



## Week Three Notes and Homework

### I BLESSING AND CURSING

Everything we do and think stems from our desires. Notice what you say to yourself and to other people in your casual conversations, and you will get a clear understanding of what your desires and your assumptions are. If you are saying negative things about a person, chances are that you are feeling negative emotions about them as well. All emotions are inactive unless a desire is attached to them. If you are feeling any intensity in your emotional body, realize that your emotions are being energized by your desire body. If you are desiring harm in any fashion to another, realize that you are in effect cursing them, and thus cursing yourself.

In addition to how we respond to people, the manner in which we respond to circumstances in our lives gives us a clear indication of the manner in which we are manifesting for ourselves. By example, if an unexpected and unwanted circumstance occurs, what words do you tend to use? If you say, "Of course! this always happens to me!" "Wouldn't you know it? Why is this happening to me?" "Not again!" etc., then you have a clue as to what types of curses you are keeping on "auto pilot" for yourself. You are in effect telling your deep mind, "unwanted things always happen to me, I expect them to happen." Thus your deep mind, the loyal servant that it is, seeks out to keep a constant supply of negative occurrences in your life, in order to keep your requests fulfilled.

Thankfully, curses are actually not very powerful, since they tend to go against the natural tides of power. We are all very fortunate, in fact, that the bulk of our negative thinking is not actualized to its fullest, as much of our negative thinking goes against our own basic urges toward life.

The power of blessing, on the other hand, is quite profound and powerful. It has the power to eliminate years of habitual cursing in a very short period of time (and often instantly). When an unwanted situation, thing or person shows up in your life, begin to make the choice to bless it rather than complain about it. Bless it over and over again until it changes to good in your life.

This can be as simple as saying “Blessed be, (name the person, thing or condition). You bring only good into my life right now.” Repeat the blessing until you see or feel a cleansing occur and the tides turn for you in regards to whatever you are blessing. Whenever you catch yourself cursing anyone or anything, including yourself, through negative thoughts, words and/or feelings, just laugh at yourself, and reverse it immediately into a blessing.

You can use the powerful technique of blessing in any part of your life for which you desire positive change. For your finances, you might use such words as, “Blessed by my finances; I bless all the money I have now; I bless all the money that flows from me, and I bless all the money that comes to me.”

If you have an illness, bless it, and watch it transform. If you have any difficulty with a person, bless them silently (or aloud when you are alone), and watch your relationships and conditions completely change to good before your very eyes.

When you clean your home, you can use it as an opportunity to bless everything that you are cleaning. You can bless the clothes in your closet, bless your car, bless your computer, bless your cell phone. If you own a business, bless your place of business daily, and watch it thrive. Bless everything and anything that comes into your life, especially if you notice yourself tending to curse it, even subtly.

## II ASTRAL SUBSTANCE AND PROTOMATTER

When working with the absolute principles discussed last week, begin to add principles such as “Infinite Presence,” “Divine Presence,” “Absolute Presence,” “Omnipotent Power” and the like, which call forth the ultimate presence of the source of all life which dwells within you. Remember that for now, avoid using named deities; even “God,” “Goddess” or “Spirit” can be concepts loaded with superstition, so leave them alone until you have finished this course.

In addition to working with the principles of Infinite Presence and Infinite Power, begin to use the principle of “Infinite Substance,” or “Divine Substance.” Consider the idea that all that exists in the physical world, is a manifestation of energy. Matter is energy that has been condensed to the point of being visible. We call this energy “Astral Substance,” “Proto-matter,” or “Divine Substance.” It is that which cannot be destroyed, only rearranged. All matter is materialized spiritual substance. Begin to understand that all substance which you desire is already with you **right now**, and is simply waiting to be manifest through your Pyramid Powers. You have no need for *more* substance; all that you need is here with you in infinite abundance right now.

Infinite substance is a concept that has been with us since the beginning of time. It is the very same concept from where we get things like, “faerie dust,” “magic dust,” and things showing up in a “puff of smoke.” In reading your fairy tales, you can begin to read between the lines and understand that many of them are actual wisdom teachings that have been preserved through the ages through the medium of story and legend.

In calling forth “Infinite Substance” you are planting a seed within your deep mind that all substance which you require is on hand, right now, rather than inadvertently planting ideas that your desires are far away and in the future. The more you can identify with “Infinite Substance” in your life right here and now, the more quickly and efficiently will be your magic.

### III. ASTRAL TRAVEL

In working with your dreams, you are beginning to understand that you wear a different body at night than you do during the day; or better said, at night you leave your third dimensional body to rest, while you travel without it, using your astral body.

