



Week Six Notes and Homework

I THE SECRET TO SOLVING ANY PROBLEM

Begin to think of every circumstance, object and relationship as being your own creation. Even if there are circumstances that seem not to be your own doing, take responsibility for them anyway. When you create this perspective, you place yourself in the position of power over your life rather than being the victim of it. Allow yourself to come to the realization that you are an extremely powerful being who is the author of each and every experience in your life.

The exercise of taking complete responsibility for everything in your life causes you to begin to understand that all of your life is an accurate reflection of your own self image and belief systems. Taking responsibility is not the same as taking blame, nor does it mean that you don't hold others accountable for their actions. You are simply coming to a clear understanding that you are responsible for your life, and that no one but you has any power over your life. Your finances, health, relationships, work, home, car, and self expression all are an accurate and mathematical result of exactly how you feel about, and what you believe about yourself and the world.

It becomes apparent to most people who do this, that the way they feel about themselves includes many negative feelings such as anger, hatred, guilt, and general self recrimination. The way you feel about yourself is usually a heightened state of how you feel about others and about your life in general. Most people can't tolerate being aware of the amounts of self hatred and guilt they carry with them, so they suppress these energies into their deep mind, and then unconsciously "project" these energies, feelings and images out onto the the so-called "external" world. This causes a creation of circumstances which mirror the suppressed feelings, images and energies. Since much of what is done in this regard is unconscious, it seems as though negative things are "happening to us" rather than originating "from us."

One of the most powerful of all the negative states we experience is guilt. Under the Hermetic Laws of Mentalism and Cause and Effect, every thought brings about a result unless it is neutralized by a more powerful counter-thought. **Guilt always demands punishment.** Just like the Law of Gravity demands that every physical object to be attracted to the earth, so does the belief that we are guilty cause the deep mind to create punishment in our lives. The degree to which we feel guilt is the exact degree of the punishment we call onto ourselves, just as the degree of weight of an object determines the speed at which it falls to earth.

If you harbor guilt feelings and thoughts, you are instructing your deep mind to bring about punishment. Your deep mind uses whatever belief system has been ingrained in it by your habitual thought patterns to carry out what it perceives to be your wish for punishment. Thus, the ways which you punish yourself can be endless; yet they tend follow fairly set patterns based on your own sets of deeply held beliefs about yourself and the world.

For instance, if you tend to believe that money is hard for you and that nothing ever works for you financially, that belief in and of itself is enough to cause financial hardship; however when you add feelings of guilt to the equation, the Law of Cause and Effect clicks in to immediately cause you to bring punishment onto yourself using your financial life as its tool. Therefore, your financial problems are exponentially increased when you harbor guilt feelings. Whatever negative beliefs you have are naturally exploited by your deep mind in order to bring about the punishment that the deep mind perceives that you are demanding that it produce in your life. Remember that the Deep mind doesn't choose or judge, it takes everything you habitually think and feel as being demands from you.

The only way to free yourself from this cycle of guilt and self-punishment, is through the practice of forgiveness. Forgiveness is a simple yet profoundly powerful procedure. Simply use the following formula:

Forgiveness Formula For Solving Any Problem

The following is to be done in writing:

1. Name the situation to be healed.
2. List all your current beliefs about the situation.
3. Turn all these beliefs into positive commands (similar to the Waning Moon Flips from WBB1). Use these new positive ideas in your own spell casting work.
4. List anything you feel you have done wrong, or any perceived defects in your character for which you are harboring feelings of guilt.
5. List everyone with whom you have a grievance.
6. State the following (or something similar in your own words)

"I fully forgive anyone in my life, now or in the past who could possibly need forgiveness. I forgive everyone for everything that I think they have done or not done that I feel has caused me

any harm. I am thus myself forgiven in this moment for anything and everything that could possibly need forgiveness of the past or present. Anything that I have ever done or not done in the past, for which I feel guilty is now released and I am completely free. All are forgiven. All are free. This act of forgiveness cleanses me of all guilt that I have now, or have ever carried with me. I unburden myself here and now. Perfect Innocence is mine now. The Infinite Light of my Superconscious mind has burned away all that is unlike perfect love, perfect trust and perfect innocence.”

