the firm's problems from the viewpoint of management people in that line of work, so you can be relaxed in conversation with the prospective bosses. During those relaxed moments, memorize every detail of the new boss: his features, his peculiarities of speech, especially the body language; in short, everything about him. Then later you will be able to visualize him with precision when it is time to put out that all-important positive thought that's going to get you the job. If possible, learn his birth date; it will give you further insight into his strengths and weaknesses.

The Magic Finger on the Pulse

In the handshake that wraps up the interview, there is a trick that Witches often use. It can distract the boss momentarily; through it you can implant a thought in his or her mind. Here is what to do: The next time you shake hands with someone, extend your right index finger and lightly touch his wrist exactly where the pulse is felt, as shown in Figure 4-1. The unorthodox handshake throws your acquaintance completely off his or her balance for just an instant; in that instant you can plant the initial thought—something like, "I am the one you are going to select." Make the thought utterly simple and straightforward. In boy-girl situations, the thought, "I love you" is often used.¹ The same handshake can be employed by the aspiring executive secretary in her interview with the president of the corporation. To summarize: Start by using your intelligence to study the business and the person with which you want to get involved. Then, if possible, plant the first seed of your future success with the Witch's handshake. Follow this up with the silent occult technique of influencing the person after you have left his or her presence.

¹We wish that there were a better word than "love," with all the emotional baggage it carries. In these situations it can be misconstrued. Regrettably, it is a powerfully motivating word. If you do talk of "love," then in later conversations, try to modify it to your true feelings of "admire" or "like your looks" or whatever.

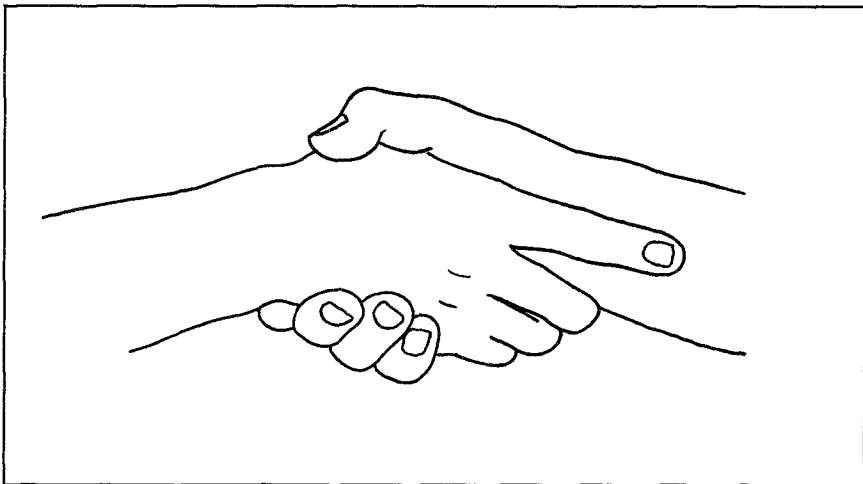


Figure 4-1.
The Magic Handshake

Nobody Tells You How Easy It Is

I am sure you agree that the Witch's rules and suggestions we have outlined in this chapter are easily within your ability. Yet nobody ever tells you how easy it is to change your whole environment. Nobody says, "Sure, you can get that job." The most they ever say is, "Well, you could try for it." Don't let the naysayers influence your plan. Remember, "You can't afford a negative thought." We have now told you how you can get anything you want from life. A few minutes a day of concentrated effort is all it will take.

Laverne Becomes District Manager

Laverne A., a Louisville homemaker, decided that she would like extra income to supplement her husband's wages. She had many friends who sold housewares and cosmetics, but as far as Laverne could see none of them made much money. It looked as if most of them had to work unreasonably long hours for the money they got; yet the idea of the parties involved and the independence of this type of selling appealed to her. After some months of investigation, she invested less than \$100 in becoming a soap salesperson.

Unlike her friends, Laverne experienced remarkable success, both in her door-to-door selling and in her party results. Not only did she exercise her really good memory; she also kept a notebook of everyone on whom she called. In a few graphic words she was able to note sufficient impressions about a client so that she could recall that person in tremendous detail. She carefully retained, too, any little complaints or boasts or concerns that each client revealed and any facts about family and pets. She knew that people love to think their story is important to others. Consequently, when she made a dozen follow-up calls, she usually sold to at least ten of them large quantities of her product. In her parties she normally sold to over 90 percent of those who attended.

In her party work, Laverne used the finger-on-wrist technique, and in her door-to-door calls she used the telepathic thought-pulse technique that you learned in Chapter 2. So rapidly did she build her sales that she took on many subsidiary salespeople and today she is a district manager with an income rapidly approaching six figures. You can see in Laverne's case the same careful planning we recommend.

Reinforce your planning with simple Witchcraft influencing techniques. Such techniques are part of the tool kit of any self-respecting Witch. This book is your teacher, your guru, in practicing the many aspects of Witchcraft. Later you may want to refine and extend your skills by forming your own group or by joining a coven.

Opportunity Is Waiting

No matter what field you select, you will find that there are places in the country where there are obvious opportunities in your desired line of work. The planning techniques we have recommended will get you ahead in the most mundane businesses. They will net you startling results if you apply them to true business opportunities in areas where there are unfilled needs. Ann with her needlework was on the road to wealth in only months because she applied Witch techniques and relocated to an area where an unfilled need existed.

If you are to achieve your life's goal, you should be able to jump into these open opportunity areas. Be constantly alert for breaks or openings that will let you jump several steps in your life plan, but do not be distracted into areas that will sidetrack you from your final

objective. There are many attractive side roads in which you can expend a great deal of energy, but which are not your destiny.

Be flexible with the Witch techniques we've shown you, and you will win. Winning is just an attitude of mind, after all. It requires, though, that you do your homework. By adding the Witch techniques revealed here to the campaign you have thought out, you will always be successful.

Witchcraft Action Keys

In winning, we reiterate, it is important to use *all* your powers. In Chapter 2 you learned to feel your actual power and how to increase it. Use the technique so you go into battle fully charged and vitally alive. In Chapter 2 as well, you learned how to charge your sacred circle and add its energy to your own. When you want to influence the outcome of an event, remember this technique and use it. What can it cost you?

In this chapter, in addition to these two most important basic techniques, you have learned

1. How to get the winning attitude by affirming, "By Aradia, I will win"
2. That people in the Western world will usually draw back from the apparently angry person and do their best to appease him or her
3. That apparently having connections in high places will often get results in two different ways: (a) by cowing the salesperson or (b) by uniting with the salesperson in a "us-against-them" or "us-against-management" way
4. By using such techniques as a magic handshake to implant ideas.

Doing your homework may seem a task less than thrilling; but if you truly want to win as Witches do, you must combine the mundane with the magical so as to conduct your campaign on both the physical and the psychic planes.

You, too, can win easily and quickly; you, too, can become successful.

5

You Can Heal Yourself As Witches Do

Does one dreary day follow another in your life? Are you growing older without getting anywhere? Does that job promotion or satisfaction elude you? Yet the bills are piling deeper and deeper, and you can never seem quite to catch up with your demands and your family's for more *Stuff*.

Witches get into that trap, too. Some of us, though, realize that *Stuff* is ego-feed and that we don't need it. The magic thing to do is to stop feeding your ego and start feeding your mind and your spirit.

Are you feeling sick today—not quite up to par, not quite ready to take on the daily battle for survival? Have you ever wondered whether the reason you feel ill or discouraged is that the balance between your mind and your body is disturbed? That you may not really *want* to go out there and fight? That it would be much easier to stay home in bed with a sickness of some kind?

Al and the Doctors

Al S. always seemed to be getting little illnesses, niggling but persistent. We remember one such incident. He got some kind of eczema; the doctor gave him a cream to put on it. Then he had an allergic reaction to the cream, and yet another cover-up prescription came into play. We thought, what a hobby!

Al lived a hectic life. As sales manager for a leading electronics firm based in St. Louis, he was always at the beck and call of his cell phone and his beeper. He had recently been through a bitter divorce and was frankly looking for a new companion to share his bed. At the resolution of the divorce, he ended up with little more than a large monthly bill for alimony and child support.

He finally figured he must be hexed, so he asked us to help him. The problem and the answer were obvious to us. He was simply stressed out. The diseases he kept getting were all stress-related. Every time we suggested that he simply slow down, he was full of "Yes, but" after "Yes, but." You probably know people like this. When you make a suggestion, the response is some form of "Yes, but I can't do that because . . ." Lots of rationalization, lots of wheel spinning.

So we decided to give him a magic bath treatment. We gave him some lavender and told him that he had to take a hot sit-down bath every night and that he must add the lavender to the water and stay in the bath for at least fifteen minutes while he mentally went to his Safe Place (see following). We insisted that during that time he must leave his cell phone, his beeper, and every other adrenaline-stimulating interference somewhere far away from the bathtub.

The first day he tried it, he said he could never do it again because so many things were running through his mind that he had to keep getting out of the tub. We told him to take a pad and pen into the tub with him and write himself notes: things to be done later. He tried it. In the first week, his eczema faded almost to invisibility. Of course, he claimed that it was the effect of the hot water and the lavender, but you and I know it was the temporary lowering of his stress level. Poor Al was allergic to his lifestyle.

Your Magic Bath

The soothing effect of lavender is well known. To avail yourself of it, you can use either an essential oil of lavender or (better yet) real lavender blossoms. Make a small linen bag, about eight inches deep and four inches wide. Into it put about a half cup of lavender blossoms. This is equivalent to about four drops of the essential oil. Tie the bag to the faucet of the bathtub. When you run your relaxation

bath, the water flowing through the bag will pick up the essence and the scent of the lavender.

Relax in the bath for about fifteen minutes, adding more hot water as you need it. If things are pressing on your mind, take a notepad with you into the tub and write them down. Promise yourself you will think about them when your relaxation time is past.

Once you are comfortable in the tub, develop in your mind the image of a Safe Place. This can be a cave, a meadow, an ivory tower, your bedroom when you were a child, anywhere you would feel totally safe. Imagine it in every possible detail. It is *your* Safe Place. Give it a name: "Cave," "Bedroom," "Retreat," whatever you like. You can put whatever furniture you like into it. You can put whatever draperies you like. You can put whatever scents you like. You can put whatever colors. You can imagine some soft music playing. In the Safe Place there is a comfortable pool of water. (Of course this is actually the bathtub you are lying in.) When you are securely in your Safe Place in your bathtub, lie back. Slow your breathing. Relax every part of your body and mind. Stay in your Safe Place as long as you can. No one and nothing can get at you. You are comfortable. You have serenity.

Visit your Safe Place not just when you are in your lavender-water bath, but also at other times during the day. Let's say you are going in to see the boss and you think there's going to be a miserable interview. A few moments before turning that doorknob, still your mind, go to your Safe Place, and slump. By "slump" we mean drop your head on your chest, drop your hands to your sides, and bow your shoulders. Put yourself into the Safe Place by saying its name. Now go in to see the boss, and you will find that the stress has largely been removed from the interview.

Your magical rule of stress control is that stress control is proactive, not reactive. That is, you must take preemptive measures to avoid stress before it happens instead of letting the body react when the stress happens. If you let the stress hit you instead of bracing for it, the body will do its normal response: pushing up your adrenaline level and putting into action all those fight-or-flight reactions that it's so good at, those reactions that lead to stress burnout.

The mind must be in control. In order to establish that control, both mind and body must be confident that your life's goal is realistic,

that it is worth the effort, and that today's fight or today's encounters are necessary to the achievement of your goal.

Victory through health.

As with previous affirmations, when you say this, your body tone improves because you are drawing from the infinite cosmic field of psychic energy to bring healing energy into yourself. You will win, and your body will be healthy, provided you remember this simple affirmation.

Controlling Your Body

When you are working toward a life's goal, the most annoying thing that can happen is an illness. Nowadays most members of the medical profession recognize that every illness is both psychic and somatic. You get a bug, and if the psychic part (your spirit) allows, the somatic part (your body) succumbs to the sickness—but when your psychic self is healthy, your somatic self can shrug off most illnesses.

If you are to have perfect health, you will want to free your life of as many daily frustrations as possible and remember from moment to moment your long-range goals. If you rename your frustrations as learning experiences, you will lower the stress they cause. Renaming is a basic stress-lowering technique known to all stress counselors.

There is indeed a bright burning objective in the future, toward which you are working; though it can be difficult to separate the pleasure-seeking ideas of the body, with its thirst for hedonistic aims, from the over-all objective plan that you are striving to follow. If you are human, you may sometimes go in a direction prompted by the body's physical appetites, not in the more serious career-oriented direction your head planned. The best way to get a clear look at your over-all plan is consciously to appease your body's appetites. You can reward yourself when you gain each milestone with a couple of days of wild hedonism.

Then, in a condition of contentment, review your life plan, adjusting it so that it is truly realistic, containing no elements that the psychic self will resist. The psychic part of you, the inner you, is the part that controls your body. If the inner you does not wish to attain the

objective that you have set out for yourself, then internal conflict will consume your resources and make you ill.

Andy Dissolves a Gallstone

The long-range life goal that Andy M. chose might have impressed some people as being unrealistic. He wanted to own a block of apartments on beachfront property where he could devote a few hours a day to managing the apartments and the rest of the time to his favorite pursuits: game fishing and girl watching. In surveying the progress of his life, he decided he should stop being a construction worker and should get into the management end of business. He accomplished this successfully, becoming the purchasing agent for a major building contractor.

After some years in this position, it became clear that he had risen as high as he could expect to go. When he was passed over for a promotion, he started to develop gallstones. His job was not overtiring; he had plenty of secretaries to watch, and he was constantly entertained by salespeople trying to push their products to the corporation. Anyone looking from outside would have said that Andy had a soft job with no real pressures, a good social atmosphere, and plenty of fringe benefits. When Andy's illness became too troublesome to ignore, there was no apparent psychic reason for it. It was clear that he had lost sight of his over-all objective and had let the pleasures and the low pressure of his current position lull him into thinking that if he stayed long enough he could make enough money to fulfill his dream. His psyche was rebelling against inaction. A stress counselor might say his stress level was too low.

Andy needed direction to get him back onto the main track of his ambition. Tarot readings showed the way. With his reader's coaching, he recognized that his desk-jockeying job was really the cause of his illness. Urine tests revealed that he was chronically alkaline, another indication that the somatic part of his being was out of balance. Andy quit his job and started his own small construction business. His extensive knowledge of construction and his friendships with many suppliers meant that he quickly (though modestly) became successful. At the same time he found time in his schedule, busy though it was, to learn psychic self-healing. He faithfully applied the techniques to himself.

Within two months of his setting up his own business, X-rays showed that he had no more gallstones. Whether their dissolution could actually be attributed to the changes he made in his diet to make it more acid, or to the fact that he had started his own business and had no time for fancy complaints, no one can say. The fact remains that Andy never again suffered the excruciating pain of passing a gallstone.

Use Witchcraft to Help Yourself to Good Health

Each of us has a stress level that is right for us. Al's was too high, Andy's too low. Your operational best stress level occurs when the whole you is working toward an objective. Thus the most important concept for optimum health is to ensure that your life is balanced between the goals of the psychic and the drives of the somatic. You might use what could be called a pain/pleasure system. For every little step you take toward your objective, reward yourself with some outside pleasurable experience. Stress is today's killer; though the death certificate does not say that stress killed, in reality it is one of many stress-related illnesses that kill. Make sure you have a realistic time schedule to accomplish your goals. In a simple example, don't decide to lose 100 pounds of overweight in the next month, nor (conversely) in the next five years. It would kill you—not immediately, but more subtly, through stress.

The Magic Power of White Witchcraft

There are many things you can do to lower stress that literally work like magic. One of the easiest is renaming the sources of your stress. In this approach, you redefine a problem and give it a new name. Another way, perhaps the most powerful, is magical laughter. A good laugh can counteract many stressful moments. In China people are starting laugh groups. They gather before work and simply laugh. For more staid Westerners, this is a difficult undertaking. The Englishman's stiff upper lip and the German's serious demeanor have taken their toll in stress on our society. To think of someone just

bursting out laughing when faced with a problem is not part of our culture, but it works.

Occasionally, not often, some Christian will recognize us Frosts on the street and hasten over self-righteously to denounce us as devil-worshipping pagans. We've found that if we simply laugh at them instead of trying to reason with them, they go away—and we feel better than we would have if we had treated them like rational beings.

If you are being lazy at work and a couch potato at home, wake up. You are in danger of too-low stress. You are not operating at your potential, and your psyche will make you take notice.

In this way almost all illness can be prevented. Of course, you will occasionally experience the minor complaints to which the flesh is heir, often through a temporary carelessness in observing Witchcraft rules of health. When you suffer such complaints, let your first step be making sure that you correct any deficiencies that may have crept up on you, such as vitamin and mineral levels and acidity balance. Just as you have used the power to affect the roll of dice or the swing of a pendulum, so you can use the power on yourself to change body functions. In Andy's case, his Witch consultant told him to build a thoughtform in his mind, then to visualize it penetrating his own skin and entering the gallbladder. Then he was to think with very intense concentration of the gallstone itself and visualize it dissolving particle by particle, layer by layer.

In summary, you should:

1. Get your psychic in tune with your somatic, and both in agreement with your life's goal.
2. Make sure your body is adequately nourished with all the necessary food elements, yet is not subjected to too many poisons such as white sugar and fat.
3. Use your own internal powers to correct present body problems.
4. Resist the stress inherent in a schedule that's booked too tightly or too loose.
5. Use magic stress-reduction techniques to improve your health.

One fact is of supreme importance in this effort: You are not denying the existence of illness. That would be as sensible as placing a brick

firmly over each weed in the garden. On the contrary, you are employing ancient Witchcraft methods to remove diseased tissue. You are *pulling* the weeds. This is a subtle difference, often misunderstood, in healing work.

When the psychic and the somatic are out of tune, your body reacts by giving you an illness. When an illness occurs in yourself or in another, an early question should be, "Why does the body need this illness at this time?" Yes, we said "need." Often we find the illness expresses a discomfort with the patient's life path.

Raising Your Level of Vital Energy

You may know people who are tremendously vital and energetic; you may even feel left behind and unable to compete with such dynamic individuals. All that is now in the past. Now that you know the old ways, you can raise the level of your own energy to match or surpass theirs. The vitality you have envied in others is directly related to that energy you learned to gain in Chapter 2. Of course your physical health and your dietary habits affect it. If you have a heavy, stodgy meal just before an important meeting, is it any wonder that you may be sleepy and unable to influence the outcome as you would wish? If you had eaten a rare steak instead, one full of adrenaline, your vital energy level would have been much higher. These dietary facts are relatively well known, but few people apply them as a means to gain success.

What you do is employ such techniques as the Star Position, the inhalation of cosmic energy, the Safe Place, and correct diet to enhance your powers for those crucial meetings and all-important conversations that will get you to your selected goal.

David Gets His Power from the Sun

David C., a struggling author, found it difficult to maintain the constant stream of words necessary to put food on his family's table. When he became a neophyte occultist, he learned a technique from ancient Egypt, that of facing the rising sun and holding the palms of his hands

up to it at shoulder level as it rose in all its majesty above the Eastern horizon. As the sun rose, David visualized his life's objectives and also the life-giving energy of the sun flowing into him through his palms. The fact that he had to be out at sunrise every morning to accomplish this ritual gave him a new running start on his day's work. The flow of energy from the sun into his hands became more and more noticeable to him. He formed the habit of eating a high-energy breakfast every morning and found that he was able to write enough each morning to ensure a comfortable living.

You, too, can use this simple technique, employed daily by Witches, magicians, and skilled occultists. You do not need to trek out to some isolated cliff top. Stand at a window in your residence facing east. If no such window is available, just face east. Face the rising sun or visualize it. Visualize the orb casting its bright light over the surface and shadows retreating before it. Absorb its energy through your hands.

We have added a small affirmation to this ritual for our personal use:

I am grateful for all that has been given to me in the past.

I am grateful for all that will come to me today.

I will achieve victory through good health.

Use this yourself, or create one that fits you better.

Then have a high-protein breakfast. Do this for just one week. You will be surprised at the changes wrought in your life. One further Witch reminder: Begin this lifestyle only on the morning after a new moon. Your synchronization with the positions of the heavenly bodies will heighten all the beneficial influences.

Visualizing the Power Flow

The power flow that you have learned to absorb in the Star Position and in David's sun-welcoming ritual is a very real physical force. You felt the same power in the hand-across-palm technique. You used it to influence others in the experiments with simple telepathic command. If you can visualize the power as a flow of beautiful blue water, this will be of further benefit in building your psychic vital energy. The water

is warm; it surrounds you and flows past you. You can absorb energy from its flow as you would drink from a faucet. You can soak it in through every part of your skin. As you take from the energy stream, so you become filled and saturated with its vital energy. This is the all-important psychic energy that will allow you to reach your goals.

Low-Cost Medication

In the book that has become world-famous, *Vermont Folk Medicine*, Dr. D. C. Jarvis told how human beings and animals alike became more healthy when their bodies were rendered slightly acidic by an acid diet. He described the body's problem in maintaining a proper acid balance when attacked by alkaline soapsuds and other cleansing agents. The victorious armies of the Roman Empire, traveling under the most strenuous conditions across trackless miles, kept their health through two substances: olive oil and vinegar. The vinegar they were rationed daily kept them on the acid side of the balance and hence in a vigorous state of health.

Low-Cost Medication Cures Eddie's Stomach Upsets

Eddie F., a world-traveling salesman of armament systems and ordnance, continually fought frustration, deadlines, and travel hazards as his job took him into many unusual and dangerous situations. Yet that job paid him very well. If he could stand it for only a couple of years more, he would be able to retire and have his farm in southern England.

Things came to a head one day in Lahore, Pakistan, when pain from his protesting stomach completely prostrated Eddie. He managed to get home to the United States, but he lost a sale that would have meant millions of dollars to his company. After being housebound for several weeks, he set out on another sales trip. Before he could get to the airport, his stomach acted up again. Consultations with his physician were of little value. Medical tests showed that he did not have an ulcer and that his problem must stem—or so the physician

said—from pure nervousness. Eddie decided that a visit to a psychoanalyst was in order. As it happened, the psychoanalyst he chose was a Witch. Early in the series of visits the analyst told Eddie, “Look. You don’t really need me. Your problem is that your lifestyle creates a tremendous amount of stress, and this makes your whole body alkaline. If you correct the acid-alkaline balance of your body, you’ll be all right.” In almost total disbelief Eddie walked out, convinced he needed a more realistic man who could “understand” him. He had expected hours on the couch or some state-of-the-art, cutting-edge miracle drug. The analyst’s recommendation that he drink simple honey and vinegar lacked all the glamour that he had come to expect from current medical practice. Fortunately, he thought things over. He was objective enough to give the recommendation an honest try. Imagine his surprise when the cure worked.

Making Honegar

The cure that the analyst recommended was two tablespoons daily of a honey-vinegar mix in water. That cure, described by Dr. Jarvis, has been known for many years; in fact, many pharmacies in Europe sell the mixture of honey and vinegar for making this simple home remedy. Europeans combine “honey” and “vinegar” and call the blend “honegar.” You, too, can make it. If you do make it and take it regularly, you will become much more resistant to the diseases you could otherwise contract. Even though your goals are well-defined, you will occasionally—just as Eddie did—have to work hard and long until the body demands a rest, or will have to face stressful situations that the body is not designed to take. To make honegar, take equal quantities of natural (unfiltered) honey and apple-cider vinegar. Heat the honey jar in a bain marie (a large pan of water) and stir the vinegar into it until they are blended—that’s honegar. We store ours in an old glass bottle at room temperature. The syrup does not spoil. Two tablespoons of this mixture in a juice glass of water constitute the simplest and best preventive for the majority of life’s minor ailments.

When the honegar syrup is made, you will charge it with vital healing energy. Be scrupulous to do this precisely on the night when the moon is full. At midnight go into your sacred circle, taking the honegar syrup with you. Do the charging when you are in good health.

If you have some minor ailment, you can still charge it, but plan to refresh the charging when your vital energies are at their peak. With the techniques you already know, visualize the energy throbbing around you. Hold the honegar firmly against your lower abdomen. Send your vital energy and the energy from the circle into the jar. If you do this correctly, you will feel a tremendous sense of tension, then of release, as the energy in the circle flows through you into the jar; then you will sense the relaxation of your muscles and even the lowering of the temperature in the circle.

When you suffer from a particular ailment, it is good to modify your honegar with some simple remedy appropriate to the complaint. If you are suffering from symptoms of flu, feeling lethargic and stopped up, add a little mint and a pinch of powdered sage to the honegar. The ancient herbs will dispel the melancholy and the lethargy. A good herb manual will tell you the appropriate leaves to use for any illness. If possible, of course, pick them fresh. To make a general enhancer for your health, late in the evening add five sunflower seeds and five caraway seeds to the honegar-water mix. Let it all steep overnight. Before you drink it in the morning, hold it between your hands, bend your head over it, and recite five times:¹

*Flower of the Sun, give me of your energy.
Darkest caraway, from the Earth you represent
Give me health resounding and energy astounding.*

Before you set out on your day, bury the seeds—if possible, at the base of an oak or cedar tree. As you bury them, affirm,

Victory through health.

You will become healthy and free from minor annoyances.

If you become as enthusiastic as salesman Eddie F. did, your friends will learn to stop complaining in your hearing. Eddie is constantly praising the merits of honegar for all his friends slightest ills. They're tired of hearing about it.

¹Five is the mystical number embodied in the Star Position that focuses cosmic energy in your body and in the Witches' Pentagram.

Body Fuel

The somatic part of yourself is an efficient machine. It takes all the various types of fuel you feed it and converts them into the energy you need for working. The type of fuel you provide affects the type of energy output you can get back from the machine. Without resorting to the drugs that athletes use, you can achieve bursts of energy. The simplest energy givers (though perhaps the most dangerous) are the glucose-type sugars. If you need a sudden burst of energy, a tablespoon of pure glucose will fire you up for the next hour, but you should consider glucose only as a last resort.

Such firing up of the body machine is comparable to feeding rocket fuel to a Model T. It puts a heavy strain on all the parts. If the body is not in good physical shape, just as an old jalopy would blow a gasket, so you are likely to suffer some form of breakdown. It is much better to fuel the body consistently with a sensible diet than to use techniques that produce sudden bursts of energy.

A good diet, of course, provides the four basic dietary food groups every day. The food groups and their ideal proportions are shown in the Department of Agriculture's food pyramid. Ask your librarian to show you a copy of it. The three key words in nutrition are:

- *Moderation*—not too much of anything, so you don't get fat
- *Variety*—so that you provide your machine with all the elements it needs
- *Balance*—so that you don't have too much of any one food group

Dale Beats the Vegetarians

Dale S., a film writer from California, professed to be a vegetarian. He always told his bosses that he gained his tremendous vitality from a purely nuts, vegetables, and dairy diet. He said it was a matter of religious belief. Dale was probably the most hypocritical writer that we have ever met, for his whole vegetarian pose was a front. By keeping it up for several months, he was able to convince many competing writers that the diet he was recommending would give them vitality equal to his own.

While Dale was enjoying juicy red steak at his favorite restaurant, his competitors were lunching on nuts, berries, roots, and lettuce in the office. It is little wonder that in script conferences with clients, Dale continuously outshone his rivals, for the food he so loudly recommended not only was difficult to digest but also contained natural sedatives such as laudanum that slowed down the body processes of those who ate them. When puzzled rivals asked him point-blank how he did it, he would continuously recommend that they eat more and more starchy foods and more foods that would induce constipation, such as heavy cheeses.

In private conversations with Dale, we pointed out many times that such conduct would eventually have negative repercussions for him. We must concede, though, that the last time we talked, he was still following his chosen path and was currently the chief scriptwriter for a huge new film epic.

Winning Diets

The technique that Dale used may be reprehensible; but you can use it, too, if it fits your agenda. First, experiment on your own body and learn what foods give you the highest levels of energy. You will find that meat and sugar give you very high (though relatively short-lived) energy peaks. Try then to arrange important events so that they match with your energy peaks; meantime, always remember that the body needs certain substances to function smoothly over the long run. Just as a car needs not only gasoline but oil as well, so your body needs vitamins and minerals to keep it running well. The best way to get those necessary nutrients is from your food intake, not from chemically derived substitutes.

In one case, though, we recommend that you do use a tablet additive. That case is minerals. The majority of diets, especially women's diets, are deficient in trace minerals. Centuries of rain and snow have leached minerals from the soil into the sea. Seaweed takes them up and builds them into the tissues of its leaves. Fortunately, seaweed is now available in pharmacies and in specialty shops to compensate for the mineral deficiencies so common in today's diets. The Japanese worker wraps his rice in seaweed to supply lacking nutrients. You can obtain seaweed compressed in the form of kelp tablets. One

of these inexpensive tablets daily will help your body keep abreast of its mineral requirements.

If you have any doubt about which foods are best for you, consider that our diet today has been developed only over the past century or so, whereas your digestive tract, wonder that it is, took millions of years to get to its present level of development. In eating, think of ancient evolving humans. What foods were most available to them, and what foods were least available? When in doubt, choose the ancient foods, the unprocessed foods, the basics such as seeds, eggs, berries, fish, and meat. Avoid the more refined products of our mechanistic civilization such as white sugar and "improved" milled flour, in which even weevils perish.

Witchcraft Action Keys

In this chapter of this Witch book, you have learned that health is more an attitude of mind than taking the "right" drugs. The drugs you take are emergency Band-Aids suitable only for temporary repair of a failing system. If you can get your somatic and your psychic parts in balance, and if, as soon as you feel any sickness, you examine the root cause and reason for that sickness, you will be healthy. Always ask yourself, "Why do I need this illness? What am I trying to avoid? What do I gain by being sick just now?"

Naturally, a sensible diet that avoids ersatz processed foods and additives will improve your general body tone. The psychic magic Witch techniques for preparing the elixir of life that we call honegar will give you that extra boost when you need it.

6

You, Too, Can Use the Witches' Magical Healing Power

As you learned in the last chapter, an elixir of life and a sensible diet can help you. When you are well into the application of these practices in your own life, you can help your friends by showing them what you have learned, remembering all the while that helping others may or may not be in your own best interest. In other words, be judicious in deciding whom to help. Later in your path through life those same people may become obstacles in your way. You may have given them an edge that will work to your detriment. Socrates said, "I never taught a man archery who did not later turn the bow on me."

In addition, you learned in earlier chapters to gain the universal psychic energy of the cosmos. In Chapter 5 you learned to use that energy to charge your elixir. You can equally well send the energy out to help another. When you do this, you are participating in what is currently called "psychic healing." Never let anyone call your activity "faith" healing, for it is not based on nebulous "faith." It is as real and indisputable as gravity.

Psychic healing takes many forms. It can be found not only in churches and great shrines but also in the circus hypnotist's threadbare tent. The ability to heal doesn't imply genius or an act of God or a special gift. You can do it too.

Your affirmation for this chapter is

I can heal.

See Healing in Action Tonight

Find out where a stage hypnotist is working. Go and see her in action. As a typical stunt she causes a blister on a volunteer who believes a lighted cigarette has burned his skin, whereas the audience knows that the entertainer touched the subject with the unlighted end. The audience (and you too) will watch in horrified fascination as the blister grows and the burn wound develops before your eyes.

Suddenly the hypnotist says, "Oops! I used the wrong end. You aren't burned after all." Magically the blister disappears. The hypnotist has used her skill to convince the volunteer he was not burned, and the volunteer has cured himself. The hypnotist doesn't claim to be a holy healer, nor does the volunteer need any faith or belief in the hypnotist or some God-being; yet it always works. The hypnotist has healed the patient. If you have no belief in any other form of healing, at least you now know that if you were to learn hypnosis, you could heal.

Hypnotist Cures His Son

A well-known St. Louis doctor came to us to learn of healing because of his own accidental healing of his son. In his words:

My son David pushed the ends of a TV rabbit-ear antenna into an electric socket. This resulted not only in severe electric shock, but also in deep third-degree burns on both his palms. The boy was rushed to the hospital. He came out of the anesthetic in time to hear the physician tell me, "He'll be all right. Maybe he won't ever be able to use his hands for fine work, but he probably can drive a car and write." The boy immediately went into hysteria; he had long planned to become a dentist. The physicians tried to force a sedative into him, then attempted a knock-out injection. I asked them to let me hypnotize him, because he had been under before and I thought I would get him back into trance.

It worked. David calmed down, especially when I told him the hands would be better when he woke the next morning. After a good night's sleep at home, I took him back to the hospital for a change of the wet-pack dressings on the burned hands. The same doctor whose prediction had caused the hysteria removed the ban-

dages. The usual hospital decorum was shattered by his bewildered "Well, I'll be damned!" I looked on amazed, for David's hands were healed. He went home without bandages—unless you count the adhesive tape over his scratched arm where attendants had tried to give him the anesthetic.

I believe that my suggestion cured David's hands. Without calling on the devil or God, I had accomplished what to me is a miracle; yet since that time I've cured many others. I'm now certain the body can heal itself.

Hypnosis Is Not Necessary

If you were to become a hypnotist you, too, could cure people of many dread diseases, but hypnosis is only one way to influence people subconsciously. You learned in Chapters 1 and 2 that you can telepathically influence people without ever seeing them. It is the influence on their subconscious that cures people, not the drug or the place. Through extensive experiments with sugar pills (placebos), physicians have seen that patients are often more dependent on faith in a given drug or doctor than on the drug itself.

Testing of new pharmaceuticals must now be done with complicated double-blind arrangements because researchers have learned that if the doctor prescribing the drug does not have faith in it, the patient can somehow detect the fact and will fail to respond. Similarly, it has been proven over and over that if a doctor thinks a new drug should have a side effect, many patients report that side effect, whether they receive the real medication or a placebo. Thus, if you project a positive image and use the techniques described earlier, you can heal without recourse to hypnosis.

You Can Cure Anything

You have within you every disease bacterium known to science. When you want to, you will fall ill—or alternatively, when your mind recognizes that you are stressed, it will arrange for a little cold or flu so you have to rest. All your life you have already, within your own body, continually cured every disease known.

How are you to harness this very basic truth, perhaps to heal a friend? In our own experience of curing diseases, we have found that any patient can be helped, physically or spiritually or both.

So long as death offers an easy out from unbearable situations, so long will people continue to die of mind-induced diseases. When scientists found a way to cure the dread killer tuberculosis, cancer replaced TB as the illness to have. Because it seems that a cure for cancer may eventually be found, we're now hearing a lot about diabetes, arthritis, cerebral palsy, and the old standby, heart disease.

