

Witchcraft

Beyond the Basics



With
Ariel Gatoga

Week Three Homework Assignments:

I MEDITATIONS

Continue to work daily with the three meditations (morning, evening and orb of light). Feel free to work with the recordings, or on your own as you desire).

II WANING MOON “FLIP” EXERCISES

1. Have two separate sheets of paper in front of you.
2. Choose one idea at a time from the list of positives you created from your banishing spell
3. On one sheet of paper, write down the positive idea.
4. On the other sheet of paper write down any response that you get from your mind.
5. Continue to write the positive thought again on the first sheet of paper, and each negative response from your mind on the second sheet.
6. When you have either filled up an entire sheet of paper, or you feel like the responses begin to repeat themselves stop.
7. Take each thought from the negative sheet and “flip” them to their polar opposite as simply worded as possible, writing the new thoughts down on either the first sheet or a new sheet.
8. Ritually burn or tear up and throw away all the negatives.
9. Repeat this exercise daily, using a new thought from your original list each day until the end of the waning moon phase.
10. Incorporate this work into each waning moon in order to support your banishing spells each month by working with the beliefs and thought forms within your deep mind.
11. You may also use this method as a way to support your waxing moon spells as well if you desire.

III MIRROR MAGIC

Continue to work the mirror magic day. Using the phrase “You, (you may also start to state your given first name, not your Craft name), are a beautiful powerful person and you deserve to have all you desire. I love you and I approve of you, right now, exactly the way you are!” If you

desire to alter the phrase a bit you may, but try to get the same idea across. You want to keep strengthening your inner power through the idea of self love and self approval.

IV MAGICAL DIARY

Continue to write each day what you did magically. Remember that short entries are fine. If you desire to write more you may. It needn't take more than 1 or 2 minutes. Date each entry and simply write what you did, and any impressions you may have had. When you notice any magical successes or manifestations, please also include those in your diary as well.

V BASIC WAXING MOON ATTRACTION SPELL

1. Choose an item from your goal sheet that you rated 8 or above on your desire scale, and somewhere between 7 and 9 on your sphere of influence scale.
2. Write the goal on a new sheet of paper
3. Describe as much detail about what you want as possible.
4. Write down the **essence** of the goal in as much detail as possible.
5. Decide on your visualization loop prior to starting the spell.
6. Choose the appropriate planet for the spell.
7. Work the spell on the first planetary day closest to the new moon as possible.
8. If you cannot use the planetary day, then find a "friendly" planetary day and work it in the appropriate planetary hour.
9. Incense, Oils, Candles and Altar are not necessary but very helpful. You may use the planetary oil/incense recipes for the planets given, or you may choose any ingredients from those formulas (you don't need the entire recipe). You may also use any of the incense and oil recipes from Week one as well as they are all-purpose. However, you may simply use your paper with your clearly defined goal and the recording.
10. If you choose, set up your altar as you did for the banishing spell, with oil, incense, altar candles, and a "purpose" candle that is colored as close as possible to the attracting auric color of the planet you are using. Be sure to anoint your candle.
11. You may also begin to incorporate other planetary correspondence on your altar and into your spells as you desire and feel led to.
12. You may optionally cast a circle, as it can lend more power, but it's not necessary.
13. Place your paper with your clearly defined goal in front of the candle.
14. Light your candles and incense and listen to your recording.
15. When finished, be sure to close down your circle if you cast one, and thank the powers of the four elements, the powers of above (sky) and below (earth), and do a simple grounding to establish that your ritual is complete.
16. You may repeat the spell every day for a number of days during the waxing moon as you desire. The timing doesn't matter for subsequent days, only for day 1.