



# A Witch's Primer

Ariel Gatoga



## AWP Recap

### Lesson 1: Consecration and purification

Consecration is a procedure where the ordinary is made sacred. Purification is the cleansing of dense and negative energies or blockages from our aura. The aura is simply the energy body that permeates and radiates from the physical body.

Daily purification of the body using the four elements results in heightened psychic abilities, greater health and well-being, clarity of mind and purpose, and many other benefits. Spiritual purification by all four elements is very important to integrate into your daily life. Please do special purification prior to every magical operation or religious ceremony you attend and encourage others to do the same.

#### 1. Food Consecration:

Sit for a moment with your food before you and relax your body. Feel the emotional connection in your body with the food and mentally give thanks for the sacrament that is about to take place. Take a few deep breaths, relax the body, smile and say, "Blessed Be." Eat slowly and enjoy.

2. Water purification: Water purification is simply taking a warm bath. To heighten the effects of the purification, you can also add a cup of tea made from the herb hyssop and a handful of sea salt. If you're unable to obtain sea salt, table salt or kosher salt will do.

While soaking, take a series of deep, relaxing breaths, let go of all of the tension in the body and the mind. Immerse your head at least seven times and stay in the magical bath for at least twenty minutes.

If you don't have access to a bath, you can also use a shower. You can simply scrub your body down with sea salt. Visualize the water that's coming through the shower head as being imbued with very white, purifying light.

3. Air purification: The simplest way to do purification by air is deep breathing, from the diaphragm. Sitting and meditating, or noticing your breath, will give you immense benefits.

Another way to purify by air is called smudging. You can use a smudge stick such as sage. Or you can simply take some incense charcoal, available at most metaphysical suppliers, and set it in some sort of fire-proof container to which you've added some sand to insulate it from the heat.

**Ignite the charcoal, and allow it to finish sizzling and popping until it's hot. On the charcoal, you can place any of the following: frankincense, frankincense and myrrh, (not myrrh on its own), dragon's blood resin, dried lavender flowers, or pieces of sage.**

**A nice blend is cedar, sage, lavender, sweetgrass, and tobacco, especially if you are from a Native American perspective.**

**Place the incense on the floor. Disrobe. Walk around the smoking bowl seven times saying a prayer of purification such as, "May this smoke purify my aura and cleanse me." After the seventh circuit, walk over the bowl and through the incense smoke three times.**

**4. Earth purification: Work is the highest form of worship. If you are involved in any kind of work that you do not enjoy, you are not contributing to the high quality of energy on the planet. Until it's possible for you to change careers or jobs, begin finding things that you do like about your work and focus on those things. Make a list of your ten greatest pleasures in life, then find a way to make one or all of them into careers.**

**In addition to career, dedicate yourself at least once a week to the work of the Goddess. That could mean picking up litter, volunteering, protesting, whatever you feel is right for you. Work is, perhaps, the most purifying of all spiritual purification practices when done unselfishly and with a pure attitude.**

**Another way of doing Earth purification is physical exercise. Things like yoga, ritual dance, ballet, weight lifting, and cardiovascular exercise can help you purify your aura.**

**5. Fire purification: At least once per day, sit in the presence of fire. This can be a bonfire, a campfire, a fireplace, or simply the flame of a candle. All you need to do is stare into the flames and breathe deeply and diaphragmatically.**

**Feel as though the flames are dissolving any tension in your body and mind. Twenty minutes is sufficient, however, to sit before an open fire for five hours or more once per month is awesome.**

**Homework: Aim to perform the food consecration as often as possible and at least one elemental purification per day, alternating so that you're doing each of them often.**