Alicia Sells Her Wheelchair

A lady in a wheelchair wrote to us, "I have been in this chair for twenty-six years. I had a stroke when I was young, and I've got arthritis too." We started to work. By mail we counseled her on her lifestyle and attempted psychic healing through the link of a photograph she sent. A few months later she wrote, "I'm so much better than I was a month ago. I'm still going to the doctor, but he said he can't claim credit for the pain being gone." In her final letter, she mentioned she had sold her wheelchair and said, "I'm lots better, though maybe not entirely cured. I have no pain and can walk and garden again. It's been over sixty years since I had polio (the doctor called it a stroke then) and over twenty-three years since I was stricken with arthritis."

The Psychic Rules the Somatic

What had we done? Almost nothing. We spent perhaps thirty seconds a day on Alicia to achieve her dramatic cure. We looked at her picture and sent out a positive thought to her, visualizing her walking without pain. She cooperated by eating certain difficult-to-obtain red foods. Those red foods have no history of having any significant effect on polio or arthritis, yet her mind was convinced, and she now walks again. Some day we may meet Alicia. Today we would not know her on the street, for we have never seen her.

Thousands of cases have shown that the psychic completely rules the somatic. The "I" rules "my" body. It is more important to control the psyche than to do drastic things to the somatic. To aid someone,

use magic psychic energy to influence their mind telepathically. Then their mind influences the body to cure itself.

We say "influence telepathically" because in our (Frosts') personal work absent healing seems to work better than laying on hands. In laying on hands, you have a direct connection with the patient and can use less energy to accomplish the same ends. Thus, to cure someone, you must telepathically influence the mind and through cosmic energy must tell his or her body to cure itself. It is much better not to tell your target person that you're trying a healing, so that barriers are not set up in his or her mind such as, "That idiot can't help me" or "I won't respond to the devil's work."

You Can Harm as Well as Heal

Remember, too, that just as the body cured the hypnotist's blister, so it caused it in the first place. It is just as easy to cause a disease as it is to cure one, so when you use any of these techniques, be careful of your thoughts. As Hermes Trismegistus hinted in the *Emerald Tablet*, "What you send out is what you will receive."

Some healers dwell on a patient's disease to such an extent that they themselves get the illness. To avoid this mistake, do your healing work and then forget it until it's time for another attempt.

Sue's Enemies Died

Sue, a nurse in a Chicago hospital, is a Witch trainee. She discovered that the hospital's store of drugs was being pilfered for sale to a high-school drug ring. Not only did this put more young people under control of the criminal element, it also ruined the medications for hospital use and may have caused some patient deaths.

Sue turned the people responsible in to the authorities, not realizing that they had powerful contacts. Two weeks later a stranger tried to rape her and to inject air into her vein (a fatal injury). She barely escaped. Though a Witch with only a couple of months' training, she decided to protect herself. She built a psychic mirror, so that anyone attacking her would receive what he tried to give her. Two days later a

car went out of control as it approached Sue and ran under a heavy transport truck; the driver was dead on arrival. He had been a drug dealer. The next day a man fell off the roof of a building next door to Sue's as she sat eating her lunch sandwich. He had been the other half of the team.

She could have hexed these people directly, but she was more sensible than that. "If they attack me, they'll get it back," was all she directed, yet two men died.

Sue's Spell

Here is Sue's spell. It is easy to do. If you think you are under attack, use it yourself.

A SPELL FOR THE PROTECTION OF YOUR PROPERTY OR YOURSELF

EQUIPMENT

1 pound # 6 nails, individually bent	1 pound salt: sea or kosher
4 beeswax candles, white or yellow	poppy seeds
4 windproof candle holders, wood or glass	1 piece virgin parchment-type paper
incense of white sandalwood	ink pen (not a ballpoint)
red ink	

PROCEDURE

Put each candle into a windproof holder. Set one candle on the earth at the north of the property to be protected (or at the north of your magic circle). Set other candles at the east, south, and west. Walking deosil (clockwise in the northern hemisphere), light the candles in the following order: east, south, west, north (southern hemisphere: east, north, west, south). As you walk from one candle to the next, sprinkle bent nails and salt in a continuous unbroken ring around the property. As you walk, chant in a soft voice, "Ee-aye-ee-aye-oh" beginning at the eastern candle. By the time you get around the circle and back to the eastern candle, your chant should be loud, reaching a genuine shout. As you shout it out the last time, extinguish the eastern candle by clapping your hands over its flame. Affirm,

*Guardians of the east, protect me (or "my property").
Make any power sent against me return to the sender.*

Continue this deosil walk and say the same words at the south, the west, and the north, extinguishing each candle in turn. Now sit down. Using the pen and the red ink, on a piece of parchment draw the sun and the moon. Write the name of the person who you believe represents a threat to you. Burn the paper. Cry in a loud voice,

*By all the guardians, N___ (the threatener),
Get you gone
And receive back the harm you sent.*

Divide the ashes of the parchment into three parts. Put the portions into envelopes. At nine-day intervals, mail them to the one who threatens. Near the door of your dwelling, conceal a small container of poppy seeds. In the house itself, burn incense of white sandalwood.

Any time you find yourself thinking of the threatener, laugh out loud, summon your most contemptuous voice, and say scornfully,

N___, you poor sap!

Quickly recite some nonsense poetry from Lewis Carroll's *Alice in Wonderland*.

Red Leaves You Open

When you decide to heal, it is important to do it right. You don't want to harm anyone unnecessarily. In earlier chapters we discussed developing your ability to put out effective pulses of cosmic energy. Through various experiments you learned what it takes for you to be at maximum potential. You know, too, how to crystallize a thought so that your energy pulse is concentrated and effective. In attempts at serious healing, you must train yourself to be even more selective and concentrated.

The commands "sway left" and "sway right" are too simple to effect a dramatic cure. The fine distinction between the red color of healthy blood and the darker red of clotting blood must be clear to you, as must the reds you associate with fear and anger; for when you open yourself up to these levels, the inexorable laws mean that you will receive that which you put out. Many apprentice healers give up

prematurely when their unskilled early attempts bring illness to the healers themselves. Remember: It's a matter of tuning in to exactly what you want to happen. Get to that psychic level for the moment of maximum effort and then swiftly return to your customary buoyant optimism.

It's Simple and Practical

The cases we've described may seem difficult and involved, but you now know that putting out the pulse of power is extremely simple. Thus any healing is also simple. It's practical, too, for it takes only a few moments a day for each patient, and you need make no costly preparations.

Betty and the Colors

When we visited Bill and Betty Finch in Phoenix, Arizona, we found their home full of colored lights arranged to flash very slowly. Each light represented someone receiving a cure. The color of each light represented the illness involved. Every time either Finch sees a light flash, he or she instinctively puts out that all-important tuned-in pulse of healing energy.

Color Healing Chart

Many people can see the energy field that surrounds living persons. That field is both a protection to keep out the thoughts of other persons and a container for your own thoughts. Psychic workers call the field the "aura." When you work to make things happen, your first step will be to concentrate and crystallize your intent-thoughtform so that it can break out of your own aura. Occasionally, your cosmic energy will not reach your target person, so it may not necessarily work the desired effect. This is shown in Figure 6-1. The thoughtform R is vague, and instead of bursting out is reflected; but the thoughtform T, crystallized and concentrated, is transmitted. R and T are as different as a candle flame and a laser beam.

Aura frequency, or color, or whatever you choose to call it, changes with mood and with state of health. If you're in a negative frame of mind, it's easier to transmit a negative thought than it is an optimistic one. Furthermore, you will more easily receive thoughts that you are currently tuned to. Just as with a radio, so it is with your protective field. You can tune it where you like and can receive the program most suited to your mood of the moment.

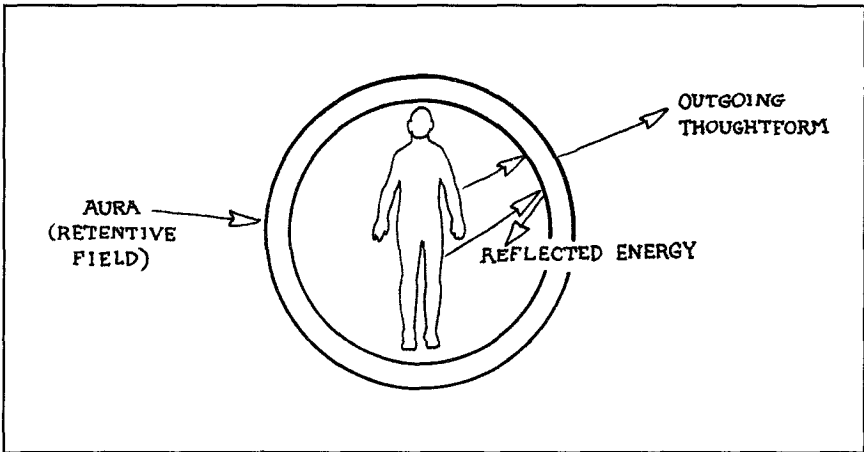


Figure 6-1.
Sending Out Power

Basically simple, this idea explains many of the phenomena you have experienced in day-to-day living. For instance, when you are depressed, everyone seems against you and every effort seems to fail. Your negatively tuned aura filters out all the positive thoughts that are flying around. When you are positive, you feel energetic and joyous, for you draw to yourself the positive thoughts in the cosmic field around you. You're tuned to a good program on your personal radio.

Before you try to make things happen, it is important to understand another phenomenon associated with the aura. It is that the extent of the aura—its size—depends on your energy level, your vitality. There are both positively oriented and negatively oriented people whose auras extend many feet from their bodies. Unless you are able to get exactly in tune with these people, it is almost impossible to communicate telepathically with them. In some cases *verbal* communica-

tion is almost impossible, never mind telepathic. They are much too busy and dynamic pursuing their own agendas.

If a thought is to go out successfully, it must be crystallized and forced out powerfully through your protective screen. Figure 6-2 shows what can happen when the thought gets to the intended target: Your thought just bounces off. He's tuned in somewhere else, perhaps listening to the equivalent of country music—while you're transmitting Beethoven.

A moment's thought will tell you how to correct the mismatch. Tune in to his wavelength. In the analogy of the radio receiver and transmitter, you need to change the frequency of the transmitter so that you match the frequency to which the receiver is tuned. Because colors are so intimately connected with thought patterns (for example, red = anger or blood and blue = coldness, and so on), we use colors in furnishings, candles, and other aids to help us tune to the target's expected frequency.

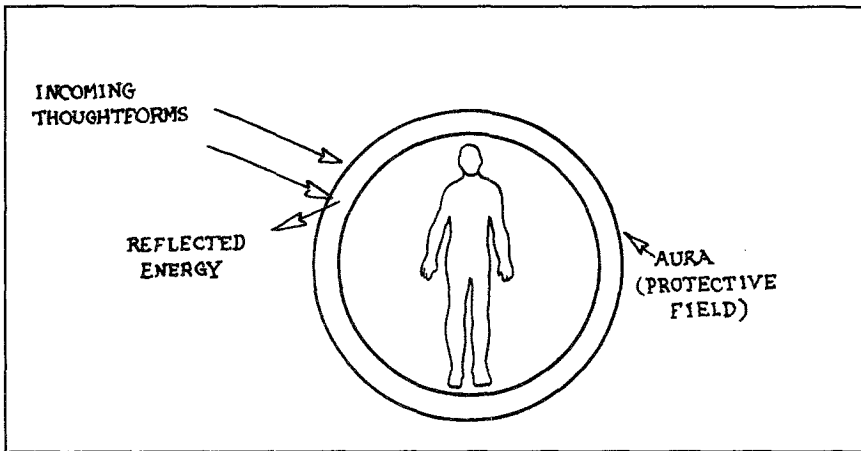


Figure 6-2.
Receiving Power

We show you Table 6-1 so you can start your work with the more tractable and simple diseases. From this foundation you can develop your own techniques and color keys for other illnesses. If you see auras, of course you will use the color you see instead of that given in

the table. The table indicates the probable color of your patient's aura, provided the diagnosis is accurate and the person is not taking some relaxant drug.

TABLE 6-1
DISEASE—COLOR CORRESPONDENCE

<i>Disease</i>	<i>Color</i>	<i>Disease</i>	<i>Color</i>
Alcoholism	Violet	Rheumatism	Dark Red
Anemia	Red	Impotence	Red
Arthritis	Dark Red	Nervousness	Light Orange
Mononucleosis	Orange	Fatigue	Orange
Asthma	Dark Orange	Menstrual Cramps	Orange
Cerebral Palsy	Lemon	Hepatitis	Reddish-Yellow
Diabetes	Dark Yellow	Constipation	Yellow
Jaundice	Green	Venereal Diseases	Green
Burns	Turquoise	Colds and Flu	Green
Acne	Dark Blue	Boils	Greenish-Blue
Measles	Blue	Headache	Blue
Varicose Veins	Bluish-Red	Phlebitis	Blue

If you are in good health, the pulse you transmit will be a bluish-violet color. It doesn't need much work to change it to a hue appropriate for blue-type patients. A blue-lit room and a blue candle will adequately move you to their frequency. The real challenge comes when you want to move way down into the reds for an effective attack on something such as arthritis or impotence.

Sometimes you can change the patient's frequency a little to make your work easier. In experiments with transmitting thought and energy before live audiences, we have found that it is possible to move their frequency upward; that is, to get the members of the audience to a higher state of vibration. This is a simple matter. An irreverent joke or some jazzy music will do it. In working for temporary relief of arthritis, instruct the patient to listen to Scott Joplin's ragtime music at a specific time each day. This will work wonders if you do

your healing attempt at that same time. Similarly, if a patient complains of sexual dysfunction, arrange for someone whom he or she finds physically attractive to be with him or her. That will help change the color of the aura.

The Group Can Do Anything

From the tests you ran on yourself in Chapter 2, you know that your cosmic energies may be low early in the morning but that you can use various techniques (sexual excitement, for example) to heighten your energy level. This is why you hear of Witches working their rituals late at night. The defenses of their targets are down, but their own powers are up; they can work their will more easily with the amounts of energy they have consciously built up. The Witches' techniques put out a tremendous cosmic energy blast that literally can work wonders.

Occasionally, though, all your work is to no avail; you can't break through that patient's aura. Then you need a group, for the combined psychic force of two or four skilled people can usually overcome an individual's protective field.

Four People Repair Anita's Damaged Brain

Anita, a fourteen-year-old with severe congenital brain damage, was cured overnight by a group of four Witches working in unison in St. Louis. Anita was asleep in her bed in New Jersey, unaware of their effort. "She's cured! She's a different girl!" exclaimed her grandfather the next morning on the phone. Now, two years later, Anita has caught up to her age group in high school, is doing well, and anticipates a normal life, unaware of the cosmic energy burst that overnight repaired her damaged brain tissue.

Getting in Tune

What did these four ordinary people do? First they all got in tune in their own way with Anita's problem. Then in one- or perhaps two-minute intervals, they concentrated on her photograph and sent the

energy out to her. That's all. You and your friends can do the same thing. In a few moments you can overcome all the negative clinical prognostications. Two housewives, a writer, and a flying instructor did it; so can you. To learn of a powerful arthritis cure involving two workers, read the following ritual.

Drape the room in red; burn dark-red candles. Let the healers be provocatively clothed in a minimum of garments (red, of course) which leave the breasts and genital area fully exposed. A piece of juicy, bloody steak will also help. After three days of fasting and sexual abstinence, you are ready to send out that pulse of red cosmic energy.

At dead of night proceed to your temple. Light the candles and think red thoughts. Get sexually aroused. Hold the steak in your hands and squeeze the blood out. When you are downwardly self-transcended, think of your patient. Get involved in the illness. Think of the blood in the arteries. Then chant, "Aye-oh, aye-oh, aye-oh," ever louder and faster, on a rising pitch, until your head reels. At the peak, when you can scream no louder, shout with all your might, "*Heal!*" and snuff out the candles as you scream. Now get away from this red level as quickly as you can. Get out of the room. Bathe. Have an orgasm. Play light music. Watch the late movie. Your work is done. The healing energy has gone to the patient. Your work will greatly aid in the healing, so long as the patient does not "need" the illness for some negative life situation.

It's Safe

That last spell sounds very emotional and dramatic—and it is. It has the same ingredients that made all the old spells work. Spells such as this one are the factual basis for accusations of all sorts of gruesome blood sacrifices. But to do the work and do it safely, you must get emotionally involved. The majority of people go along all day worrying vaguely about their friends' illnesses. The constant vague negativity brings the illness to them, and they get sick. Psychic healers, too, can attract to themselves all those negative thoughts if they linger on the problems of their patients. To be a successful healer and a healthy healer, get down there and get back up quickly; don't expose yourself to the disease vibrations for more than a few seconds. Such brief exposure will minimize your vulnerability.

Four-Year-Old Heals Damaged Ligaments

Barney came limping into our home one day wearing a leather brace on his ankle. "I tore the ligaments a year ago, and nothing has helped." Our four-year-old daughter had watched her mother heal many illnesses and injuries; Bronwyn decided she and she alone wanted to cure Barney. In a matter of minutes she started her childish chant, laying her hands on the weak ankle. She cured him, perhaps just because no one had told her she couldn't. She didn't harm herself in the process because she used the techniques she had seen Yvonne use: the rapid down-and-back-up method that gets the message into the subconscious.

Raw Emotion

We all like to think we are totally civilized and above all that primitive stuff, yet we are dramatically affected by pictures and colors. As you read the arthritis ritual, you may have felt horrified or amused or any number of other responses, but you were not unmoved. Many of our nation's top firms have colored rooms for their executives to psych-up or calm down in. It's this raw emotion you will use to get that message through to your patient. Any trick you can think of is valid, provided (a) it works and (b) it harms no one.

Unused Energy

Two last points are important to mention.

1. *Tuning*—Too often a group of dedicated workers will send "love" energy to someone flat on their back in a hospital. The power of the group is such that the energy gets through, so the patient gets horny with nowhere to go. That's not really helpful.
2. *Aiming*—Energy pulses must have a home. They don't just disappear if they bounce off an aura. So mentally direct them:

*Guides, use this power to cure N____
or put it to use elsewhere,
according to your will.*

Or more simply,

Let any remaining energy go into the wine.

Then the wine can serve as an elixir.

Witchcraft Action Keys

Healing is surely the most worthwhile work you can get involved in, so let's take one more look at the method.

1. *Get in tune with the target person.* The more dynamic the patient is, the more exactly in tune you must be and the stronger the pulse of energy you must put out.
2. *Crystallize the thought.* Write it down; concentrate on it. Put all your energy into thinking of that one thought and put it out, boom! It is like holding your breath for a long time and suddenly letting it go. In fact, if you have reached the proper level of exertion, you may feel some dizziness.
3. *Use plain language that you understand yourself.* On occasion, transmitting thought messages across a language barrier has proven difficult. Our Witch friends believe that this happens when the original language of the communicator colors the thought message, even though the message is not actually spoken aloud in words. The explosive, voluble thoughts of an Italian, for instance, are not easily converted to the more formalized and methodical thoughts of a German; so if possible, express your ideas in ways appropriate to the thought pattern of the addressee. When dealing with a New York City taxi driver, say, "You're cured! Get back to work!"
4. *Keep it simple.* To heal, simply transmit the thought of a sound limb or organ; to hex, transmit a splitting headache. If the person is strong in a particular faith, it is permissible to preface your affirmation with his god's name: "By Jesus Christ your Lord, you are . . ." for such phrasing has more impact than the unadorned statement.

5. *Beware of low vibrations and the colors red and black.* When you change your transmitting frequency, you also change your receiving frequency. Thus when you work on someone's blood disease, you make yourself susceptible to red-type thoughts and to red diseases of others. If you are a careful worker and have learned how to put out a thought rapidly, you will get yourself in tune with the problem, put out the thought, and immediately think of something on a lighter, higher vibration level.
6. *If you have tried a healing on your own, and it has failed, gather a small group of workers to help you.* They should all be emotionally involved in the success of the effort. Psychics often say that the spell didn't work because there was a skeptic in the room. A skeptic is like a dead cell in your car's battery. Because of the dead cell, the battery doesn't work. Preface the group's actual healing effort with a ritual format to get the workers in tune.

You have the knowledge and the power. Don't waste them. The next time the boss complains of a headache, cure it! Or if you prefer . . . make it worse . . .

7

Use Witchcraft Power to Find Companionship

Are you lonely? At home in the evening, are you alone even though surrounded by family? At work, do you feel cut off and isolated? Do you watch all the joking and back-slapping from the sidelines? Millions of people feel this way—cut off from human contact even though they are in a crowd. Everyone goes through lonely life-phases. Witches have close friends, friends both in the physical body and on other planes of existence. Those friends on other planes are constantly with us and can be contacted when we feel lonely, so we always have access to the companionship we long for. When people enroll in the School of Wicca, the thing they all say in their letters is, “I’ve come home!”

In our view, companionship means a broad range of shared interests and an acceptance of another person that allows for strengths and weaknesses. This is true love, a matter separate from desire or lust. Too often desire leads to relationships that, paradoxically, are anything but loving. For millennia now, the male-oriented establishment that sets the standards we live by has insisted on its sexual prerogatives and on exclusive rights to “its” property—the females. Only recently have people begun to acknowledge that true equality between men and women or between companions is not a dominance game with a superior and a subordinate. In an ideal world, genuine love means two or more people mutually supporting each other, not fighting an internecine battle within the relationship. All too often we see books and articles on the *differences* between the

genders. What about their similarities? What about the way they *complement* each other? Let's declare a peace between the genders and abolish the so-called war.

You, too, can feel that way about companionship. The Law of Attraction works on all planes of existence. The Bible commands, "Give and you will receive." This applies to love and affection as well as to any other emotion or commodity. Your daily affirmation for this chapter is:

I will give and receive true love.

When you say this affirmation, really mean it. When you meet that friend on the street, don't just grunt a surly "Hello." Go up and give him or her a little hug or at least a friendly touch. As you hug your friend, make your powers flow through your hands into his or her back with warmth and affection. This, too, is a human being, just as you are. You will be amazed at the positive reactions you get from even the most dour and standoffish of your friends. Like yourself, they have their worries and their disappointments. Like you, they have a longing (though perhaps an unconscious one) to believe that someone cares about them. Remember above all that you are not alone in your loneliness.

In our extensive counseling work connected with the Church of Wicca, we hear many complaints that are often difficult for us as Witches to understand. Most of them relate to the problem of loneliness. The vast majority of the complaints are from husbands and wives who are ill suited to each other and yet have stayed together for years, sharing a marriage bed and a hearty distaste for each other. The next largest group of complaints comes from people who seem unable to find companionship. These people generally are either in their twenties or are elderly. We believe that this situation arises directly from the artificial taboos built into our Western society.

In this chapter we talk mainly about relationships between males and females, so we talk in terms of lovers and marriage partners; however, the guidelines that we suggest are equally relevant to finding companions of your own gender. As you read them, be candid with yourself. Nowhere does the Bible forbid premarital sex. Remember Onan, who "spilled his seed on the ground."

Find the Lover You Want

A bed can be a lonely place. You will spend one-third of your lifetime between those sheets, and that is where loneliness can be most poignant. Sometimes even bed partners have nothing in common with each other except copulation, and that can be the loneliest experience of all. Witches find the lovers they want; and you can too. You can find the one who will satisfy you both sexually and spiritually, the one with whom it will be a pleasure to go to bed with pure affection and warmth. The bed you share with that one can become a haven from this frenzied world, a haven where two affectionate people may quietly discuss their problems or just log some "skin time," simply lying together in pleasant mutual companionship, feeling safe.

When we tell our patients this, they frequently respond with, "Yes, but . . ." Some of the "yes, buts" are, "Well, I like to talk to her but she doesn't attract me sexually," or, of course, the flip side, "She's a real doll, but, boy, is she dumb," "Yes, but I never meet any girls," and the obvious complementary complaint, "Yes, but I never meet any boys."

Gradually, the old stereotypes of sluttish women and horny men are giving way to a more realistic view of the companionship game (or mating dance, if you prefer). Not every person is a closet rapist. There are some very nice people out there. They just hope to be friendly and have a good time. As Witches perceive it, our society went off track many centuries ago. Natural, healthful activities such as copulation became taboo and negative, whereas destructive acts such as murder and rape became media-worthy. A photograph showing two (consenting) individuals engaged in "normal" sexual relations is banned as pornography, whereas a violent murder will be shown in explicit full-color detail, and instructions on making bombs are available on the internet. We can't help thinking: What if, just for a moment, we turned it all around, banning crime from the media and publicizing affection?

These screwed-up stereotypical attitudes pervade encounters when people are looking for companionship. It is not politically correct to express admiration for a man's attractive butt or a woman's breasts, or even to compliment the becoming garments they may be wearing. What utter nonsense! We *like* to see attractive people nicely dressed. We derive pleasure from the sight of bodies that are shapely, healthy, and well cared for—bodies that are honored with gratitude and cherishing. Why not?

In your search for companionship, rank your priorities. Ask yourself first (Be honest!) whether you are looking for a long-term relationship, for a one-night stand, or for something else. Happy, bright, amusing companionship may be just what you need today; but is that what you hope for in an ongoing relationship? Or would you rather think about intelligence, mutual interests, compatible ages, a sense of humor, compassion, and all the other things you hope for in a long-term relationship? Too often people end potentially rewarding relationships because they're turned off by clumsy sexual advances and performance. Remember: It is not difficult to learn or to teach good lovemaking techniques, whereas you cannot change a person's history or their level of intelligence. In real-estate parlance, some restoration and refurbishing may be worth the investment, but don't settle for a fixer-upper for a life mate. The terrible harm done to countless women by the thought, "All he needs is the love of a good woman" is unimaginable. Yet women, with their mothering instincts, still get saddled with the sick puppy or the manipulating loser.

Staying in the real-estate metaphor, look at the foundations, not at the paint job. In other words, try to get past the packaging that makes for high curb appeal but little more. Evaluating people on their external appearance is very dangerous. The homely person with staying power may actually be your best choice of partner in the mating dance.

Meeting the right person requires some planning. In the following discussion we shall always speak of the man as the searcher and the woman the pursued, just because that is the habitual way of looking at things in a Judeo-Christian society. In pagan societies of today, woman is often the huntress and is entitled to do anything that males may do.

Some Examples of Controlled Meetings

The chronic complaint from people lacking companionship often begins, "I never get to meet anyone." In counseling sessions we find the complaint is valid, but self-inflicted. It is the chronic theme song of one who very rarely (if ever) goes outside a well-worn track leading between job and apartment, occasionally via the grocery store. To meet people, you must necessarily break such rigid habit patterns.

Joe A., a likable young bookkeeper from St. Louis, was always eager for overtime. Every penny he earned he spent either on his street rod or on his Lotus racing car. He never raced the Lotus; he took it to the track occasionally, but he wanted it never to become involved in an accident. Between his overtime work and the long hours of car maintenance, he had no time left to meet anyone. Yet he was always complaining that he couldn't find any girls interested in his hobby; whereas, as all of us know, there must be literally millions of women who follow racing cars and their drivers.

A week's effort changed Joe's life. He gave up his clerical job to become a mechanic and test driver for the local imported-car dealer. He was amazed to observe how many likable women frequented the showrooms and how many of them had an intelligent grasp of car performances and capabilities. After only a few days, Joe gave up most of his overtime fixation in favor of more gregarious pursuits.

Edna M. is a feisty grandmother who lived alone on her comfortable little farm in Oregon. Though she didn't have a whole lot of money, she could take an occasional winter trip away, relying on her garden, her yearling calf, and her chickens to give her a retirement standard far better than average. She knew that she could gain companionship if she wanted, by selling out and moving to a retirement community. But she was far too spirited and independent ever to stand the rules and regulations of such a place. She didn't care whether she had a man about the place to chop the wood; a woman companion would be equally acceptable. What she really wanted was someone intelligent and energetic to share the long quiet evenings. Her main interests outside the small farm were music and weaving. She couldn't for the life of her think how to meet anyone in the right age bracket who would prove to be a suitable companion and who would wear well with long-term exposure.

Finally, she wrote to retirement hotels, homes, and villages, as many as she could. She told them she wasn't going to sign for anything that she hadn't actually experienced, but that she was quite willing to pay for a month's stay in their facilities to see whether she liked them. She sent out over a hundred letters. From the replies she selected three looked as though they were large and interesting. Instead of a winter vacation, she went housemate-hunting.

She found not one companion but three. By converting her unused back porch to a bedroom, she was able to make room for a

married couple she met and liked, while she and her new husband could retain the best bedroom for their own use. Edna's life is now so full that she is a leading light in the Gray Power movement. Yes, she is a Witch. Yes, she used some techniques in choosing the retirement havens that she chose to visit, but she did not have to use her occult powers very much in finding a companion.

Because Barbara K. was an exotic dancer, you would think that such an attractive thirty-two-year-old would meet all the men she could possibly wish for. But during her career Barbara had become completely disenchanted with the men she met. The majority of them assumed that she was a complete airhead—just a pretty face—and if not actually a B-girl, then very close to being one. In fact, Barbara was highly intelligent and had amassed if not a fortune at least a very comfortable bank account. Her main interest outside her work was mathematics and the stock market. Yet it had never entered her head that to meet the companion of her dreams she might attend an adult-education course on investing. Then she attended such a course; lo and behold, she married the instructor.

Joe, Edna, and Barbara made rational plans and followed through. You can too. Every town's community calendar offers places to go and things to do. You will meet more people than you can possibly follow up. Some of us like to dance, whether square, contra, ballroom, swing, or another sort. Dance, adult-education classes, any of these pursuits will put you in close contact with people whom you will like and with whom you will have much in common. As a group, dancers are cheerful, outgoing people. Auto-racing enthusiasts never run out of things to talk about. And farmers? The days aren't long enough.

If you do what Barbara did, you may take night-school classes in a subject that interests you. At a seminar on investing, for example, what are the chances of your meeting welfare recipients?

Practicing the Occult Lifestyle

The word "occult" has many shades of meaning; one is "hidden knowledge." What hidden knowledge do these stories imply? Isn't it obvious that the people who found themselves temporarily without

companionship decided with some forethought how to solve their problems? They didn't vaguely hope for a chance meeting; they deliberately went into areas where they knew they would meet people with similar interests. Once they were in such a place, some of them used their Witchcraft power, influencing the desired person to be a little less reticent. In some cases, too, they used their power to reduce the competition.

The first guideline in finding the lover you want, then, is to place yourself in a position where there will be a constant flow of "eligibles" through your life. This may entail a change of occupation, or it might mean taking a vacation in a wholly different environment than you have ever been in before. Going to adult education courses is a most rewarding way of finding new companions. Getting involved in the local dramatic society, dance, or reading group or perhaps forming an ESP-development group are alternative ways of placing yourself in a position where you can review many possible new companions.

Once that step is completed and you have met someone whom you would like to know better, you can use your powers to make sure that your advances are well received and that the competition falls off. In a previous chapter we taught you to put out a thoughtform. Can you imagine how easy it is to make that other suitor stumble with a drink or, on a more subtle plane, make that rival find fault with your target person? The simplest thoughtform (and one of the most effective to send to the rival) is that "she" is a predator.

What You Define Is What You Get

Let's say that you have put yourself in a position to be able to review many possible new companions. In many instances, especially if you have been alone for some time, the first remotely acceptable person who comes along will be the one you end up with; and if you are lucky it may be several years before you realize that you were mistaken one more time. It is vital that you learn to define what you want. She's out there; you define her, and by the Law of Attraction (which no Witch dares ignore) she will come into your arms. You already have a fairly clear idea of the companion you seek. It is no good reading some glamor magazines and letting their ideas define your goal. Their words are

not really yours, and the ideal they define is not the mate you are searching for. You *can*, however, define what you want, and you can get into your life precisely the person who fits that description.

Some people set out with the stipulation that their companion must be a centerfold blonde; but after serious reflection they decide that coloring is of secondary importance. Others think in terms of gargantuan breasts, but after screening a few of these, may realize that this might not be the ultimate criterion after all, that there's more to life than silicone. Maybe a college education is high on your list; if so, it is prudent to recall that this does not replace intelligence. What you define is what you should strive to get. But do not continually change your definition; if you do, the magic occult forces you have set in motion will be dissipated or confused and you will never achieve your aim. Define carefully and thoughtfully, not hurriedly. *Then* set the power in motion.

Brad Finds His Perfect Mate

Brad R. is a moderately successful door-to-door salesman of riding mowers. His opportunities to meet the "right girl" seemed to be almost unlimited, because his work continually led him to meet new householders and their families. In the constrained selling situation, however, meaningful communication with an obviously desirable daughter of the household was usually not possible. Moreover, the discussion of finances implied with purchase of a mower was not conducive to putting a girl into the mood for a date with a new suitor.

Finally, after hearing us at a lecture, Brad wrote down in very simple terms the characteristics he sought in a mate. He knew that he intended to spend most of his working life in the sales field. He could not realistically see himself ever holding down a desk job, and he was objective enough to acknowledge that many women would be jealous and suspicious of the time he must spend away from home. Thus his first requirements in a mate centered around trust and the lack of jealousy. This led him naturally to decide that his mate should be born under the sign of Cancer; that is, should be oriented toward home and family. He also decided, even more realistically, that he wanted to marry a woman slightly older and more experienced than

himself in business matters, someone who could understand his drive for success.

With regard to figure and features, he hoped for a tallish, slenderly built woman; he himself tended to be slender, and he knew that constant hand-wringing over possible weight gain could get tiresome. He didn't have any specific requirements about facial beauty, but he did want someone who had an inner serenity.

Brad wrote down this simple list of ideals and even typed it on a card to carry in his wallet. As he went on his sales rounds he watched for women who might fulfill his requirements. And in a relatively short time he found the perfect mate. She was an attractive brunette, recently widowed. Her main wish was to find someone to take over the household chores she had had to assume on her husband's death and someone with sufficient income that she could give up the executive-secretary position she had been forced to take when her husband died.

Be Definite; Be Choosy

You have placed yourself in a position from which you can review many prospective new companions. Time and money spent on developing a relationship that goes nowhere, and that you suspect from the beginning is an utter waste, are better invested in enlarging the range of your choices. You may have been lonely for a long time, so that the temptation to choose immediately is almost irresistible. But grit your teeth, shed a few more tears, and stay lonely for just a little longer. You can do it. You know now from meeting even this first (perhaps unsatisfactory) companion that friends are there and are available.

Shop around. Don't latch onto the first sexually attractive person who drifts by. That fatal mistake leads many marriages onto the rocks. If prospective companions are not willing to spend a great deal of time with you and, further, are not willing to have a full relationship with you, they are not worth pursuing. They may seem to be completely compatible, but later they may turn out to have habits that will drive you to detest them.

