



Week Two Notes and Homework

I CALLING THE FORCES AT YOUR COMMAND

When working with concepts such as Spirit, Deity, Higher Power, Spirit Guides, etc., it is common for people to, at times, think that they are calling on external personalities who must be pleased, supplicated, or coerced into giving them what they desire. This is seen across all styles and traditions of magic and religion. As you have been working with your own mind and spell work during this course so far, you may be coming to understand that Spirit is much bigger and more powerful than any personality, that it is the power which is the source of all creation, and is individualized as YOU.

In working with and contemplating the different aspects of your mind such as Superconscious, Conscious and Deep Mind, you are most likely coming to realize that Spirit is the source of all there is, and that it is closer to you than anything in the physical world could ever possibly be. In fact, Spirit is the essence of you. In working your magic during this course, you are being asked to let go of all superstition. In order to aid this, you are taking a break from all your magical tools and named deities, spirits, etc. (even the terms “God” or “The Goddess” are a type of named deity). Of course this is all very temporary, for training purposes, and you can go back to your own regular magical and religious practices once this 6-week training period is complete.

During this training period, you are being asked to work with abstract principles instead. In discovering abstract principles, it is important that you attempt to find them in their most “absolute” form. For instance, you may choose to work with the principle of “Intelligence;” yet, the concepts of “Infinite Intelligence,” “Perfect Intelligence,” “Absolute Intelligence” or “Divine Intelligence” each have more authority than the mere concept of “Intelligence”, as they are naming the abstract principle in more “absolute” terms.

Begin to keep a running list of absolute abstract principles. Contemplate them often. Some examples are “Perfect Love,” “Divine Order,” “Infinite Peace,” “Perfect Joy,” “Infinite Freedom,”

“Infinite Wealth,” “Divine Authority,” etc. Learn to call on these forces often, both out loud when possible, as well as silently, in your mind.

You can, whenever you are confronted with a problem, call on the force which will dissolve it, and keep calling on this force until either the condition clears, or you are at complete peace with the situation. An example might be, if you find yourself in an argument, you could silently call on the power of “Perfect Peace,” “Infinite Peace,” and/or “Divine Peace.” You may say something as simple and powerful as “Infinite peace now fills my mind, body and relationships. There is only Infinite peace in this situation right now.” If you are being wrongfully accused of something try something like, “Absolute Truth now fills my mind, and is the one and only reality in this situation.” When working in this manner, you must utterly turn your attention away from the problem, and focus on the Principle instead.

Call forth these forces when casting your spells. Call on them daily each morning in order to charm your day, (you could say something similar to, “Divine Order governs every part of my day today. Divine Peace fills my spirit, mind, emotions, and body, today and every day. Divine Success permeates all my undertakings, today and every day.”

The Forces are there to be commanded by you. It is not rude, arrogant or presumptuous to do so. It is their nature to respond to your commands. The more you practice this, the more you will notice powerful results. Treat these forces as your very good friends. Good friends are polite to each other, but they always just “tell it like it is,” rather than standing on ceremony; so just go for it! Keep your commands as positive, powerful statements of fact as if they are so now. In other words, rather than commanding, “Infinite Wealth, please manifest as large sums of money for my rent next week,” try instead, “Infinite Wealth, manifest(s) as large sums of money for me right now and forevermore.” “All my financial needs are instantly met by Divine Wealth, now and always.” Keep at it until you are successful.

II The Witch’s Pyramid and Your Power Bodies

When working advanced magic, it is important that your pyramid powers are working in harmony with each other. For instance, the power of **Imagination** is the ability to create the mental “movies” that you are working with in your daily spell work during this course. The element that is most often associated with this power is Air. We call this your “mental body,” or your “air body.”

Since air is naturally unfocussed, the pyramid power of **will** from your desire body (also known as your “fire body”) can be brought into play to draw to the air into itself and focus it into a single flame of desire. To do this, you simply use your will power to keep the mind from wandering by filling the pictures you are creating with generous amounts of desire for what you want. This creates great interest in creating your pictures, and thus keeps your mind focussed.

Faith is often associated with the element of water. This is because through the emotional body (or water body) what you are feeling emotionally gives you a clear understanding of where your faith is being directed. If you are at peace, or feeling pleasurable emotions regarding your goal, you know that you have faith that your desire is coming to pass. If you are feeling negative emotions as you contemplate your goal, such as fear or worry, you know that your faith is that your desire won’t come to pass. If you are experiencing negative emotions, work with your fire body (**will**) and air body (**imagination**) to “heat up” the water in your cauldron of faith by feeding

it your desire and pictures. Keep doing this until your emotions are pleasurable when contemplating your goal, then you know that your faith is directed properly.