It is possible to access the ability to travel on the astral planes while staying awake. You will notice that on the astral plane, there is no time, space or distance as we understand those concepts. We tend to, out of habit (especially at first), “travel” on the astral planes from point to point because it makes more sense to us, since our surface minds have a three dimensional orientation. Ultimately, however, there is no actual need for “traveling” on the Astral Plane. Everything is a mere thought away. If you want to be in the astral version of a place in the third dimension, you can simply think yourself there. If you want to travel to higher dimensions, you can simply think yourself there. If you want to travel to the past or to different probably futures, you can simply think yourself there. Although it is not necessary to “travel” per se on the Astral planes, many people find that they enjoy doing so anyway, since it feels like flying, and it can be great fun.

A technique that can be useful when you are beginning to travel on the astral plane, is to use your Orb of Light as your “vehicle” for travel. This gives you a sense of safety and protection during your astral work (think of Glinda from the Wizard of Oz, she tended to enjoy this mode of travel). It’s also a lot of fun to ride an astral version of your broomstick while traveling on the astral. Many people who like to fly on the astral use no vehicles at all, however. It’s completely a matter of personal taste.

Find some time when you won’t be disturbed for 15 minutes or so. Ground and Center, conjure your Orb of Light and establish at least a mild Witch’s Trance. Call on the Principle of “Divine Guidance” and feel yourself rising up in your Orb to a higher plane of reality. You will probably start to lose track of your physical body, but don’t be too concerned with whether or not you are “out of your body.” In astral work, it’s possible to bi-locate, so you can be working very intensely on the astral and not be completely “out” of your third dimensional body. Leaving your body is something that you may or may not do depending on your own disposition, but it matters not one bit as far as the effectiveness of your work on the astral planes whether or not you actually exit your physical body.

As you are traveling up to higher astral planes, notice the feelings, the sights, the sounds, the colors etc. Notice what you are experiencing, without any preconceived notion of what a higher astral plane “should” be like. Realize that you are being guided and protected at all times. If you ever feel uncomfortable, reinforce your Orb, and call upon “Divine Guidance,” “Infinite Safety,” “Perfect Love” or any other principle you desire that will keep you feeling safe and happy.

On your first excursions, keep your astral travels brief. After you have been out for a few minutes, just “land” your orb back into your body. Take some time to feel certain that you are all the way back in your body. Take some deep breaths, ground any excess energy from your Orb, count up to waking consciousness, and open your eyes.

Work on your astral travel several times moving up to higher planes. Once rising on the planes becomes fairly easy for you, then try working on the astral double of the earth plane. Start out by traveling to other parts of your own home, office, town, etc. Obviously, we never use astral

travel as a means of “spying” on other people, just like we wouldn’t do that in the third dimension, but you can use it to go home and check on your mate if they are sick, check in on your children, your pets, etc. You can also rendezvous with other witches on the astral for meetings etc. Astral travel can be enlightening, useful and so much fun.

After you get comfortable being out on the astral, you can also use it for hastening results in your spell work. You can notice at what point in the future your manifestation is happening, and notice all the different steps that you think would be required in that probable future to bring it about. You can then simply begin to see the distance between “now” and “then” shortening, by watching the space in between the two growing smaller, and the required steps to accomplishing your desire being completed very quickly, easily and efficiently.

You can use your astral work to change your past. If there is anything in your past that you feel is weighing on you heavily, you can travel to that place and time on the astral, and bless it. While blessing your past on the astral, you have much more power to transform it than merely blessing the memory of it, since you are traveling back in time to the actual event. You will probably tend to feel much lighter once you have travelled back and blessed an event, condition or person. As a result of blessing the past on the astral, you will notice that the effects that your past has on your daily life diminish quite rapidly.

#### IV BUILDING EXPECTANCY

When using your pyramid powers in harmony, you begin to build great power to create change. In order to speed up the results of your magic, it is necessary to allow a feeling of expectancy to occur during and after your spell work. This building of expectancy enables your magic to manifest much more expediently and efficiently. Begin to foster the same expectancy in your spells as when you have just ordered something from a restaurant, or from an online supplier. You may be excited to receive it, or you may be somewhat indifferent to it, but you aren’t ever worried that it won’t come. Perhaps, occasionally, the server comes back and informs you that they are out of a certain dish, or you get a notice from the company from where you ordered an item that it is on back order. This may cause you some temporary disappointment, but you don’t ever say, “All the hummus in the world is gone for ever and I’ll NEVER get any again!!!” You just accept that you will either have to choose something else, or simply wait until the item you want is available.