Define what you want. Write it down carefully. Then do not be satisfied with second best or with someone who cannot or will not

adapt to a changed lifestyle. Remember that if a good relationship is to succeed, both parties must work at it. Don't ever expect that a new companion is going to be willing to adapt totally to your ways. If it is to be successful you must be willing to adapt to some of theirs. This is a long-term commitment that you are thinking about. Recall what we mentioned earlier in discussing trade-offs.

We Witches are dismayed when we see people more cautious about choosing a new car than about choosing their life's partner. They readily say, "I want a 350-horsepower two-tone grand turismo Belchfire," but they don't even stipulate the mental capacity of their prospective mate. They pay more attention to the horsepower of the car than they do to ascertaining their companion's mental ability.

Remember also in your definition to mention the astrological sign of the partner you hope to meet. If you have not had your own astrological chart cast, it is well worth your while to visit a local astrologer and get from him or her the signs that are most suitable in your companion. Be definite; be choosy; shop around. Marriage is a long-term commitment, but should not be a life sentence. It will not be if you approach it in an adult way.

Your Lover Can Be Your Friend

When two people have been physically intimate, an unfortunate biological process occurs. Anthropologists call it "pair-bonding." After such intimacy, the female of the species instinctively develops a need for the male's presence, and the male often believes that in some undefined way she now "belongs" to him. Mother Nature put these instincts into our makeup so that the female would have a protector and a food-gatherer around as her pregnancy progressed. Modern contraceptive methods and current economics have made the instinct virtually irrelevant. Yet many inexperienced people today after first intimacy believe that they are "in love," not realizing that it is just one of Mother Nature's tricks.

The instinctive pair-bonding urge dissipates as more companions are experienced and the focus broadens from reproductive parts to the whole inner person. This is especially true of young virgin females. You mothers of virgin daughters, we suggest that you encourage them in

the sowing of their wild oats in doing their research. If he is substandard, make sure that they resist locking onto that character who first deflowers them. A friend of ours advises, "Go for gainfully employed."

During the past ten centuries or so, several distinctly separate ideas have gotten mixed up in the received wisdom of Western nations. Regrettably, religious leaders have done nothing to undo the mischief, though they are in an ideal position to diminish the confusion. Sex and desire constitute one category of human experience. Love is another category quite separate from desire. Marriage is yet another category, and reproduction is a fourth. Ability to parent is separate again. No single one of these necessarily implies any of the others. If you can distinguish one from the other of these rubrics, you will save anguish and disappointment for yourself, for your intimates, and for any offspring. Think about it!

To find your perfect companion, you must look beyond the sexual relationship. The way to do this is to refer constantly to your list of requirements (updating the list as your shopping skills grow) and to make sure that you have many and varied sexual experiences. Sex is not love; neither is desire. Nor are the pair-bonds formed during those early sexual experiments. Love is based on mutual regard and affection, not just on the ability to reach a simultaneous orgasm. Once you understand the difference between desire and love, you will be able to evaluate more accurately the other, longer-lasting aspects of a possible relationship.

Debbie and Joe Live Together for a Year

Debbie and Joe were a young couple who had grown to like each other. They were physically intimate during their high-school years and had not shared sexual activity with other partners. They were completely bonded together and they absolutely believed that they were, in the Hollywood stereotype, "in love with each other."

In many obvious ways, however, they were sadly incompatible. They shared no common hobby; their levels of development were dissimilar. In fact, while Debbie dreamed of the new cello that would qualify her for membership in their city's symphony orchestra, Joe saved for a new hunting rifle. Debbie was a quite advanced spirit,

highly intelligent, whereas Joe was rather more animalistic and less intelligent than she. Her high intelligence led her to investigate Witchcraft, even though Joe protested her activity and clung to his rigid fundamental Christian faith.

Debbie's research led her to become an initiated Witch. Part of her training involved Tantric Yoga. Such Yoga uses repeated orgasm to alter the state of consciousness in workers. The discipline is often called "raising the kundalini." In the kundalini aspect of her spiritual training she started to have sexual experiences with other dedicated students. She began to question the validity of her feelings for Joe, and she finally persuaded him that they should live together for a year and a day in true Craft style before they officially married. This horrified his family—they must have worried he would come home pregnant—but he consented. In just over a year Debbie consented to marry Joe because she was now sure that their relationship had grown into more than just a sexual bond. Now well into a healthy marriage, Debbie and Joe are still good friends as well as lovers. Sometimes opposites do attract each other—and can make good companions.

Make Your Selection; Run a Trial Period

By now, we hope you have (a) placed yourself in a position to meet many new companions; (b) identified several eligibles; (c) shopped around sufficiently to cut down the large field of possible new companions to a small number. Now is the time to run a trial marriage. If he or she won't consent, then, as we have said before, try someone else. A one-night stand, or even a long weekend, is no substitute for the real problems of actually living together. The day-to-day stuff, like who balances the checkbook and who washes the dishes, will indicate to you the type of person you are really dealing with.

Contrast this with the superficial person whom you have known on dates. Anyone can be sociable when an expensive dinner is being set before him; anyone can be a good companion when the long care-free weekend is arranged at the best time of the month. But what about that other time of the month when Herself is not available and may even be a little fretful? How will he react to that? And how will she respond to his advances during those times? What happens when

the garbage disposal gets jammed? The live-in trial period is the most crucial thing that can possibly precede a long-term marriage-type contract. Many states require blood tests before a marriage; but a Witch requires a live-in of a year and a day. If Witches had their way, the running of a trial marriage would be just as much part of the law as any blood test.

Partnerships Based on Magic Witchcraft Power Endure

Why have we not recommended the use of your power to trap the attractive person? We have learned that the use of power to trap another person usually results in a long-term relationship that turns sour, though perhaps neither partner ever understands why. The trapped partner feels caged; he doesn't know the reason; she continually longs to escape but cannot. The trapper will always have that silent doubt: "Does he (or she) stay because of love, or because of the chains?"

When we say that a partnership should be based on power, what we mean is that each partner should be willing to help the other develop his or her powers and use them for the mutual good of both. On each side there should be willingness to spend time helping the other develop. There should be willingness to step back far enough to create spiritual space for development. If necessary, partners must be allowed to pursue researches into areas that would normally be taboo for a married person. That willingness to encourage the partner's development, and the ultimate willingness to rely on the power, will result in a strong relationship.

If there is one area of investigation today that has endured for longer than any other, it is investigation into the potentials of Witchcraft and of psychic phenomena in general. A partnership whose members actively investigate these phenomena will necessarily never grow stale.

Wicca is the fastest-growing alternative spirituality in the world. People are joining the ranks of Witches in hundreds of thousands. We can see no end to that growth. When both companions are actively on the Path, their lives will never lack for interest and diversity.

Ellen Outgrows Mark

Residents of the Chicago area, Mark and Ellen B. have had an apparently successful marriage for more than twenty years. Mark is a moderately prosperous kitchen designer. Ellen is the apparently content housewife whose behavior led everyone to believe that she was just a homebody who found fulfillment in cooking nourishing meals for her family. If anyone had bothered to check Ellen's college transcript, though, he might have been surprised; for her straight As in all subjects related to mathematics would have led him to wonder about the quiet, inconspicuous woman.

As her children approached their teens, Ellen took an outside job, with Mark's full permission. Very soon she became administrator in a new hospital complex, earning a salary far in excess of Mark's business income. Suddenly, Mark became insecure. He had to have her at home. He developed a stomach complaint and had a couple of minor heart attacks, all ostensibly because Ellen was not at home to cook his accustomed meals.

She gave up her high-paid job to resume her role as prosaic homemaker. She began to take correspondence courses, but soon Mark decided that even this was taking her away from her household duties. Ellen is now quite frankly waiting it out until her last child leaves home so she can leave Mark and stop being stifled. She recognizes that she has great ability, that she can make her way in the world and have a much more fulfilling life once she is free of Mark's neurotic dependence and childish restrictions.

Each Partner Is a Person

In any long-lasting relationship, each partner will have his or her own preferences. Each deserves to be encouraged to pursue these character traits and interests, even if one partner is occasionally left at home alone. For if an individual is not allowed to develop, that individual becomes discontent. It is equally true that in a relationship that does not allow the full independent pursuit of one partner's wishes because of financial reasons, the partners at least deserve some time to themselves. They have a right to do what they wish and a right to their times of privacy. To make a partnership work, each must be willing to help

the other develop, even at some cost to ego and security. Everyone is different. Everyone deserves to grow along his or her individual lines. You must allow your companion that freedom if you want it yourself.

In two-career families, the partners almost inevitably grow apart. Each has his or her own experiences, concerns, and set of friends; each may be off on business trips for extended periods. The children are in day care and are hardly seen in the evening, getting pushed quickly off to bed so that the parents can have a few moments together. Deplorably, the prevalence of TV means that those few minutes are often spent in watching the idiot box, just as a respite.

Contrast this with the lifestyles of other times and other places, such as tribal clans and subsistence farmers. For thousands of years family members were constantly together, depending on each other for survival. Today it is politically incorrect even to consider the idea that dependence on each other can be a positive force, but in our heritage of long-term memory, we humans have knowledge of successful interdependence. When people are constant companions, they will either grow apart or grow together very quickly.

Witches do not expect that partners with different life paths will necessarily stay together for the rest of their current incarnation. In our role as clergy, we Frosts will marry (that is, handfast) candidates for a maximum of five years, depending on the duration the candidates choose, in a contract marriage. In such a partnership, candidates spell out every possible eventuality for the time they will live together, for a future separation, for support of offspring, or, of course, for a renewal of the contract.

Witchcraft Action Keys

It is easy to find companionship. Put yourself into the traffic pattern, though: If you keep to your well-worn pattern of work and play, clearly you will not meet a whole lot of new people. When you define your needs, be adult. Decide what is important in the long term, instead of settling for today's urgent needs. They will change by tomorrow. Be positive in all your acts.

You know you are going to succeed; you know that the characteristics you have written down will lead you to find the new perfect companion. In all your dealings with your new companion, remember that

the person is an individual with rights. If you allow some freedom, he or she will respond to you better than if you look upon him or her as just another possession or a pet. Be sure that your partner, as well as yourself, has had sufficient outside experiences (research, if you will) to know that the relationship currently under consideration has a real possibility of long-term stability. Make sure that it is based not just on a sexual bond but also on affection, friendship, and mutual regard. In doing all this with (as the jurist might say) malice aforethought, don't be too coldly calculating. Have a good time in your investigations. Witches are merry more than they are depressed.

Your Companionship Ritual

Here is a magical procedure that a Witch might use to attract a companion of his or her choice. It is known as a "charged-garment" spell.

Select to be charged a garment that you will wear next to your skin. The synthetic-blend tight-fitting bodysuits currently fashionable are an ideal choice, and they come in a variety of colors suitable for magical work. A man might choose a pair of briefs made of a silky-feeling fabric, printed with the signs of the zodiac or some other design, the wilder the better. Utilitarian white cotton is out; you want something titillating.

Perhaps you have met someone whom you want to attract, and you have his photograph or maybe only his name. Decide the emotion you will appeal to. There are two or three basic emotional needs in us all. Those you might consider are sex, food, and shelter. (In this context, "shelter" means the motherly protection-type shelter.) Find out your subject's tastes; more important, learn which emotional needs are unfulfilled. Your slightly overweight innamorato whose mother cooks delicious meals is unlikely to be attracted by the emotional appeal of food. Likewise, the attractive young office stud may not be attracted by an appeal to his sensual nature. So decide carefully what will be your first avenue of approach. This will be a first attempt, and you can always change your approach.

Repair to your magic sacred circle. Take with you the garment that you will be charging in the ritual and your psychic tie to the proposed companion, the photo or the name. Other link items such as hair

clippings, nail parings, or samples of handwriting will be useful if you can obtain them.

Let us say that you are going to charge the garment with the hunger and food emotion. As you stand in the Star Position, then, building the power in your circle, visualize a banquet table laden with dishes and great platters of foodstuff. Now charge the garment by putting all of this bacchanalian hedonistic energy into it. As you charge the garment, hold the psychic-link items with your right hand against your lower abdomen while you clutch the garment to your heart with your left.

Put the charged garment into a steel box until you are ready to wear it. The next time you expect to meet the proposed companion, put the garment on. The tighter it fits, the better. It should fit you the way a snakeskin fits a snake. Every movement of your body should make you conscious all over again of your magical intent. When you meet the proposed companion, don't hesitate to go up and touch or hug, at the same time repeating your magical affirmation.



8

Use Your Magic Witchcraft Power to Dominate Others

In Victorian times a lady was never supposed to show even her ankle below the hem of her skirt; such was the prudery of the era that gave us the basic rules by which many of us live even today. Virginity was the most highly prized possession a young woman could boast. Any female caught in questionable behavior became a social outcast, branded “bold” or “wanton.” Today our morality is entirely different. Our codes of business and legal ethics as well as our social mores have evolved so that they would be almost unrecognizable to the business barons of yesteryear who traded on ignorance, repression, and the power of the monopoly.

Your morals and your business ethics are your own concern. You write the rules by which you play the game of life. In your early years you formed your personal code unconsciously, listening to someone of an older generation, someone from a different age.

The people you meet and must do business with are also guided by their own sets of rules. By understanding your own rules and how they compare with the rules of your associates, you can always dominate them. Many people have such a firm set of rules that they are “hidebound.” They are unable to comprehend any suggested change to their set of rules or the idea that someone else could play to another set of rules. “I heard it early, so it must be the way things are.”

Typical of this problem with operating in a different social context is that of a Japanese businessman in the United States or an

American in Japan. For many years the Japanese always won in negotiating with Americans, because patience, persistence, and a different set of business ethics gave them the edge. We recommend that you preface each encounter of your own with a fresh reassessment of the rules you will be playing by.

Witches are not hidebound, but adaptable. As an international sales manager, Gavin could sell with ease around the world. He understood the differences between dealing with a Christian, a Muslim, and a Buddhist or a Shinto.

How confident are you that your rules are the best you can formulate in playing the Game of Life today? When you see others having more fun than you because they are living by different, current sets of rules, are you envious? In this situation, envy is not appropriate. Your rule book is yours alone, and you can change it any time you are ready to. If you like using the old book, well, stick to it. You have that right as well, but don't criticize those who are using an updated set of rules.

Remember above all things that you want to win the Game of Life. Keep in mind this chapter's affirmation:

They are hidebound; I can adapt.

This means that you have considered the rules you were taught in youth and have decided whether they are hampering you and might possibly be out of date, both practically and morally. Are you still a proper Victorian young lady, not daring to show a glimpse of stockinged limbs, while others enjoy the freedom of miniskirts or (gasp!) slacks?

Many people who enroll in the School of Wicca are young people just entering college, away from home for the first time. They are disturbed and puzzled; they need a great deal of counseling. The reason for their discomfort lies in the fact that they come from a background with a certain set of assumptions. When they get to college and meet individuals from different backgrounds, they learn to their bewilderment that other sets of assumptions are just as valid as their home-set. They see that their own unexamined verities may lead to failure, confusion, and isolation, whereas alien systems may lead to growth and success.

Your Book of Shadows

As nearly as you can, write down point by point the rules that have governed your behavior until now. Call the notebook your Book of Shadows; call the habitual patterns your principles. Go ahead—write them down. Do they pertain to the real world that you can see through your window, or are they reminiscent of celluloid collars and whalebone stays, spittoons and smelling salts? Who, then, has the right to change your Book of Shadows? You do; no one else does.

Consider singly each principle you have written. Is this one still valid today, or was it designed as a manipulative tool to instill in you a fear of that hollow bogeyman, Old Devil Guilt? Examine each principle in this light, weighing whether it is truly valid or guilt-oriented.

As you look at the things you have been told are true, examine them in the light of the following questions:

1. *Who* told you that?
2. *What* exactly did they tell you and what was the context? “Don’t do that!” may be good advice on some occasions, but on others it can be devastating and inappropriate.
3. *Why* did they claim that? Was it to keep you in line through guilt or threat?
4. *When* were you told that? Was it before you had sufficient reasoning power to analyze the allegation for yourself? Recall that the Bible says, “Train up a child in the way he should go; and when he is old, he will not depart from it.” Proverbs XXII:6

Psychologists call this early programming. Often it takes a painfully traumatic psychological incident to shake loose that early programming, or years of expensive, no-guarantee therapy.

You may come to the point where you will want to pitch the entire book and start afresh. This is healthy! In fact, it may save you years of psychoanalysis. Now condense the principles that remain, the ones relevant to the world today. Summarize them; update them. Keep it simple. You could try the Witches’ Creed:

If it harm none, do what you will.

Remember that “none” includes yourself. Or you might like our adaptation of the Libertarian tenet:

Live pleasantly, lovingly, and honestly.

If you fully believe these credos and live by them, they can have a healing and releasing effect. You will rid your life of unnecessary baggage. Put your updated Book of Shadows in a handy spot on the shelf and think about another topic now. Is there someone whom you would like to influence? Someone you would like out of the way? Someone you want to draw closer? How should you set about it? It will be simple for a practicing Witch like you. Figuratively peep over the shoulder of that person and read the pages of *her* Book of Shadows. When you know what principles govern her behavior, the approach you will want to take becomes crystal clear to you. Of course, because you have actually, literally *written* your Witch Book, your own Book of Shadows, and have rationally weighed the principles contained in it, you are light-years ahead in the Game.

Sid Gets the Bridal Suite

Retired executive Sid planned his vacations with his stockbroker. *You* might think it more natural to plan vacations with a travel agent, but Sid's approach gets results, whereas the conventional approach gets you labeled as one of the common herd. I happened to be traveling with Sid on the day he checked into the midtown New York hotel of a national chain. We arrived at a bad time; the desk clerks were all busy with a busload of tourists who had gotten there just ahead of us.

Now Sid simply does not stand in line. On this one rare occasion he did, mainly, I think, because the bar was closed. I thought my own room was a reasonable one for New York, but Sid's was too small to suit him, so he hastened back to the registration desk and beckoned the manager into a quiet corner. The conversation went something like this.

“I'm Sid F. My room is just terrible, and . . .”

“. . . No other rooms available . . . Sorry . . . Maybe tomorrow . . .”

Nevertheless, within fifteen minutes Sid was unpacking in the bridal suite surrounded by complimentary wine, flowers, and fruit. What did he do? Did he rant and rave? Did he chew the rug? Did he so much as raise his voice? Not at all. He said only, "My friend Mr. X, the chairman of your board of directors, has been trying to persuade my firm and me that we ought to use your hotels. But after this . . ."

The time spent with his stockbroker was paying off.

Unethical? Dirty pool? Quite the contrary. If you look upon the incident as training and development for that manager and his staff, look upon Sid as a wise and guiding mentor, reflect that next time everyone will be a little sharper, then you can perceive the useful learning experience gained for the individuals who volunteer to serve the public.

You Can Win Too

Think about your current plans for travel; then replan. It's great fun to beat the system. Sid's name-dropping may not always get him a better room, but there are thousands of ploys that can serve his purpose and yours. Plan your airline flight so that you have time to take a later flight if necessary; then arrive at the gate of the earlier flight just before departure time. If it is at a popular time of day, chances are good that the plane will be full. Then, with your confirmed ticket you can insist that you get the first available first-class place on the next flight free—yes, free—otherwise you might just take them to court. Airlines are supersensitive about this because several court cases have recently gone against them. In one an airline had to pay consumer advocate Ralph Nader handsomely for missing a conference as well as flying him free on the next available flight.

Unprincipled? Witches scoff at such accusations. For centuries they have been a suppressed minority, so taking advantage of the opposition (within the rules established by the opposition itself) comes as second nature to them. The Witch's ethic is born of pagan times, born of days before there was so much talk about turning the other cheek, before "politically correct" was invented. Pulling a little switch on the very people who have gotten the world into its present fix is just natural behavior—educational, if you like. The game of life is there to be played.

You Can Be Like a Witch

There was a time when, if you were to be successful as a military officer, you had to have independent means. Why? If he was to command and to risk making a few mistakes, an officer had to have sufficient inherent security not to worry about the loss of his commission. The ability and the confidence to make impartial decisions is clearly linked with financial independence. You can make decisions, but do you dare when a mistake might cost you your paycheck?

With Magic Witchcraft Power You Can Be a Pagan and Win

Once you have developed your latent inborn powers as we have outlined in previous chapters, then your next step is to set about arranging financial security. How long could you go if you were to lose your job today? Figure out the answer to the exact week or day; don't let a nebulous cloud surround that date in your mind. Eliminate the maybes and the vagueness; be precise. Then, day by day and week by week, arrange to extend that period of independence and security. We Witches encourage Craft members to have one year's food supply and sufficient money so that they can be independent for at least one year. You can get to this state too. Application of your powers will equip you to make investments that increase your nest egg.

In this context, "investments" does not necessarily mean in the stock market. It could also be in real property or in antiques, or rare coins, or the like. Do not feel obliged to follow the hidebound advice of your cautious banker. She wants you to invest at a low rate of interest for a long time so that she can rent out your money to borrowers, thus earning a good return for herself and her management.

Achieving financial security is only the first step. From that stepping-stone you can rise to greater heights in your chosen profession. If you feel that you will never get to that secure platform, joining a protective-type church such as the Church of Latter Day Saints could help: No Mormon ever starves.

Once you have become less dependent on next Friday's paycheck, if you see something being done wrong, from your secure base

you can correct it yourself, or go to the boss and get him to do it, or figure a life-game that will give you the advantage. If you should get fired in the process, it won't matter because you are financially secure. When everyone else is telling the boss how wonderful his ideas are, you can be the one who confidently says, "I think *this* way would work better." In the long run your honest appraisal will get you recognition. Using your powers to gain financial security and insight into the running of the business will let you be honest and truthful, both with your boss and with your friends.

It matters little what business you are in; there will be trade papers and reports you can read. When we worked in southern California in aerospace, we religiously reviewed aerospace publications; so when everyone else was busy buying new swimming pools and cars, we became miserly and started a job hunt. It let us step aside when the roof fell in on aerospace. The signs were there; they always are. We looked at them; you can too. Don't claim, "I don't have time." Your boss will appreciate your taking an interest in the business. Ask and ye shall be told . . . Ask and ye shall learn.

Al Tells His Foreman the Truth

Al D. was an assembler in a St. Louis automobile assembly line. Though he had no formal engineering qualifications, his technical training and background were extensive. In assembling rear-quarter panels for one of the popular American cars, he noticed that there was a possibility exhaust gas might leak into the car's interior. He pointed this out forcibly to his foreman and to his manager; he even wrote letters to company officials because he really believed that the situation could result in a serious health hazard to anyone riding in cars built to this design. Though everyone soberly agreed with Al that there was a million-to-one chance that someone could be asphyxiated, this was such a long shot that it was not worth the cost of redesigning and retooling.

Finally Al contacted Ralph Nader and told him the whole story. Mr. Nader conveyed it to a Senate subcommittee. At this juncture the auto manufacturer decided there might be something in Al's persistent concern. They did in fact change the design of the rear panels.

It would be natural to assume that Al got fired for his ability to annoy his superiors. Quite the contrary: The manufacturer recognized Al's worth, gave him a \$10,000 cash bonus for his new design, and promoted him to a position in quality control. Al had demonstrated his intestinal fortitude, but his main source of strength was the fact that he didn't really care whether he got fired. He believed that what he was doing was the right thing, so he continued to do it despite all opposition. Confident that his future was secure, he could disregard the risk of being fired. As a result of his persistence, he got not only a large cash award but also a promotion.

Don't Lie on the Job

How can you go about doing what Al did? You don't have to have a *cause célèbre* as he did; there are opportunities daily to be honest and to straighten out something that is clearly going wrong on the job. The lack of decision-making ability in American business today is one major reason that business costs are so high. Management personnel, well aware of this problem, are constantly open to people who have both the candor and the ability to reach a decision. There is a saying, "If you are 51 percent right in your decisions, within ten years you will be the president of the company."

With your trained telepathic ability and your ability to influence the outcome of meetings, you can make sure that a very much higher total than 51 percent of your decisions are correct.

No job is worth dishonesty. You have to look at yourself in the mirror in the morning, and you can't really hide from yourself when you make sycophantic statements in support of a plan in which you can see flaws. You cannot remain silent when an obvious error needs correcting.

Playing games with the profit-oriented system is one way of showing up its defects. The more people take advantage of an airline's overbooking policy, the less the airline will overbook.

To refer again to Al, he was convinced in another case that a two-piece exhaust system was inherently dangerous and could cause excessive engine wear. Again, although it seemed not to be in his own best interest, he was adamant with his supervisors that something should be done. Recently the company changed to a one-piece unit, and again Al got a cash award.

Remember: The first step is to develop your innate powers. The second is to gain a degree of financial security. The third is to consider what your real position is with regard to interpersonal transactions and where you stand when it comes to “taking” the system for its own good.

It is prudent to know your own worth in the job market and to know what other opportunities are available, both in your area and elsewhere. How long would it really take you to get a new job? Depending on the type and level of your employment, you can find one in the pages of *The Wall Street Journal* or from the local unemployment office. But find it out you must. Today, large corporations are especially vulnerable to downsizing. When you see even a hint of this in the trade journals of your field, take prompt action.

Many Americans think in an insular way. People live and work happily in many other nations, and their standards of living are higher than ours. Yes, you may have to learn a foreign language in the long run, but more than half the world uses English as a second or universal language. The natives of that nation have spoken the language since their diaper days. Are they smarter than you? Broaden your horizons. The world has become a global economy. Become part of it.

Julie Changes Roles

Julie was an exemplary employee. She punched in at the time clock each morning, never tardy, never absent; and all day, every day, for a minimum wage, she entered data for the insurance firm that employed her. One evening she attended a baby shower for a girl in her choral society. A snatch of overheard conversation changed Julie's life. She heard a smartly dressed soprano laugh, “Oh, yes, it was too easy! I told them I had to have a bunch of dental work done, that the dentist had reserved me two hours every Wednesday afternoon, that with the anesthetic and all I wouldn't be fit to return to work until the Thursday morning. That gave me from two-thirty on, each Wednesday afternoon, to do what I wanted. I wrote my résumé and spent the first Wednesday talking with a counselor at my employment agency. Half a dozen calls later, I chose the best opening. Now I'm working at that beautiful new plant on the edge of town, the one that's drawing all the top people from the other firms in the city.”

Julie thought, "If she can do it, what's holding me back?" Returning home from the shower, she went straight to her circle and built a mental picture of herself, beautifully dressed and groomed, sitting behind a huge walnut desk, with a gold-and-ebony pen set and an immaculate tablet of paper the only clues to the fact that she actually worked. She chanted for a new position that would mean a better salary for minimum work. "Aye-oh, aye-oh," she worked herself up to fever pitch.

Two nights later her phone rang. Lila, who had sat in the next row in their senior shorthand class, was getting married, and her husband was to be transferred to the West Coast. Would Julie like to interview for Lila's position as receptionist in the main administrative offices of her firm? Of course, Julie said "yes." With techniques described in Chapter 4 she assured herself of selection from the dozens of women who applied. Not satisfied with any of the affirmations she had learned, she composed her own:

*Capricorn, smile on my business affairs.
Saturn, send success and end my cares.
By onyx, by indigo, by ivy entwined,
I'll rise to new heights and leave dullness behind.*

Julie pinned a copy of the chant to her bathroom mirror; she put another copy into her wallet to lie close against her currency. Furthermore, she talked at length with Lila and her fiance about the company, its business, and its prospects. At the actual interview, her obvious self-confidence and suitability for the position marked her as different from other applicants. She got the position. Soon she was gracing the main lobby of the firm's administration building, greeting its highest executives and its most important visitors with ease and poise. Today she is the president's personal assistant.

With Magic Witchcraft Power You Can Evaluate Other People and Their Motives

Every day you have to take some things on trust. You could not drive your car in a city if you did not trust the reliability of other drivers and their predictable behavior. In the business world, trust becomes a problem when you are dealing with both employees and superiors.

Here you must always question the motivation of the words you hear. What is the speaker's agenda? Taking assertions at face value can lead you into disaster.

You can easily evaluate motives and integrity. Earlier chapters discussed the simple techniques for analyzing another person's behavior. If the person or situation to be evaluated is geographically distant from you, you may need the techniques that we will describe in later chapters, but the techniques you have at your disposal today are so powerful that you never need be afraid of making another disastrous mistake. Every time you have a critical decision to make or are unsure about which path to follow, you can get guidance either by direct telepathic means from the person involved or indirectly by communicating with the spirits of the recently deceased.

Curt Fixes His Mother's Suitor

Curt L., a graphic artist employed by an electronics firm in the Midwest, had long ago recognized that he would never make a fortune in his current employment and, further, that he had no wish for a position higher than his current one. There were several reasons for this apparent lack of ambition. First, he really enjoyed his work. Second, his widowed mother had a relatively large fortune that his father, a typical hard-driving executive, had left to her when he died of a heart attack. Having seen what the executive rat race had done to his father, Curt was not about to get involved in that type of all-out lifestyle.

Everything in his life was humming along fairly smoothly until the day when Mrs. L. introduced Curt to Josip, Baron von Edelstein, an expatriate German nobleman with whom she was enamored. The talk at this meeting revolved around the Baron's castles in Austria and the traveling Mrs. L. and Baron Josip planned to do in the months immediately following their marriage.

The Baron was a likable and friendly enough man who seemed intelligent as well; but whether through a latent Oedipus fixation or through plain envy at the thought of such luxurious travel, Curt was instinctively turned off by the Baron and upset at the thought of the forthcoming marriage. He decided to check on the Baron. His first move was to use the pendulum, as you have been taught, to learn how much real money the Baron had and how many castles he had in fact

inherited. The pendulum told Curt that the Baron had a very small bank account and that he owned no land in Austria or any other place.

In order to be sure, and to see with his own eyes, Curt decided he would try to travel astrally (see Chapter 10) to the Baron's motel room and, if possible, to eavesdrop on some of the conversations held there. Though he was out of practice, after a couple of attempts he was able to project sufficiently well to visit the Baron's room. He found Josip talking with a rather paunchy florid-faced gentleman and saw that the Baron was receiving a considerable sum of money from the stranger. From the snatches of conversation that Curt could overhear, he realized that the loan shark (for such indeed was the stranger) was lending the Baron enough money to keep up his false front until the marriage to Mrs. L. should take place.

Back in his own body, Curt hardly knew how to proceed. If he went to his mother with the truth, she would become defensive of her intended, and the situation would not be improved. It might, in fact, cause a break between mother and son. Curt's next thought was to approach the Baron and frankly threaten him; however, he felt that he might be doing the man an injustice because the pendulum readings had shown a basic honesty in Josip.

Finally, Curt decided on a telepathic suggestion to his mother. He appeared to her in several dreams in the guise of her late husband. He implanted in her mind the suggestion that she should place the majority of her estate in an unbreakable trust for their children and let Baron Josip be specifically aware of her action. The suggestion was so powerful that within the week Mrs. L. had completed the legal steps necessary to put the estate beyond the reach of any fortune hunter. Curiously, the Baron promptly dropped out of her life with only the sketchiest explanation. She never knew that Curt had played any role in the sudden estrangement.

Check It Out and Act

Almost no situation demands an instant decision; that is, a decision on which there is no time to meditate or a decision that you cannot check out psychically and physically. When someone urges you to sign papers in a hurry, it is always wise to delay. If you are convinced that you must act immediately, the least you can do is take time out for a visit to the

rest room and while there use your handy pendulum for a minimum check on the veracity of the "facts" presented to you. No one need know why you are taking a moment away from the conference room or office beyond your answering a call of nature.

You have at your disposal a full arsenal of psychic methods that you can use both to investigate a situation and to influence its outcome. Think for a moment of the ways in which you can confirm the validity of a proposition. First, you can employ various aids to direct telepathic investigation such as the pendulum, crystal ball, tarot cards, and I Ching. Second, in meditation you can ask one of the recently deceased to check the situation out for you; this gives you a second and valuable opinion. Third, you can (astrally) visit your other business partners in their more private moments and eavesdrop on their communications. If these abilities are not fully developed in you, get one of your more skilled friends to run the checks for you. Can you imagine what an advantage it would be in a business situation to have a friend at the table who was reading the motives of the speakers, so that you could immediately know who is bending the truth and who is sincere?

All this checking out of the veracity, accuracy, and quality of any proposed transaction is of little value unless you promptly *use* the information you gather. Suppose that the basic deal is good and seems to promise profit, but that the whole situation could be greatly sweetened if one of the parties changed his approach or the real-estate agent would throw in that extra corner lot. You can now turn your powers, just as Curt did, to positively influencing these people to make the deal a little more generous for you and your associates. You can appear in someone's dream, or you can take more direct action: You can actually make someone stay at home with a minor illness on the date of the meeting at which you know she plans to oppose your will. Play the game of life to the fullest and you'll succeed.

Are Your Beliefs a Disadvantage?

Every person with rigidly conventional religious beliefs is at a disadvantage in life. By studying his religion, you can understand how he thinks and can use this to your advantage and his disadvantage. It is well known how deals between Japanese and American firms take

years to come to fruition, mostly because of the cultural barriers between the parties. The study by American businessmen of Japanese and other foreign customs has not yet reached the level of the foreigners' study of American ways.

Helen and Paul's Successful Printing Business

Witches Helen and Paul conduct a high-quality composing and printing service in Montgomery, Alabama. They don't actually do much of the printing with their own hands, for they learned many years ago that they can get better work from a fundamentalist Christian printer than anywhere else. They reason this way: "If he does a poor job or fails to meet schedule, we can use Christian jargon to make him feel so guilty that he will outperform anyone else on a redo or on the next order."

They listed small-job printers in their vicinity, visited them, and with each brought the conversation around to religious topics. Soon they pruned their short list down to only three names; each one of these has contributed to the success of Helen and Paul's business by his susceptibility to manipulation through subtle use of guilt techniques. As consciously practicing Witches, Helen and Paul are deliberately availing themselves of a cultural difference (in this case a Christian ethic) to their advantage.

Review Your Ethics: Get Them Up to Date

Have you ever considered that perhaps—just perhaps—a minor change in your ethics or a crystallization of them will enable you to win more regularly and consistently: Did Sid or Al or Curt do anything wrong? Are Paul and Helen taking unfair advantage? We can't answer those questions for you, but we suggest that when you want a job done precisely to specification, you employ a fundamentalist Christian. Fundamentalists of any religion have learned to be controlled by the three valuable tools of brainwashers: guilt, shame, and fear. If fundies do a job poorly, it is easy to push their guilt-button or shame-button or fear-button to make them do the work again and get it right. If they don't feel guilty about doing a bad job, they can be made to feel ashamed. They will probably be fearful as well that other people in the

community will learn of their shortcomings. If you want a challenging job done and completed no matter what, then contract with a more pagan, younger inventive group who will accept the challenge—a group who will blaze new trails with you.

