



A Witch's Primer

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Lesson 6: Power Base Pt. 1: Fire Body

This lesson is the beginning of the development of your witch's pyramid.

Imagine a pyramid, with four sides and a point at the top. One side of the pyramid is the will, one is faith, one is imagination, and one is secrecy. The top of the pyramid is manifestation. In addition to seeing this as a pyramid, we're going to view each of those qualities as one of the different elements – fire, water, air, and earth – and consider them as four different magical bodies or four different layers of your magical body.

All four sides of the pyramid are of equal importance and they have to be in balance. The fire body is anchored to the side of the pyramid that we call will.

Homework: Will List: Think of a bunch of different things that you've been putting off doing and write them down. Take a full day to make a list. From the list, choose seven things, each of which can be accomplished in a single day. The week that you perform this work, choose one item for each day. You will not go to sleep before you complete the item for that day. No matter what. Nothing will stop you from completing that task.

Honesty: In addition to doing those seven things, think about willpower and the element of fire as it relates to your magic. Say "no" when you mean no, say "yes" when you mean yes. This does not mean you are going to be rude, it means that you will be honest with yourself and with everyone in your life. Say "no thank you" to anyone who offers anything you do not want.

Meditation: Fire is your will and also your concentration. For this first week, take a moment within your meditations, build slowly, and do one of the following types of exercises or make up your own: light a candle and stare at the flame. Keep your attention on the flame, keep bringing your attention back.

If you have a watch with a second hand, set it for a minute and focus on the second hand for one full minute. Keep bringing your mind back.

You can choose a mantra, such as Blessed Be. You close your eyes and focus them onto your third eye and think the word Blessed on the inhale and the word Be on the exhale. If your mind wanders, bring it back again, and again, and again, until you can maintain sixty seconds without your mind wandering. Then start to build up the length of time you can maintain focus.

Incorporate a concentration exercise every day within the context of your spiritual practice.

Physical: In addition to willpower, the fire body also represents your energy within your body. If you are not exercising your body regularly, you are not going to be efficient magically. Find some sort of exercise program that is safe and effective for you, with help and advice from your doctor. Some of the best types of exercise that work well with magic are things like yoga, tai chi, martial arts, dance, weight-lifting, aerobics, and anything that includes cardiovascular exercise, strengthening, and stretching so that you have free-flowing energy in your body.

The idea is that you are building your magical will. It is so because you say it is so. You want to be able to know that when you turn on your magical will, it's going to happen. Start small with your list so that you can be sure everything will happen. If you say it's going to happen, it's going to happen. A witch's word is a witch's word and a witch always keeps their word because everything that comes out of our mouth is truth. Our words then have power. Our will is powerful.

Recap:

Work on the will list.

Be very clear with people this week.

Say yes when you mean it and no when you mean it.

Get some sort of exercise every day.

Spiritual purification, grounding and centering, and trance work each day.

Your magical will and your fire body correspond to the athame. If you have your athame, you can meditate with it in your hands this week, to attune your magical will with the tool.