



# A Witch's Primer

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## Lesson 15: Building a Thought Form

You may want to revisit the exercise on raising power through your energy centers. We're going to be revisiting that. When you create a thought form, you're actually taking some of your psychic energy and physicalizing it and turning it into a dense version of your spiritual energy that you are experiencing with the raising of energy.

We are focusing it into a physical location and programming it to do particular work for you. There are a few different types of thought forms. One is the quickie where you build a thought form and send it on its way to do its work. You usually use that for something simple.

Then there's the thought form that you focus on daily for one to four weeks, and then send it on its way to do its work.

And then there's the permanent thought form, which stays in a particular place and that you magically charge on a regular basis. It's a very sophisticated life-form in a way, that you're charging and also allowing the higher realms to charge on your behalf. Those kinds of thought forms are for things like protection of your home, protection of your person, prosperity, peace, etc. You could have one for joy, enthusiasm, love.

All types of thought forms are built in similar ways.

### Creating a Thought Form:

First, do your grounding and centering, Orb of Light, and then raise the energy through your energy centers. Take your palms in front of you, facing each other. Start to feel energy building between your palms. It's usually about the size of a baseball, up to the size of a basketball. Play with it for a while until you really feel it's solid, then you program it with your desire.

### Programming Your Thought Form:

You might use a quick chant that you've written, if you rhyme it, it tends to program it even more easily. If you can visualize your desire, so much the better. While you're visualizing and chanting, see the indigo light coming straight out of your third eye, pouring into the thought form.

**Feeding a Thought Form:** Once your thought form is programmed, you can feed it energy from any of your energy centers that you feel are appropriate. The red energy from the root center is usually a good energy to program it with, just so it has some vitality and energy.

\*Listen to the video for examples of each of the three types of thought forms.