In the life games you play, know your own ethics. You may be surprised at how such a simple bromide as “love your neighbor” can take on new subtlety of meaning when you define love as “the wish to help others develop.” With this as your definition of love, you will naturally call the police department when the neighborhood litterbug oversteps his bounds. You will be giving him a most instructive lesson and will feel better, too, because you won’t have to endure the constant frustration of seeing the littered street and feeling helpless to do anything about it.

Businesspersons Who Win

When you think of winners in today’s business world, I’m sure such names as Steven Spielberg, Donald Trump, and Bill Gates come to mind. These men are admired as legends of modern business, men who parlayed small holdings into multimillion-dollar empires.

What do these three have in common? The general admiration of the public and an unspecified set of business ethics and methods. Yet by their actions, unconventional as those actions have sometimes been, these people have forced changes in our society and its laws. Where would the computer industry be today without people like Bill Gates? His operating system is used worldwide. And where would our children’s knowledge of dinosaurs be without Spielberg’s *Jurassic Park*? It may even be said that without Ivana’s high-profile marriage contract, many women would still fall into the trap of marrying without a contract.

Everyone Loves a Winner

A much-quoted saying in the business world is:

“If you are successful, you must be a crook;
if you’re a loser, you must be a fool.”

When you enter the business arena, you know in advance that you are going to be regarded as slightly crooked. You have no way to avoid the threadbare cliché, so why not live up to it? Everyone remembers and emulates winners. In the sports world we cheer the quarterback who sets up a new and different play. Whether we like it or not, it is human nature to do the same thing in business affairs, so why not be loved? Why not be envied? Be a winner, not a sore loser. Winners gain friends. People will look up to you, and you will have an altogether more enjoyable life.

Decide on and set up your own business ethics—ethics that you can live with, not ethics taken from some old book of myth, which, after all, was written many centuries ago. How could such a book be abreast of the latest commercial and interpersonal developments?

Girls Love Pagan Winners

Zoologists have always known that males of every animal species battle one another in displays put on to impress females. The winners get the girls. Dispassionate observation of human behavior, too, shows that the females of *homo sapiens* love and mate with only those males whom they consider to be victors in their chosen field. The picture of the successful businessman, or for that matter, businesswoman, with his or her playgirl or playboy is so common as to be hackneyed.

Certain women throw themselves at powerful politicians, from presidents on down the line. Indeed, this can happen to any male who is publicized into high visibility; ask a popular athlete or rock star. If such popularity is handled in an indiscreet way, it can become the man's downfall.

If you are a loser, then, no wonder you're not getting your fair share of warm, friendly companionship. When you become a winner—especially if you display indifference to the advances of the females—you will find they are perversely more attracted to you. Furthermore, if you have a pagan forthright attitude to them, treating them as equals and being very honest about what you want from them, you will get much further than the fellow who uses the whining, crying, self-pitying approach. Admittedly, there are women who are drawn to men who work the self-pity routine; but such women are unconsciously seeking martyrdom, not a healthy relationship.

Although we have expressed this paragraph in terms of the stereotypical male/female relationship, the flip side of the coin is equally true. Some men are attracted to successful women, and others are frightened of them. For successful long-term relationships, people should be of relatively equal stature, accomplishments, and confidence.

Charla Finally Falls

Charla was a secretary in a computer firm on the West Coast. She was the embodiment of the proverbial frigid date. First, it was almost impossible for any of the men to talk her into even meeting them. Second, she held them strictly at arm's length from start to finish of the evening. At first glance you would have attributed her behavior to an upbringing as a proper young lady; however, that was not the case. Charla had grown up on the edge of one of the roughest areas of Los Angeles. Throughout her youth she had watched the boys play variations of that old game called "king of the castle" and had seen poverty and too many children defeat the golden dreams and hopes of family after family. Though she may not have realized it, ingrained in her was the wish to associate only with achievers.

Dennis worked at the same computer firm as Charla. He was not a standout in anyone's crowd, but he had earned a reputation in that same computer firm of always getting the job done. He was the company's troubleshooter and its extinguisher of brush fires. When something tough needed doing, quiet Dennis got the assignment. So busy was he, in fact, that he really had little time to pursue female companionship, but he was a winner and an achiever. Had he troubled to make the effort, he could probably have had just about any woman he chose in that plant. Unheralded, he was rapidly moving up through the ranks of the company and was obviously going to continue progressing. In his few hours of spare time Dennis was a race driver; and in his unassuming way he was a winner in this hobby too.

Finally, at a going-away party for one of the firm's middle-management men, Dennis and Charla met. Dennis fell for Charla, while she retained her standoffish attitude. Still, she agreed to a date. Dennis found himself even more enamored, though Charla seemed to stiffen her resistance. She could feel herself beginning to feel attracted to Dennis.

Through meditation, Dennis asked his guide's advice. "Play it cool; be standoffish." But this answer was not to Dennis's liking; he always wanted to storm his way to a solution. He knew that if he could once implant in Charla the idea that he was a winner, she would break out of her shell.

So he went to work on a photo of her and a strand of her hair. Using a red background, he sent out raw, passionate thoughtforms with himself as the winner. On their next date, Charla was far more loving. By being chauvinistic and decisive, Dennis won her for his own.

You Can Get the Girls Too

Understand how to play life's game and become a winner. The girls will be much easier to conquer if you have built yourself a track record like Dennis's. Don't tell any girl you love her if in fact you do not. Desire is a valid feeling. She, too, may be horny, and getting to third base doesn't require you love her. Kindness, gentleness, and sexual skills are often more important in this context. Let your every action and gesture express, "I can take it or leave it." This elicits a far more favorable response than does the whining "sensitive" loser—and works in both directions. Charla held out for what she wanted and got it. It took her some time, but she did not settle for second best.

Be Grudging with Apologies

When one of your ploys or life-games does not work, learn from the experience and move on, even if it means getting bounced from the restaurant or thrown off the plane or being fired from your job. Do not apologize unnecessarily. Apologies are an inherent sign of weakness; as soon as you apologize, you put yourself one down to the person whom you have been trying to influence. The whining "I'm sorry" employee, or the thought, "Please forgive me for my stupidity (or other short-coming)"—these are guaranteed preludes to failure and scorn.

Granted, in a few instances apologies are worth while. When the traffic cop pulls you over, currently you must stay in your car with your hands in clear sight while you open the window. Be honest and apologetic. Try to enlist the officer's sympathy with what you did and express

an understanding of his problems. In general business practice, however, it does not pay to apologize to the opposition, even if the opposition is your own boss. Instead, tell the boss you have learned from your mistake and thank him for showing you how to do the job better.

Witchcraft Action Keys

We hope this chapter has shaken you loose from some of the Victorian attitudes you may have learned from mentors. We hope, too, it will suggest a new, more realistic look at the business community. Rethinking the old rules is in the air today. An ethical question that is now receiving some attention is this: When a shopkeeper and an advertiser collaborate to instill a desire in a consumer, and that consumer, unable to pay for the desired item, becomes a shoplifter, do not the shopkeeper and the advertiser share in the guilt of the shoplifter? Victorian morality asserts that the shoplifter (alone) deserves punishment. What of the tempters?

We urge you to consider rewriting your Book of Shadows. Remember the quarterback who played within the rules, but used a new play and won. If you can win yourself a larger slice of the pie by changing your rules very slightly and becoming more pagan, then, like the quarterback, you have won the game—the most important game there is to be played—the Game of Life. If you have built your own security so that you can risk being fired and not worry unduly when your ploy fails, then you can indeed succeed in the rough and tumble of the business world. Success then assures you of the companionship of your choice. The use of your magic Witchcraft powers to guide every step of the way will mean less worry and more success. You will know which path to take and how the other people in the competition are faring and thinking.

9

A Witch's Staff of Consultants— the Dead

In today's busy world very few people take time to sit in contemplation or to do such tasks as following the plow. Few of us work at tasks that keep the hands busy but free the mind to pursue its own thoughts and wanderings. If you can artificially create occasions when the mind can wander, you will be amazed at the ideas and impressions it produces. Everyone knows that we use only a small portion of our minds. In this chapter you learn to use portions of your mind that you rarely activate.

Never Be Lonely Again

Have you felt that "I'm-all-alone" feeling? There's no one to help, no one to talk with, no one who cares?

You're never really alone. You're always surrounded by the spirits of the recently dead; occasionally the spirit of someone long dead will also be near. You need to learn to contact these spirits; once you do, you will not only be permanently free of loneliness, but will also be able to get all sorts of questions answered. Once you have mastered the skill, all you need to do is enter your circle room in a meditative frame of mind or say the affirmation,

My guide is here to help me.

Almost all recognized psychics have their "guide," "fairy god-mother," or "Indian," their "control" from whom they receive informa-

tion. Edgar Cayce, Arthur Ford, Eileen Garrett; you name them, and in every case you will find that in their trance state they consented to be possessed—temporarily occupied—by a separate entity, one who employed the quieted body of the owner as a transmitter of information. This is exactly the same type of possession we discuss in Chapter 10, where a spirit (in this case, the spirit of a dead person) possesses the living body and runs it around while the owner is temporarily absent.

The spirit does not die when the body dies; it goes on. It is imperishable. You can contact spirits by various well-known techniques such as the seance, ouija board, trance state, automatic writing, or more simply and safely, through meditation.

Before we begin exploring this practice, it is important to recall that spirits carry with them many memories of their most recent earth-plane existence. They no longer dwell in a body, but that fact is no guarantee that they can suddenly give you great mystic omniscient sacred guidance. You must temper the information you receive with your own good sense and apply it to your own circumstances.

Rosalie Refuses to Wash Her Clothes at the River Bank

Rosalie and Ken, a suburban couple from Jefferson City, Missouri, had for some years carried on intermittent communication with Ran, the spirit of an ancient Egyptian. During an energy crisis, Ran instructed Rosalie that she was to wash her laundry in the Missouri River under the Jefferson Highway Bridge.

Despite her affection and respect for Ran, Rosalie chose to ignore his guidance. She wasn't going to kneel at a flat rock and scrub. There were other ways to save energy, ways she already observed. For nearly a month Ran would not communicate; but when his sulking had run its course, he told them of an abandoned farm in their area that they could buy for taxes. This was good guidance, which they accepted, but their purchase of the land made Ran so excited that he again instructed them to do all sorts of very old-fashioned things on the farm. Again they chose to ignore his advice, realizing his strong bias toward primitive hand-labor versus machines.

Rather than gasping and obeying because the advice came from a spirit rather than from an incarnate, they employed their common sense. The experience of Ken and Rosalie illustrates most clearly how you should temper the advice gained from your discussions with the dead.

When you undress at night, the simple fact of laying aside your garments does not change your intrinsic personality. No more does the laying down of the body at “death” change the personality of the deceased one. If he was compassionate and benevolent while he dwelt in a body, he will remain compassionate and benevolent after death. On the other hand, if he was malicious, miserly, and vindictive in life, he will carry those traits with him to the other side of the veil.

The fact of death does not guarantee that the deceased has suddenly become all-wise or all-kindly, any more than it means that he has turned vicious. Neither of those assumptions fits with what we know of human behavior, whether in the body or out of it. The dead are people, just like you and me. Their human emotions are still about them, and they behave much as they did before their transition. They are to be neither worshiped nor dreaded. There is, then, naturally no more threat in the act of communicating with the dead than there is in everyday intercourse with those people who happen to be living in physical bodies.

The Dead Are All Around You: Talk to Them

After death, many souls depart from the areas they knew in life; but many do not. If a mother, for example, has hidden pin money in a sugar bowl behind that loose board in the wall, she will remember that her family could use the money. She may well linger until she can attract someone's attention, to tell the family of her secret hoard. If a jealous lover dies, he may linger near his loved one, hoping to prevent her forming a new attachment.

The point is this: These people are indeed in your vicinity. Because they are unencumbered by a physical body, they can travel freely, obtaining instantly the answers to questions you pose. You may often get the feeling that someone is watching you or at least is present in the room with you. The next time you get that feeling, why don't you just say “hello” and welcome the person? See what happens.

All Our Witches Regularly Talk with the Dead

One cornerstone shared by all pre-Christian religions of the world is their belief in reincarnation, the survival of the spirit and its repeated incarnations comparable to semesters at boarding school. Belief in *reincarnation* is to be sharply differentiated from belief in *transmigration*. In the theory of transmigration, human spirits may reincarnate in animal form; for example, the former human may return as a starfish or a goat or a bear. Reincarnation, in contrast, sees every spirit progressing rationally through various stages, always upward, in lives of ever-increasing complexity. As a kindergarten child is not given assignments in calculus, likewise a doctoral candidate is not told to construct paper-chains.

We Witches have an unbroken tradition of communication with the spirits in ancient ways that no longer need be kept secret. We have taught thousands of students these ancient techniques; now you, too, can perfect the skills for a better life. Through Craft techniques you can change the monologue into the give and take of a real conversation.

Six Arcane Steps to Communication

STEP 1. FIND A COMFORTABLE CHAIR.

It should be constructed of wood or of wood and fabric; there is to be in its makeup no iron or steel and an absolute minimum of non-ferrous metal. Furthermore, it should contain no materials of animal origin, such as wool, leather, silk, or horn.

STEP 2. SELECT A PLACE.

Somewhere in your home there is a spot suitable for meditation. The requirements are, in order of importance,

1. A solid wall running north and south;
2. An area along that wall that is not near heavy electric cabling or metal objects;
3. An absolute minimum of clutter; books and newspapers are particularly undesirable because of the busy thought patterns they engender;

4. A location as close to the sky as possible, yet that retains a connection with the daily life of the house.

STEP 3. ESTABLISH A TIME AND STICK WITH IT.

The factors influencing the hour you choose vary from individual to individual, but here are some things that typically should be considered.

1. When can you be uninterrupted?
2. Can you keep this appointment every day unless something unforeseen interferes?
3. Will your mind be free of petty work and household problems during the time you select?
4. Is the sun below the horizon at the time you have chosen?

STEP 4. OBTAIN EQUIPMENT.

Three items are essential for success.

1. A quiet-running timer such as you would use in the kitchen, with a single-bell alarm.
2. A loose flowing white robe, made preferably from cotton or linen. As with the chair, the robe is to contain no material from animal sources. If you cannot get a robe, you may simply wrap a white sheet around your body. The idea is to prevent shivering, nothing more. If the ambient temperature is warm enough, sit sky-clad (wearing no garments).
3. A container of salt.

STEP 5. TRY A DRY RUN.

Sit in the chair you have selected with your back to the wall, preferably facing eastward (though west is also acceptable). Have your legs uncrossed, your hands resting with palms up on your thighs. Tilt your head very slightly back. Absolutely relax all muscles in your body. If your wall runs not quite true north-south, arrange the chair so that you face the cardinal point. Subdue the light entering the room. Turn off any mechanical contrivances; shut off the power from nearby cables.

Set the timer for five minutes and sit perfectly still. Get your body as relaxed as you can. Let every muscle go. Paradoxically, the best way to relax the body is first to tense it up. Try this experiment for a moment. Close your fists and grip them tight. Then let go. Feel how the muscles relax after the tension? Starting with the toes, tense and relax. Now do the ankles, the calves, the thighs, and proceed throughout the body, not forgetting to tense and relax all the muscles in your face.

You will probably find that some annoyance will disturb you, perhaps a bright light or distracting sounds. If these come from sources outside your control, you may have to change the time you select for meditation. At any rate, readjust the setting to remove all possible distractions, and set the timer for another five minutes. Try again. Your area may or may not now be satisfactory; you will find that your perceptions grow keener, in the way that your awareness heightens after some time spent in a semi-dark place.

Continue these five-minute trials for as long as it takes to satisfy yourself that you have achieved the best conditions possible in your particular setting.

STEP 6. SET THE SCENE AS YOU HAVE EXPERIMENTALLY DETERMINED IT SHOULD BE.

Use the salt to draw an unbroken circle around you clockwise on the floor. Sit on the chair. Set the timer for fifteen minutes. Make sure you are settled and comfortable.

With eyes closed, say aloud,

*Spirits of mischievous intent, spirits of lower entities,
You cannot cross this sacred line.*

Open your aura, the protective force field around you. It can be opened and laid back like a robe. Just mentally unzip its front and open it up, affirming,

*Spirit friends, I am naked in your sight.
My body and mind are free.
Protect them, and send to me what you wish.*

Many spirits have a Christian background. In order to reassure them, it is good to say a prayer. Many people like this one or a variation of it:

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*Our friends who are in spirit, blessed be your names.
God's dominion come.
God's will be done on earth as it is in Side.
Give us today our daily bread.
Forgive us our weaknesses as we forgive those who wrong us.
Help us endure our trials, and free us from negation.*

Now construct a cone of power to serve as a spiritual lighthouse. In your mind, picture a tall thin cone whose base rests across your shoulders and whose point disappears into the cosmos. Hold the picture in your mind a little while. Watch the cone grow brighter. You are putting out thought waves that resemble electromagnetic transmissions. They pass through any substance and can be seen by the spirits. The cone of power enables the spirits to find you as a lighthouse reveals the location of land. Say aloud,

Spirit friends, I await you.

Drift now, waiting for the symbols and impressions that indicate you are tuned in and receiving. It may happen at any time, in a sudden flash of light or an inspiration. A common first sight is an eye watching you. Through its iris you can see new scenes. A common first feeling is to be drawn out of the body, drifting free where new sensations are felt and inspirations occur. Whatever happens, don't be startled. Let go. If a white flash occurs at the supposed edge of your vision, for example, don't jerk your head around. Remain still and receptive.

After an interval that often seems too short, the timer's bell sounds and you come back to the physical part of life. It is good at this point to offer a short healing prayer to use up the energy that has accumulated inside the cone of power and the salt ring. Affirm in this fashion:

*I ask this great unseen healing force
To remove all obstructions from my mind and body
And to restore me to perfect health.
I ask this great unseen healing force
To bless both present and absent ones who are in need of help,
And to restore them to perfect health.
I put my faith and trust in the love of the God and the Goddess.*

As you make this affirmation, picture the cone of power dissolving into yourself and into any companion(s) who may meditate with you; also, direct any remaining energy to travel to a specific person(s) in need. Close your aura and affirm,

*I am surrounded by the pure white light of the God.
Nothing but good shall come to me.
Nothing but good shall go from me.
I give thanks. So shall it be.*

Visualize the white halo once more enclosing you completely. Brush away the salt ring and return gently to the everyday world, mentally and spiritually refreshed.

In case you feel uncertainty, rest assured of these facts: It is perfectly all right to take notes (to serve as a script) with you into the circle or to take this book itself, lest you omit some step in the affirmations. In time, each step of the procedure will become natural and grooved in. Do not be overly concerned if you make a mistake or two when you first start. Witches sometimes say in jest, it wasn't a good ritual unless someone kicked a candle over.

Communication Is Real

The Witchcraft method you have just learned is simple and extremely safe. The School regularly gets letters and telegrams saying, "I heard a voice!" "I saw a figure!" or "What do I do now?" The answer we give is always the same: "Communicate: Ask a question and get an answer."

You will communicate in the same way your mind works. That is, if you think in pictures, you will see pictures. If you hear thoughts going through your head, you will hear voices. Do not assume that your experiences in meditation will be exactly like those of your friends or will resemble wide-eyed tales you've heard. Each of us receives in a different fashion.

Greta spent years working with a famous clairvoyant and trance medium, sitting in a training situation similar to the one outlined here in Six Arcane Steps. Her teacher insisted that Greta should see pictures behind her closed eyelids, just as the teacher did. After two years of frustration Greta came to us. We found she was an excellent communicator,

but she “felt.” She was clairsentient, not clairvoyant. She might *never* “see,” because that was not her mode of communication. She would get further faster, we told her, simply by trusting her hunches and impressions instead of waiting for movies to show inside her head. Greta is now a competent psychic healer, using her gift to aid in healing bodies and spirits and in the teaching of those who will follow in her path.

Once you have established contact with your guide, no matter how tentative that contact feels to you, you can continue it and strengthen it. As you close each meditative session, tell your guide when you will next sit. Give your guide a name, instead of thinking just of “it.” The more clearly you can imagine the guide and the details of its personality and feelings, the easier will it be for you to understand and use the answers you receive. Ask your guide about its previous life. Try to get a feel for how high or low it is on the ladder of progression. You will be able to adjust for any possible bias or personal shadings your guide may put into the messages.

Laura Finds Her Niche

Laura is the adopted daughter of a Canadian couple. After completing her college education and taking a position as a teacher of history, she still felt that something was missing. Through her history studies she came across information about Witchcraft; soon she learned to communicate with those on the other side of the veil. Her chief contact was a wise older man whom she named Dr. Scott. Bit by bit she added details to her picture of him. The gray-haired, kindly man who came to her brought messages of medical knowledge and also remembrances from the birth mother and father whom she had never known. Soon Dr. Scott volunteered other information as well. Laura’s innate psychic ability developed and flowered. She became able to see many people not visible to others. She began to observe the auras around the members of her family, other teachers, and her pupils. She “knew” things.

Gradually Dr. Scott put more and more pressure upon Laura to become a physician. Conferences with her adoptive parents revealed that they disapproved; nevertheless Laura felt the goodness and rightness of Dr. Scott’s advice. She began evening courses in nursing and followed them with premed classes. Finally, she resigned her teaching position to work nights as a waitress so that she could go back to school

and fulfill her dream. She finally hung out her shingle in a small back-country town in Ontario. Now her patients seem to recover more quickly than do others. Dr. Scott's messages have made of Laura a true healer and have led her to find serenity and fulfillment.

You, Too, Can Be Serene and Fulfilled

If you follow the six-step instructions given earlier, you, too, can emulate Laura's success, can gain serenity and fulfill your highest potential. Follow the instructions faithfully, then learn what changes (if any) you should make in your lifestyle. When you get firm direction to change your path, follow that instruction. Do not be afraid. If you follow the psychic guidance given you, you will always be serene. Even though your material environment may not be as luxurious as you might wish, you will know that there is a purpose behind every circumstance. You will have a fulfilled life.

Obtaining Facts for Control of Your Destiny

"If my foresight were only as good as my hindsight!" Have you ever thought that? It would indeed be wonderful if you could catch even a glimpse of future trends—and you can. One function of the guide who comes to you, as with Laura's guide Dr. Scott, is the forecasting of events. Ask the guide, then, for the predictions that will help you make effective decisions. If you know where the new freeway is to be built, you can figure out what will happen to land values in various parts of town. If you know weather patterns six months ahead, you will know what commodities futures you should instruct your stockbroker to buy.

Harry Switches Horses in Midstream

Harry studied for years toward a doctorate in clinical psychology. After each full day at the clinic where he worked, with its normal ration of conflicts, agony, and tears, he went wearily home to read his stack of textbooks until midnight. Finally, he earned that prized degree for which he had worked so long.

He became the junior partner in an established practice. His senior partner, Dr. Logan, was extremely well known, respected, and successful. Three months into the partnership, Harry's guide told him, "Dr. Logan will never let you advance. He is jealous of your youth and energy." Harry realized the truth of this and began to look around for other opportunities. His guide pointed out that, despite Harry's genuine desire to help troubled people, psychology might not be the best profession for him.

Weighing alternatives, considering pros and cons, Harry finally bought the dealership of a filling station on a busy intersection; later he bought another on the other side of town. Now Harry looks and acts ten years younger than he is. "Everything I make I can keep," he grins. "If I don't like some creep, I tell him to shove off and not to come back. I'm in the fresh air all day, and my physical condition is perfect. At night I go home without having to worry about some poor patient who's just looking for somebody to unload on, somebody to be blamed for his inability to adjust to society. I wish I'd taken this step years ago."

Make Your Life's Choices with Your Guide's Help

Arrange soon to have an hour of utter privacy. Ask your guide ahead of time to be there and to look over your shoulder. Pretend for that hour that you are writing your own ticket, that you can have anything you can dream up. Write down the place you would like to live, the sort of career you've dreamed of having, the musical instrument you've wanted to play, the courses you've thought of taking, the little theater group you've longed to join, all those pursuits you've idly toyed with but never followed through on. Do not hesitate to weep. These are tender subjects to examine. Imagine that overnight you will become wealthy enough to retire. How would you spend your time? For instance, would you keep your marriage together? Everyone has a dream. What is yours?

When you have a fair description of the life that is your absolute ideal, work backward from that dream existence to the here and now. If you were to cut out just an hour or two of television a week, couldn't you set about achieving some of those dream-goals? Couldn't you lay aside one current activity, one that bores you, for one that will move you toward your life dream?

You know that other people are daily enjoying the activities you dream of. Yet they got started in the same way as you will start: as a green beginner, perhaps without knowing even how they would pay for it all. Think of how you spend your time each day. What do you get back in return for all the rush-hour time you spend on sluggish free-ways? What if your job were closer to home, or what if home were closer to the job? What if? How much does it cost you each week for membership in that bowling league? What else could you buy with a year's worth of membership expenses and the beers you drink each league night? In what other pursuit could you have invested those hours? List your activities and think of what their real value is to you. How much do you spend annually to keep that pet in feed, trips to the veterinarian, and all the other little expenses that dribble the money away? Could those expenses that you habitually pay without even thinking be cut down or eliminated? Can they compare with that rewarding life-dream that you articulated? That life-dream that *could* be yours?

Ask your guide for comments and guidance on your present life compared with the life you could be forming. He or she may have some interesting things to say. Remember that some guides live vicariously through you. Remember that you will attract a guide who is like yourself.

When you have gotten into daily meditation and are receiving messages in the form suited to your psychic aptitudes, combine that new skill with the general outline of your life-dream that you have formulated. Apply the six arcane steps to communication specifically to your current activities, contrasted with the life you want to create. Just fifteen or twenty minutes each day will smooth your path and bring your goals to you one by one.

The Psychic Party Line

When they first learn to communicate, many people are more fascinated by the bare fact of communication itself than they are by doing anything with the information they receive. Perhaps it is natural in the early days of communication to mistake the road for the destination, the means for the end; but you will be wise to get past the thrill stage and settle into real and meaningful work as rapidly as you can. When

you first start communicating, many spirits will vie for your attention. Old friends, relatives recently dead, and many others will have urgent messages for you. The majority of these messages will, in fact, be trivial. You may hear, for instance, from Jim's grandmother, who left six dollars and some cents in an old teapot when she died. She is most insistent that she should have absolute priority on the psychic party line so she can tell where the money is.

If the solution to a spirit's problem is easy to work out, you should do it. Then the spirit can progress instead of staying around worrying about unfinished business. The ones you need to get rid of are those that tell you all the worries they had in life and just vaguely wring their hands over every real and imagined flaw they perceive in the world. Spend time with such types and your own spirit and its growth will come to a standstill.

You know such people as these. Are they going to help you with significant information or not? You should firmly insist on communication with someone who is intelligent enough to be of help, someone with no ax to grind. If that someone doesn't work out, ask for a new guide. Here are some steps to take:

1. Listen to the first trivial message from each one who insists on communicating on the party line;
2. Then cut her off firmly with a remark such as, "Ma'am, aren't you supposed to be somewhere else?"

The principal item on your agenda here is your own goals and your guidance. Additional spirits can safely be excluded from conversations between you and your guide. As the courteous-but-firm approach works on a rural party line, so will you handle the clusters of spirits who want to interrupt with their own agendas.

Another useful trick you can use is to point out to all these extraneous spirits that within your circle you want to communicate with only your real and true guide, that they are not allowed in, and that if they come in and interrupt a private conversation, you'll banish them.

Now it is time to expand on the subject of the circle within which you will work. That circle need not be large, but it is best pictured as a spherical chamber. Imagine it as a complete sphere extending into the ground below your feet. Picture the salt circle that you draw as the

intersection of the sphere with the surface of the floor—the equator of the sphere. Imagine its walls glowing with a soft blue-white light. A soft rug carpets its floor. A moat surrounds the structure. (Imagine your salt circle filled with salt water.)

When you come to this circle room, your retreat, you have the assurance of solitude for contemplation, for you are the only one who can lower the bridge across the moat. Here in the circle is the quiet place where you talk with your guide, where only constructive ideas are born and exchanged, where only beneficial actions are planned and scheduled. Here, where moat and drawbridge isolate you, where carpet and hangings muffle the distracting noises of the rude world, you can receive the knowledge you need to aid in those decisions that will change your life.

Making The Law of Attraction Work for You

The old proverb “Birds of a feather flock together” is as relevant to the attraction between spirits as it is true of people in bodies. Every Monday morning, the negative coffee klatsch meets around the coffee machine to play a game called “Can You Top My Disaster?” The opening line is a variation on the theme, “Wasn’t the weekend terrible?” and takes off from there. Fortunately, other groups are meeting too: A different area draws the positive people whose opening line is, “I want to share something great with you.”

If you tend naturally to be a little pessimistic in your outlook, you will attract spirits with a similar orientation. They’re not going to help you with your development and your future, so if you are wise you will take steps to convert your habitual attitudes from negative to positive. If you find yourself going down the same old negative track on a particularly dull day, find a quiet corner and sing to yourself, “Look for the Silver Lining.” Sing it even if the tears are flowing while you sing. If you want to wallow in self-pity, do it until it bores you and you come out the other side; then wrench yourself out of it. Right here it may be helpful to remind yourself that “safe” self-pity often masks “dangerous” anger. Anyhow, remind yourself that every experience can yield some scrap of benefit if you cultivate an optimistic attitude.

While you wallow, negative hand-wringing people who enjoy lamenting—people in bodies and people without them—will flock to

you because misery loves company. You can choose the people and the entities that surround you by electing to maintain a negative outlook—or a positive one. It is up to you. Like dieting to lose weight, it is a thing that you must do for yourself. You cannot pay someone to lose weight for you, and you can't pay someone to feel cheerful for you.

Charlene Ignores the Law of Attraction

Charlene C. lived in a small New England city. A headstrong girl who knew her own mind, she wanted to be a high-fashion model and did not care how she became one. After taking modeling courses in her city, after dieting off twenty pounds that she could ill afford, after investing hundreds of dollars in cosmetics and far-out attire, she migrated to New York City.

There she found herself overshadowed by many more attractive girls. With her guide's help, she embarked on a systematic program of eliminating the competition. She worked many spells. Some of the more attractive girls abruptly got acne; others found their hair falling out or breaking off; others gained weight or became pregnant. Overnight Charlene was on the cover of a dozen high-fashion magazines. Jet trips to Europe, all-night parties, and a vast wardrobe were hers. To her dumbfounded surprise, she found that she was totally, abysmally unhappy.

She asked her guide (her accomplice) what was wrong, but received only platitudes in response. "It's the hard work; you're just tired. Now how about working something against Deirdre? She's elbowing hard for your position." Charlene was off again into another negative effort.

Of course, she was living in a totally negative world, one that she had created for herself with the help of the negative guide she had attracted. In that world she had wanted so desperately, everything was dismal. Catastrophe was always just around the corner; her fragile career was unbearably precarious; rivals longed to see her fail; her charge accounts at the best department stores took everything she earned.

Finally ill health forced her to take a break. She returned to New England to visit her hometown. Dropping in on the quiet rustic home of her Witch friends, she wept and asked, "What's the point of it all?"

Through normal counseling the Witches recognized the symptoms and recommended a change of guide. During the following week Charlene and her friends worked on the problem; soon she was in good contact with an old Yankee peddler of a guide, whose dry wit and slow style of speech combined to get her on a new and far better path.

She is no longer taking those fabulous trips; no longer does she attire her gaunt body in bizarre fashions. She is, in fact, content to be quietly running her own travel agency in Maine. She puts her knowledge of travel to good use in her new line, as the only agent in town who has literally "been there." Of course, being the most attractive agent in the area encourages businessmen to prefer her over the others.

At this stage Charlene is considering marriage to one of the more successful farmers of the area. She has changed from bewildered unhappiness and near-suicidal depression to complete contentment and serenity, because she made a conscious decision to change her outlook and her guide.

You, Too, Can Use the Law of Attraction

Charlene learned the hard way what her Witch friends had acknowledged all along: There is no way to get around the Law of Attraction, any more than there is to outwit the law of gravity. One is as inexorable as the other.

Let us imagine that your dream is to run that fishing resort in the wilds; that one step along the way toward your goal is to learn accounting, and a later step is to take some courses in industrial psychology. Having a psychologist for a guide while you are trying to master accounting is patently out of synchronization; you need a guide who has traveled the road you are embarking on. Ask your current guide whether you can't please have the one who is appropriate now to get you smoothly into the next phase of your plan.

The Great Computer in the Sky

All knowledge that is and ever was is stored (a) in the minds of people currently living in bodies on the earth plane and (b) in the minds of

spirits. If you can tap into that infinite storehouse of knowledge as Edgar Cayce did, you can get answered any question that you want answered. Imagine actually being able to confer with an Einstein or, on a less theoretical level, with a great leader such as George Washington Carver. Can you imagine the resources that are available to you just for the asking?

Edwin and the Unruly Sow

Edwin lived in rural Arkansas. He decided to increase the profits from his little farm by raising hogs. His decision was prompted by knowledge received from his guide that hog prices would hit all-time highs later that year. Edwin was new to the hog business—swine production, as it is more politely described—so he made it his business to survey the operations conducted by his neighbors. Then, after working to replace his former guide with a new one more knowledgeable in the day-to-day mechanics of hog production, he began purchasing his breeding stock. His guide helped him find quality animals at a good price.

So far you might argue that Edwin had used just his native intelligence, that the “guidance” coming through could have been just his own imagination. One morning, however, some time after acquiring his first stock, Edwin found one of his most promising sows apparently on a rampage. She had torn up a whole section of fence—no mean feat—and she attacked him when he entered her pasture. It looked as if she would have to be destroyed. Edwin called his veterinarian, a man of about his own age. They managed to anesthetize the sow and give her a complete physical. They found nothing wrong.

Almost desperate, Edwin excused himself from the veterinarian and sat for five minutes in meditation. “Look inside her ear,” came the instruction. “But we have!” Edwin protested. “Look deeper.” He hurried back to the field. Sure enough, somehow the sow had driven a vicious thorn into her eardrum. Not only was it causing her agony, but it had also impaired her sense of equilibrium. A relatively simple surgical removal was done. When the sow came around, she was almost normal and made a quick recovery. Edwin had plugged in and had gotten yet another answer from that great e-net in the sky.

Ask and You Shall Be Answered

Whatever you need help with, your guide can provide that help. Even if he or she does not know the answer, your guide can nearly always get it if you give him or her a little time. Don't insist on the information in an instant, though; it doesn't work that way. Your guide may need to consult with other higher beings before he or she can give the answer you need. Also, it is wise to limit your questions to one per session so that you can move forward in a logical, orderly manner and not confuse the messages on the party line.