7. Tear up or burn the papers used for this exercise (keeping the list of positive statements to use in your spell work). Do NOT repeat this formula on anything or anyone already named in the process. If any of what was forgiven should cross your mind, simply immediately state “All has been forgiven,” and completely move on.

Any time you notice a problem in your life, immediately forgive yourself. Love yourself right away. Recognize that you are a child of Infinite Love and Infinite Light and there is nothing you could ever do to change the Truth of who you are. Consistently invoke Divine Forgiveness for yourself and for everyone else until the problem clears up. All forgiveness is an act of self forgiveness. You forgive yourself each time you forgive another. Harboring guilt and blame instructs your deep mind that you desire bondage and punishment; whereas practicing forgiveness and love for yourself and others instructs your deep mind that what you desire is freedom and reward. Your deep mind will be certain you receive what you demand every time, unless the demand has been countered and neutralized by a stronger demand.

II THE THING YOU CAN NEVER GET

All magic comes with a price. There is no such thing as getting something for nothing. Everything requires an exchange. Getting something without paying the price is impossible, and attempting to do so always results in disappointment and failure. Learn to LOVE paying the price for what you want. You wouldn't be desiring something unless you had the means to pay for it; therefore, make your magical payments with good cheer. Always pay for your magic FIRST, rather than allowing your unconscious belief patterns to arrange payment on their own terms.

What is the cost of magic? It depends on you and your spell. The price of a money spell might be the giving of money. The price of a love spell could be the giving of love; the price of a job spell, the giving of service; the price of a truth spell, the giving of honesty; the price of a justice spell, the giving of fairness; the price of a health spell, the giving of comfort, etc.

In addition to giving in kind that which you desire, you must also give UP all that is standing in the way of your receiving your desire. Thus, you must GIVE UP your thoughts, beliefs and actions of poverty, hatred, loneliness, despair, fear, guilt, dishonesty, etc.

There is a way to “pre-pay” for your magic on a regular basis which entitles you to unlimited good, and will pay for all your spell work in perpetuity. It goes by many names, but the one which has always been used by my teachers is Tithing. Tithing is a universally accepted principle that has been in use by wise men and women of all faiths and ancient magical traditions for centuries. Tithing, or “the Giveaway”, does not belong to any one religion or tradition, as it is a Universal Principle. Tithing is simply the giving of 10% of all your material wealth to the Gods (for us, in this class, this means the Universal Divine Principles). Remember

that the regular and systematic giving of a percentage of your wealth to the Source of all creates great magical power in your Craft.

Tithing can come in many forms. The way it was taught to me is that we are to freely and joyfully give 10% of our wealth to the places where we receive our spiritual nourishment. The question of where to give can be difficult to answer, since it is a deeply personal decision, and can change each time you give. The best way to decide where to give, is to ASK. Ask your superconscious mind where it is best for you to give, and it will be shown to you. When you begin your magic by paying for it first, you have created a vacuum which must be filled with the manifestation of the desires for which you are working magic. If you tithe regularly, you never have to worry about paying for your magic spell by spell, since you are already always “in the flow,” magically speaking.

Regardless of how you pay for your magic, payment must never become a source of superstition for you. Magic is a Science and is governed by exact laws. All science is true regardless of whether or not you choose to believe in it. Universal laws always work regardless of what your belief systems are. Therefore, you must always know **what** you are doing and **why** you are doing it.

III. The LAW OF USE

It is a law of nature that what isn't used must be eliminated. Everything that is within your life is there to be used, or eliminated. If there are things in your home, office, car, closets, garage, etc. that have been gathering dust for a significant amount of time and remain unused, you must ask yourself if you really want to keep them around. If they aren't being used, they are robbing energy from you that could be utilized to achieve your goals.

A sound magical technique is to take a different section of your home, office or other area each month and do a thorough cleaning of it. Any items that haven't been used in a significant amount of time, place to the side. Once you have completed cleaning the area, go through each item you have set aside and ask yourself on a scale of 1 to 10 how important keeping this item is (1 being least important and 10 being most important).

