



A Witch's Primer

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Lesson 8: Power Base Pt. 3: Air Body

The air body is anchored to the side of the pyramid called imagination.

The element of air represents our mind, and our thoughts. The root of the word imagination is image, which means to make pictures.

Visualization is an important factor in the building of the air body and a very important factor in the working of magic. Seeing actual pictures in your mind is not necessarily an indicator of how effective you are as a magician. It is a skill that will be developed over time with practice.

When we talk about visualization in terms of imagination in the witch's pyramid, we're describing being able to conjure an experience within your mind. If you are a more feeling person, you're going to be creating a sense of something more than a picture, if you are somebody that's more audible, you're going to be creating a sonic environment in your mind, more than a picture. If you are a person that's more sensual, (sense of touch), you will work better with physical props to create a sense of the image you're putting in your mind. A very effective way to practice visualization is to daydream about things you enjoy, such as eating a freshly baked piece of pie.

Homework: If you choose to continue to record your dreams, do that before this exercise. It is not necessary to keep recording your dreams this week if you do not wish to.

Stream of Consciousness Writing: First thing in the morning, write a full page, or more, of stream of consciousness writing.

Write down everything that's in your mind, first thing in the morning, without editing. Fill in an entire page. This will start opening up your creativity.

Meditation: Breathe through your nose and follow your breath. Your breath and your mind are interrelated. You will notice that the more focused on your breathing you are, the more focused your mind is. The more your mind wanders, the less focused on the breathing you are and the less you breathe. The more you take that breath in, and are conscious of the breath, the more focused your thoughts become. At least 5 minutes a day, if possible up to 20 minutes a day, follow your breath in and out of your nose. (Unless you are congested).

This is not an act of will, this is an act of the intellect, you are noticing and studying your breathing and the pattern of your mind. As your mind wanders, remind yourself gently to come back to your breathing. Notice your reaction when you bring your

mind back to your breathing. It is important that we are gentle with ourselves as we do these exercises.

Physical: Deep breathing. The best time is early in the morning but anytime is fine. If you can do it outdoors, so much the better. To understand how to take a deep breath, bend forward at the waist, and bend your knees to protect your lower back if you need to, so that your back is somewhat perpendicular to the floor.

Put your hands on your navel area and take a breath. You'll notice that automatically your abdomen moves out because you have put yourself in a position where abdominal breathing is absolutely necessary. To discover what abdominal breathing feels like, often called diaphragmatic breathing, return to an upright position and see if you can recreate that experience for yourself, breathing in while you feel that abdominal region expand. While doing these exercises, you want to have a gentle lift in your sternum.

Take deep breaths in through your nose while you feel your navel extending, exhale through your nose or mouth and gently feel your navel coming back toward your spine, the navel drawing itself in toward the spine to press out the excess air. This is different from meditation. During meditation observe your natural breath. During these deep breathing exercises, take 10 to 20 breaths and experience what a full breath feels like. The idea is not to hyperventilate. If you ever start to feel dizzy, stop and try the exercise when you feel normal again. You should be able to, eventually, breathe like this for up to an hour at a time with only good feelings.

Creativity exercise: This exercise can take whatever form you would like. You can write some songs, you can write some poetry, you can paint a picture, you can just take a new route to work every day. The idea is to keep your mind as open as possible, to see things in a new way.

Look at things from as many perspectives as possible. Try to find a way to create something this week, anything you like – sculpture, woodwork, sewing. Delve into whatever your creative impulse is full on this week. Dedicate a big chunk of time to something very creative for yourself. If you can do something creative every day, that's even better. At least dedicate some significant amount of time to a creative endeavor this week. Do not judge the project as good or bad, it is an exercise in building your magical air body.

Recap: Morning exercise: Write a stream of consciousness, one full page of whatever's on your mind, first thing in the morning.

Meditation: Simply notice your breath and keep your focus on your breath and how your mind operates. As your mind wanders, gently bring it back again and again to noticing your breath.

Deep breathing: In the morning and if possible outside, do diaphragmatic breathing, 10 to 20 breaths a day. Do not strain and if you feel any discomfort, stop.

Creativity: This is a week that you're going to do something creative for yourself. Whatever it is that you like to do, dust it off and work on it.

If you'd like to do something more, read some literature. It doesn't have to be hard literature, it could be anything at all. Something that is a narrative, so that it starts to

get your visualization faculties primed. Or you could read or tell or listen to stories, audiobooks, or story podcasts.

Don't put pressure on yourself or try to make yourself visualize in any particular way, simply take time to notice what experience when visualization comes up for you. Get comfortable with the fact that you do have the power of visualization.