Witchcraft Action Keys

The "dead" are not that different from you and me. Some of them have wisdom of which you can avail yourself. The way to do this is to contact your guide to act as a go-between. He or she will provide answers and guidance that can help you to make your life what you want it to be. There are procedures to ensure untroubled communication with your guide. Together with strict observance of the Law of Attraction, those procedures will make communication easy, safe, and beneficial.

10

Use Your Magic Witchcraft Power to Travel Without Your Body

Astral travel—letting your spirit travel without taking your body along—is one of the most useful and most entertaining things you can do. Watching the antics of others in their daily lives, learning what really happened in history, learning what someone really thinks by eavesdropping on his or her most intimate conversations—all these gifts are yours as soon as you realize how easy it is to separate the two halves of your being: the spirit and the shell. The affirmation for this chapter is, then,

I can separate my spirit from my body.

You, Too, Can Travel Astrally

For centuries people have whispered that Witches rode on broomsticks to their mysterious gatherings. Today we know that the “flying ointment” they used was actually a mixture of hallucinogens that let them leave their bodies and travel astrally. In the second half of the twentieth century, people (Witches and cowans alike) who experiment with drugs have thought that they, too, can travel astrally. This is one reason why government institutions are having tremendous difficulty in suppressing drugs that give such interesting results. We know that the use of hallucinogenic substances is not necessary for astral travel

and that the flying experience Witches “confessed” to Inquisitors is in fact something that everyone can do.¹

Without using any legal or illegal drug, you can easily learn to move at will through time and space. You do not need to fear being possessed or otherwise harmed by those who dwell in the unseen world, although authority figures who want you to be a good, docile citizen and remain passively before your TV set will insist that such activities are somehow dangerous if not immoral.

In the world-famous research they conducted in the 1930s, Drs. Hereward Carrington and Sylvia Muldoon reported on hundreds of cases of astral travel. These were experiences of people like you and me, cases that spanned all age groups and educational levels. Some reported that they regularly traveled while listening to boring sermons in church; others while sitting on the bus going toward work. By far the largest group were those who traveled during that in-between state between sleeping and waking—that drifting state that occurs either while you are trying to go to sleep or while you lie abed in the morning waiting for the strident note of the alarm clock.

Recluse Meets Deceased Daughter

Henry L. is a famous recluse in the Ozarks. Mr. L. subsists on a small pension, cut off from the “civilized” world and relying on his dogs for most of his social life. Though his primitive cabin lacks electricity, he is absolutely serene in this troubled world. One reason for his inner serenity is that he has the ability spontaneously to travel astrally into other planes of existence. He *knows* what is going to happen to him when he dies, because he regularly meets his “dead” daughter and converses with her. When you have earned his trust, Henry will tell you about the wonders and beauties of another dimension of life.

You might think that this unassuming man has something wrong with his mind; however, his reports perfectly coincide with the reports of many researchers and other people who have traveled to these same realms. Scientific investigation of astral travel has now risen to high

¹Though it is not widely known, the Inquisition regarded astral travel as a natural experience. Sometimes, as in the case of the Italian *benandante*, they had great difficulty in finding anything to persecute. In such cases they often let suspects off with a few Hail Marys.

levels. The work of Dr. Charles Tart in California has shown that in some rigorously controlled instances people are able to travel with good control and bring back hard, objective information they could have obtained in no other way but through astral travel.

Leave Your Body as Witches Do

For almost thirty years we have been teaching an enormous international body of students to travel astrally. We have been able to analyze their experiences statistically. We have not told them what to expect, but the results show a remarkable similarity. The experiences of the students are reflected in these pages. In teaching so many people, we have simplified the language and the directions to a point where anyone can do it. Some people charge thousands of dollars to teach you an esoteric vocabulary and how to sit with your psychic centers in line and your eyes rolled back so that you can easily detach the spirit from the body. That is a rip-off in which you do not get your money's worth. Don't be suckered in.

While you are in the body, the mind can visualize any place in space and/or in time. With astral travel, the spirit can do all this and more. It really isn't that difficult. With just a little effort, you can get what may be interpreted as an immediate spiritual enlightenment by directing your daydream or sleep-dream states. The next time you catch yourself awake but lazily daydreaming, see whether you can imagine yourself out of your body, up in the corner of the room, looking back at the quiet body lying on the bed.

It is surprisingly easy to master the technique. When we first told Gabrielle, a New Orleans housewife, how to do it, she didn't believe us, but the next night she tried it and succeeded, scaring herself half to death.

That is a natural first reaction: one of fear at being separated from your accustomed body. The immediate response is an impulse to get back in, but that is the one thing you must learn to resist. As soon as you control the urge to plunge back into the body, you can go on to learn to travel wherever you wish without dreading what might happen. Until the moment of death, your spirit will remain safely connected to your physical body by what the Hawaiians call an "aka thread," which a few people can actually see. We think of it as a type of visualization or telepathic bond. If anything happens to your physi-

cal body, you will immediately return to it. If the house catches on fire, you will instantly be back in the body, for you are not asleep. You are awake and fully aware of what is going on, around both your astrally projected body and your physical body.

While you are “out,” time and space have no meaning. Think for a moment of the surface of the moon. You can instantly be there, traveling faster than the speed of light, for that is the path of thought. If you can be immediately on the moon, so you can immediately get back into your body from no matter where you are. If you have gone a few years into the past, you can immediately get back to your body. There is no danger so long as you understand the characteristics of the astral world and so long as you purposefully direct your travel in it.

Visit Other Planes of Existence

Probably the most important questions that any human can ask him or herself run something along these lines: “Why am I here? Why do I exist? What is it all about?” Astral travel lets you get answers to these real and important questions, for astral travel does not limit you to any point in time or space or even to a single plane of existence. You can literally visit with the “dead” and ask them what it is all about. Sometimes the answers do not coincide with what you have been told by self-styled authorities; in fact, your whole background and training may conflict with the firsthand experiences you have on the astral planes. The answers you get while traveling astrally are in fact the truth, free from distortion by middlemen. Trust your experience.

It is most regrettable that many members of the clergy have never traveled astrally to experience these spiritual journeys. They are trying to counsel people who have had these experiences, without firsthand knowledge of what they are talking about. For the sake of their own job security, they’re swift to condemn the act.

Your answers are the real truth—truth you have experienced yourself; thus you can be sure of these facts. From your visits to other planes of existence, you can gain absolute serenity because you will no longer fear death. Once you lose the fear of death you can begin to live life much more fully.

Witches are often suspected of working around graveyards and of doing “terrible things” to the newly dead. It is true, in fact, that

Witches work around graveyards. The work they do with the newly dead does not involve the physical body; it concerns the astral body of the dead persons. Often the recently dead are terribly confused because the plane of future existence that we call "death" has been described to them with such deplorable inaccuracy. When they enter that plane, they do not find what they expected and do not know how to react. Once you learn to enter another plane of existence, one thing you can do to help your fellow beings is to visit mortuaries and graveyards and explain to the spirits just deceased how to travel properly in the plane of existence where they now dwell. Such work is called "psychic rescue"; the need for workers is acute because of the great numbers of bewildered souls crossing over and the lies they have heard.

A Christian Learns the Truth

Trained in a fundamentalist Christian faith, Gloria had been taught all her life to shun and to fear psychic phenomena. In sublime disregard of I Corinthians 12, her clergyman had thundered at her that all psychic phenomena were works of the devil. She came to us a troubled young woman because her first experience with smoking a little marijuana had led her to doubt some of the harshly threatening teachings of her earlier years. First we got her Christian perspective back by pointing out that all these phenomena are outlined in the Bible. Then we encouraged her to continue her experiments without using the hallucinogen and to see whether she could bring back from her astral trips a consistent story as to what really happens when a person "dies."

Though frightened, Gloria now realized that her activity was sanctioned by biblical texts. She resumed her experiments. Just one week later she returned to us to discuss what she had learned firsthand. She was amazed to learn that our Witchcraft techniques encompassed experiences identical to hers and that people like John C. Lilly, Ruth Montgomery, Robert Monroe, and thousands of our own students had all independently reported a similar structure for the other planes of existence.

The basic simplicity and straightforwardness of those other planes gave Gloria a tremendous sense of accomplishment and relief. She knew that she need not fear crossing into the other side; she had frequently been there already. From a timid girl, unsure of herself and

scared that she was losing her mind, she became a dynamic, strong, serene person—a complete person. She is still a devout Christian, but no longer does she suppress her own reasoning ability when she listens to (as Gandhi gently phrased it) “interpreters of the gospel.”

Tune In to Your Powers

Everyone has the ability to get out of his or her body. Many persons have employed hallucinogenic substances to help them get out on that first trip just to prove to themselves that they can do it. Currently in the new age/occult world shamanism is the hot-button, high-fashion thing to claim. Yes, many reputable, capable practitioners are working; but beware. Others will feed you peyote-like substances, asserting that this is the only way. It is not. You can get out without the use of substances and the consequent running of legal risks.

The all-important first step is to put the physical body into that state called *homeostasis*. A homeostatic physical body is satisfied but not gorged. It is not cold or hot; it is not hungry or thirsty, nor yet overindulged; it is not too tired; it is not physically ill. It is not feeling sexual tension. It is confident there is no chance of interruption. In this condition resting quietly, daydreaming if you like, imagine yourself where you wish to be, not where you are now, but where you want to go.

To get out of the body, carefully follow the steps for meditation in Chapter 9. Then define some urgent necessity such as a need to be somewhere else. For example, mothers get out astrally to visit their children if they sense the children are in trouble.

In these early trips, always focus on a benevolent intent; this will draw to you only positive entities. Later you may try more negative intents, but in those cases you must always beware of entities that would lead you astray.

To help yourself along, visualize the place you want to go, in as much detail as possible. By “visualize” we mean seeing a picture, hearing the sounds of the place, smelling its scents, feeling its textures, detecting its temperature, feeling the emotions associated with it. Such is complete visualization, engaging all the senses. A golden sunshiny color would naturally help you get to that Pacific-island resort. A photo of the resort would further improve your chances of picturing

yourself on that faraway beach. Recall in addition the texture of the sand, the sound of the surf, perhaps the fragrance of suntan lotion and the relaxed emotional attitude.

If you want to go to a turn-of-the-century beer hall, the sound of a honky-tonk piano, the smell of beer, the feel of sawdust underfoot, a picture of the dark, smoky atmosphere, and the high level of boisterous jollity—all this will help you get there. Now meditate with your urgent necessity at the forefront of your desires. Pretty soon you will be out of the body. Now go! Don't be scared and jump back into your body. You're free! Whee!

In time past, people were not so rushed in daily life. Many men followed the plow and women washed laundry in a tub. That time, when the hands were busy but the mind was free, was ideal for astral journeys. Many an old plowman will admit that some of the erratic furrows he plowed were caused not by physical factors with the plow but by the fact that he was not present when the plow was being pulled. It is just such tasks as these: the repetitive, even boring tasks you can do that will enable you to set your mind free. It is good to choose a relatively worthwhile task such as knitting, weaving, or whittling, for in tasks of this sort you will find a great sense of accomplishment both from the physical work you have done and from the astral understanding you gain.

A friend of ours, new to astral travel, found that he could travel while driving his car. The pastime became both expensive and dangerous: He ended up with tickets for speeding and for dangerous driving when he went off the road in the Arizona desert.

It Need Not Be Dangerous

As we pointed out, the old plowman following his team or the housewife washing the laundry for her large brood did not worry about being possessed. We might say they didn't have time for such things. The fact remains, though, that there are few reports of people doing work of this type encountering psychic problems, and yet they traveled astrally almost every day of their lives. They worked hard at relatively repetitive tasks. Anyone who has sat shelling peas or shucking corn knows well that for hours at a time the mind can travel where it will. In those astral travels you can gain tremendous serenity, for the knowledge you

acquire will bring serenity. Knowing what is going to happen tomorrow or next year will help you understand what is happening to you today. It is easy; anyone can do it safely.

Crafting Hands, Traveling Mind

A good friend of ours, a man of African descent living in Charlotte, North Carolina, makes his living repairing cars damaged in accidents. The task is extremely repetitive, for the smoothing of those deformed fenders may require thousands of hammer blows.

Dell has learned to leave the body while he does his job. Part of the time he does it just because he does not enjoy being in the body feeling the hammer blows vibrate through his frame, but much of the time he employs in traveling to other planes and other times so he can see how he fits into the big picture, how his life is part of a grand scheme. He is thus able to be far more content in a home that to many of us would appear to be substandard. He knows that in his next incarnation he will have the quality possessions that he lacks in this chapter of his growth. He recognizes that this phase of learning, his present identity, will soon be over and that it is only one more learning experience of many that his spirit must accomplish before it goes onward.

Witchcraft Will Protect You

It is true that under certain combinations of circumstances you can occasionally run the risk of troublesome encounters on the astral planes. Most of these cases occur when your spirit is projected by accident, for example, when it is loosened from the body through a physician's use of anesthetic, or when you have consumed so much alcohol that your spirit frees itself, or when an auto accident abruptly shakes the astral half of you free of the physical half.

To give yourself that little extra reassurance, to put up (as we say) some psychic bars, you should use an amulet of protection as Witches do. For centuries people have been brainwashed to fear Witches, yet we have withstood both physical and psychic attacks. Our preknowl-

edge of our life and of the future allows us to avoid and minimize the physical attacks. We ward off psychic attacks with highly developed psychic protective measures. Something as simple as a protective silver ring will adequately serve this purpose. Such amulets can be purchased from most supply houses and should be charged with power by a competent magician or Witch. Then the amulet can be worn on a simple chain around your neck. If you are working in your own home, establishing protection for it is a simple matter. By the way, if you do protect it, you will find yourself sleeping more soundly and less subject to troublesome dreaming.

Here is the easiest way to protect your home or any building: Buy five pounds of large nails from any hardware store. Bend every one of them into two right-angle turns. Around your home, make a complete line of nails on the earth or buried perhaps an inch down, right around the house in a clockwise direction. Barriers of this type have been used since earliest times; we know this through historic references to such metal objects as horseshoes and coffin nails. The arrangement seems to work through its disturbance of the magnetic field around the house. It rearranges the lines of force and prevents any attacking entity from crossing it into your home.

When processed meats and coffees were packaged in metal cans that came with a metal sealing strip, many Witches used those curly sealing strips as psychic barriers. When buried in the earth, the spiral shapes deflected magnetic influence in all directions, scattering it so that it became ineffectual. You can also install talismans in each cardinal direction around your dwelling. Near the front entry of many Jewish homes are protective mezuzahs. All these devices serve exactly the same purpose.

We Get Letters

The ease with which people can leave their bodies is vividly brought home to us via feedback from our students. We regularly receive e-mail and overnight messages from people who have just had their first experience with leaving the body intentionally. The lectures in the School's correspondence courses specifically state that this is the expected result of the instruction, but people still do not think it will

work for them. When they do get out of the body, they go through all the same experiences of fear and excitement that an un instructed seeker would encounter. Our reply to such letters is:

1. Now see whether you can do it again.
2. Next time you get out, go and do something.

You can visit a friend, look in on an acquaintance and see what he is doing, unwind the future a little way, or do whatever else you want. It takes direction, though. As soon as you realize you can travel astrally, before you actually go out, it is sensible to decide specifically where you want to go. Complete your visualization exercise, and go. Aimless wandering and procrastination are not fruitful.

One step you might want to take before you set out from the bedroom is, look down at your new astral body. Have you remembered to put some clothes on it? People new to astral travel often forget this elementary step. If you care about clothing, once you have thought yourself clothed, you can travel to where you wish.

Use Your Powers to Be Your Own Lie Detector

Althea, a homemaker in a suburb of Pittsburgh, had decided that her marriage was falling apart. She was looking around for a new liaison with a view to a future marriage that would be more fulfilling. She had met an attractive commercial artist. They seemed to have much in common, but she was a little distrustful of him. He had many stories of fantastic sales of his work; he vowed he was true to her when his work led to business trips.

Soon after she learned to travel astrally, Althea decided she would visit Larry in his hotel room in Chicago. She found him comfortably *deshabille* with an older, obviously wealthy woman. From what Althea could overhear, this woman was about to make him a substantial loan in furtherance of his career. This single trip—which Althea had intended just as an experiment—showed her the hollowness of the relationship. She took a good look at her husband, whom she had thought so dull, and decided to stay with him.

Pick a Target

When we receive a letter that does not describe the fear syndrome, it is bound to be of the other sort: "I got out of my body! What do I do next?" Our reply is, "Anything you want!" As Althea did, you can visit a friend. You can make yourself very small and go inside a plant, as Marcel Vogel demonstrated to an audience in Phoenix, Arizona, in March 1974. Literally the whole world is available to you, but it is definitely best to direct your thoughts, ideas, and intent before you try to leave the body. Let us say you have, as Jan had, a friend who had been in hospital for several months. Jan made it her business regularly to visit the spirit body of this friend just to make sure that it knew the physical body was gradually healing and that everything would eventually be restored.

Win Your Battles on the Astral Plane

A practical and useful thing you can do when you learn astral travel is to influence decisions that other people will be making. When someone is considering a decision that will affect your future, recommend strongly to him that he sleep on it. This will give you time to visit his astral self and try to influence that all-important decision before it is made. If you know that you will soon be interviewed for a job by Ms. Budge, visit her on the astral plane before the interview; then when you meet in the interview, Ms. Budge will have an immediate affinity for you. She will get that unsettling feeling of "I have met this person before. He is an old friend; I know him!" The getting-to-know-you stage of the interview can then be accomplished rapidly and smoothly. Both of you are at ease quickly, and the interview can proceed rapidly—we hope to a positive conclusion.

Moreover, once you are acquainted with the shape-changing techniques possible on the astral plane, you can visit Ms. Budge as the person who is your rival for that position. In the same way that you made a favorable impression in your own identity, you can negatively influence Ms. Budge in the guise of your competitor. Remember: You can *be* anything and you can *do* anything on the astral plane. Your own thoughts immediately result in changes of shape, attire, time, and place. Those changes happen rapidly, and it may well be prudent to hold a private, low-level rehearsal so that you don't wish yourself all over the place and

get confused. Typically, if you wake up nauseous in the morning as if you had been motion sick, you have probably been doing rapid astral travel randomly to many places in several different guises.

Marty Wins the Lawsuit

Marty is a receptionist in Memphis, the mother of two young children. She got so interested in the occult that her home life deteriorated and her husband initiated divorce proceedings. Halfway through the trial Marty realized that not only was she going to receive no alimony, but she stood a good chance of losing custody of the children she so dearly loved. Desperate, she decided to see whether she could influence the outcome of the hearing with a little astral persuasion.

She directed her first attempt toward the judge in whose chambers they had been meeting. As it turned out, the judge was an experienced astral traveler in his own right. Rather than let Marty coax him into an unwise decision, he convinced her that there was more to life than just dabbling in alternative pursuits. The upshot was that Marty won custody of the children and child-support payments, on the explicit understanding that she must make a proper home for them. She might still pursue her interest in the occult, but she knew that the judge would be checking her performance regularly in his own astral travels and that she must not spend on her occult activity the time that really belonged to the children.

Her experience illustrates that when you meet a more experienced occultist on the astral plane you can still get the outcome you want. The fact that you travel astrally indicates a high level of development.

You, Too, Can Do It

Provided you use the simple methods we describe in this Witch book, you, too, can influence others on the astral plane and can gain knowledge that otherwise would be inaccessible to you. The steps are simple and straightforward.

1. Get out of your body while in the dream-sleep state.
2. Have a definite plan regarding your destination and your activity.

Learning to Possess Another

A possible hazard (though one that occurs less frequently than people suppose) is possession and exorcism. Except among a handful of qualified occultists and Witches, the topic is little understood, more the subject of gasping and hearsay than of factual study, yet with your present knowledge, you are better equipped right now to venture into the area than most lay people. You can travel out and possess another body for a longer or shorter time, according to your purpose. A useful metaphor here is that of the driver and the car. The Hindu holy book, the *Baghavat Gita*, describes each human being as the combination of a driver and a chariot. The chariot is the body, the spirit is the driver, and the reins are wisdom.

Suppose there is someone whom you want to influence, or with whom you want to become better acquainted. Travel astrally, then, to where he is asleep and watch him. You will see his astral self depart from the body on its own affairs. In effect, he has left his body double-parked and idling as he might leave his car double-parked and idling outside a store where he intends to do an errand. This is your chance. Slip into that idling body and run it around for a little while.

How does it feel to be that most dread of all spirits, a “possessing entity”? You have just qualified. Not only can you run his body around—drive his car—but you can seize this matchless opportunity to learn how he thinks and what makes him tick. When you have learned what you need to know, lay the body carefully down again—park the borrowed car without damaging it—and return to your own garage where your own idling car awaits you.

Two thoughts should immediately occur to you. One is the importance of psychic safeguards around your own body; the other is the fact that the possessor has some options. Regarding safeguards, you can now understand the importance of such things as mirror-spells and protective amulets. Regarding choices, consider this: Having once gotten behind the wheel of that idling car, you may either choose to give the car back to its rightful owner or you may not. Because you have your own proper living body to return to, you will doubtless yield the possessed body to its rightful inhabitant. Possessions that get the headlines are those wherein a “dead” person inhabits the body of a “living” one and refuses to yield it to its owner.

When hard-drinking, pill-dropping, profane, whoring, unwashed motorcycle bum Scotty is dragged to a charismatic church and "receives the holy ghost," what has really happened? His body is possessed by the spirit of some dead person, a person more conventional than Scotty. No wonder Scotty abruptly becomes supervirtuous, gasping to all and sundry how Jesus got him just in time. The real Scotty has been partially evicted and has been replaced by another spirit who (correctly or incorrectly) believes he can do a better job of living Scotty's life than Scotty was doing. The body now has two spirits who believe they own it, and Scotty's behavior will become erratic as it reflects the power struggle waged for his identity. We have seen this type of behavior in veterans who have been possessed on the battlefield by the spirit of their dead enemy.

Ethically, such possessing spirits should be exorcised. Trained Witches and Catholic priests have the skill to do the work.

The Ultimate Empathy

In 1962 Brian, a young stockbroker in Omaha, could not understand his boss, a very conservative older man. Brian always thought Mr. C. was just another stodgy old stick-in-the-mud, especially when Mr. C. vetoed many of Brian's bolder suggestions on customers' portfolios. Getting nowhere fast in his career, Brian decided in desperation to see whether he could find out what really made Mr. C. behave that way, by spending some time in the older man's body. Being actually inside a person lets you understand him completely, lets you establish a rapport and an empathy that are unsurpassed.

Brian spent several quiet evenings in practice and then managed to get into Mr. C.'s body. He found that the motivating factor was a dread lest the market go down again as it had done in the terrible crash of October 1929. Mr. C. had been the lowest mailboy in the firm on that black day, and the memory had remained vivid.

Now Brian could see all the signs as Mr. C. saw them. He could relive the horror Mr. C. had felt when associates had leaped from windows in 1929. He could understand clearly why Mr. C.'s decisions formed the pattern they did. Any instability in the market triggered Mr. C.'s painful memories; thus Mr. C. always wanted his juniors to

choose safe investments even if they did not bring clients gains of multiple millions of dollars. Better safe than sorry, he figured.

With this new understanding, Brian steered his clients away from showy, fast-moving volatile stocks into safer investments in time to save several families from disaster. Because he has had enough intelligence to apply his vicariously gained wisdom in the best way possible, Brian is now a successful junior vice president of the firm.

Sometimes young married couples want to experience the actual feelings of their partners. "Why on earth does she always criticize me when I drink a simple beer?" was the question that Abe asked about his bride. They agreed to attempt an exchange of bodies for a time; their effort was successful. By possessing each other's bodies for even a brief moment, they understood each other so much better that questions in Abe's mind about (for instance) why Beth criticized his beer drinking never needed to be asked aloud. For her part, Beth could accept his need for the occasional relaxing drink and could be a more supportive partner.

You, Too, Can Safely Possess Another

As with any other form of out-of-body travel, possession is a simple trick that you can do. Sitting at home quietly relaxing, you can get out and influence world events. All you have to do is to be patient and practice astral travel until you are skilled at it. Then you can go naturally to the next step, that of waiting by the bedside of the person you wish to influence until her astral body leaves. You can then quickly and easily possess her body. You can do it just to understand her better; or you can improve her understanding of your ideas.

Your travel can take you into the past. You can go back in time and converse with Lincoln, for instance, or with Churchill, and get at the real truth of history. It is easy and safe, and you can do it.

11

Witchcraft Power Can Make You Rich in a Ghetto

It is increasingly difficult to make ends meet these days, whether you live in a ghetto or a \$150,000 townhouse. The combination of inflation, rising expectations, and taxes makes life a one-way battle just to keep even. In Chapter 12 we suggest ways of using your magic Witchcraft power to gain magically all those things you have wanted, to gain that briefcase full of currency so beloved of television scriptwriters. In this chapter we discuss those obvious, basic, even boring things that you may have overlooked, the thousand and one slow steps to financial security.

Much of our advice will sound threadbare and old-fashioned. You have heard it repeated a million times, and for a good reason: It is still good advice. It is basically solid, sound, square, and established. If it does not fit your life, you are free to skim rapidly through this chapter and go on to the next one. Most of the reasons for your present feeling of financial insecurity are probably mentioned in this chapter.

The gods help those who help themselves, so we consider it basic for you to go out there and get your life in order; to earn the basic seed money that will get you those sheaves of stocks and cupfuls of diamonds.

Whenever you think of money, *attitude* is vitally important. No matter how poor your living quarters or how lowly your status, there are others who are far worse off than you. Though your status may be low, it is probably their dream of paradise. When you beg for alms on the streets of Calcutta and have no roof to return to at day's end, a five-dollar bill is wealth indeed.

It is all in your attitude, your state of mind. Make this affirmation:

With Witchcraft I can be secure and happy.

Now read on, and get your financial house in order.

How Much Money Do You Need?

How many real dollars did you put into your savings account last year? Following closely on that awkward question is this one: Do you have a higher income today than ever before, and yet still feel pinched? Do you know where your money goes?

We are not suggesting that you save for the sake of clenching coins to your bosom as poor Silas Marner did. Our purpose here is to offer some suggestions pointing the path to serenity. Some households place high value on eating luxury foods; others are content with more frugal fare. Some like to dwell in an apartment; others like a house. Witches don't urge slavish acceptance of the dogma of one-fourth of income (or any other arbitrary proportion) for housing. The important thing is to have a comfortable nest egg for the proverbial rainy day; to live within your income, whatever level it is; and to make sure you derive the maximum benefit from what you have earned.

Another relevant question to ask yourself is whether you have the time, space, and inclination to work at an additional job, the practice called moonlighting. Many guidebooks are available describing small home businesses that you can start; they range from such simple functions as making rubber stamps through more esoteric activities such as the casting of horoscopes for clients or working on the World Wide Web.

Andrew Carnegie and the Rabbits

The name Carnegie is synonymous with wealth. Millionaire Andrew Carnegie got his wealth by taking advantage of a simple fact of human nature: namely, that people are egotistical. When Andrew was very young, he started to raise rabbits. He found that he did not have time to look after all the rabbits himself, so he arranged with various young friends and acquaintances that each one would tend one rabbit for him. In return he would name the selected rabbit after its caretaker.

The friends were most flattered to do this for him, and Carnegie's rabbits grew in number as rabbits will, until he was able to sell out his enterprise at a tidy profit. The rest is history.

The Carnegies are indeed famous; but Joel, a real estate salesman in Waynesville, Indiana, is not. Of course, he does not actually make most of his income in real estate. He makes it in restoring old cars. As he travels around showing properties listed for sale, he sees many old automobiles, most of which belong to quite elderly people. The owners are happy to have him tow the cars off their property. Because his office is in his home, he can repair and customize the cars in his garage while he awaits calls on real estate transactions. The car business earns him about a thousand dollars a month in extra income. It is simple, straightforward, and something you could do. There is no trick to additional income that could readily become available to you.

It is important, of course, to understand what is happening to your present cash inflow and outflow and to have a clear picture of where you are now. Before embarking on a journey, it is rational to identify the spot on the map at which you are standing.

<i>Expense</i>	<i>Cost/Month</i>
Insurance (pro-rate annual premiums monthly)	
Appliances and furniture, including maintenance and warranties	
Personal, including pocket money. Grooming	
Hobbies	
Gifts and entertainment (cable TV)	
Medical, dental, optical	
Clothing: laundry and dry cleaning, replacement items	
Food: at home, and dining out (include tips)	
Car: gasoline, oil, maintenance, insurance, parking	
Utilities: electricity, gas, water, telephone, trash pickup	
Pets	
Interest on credit-card accounts	
Mortgage or rent: taxes, maintenance expenses	
1. Total	
2. Savings	
3. Take-home pay (monthly)	

You Have Great Assets

Let us get down to cases. Calculate the exact number of green dollars that you get to bring home with you on payday. Don't wait till the weekend to start figuring: Do it now! Get out your checkbook; dust off your memory. Fill in the preceding table. Have you been afraid to see where it all goes? Just this once, get it all out into the open and see what is really happening.

Add lines 1 and 2 to get a total. That figure should nearly equal the amount on line 3. If it does not, there is an unidentified leak somewhere. Until you find that leak, you will be chronically without money and continually wondering what happened.

Now as the second step, list your total assets. What do you really own? What is its fair market value today? Could you turn it into cash? Last and most important, how badly do you really need all that Stuff for your own comfort? Would it be better to convert some of the Stuff into cash to put into another business or investment that would actively work for you? If you give the Stuff to charity, you will get one last good out of it—you can call it a charitable donation and deduct its value from your income-tax return. Get a receipt. Another advantage of getting rid of Stuff is that you may actually be able to move into a smaller living space. Stuff takes up room.

Now for the hard part of this step: List your debts.

Live the Way You Want

An Italian expression, *bella figura*, literally means "the good figure" or "the good front." Many Italians, like many Americans, can afford only a rather limited wardrobe, but the Italians are most scrupulous to maintain their wardrobe in excellent condition. A woman may have only two sets of separates and a coat; a man one good suit and a couple of sport jackets and pairs of slacks. Yet they mix and match with these very few clothes in such a way that you can be completely fooled for some time as to the real extent of their wardrobe.

A wardrobe of this sort, carefully thought through and prudently purchased, can get you into the best places; it will allow you to sit in a bar (if that is your wish) far longer than the poorly dressed man who is drinking and spending far more freely than you are.

She would take her fur, then, to a rather famous ski lodge in the mountains, where she would in fact spend Friday and Saturday nights. Bright and early Monday morning she would be back at the furrier's, telling them she had finally decided with inexpressible regret she could not keep the fur. If the store raised any objections, she left the coat and stopped payment on her check.

The fur she carried, her *bella figura* fur, was her entry to the elite ski lodge that was her hunting ground. After using this strategy several times, Claudine did indeed meet that certain someone whom she had hoped all the time to meet. Now at last she could own some of the furs that she had earlier held in temporary custody.

You Can't Afford a Nonreturn Indulgence

By being reasonably careful for the next few years, you can achieve peace of mind and freedom from money worries for the rest of your life. For example, do you really have to have an Acura today? Why not go halfway and own a Honda? Must you sit in the \$50 seats, or will the music sound just as good in the \$6 section? This is not to say that you should become so miserly that life loses its savor. Set realistic targets that are easily achievable. If you find after a few months that you have set your goals too low, you can always ratchet them upward. Is it really impossible to save \$20 a month? If you can save \$20 a month, try for \$25 a month in the next fiscal quarter; then think of the best place to invest that money.

Every time you achieve a goal, reward yourself with a treat. That will be your break from the self-discipline and a way of letting off steam from the daily grind. Select your treat carefully; don't do something wildly extravagant that will bump you back to square one, erasing all your self-denial.

Make even your pleasures contribute toward your goals. Our friend Ben loved vintage cars; in fact he had managed to buy one and over several months had brought it to a gleaming condition. This was no wasteful self-indulgence, though, for through the vintage car clubs he joined he rubbed shoulders with big money and wealthy people. He was on his way up.

If all this sounds like careful—in fact cold-blooded—planning, or sneaky two-faced behavior, well, maybe it is; but how fond are you of

poverty? Do you have that proverbial rich uncle who will leave you an inheritance, or are you alone the one who ensures your future comfort? Reflect: With work and thought for a few years, you will be able to live literally like a millionaire for the rest of your life. During this time of planning and self-discipline, there are pleasures to be savored along the way. It may help if you think of all this as a military campaign. Lay out your strategy, be your own espionage agent, wear disguises, as Claudine did. It can be a challenge and a thrill.

Dam the Flow

Despite your income level, you may feel poor in paradise. Perhaps you feel that way because you are carrying all sorts of loans for material items that, though pleasurable, are not really essential. Why don't you return that entertainment center to the store and get rid of that heavy loan? Is it really worth the painful monthly payment to play an occasional record? The records themselves are a further drain on your finances. Wouldn't it be simpler and less expensive to use a good FM radio? How much are you paying each month on that new sport-utility vehicle? How badly do you really need it? Might it not be more rational to run Old Faithful a few years longer and to turn this year's Razzle Dazzle back in to the dealer? Truth-in-lending laws have turned a glaring spotlight on the practice of credit-card buying. Why do you suppose so many firms offer credit cards? Is their motive altruistic? The answer should be obvious: Those cards are a gold mine for the banks and the stores that use them. The ultimate source of the gold is—guess where?—in your pocket. How about turning in all your credit cards except one to be carried for emergencies, not for recreational shopping?

Sorcery in Financing

There is a magic word every bit as effective as the traditional "abracadabra." That word is "interest." Consider the subject for a moment. As financial matters are currently conducted in the United States, interest payments flow in two directions. Interest can flow (1) from you, or (2) to you. Young people just out of school, perhaps beginning

their first full-time job after a series of summer employments, tend to buy many things on credit. This means that they are paying interest on several time purchases, and some of those purchases are probably big-ticket items. Interest is flowing outward. Older people, or people who have caught on to the concept of the magic word "interest" have eliminated those time payments from their budget. They have conserved their real cash and have put it into places that will ensure the interest flows toward them. "Interest" is a magic word indeed. When you write all those checks each month and send them out, how much of the money pays off principle? How much goes toward interest? What is the actual total figure in real dollars that you pay in outward interest every month? What does that accumulate to, in this calendar year alone? What would happen if you were to arrange your affairs so that the interest outflow were to stop and if you shuffled things around so that interest began to come in?

Credit-card, car-loan, and other similar "short-term" money is usually at very high interest rates. You may find that you can drastically reduce the outgoing interest if you take a second mortgage and pay off all the short-term loans. Some friends of ours, Renata and John, found that they could actually build a sunroom on the back of their home and still pay considerably less per month when they consolidated their debts and took out a construction second mortgage.