Take all your lower scale items and find new homes for them. For the items higher in scale, commit to using them within a reasonable amount of time. If you still find that these items are not being used, then it is important to ask why you find them to be important to keep. Remember that what we don't use, uses us. Put most of what you own to use in your life at least once or twice per year, or let it go. You will find that you have much more available power and energy for working effective magic the more often you clean up and clean out your physical life.

When working in this manner, call on the principle of Divine Order, Infinite Harmony, Perfect Restoration, or other principles that you find useful and know that as you are putting your possessions in order, so are you putting your deep mind in order. Placing your physical possessions in the hands of your Superconscious Mind allows you to dedicate all that you use to your Magical Will, and thus all your possessions support your goals rather than robbing energy from them.

IV A FEW WORDS ABOUT ELEMENTAL SPIRITS

When working magic, it is not uncommon to notice that there is astral substance which is released from your elemental bodies. To the primitive magician, these substances were thought to be external creatures. These so-called creatures have come to be known as “elementals.” These elemental substances work together as thought forms which are “programmed” by you through your deep mind to create specific results.

It is extremely easy to become superstitious regarding your own elemental energies which move into action on your direction. It can seem as if these elementals are external creatures which must be tamed or directed. In actuality, they are no more separate from you than beads of sweat moving off your skin, waves of body heat emanating from your body, streams of air as you exhale, or dried skin which is sloughed off by your body on a regular basis.

It is important to remember that the elementals are to be respected in the same way that you would respect your own body, your car, your clothing or other parts of your regular day to day life; however they are not to be feared or revered in any unnatural way either. It is best to regard the elementals as being intelligences made up of the pure elemental energies which are a natural by product of your very own elemental bodies working for your benefit. If you happen to notice elemental energies working, it is fine to acknowledge what you are experiencing, but in no way is it appropriate for you to view them superstitiously as having any special powers apart from you.

Of course these elementals are present in magic, as they are the energy behind the building blocks of the universe. They always move as moved upon. They don't have any power to help or harm you except through your own belief system. There may be times in your Craft that you work directly with the elementals and that is absolutely fine, provided that you understand what they are and how they work. Just like with any magical operation, all the power from your magic comes from within YOU, and all manifestations thereof are a reflection of YOU, and this includes the elementals.

VI REESTABLISHING YOUR MAGICAL TOOLS, SPIRITS AND DEITIES

As we come to the end of this training, you may decide that you want to begin to reestablish your working tools, altars, tarot cards, oracles, relationships with spirit guides, angels and deities.

In order to find wisdom and power in your relationship with all these, take some time to understand the reality behind each tool or being prior to returning to working with them on a regular basis.

Take a few moments and answer very honestly questions such as what follow the first time you decide to reincorporate a tool, named deity or spirit into your Craft.

“What infinite principles does this represent to me?”

“Where is the actual power which this represents to me?”

“Does this augment the use of my power?”

“What is different about how I relate to this now versus how I related to it prior to this training?”

“How much does this increase my enjoyment of practicing my Craft?”

“Does working with this create any sense of discomfort or fear in me?”

“Am I working with this because I desire to, or because I believe that it is more powerful than I am?”

“Is it best to work with this, or eliminate working with this at this particular time?”

UNIVERSAL MAGICAL PRINCIPLES

Following are a few examples of magical principles you can work with. Take some time to expand on this list for your own work. If you work with Deities, Angels or any Spirit Beings, it is an excellent idea to which principles they best personify. This way, as you incorporate your work with Deities etc. back into your Craft you can do so mindfully rather than inadvertently reestablishing any undesired superstitious beliefs or practices.

Infinite Life
Perfect Love
Perfect Trust
Infinite Intelligence
Divine Spirit
Divine Will
Infinite Good
Perfect Truth
Divine Harmony
Perfect Peace
Divine Restoration

Divine Order
Infinite Joy
Perfect Organization
Infinite Health
Divine Perfection
Perfect Happiness
Infinite Satisfaction
Divine Completion
Perfect Knowledge
Infinite Manifestation
Divine Desire

Divine Presence
Infinite Being
Divine Wealth
Perfect Abundance
Infinite Prosperity
Divine Action
Perfect Employment
Divine Transportation
Infinite Safety
Divine Forgiveness
Perfect Innocence
Infinite Light