One of the ways that we can use our earth body in spells which also focusses our **faith** in our water body comes in the form of preparation. When you are working on a spell, you want to use your physical resources to prepare for its manifestation as much as possible. For instance, if you are doing a spell for weight loss, you might get a lovely piece of clothing in the size that you will be wearing as a result of the spell being realized. If you are doing a spell for a new home, you might want to start shopping for new furniture, or household items. Go browsing in the shops with a pen and notebook to make notes if you don't have the money on hand for actual purchases.

If you are doing a spell for a large increase in income, you might make some appointments with financial planners to interview them and see who you will want to work with once your spell manifests. These activities of preparation, are some of the most powerful ways you can hasten your results. This is because the stronger your **faith**, the faster your manifestation will be. You will notice that your emotions begin to become much more charged with positive expectancy as you make your preparations.

Secrecy is the final point on the pyramid, and is also ruled by your earth body. Much has already been said on this subject. But, in addition to keeping your spells secret, don't tell anyone about the preparations you are making either. Do the activities of preparation on your own and privately.

Daily, contemplate your pyramid powers and power bodies, and discover more and more ways in which they can work together, in harmony, for you to have greater and greater success. Take notes of all your contemplations. Your own contemplations of these magical principles are more powerful than anything you could ever read in a book.

III. FIRST PREPARATIONS FOR ASTRAL TRAVEL AND DREAM WORK

The ability to travel in the mental world, fully conscious, is an important skill in magic. If you consider your dream world, you will get an idea of the astral world, for the astral is the place you are traveling in your dreams. Since you already are accessing the astral plane on a regular basis each night, one of the easiest and most effective first steps you can take to master the art of astral travel, is the keeping a dream journal. It needn't take much time to keep this journal. Just a few minutes each morning will bring you much more power and skill than most any other technique will.

Keep some sort of notebook and pen by your bedside. Before retiring for sleep at night, tell your deep mind, "Make sure I remember my most important dreams in the morning, and make sure I remember to write them down." Then go to sleep using whatever mantra you happen to be working on (see your daily spell work from class #1). In the morning, you will remember a dream. If for some reason you don't remember, write down something like "I didn't remember my dreams from last night." No matter what, be sure you make an entry in your dream diary each and every morning, at least for the duration of this course.

Be sure you repeat this process each day. You will begin remembering more and more of your dreams as you practice. There will be much more work in this course regarding both your dreams and with astral travel, so get this first skill of dream recall well established this week.

VI MENTAL AND SPIRITUAL ALCHEMY

Many of the concepts and techniques in this class may seem extremely simple to you. Be aware that there is great power in these simple techniques. Your personality may want to discount them, but keep your mind open and put them ALL to work for yourself.

Alchemy is the science of turning base metals into gold. In order to extract the gold out of every moment in your life, you must have a basic technique. This technique has been known for generations as, "The Golden Rule." The Golden Rule, really is the "Rule of Making Gold." You can use it to access wealth in every aspect of your life.

Here we have a perfect example of a powerful magical technique that has been kept secret for generations simply by keeping it out in the open. The Golden Rule is often misquoted, and thus misunderstood. Many people have learned the Golden Rule as, "Do unto others as you would have them do unto you." They think of it as a purely moralistic rule to be a "better" person. But in reality, the Golden Rule is a powerful magical technique that brings very quick and tangible results to all your spells.

The actual rule is more accurately stated as, "Treat others AS yourself." The practice of this technique gives us an immense amount of power to change our lives quite rapidly. Once you understand that the deep mind perceives all people in your life as a part of you, then you realize the power of this technique. To your deep mind, all things in your world represent different parts of yourself. When you begin to treat others as yourself, then you understand that from your deep mind's perspective, there is no one "out there" at all. Instead, it sees that you are doing everything to and for yourself, since it is only aware of "Self."

Every time we act negatively toward others, by gossiping, lying, cheating, stealing, or thinking and acting negatively, we are commanding to our deep minds, "I'm showing you that is what I want for myself, please get to work to give this to me." The deep mind then begins to go to work to achieve those things.

In addition, whenever we feel guilt, we are telling our deep mind that we want to be punished. Your deep mind always takes our guilt feelings as actual requests for punishment, and immediately seeks out ways to punish us in the very best way. Remember that your deep mind is your servant, but it takes what you do and say quite literally.

In order to command our deep mind that we are not wanting punishment, but instead we want wonderful blessings, we must in turn show our it that we are not guilty, but innocent. The deep mind is very observant. When we treat others as being "innocent" it takes it as a command as what we want for ourselves. Innocence always brings reward, just as guilt always brings punishment.