Eunice Dribbled Away Her Fortune

Eunice, an English widow, not only received a fairly good income from her late husband's estate, but was fortunate enough to win almost \$100,000 on the British football pools. Yet in less than three years she was having to exist on a government pension. Worse, she had no idea where her money had gone. Of course, she had some great memories, but she had made no plan. She had given no thought to her future, assuming "there would always be enough."

Especially after the loss of a mate, there is a tendency for older individuals to feel that they should spend their money instead of conserving it, because life would not last that much longer. With the Witchcraft health tips we covered in Chapter 5, though, at sixty you can look forward to another thirty or forty years. If you are wise, you will include those bonus years in any long-term plans you make for financial security.

Lonnie was a retiree in Florida, living on a moderate pension from one of the Big Three automakers. In his youth as a midwestern farm boy, he had learned at his grandfather's knee to carve wood into beautiful objects. He found that the large retiree population of St. Petersburg included many people who had similar skills. From his travels he knew, too, that areas such as French Canada were very keen on hand-carved novelties, puzzles, and trinkets of all sorts.

Lonnie found a mail-order firm that was eager to buy up all the items he wanted to design and create. He talked to the men who met daily to sit in the sun and whittle; he enlisted those who were willing to work to order and paid them by the piece. For them this meant that, even without tight deadlines, they could supplement their pensions to buy the little luxuries not covered by regular income.

Five Arcane Steps to Financial Security

The road to financial security has been known since the time of pre-history's earliest bartering. Charles Dickens expressed it this way in advising the young David Copperfield:

*Income 19 shillings sixpence, outgo 20 shillings, utter misery.
Income 20 shillings, outgo 19 shillings sixpence, joy and happiness.*

The advice is quite as relevant today as it was in the nineteenth century. Maybe Dickens had been reading Shakespeare's words from Polonius to Laertes,

Neither a borrower nor a lender be . . .

in this case referring to loans between personal friends. The idea has lost no relevance, despite its first articulation in the reign of Elizabeth I. If you lend money to friends, you can expect disaster. If your outgo is larger than your income, you are opening the door to misfortune. If you are totally dependent on a job that hangs on the whim of your employer, you are running great risks. To gain even the flimsiest of financial security, the minimum that you should have in a touch-me-not certificate of deposit (CD) is the equivalent of three months' take-home pay. Any less, and you live in daily dread of losing your job. You cannot avoid bending to the boss's will, even though it frustrates and irritates you.

Once that base of three months' pay is secure and out of reach in its sacrosanct CD, then you may think of that new living-room couch or that foreign vacation—not before. Though you long to travel abroad, look around nearer home. You can find interesting things to do and places to go in your own locality. Though repairs to the old couch don't exactly make you feel a sense of prestige, they're a lot cheaper than a new version from downtown. Prestige you can get from that blossoming sum in your bankbook.

To summarize the five ancient arcane steps that have been known so long:

1. Define your present position.
2. Sell or otherwise get rid of the Stuff you don't need.
3. Establish a budget that includes a savings plan.
4. Don't buy on time (throw away all but one credit card).
5. Allow for an indulgence or two, but make them pay for themselves.

You Can't Afford Anything but the Best

It is difficult to be arbitrary about the number of changes of apparel that you really need; however, we know a cosmetologist who wears a white coat all day yet feels that under it she has to wear a different outfit every day. Such extravagance lies at one end of the spectrum. The young typist starting out in industry may have so many outfits that she can change every day, yet each of them screams, "Cheap!" This girl is unlikely to attract the eye of the executive recruiter; she is defeating her own purpose. The recruiter, usually a woman, hopes to find someone who combines high intelligence with taste. So the secretary who wants to rise will cultivate the simple, understated, elegant look that whispers, "Old money."

With this rule of thumb in mind, you can work your personal magic so that it shines through to be seen by those around you. The same people who would be put off by the gaudy plumage of a typist on the make will sense quiet good taste in your fewer but higher-quality

selections. A tailored skirt or suit that really fits you, rather than just hanging, is an excellent investment.

On this same subject, you can also fritter away valuable dollars on those weekly trips to the hairdresser. A simple, straightforward, efficient-looking hairdo is one that your prospective boss will approve more quickly than she would a perishable bouffant architecture composed of tangles, chemicals, and varnish. Why? Well, every executive we have ever worked with knows full well that the woman who is so obsessed about her coiffure makes a poor showing with regard to matters such as seeing that the boss makes it to the airport on time for that outgoing flight.

Women's styles and fads come and go. Every time they change, the merchandisers rub their hands as the money rolls in. One current style that is exceptionally counterproductive to success in office work is those elongated, elaborate fantasy nails and their glittering adornments. In the mind of an employer such nails equate to poor performance in typing, collating, and all the other handwork that offices imply. Anything that threatens those nails is not going to receive the workmanship the boss is paying for, and he knows it. He didn't get to his current position by being stupid.

Men working in the office environment will naturally find that good suits are essential. Suit coats get comparatively little wear in relation to the trousers; so with each suit you buy, get not just one extra pair of pants but three. Then when you have two such basic suits for work and one for evening, you are more than adequately equipped. Since you are going to put a lot of wear into these clothes, you really can't afford to buy anything that is going to look droopy after its first cleaning. You must buy quality attire that you know will not wilt.

You should regard it as such and should brace yourself for a substantial outlay of cash in creating your *bella figura*. In most larger cities there are still small tailor shops that do handcrafted work of this type but are competitive in price. Perhaps it was just such a tailor who uttered the immortal line, "You gets what you pays for."

Male and female executives wear thousand-dollar suits. They know what such suits look like and are not deceived by flashy attire. When you decide what position you want, you will plan to dress for that position. Never make the mistake of dressing appropriately for the job you currently hold.

This rule applies not only to your wardrobe; it applies to everything you buy. We use clothing as an example because it is the area in which more people seem to err than in any other. Think about the implements you use at work. When you are doing a job, whether it is your full-time employment or your moonlighting task, buying quality tools and equipment pays off. The difference between woodworking done with cheap tools and that done with quality tools is readily perceptible even to an unskilled observer. The time you spend in sharpening tools that should have stayed sharp is a tremendous waste—and time is money.

When you start fitting out your home, we encourage you to find and salvage older furniture. It may give a campy look to your rooms, but such a look never goes out of fashion. With this approach, you know that your style and furniture will endure. You can furnish your dwelling far more economically than the glossy magazines would have you believe. By attending auctions, going to yard sales, and checking the showrooms where moving and storage companies sell off their unclaimed and estate furniture, you can acquire quality furnishings.

Shop with discretion; remind yourself that there is no deadline; play the salvage game. When the boss's wife sees your loveseat or other prized piece, she will immediately recognize the taste you have displayed in choosing it.

Walt and His Tools

Walt, an advertising manager for a San Diego airframe manufacturer, had always enjoyed working with wood. His West Coast location meant that exotic woods were available to him; through comparing, selecting, and handling such woods he became an expert, though an unpaid one. Of these unusual woods he made such things as bookshelves and tables, as well as the usual range of knick-knacks that proliferate from the workshop of a hobbyist. When he was laid off in the great aerospace cutbacks several years ago, he joined all his associates in writing resumes and attempting to get another job in advertising.

Well before his savings were exhausted, he used his pendulum to explore various possibilities. Despite his years of woodworking, he felt surprise when the pendulum told him that he had all the skills

and equipment needed to earn an adequate income through his hobby. Because he had been forced to sell some of his more expensive and less-used tools, Walt began his career on a small scale. His first product was a selection of birdhouses to be sold in Silverado Canyon, to tourists who flocked there to see hummingbirds in the famous sanctuary.

Soon Walt was able to hire a young man on weekends to do the selling for him, and to his delight he found that production was falling behind orders received. An analysis of the reasons for this imbalance revealed that he spent a lot of time doing such tasks as sharpening saw blades.

Walt sought the advice of a longtime friend, Clint, a manufacturer of kitchen cabinets. He asked Clint how he got around this time-wasting maintenance of equipment. Walt learned that whereas he had been paying less than \$10 a blade, Clint happily paid \$100 per blade and ended up with blades that were virtually indestructible. Incredulous, Walt went back to his trusty pendulum and asked it whether investing in the more expensive blades was worth his while. Getting a positive response on the saw blades, he asked it about other tools that seemed to take an unreasonable amount of maintenance time. In every case the pendulum told him to invest in the more expensive equipment.

It also suggested, almost as an aside, that he think about designing knock-down kits for various pleasantries such as Victorian dollhouses, wooden soldiers, large-scale carousel horses, custom doghouses, cases for grandfather clocks, and other such nonstandard products. By slowly purchasing more expensive tools, Walt found that he could make considerable savings in production time. These time savings meant that he could more adequately plan his marketing strategy. He drew on the knowledge gained in his earlier career as an advertising executive and put it all to good advantage. Walt also found that his investment in quality equipment paid off handsomely when he employed people in his garage workshop to help him on some of the more simple and repetitive tasks. Especially in the roughing-out stages, when an expensive blade got amateur treatment, Walt was not forced into a time-wasting stop for resharpening. When custom shaping had to be done, the commercial multihead shaper would still perform even in relatively unskilled hands.

Walt's garage hobby has now grown to a business with ten full-time employees. He has moved from southern California with its high labor costs into coastal Oregon. His designs are now far more sophisticated than the simple birdhouses he started with, but he will tell you any day that the turning point on his road to success was the day Clint told him to buy better-quality equipment.

Use Your Time to Advantage

In every activity, time is money. You cannot afford to buy clothing that will have to be replaced next month. Such purchases cost you in two ways: not just the obvious outlay for the garments themselves, but your cost in time for going out, surveying available items, and making a selection. Some time when you have the opportunity, ask a farmer to tell you about his investment in tools and equipment. The other day a Missouri man farming 200 acres surprised me by saying that he has three tractors. My surprise was occasioned by my prior knowledge of what kind of money it takes to buy even one tractor.

This man felt that the time it took to change pieces of equipment on a single tractor was worth more to him than he would spend purchasing additional tractors so that he could leave equipment permanently attached to one machine.

In his woodworking business, Walt not only purchased quality tools, but also found that, for instance, he needed more than one bench saw because in the long run the time taken to change the blades for different cuts meant far more in money to him than the few hundred dollars' investment in the additional machinery.

Your time is valuable. It is the one asset you have that is most generally wasted. People are so insistent on leisure and on nonproductive entertainment activities that it is amazing that America's gross national product ever increases at all. Why do you spend three hours of a perfectly good evening watching TV? Why must you go to the beach this weekend? You may respond, "I have to relax from my high-pressure job." Couldn't you just as thoroughly relax in sewing a new garment, restoring an antique automobile, planting a garden, or working at any of a million-and-one productive hobby-style tasks? These are the leisure-time activities that can bring you perhaps not immedi-

ate income but at least a tremendous lessening of the outflow of cash, and in addition can produce for you items that you would otherwise have to purchase.

Make these hobbies or spare-time activities as relaxing and stress-free as you can. Gardening is especially rewarding, and the taste of toxin-free vegetables just harvested is reward enough in itself.

Real Estate Is Big Money

When it comes to the application of your magic Witchcraft power, real estate is a field in which you can strike it rich. Lay out a map of your city. Ask your pendulum which areas will next become fashionable. Many people are turning away from the jerry-built, gimmicky houses of suburban developments, returning instead to downtown areas where older homes are more substantially built, where commuting to work often takes only minutes instead of hours. Gentrification has become extremely popular nationwide.

In some areas you can buy houses to be rehabbed from the local office of a government agency, provided only that you commit to rehab them. Your down payment may be infinitesimal compared to that for a "normal" residence.

When you have identified the area of the city that will soon be fashionable, tour it. With any luck you will find elderly people who are ready to sell and more than willing to take the sizable second mortgage that will mean more ongoing income for their retirement.

You are looking for a house that has built-in possibilities. This might take the form of an unfinished basement or attic, or a house that lacks a carport or garage, or one that has a very outdated kitchen. You are also looking for one that needs paint. By finishing the basement or putting in a new kitchen, and by smartening up the exterior and the yard, in a very short time you can add thousands of dollars to the market value of the property.

When you apply for a loan, though, you should tell the banker you plan to live in this, your lifelong dream home. What you will do, in fact, is camp out in the house. Then, within a couple of months, spending every evening hour and every weekend on it, you can have it looking like a million dollars.

It is vital to use your magic Witchcraft power to select the right area of the city and the right house within that area. Don't be afraid to use real-estate people for all they are worth. Avail yourself of all their knowledge in making your decision, whether or not you use them in your final purchase.

Dexter Is Working on His Seventh House

Dexter retired from his Canadian career in construction work to live with his son in Boulder City, Arizona. He built a bedroom-and-bath wing on the rear of Colin's home and settled in to enjoy his retirement. But his cozy world collapsed when Colin was killed in a highway accident. Dexter found himself with his pension plus a couple of hundred dollars in the bank and literally no place to live, because Colin's home had to be sold in settling the estate.

Consulting his pendulum, Dexter purchased from a Boulder City bank a repossessed home that had grossly deteriorated in the six months of its vacancy. Its sun-bleached paint combined with the dead lawn and shrubbery to make a miserable spectacle on an otherwise pleasant street. Dexter's down payment on the derelict was a total of \$250.

His first task was to get water flowing back onto those plants in the garden, so that what had been apparently dead zoysia grass became suddenly green again. This one move alone added hundreds of dollars to the value of the property. In less than a month Dexter (who, remember, was in his seventies) had gotten the house painted inside and out, the windows reglazed, and the carpets cleaned. He got his paint at bargain prices by buying at fire-disposal sales; keeping his color scheme a single pale neutral throughout, he spray-painted the entire interior of the house in less than two days.

Three months later, Dexter sold the house. He had a total of over \$2,000 profit, or almost \$200 a week for the time and effort he had invested. In this calculation he included all interest he had paid the bank as well as all his costs in utilities. He had lived rent-free as well as making a substantial income.

Dexter enjoyed his one-man house-salvaging campaign so much that he has adopted it as a way of life. He has no difficulty in finding

suitable houses for sale. He lives rent-free, is doing what he likes to do, and is making a good income doing it. At last account, Dexter is seventy-eight years old and working on his seventh house while he turns over in his mind the relative attractions of several eager widowed ladies.

Your City Needs You

Dexter's experience is not unique. We are ourselves on our third house-salvage operation in five years. Every city has an abundance of these homes that are crying out for restoration and salvage. In rural districts, too, you can readily find abandoned properties with structurally sound buildings that can be profitably improved.

Real-estate salespeople have a reputation for being quick to take advantage of an unsuspecting client, but you are not an unsuspecting client. With your powers, you have selected the most likely areas in the city; you know precisely what you want and why you want it. You are in a position to use to your own advantage the salesman's high motivation to sell. He wants to sell because a sale will bring him a welcome commission. This is especially true of the smaller agencies who often are only a one-person operation. Perhaps they make 5 or 6 percent on a single sale, and that's their total income for a month. Use them: They are in the business and know the area.

Make it your business to choose a single-person operation, not a large realty firm with many salespeople. For at the point of closing the deal, you can get the chance to try for another substantial reduction in sales price by offering to close the deal if the salesperson will split her commission with you. In this way our friend Dexter once managed to buy a house and be paid \$100 into the bargain. The realtor had arranged the loans to include her full commission, and at the last moment Dexter came in with his suggestion of splitting the commission.

You are not the normal home purchaser, buying the rose-covered cottage of your dreams. You have not fallen in love with the house or the neighborhood, nor are you infatuated with a cute bathroom or paneled bar. You can be choosy—really choosy. I will wager that within a couple of weeks of looking, you can find six or seven homes in your immediate area on which you could make several thou-

sand dollars in profit for the investment of two or three months' worth of spare time and work.

Junk Is Big Money

Some time ago I visited a local sale barn in our rural area. I was amazed at the off-guard conversations of the locals as they wandered by holding their carefully colored blue-glass Mason jars, brand-new antique hay knives from China, and other such pieces of rural memorabilia that tourists fight for a chance to buy. Every weekend, all summer long, you can be sure that within a hundred miles of where you sit today, several genuine farm auctions are going on. Read the local country newspapers of these farm areas to see where the auctions are. In such auctions, among all the genuine junk, you will find hundreds of items that your local urban craft or antique store would gladly pay you big money for. Old iron wheels, the metal seats off nineteenth-century farm vehicles, cream separators and milk churns, those infamous blue Mason jars (genuine ones, not those that have been specially tinted), the insulators from power lines, even ancient barbed wire that no one at a farm auction wants to bother with. Almost anything can net you big money in the city antique market.

Opal and the Auction Circuit

Opal is a retired postal worker living in Los Angeles who spends summers most pleasantly in visits to her friends in Missouri and Kentucky. With the market information she brings on these summer expeditions, she has many of her friends now educated at spotting bargains. It is profitable entertainment for these people to visit the Saturday afternoon auctions in the countryside. That junk that the local farmers don't want—that ancient kitchen cabinet painted a moldy green, that threadbare quilt—are pure profit to these people who would faint at the appellation "junk baron." For nickels and dimes, they acquire the raw materials of their enterprise. They apply cleaning solvent here, paint remover there, a needle and thread somewhere else. Off to the coast goes Opal, trying not to gloat. She pays for her summer's travel with the proceeds from her houseful of treasures. For her and her friends, it is an amusing hobby; for you it could be a full-time business.

Buy Junk and Sell Antiques

Your success in this line of work will turn on your ability to recognize worthwhile purchases. Is that cast-iron holder for wooden matches worth 15 cents? If it is, paying \$3.50 for it would be unwise; but if you invest 15 cents and then clean up the holder so that it is worth \$5 to the antique dealer in the city, you have done a shrewd thing.

The most efficient way to get information on good investments is to chat with your antique dealer. Find out what he or she wants to buy. Genuine memorabilia are getting scarcer, and the dealer is always looking for new sources of authentic material. Yes, you will make a few mistakes. Go to the auctions with a definite financial limit in mind, perhaps \$150 a week. You will be happily surprised at the speed with which you learn to recognize those items that will repay your investment in money and labor. A can of black spray paint, combined with a good stiff wire brush, will work wonders with that rusted derelict old woodstove. Trivets can be made from almost any piece of scrap or cast iron. Washing, brushing, and spray-painting can convert a dime to a dollar in literally minutes.

Beware, though: Some antiques lose their value if you clean them. Before you clean or repair a piece, know what you are doing to its likely value.

Friends of ours in Jefferson City are candid about their business. The sign on their van reads, "We buy junk and sell antiques." People may smile when they read it, but these two young people make a healthy living by doing exactly what that sign says.

Opportunities Unlimited

You have skills today that, if put to use, can give you extra income. Judicious use of magic Witchcraft power and of the methods we have outlined will help you decide which skills will work best for you and will harvest the best income. Thousands of books are available to tell you how to start small businesses, but most of the books do not tell you how to find that opportunity that best fits your qualifications; nor do they tell you how to take advantage of the orthodox business attitudes of people with whom you will be working. The real-estate salesman does not expect you to take advantage of him. He is accustomed to having it the other way around. Use your skills and enlist your esoteric

knowledge to aid and enhance those skills. You will succeed in getting away from the eight-to-five grind.

Graham Heeds His Guide

Graham, an Australian farmer whom we have never met save through our letters, took a course of esoteric study from us through the School. In communication with the newly dead, he began getting what he considered to be most puzzling guidance. His contacts insisted that he should become an art dealer rather than a farmer. Graham lived close to an aborigine settlement in Queensland; on our advice he visited it. He found that this group of aborigines had kept alive their traditional art form, which consisted of painting animals, hunters, deities, boats, and trees on bark. Consulting closely with his guide, Graham decided to buy some of these paintings and on his next trip to Brisbane to see whether there was a market for such artifacts.

To his delighted amazement, he got a most enthusiastic "Yes!" from the art director of one of Brisbane's most elegant department stores. Enraptured, the art director, Trevor, demanded that Graham leave the entire lot with him that day. From that single transaction Graham made enough money to pay for his three-day trip to Brisbane. To his further surprise, the following week Trevor turned up at the isolated farm. During his brief stay and their trip to the aborigine settlement, the two men discovered many areas of common interest. Not least among these was their mutual desire to improve living conditions on the settlement that was the source of their bark paintings. Working together, they surveyed the available aboriginal products. On his return to town, Trevor made quiet inquiries into their marketability. He learned that demand was strong for the original hand paintings and that there was a lively demand as well for lower-priced copies of the genuine article from shops that catered to the tourist trade.

Graham and Trevor now have a thriving dealership going. Graham the outdoorsman sold his less profitable farm long ago and now travels around the country, selling in many cities. Trevor supervises their shop. As well as the bark paintings, it also offers aboriginal products of wood, stone, ceramic, and leather—beautiful objects not off any assembly line. Half the proceeds from each transaction go to the aboriginal settlement to be administered by a council of elders for the benefit of the tribe.

The men and women who create these authentic artworks have not heard of Graham's guide. All they know is that with the new self-respect they feel and their new source of income, they and their families are benefiting in ways undreamed of five years ago. Alcoholism has decreased sharply; housing is gradually improving; there is a purpose to their days; their heritage will not be swallowed up in twentieth-century plastic.

Do You Sincerely Want to Be Rich?

Graham and Trevor are making good incomes by Australian standards. They are enjoying life while they get ahead, but they are not striving for millionaire status. Before you set out on your chosen project, you need to decide realistically whether you are willing to work hard enough to become wealthy. Will you gladly and sincerely give up those hours of watching TV or of lazing on the beach, or will such trade-offs lead you to feel an enduring bitterness and resentment?

You know yourself better than we do, and your guides know you perhaps even better than you know yourself. Before you embark on one of these endeavors, ask the guides whether you will carry it through. You may have yourself convinced that you have sufficient intestinal fortitude, enough persistence and self-discipline to do it, but that's what your conscious mind is saying. What about that lower level of consciousness? Will it trick you?

Question your guide closely. Employ your magic Witchcraft power to assure yourself before you start that your chosen project is within your capabilities. Don't burn your bridges behind you in the enthusiasm of the moment. Consider whether you want infinite wealth or can be content with a comfortable income. If you work your way up to a millionaire's lifestyle, can you handle its associated responsibilities?

Your guide may surprise you by advising strongly against such a dramatic change in your path. He may suggest that you take one step at a time. If you want to change your lifestyle, however, you can certainly do it. It is not difficult so long as the ultimate goal overtowers the day-to-day slogging. Opportunities are unlimited, especially to those who are willing to take the unorthodox approach and to step on a few toes on their way to the bank.

12

Your Own Witchcraft Money Magnet

Money Loves Money

Without money, today's world could not exist. The price tags on goods and services indicate the value we place on our goods and our labor. In the stone age, and still today in farming communities, people can barter crops and products between neighbors. In our little village a dozen eggs can get you ten pounds of potatoes. Money as a simple fact is not evil, although it can buy evil things and evil deeds. Having more money than your neighbor does not mean that you are an evil person; on the contrary, the neighbor's underlying emotion may well be not reproach but envy. If you labor for money, you are entitled to enjoy that money. In this chapter we show you how to labor for money magically instead of physically. The result will be more money—which is a positive and a good thing.

You have heard people lament the way “the rich get rich and the poor get poorer.” You have probably wondered why the hotel gives the VIP free champagne and a bowl of fruit in his room, whereas the ordinary guest pays hard cash for those same pleasures.

There seems to be an esoteric law working here. That law is the one we Witches call the Law of Attraction, sometimes expressed as “Birds of a feather flock together.” Similar things have an affinity for one another. This law works with inanimate objects just as surely as it does with people. Money loves money; if you want to acquire money, you must associate with it or with the people who have it. Perhaps this

is why very wealthy people seem so often to busy themselves with such pursuits as banking: Through the constant handling of money they acquire money.

You can do the same thing, though perhaps in the beginning it must be on a smaller scale. If need be, you could go and work in a bank or a stockbroker's office. We have told you how you can spend time in up-market hotels and rub elbows with the wealthy. We have told you *why* this is advantageous if money is your goal. To make more money, you need "seed money." It is the magnet of the seed money that will draw more money to it. Your affirmation for this chapter is, then,

Money loves money.

Evelyn Forms Her Money Magnet

Evelyn worked as a waitress in Louisiana. Her life was one endless series of hard-luck stories. She never had more than a couple of dimes to rub together. Yet people were always borrowing money from her. She was so starved for affection that she gave money willingly to anyone in difficulty, especially, it seemed, if their problems were self-induced. Evelyn had no love of money. She let it go through her fingers without thinking about it. That was fine, until the day she tried to hang curtains at the Gospel Chapel and fell from the ladder, breaking her leg. Her only skill was waiting tables, and she could hardly do that in a cast. Soon she found herself hurting pretty badly for money. She knew about the Law of Attraction, so she placed her last dollar on a table in a small bowl. She burned incense over it and thought about it growing. She put out thoughtforms that her dollar would multiply by drawing other dollars to it. All at once, many of those people who had borrowed money from her hastened to repay their loans. Soon Evelyn had adequate money to carry her through until she could resume work.

Forming the Money Magnet

The basic element of any money magnet must naturally be money. It must be money that turns *you* on. If you feel that a dollar bill is

insignificant, maybe you should base your money magnet on a hundred-dollar bill. If all paper money is equally meaningless, use a gold coin or one of those string-tied sacks full of loose coins with a dollar-sign on its side.

Whatever form it takes, it must be money that is attractive and meaningful to you, that has an emotional appeal to you. All you need to do then is put that money where you will not only see it every day but think actively about it too. A good place is on your bedside table. Tradition teaches, further, that it is useful to put a small magnet with the money, such a magnet as is readily available from the corner of a kitchen hot pad. The basic thing you are working with here is the attraction of money for money, and you will reinforce that attraction by putting out some thoughtforms.

Special Spell

Beyond setting up the simple money magnet, you can do a complete spell to reinforce the emotional content of the thoughtform you put out. In a very famous book, Napoleon Hill talked of how you could "think and grow rich." This basic spell specifically directs your thoughts to money and to all its associated emotions. In constructing a spell for money, you must try to get every possible condition in your favor, for halfhearted efforts in magic are futile. Traditionally, if you expect to gain money through inheritances or legal matters, you will think in terms of green; however, for really big money that will come through operations in business and commerce, it is better to think in terms of Taurus and to use red as your color. Money gained through green spells may be transient, whereas money gained through casting a red-gold spell is more enduring and continues long after the spell has been completed.

THE THINGS YOU NEED FOR THE CASTING OF THIS MONEY SPELL ARE:

red-gold candle
piece of gold-flecked jade
red-gold altar cloth
gold coin

bright red-gold flower

sandalwood incense

photograph of a bull (preferably in the act of rampantly tearing down an obstruction)

olive oil infused with sandalwood scent is also helpful

This spell is earth-aspected magic; the ideal time for casting it is noon on the day of new moon, for it will mark a new beginning for you.

Carefully assemble all the materials listed and prepare an outdoor area where you can work undisturbed. Look at the almanac and ascertain when the moon is going to be new. At noon on that day, either spread the red-gold altar cloth on the ground or place it on a wooden table that has minimum metal parts in it. Ensure that your body is as unbound as possible. Hair clips, rings, body rings, and things of this nature should all be removed, as well as shoes, so that you can feel your body's contact with the earth. If you must be clothed to avoid getting arrested, wear an ankle-length red robe free of bindings, hooks, buttons, and all fasteners.

Standing with your back to the north, with the table or cloth to the south of you, carefully rub some of the sandalwood-scented oil into the candle. Put the candle on the gold piece in the center of the cloth.

Light the candle. With the jade in your right hand and the flower in your left, gazing at the photograph of the bull, begin chanting the ancient syllables: "Ee-ai, ee-ai, oh." Start the chant softly and gradually raise your volume until it is a shout. Chant it twenty-seven times before you shout at the end, "Money!" and blow out the candle. Yes, this is the chant from the song "Old McDonald's Farm." Old McDonald knew more than met the eye. The song about the farm is actually a direct relation of the "aye-oh" used in Druidic magical spells of supreme effectiveness. The repetition and the building of volume, speed, and intensity are all vital to building an effective thoughtform. The chant is powerful and is older than calendars. We suspect that "Old McDonald's Farm" is a pre-Christian fertility magic designed to bless and stimulate all living creatures on the farm. The "ee-ai-oh" vowels derive from the letters of the ogham alphabet, letters formed by the rays of the sun as they shine through rainclouds.

When your chant is finished, put the gold coin and the jade on your bedside table with the small magnet. Carefully and respectfully, burn all combustible equipment you used in your spell-casting. Whatever is not combustible, bury as close as possible to a crossroads. These steps are centuries old, dating to the time when information was transmitted orally. The tradition survives because it works.

Hank and the Medical Insurance Check

Hank was a very knowledgeable astrologer who lived in Tucson. Like many people who work in esoteric fields, he was perpetually broke. One night he and his coven decided to cast a money spell similar to the one described here. They decided to use green for the work because they were interested in only a temporary increase in their income. The next day, Hank's mailman delivered a check for some \$250 worth of medical insurance. Though he had heard of the company that issued the check, Hank was not insured with them; and it was ten years since he had last submitted a claim to any insurance company whatever. It turned out, though, that the money bought just as many groceries as if he had really held insurance from the firm.

It further transpired that, of the group who worked that night in Tucson, Hank's was the smallest amount received. A fortyish, divorced secretary who had participated in the spell found, to her surprise, the keys to her employer's car on her desk. Out of the blue, he announced he was giving her his compact car as a gift. This was the largest return on the spell. The other four people present all received sufficient money to meet their needs.

When they are properly performed, spells work. If a spell that you cast does not seem to work, it is because you have made a mistake in performing it, not because "somebody up there" is mad at you. Give the spell a chance to work; if it seems not to work, try it again at the next new moon. This time be a little more careful in your preparations and more intense in your chant. And don't give up your day job.

Compose Your Own Spell

It is your emotional output that determines the results from a spell. A spell must be created or adapted to fit your circumstances. "Books of Legendary Spells" or "1001 Creepy Spells" or similar compilations can be useful in helping you get the basics correct; however, if it doesn't feel natural or if the whole procedure leaves you a little embarrassed, it is likely that the spell will not work for you.

A good idea is a dry run of the procedure that you will use when you cast your spell for real. If something seems not right or doesn't appeal to you, if you can't get worked up about it, change it. It is your

thoughtform and your emotional investment that's going to make the ancient magical laws work for you. You must mean what you're doing. Hence the scream that climaxes the red-gold money spell "Money!" is very powerful. Thoughts must be specifically directed and must have your own high-voltage emotional content in them. It's no use wandering around and thinking vaguely, "I wish some amount of money would come from somewhere." You must put out a definite crystallized thoughtform and put it out as emphatically as you can.

The Sugar Bowl

There are many ways to make the Law of Attraction work for you. If your situation calls for not a large increase in money but rather a small though sustained increase in spending money, the sugar-bowl method is what you may want to use. Put some old unused vessel, maybe a sugar bowl or a teapot, in a place where you pass it and see it several times each day. Make it a habit each time you pass the vessel to put into it every piece of loose change you have in your pockets. You will be amazed at the speed with which the sugar bowl fills: Money naturally attracts money.

If many visitors come to your home, it could be a good thing to make sure that your personal version of the sugar bowl is made of clear glass. When people see coins in a container, somehow they get an urge to put more coins in. They have a tendency to reach into their own pockets and for no apparent reason add money to your sugar bowl. The sound of coin clinking against coin is irresistibly fascinating.

Vern and His Decanter

Vern, a Joplin salesclerk, had acquired a magnificent old decanter of cut glass. It made a real showpiece on his coffee table. Vern was the lighthearted bachelor type who could always use a few extra dollars to entertain the constant stream of guests who came through his apartment. He liked to give casual bring-your-own dinner parties at which his guests sat around on floor cushions eating finger foods and listening to Indian ragas. He found that if he kept the decanter about three-quarters full of small change, he could almost guarantee it would turn

up full after a party. Furthermore, he learned that if he set it out three-quarters full and poured water to cover the coins, people seemed to feel an even stronger impulse to add coins.

This is in accordance with the ancient magical laws, by the way. Vern found that his decanter paid him back time and time again and that every time he needed that extra dollar he could take it from his almost inexhaustible source of small change.

Love Money

Vern and his decanter illustrate the way money attracts money. You, too, will attract money if you have a love affair with it. Not only will you draw it to you, but the constant thinking about it will put out more and more thoughtforms and will pyramid the magic power you use so that your wealth will increase in a geometric manner.

In this thinking about money, in this "love affair" with it, only a positive approach will succeed. If you think such thoughts as "I'm broke," you'll be *broke*. If you think such thoughts as "I *need* money," you'll always *need* money. Instead, think in terms of how gorgeous, sensuous, and wonderful money is. Today one dollar extra will come in; tomorrow two; the next day four, and so on. It takes work, thought, and a sincere affection for money. You can't just take the money in and dribble it away willy-nilly. If you waste or dissipate it, that's no love affair. Be conscious always of your affection for it; your every thought regarding money should be emotionally colored rather than dispassionate. Keep a close eye on the money that comes because of your spells and rituals. Let it accumulate like water behind a dam, and release those gates only after much consideration, letting a lot of time elapse between openings.

We live in a materialistic world. You may not like the fact, but admitting it is more realistic than maintaining an ostrich attitude of denial. If you are to survive in such a world, you need money. Granted there are those who don't mind sleeping in ditches and eating from garbage cans. If you let them, such people may tire your ears with their insistent repetitions of the idea that the love of money is the root of all evil. They are welcome to their beliefs and to their choice of lifestyle, but when they pause for breath, tell them they may live the way they choose. You, however, in common courtesy, are entitled to the same privilege; namely, to live the lifestyle *you* choose.

Contrary to their parroted claims, money is not the root of all evil, nor is the love of money; it is the striving to acquire money in unethical ways and the desire to use money as a ladder to power that are the negative side to the desire for money. Just because you love money and wish to keep it does not mean that you will steal, kill, and plunder for it. You have no need to be so destructive; you have at your command the ancient magical methods that will assure you of riches beyond the dreams of avarice.

Is it wrong to love a beautiful woman? Why not visualize money as the means to beauty? With money at your disposal, you have freedom of choice. You can choose to invest in beautiful possessions or you can choose not to. Seeing beautiful costly things around you will not guarantee happiness, but admit it. Wouldn't you rather be miserable in beautiful surroundings than self-righteously to hold the moral high ground in a squalid hovel? Money lets you have a choice. Can you believe that having a choice is evil? If your desire for money stems from its potential as a tool that will enable you to do selfish acts, then it will not flow so easily to you. Through observance of the Law of Attraction, you will know which decision to make when choices present themselves.