The same is true for your spell work. The majority of the time, what you want is available to you right now, and is on its way. If you begin to worry that it won’t come, it’s like calling the server to your table, canceling the order and asking for something you DON’T want. Let the spell alone to do its work, and know it is coming. Very rarely, you may get a signal from your deep mind or superconscious mind, that the timing is not quite right and that you will either have to wait, or change your goal, but this is actually quite rare.

The universal supply doesn’t run out, like a warehouse or kitchen might. Yet sometimes, there are things which need to happen in your life to make ready for that which you are wanting to manifest. So if you do happen to get the signal that now is not the right time, ASK for guidance. ASK “What must I do to make way for this to manifest for me right now?” or “What other thing would actually be better for me that will accomplish the same goal?” Either way, you KNOW with certainty that what you want is on its way just as surely as a meal ordered at a restaurant is on its way to your table.

## V PERSISTANCE

Once you have conditioned your deep mind to accept that which you plant within it, along with no contrary thought forms, you will only need to command for what you desire once, and it will manifest. However, most of us have been conditioned since childhood with thought forms which run counter to our desires. We have been taught things like “Good things take a long time.” “Nothing good happens to me.” “I have to earn the right to be happy, wealthy, healthy, loved, etc.” “I’m not powerful.” “No pain, no gain.” “I need to suffer in order to be worthy,” etc. Therefore in our magic, we are not only commanding the forces to manifest that which we desire, but we are also reconditioning the thought forms within our deep minds to accept as true that which we are commanding. This requires repetition, persistence, perseverance and patience.

I always remind students, “Don’t take ‘No’ for an answer.” This means that you must be like a dog with a bone. Continue to cast your spell until you get a very deep sense of peace about that for which you are casting, or until you get the physical results, whichever comes first. In repeating your magic, you must constantly assume the attitude that you are commanding the forces of the universe to bring about that which you desire. You are not supplicating an external deity. You must constantly remind your deep mind that you are entitled to that which you desire. This is done through the pyramid powers working for you systematically, through your daily spell work, morning and evening, and through your Magical Minute. In addition, any time you experience a negative emotion regarding that for which you are working, you must reverse it immediately. Just like a musician must practice their instrument daily, so must you practice your magic each day without fail.

## VI THE MAGICAL MINUTE

If you have been diligent with your Magical Minute each day, you may consider scheduling some more Magical Minutes throughout your day. How many times can you spare just one minute in order for things to work out for you in a magical and wonderful way? Is it worth it to live a charmed life? The more you can bring your surface mind up to the light of your superconscious mind, the faster the thoughts which permeate your deep mind will be of the high grade required to achieve your goals in the most lovely manner possible. These minute long exercises are worth more than gold.

## VII DEEPENING YOUR INNER GUIDANCE

Although we are not working with named deities or spirits, that does not mean that your connection to your inner guidance (often referred to as your “Spirit Guide”) is not an important aspect of your on-going training. This week, begin to incorporate time either in your trance, or during contemplative periods, where you call upon the principle of “Divine Guidance,” “Perfect Guidance,” etc. Allow yourself to begin to feel guidance whenever you need it by commanding, “Divine guidance is mine now, my mind is open and receptive. I am divinely guided in all ways. Whatever I need to know is now given to me by Divine Guidance.” etc. When you call on Divine Guidance, make sure you listen to it in whatever way it comes to you.

Rather than “figuring things out” on your own, using the limited power of your surface mind, give your questions, problems and challenges to your deep mind and superconscious mind. Prior to going to sleep at night state something to the effect of, “Divine Guidance is mine now. Deep

mind, I give this problem over to you and the you deliver to me the answer from Divine Guidance just as surely as the sun rises in the morning. I am open and receptive to the perfect answer.” Then go off to sleep. When you awaken, take note of any dreams that are on your mind, as well as any thoughts or intuitive leads that come to you. Quite often, you won’t get an answer in the morning, but instead the answer will “pop” into your mind during the day when you least expect it. Other times something in your material universe will bring your answer to you, and it will be very clear and unmistakable. It could be that someone gives you a book, you see a slogan on a bumper sticker or billboard, or a person says something to you. Often, rather than getting an answer, the issue will just clear up spontaneously, with no further effort being required by you whatsoever. If you don’t get an answer immediately, then keep at it until you do get the answer. Remember that all the answers are there for you, but you may need to recondition your mind to be open to receive them. Be consistent, and don’t take “no” for an answer!