Begin to command things like "Infinite forgiveness now permeates all my relationships." "Perfect love is the only reality in my relationships." When you are confronted with an opportunity to say

or think something that claims that another person is guilty, simply forgive them instead, and move on. If you have said or done something that you regret, immediately command something like, "I call on the power of Divine Forgiveness. I send this person love. I bless them and wish for them all the good in life."

Get in the habit of reversing things immediately when you say or do something negative about yourself or another. Simply command, "I reverse that now. I give powerful blessings here and now and only good comes from this."

Talk to your deep mind out loud, whenever possible. Tell it things like, "Any time I think of someone as being guilty, I want you to remind me to forgive them immediately, in order that I can receive more blessings and make my magic more powerful." Keep practicing, and you will get very good at this.

Through the Golden Rule, if you want more money, you simply start to give it to yourself. If you want more love, you begin to give it to yourself. If you want more health, you give it to yourself. If you tell your deep mind, "I am growing more and more financially wealthy each and every day. I treat others as myself, and thus my goal manifests very quickly," it will notice that your behavior matches your words, thus making it go to work even faster for you to achieve your goal.

If you notice that you are jealous of someone's success, immediately bless it. Say, "I bless their success. I'm happy for them. I want them to succeed even more!" Then your deep mind hears you and begins to bring you great success. If you belittle their success, then your deep mind hears you and brings you what it thinks you want, less success, or failure.

Many people worry that the Golden Rule will make them boring and "goody goody." Nothing could be further from the truth. The Golden Rule will always keep you on the cutting edge of life. You will win, more and more. Your life will be charmed. People will wonder why everything good seems to happen to you. Remember you are doing this for your own good. Others will benefit from it as a wonderful by product; but you aren't doing it for them, you are doing it for yourself.

VII THE MAGICAL MINUTE

Schedule a few minutes in the middle of your day, every day, to perform this exercise. You may do it as often as you like, but make sure you do it at least once in the midst of your day. Set an alarm to remind you to do this exercise if you need to, so you don't forget. At your appointed time, find yourself in a place where you can be alone (even if that means going into the restroom).

You will be setting a timer for one minute (any kind of timer will work, smart phone, kitchen timer, etc.). Establish your Orb of Light using the quick method you have been taught in previous classes. Once you sense the orb, start the timer. Stay as conscious of the light of your orb as you possibly can for the entire minute. Once the minute is up, ground any excess energy and continue with your day.

You will notice that just a few days of practicing the Magical Minute will bring you many unexpected blessings. Your aura will be brighter, your emotions will be calmer, your relationships will be more and more at ease. You will find that making decisions is much easier

and that you are more naturally drawn to that which is benefits you. You will notice that your goals manifest much more quickly and that you are under a constantly increasing spell of health, wealth, happiness and perfect self expression.

You may find that you enjoy doing several Magical Minutes every day; but do at least one a day.

VIII INTUITION

When you are opening up to working magic more directly with the omnipotent powers of your mind, you will begin to be lead intuitively, more and more frequently. You will find that you are becoming a finely tuned intuitive instrument. Be sure you follow your intuitive leads and hunches. At first, it may take a while for you to discern the difference between your intuition and the simple fears and hungers of your surface mind. The more you tune into your deep mind with your daily trance work, and tune into your superconscious mind during your daily Magical Minutes, the faster you will become aware of the difference in feeling when you get a hunch from your deep mind or an inspiration from your superconscious mind, versus feeling compelled by either fears or wishful thinking from your surface mind. The more you follow your intuitive hunches and leads, the faster your goals will manifest.

I had to do some work for a week with no pay. I knew it was the right thing to do, but I also knew that it was important for me to make up that income in some way. I did a spell to make sure that my finances were in good shape even though I needed to be off work. Then I was in Las Vegas for business, and went to the Aria to see a friend of mine who works in the casino there during an afternoon off. While I was waiting for him, I was led to play a slot machine. Knowing the feeling of a true intuitive hit, I definitely did so. I won several hundred dollars. I told myself, "That's wonderful! I need to take these winnings now and stop playing so I don't lose it." Next, I got another lead, "Just play another round." I did so, and the reels froze up. I had just won a \$5,000 jackpot. I'm not suggesting that anyone should gamble (especially compulsively) however, if I hadn't followed my lead to play that slot machine and said, "No, gambling is stupid, I'll just lose my money," I would never have gotten that wonderful gift. I knew the difference in feeling between a lead, and my own surface mind's wishful thinking, and therefore I did as I was directed to do and came home \$5,000 richer.

These sorts of things happen for me all the time, and they can happen for you too. The powers we are learning are those that everyone possesses. All you need to do is practice, and you can have a life that is much better than anything you ever knew was possible, and you can have it in an easy and fun manner in a very short period of time if you apply yourself.