The Money Market

Money makes the wheels of commerce turn. Money is just as much a commodity as any other item of trade. When money gets short, borrowing it becomes costly; when there is an abundant supply, it is cheap. We all understand that we should avoid loan sharks who charge exorbitant interest rates, but the simple credit card is nearly as bad as a loan shark because the interest rates associated with credit cards often exceed 18 percent per annum.

Changes in American laws have made all of us more aware of those high interest rates. The cost of borrowing \$1,000 from one of these organizations for a year may well run you \$200. That \$1,000 invested would earn an additional income of \$60 to \$70. The cumulative difference between the two amounts exceeds \$250. In your financial transactions it behooves you to recognize that buying that pretty trinket or sound system on time or with a credit card is costing you in two ways: Not only are you paying the finance company for its services,

but you are also losing the interest that the money could have earned for you, and you are behaving toward money as if you didn't love it. You're wasting it.

If you anticipate getting involved in the real estate-type transactions we discussed in Chapter 11, you may want to take back second mortgages from your buyers. The interest on loans of this type grows in a most amazing way. In a simple illustration, an interest-only second mortgage for \$10,000 at 12 percent will pay you back something like \$22,000. When stretched to extend over a 30-year base, an interest-only mortgage can pay you back well over \$30,000. That is worth thinking about.

Joyce and Her New Car

In Joyce's recent divorce the property settlement had awarded her the home (which still carried a substantial mortgage), the furniture, and a token alimony. No child support was involved because she and Shel were childless. They had been a one-car family until a spasm of rage had prompted Shel to wreck the car in such a way that the insurance company refused to pay. Joyce needed a car, though she had almost no capital. She sensibly decided that one of the smaller economy cars would be best for her.

She learned that the model she wanted would still cost her 8 percent per month for 60 months if she financed it through the recommended agency. She could not see her way clear to making this payment as well as the \$1,000 down payment required to get the car off the dealer's lot. She had just been hired as a bank teller; in talking over this problem with her supervisor, he suggested she refinance her home. He explained that by refinancing she could get about \$5,000 in real cash while her mortgage payments would be decreased. The term of the loan was substantially longer, of course, but this was relatively unimportant to Joyce because she expected to remarry in not too long a time.

She used the money to get her car and set up a nice nest egg in a savings account. Although she had increased the amount she would pay over-all, that fact was less pressing than her immediate need for low-cost transportation.

You have many choices of approach in working the money market. It is often true that in buying a car a bank loan will be far cheaper

than a loan from a finance company. Do not be afraid of your banker: He can help you and advise you in many ways.

If there is a possibility that you can lend money to borrowers (though not to friends) who have good collateral, do it, for you will make more this way than you will from a savings account. Second-mortgage loans in a rising housing market are among the safest you can make. Before you lend money, have a competent astrologer cast a horoscope of the borrower. If you think about it, it is obvious that some signs have more difficulty meeting obligations than others do. The air signs (Gemini, Libra, Aquarius) belong on your list of noneligibles.

Shop around in the money market. Review your options before you commit to any substantial financial deal. Before you sign that check or credit card slip, ask yourself, "Is this the cheapest money I can get? Is this the way to do it? Should I borrow this money from my banker or take it out of my savings account instead of taking this approach?" Don't forget the habit you are cultivating, thinking "I feel a genuine affection for my money, and I want to retain as much of the beautiful loving stuff as I can so it can work with me for my goals."

Combine Spells and Money Knowledge

The more you work with money and understand its ways, the more readily will it flow to you. Money knowledge is easily gained: Especially at the lower levels of information, much can be gleaned just from chatting with your bank manager and stockbroker. If you don't have any cash in your pocket but you still want to talk to a stockbroker, go in and say you are thinking about investing. He will happily spend several hours explaining his piece of the money market. Subscriptions to such newspapers as *The Wall Street Journal* will give you a better grasp of the monetary dealings that form the basis for our current economy, as well as a review of world news and events as seen through the eyes of high-level business executives. You can't afford such a subscription? Ask your librarian whether she doesn't receive fresh copies of the *Journal* five times each week.

You may feel that the reserved-looking headlines and the lack of pictures in a newspaper of this stature mean that it is unreadable, especially to you, the novice in money matters. That impression is not correct. The world of high finance has just as many humorous anec-

dotes to tell as any other sector of the economy. Think what untold stories lie behind those terse sentences describing proxy battles and the like—struggles for power in executive boardrooms, empires rising and falling, corporate takeovers, and life-and-death conflicts. They will have you on the edge of your seat.

Having knowledge of money and combining that knowledge with your powers will increase your chances of success. Instead of a generalized spell, which we admit is good in its place, you can now be more specific and can focus your effort to a target more clearly defined. As you do this, use your skills in communicating with the newly dead to make sure that (a) you invest in the best securities and (b) these securities will prosper even if the general market should collapse.

Take a simple example. Let us say you have a choice among three high-gain stocks that appear to be about equal in performance. It is a simple matter to review each stock with your pendulum and decide which is strongest when you are emphasizing (a) long-term gain, (b) short-term gain, or (c) over-all security. Then you can easily decide which stock is most suitable for you at this time. It boils down to your asking the right questions of the pendulum. As circumstances change in the financial world, ask your pendulum regularly whether today's news developments will affect the behavior of your stock. If it seems that a little push here and there in the company would strengthen the growth of the stock, a few small-scale spells will help it along—spells groomed precisely to the results you want. You're using a rifle-type spell, not a shotgun-type one. You are not dispersing your effort; you are firing a spell directly to the target. In this way, clearly, the energy you expend will work much better for you.

Jim Gets His Ducks in a Row

Jim was a bank cashier who took early retirement after a light stroke. Though he had never been wealthy, he had always felt an affection for money. His premature retirement and reduced income put him in something of a financial squeeze. He used his financial knowledge to tide him over while he sought the way best suited to his personal circumstances to gain sufficient money for a comfortable income in his retirement years. He loved handling money, so he had no difficulty in the visualization process necessary to draw money to him.

Jim suspected that a recent stock-market boom was going to be short-lived. He wanted to invest in such a way that no matter what happened to the averages he would come out ahead. Furthermore, he wanted to risk only a small amount so a decline in the market would not wipe him out. Casting about for the right investment, he could not seem to find anything that met all his parameters. Finally, during meditation he asked for guidance.

His guide told him to go to the library in two days and ask for a specific book on dealing in warrants. He followed that advice and found that the buying and selling of warrants on margin fitted his needs like a key in a lock. This was an investment system that required relatively low capital outlay, but that had to be constantly watched and manipulated. He had more than adequate time to work the system; thus when many people were wiped out in the disastrous market drop that inevitably followed a runup, Jim came out well ahead. He continues to use his system with the aid of guidance to provide adequately for his family's needs.

Jim is not a mathematical genius. He is not a Rockefeller or a Warren Buffett, but only a retired bank cashier who likes to think about money and handle it. He uses guidance to find answers, consulting his guide at least once a week to learn whether his investments are growing properly. He combines that guidance with his own financial knowledge and with close reading of the financial journals. He is thus totally assured of success, a success that can equally well be yours.

You, Too, Can Be a Financial Wizard

Did you ever wonder why a successful financier is called a "wizard"? Isn't it obviously because of his or her special extra knowledge—an extra "feel" in the handling of money that accounts for his or her success? It is precisely that feel that you, too, can acquire, as if you were developing an instinct that had long been only latent. Love of money, affection for it, is of paramount importance. The constant thinking about gaining more money brings it to you naturally, just as a magnet draws iron filings. You know how to get the necessary guidance to make sure that every dollar brings to itself another dollar. The dollar bill itself indicates to you on its obverse side that it is an arcane object. Think about its complex symbology, so often overlooked—the eye

above the pyramid and the phoenix (eagle) rising reborn—these arcane symbols were not chosen randomly. Each is significant at many levels of meaning. Reflecting on them, meditating on them and the possible interpretations attributable to them will strengthen your emotional attachment to money and help you when you put into practice the simple rituals we have described—rituals that will make money flow to you like bees to honey.

Your money magnet is already there, inside your head. Now make a money magnet outside yourself to remind you of your affection for money. Think of money as a thing that can be beautiful in itself and that can work to make your life more beautiful.

13

Post-Millennium White Witchcraft

When much of this book was first written thirty years ago, the world was a different place. Think of the changes that have happened in those thirty years and in the new age dawning with the millennium.

1. Sexual mores have changed. Living “in sin” and casual sex is now widely accepted.
2. There has been a revolution in communications, first in the availability of inexpensive softcover books and more recently through the internet.
3. We have become a global community. A leaf falls in Korea and the world’s stock markets plunge.
4. International mega-firms control the lives of millions of people and the actions of governments.
5. White Witchcraft has become an acceptable way of life and spirituality for millions.

These changes mean that white Witchcraft is needed more than ever before. People feel increasingly out of control, poorer, more stressed, and less able to sustain relationships. As the pace of change and technology accelerates, the firm base of certainty is shifting under our feet. People have lost their spiritual way. In the drive for ever more things, they lose their humanity. Many are still relying on spiritual “truths” from bygone ages.

White Witchcraft is an ever-growing, ever-changing spirituality that is moving into the millennium refreshed and reinvigorated by the new knowledge its followers are gaining. Everywhere we see signs of the spiritual revelation, the rediscovery and updating of old ways. Whether you call it aromatherapy, feng shui, reiki, or whatever, it is all indistinguishable from the ways of white Witchcraft.

Before you embark on your white Witchcraft spells and rituals, it is good to be sure that you are heading in your best direction. Everyone is different. Everyone should have the life best suited to their own temperament and their own ends. For this chapter the affirmation is

"I can find my millennial path."

School Days in a Simpler World

Looking back even thirty or forty years, do you remember your school days? Do you remember how easy it all seemed, how safe? The principal's secretary wasn't handing out condoms, even to seniors. Teachers did not wear bulletproof vests. Blatant sexuality was not apparent. Everyone knew the rules, and the rules were simple. In those times so long ago, we learned to read without the aid of computers or voice coaches, from books that told of that clean and smiling family, Dick and Jane, Susie and their dog Spot. Let's look for a moment at a modern family in Albany that resembles our old friends.

You Think You Have Problems?

Janet W came in from the garden looking a little windswept. She found her partner, Larry R, slouched before the TV set watching his sacred Sunday-afternoon football game. "Time to do bills," she announced brightly.

"Let me finish the game. It's almost at the two-minute warning."

"Last night when you took your Viagra, you promised we'd do the bills first thing today."

"We've still got plenty of time. It's only six o'clock."

"And then there'll be another game."

"All right. All right! Leave me alone. I'll be there."

Half an hour later Larry was at the kitchen table, holding his head in his hands and groaning. "There's just no way we can pay all these bills!"

"I told you I should have taken that promotion," Janet chided.

"We were relying on MY promotion! But when those bastards passed me by—"

"Explain to me again how that happened."

"Oh, what's the use?" His voice was bitter. "I'll just have to get a second job."

"Yes, and next week Rufus has to have his cancer operated on, and Bonnie has her heart set on going to Yale next year."

"There's just no way," he repeated.

"There is another way," Janet pointed out.

"You're talking about Witchcraft. I —"

"We need help now," she insisted. "Let's at least try meditating. We finished all the books and theory. I thought we were going to be initiated."

"Can you see me nude in front of other people?"

"You could get rid of that belly if you wanted to. Think thin . . ."

"All right!" he agreed hastily. "We'll meditate."

Do You See Yourself Here?

Larry and Janet are typical of many families today who have a Viagra-dependent, dysfunctional marriage and sex life coupled with overspending and either being passed by for promotion or—worse—downsized.

In the first few days of meditation, both Larry and Janet received very scrambled impressions. Larry's overriding vision was of grass growing into fingers and reaching upward to pull him down. He also had a nightmare vision of being naked among a bunch of laughing pointing nude people.

Janet dreamed continually of libraries full of books with Chinese characters on their covers. Finally one evening she went to the library and asked the librarian, a friend of hers, what she had like that. The librarian could think of nothing. As she was leaving, Janet saw the "book" she had dreamt of, on the top shelf of a rack of videotapes. It was a video on feng shui principles. Next to that video stood one on

gardening. She got that one too. Then, noticing that the library was offering a three-for-two special, she checked out another video on basic ballroom dance. All three had seemed to jump out at her from the shelf.

As she was checking out, her friend said, "Did you tell me the other day that your dog has cancer?"

"Yes. We're afraid we may have to put him down."

"You need to read this." The librarian gave her *Living Downstream* by Sandra Steingraber.

Larry and Janet watched the feng shui video and agreed to make some changes in the living room and the bedroom.

When Larry read *Living Downstream*, that little light bulb went on over his head again. His dreams were telling him that the velvet lawn he kept weed-free with herbicide, the envy of the neighborhood, the pride of his life, was in fact lethal—not just to poor old Rufus, but also potentially to Larry himself. According to medical findings reported by Steingraber, among groundskeepers at golf courses the incidence of fatal prostate cancer was six times higher than among men in the general population.

In less than a month their whole situation—and more importantly, their outlook—had changed. Larry and Janet both were promoted, and Larry no longer felt like sitting in front of the TV disappearing into his own fat every evening and Sunday. Rufus was on the way to a cure, and Bonnie had decided on a small southern college.

What Larry and Janet Did with White Witchcraft

Once he recovered from his initial shock, with Janet's help Larry began to put together an elementary budget. Even from his preliminary figures, he could see that their outgo was more than their income and with the expenditures on Rufus (and in the future on Bonnie), something would have to give. Following the advice given in Chapter 11, they jointly agreed first to stop their impulsive buying habits and then to have regular family conferences to establish a reasonable and accurate budget.

Seeing the feng shui video, they both acknowledged that the system was the familiar geomancy they had learned in their Witchcraft course. Geomancy, or earth-centered magic, is one of the oldest ways

of working to influence the future. The basic principles are easy to learn. It uses the idea of five directions: the familiar cardinal points of the compass plus the center. Table 13-1 shows the attributes of each direction. In addition to this, it teaches that the five elements (see Table 13-2) interact to enhance, weaken, or destroy each other.

TABLE 13-1
GEOMANCY: THE DIRECTIONS AND THEIR ELEMENTS

<i>Element</i>	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
Direction	East	South	Center	West	North
Color	Green	Red	Yellow	White	Black
Planet	Jupiter	Mars	Saturn	Venus	Mercury
Body Part	Liver	Heart	Stomach	Lungs	Kidney
Shape	Tall, thin	Sharp, pointed	Flat	Round, broad	Wavy, flowing

TABLE 13-2
GEOMANCY: INTERACTION OF THE ELEMENTS

	<i>Produced by</i>	<i>Destroyed by</i>	<i>Weakened by</i>
Metal	Earth	Fire	Water
Water	Metal	Earth	Wood
Wood	Water	Metal	Fire
Fire	Wood	Water	Earth
Earth	Fire	Wood	Metal

During the next week they rearranged the living room. First they took up the old green shag carpet; they sanded and varnished the hardwood floor under it. This immediately gave the room a much lighter feel. All the negative vibes that had been in the rug were removed. Then Janet turned her attention to the clutter: the detritus of a long married life. As a start she took out every item that had even a vaguely

negative feel about it: all those souvenirs she and Larry had picked up on trips that were not good trips. This gave prominence to the items that bore associations of happy times on pleasant excursions.

The most important thing they did was to move the TV (in geomancy regarded as metal) to the western corner of the room. Looking at Table 13-2, you see that water weakens metal; thus the TV's influence was diminished. She put Larry's chair and her own side by side in the south (high-energy) corner. Behind them she painted the walls a dull matte red. As you know from Chapter 6, red is a high-energy (fire) color that helps cure impotence.

Changes in rooms, especially toward an uncluttered environment, and a bare wooden floor in the center (earth) always improve their feel and their sense of contentment. Television has taken over so many lives, encouraging us to sit and vegetate; but its influence can be modified if you position the set in the west. If you want to increase the sexuality in the bedroom, burn red candles in the room's southwest corner and put the head of the bed more toward the south.

After reading *Living Downstream*, the next weekend Larry stripped the turf from the front yard and took it to the county landfill. He assumed he would simply reseed the lawn; but instead Janet and Bonnie persuaded him to make it a natural beauty spot. Larry got intrigued with possibilities, and before long he had installed perennial beds and an informal rock garden and fountain. The questions he got from neighbors convinced him that he could start a spare-time garden-design business.

Working closely with Larry, Bonnie suddenly became part of the family again. At the official budget conferences she added her thoughts. She could see that her aspirations to attend Yale were going to prove a real burden, so she started thinking in terms of a small prestigious college where her excellent grades might earn her a scholarship.

The amount of time Larry spent watching TV dropped. He became much more interested in sexual activity and had more energy all round. Even Janet could hardly believe the change in him and in herself. Their new levels of energy showed in their work, and their delayed promotions came through. All three took to ballroom dancing as their exercise of choice. Janet and Larry underwent their initiation into the Craft. When Larry saw for himself that his nude body was better looking than many of the other men's, his unpleasant dreams stopped.

What about poor old Rufus? Well, healing works on animals as well as on people. One day as a demonstration to some media people, Yvonne healed a tumor on our own feeder calf. Following that example, Janet worked on Rufus as Chapter 6 describes. In a reduction-technique, she painted the inside of his favorite box dark blue; she bought him a dark blue collar, and laid her hands on him every evening. On the next trip to the veterinarian she was pleased but not really surprised to learn that the cancer was in remission.

You may think that Larry, Janet, Bonnie, and Rufus are an imaginary family. But all the things we have described have actually happened to real people. Statistics clearly show that dogs in homes where herbicides are extensively used do get cancer. In our experience, curing illness in animals is easier than curing illness in people. Perhaps animals do not set up unconscious barriers to the psychic help directed toward them.

Bruce T Dumps His Secure Career

Bruce T lives in Vancouver. He is happily married, with a teenage son and daughter who formerly seemed always to be in trouble. Bruce speaks fluent Spanish, Chinese, and Japanese as well as his native Canadian English. His job as a successful middle-manager in one of the larger banks required a great deal of overtime and working at odd hours because he needed to be in constant touch with other Pacific-rim countries in a wide spectrum of time zones.

One Sunday morning when he was officially off duty and had planned on a relaxing day with his family, he got an urgent page on his beeper. His bank's head office in London had rejected the financial package that he had arranged for a Korean firm. He was needed urgently at the office for a video-teleconference. Knowing how his London counterparts viewed casual attire, he hastily assumed his financial persona and its trappings. He got into his brand-new BMW coupe and drove to the office. When he arrived he found that the gurus in London had no solution to offer. Instead they believed that the Korean currency was on the verge of a crash. Bruce could see his commission from the deal go up in smoke even as they spoke; but he knew there was little appeal from the gurus' decision.

After the conference and a lengthy bitter exchange with the Korean firm, he drove wearily home. Amanda had left a note on the

kitchen sink. She was fed up with their lifestyle and had taken the kids to visit their grandparents on Victoria Island. They would be back "some time next week." Almost as an afterthought, she added, "I had to get the kids out of town. They were in trouble with the cops again."

In the lonely hours of that Sunday evening, after consuming far too much whiskey, Bruce faced the fact that he was chasing a career he didn't like and more money than he could ever use to live comfortably and happily. At the same time Amanda's terse note made it clear that his marriage was in jeopardy.

Bruce Consults His Dead Grandfather

Late that Sunday night, still a little under the influence, Bruce decided to try meditation to see whether he could get any answers to his questions. Perhaps because of the liquor, perhaps because he felt he was in such urgent need, the meditation worked far better than he expected. Using the methods outlined in Chapters 9 and 10, he very soon began to receive strong verbal messages coupled with almost nightmarish pictures. He saw himself driving ever faster along a freeway, passing many exits, while a voice urged him, "Get off the highway!"

Finally at a major division in the road he took the exit labeled "Consultant." He assumed he would have a consultation with someone; but instead some impulse led him into an office where several secretaries clearly regarded him as boss. Beside his desk sat his late grandfather. "This is your place. This can be yours," his grandfather told him. "Put every penny you can spare into a new business—financial consulting. Make me proud of you."

When he came back from meditation, Bruce realized that he would indeed enjoy working as a private financial consultant, that with his expertise in banking and his languages he could make a success of it. The next morning he flew to Victoria Island and surprised Amanda and the teens at breakfast with her father. They had a family conference then and there. He was surprised at the enthusiasm of the family at the idea of having their own business that they could all participate in. Almost needless to say, Bruce is now very comfortably off and he is his own master. His daughter is in the business with Bruce and Amanda; their son is pursuing a career in music.

Not all families realize that changing paths can be so rewarding. Sometimes it means a divorce. In our opinion, when two people have such divergent views that they cannot work together for a common aim, a divorce may be appropriate—not something to be avoided at all costs. Instead of being a calamity, it often represents a new opportunity for growth.

Regularly Reappraise

You need to reappraise your life regularly; otherwise you may find, as Bruce did, that your relationships are in the toilet and that the path you are following is not right for you. Remember: Only you really know whether what you are doing is fulfilling you. In a family situation, it is true that the family should be consulted—but time and time again when we convince our students to sit down and have a family consultation, they report, “I didn’t know they wanted to see more of me. I didn’t know they weren’t worried about Johnnie having the latest video game.”

“What if?” “Yes, but”

The biggest “What if?” is always, “What if I quit my job and did something else?” In other words, “What if I sawed off the limb I’m sitting on?” The “Yes, but” is clearly, “Where will the money come from to support our lifestyle?”

The answer to this basic “Yes, but” is simple. It’s called planning. Both of us, Gavin and Yvonne, were working in the executive offices of aerospace. We knew that it was a death industry; although we liked the money, the conflict was tearing us apart inside. So we carefully planned to start on a new life path of teaching and writing. Way back in 1967, in our spare time we constructed a correspondence course in Witchcraft. We advertised it, and gradually we built a base of students. Not enough to keep us in our townhouse; not enough to spend on entertainment; not enough to run two cars and make the payments on them.

So during the next several years we paid off the cars; bought an abandoned schoolhouse and fourteen acres of farmland; and began a career as hog farmers, writers, and teachers. We knew that the farming, especially in cold, cold Missouri winters, was not to our liking; but it was closer to our ideals and to the people we wanted to be than was

aerospace. Hog farming is a high-profit occupation that can be carried out in a compassionate way. We were not interested in battery pigs; rather we made pets of each of our "girls," even Antoinette, the alpha sow of the furrowed brow.

Table 13-3 lists some possible occupations and against them an astrological sign and element. Compare these with your own sign and its element, taken from Table 13-4. If you cannot find your dream career in your own element, look for it in the compatible element as shown in Table 13-3. If you are not compatible with your job, you need to make a change.

We have not listed every possible job, but enough are there so that you can get a feel for the types of career that are in each sign and element. Then answer the question: "What would you really like to be doing?" Check out some of the many career books on your library's shelves. Go to your city's college and have yourself tested. Make these decisions while your parents, your spouse, your partner, your teacher, or your children are not looking over your shoulder. Decide more thoughtfully than hastily; no clock is ticking. Don't change one incompatible career for another incompatible career. That way madness lies.

TABLE 13-3
CAREERS AND ASTROLOGICAL SIGNS

<i>Sign</i>	<i>Element</i>	<i>Career</i>	<i>Alternative Career</i>
Aries	Fire	Military, Explorer	Lawyer, Teacher
Taurus	Earth	Investor, Stock-Mkt Analyst	Craftsman
Gemini	Air	Writer, Electronics	Arbitrageur
Cancer	Water	Real Estate	Psychiatrist
Leo	Fire	Lawyer, Teacher	Big-Animal Farmer
Virgo	Earth	Craftsman	Banker, Financial Advisor
Libra	Air	Arbitrageur	Musician
Scorpio	Water	Psychiatrist	Medical, Clergy, Detective
Sagittarius	Fire	Big-Animal Farmer	Military, Explorer
Capricorn	Earth	Banker, Financial Advisor	Investor, Stock-Mkt Analyst
Aquarius	Air	Musician	Writer, Electronics
Pisces	Water	Medical, Clergy, Detective	Real Estate

TABLE 13-4
ASTROLOGICAL SIGNS

<i>Sign</i>	<i>Element</i>	<i>Dates (approximate)</i>	<i>Sign</i>	<i>Element</i>	<i>Dates (approximate)</i>
Aries	Fire	03/21–04/21	Libra	Air	09/23–10/22
Taurus	Earth	04/22–05/21	Scorpio	Water	10/23–11/21
Gemini	Air	05/22–06/22	Sagittarius	Fire	11/22–12/21
Cancer	Water	06/23–07/22	Capricorn	Earth	12/22–01/21
Leo	Fire	07/23–08/22	Aquarius	Air	01/22–02/21
Virgo	Earth	08/23–09/22	Pisces	Water	02/22–03/21

When you have decided what line of work you want to be in, plan ahead. Money and the god Mammon are terrible taskmasters. The more you have, the more you want. The more you have, the higher rise your expectations. The entire multibillion-dollar advertising industry is geared to make you “need” yet more money and toys.

At a Mind, Body, Spirit conference in London we met two high-profile people who had dramatically changed their lifestyles. One did it by choice; one was forced into it. Both are now content and serene.

Ann F Gives Up Her Millions

Ann F was a successful advertising agent in London. She was responsible for the launch and the success of a wildly popular line of Swiss watches. From that position she started her own agency and became everyone’s idea of a highly successful businesswoman. She had her chauffeur-driven stretch limousine, first-class jet travel, and servants to do everything for her—no more soiling the hands with housework or laundering for Ann.

One day she returned home from a business trip to Switzerland to find the house empty. Her husband and the two boys had left, just as Amanda had walked out on Bruce; but in Ann’s case the departure was permanent, not just a declared intermission. Despite a lot of talk and despite hours with a marriage counselor, they could not get back

together. Late one night shortly thereafter, Ann had her own epiphany—her moment of truth. What was she seeking? What was her life all about?

She went on a spiritual quest. She sold her advertising agency for several million pounds and started on her search for spiritual sanity and serenity. First she went to Scotland and spent a long time with the people at Findhorn. It wasn't for her. Then she went to India and on to China, still searching. Finally in deep meditation she got the message. She was looking in the wrong place. She was looking "out there" when the goal of her quest was "in here."

Countless people come to this conclusion—some gradually, some in a blinding flash of understanding. Serenity and happiness are not a matter of having all the money or all the sex you can get. Instead they are inside you. Having sufficient money, sufficient love, perhaps sufficient sex, can be pleasant; but only through the techniques of white Witchcraft can you finally know the peace of inner serenity.

Of course the techniques can be dressed up in many trendy names; but ultimately human nature has not changed in past millennia; nor will it change in the new millennium. You can achieve the things you want through ancient methods—proven methods—quite as easily and reliably as you can through glossy, trendy new methods. It doesn't matter whether you call psychic healing reiki or Witchcraft. Whether you call the things Larry and Janet did to their house feng shui, geomancy, or interior decorating, the principles remain valid.

Ann F learned this fact after she spent a lot of money and time searching. Now that she has found her answers, she has written a book about her experiences. She travels internationally lecturing to all who will listen, in her effort to make the world a better place in this new age.

Tim W's Epiphany

Tim W had a flat in London and a cottage in Cornwall. He was the flautist in a famous small rhythm group. In an accident with agricultural chemicals he became paralyzed from the neck down, unable voluntarily to control any muscles in his lower body. From being called "One-Take Tim" because of his skill in performing his music right the

first time, he was reduced to being a paralytic who needed ten minutes' hard, concentrated effort to play one note. The free British National Health Service (NHS) wrote him off, but Tim did not give up. He gradually learned to move one muscle at a time. In this condition, since music was his entire life, he traveled to India to learn about toning. Through toning and psychic healing he gradually, painfully regained his strength and mobility. Today he is still not perfectly well, but from listening to him play you could never tell it.

Tim now has to his credit a Grammy-winning CD¹ based on his knowledge of toning. His epiphany came because toxic agricultural chemicals made it impossible to continue his lifestyle. He discovered that there was more to the world than he had ever realized. Just as Ann F does, he now travels and teaches others to heal themselves through toning.

Gavin's musical ability is not his strong suit, although he has a sensitive ear. When Tim told him he could teach him to tone in a half-hour, Gavin was frankly skeptical—but in thirty minutes he was a believer.

Healing with Tones

For centuries people have known that chants and toning have an extraordinary ability to heal and magically to change the future. We tend to call this audiomancy. Others currently call it music therapy. In a simple example, it is well known that playing Mozart to young children, even when they are asleep, will improve their reasoning and mathematical ability, and teaching a young child to play any musical instrument will have a similar effect on their schoolwork. Recent experiments with patients suffering from Alzheimer's disease show that getting them to walk synchronized to a rhythm vastly improves their motor ability.

Table 13-5 shows toning sounds and the way to use them to treat various disabilities and to draw to you various positive influences. If you want to decrease something, stand facing south at midnight at full moon. Repeat the chant nine times, starting low and ending with a scream. Conversely, to increase something, work at noon on the day of

¹ Tim Wheeler, *Heartland*

new moon. Again face south and chant nine times working up to a scream. Success requires you to subordinate your normal social mask and poise to become completely committed to the effort, not caring that you may look or sound “weird.”

The table shows the pitch, the sound, and the way in which the chant should be done (since these are tuned chants). Usually nine repetitions are sufficient; but if you like, you can repeat the chant for three consecutive days.

TABLE 13-5
HEALING TONES

<i>Disease</i>	<i>Chant</i>	<i>Pitch</i>
Headache Migraine Measles	A-um	Low, largo
Boils Skin problems	Aye-oh	Very high, wailing, spirituososo
Colds and flu Jaundice	Yah-weh	Medium, flowing, legato
Diabetes Constipation Palsy	Ho-mm	Medium, flowing, legato
Menstrual problems Fatigue	Gay-ah	Low resonant hum
Impotence Anemia Arthritis	Ele-lu	High, staccato, sharp

If you need a chant for another problem, meditate on it to learn the chant to use.

Beyond Orgasm

We Frosts regularly teach at pagan gatherings. At one such festival we taught about Tantric Yoga and told of the ongoing results students were reporting with our correspondence course and our popular

book². After we had completed the presentation, about a dozen members of the audience came up to ask whether we would conduct a practical workshop, applying the teachings of Tantra beyond theory, if you will, into lab application of the practices. They wanted to experience advanced Tantric meditation that would lead to the Nirvanic altered state of consciousness.

We agreed. We pointed out that to do it properly, they would have to exchange sexual partners on an assigned basis. This weeded the group down to three couples: Bill and Gillian G, Andy W and Cynthia T, and Leonard D and Betty K.

We were fortunate in that it was a new moon and we actually had two weeks in which to complete the full regimen. We got them to set up their campsites off in the woods away from the main festival area.³ We asked each of them to write down what was wrong and what was right in their present lives, and to keep this information private, even from their partner. We drew up a roster of partner assignments which they all agreed and signed.

For the first three days each was assigned a different partner. They were required to have an orgasm each day with that partner. At the same time, they deleted from their diet all red meat and poultry, and everything containing caffeine. A couple of them had difficulty, and typical caffeine drug-withdrawal symptoms occurred; but the adventuresome path they were on kept them going. For the next three days they exchanged partners daily and still continued with the required one orgasm per day. We encouraged them to have additional orgasms as well; impressing on them how important it was that both partners had an orgasm.

Now they became vegetarians. In the next three days they were assigned one partner for twelve hours and another partner for twelve hours. They had to have an orgasm with each partner during this time. At the same time a strictly vegan diet came into play—no dairy or eggs—and they limited their fluid intake to water only.

On the tenth day they changed partners every two hours and tried for an orgasm with each partner. They ate only grapes and a little white cheese; they drank only water. Between orgasms, controlled

³ In order to achieve this situation, the group must be isolated; for instance, cell phones have to be dropkicked into the nearest pond. Hearing a news broadcast or gossip ruins the whole effort.

² *Tantric Yoga, The Royal Path*. Gavin and Yvonne Frost. Weiser.

talk-outs led them through sessions of guided meditation. The regime continued. The final talk-out led them through the top of their head into a nirvanic altered state of consciousness. Only one of the women failed to achieve this state; the other five people had little or no problem. The woman who failed had an orgasm with each of the men and then tried again. This time she succeeded, entering the blissful state.

As soon as they returned from the Nirvanic state, they looked at their lists and began to modify them. In the following three days they discussed their lists together while they continued a high level of sexual activity. Without exception, they changed their life's path. One of the couples amicably decided to go their own way, but the other two couples made conscious commitments to stay together as a group of four.

This intensive experience forced on the participants the epiphany that Bruce inadvertently had while meditating under the influence of alcohol, that Ann had when her husband and children left, and that Tim had when he was poisoned with agricultural chemicals. The secret of Tantric Yoga is that it uses orgasm to produce endorphins (naturally produced morphines), changing the body's chemical state. You may think that the number of orgasms expected is beyond human ability. With changing partners, with genuine concern and affection for each other, with the gradual buildup (first one, then two, the eight), and with isolation from the white noise of daily life, it becomes quite possible for any average healthy person.

We hope that the current atmosphere of sexual freedom has led you to acknowledge your right to audition a range of partners before you make a long-term commitment. Such a range of partners also is an advantage to one who wants to practice Tantric Yoga.

Take Life by the Throat with White Witchcraft

In this millennial era it is time to decide where you are going and to go through your own "What if?" "Yes, but" exercise. Meditate. Pay attention to your dreams. As honestly as you can, answer the question: "Are you on the right track with the right companion?" We do not applaud the current trend of discarding relationships as soon as a small bump occurs in life's path. But it is time in this new age to decide whether you are with the right partner—or whether, indeed, you are better off as a solo.

A woman came to us for counseling when she learned of our work through her roommate, a man who was one of our students. Gavin advised her to have an affair. She said, "But I'm no longer attractive enough to have an affair." She had sunk into the partnership and quite frankly let herself go. No wonder her current partnership was not working. If she made herself more attractive, maybe her partner would pay more attention to her.

The Seven-Year Itch

Witches know that every seven years you pass through into a new stage of life. You are born, and then seven years later you start school. Seven years after that puberty arrives. In another seven years, at 21, you attain your legal majority. With the cycle shown in Table 13-6 you can see that at 28 you are going to start again, at a new level of development. Somewhere between 28 and 35, most people go through a time of questioning: "Is this all there is in my life? Is this all I am going to be?" and by the time they are 35, many people start on a new life path.

Divorce statistics show that this is the time when many couples break up. It's a built-in fact of life. It is not something that is evil or a sign of defeat, and it should not be unexpected. Instead of assuming it is a disaster, you can think of it as a symptom of growth and a time of opportunity. No one criticizes a butterfly for coming out of its chrysalis. Just as with butterflies, there is a normal rhythm (astrologers call it the Saturn cycle) in human life.

TABLE 13-6
THE SEVEN-YEAR SATURN CYCLE

<i>First cycle</i>		<i>Second cycle</i>		<i>Third cycle</i>	
Age	Milestone	Age	Milestone	Age	Milestone
0	Birth	28	Children	56	Retrenchment
7	School	35	Reevaluation	63	Breakout
14	Puberty	42	Remarriage	70	Retirement
21	Majority	49	Menopause	77	Emergence

When you are aware of the Saturn cycle, you can prepare for it. In this millennial era many people are reassessing themselves and the world in which they live. You owe it to yourself to reassess your life and make a smooth transition, not an abrupt lurch, into a new life that fits you better. Don't wait for the forced epiphany resembling a steam-roller that will mash you. Have a gentler, smoother life by assuring your epiphany today through white Witchcraft practices.

Post-Millennium Morals

We have heard a lot about family values and morality—from some of the crookedest politicians the nation has ever endured. Admonitions from homosexual pederastic priests that homosexuality is morally wrong reach the uttermost limits of barefaced lying, arrogance, and hypocrisy. The holier-than-thou preachers are often just projecting their inadmissible guilt onto the congregation, or are deliberately manipulating people through the brainwasher's Big Three: guilt, shame, and fear. It is morally indefensible to lie and cheat in the way such people do.

At the behest of a right-wing politician who wanted to claim the moral high ground, the FBI has investigated paganism and Witchcraft. They found less drug use, less teen-age pregnancy, fewer unwanted children in pagan/Wiccan groups than in the population at large. To us, this confirms the high morality of our way. The six people who participated in the Tantric experiment were not doing it to get laid or to have illicit sex. They were doing it for a higher purpose: to achieve a spiritual breakthrough and to grow. Thus for the post-millennial period we urgently need to reassess what we mean by "moral values".

If Bill Clinton had honestly said, "Yes, I had sex," would those ethics-free politicians have pilloried him? Our guess is, yes. Jealous envy is not a pretty sight. Nowhere in the Christian Bible is there one word against sexual union before the marriage contract is signed. It is time we—all of us—said that morals is more than just sex. Instead it is the way you live, the way you treat your neighbors, the way you treat your friends. Perhaps you feel, as we do, that the age-old Wiccan Rede should be engraved at the entrance to every law court and printed on the back of our dollar bills.

If it harm none, do what you will.

14

Empowering Yourself with Magic Witchcraft Power

Throughout this book ordinary people in all walks of life have used magical white Witchcraft power to improve their lot. Like them, you can use that power. It is not something given only to those who carry a special chromosome.

You do need to practice. The star pitcher on the baseball team didn't rise to stardom by sitting at home watching television and disappearing into his own fat. He practiced. That woman in the symphony orchestra didn't just sit down at the harp and start producing music that can bring tears to your eyes. She spent years in practice.

You can become an accomplished white Witch. It will take less equipment than you would have to buy to bake a cake from scratch. It will take as much time as you are willing to invest in it. In this summary chapter we show you how to empower your life with white Witchcraft.

What's Wrong with Your Life?

You have read this Witch book so far because you hope to find some clue that will improve your life. We have shown you the simple, easy ways that Witches help themselves. It is up to you now to help yourself. Some readers will be held back by archaic directives against the use of magic to aid in their life. If you do these things for yourself, there goes your need for a clergyman. How difficult is that to grasp?

Later in this chapter we discuss in detail your right to a new life. No one, least of all kindly Jesus or gentle Buddha, expects or wants you

to live in abject misery. So what is wrong with your life *today* that needs fixing *today*? Name it; then fix it. Consider what spell will be useful, get the equipment you will need; and get out of that chair and do it.

We reminded you earlier that the gods help those who help themselves. You must put something into motion. It takes only a small and simple push; but once it is in motion, the result will be unbelievable. Use this affirmation:

Witchcraft power, give me a new life.

Use the Universal Magic Witchcraft Power

Many successful people have that something extra that you could call a magic personality. They are not necessarily Witches, but they have learned through their own painful, drawn-out process of trial and error how best to influence those around them. When you understand the simple underlying Witchcraft laws of using power, then with careful forethought you can efficiently direct your magical efforts toward a specific goal. The power is there. You learned in Chapter 2 that it is all around you. It can no more be denied than gravity can be. It is not something that, once you have felt it, you can ignore.

As soon as you complete the simple exercise in Chapter 2, you will be a changed person. You will know that you, too, have the magic Witchcraft power at your disposal. You can send it out to do your bidding at any time. The more you use it, the more you will be able to detect its presence and the more effectively you will direct it. Without getting into long theological arguments, we will affirm that whatever conceived and constructed this universe included the power in it. Power is not a devilish afterthought designed to ensnare humans in evil; it is an integral part of the universe. It is there to be used. The more you learn to use and rely on it, the more serenity will come into your life and the more totally in harmony with the cosmos you will feel.

Joe Becomes a Witch

Joe, a shy and lonely computer programmer from Little Rock, was fairly happy with his day-to-day lot, though he felt acutely the lack of

companionship in his life. One night while he was working late on a particularly complex program, he felt presences around him and heard a voice telling him that, of all things, he should join Toastmasters International. Not only did this scare the living daylights out of poor Joe, it also bewildered him. He felt no urge to learn public speaking.

He took the problem to his minister. The minister told him that he had just had a hallucination, not to worry about it, and above all not to take any notice of the advice given. A prayer or two would make everything right again.

On several occasions Joe talked to his industrial psychologist, but that didn't work either. The "hallucination" kept returning. Six months later, after spending several thousand dollars on assorted psychiatrists, he was beginning to think in terms of possession. He lost his well-paying job. He was shunned by former friends; even the minister seemed to be edging away from him. Because of concern that he was the object of psychic attack, Joe turned next to various mediums and self-styled exorcists.

When he was completely at his wits' end and almost broke, he picked up an occult newspaper containing an article that described communication experiences similar to his own. That was the turning point in Joe's story. Soon he was working with an occult school and learning that the messages coming to him were not only normal but to be much welcomed. Inexpressibly relieved, he came to us as a keenly interested student. We taught him to meditate so that his contacts with the guides became clearer.

Joe quickly recovered his health and was able to get his old position back. He found that through communicating with his guides he could actually speed up his computer programming tasks, and he became one of the top programmers in the area.

He followed the spirit advice he had so long misunderstood and joined Toastmasters. His experiences there turned the slight, self-effacing recluse into a more outgoing and friendly person; his potential for leadership became apparent. Later he was promoted to supervisor of his department. Elected as convention coordinator for Toastmasters, Joe has formed friendships throughout the nation. In each major city he visits, friends urge him to return soon and spend more time with them. He is now conducting his own occult study group, whose fame is spreading.

Joe has formally espoused Wicca as his religion. This, too, has opened the way to many new friendships of a depth he had never

guessed possible. Though he no longer sees many of his friends from earlier pre-Wicca times, he feels no sense of loss, for it was those friends who proved so tragically disappointing at the time when his need for help and understanding was greatest. Because he has laid aside the teachings he was given in youth about guilt, he is more at ease in every situation. His mental outlook is supremely healthy. The confidence and the friendships he has gained through his work in Toastmasters have infinitely improved his social life. Joe is no longer lonely.

The God's Force Is for You

In Witchcraft we often talk about God and Goddess. In this context we mean the gods and goddesses that have been created during the course of history by human beings. Prayer and worship to these mascots (if you will) contain earth-level power that is stored in their images. These god-esses¹ are a major source of power, and that power is available to you to supplement the power innate in your living body. Like any other resource that you can think of, it is a resource that you should use, not ignore.

To use the god-ess force, all you have to do is follow the simple steps that we outlined earlier. You have it at your command, and, like Joe, you can very easily learn to use it. People tend to assume that mediums, psychics, Witches, and occultists inherit some special characteristic that makes them somehow "different" from other people. That assumption is not valid. Ability to use the power is not a matter of genes and chromosomes. In this book we have cited dozens of examples of people who in many cases were forced by circumstances to learn its use. Often surprising themselves, they found it was within them and they could direct it.

Every day in many magazines advice columns tell you how to win friends and influence people; and millions of people have read a famous book with that title. Everyone has the power and can make use of god-ess power. If it is satanic, then the millions of people who eagerly read and practice how to do it must all be satanists. A god that forbids you to avail yourself of natural energy to improve your future must intend you to live in failure and misery. Is that what you want?

¹"God-ess" is our shorthand for the more cumbersome "gods and goddesses" of both/all genders.

You may encounter people who assert, "I am a hereditary Witch and my tradition goes back thousands of years." Watch out. Such claims sound a lot like a cape-swishing cover-up for a tradition that goes back all of six months and for a total lack of knowledge. The person who tells you "This is the way you must perform because it is the way my great-great-grandmother did it" is a person to be scrupulously avoided. The power is yours today. You might want to take instruction to learn how to control it effectively, but the control will be yours, not someone else's. You don't have to imitate anyone's great-great-grandmother.

If any ritual in which you participate does not feel right and you cannot feel the god-ess force in it, then quietly steal away and compose a ritual that better suits your needs.

The Responsibilities That Go with Magic Witchcraft Power

You now know that you can literally hold life-and-death control over other persons. When you use your power to distract someone who is driving a car or crossing a street, that distraction can be timed to make the person have a serious accident. This is a great responsibility, and you must think before you act. In the wording of your rituals and spells, be extremely careful to be specific about what you ask for. For people who are having neighbor trouble, we regularly suggest a spell we call the "Cross Not My Path" procedure. When you use it, you know that soon you will never meet the neighbor again. Before you use such a ritual, you must realize that it may result in the neighbor's moving—or in a move for *you*! It is not a single-ended spell that forces the neighbor to move; it is just a spell that ensures you will not meet him again. The specifics are in the hands of the guides and thus are open-ended. You will get the end you worked for, but the means may surprise you. Similarly, if you ask for money in a nonspecific manner, then Great-Aunt Clara, whom you really love, may die, leaving a legacy to you, for that is the path that your energy has taken to bring about your wish.

One of the most ill-advised things that has happened in the last few years is the decision of certain mind-control groups that the best way for their students to practice is to play with the weather. This has

resulted in many freakish storms and tornadoes, for weather is a really unstable element to toy with. A small application of your power can cause dramatic changes in the structure of weather fronts. It is difficult to realize just how great a responsibility you bear when you set out down this track. The power is not a plaything with which you may idly indulge your whims and take out your frustrations.

Ann Changes Her Husband's Life

Ann was a twenty-six-year-old newly married woman in Dayton, who was delighted with her husband, their little cottage, and her pregnancy. Ivan had some interest in occult matters, but did not know that his bride was an initiated Witch. The marriage had interrupted Ann's training in the Craft, but she fully expected that one day soon, with Ivan at her side, she would resume her growth in the spiritual path she had chosen. As she settled into her new life, she was disappointed at his growing resistance to the idea of Witchcraft, though he was perfectly willing to work with her in various aspects of study that he regarded as harmless, such as astrology and prediction.

Ann decided to strengthen Ivan's interest in the Craft through a ritual. Because she knew he was a strong-willed person, she used a very powerful procedure. Within a week Ivan was so engrossed in his Witchcraft studies that his work as an arranger of orchestral music had come to a total halt. He was completely immersed in her occult library and was neglecting his job duties. By not being specific enough in her ritual, Ann had really blown it. She determined to reverse the spell, but found that she was too late. She had tipped the balance in Ivan's mind; he had formed the various mental protective barriers that every careful occultist builds.

Distraught, Ann could see her family finances and budget collapsing like a house of cards, but was helpless to do anything about it. She knew that the responsibility for this abrupt decline rested on her alone. Her pregnancy was inexorably advancing, and she had very real fears that by the time the baby was born there would literally be no bread on the table.

She was advanced enough in her understanding of Craft teachings that she admitted her need for help. She contacted her old high priest, and together they decided on a powerful sex ritual.

Unfortunately, Ivan used his newfound powers to investigate the reason for her sudden absences from home. He walked in on the middle of the ritual to find his beloved wife, pregnant though she was, in the embrace of another man. Ivan slammed out of the ceremony and spent the night at the home of an old school friend. Ann was sure the marriage was finished. Despite her tears, the priest convinced her that the ritual ought not to be left half-completed and that they should return the next night to start again. She agreed.

Ann and her priest brought the ritual to a successful completion the following night. With the fantastic amount of emotion that Ann naturally invested in it, the spell worked even faster than they had expected. The two occultists were sitting over cups of herb tea, unwinding from the strain of directing such great amounts of psychic energy, when there was a knock at the door. It was a repentant Ivan, come to take Ann home. When they were alone, he asked her forgiveness for the immaturity of his behavior both in interrupting a serious occult working and in letting his Witchcraft studies run away with him.

The conclusion in this case was a happy one, but Ann was lucky; it might have been a total disaster for her and her unborn baby.

Love the World

Because she loved Ivan and because she loved the baby she was carrying, Ann performed certain acts that could easily be misinterpreted. She knew that her participation in a sex ritual would gain ends beneficial to her family but that in committing them she would risk the censure of Ivan and whatever lawyers, judges, and juries he might feel like calling down on her. Her selfless love led her to perform acts most often committed for nonaltruistic motives. Again we are talking means versus ends.

“Love” is an enigmatic word, burdened with heavy emotional baggage. To a Witch “love” means the wish to help the loved one develop in wisdom and understanding. Hence when we say, “Love the world,” we mean that in all your rituals and spells you should work for a positive end. Instead of directing something like a “cross not my path” procedure at a neighbor (a procedure that might backfire), you might work to improve that neighbor’s attitude. Instead of working as Ann did to influence Ivan to work only on Witchcraft, you might try to

allow the person you love to find his own path and to develop at his own rate while helping him understand the reasons that underlie the lessons of life.

The leader of the Aquarian Anti-Defamation League, Isaac Bonewits, insists that workers in the occult should refrain from “violating someone else’s autonomy.” This is at the opposite end of the spectrum from “meddling through magic.” You can help people by giving them only minor redirection; when carefully defined, even the dreaded hex can help its target develop. To us in the Craft, this is the highest form of selflessness.

In every action you are responsible to ask yourself, “Is this an act of love as a Witch would view it?” One of our younger male friends knows that sexual tension impedes occult work. He often suggests to young women, “Let me help you get rid of your hang-ups by making love to you.” The other day we asked him whether he felt this was selfless love; naturally he replied, “Yes, for I am helping these girls grow and develop psychically.” We asked him whether he would feel the same altruism about inviting to bed the seventy-year-old lady down the block. He was rather taken aback by that thought, for he began to realize that perhaps his motives were not as selfless as in his own mind he had made them out to be.

Whatever end you wish to gain, you can—and should—take advantage of every weakness you can perceive in those who would oppose you. Don’t delude yourself that a deed done for your own gratification is an act of altruism. Be honest with yourself. If you know you are acting like a skunk, admit it. Labeling it something else isn’t going to make it smell any better. Witches live by one precept above all others:

If it harm none, do what you will.

A Long and Happy Life Through Magic Witchcraft Power

In earlier chapters we suggested some simple and straightforward guidelines that will enable you to live longer. We also told you how to improve your fortunes. These two ideas go together. If you are like most human beings, you will want to avoid (a) the combination of old

age and poverty and (b) the combination of great wealth with failing health while you are still young.

Wisdom suggests that a balance between these two extremes is desirable. It's no good striving to be a millionaire and ruining your health in so doing, nor is there good in planning your life so that you will live to 120 years in abject poverty. As with all things, there is a happy balance, but it is a balance that you must find for yourself.

Do not wrench yourself out of your present environment and into something that you don't really want just because you think it will be more advantageous to you. Take small steps. Step slowly into the water of your new life so that you can feel the temperature before you plunge in over your head. Tread warily so that you will be able to retreat and readjust your life's goals to achieve the balance between wealth and health that is correct for you. At every step of the way you should use your newfound powers to make the decisions best for you.

Your life is unique. It is different from every other life in the world. Your training and background are unique; no one else has precisely the same set of values that you gained as you grew up. Neither this book nor any other can tell you how much money is the amount you need. Your tastes are different from the tastes of any other person; thus what to you is an absolute necessity to another is a mere frivolity. Make up your mind that you are going to live longer through the use of Witchcraft power and take this into account in your long-range planning of goals.

John Overcomes Temporary Blindness

Through seventy-hour work weeks and vacationless years, John built his small electronics firm into a manufacturing concern known nationwide for the quality of its line. Business boomed. One morning as he drove to the plant at his customary 5 A.M., John's sight suddenly dimmed and he found himself for a few seconds driving down a freeway completely blind. He had two thoughts at the same time. First, he was grateful that the freeway was almost empty of other traffic; second, there was an instant of panic until he could slow the car. Before he could bring it to a complete stop, his sight returned.

Terrified, he spent the day with various medical specialists trying to find out what had happened to his vision. Despite several recur-

rences of the blackout, the specialists could find nothing wrong with his eyes, his brain, or his blood pressure. A visit to a psychiatrist convinced John that his vision problem was associated with a mental longing to slow down and that what he had first taken to be a purely physical disorder was in fact a trick of his mind.

Now John was a rather unique American: He had studied Eastern philosophies in great depth, and he knew a great deal of the basics of Witchcraft. Through minor adjustments in his meditative techniques he was able to get into communication with his guides. The consultations convinced him that he was unwisely burning out his body's resources in the search for success for his company.

He forced himself to adjust his schedule, allowing more time for pure deliberate relaxation. He achieved a new balance in his life before it was too late. His vision problem eased and finally disappeared. The firm's growth rate has slowed just a little, though things are still humming. John and his family know their future is assured. Recent evaluation of the firm's design and quality by a highly respected consumer's magazine gave his products the highest rating of all lines tested.

Magic Witchcraft Power Leads to Success

The success you decide to achieve must be based on the balance you wish to achieve between wealth and health. If you are young and vigorous, you can afford with the aid of your magic powers to pursue wealth to the limit of your strength. As you grow older you will find that other aspects of life become more important to you. For instance, you will find worthwhile individuals who need salvaging. You will meet young seekers who need those few quiet words of advice to set their feet on the upward path. Every undertaking will be a success, provided only that you use your magic Witchcraft powers to plan and carry through the operation carefully.

You owe it to yourself to achieve the correct balance and to protect yourself from other occult invasions and influences while you work. For not only must you achieve a balance between wealth and health, you must also conscientiously avoid leaving yourself open to the unlikely threat of possession or psychic attack. Because you understand the Law of Attraction, you will want to avoid employing your powers in a negative manner. Though the power itself is universal and

thus limitless, we hope you will treat it as a resource, one to be respectfully used and not wantonly wasted. It is therefore our strong advice that you do not perform parlor tricks to impress your friends, but rather employ the power in serious occult undertakings with as much respect for it as you show to raw electricity.

The Tools of the Trade

Let us now summarize the occult tools that you have at your disposal, the tools which will enable you to move surely and competently through life.

1. THE MAGIC WHITE WITCHCRAFT POWER

If you are alive, you have the magic Witchcraft power. You know how to recharge your cosmic batteries; you know how to send the power out to do your bidding. At the very beginning of this book we began spelling out the simple, easy, safe steps to getting in touch with your own inborn power and with the universal cosmic power that is always available. Use it now. Don't let it all go to waste.

2. ASTRAL TRAVEL

You can leave your body and investigate anything you wish, unlimited by physical space and time. People? Places? You name it. If you are thinking of an expensive vacation, why not first go there astrally and see whether you are going to like it? In the achievement of your life's goals, astral travel is a most powerful tool. Its uses are almost limitless. Find out what is going to happen tomorrow and what happened in the past. Travel is rapid and the results are spectacular.

3. YOUR EPIPHANY

Through deep meditation you can achieve an altered state of consciousness. In that state you can look at situations through new eyes. A tree will become a living, breathing thing. The earth will suddenly become the mother from which flows everything you need. When you

reach the blissful state, you will suddenly have an epiphany. Like a blinding flash of lightning, it will totally change your life. From it you will learn the path you need to follow.

4. POSSESSION

Possession is a situation often misunderstood. Everyone thinks in terms of *The Exorcist* or *The X Files* and similar horror stories; however, possession can help you if used properly. You can possess another's body and understand his feelings. From within his body you can influence someone to make a decision in your favor which otherwise might not be made.

5. RITUALS AND SPELLS

These are the crystallization of your work. They are the forming of your thoughts into the psychic rifle bullets that will shatter any opposition to your wishes. When you find a spell format that feels right for you, and works for you, stay with it. By making minor changes in the procedure to suit your present aim, you can achieve the many different results that you need to get your way.

6. GUIDES

Your guides are your most valuable allies. They will bring to you more benefit than any mere mechanical or emotional tool in your occult tool kit. Any time you are in doubt, you can get the answer you need. It takes time and constant practice, but you can do it. When you receive the guidance, you have the option to follow it or ignore it; but at least you will know what the right answer looks like from your guide's point of view. Then you can proceed more confidently and serenely to your life's goal.

7. THE TOOL KIT THAT IS YOUR BODY

In childhood you may have been told "that's the devil's work" when you asked your peers about "mysteries" reported on TV. Now you know that you have many capabilities that you have suppressed. Some of them you are dimly aware of; others (as you found in Chapters I and

2) may be a complete surprise to you. We Frosts are senior church leaders, the equivalent of bishop and archbishop. After years of complete commitment to living our spirituality every day of the year, we have come to believe that—if you have to talk about sin—a major sin is that of preventing people from exploring their inborn abilities.

One of the easiest ways to achieve spiritual awareness is through the use of multiple orgasms. Early church leaders knew this; but they realized that if people reached awareness without a church middleman, the church's power over those people would be down the toilet. Hence the suppression, at any cost, of sexual activity by early church officials. In our opinion, it is no coincidence that this path has been made "sinful" and abhorrent by churchmen.

Practice and Combine

Many occult schools can teach you one or perhaps two white Witchcraft skills. Instead of limiting your range of abilities, use them all. The world is a tough place, and too many people fall needlessly by the wayside. When you are going to face life's battles it is silly, not to say stupid, to leave behind a tool that might finally give you the success you deserve. Learn to use all your tools; you will be better with some of them than with others, but do not ignore any of them. The combined results of the use of all your battery of tools will be a more perfect life.

Don Quits His Job

Don held a philosophy degree, but he found that in the help-wanted columns ads for philosophers were limited in number. To pay for groceries and rent, he became the jack-of-all-trades for a village restoration under way in the Texas panhandle. Even though the work was interesting and he had the pleasure of meeting many people and philosophizing with them, he was not putting much money into his savings account. He felt that he should be teaching more people the philosophies of life that he had learned, so he quit his restoration job to take a teaching position with an occult school. In that position he was paid only for results; that is, if he enrolled students in the school, he was entitled to retain a substantial portion of their tuition fees.

He was not wildly successful at this because he found that he could not limit his teaching only to those able to pay; further, he did not like "selling" arcane knowledge. From a financial point of view, Don was a complete failure. From the point of view of health, happiness, and ideals he was a howling success. He had achieved balance.

Then Don fell in love. To his dismay he learned that the single-person balance he had achieved was completely irrelevant when it came to providing for a family. He became a taxi driver, a job in which he could try out his philosophical ideas on passengers. Shortly afterward he used his magic powers to become manager of a fleet of taxis and then a partner in the enterprise.

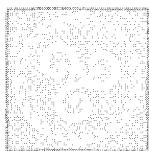
Now he had swung the pendulum right over to the other extreme of the balance. He was becoming moderately wealthy; on the surface his health and happiness were satisfactory, but now he found himself in divorce court. Only as he and Elnora were working out the final settlement did Don realize what was happening to him. He called a two-week recess in the divorce talks. By carefully talking to his guides and reestablishing his occult contacts, he was able to convince Elnora to give him one more chance. With self-discipline, pain, and a conscious shifting of goals, he was able to work out a new balance. In it he spent less time trying to earn wealth and more time teaching young people some of his occult knowledge. He and Elnora are now growing emotionally in the same direction.

Achieve Serenity

You need to go to work right now to define your over-all life goal and to take those first steps toward its achievement. For only when you have defined that goal, your "light at the end of the tunnel," can you start working carefully toward it. With a goal in mind your whole life's purpose will become clear to you. You will feel relieved when you find, as you will, that very often there is not time for petty arguments and that small annoyances become insignificant as you strive toward that beckoning light. Carefully working on your occult capabilities and balancing your wealth goal against your health and spiritual happiness, you will achieve anything you desire.

Blessed be.

Appendix



What Is Modern Witchcraft?

In medieval times, the Catholic Church laid the title “witch” on those who practiced either the old ways or Protestantism. When Protestantism was new, its members labeled Catholics “witches.” In Puritan times everyone in sight was labeled a witch, and the Pope was called “the great satan.”

In the 1800s the rigorous suppressions enforced by Christians had taken all enjoyable things out of life, had cruelly controlled sexual activity, and had turned men against women. This created in artists and philosophers a desire to restore pleasure in life. Together with the rise of a new moneyed middle class and a general prosperity, there arose a worldwide search for a new religion that would reject and transcend puritanical Christian dogmatism.

In England Sir Walter Scott tentatively suggested the old ways might be better and were at least worth examining. His *Letters on Demonology and Witchcraft* was widely read and caused a revolution in thought. In the same period, much work was under way in the areas of psychic research, ritual magic, and sorcery. The Old Religion under the name Witchcraft then began to reemerge.

In the United States this centered in an area around Concord, Massachusetts, in the Transcendentalist movement (founded 1830). Beginning in 1840, *Dial Magazine* published the works of such luminaries as Emerson, Thoreau, Fuller, Ripley, Alcott, Whitman, Hawthorne, and many others seeking a religion that would bind all nature together in a unity. They, too, were labeled witches and infidels.

In France the publication of Jules Michelet’s *La Sorciere* in 1862 shocked the establishment with its portrayal of the witch as a member of a justified, if hopeless, underground religion.

At the turn of the century, such publications as Frazer's *Golden Bough* and Leland's *Aradia* gave fresh impetus to the modern Witchcraft movement. Fulminating priests of the Christian cult immediately branded practitioners of the Old Ways "witches," even though their activities constituted an entirely new way of spirituality. Nonetheless, the title has been proudly kept. We, the Witches of the world, are the ones who remember the Burning Times. We are the first to protest religious or other persecution.

Throughout history practitioners of the "approved" conventional religion have always designated outsiders as sorcerers, magicians, infidels, and witches—in short, as scapegoats.

The movement was given further strength by servicemen returning from World War I, by British colonial administrators returning from the Far East, and in the United States by publications on American nature religions. All these people welcomed the work of Dr. Margaret Murray and Robert Graves.

Another even more dramatic surge forward occurred as World War II ended in Europe, and more energetically in the United States from disaffection with the establishment caused by the Korean and Vietnam wars. In this climate, books by Sybil Leek, Gerald Gardner, June Johns, Justine Glass, the Farrars, and ourselves found a ready market.

Coincidentally, in this same time frame, the downtrodden women of the world began to unite. Many of them, realizing that the established churches were male-dominated and chauvinistic, rebelled and threw off their chains. They demanded that "God" not be regarded as an exclusively male deity and that the Goddess get equal if not higher billing. These women formed covens, and a whole branch of Wicca has grown up around them loosely labeled Feminist Wicca. In the beginning it was militant (no wonder, after five thousand years of oppression), but now it is moving toward the center and is beginning to work toward a male-female balance. Books by Starhawk, Merlin Stone, Riane Eisler, and others have been formative in the production of this strong branch of the Wiccan tree.

Modern Witchcraft is a natural religion of the light. It was born in the nineteenth and twentieth centuries of many different parents, some of whom claim that it came from the darkness of the Burning Times. Today hundreds of thousands practice and study this new mag-

ical religion. The number of books and theses on it is growing exponentially, for at every college and university, and indeed around the world, people are realizing that there are better ways to live and grow than those they have been taught.

The Craft may now be defined as a natural religious philosophy that worships or reveres the old god-esses and uses all innate human abilities—including natural magic—to achieve a serene path through life. All natural religions, both ancient and modern, inextricably interweave magical and spiritual thought. The universe is inherently a place full of wonder and magic. Even though we “understand” the rhythms of nature and the process by which an unborn child is formed, nevertheless they are still magical.

Modern Witches find unity in the diversity of ways in which they show their belief in the god-esses of their choice. Unity in diversity is sometimes very puzzling to newcomers. Perhaps it is helpful to think of the strength and unity of the United States, composed as it is of many diverse cultures.

The authors of this book founded The Church of Wicca in 1968 and earned federal recognition as a church of Witchcraft in 1972. This was the first federal acknowledgment of the legitimacy of Wicca in the United States and the first use of the word “Wicca” to describe a religious philosophy. In its time the Church has handled over half a million queries and enrolled fifty thousand students. Many of its students now play leading roles in the worldwide Wiccan community.

Can a new magical, nonhierarchical religion survive the enmity of corrupt and bigoted politicians, businesspeople, and churchpeople? The answer is a resounding “Yes!”—for the Craft is not only surviving, it is growing. We see the tender sprouts of a new life philosophy being welcomed by wider society. If those tender sprouts are properly nurtured and very occasionally self-pruned of the wild ones, they will grow healthy and true. That self-pruning is already beginning. With it, a recognizable philosophy and a way of life are emerging. Law-enforcement personnel, military chaplains, and penal systems are all more readily accepting the help and guidance of Witches.

Gradually, too, the media and businesspeople are beginning to understand and are reluctantly noting that public awareness of, and media negativity toward, their sponsorship of planetary destruction results in loss.

The Roots of the Doctrine in *The Magic Power of White Witchcraft*

Today the Church of Wicca is one of the largest and best-known teaching organizations in the world of Wicca. The doctrine in this book is based not on one tradition but on a composite system of spiritual and magical beliefs that rests firmly on five supports. The system has Celtic undertones just because of our personal heritage, but other ethnic flavors are apparent as well.

The five supports are:

1. THE OLD MASTERS AND NEW TEXTS

Members of the School's student body have studied literally thousands of old texts. Certain members can read hieroglyphics, cuneiform, ogham, and other ancient scripts. We have people who are acknowledged experts in biblical lore and in Judaism. In modern languages, too, we are second to none.

2. MODERN EXPERIMENTAL WORK

With hundreds of new students enrolling each month, we are able to research different ways. We do not believe that our path is the only path; instead we encourage experimentation. Then the students report back their experiences. When sufficient data have been accumulated, the belief system is modified.

3. RESEARCH INTO MODERN REMNANTS OF PRIMITIVE CULTURES

This is an ever-expanding area—especially for Native American, though also Eskimo, Hopi, Australian Aborigine, Brazilian rain-forest cultures, and those of New Guinea—as is the newer science of social anthropology that forms the basis for parts of the course.

4. FAMILY TRADITIONS

Current Craft practices incorporate many traditions passed down in families. Most of them go back only to the late nineteenth century or

the early twentieth century. Gavin's own fragmentary family tradition was passed down in South Wales. His great-great-grandfather was deported to Australia with the famous Welsh healer Dr. Price, but Queen Victoria pardoned both. How much farther back the tradition goes is unknown, but that matters little now. Only fragments of the tradition survive because it was too chauvinistic to pass muster in today's society. The Church is not a dinosaur, unable to adapt; it is a vital, changing, dynamic entity.

5. STUDENTS AND OTHER WICCANS AND PAGANS

Gradually the School has been discovered by other pagans and Wiccans who want more from their religion than a chance to get laid, or dance in the dewy grass, or change the genitalia of the deity. These people have done their own research, and many share results with us so that all students can benefit from their experience.

How far back can we really document modern traditions? In direct descent, perhaps only one hundred years. But in the use of the older god-esses and rituals, we can follow traces back (not in a direct line) to perhaps 10,000 B.C.E.

Bullets Through the Window

The beliefs outlined in this book have caused the authors much pain. We have been persecuted, had bombs at our hotel and, yes, had bullets through our windows. Why do we bother?

Once upon a time in the future, there will be a package of non-threatening spiritual beliefs that encourages everyone to develop every physical, mental, and psychic talent to its full potential. People of all genders will be equal partners, each supplying his or her own abilities to ongoing relationships based on mutual trust, understanding, and kindness. These people will exist in small tribes or kin-groups. They will not be couples alone against a complicated world. Their lives will be in control. They will not feel themselves powerless in the face of government or church directives. There will be no ranks; all will live in harmony together. This will come to pass because, as the world grows more complex, people will need to band together and exert all their efforts to live in serenity.

It has been said that such a world and such a religious structure existed in time long ago and that our memories of it prompt such fantasies as those of Camelot. For a moment let's join Arthur Evans and listen to his description of ancient Crete:

[R]epresent a civilized refinement that has not been equaled since: which I would like to fix firmly in place, by way of a challenge to the high claims of those proudly phallic moral orders, whether circumcised or uncircumcised, that were to follow . . . There were no walled cities in Crete before the coming of the Greeks. There is little evidence of weapons. Battle scenes of kingly conquest play no role in the setting of the style. The tone is of general luxury and delight, a broad participation by all classes in a genial atmosphere of well-being, and the vast development of a profitable commerce by sea, to every port of the archaic world and even—boldly—to regions far beyond.

Perhaps if we follow Paracelsus and the advice of the ancient Celts, we can all work toward a new technological Camelot.

[F]ollow your unconscious intuitive forces blindly and with confident faith; they will carry you through your perilous trials. Cherish them; believe in them; do not frustrate them with intellectual distrust and criticism; but permit them to move and sustain you. They will bear you through the barriers, across thresholds and beyond dangers that could not be met with any other guide. They know what our ego, conscious and rational, never will comprehend, must not even try to comprehend before the instant of the event itself: they know, namely, that there is no death.

Can a Christian Be a Witch?

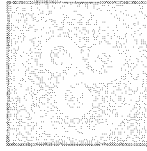
Christianity often appears to be a chauvinistic power-hungry religion . . . and of course power corrupts. What about Christians who are positive? Those who sincerely try to make sense of their teachings and to live a life of decency? Those who honor Gaea and who fight for women's rights? In our mind the answer is simple: They're trying to do something honorable within impossible parameters. It drives them to drink, to mental illness,

to violence. The fortunate ones eventually find the Craft for healing and salvage. By our standards, if you don't have individual freedom to develop in your own way—to make your own mistakes and to learn from them—you are not a Wiccan; nor is the person who denies you that right or engages in ego-tripping by denigrating yours or another's path.

If it harm none, do what you will.

The millennium can be a watershed event in your life. Your watershed does not, however, have to be keyed to a calendar date. Every day of your life can bring its own watershed events—decisions that irrevocably change the path that you are on. This book is an introduction to a new awareness of the world. Don't let your spirit die by continually feeding your ego. Stay aware that the decision you make today may change not only your life but the post-millennial era as well. All we ask is that you live pleasantly, be loving, and deal honestly.

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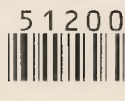
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